

“Filia Alchemic Dance” – an Experiential and Transpersonal Program for Restructuring, Healing and Activation of Amplified Consciousness States

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Abstract

Introduction: *The psychotherapeutic program “Filia Alchemic Dance”, developed ever since 2006 in Braşov, represents a holistic and integrative approach to human personality, having as a main frame the “Unifying Experiential Psychotherapy” method. This program combines the efficiency of dance and movement therapies, as creative-expressive methods, with the effectiveness of body psychotherapies and transpersonal approaches which use the amplified consciousness states.*

Objectives: *The present study aims at underlining the efficiency of this program in restructuring and healing some deep psychosomatic and emotional problems, which originate in traumatic experiences from different periods: prenatal period, birth, early childhood, childhood and even adolescence. In my previous studies, I used quantitative methods to demonstrate and present the remarkable results obtained through this holistic and integrative program, called “Filia Alchemic Dance”, without insisting on restructuring and healing emotional traumas through regressive experiences and amplified consciousness states.*

Methods: *The experimental method of this program is a unique and innovative one, especially in terms of accessing traumatic experiences. This part of the method represents a unique combination of dance moves and conscious breathing using a mobilizing and inductive musical background, with moments of stillness and body work in the absence of music. This method differs substantially from the holotropic breath work proposed by Stanislaw Grof. As a research method, this study uses a qualitative approach, such as case studies based on accounts of participants in this program, which were collected and selected throughout the ten-year span of practicing this method.*

Results: *The results obtained over the past ten years of implementing the “Filia Alchemic Dance” program are remarkable: some of the participants managed to process and restructure certain traumatic experiences, while others had the opportunity to access extraordinary states of consciousness, which facilitated a superior understanding of reality.*

Conclusions: *Based on the results obtained in this therapeutic program over the past ten years, we can state that it can join those complex and profoundly restructuring approaches that already exist (holotropic breath work, „pneuma” breathing, biofeedback, neo-reichian approach, rebirth, psychosynthesis). Filia Alchemic Dance can be a viable alternative to the traditional methods mentioned above.*

Keywords: *traumatic experiences, emotional regression, amplified states of consciousness*

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I. Introduction

a. Body psychotherapies and personal development groups with corporal support

The body-centred psychotherapies (body psychotherapies) are based on the premise that the body is part of the human organism, which forms an indivisible unity together with the psyche and the spirit. Body psychotherapies have a holistic view on the human being, as an integral system working in relation with other bigger or smaller systems. According to this perspective, an intervention upon the body leads to modifications in the psychic subsystem (emotional and mental). At the same time, any expression of the organism has both a psychic and a body component.

Body psychotherapies and personal development groups with predominant corporal support are the most complex and the deepest interventions used for therapy or personal development, bearing the power to heal, transform at psycho-somatic level and to restructure personality. This happens because the body is the basis of the personality, the primary and most condense way of being in this existence, as well as the reliable memory of all the events lived by an individual. Thus, the body hosts the most reliable “story” of the individual, his ontogenetic and phylogenetic history. All the emotional problems are rooted in the physical body. By acting upon the body, we bring to the conscious level all the unfinished and blocking experiences for them to be processed, finalized and integrated. Therefore, the essential aspects at personal, interpersonal and transpersonal level can be transformed by means of body exercises.

Some body psychotherapies were built and still work as an alternative to verbal therapies, while others were born out of necessity for a holistic and integrative approach to the human being. Lastly, the approaches involving both the psyche and the body have come to repair the greatest splits of the human being, whether we are talking about the separation of the ego (mind) from the body, or about the fragmented approach to the individual’s four big distinct sectors: physical, emotional, mental and spiritual.

What actually happens during these integrative psycho-body activities is the recovery and reintegration of the body, given that the modern man’s general tendency is to separate himself from the body and to withdraw inside his mind (Ken Wilber – No boundary). While in the alternative approaches, the individual remembers that he has a body and he can use it, in the integrative approaches he discovers that

he is the same thing with his body and that, when he expresses and represses, he does so unitarily, inclusively through the body.

At the same time, many of the body psychotherapies resort to body intelligence, which, interconnected with both personal and collective unconscious, represents an extraordinary capacity for healing, processing, adapting, but also transforming reality. Thus, we are not only talking about unblocking, but also about creating a new reality.

The focus on the body facilitates, on the other hand, the anchoring in the present and in reality, during the experiential-type of psychotherapeutic interventions, which allows the individual to differentiate more clearly between the dysfunctional processes which are the imprint of the past from the present and the transconscious processes enabling transformation.

b. Personal development through dance and movement

Dance and movement therapy (DMT) is part of both body psychotherapies and expressive-creative therapies, along with music therapy, visual art therapy and dramatherapy. Its bedrock is the principle showing that movements and emotions are permanently connected. The American Dance Therapy Association defines it as: “the psychotherapeutic use of movement leading to psychic and physical integration”. This type of therapy aims to combine the expressive-creative aspects of dance with the insight used in psychotherapy. The individual’s relationship with his therapist (as a basic condition for change) and the understanding of the unconscious processes behind our usual consciousness are important for this approach.

In group DMT, movement is used to allow participants to become more aware of their interpersonal behaviour and to modify the way in which they establish and maintain relationships with others. Patients become aware of the way in which their emotional experience is connected to their bodily experience, by associating words as well, and of the way in which movement can generate images that are afterwards analysed as meanings for the psychological understanding. Moreover, the DMT generates movements, metaphors and images that illustrate something that pertains to the emotional life unconscious of the group.

DMT offers a framework in which the participant can feel safe to disclose his emotional problems by using movements, images, symbols and

metaphors. In a supportive setting, he can externalize emotions and feelings. Given that it is a creative therapy, it cannot fail: even if the movement is bizarre, aggressive or disturbing, it will be valued and appreciated. Experience shows that subjects feel good about “doing something” about their feelings, instead of just “talking about them” (Kristina Stanton James, 1992).

c. The therapeutic use of the amplified consciousness states

The study of the modified conscious seems to be in an initial phase. The amplified consciousness states, as part of all the modified consciousness states, have been used for healing ever since ancient times. They have been best scientifically studied, described and theorized by the shrink and transpersonal psychologist Stanislav Grof. This author has repeatedly shown and demonstrated that these states, called by him holotropic, have an extraordinary potential for healing by triggering the emergence of the existing symptoms, of the unfinished life situations. Under the influence of the amplified consciousness states, the individual's psyche is trained for wholeness, unity, triggering all the psychological mechanisms of solving, transforming, healing and unifying. Grof has shown that they activate “the primary mind”, a fundamental and primordial aspect of the human psyche transcending race, sex, culture and historical time.

II. Research design and method

The goal of this paper and research is to show the efficiency of a new method (Filia Alchemic Dance) combining the psychological and body interventions with movement and dance, as well as with accessing and using the amplified consciousness states in healing some emotional problems, but also in living some higher states which enable the transcendence of the usual way of perceiving the world and living in it.

To this end, the first objective is to develop and to describe this method and the second objective is to implement the method and to capture its outcomes.

As a research method, the study uses a qualitative approach, resorting to study cases based on the accounts of the participants in this program. These accounts were collected and selected throughout the ten-year span of practicing this method.

The questions of the qualitative-phenomenological study were:

A.1. Which are the types of traumatizing experiences that can be accessed through Filia

Alchemic Dance and how are they processed and integrated?

A.2. Which are the themes that impact the most the participants in Filia Alchemic Dance and how are they experienced?

A.3. Which are the effects of the experiences lived and processed through Filia Alchemic Dance after finishing the program?

Study sample and research method

The qualitative-phenomenological research was conducted on an experimental sample of over 250 people who participated in this ten-year group therapeutic program. Out of the feedback responses expressed freely and voluntarily by some participants, we selected five cases.

Experiment

The experiment consisted in a predominant corporal support unifying personal development and therapy program, named “Filia Alchemic Dance”, structured in 3 modules of 20 hours each (a total of 60 hours), carried out every two-three months.

“Filia Alchemic Dance” is a complex program based on Unifying Experiential Personal Development and Therapy. It is a combination of methods and techniques integrating Gestalt-therapy, Body Psychotherapies, Music Therapy, Dance and Movement (classical, biodanza, the five rhythms, dynamic meditations, etc.) and amplified consciousness states. Through this method we offer participants a combination of techniques able to activate the unconscious, to mobilize the blocked energies and to set free the emotional and psychosomatic symptoms in a flow of dynamic, healing, unifying experiences.

We have created and constantly developed the program ever since 2006 at FILIA Brasov Centre of Counselling and Psychotherapy. It is an intrapersonal, interpersonal and transpersonal workshop. It is a transformative journey following the mythical motif of the HERO'S JOURNEY resorting to music, movement, dance and meditation.

The program has several sequences and the most intense is in the last day of the module in which the objective is to access amplified consciousness states and emotional regressions. In this sequence, we firstly aim to bring to full consciousness all the forgotten memories of the repressed traumas for them to be lived, processed, finalized and integrated within one's being. Secondly, we offer the possibility to live some deep spiritual and transcendental experiences of going beyond the usual limits set by the body and by the self (“peak” experiences – Maslow, transpersonal

experiences – Grof, extraordinary experiences – Juan Ruiz Naupari).

The characteristic of the traumatizing events is that those experiences have not had a full closure, the gestalt has not been achieved and the freedom to move on to something new has not come yet. Therefore, in the being's shadow there remain blocked energies, incompletely experienced emotions, unexpressed, blocked and interrupted movements and actions, hence many misunderstandings. A part of the human being remains fixed, incarcerated in that moment.

Some psychotherapeutic approaches and emotional regressions manage to get close to or to reach an unfinished experience triggering certain abreactions and catharsis. What they fail at on many occasions is helping the person truly bring his or experience to a full closure. Therefore, the person will have to face again the negative effects of the event, even though less intensely, until he or she comes back to the therapeutic work in another sequence. To finalize the experience by living it fully, the subject needs to let himself go completely (supported by the therapist during this intercession), even though this thing implies dramatic or extreme manifestations. This abandonment is facilitated by an *amplified consciousness state*. This outstanding consciousness state is exactly the one that completely succeeds in defeating the resistance of the self in the healing process. Both in daily life healing and in therapeutic healing, the main impediment is this resistance that the self manifests through its tendency to defend its self-concept and its perspective on the world. It gets its hooks into all the aspects it knows, to which it is accustomed and that gives it the sense of safety. At the same time, it is terrified by the unknown and it opposes all the physical and emotional pain involved in healing and growth.

The unfolding of a Filia Alchemic Dance workshop is completely different from other psychotherapeutic methods working with amplified consciousness states (holotropic breath work, pneuma breathing, LSD therapy, somato-reichian actings etc.):

1. The first part of Filia Alchemic Dance program, carried out during a day and a half, is called Unifying Therapy through Dance and Movement/Unifying Personal Development through Dance and Movement – UTDM/UPDDM that I described before on other occasions and in other sources. The objectives of this part in relation to the second part are:

- to create a strong group cohesion that could enable the development of the feelings of belonging, safety and

total trust in the others. (Participants' most frequent feedback responses at the end of each module refer to the feeling that they are part of a big family, as if they had known each other since forever.);

- to prepare the physical body through mobilization and total energization (at all levels, but especially the extremities, including verbal expression);
- to increase the degree of body awareness;
- to increase the authenticity of the contact with the self and implicitly with personal life issues;
- to become more familiar with the experience of a psychotherapeutic labour, whether experienced personally or through co-participation, which enables the increase in hope, personal strength and confidence to let oneself go with his or her emotions.

2. The second part of Filia Alchemic Dance program, carried out during the last day of each module, contains the set of methods and techniques to access and heal some very repressed traumatic experiences and to access some transcending experiences. Throughout this part, the participants are assisted by two psychotherapists and at least three assistants (psychotherapists or psychological counsellors specialized in this kind of work). The stages of this part are:

- the first technique starts with a feedback for the other two days, followed by the feedback responses received by each participant from his colleagues, by means of which many of the personal resources are recognized (known again) and activated, some of them having been blocked and forgotten over the years. A self-image restructuring takes place together with the feeling of being a beautiful and valuable being, appreciated by others;
- a dancing sequence for body warm-up and for the fluidization of movements on musical background;
- a sequence of body stabilization and grounding through different bioenergetics and meditative techniques;
- the spinning dance and the dynamic meditation, similar to the dance of the dervishes, on a dynamic music. Deep experiences and amplified consciousness states are accessed;
- a technique of deep, fluid, flowing breathing (but not dynamic, so without hyperventilating) on a touching evocative music that can allow the increase in the amplification degree of the consciousness, the access to deep experiences, emotional amplification/unblocking;

- the stage of abandonment to the experiences, fully living and complete psycho-corporal manifestation. The participants are lying on their back on a mat. In the beginning the evocative music is maintained, then most of this stage goes on without music. When in need, participants are assisted and helped with psycho-corporal techniques;
- body expression and interventions through psycho-corporal techniques. Bringing all the unfinished experiences to consciousness and living them manifests at the level of the body through dramatic movements accompanying catharsis and abreaction or through transient spasmodic muscle contractions of different durations. When these manifestations are incomplete or reach a blockage, or when the participant lives a paralyzing state, the therapist/assistant intervenes verbally or bodily encouraging total expression. Other corporal interventions are the corrective and nourishing ones, when the participant relives the lack of positive corporal experiences essential for a normal development. In this case, we are talking about “anaclitic” needs, such as: being held by the hand, being held in one’s arms, being caressed, comforted, having someone to play with him. A relevant aspect of this stage is living an inner paradox: participants experience a mix of feelings: vulnerability and regaining personal strength;
- drawing the experience. After they came back to their usual state of consciousness, participants are asked to meditate upon their experience and to express their feelings on a white sheet of paper with crayons. This way, the experience is reprocessed and concretized. Regressive and transcendental experiences are hard to verbalize. The graphical representation allows for an easier sharing of the experience with the whole group;
- sharing the experience with the whole group and integrating it. By sharing their experience and by listening to other people’s experiences, participants understand they are not the only ones living extremely powerful, regressive or transcendental experiences, which makes room for their acceptance. Especially in the case of a painful experience, sharing within the group and receiving support on behalf of the group allows for an easier metabolizing of the experience, streamlining and enlarging the process of understanding, forgiveness and integration. Going through and closing the gestalt draws therapeutic results for the participant, even if the process has been understood or not,

intellectually speaking (fact emphasized by S. Grof).

3. The workshop concludes with an integrative part of the entire module carried out throughout the two days and a half. In this part, the dancing moments and the memory of the personal, interpersonal and transpersonal journey are ended with a group construction (the representation of individual experiences connected to each other).

III. Results obtained

The result of living various types of experiences through amplified consciousness states is a profound feeling of freedom and relaxation. Participants’ faces seem younger and brighter. They claim they are living a state of relaxation associated with a feeling of profound peace. Another result is experiencing a deep feeling of sacred, due to the connection with the numinous dimension of the existence.

Further on I will present the five case studies I selected.

CASE 1. F., 32 years old

Eleven years ago (when I was 19 years old), I went through times of crisis and confusion. The traumatizing event experienced in that period was based on the premises represented by the conflicts I was involved in and by running away from home in another city. The abortion I had then was the blood I paid to become aware of myself, as a woman, a future adult. A friend took care of everything. I stayed with my mouth clenched and tons of tears inside. For many years, I have repressed this experience. I felt guilty and did not understand this duality. On the one hand, there was the desire to carry a baby in my womb, but on the other hand, my consciousness was telling me it was not the time to have a baby.

After I got married, I struggled for eight years to give birth to another baby. We wanted a baby so much... I could not manage to get pregnant at all. I found myself in many situations in which I was asked about any possible gynecological issues and my answer would always be NO, there had never been any problems. However, my body did not forget about everything. It was sending symptoms to my abdomen, such as pain and vomiting. I was carrying around a bloated abdomen, which pertained to the idea of pregnancy, an aspect of which I became aware later on.

Then, I participated in the Filia Alchemic Dance workshop. During those days of the course I let

myself challenged, feeling happy that I was able to express myself, that I could leave out control and concentrate on inmost being.

On the first day of the course, following the instructions and personal manifestations, I became a baby, a soul in search for something. The journey carried on and on to the last day of the course, following the use of a technique based on movement in order to get in contact with the self at the level of the abdomen, I started to spin around, but after a few attempts, the dizziness, pain and nausea became harder and harder to bare. I found myself lying on my back, in the position in which I experienced that event in the obstetrician's office. I yelled, I screamed and I cried until I managed to eliminate the tears blocked inside my body and soul. It was extremely painful. I was tired and exhausted. However, this labour brought to surface the emotional trauma caused by the experience from the past. A blockage imprinted on the memory of my body, which, at that time, did not allow me to fulfill the desire of having a baby.

The feelings of guilt and shame found forgiveness and understanding. I understood that I had limits and I accepted that... For a few days, I have reflected on and made free associations. I reencountered with the Baby who appeared on the first day of the course and understood that he represented the intuition that had emerged in the beginning... The soul of the unborn baby was able to set itself free in order to travel freely. I gave him a name and promised I would plant a tree for him. I told him that back then I was not aware of the consequences of my choice and was not capable of becoming hyper responsible in a time of searching for my own identity. At the end of July, I experienced the Dance Therapy course and at the end of September, I found out I was pregnant... HERE and NOW, I am blessed to hug my long desired and awaited daughter. I thank myself and I thank the two magnificent souls who assisted me, giving me faith to carry on!

CASE 2. F., 28 years old

...not long ago, until a few days ago, I was afraid. Within me, I rejected the darkness, I rejected the end, I rejected death and all these because of the fear of it... of death... And... I lived ... I felt... I saw and, inside of me, the emotion of the true happiness that I had when I danced with death, when I embraced it and it allowed me, with remarkable gentleness, to float above myself is still vibrating. It has been a long, squirmy road, marked with powerful emotions.

Emotions started to spring ever since I was listening to the briefing, in a total confusion, because I wanted to foresee a little or at least anticipate my feelings. I shivered for a moment, because I felt it was an unknown ground for me, but I had no agenda and I let everything flow without too much control.

Behold, it has begun... the exercise has begun... With these psycho-somatic rotations (which literally happened), a sparkle of hope appeared within me and from inside of me, thanks addressed to God began to emerge, for life, dear ones, the ones around me and everything that surrounds me... Actually, this was when everything began. I began to inhale and exhale in an amazingly alert rhythm. I was inhaling revival, cleansing, purification at very high speed and exhaling nausea and pain. I would have wanted to attract all that refreshment inside me, to let it flow abundantly in my airways. From there, lying on my back, I entered an entirely strange realm for me. I could hear fractions of what was going on around me and, at the same time, I was travelling to known and unknown places, meeting beloved friends and unknown people who were telling me different things... All these had repeated for several times, when, all of a sudden, in the distance, a very, very ugly, scary face appeared, coming towards me at an amazing speed. When we met face to face, it turned into an extremely beautiful face and quickly entered. Somehow, I felt like it penetrated my face and passed through me. Happiness began in that moment. I could not feel my body anymore and could not coordinate any movement with my mind. I was unable to give my reason an order to move any of my limbs. Suddenly, I felt my body very cold and heavy as a rock and my eyes rolling in. My mouth seemed clenched and my lips dry like the desert. I did not know what was next, I did not even foresee it, but... I did not want to know... I did not even know if I wanted to know. I was just wrapped up by some kind of fear.

At that moment, in that "state of stone", I felt as if someone or something let my body fall gently in the place where I was, or maybe it was actually me and suddenly, I abruptly got out of myself, floating above my body. I was like a flying bird, leaving its nest. I saw myself lying down and I was just floating... Floating like a thread on the calm waves of the sea. I experienced a state of mystery, miracle, joy and it did not take me long to realize and tell myself: "I am in the grave. Oh, my God, how wonderful it is to die!" Just like that, with my body "in the grave" and seeing me powerless, I left myself there and started again to travel to many places and meet different people. At

some point, I was again above myself, floating and did not want anything else but to remain like that, out of myself, bodiless, somehow in clinical death.

It was divine. Why would I have ever wanted to come back? I was no longer in my body, but I was beside it and did not feel like I was betraying myself. It did not feel like I had thrown myself away somewhere. I realized that I was living the real life, which never ends. However... suddenly... unfortunately, unwillingly, my fingers started to move and the right shoulder to flinch. I felt my entire body shivering, as if I returned into it and I felt extremely sad. The only joy was that I could not control my body, so I thought I was not in it. Suddenly, I realized there had been a rustle around me... I felt the urge to open my eyes and stand up but... strangely... I could not control my body, could not move at all and then a sharp pain covered my entire abdomen, which interlaced with the same disgusting sensations of eliminating the sickness during the rotations. I immediately felt someone by my side and in the following moment, I reconfirmed: "Indeed, I had really died, because I could not wake up". I recognized the person when, very gently and with his specific kindness, he was whispering to me what to do, how to inhale, how to exhale so that I could eliminate all the evil accumulated inside me. It was my psychotherapist. A powerful force wrapped me up and I wanted to come back. I wanted to fight all the evil inside me and around me and go back into my body, because death had given me the power to fight... From that moment on, I started to want more and more... I felt the help coming from inside me and from the one beside me. During that inhale-exhale game, my body perceived an ascending shivering and after reaching the climax, it would gently revert to a state of relaxation. All these repeated for several times, until slowly... slowly, I managed to see myself in my body again and felt as if I entered a carcass. I still felt cold and heavy, but I felt I was inside me. I felt how two people were warming up my hands and feet (literally) and I wanted to absorb all their warmth. I could feel my body very well, but it was still numb and I could not open my eyes yet. The moment I was told that a light would penetrate me, I became totally relaxed and I waited... and waited... My body seemed to begin moving slowly, every particle from within me would make its way to rebirth and suddenly I managed to open the eyes of my body and an overwhelming emotion was covering my face. I could not say anything except: "I cannot believe it" ... even now I cannot believe I had been dead. And... my God, how beautiful

it is to die. It is wonderful to feel like you are draining and then, all of a sudden, you are reborn, you feel like you exist forever.

CASE 3. F., 39 years old

My experience has begun ever since the first night, when, after a dream, I realized that the protection I thought I had due to the relationship with my father was just an illusion, preventing me from getting out of the attachment to him (although I was aware that this relationship had made me give up on myself and play different roles, depending on the expectations he had from a woman) and that actually, the relationship with my father made me susceptible to abuse.

The relationship with my father was a pseudo-abuse, but I had the feeling that this relationship has kept me safe, because when I was two years old, my father was imprisoned and until I was six years old, I had been abused by my grandfather.

During the exercises on Saturday, I built a wall between me and my father and I planned to let him go. I acknowledged that the relationship with my father had been an abuse, which had cleaved my psyche and I acknowledged my repressed emotions (anger, nausea, pain).

During the exercise on Sunday, when I was spinning, I became aware that I was going back to an early age, I made contact with the anger within me (I knew it was the anger that emerged from the attachment) and when Florin told me to let it go, I screamed multiple times. Subsequently, this released anger turned into my power and I regressed into a sexual abuse where I was able to say No to the abuse and the abusers. At the same time, I said YES to myself and to life.

Towards the end of the exercise, I used the same power to say NO to my mother and sister and to let go of all the women in my life (I perceived it as if I were in a circle of victims and I detached myself from them) and I chose to keep all my energy for myself.

Within me, I found the power not to enter the role of a victim, aggressor or saviour and to free myself from attachments.

CASE 4. F., 40 years old

...I feel a blanket on top of me, someone covers me up and the pressure on my belly becomes an intense, excruciating heat. The white light darkens in an oxymoronic taint, and a distorted, grotesque image of a goat head with twisted horns invades my space

and the first spasm appears, the first powerful contraction. My abdomen breaks in two: light and darkness, yin and yang. The fight for power. Nothing prepares me for the second contraction and when I feel Valeria's hands on my forehead I know what is coming, and it suddenly hits me, together with another pain, the thought: birth.

The soothing voice of the woman on my bedside suddenly becomes worrying: You are not pregnant, are you? I felt like laughing-crying; it is a joke that saddens me. I tell myself: another paradox: pregnant without being loved physically, without making love, but I do not have the time, because the pain is there, it is heavy, metallic and spasmodic. With a spasm, I lift my feet up and I push strongly on my abdomen, the struggle continues, darkness invades everything, what will I give birth to? However, the thread of light appears and it becomes more and more thick, the hand moving frantically on my abdomen and Valeria's voice, who says "give birth if you feel like it". Another contraction and another one, until an amazing quietness emerges, the pain suddenly disappears and tears gush out of my eyes without hindrance. I reach out with my right hand to look for the baby. She is there, I must hold her. I know she is my little girl. Mommy loves you very much! I love you, you are mine, my little girl, my treasure. The weight moves in the breasts. I must breastfeed, but what would the people around me say? How can I undress with so many people surrounding me? The violent pain appears again. It is there and I feel the next contraction. I'm giving birth again. The fight between black and white has disappeared, but the pain is still there. However, this time it is easier, the baby comes out after a few spasms and when I turn on one side to hold him near my breasts, I feel the warmth, milk and life springing out of them. I turn on one side again and my face paralyses, I cannot move anymore, I feel my chin shivering uncontrollably and all the venom climbs up inside me. I have an immovable mask that must fall off, I extract the venom and try to move my face. I feel Valeria's hand on my chin. It is not warm and it is not cold either. It is just there, I know it is; more than I can feel. The face does not obey the thought in my mind, the impulse does not reach the muscles and then the stomach rebels again; it comes out even more, but the face remains still. A thought goes through my mind: am I going to remain like this? What am I going to do? How can my face paralyze? And again, I throw it all up when I take off another mask and another one appears, which I take off and another one and another one. How

many are there? How many have I succeeded in putting on?... I do not know when everything came out and the face became mine again. I hugged my children even tighter to my chest, hush-hush, I slowly moved back and forth, but the pressure in my stomach came back. Oh, my God, am I going to give birth again? No, it is something else. It is a powerful energy. I feel the need to squeeze the pillows between my legs, I want to make love, but there is no man around. I am thinking that I only want to be loved passionately, touched and caressed, to get rid of the immense pain in my vagina. I feel Valeria's hand on me. She is arranging my hair... her hands come down slowly on my back, I feel one of them at the bottom of my spine and the other is up, close to the shoulder blades and then the desire climbs high, finds the channel she created and explodes somewhere up, in the heart, in the soul, in the first mental, incorporeal, exalted orgasm...

CASE 5. F., 33 years old

I was again at the dance-therapy seminar... I was eager to see what experience I would live this time. And there came the moment of the last exercise, which usually brings something new, something extraordinary.

I laid down on the ground. I was on my back, with my arms stretched out. I was waiting for it to happen... to feel something, to see something... but, nothing... nothing was happening. I was simply lying there and it was as if a feeling of disappointment engulfed me. Finally, I told myself that this was it, maybe this was how it was supposed to be, maybe it was not the time... then, a feeling of quietness appeared, I saw the blue sky with little white clouds, exactly how I used to see them when I was a little girl, lying down in the grass. I tried to change my position a little bit, but I realized I could not move.

I could not believe it. I really could not move. It seemed as if my hands were trapped in the earth, even more as if I WAS earth. An unusual and yet long-known sensation engulfed me: I was earth. My hands and my entire body were all one with the earth. Suddenly, I felt some tingling in my arms, as if something began growing inside me, like some roots that start to grow. And they grew... at first, thistles began to sprout from arms. They were my "ally" plant, as I discovered during a meditation previously done to the rhythm of the shamanic drum. Thistles were simply sprouting from my arms... then firs appeared and grass. I was perfectly aware and astonished by everything that was happening to me. I was one with

the ground, one with EVERYTHING. A silence and an experience I will never forget.

After a while, walking through the forest near the house where I live, I realized I had a special connection with the plants. I have always loved nature, I love animals, but that time it was something different. I had the feeling that I knew how it was like to be a plant, that I could feel the sap climbing up from the earth to the leaves, that I could feel how it was like to grow by feeding from the earth. I felt my roots just as a plant. I felt like I was part of the forest, the earth, plants and trees and everything that existed there.

The forest is not just a forest anymore: it is a miracle, it is life. When I look at the trees now, I cry for joy. The biggest gift I could ever receive on this Earth is the earth itself, the one that gives life, the one that feeds and supports us, the one that teaches us to plant the seeds that feed us; the seeds of joy, of hope, of love...

IV. Discussions

The present paper contains a study on the efficiency of a new method developed as a program of unifying personal development and therapy through dance and movement, structured on three modules, a program named "Filia Alchemic Dance". The unicity of the method consists in combining various psychocorporal interventions with dance and movement and with the access and use of amplified consciousness states. This innovative combination enables the healing of some emotional problems, as well as the living of some higher states of transcending the usual way of perceiving the world and living in it, as the five case studies selected and presented here also show.

The analysis of the case studies presented emphasizes the following aspects:

1. About the themes experienced by participants in the sequence of the last day of the workshop, we find two large types of experiences:
 - a. Regressive experiences of processing and integrating some traumatizing experiences: cases 1, 3 and 4.
 - b. Experiences from the transpersonal spectre, which transcend the usual way of perceiving the world and the limits set by the body and the self: cases 2 and 5
2. Types of traumatizing experiences accessed:
 - the experience of aggressiveness and loss due to an abortion at the age of 19 (case 1);
 - the experience of sexual abuses during childhood and adolescence, within the family (case 3);

- experimenting and recovering the natural experience of giving birth to children, occasion lost due to C-section interventions (case 4).

3. The experiences accessed in the transpersonal spectre:

- facing death, living the cycle of death-psychological rebirth (case 2);
- transcending one's own boundaries, living the feeling of identification with nature and universe, revelations concerning nature, cosmos (case 5).

4. Experiencing two parallel levels of consciousness interconnected: the accessed parallel reality (regressive and transpersonal) and the "here and now" reality.

5. Experiencing intense physical body pain with a feeling of acceptance, but also inner strength.

6. The feeling of recovering the inner strength and the self.

7. Accessing inner resources and discovering new strategies of confrontation and action.

8. Living the ineffable with the feeling of sacred.

9. What one can notice and what the concerned persons' accounts say is that once one enters the experience in amplified consciousness states, one cannot fight or escape the experience, one cannot manipulate the experience, although the patterns and the body armours are hold on from total expression. In these moments, however, these patterns can be defeated through support techniques and body activation and the participants experience personal strength.

10. Another interesting thing is that, the second time, the persons who lived this type of experience before (who experimented this therapeutic sequence) live and experience this inner paradox: the fear of going through the same pain again, but also the irresistible desire to live such a healing experience once more.

11. The stages of the mythical cycle "The Hero's Journey" are well captured in this therapeutic sequence: the call for adventure, leaving the usual world (normal state of consciousness and living usual experiences), the confrontation with the evil (traumatizing experiences) and accessing personal resources, winning the fight with the inner demons and coming back to the usual world with the gifts received.

12. This experience ends with the state of relaxation, confidence, inner strength, freshness, rebirth.

V. Conclusions

In conclusion, we can state that Filia Alchemic Dance method and program, which uniquely combines body psychotherapies with expressive therapies through dance and movement and with therapies using amplified consciousness, is innovating and highly effective in healing some traumatizing experiences and accessing some transpersonal experiences, which render the feeling of unicity, power and sacred to the participants.

As far as the limits of the research are concerned, we can remind the lack of information about the long-term effects of this method and the impossibility of having the entire picture of the experience lived by the participants because their feedback responses only synthesize their experience and they are at a loss for words to describe what they experienced.

We intend to continue the research on this method and to capture the long-term effects in the future.

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