

# PANEURHYTHMY

## Harmonizing with Spirit & Nature through Dance

David Christopher Lewis

*“When we dance the Paneurhythmy, we are learning to adapt our thoughts, feelings and actions to the most harmonious rhythms in nature.”* —Peter Deunov

**P**ANEURHYTHMY is a sacred dance form created by the master Peter Deunov who lived in Bulgaria from 1864 to 1944. He was an inspired teacher of the Perennial Wisdom and embodied both great simplicity and tremendous profoundness and inspired excellence in everyone around him. He taught the art of living in harmony with others, nature and the divine.

Peter Deunov was also a gifted musician who composed the music and the steps for the Paneurhythmy or spiritual exercises, as they are sometimes called. This sacred movement is danced in the valleys

of the Rila Mountains in Bulgaria between the Spring and Autumn Equinoxes. Every summer, thousands of people travel to the Seven Lakes in the Rila Mountains to perform Paneurhythmy and to enjoy the beautiful mountains. It is also practiced in many other countries throughout the world: Argentina, Australia, Bulgaria, Canada, Costa Rica, Great Britain, Ireland, France, Germany, Mexico, Philippines, Russia and the United States of America.

Peter Deunov, or *Beinsa Douno*, as he is also

known, taught that Paneurhythmy has many benefits for us, besides it being a form of exercise for the body that brings renewed health, vigor and youthfulness. He taught that Paneurhythmy brings us into harmony with the rhythms of nature and with the greater universal rhythm.

### BENEFITS OF PANEURHYTHMY:

- Improves physical health and well-being,
- Harmonizes emotional well-being and enhances relationships



- Improves learning and studying abilities
- Enhances creativity
- Creates balance on all levels

The word itself explains some of the deeper meaning of these beautiful spiritual exercises: *PAN* = Whole, universal and cosmic; *EU* = True or supreme; the essential and substantial in the world; *RHYTHMY* = Correctness in the movement and in every other external expression in life.

Dancing the Paneurhythmy, therefore, is the expression and participation in a rhythm present

in the whole of nature and underlying the whole of creation.

Paneurhythmy is danced in a circle, counter-clockwise, in nature, preferably as the sun is rising. At this time prana or the



life force is plentiful and flowing into our lungs, blood stream and energy body. It is danced in couples, and the music is the waltz or three-quarter rhythm, which most completely exemplifies the harmony and balance present in nature and the Cosmos. Paneurhythmy is sacred geometry in the patterns it creates, such as the Pentagram and the Sun's Rays. These prayers are among those offered as the dance begins:

*“May we have a heart as pure as crystal, a mind as bright as the sun, a soul as vast as the universe, and a spirit as powerful as God, and One with God!”*

*“Oh, kindly luminous beings, guardians of this place, thank you for your hospitality, and may God bless you!”*

Following are spiritual concepts that underlie this dance form and give it a deep significance for us:

- 1) Everything in the world manifests supreme intelligence.
- 2) There is a correspondence or relationship between all things: “As above, so below.”

3) Everything in nature vibrates with a unique frequency and accelerates in vibration as it moves ever closer to Spirit.

4) Everything in nature is dual and polarized, e.g. masculine and feminine, positive and negative, light and dark.

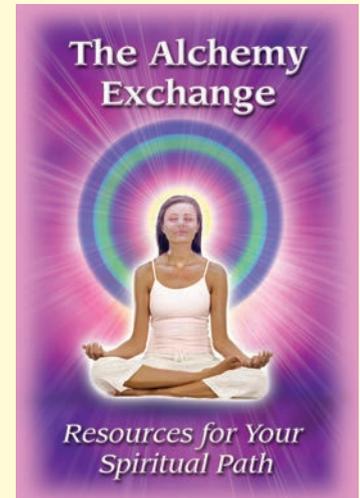
5) Everything in nature is rhythmic, based on the scientifically proven, vibratory frequency in all matter, energy, mind.

6) Everything in the world has a rational cause.

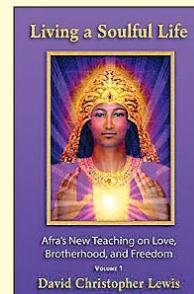
7) All things in nature are similar and related to each other on the basis of unity.

As we dance the Paneurhythmy, we become aware that our physical body represents these concepts, and our attention on the deeper meaning of the movements allows us to become one with these principles. ■

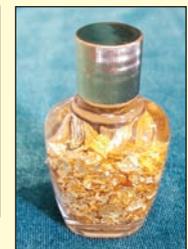
*For more information on Paneurhythmy, the ascended masters, and The Hearts Center Community, visit our website at [www.HeartsCenter.org](http://www.HeartsCenter.org), or visit our *Alchemy Exchange* store, 130 N 2nd Street, in Livingston (see advertisement on this page).*



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