

Paneurhythmy by Peter Deunov “Dance of the Soul” Celebrating the Sacred through Movement

Paneurhythmy is a sacred dance.

Its music and movement were created by the Spiritual Master Peter Deunov (1864–1944 Bulgaria). The word Paneurhythmy signifies “Supreme Cosmic Rhythm.” PAN means total, universal, cosmic; EU means true, supreme, emanating from the essence of all things. RHYTHMY refers to the correct regularity of all movement.



The Master Omraam Mikhaël Aïvanhov, who carried the Teaching forward, said,

“Everything is rhythm in the universe and the human being belongs to this great cosmic rhythm, and whether perceived or not, all biological or physical functions obey these rhythmic laws. Through lifestyle, thoughts, feelings and actions, these enter more or less in harmony with this universal rhythm.”

The music and the dance are merely attempts to attune ourselves with this cosmic rhythm. By creating paneurhythmy, the Master Deunov has given a method to harmonize ourselves with these rhythms.

How is it danced?

The movements of the paneurhythmy, which symbolize the ascension of the human soul toward the divine, are danced in a circle in pairs.

What are the benefits of Paneurhythmy?

On a spiritual level:

Dancing in the open air allows the soul to be fed by the light of the heavens, expanding and communicating with Mother Nature. By performing the harmonious movements of Paneurhythmy, we encourage the free circulation of higher energies that put us in touch with the Beings of Light and the Angels.

On a mental level:

When we have learned the movements well and their relation to the music, then our thoughts can be liberated and we can focus on their meaning. Our minds are enlightened and it is possible to receive new revelations, connecting ourselves to much higher levels.

On an emotional level

The practice opens us to love, hope, joy and enthusiasm. The music of the paneurhythmy creates deep inner calm.

On a physical level:

Strengthens the muscles and bones, increases the organs' capacities and regulates their functions. Improves breathing, blood circulation and the nervous system. Dancing in the morning, in nature, when the prāna is most abundant, rejuvenates and creates a beautiful body, flexible, filled with strength and vitality.



UNIVERSAL WHITE BROTHERHOOD

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Paneurhythmy course 27 - 29 May 2023 at The Doves Nest

Objectives of the course

- To encourage the higher energies to circulate freely within us.
- To communicate with our true being which is love and wisdom and in this way create a relationship with the beings of light.
- To communicate with Mother Nature and become transmitters of the new culture of divine harmony of the Universal White Brotherhood.
- Balance the masculine and feminine principles within us.
- Increase our clarity and mental perception.
- Increase our faith, hope and joy.
- Increase our vitality, our bodily suppleness and lightness of being.
- Strengthen our will.
- Savour the beauty which is both in us and around us.

Content of the course

- Meditation on Light.
- Learning the 28 movements and their significance.
- Evaluation of the course.

As the Paneurhythmy is a sacred dance, we need to prepare for it in advance. The following information will help us enhance this.

Dress code:

We must bear in mind that the dance itself on Monday is a ceremony and we should dress accordingly. The brothers should wear white and the sisters wear plain and light coloured skirts or dresses in one colour.

For learning and practice of this dance, please avoid sports wear, dark colours such as brown or black, and patterns.

For those who prefer not to wear a dress, then a plain loose tunic or shirt and trousers (Hindu style) is acceptable.

Conditions of attendance and costs:

If you wish to sign up for the programme, it is important that you attend the whole course (even if you live locally) as the Paneurhythmy represents a whole. This request aims to create harmony and continuity both for the course and the final dance on Monday morning.

The course is given for free. However, there are costs for administration, lifts, food and accommodation.

Day Attendees

A deposit of £25.00 is required on booking which will go towards the cost of meals (includes lunch and supper). Full cost of meals = £60.00 for three days.

Accommodation at The Doves Nest.

See the front of the pamphlet for the contact details for booking to attend the course. Please let the Doves Nest know as soon as possible if you will be attending.

A deposit of £50.00 is required on booking, which will go towards the cost of full accommodation at The Doves Nest. Full cost of a Bed and 3 meals = £90.00 for three days.

Please note that nearly all rooms are shared. Some rooms have sinks in.

There are separate shower and toilet facilities for males and females.

Lifts from East Grinstead station one way - £8.00

The number of rooms at The Doves Nest are limited so beds will be allocated first to those who book and pay in advance.

We can issue you with a local bed and breakfast list (if the Doves Nest is full) on request.

Bank details: Account no. 60824999 Sort code: 60-06-27

The course starts on Saturday at 9:30am. If you are staying at the Doves Nest we recommend you arrive on Friday evening 26th May before 9:00pm

For map and directions go to: <https://omraam-uwu.uk/map-and-directions/>



Timetable:

Saturday 27 May

7:30	Breakfast
9:30-12:30	Paneurhythmy course (with a 15min break at 11:00)
12:30 –14:30	Lunch break
15:00-18:30	Paneurhythmy course (with a 15min break at 17:00)
19:00	Meditation and supper

Sunday 28 May

7:30	Breakfast
9:30-12:30	Paneurhythmy course (with a 15min break at 11:00)
12:30 –14:30	Lunch break
15:00-18:30	Paneurhythmy course (with a 15min break at 17:00)
19:00	Meditation and supper

Monday 29 May

7:30	Breakfast
9:30-11:30	Paneurhythmy dance (Those who already know it and have not followed this course can dance with us on Monday provided that they revise the movements beforehand.)
12:15-14:15	Full lunchtime meeting including meditation with music, songs in Bulgarian and Video lecture given by the Master Omraam Mikhaël Aïvanhov.
14:45-16:30	Conclusion, and refreshments

