

## The 10th Muse

### *Étude on Isadora Duncan*

**Introduction :** Aristotle said « Gods live in Ether ». You meet them when you tune with the four elements of your body ( Earth, Water, Fire, Wind ) and feel an inner balance. The essence of Ether ( the 5th element ) lives in the Solar Plexus ( body center / belly area ) as well as does the Soul. They are made of the same substances: sacred fire, pure – unconditional love. In that area the Soul and the whole body breathes freely – the feeling is like you fall in love for the first time. From that feeling rise also true creation, essential intelligence, direct wisdom. Solar Plexus represents the Source of the Universe in the human body. All of Isadora 's movements come from this center, this womb, this esoteric Sun. Every sun ray represents an emotion, a human feeling or a nature's force. Every Sun ray creates poetry itself.

[ In greek 'Poetry' comes from the verb 'ποιώ' which means ' I make ', ' I create '.]



*« I 've been all the heroines of Ovid's ' Metamorphosis ', I lived under the commands of the Immortals...» Isadora Duncan ' My life ' ( Autobiography)*

### ***But Who was She?***

**Some little words...** : When she was asked who taught her how to Dance she answered instantly : « Terpsichore ». And she meant it. She never doubted.

Isadora from her early life chose to live free, uncompromised, dedicated to Beauty, spreading the knowledge of a free spirit who dances for Love, for Life, for Joy. It was a matter of time for her to dance with the Gods. Gods in ancient Greece represent the Forces of Nature. She embodied them all.

She had a tragic life though. She suffered a lot but there lays her highness : the last moment , at the bottom of pain and suffering she managed to raise her almost dead soul from the ground and offer it back to Beauty by creating Art through painful and tragic experiences. For that she was a great Dancer , Artist , Human being, revolutionary force and inspiration for Art and Life.

She broke every barrier , all the ballet forms and set the base for modern dance as we know it today. She was dancing barefoot wearing a tunic , inspired by ancient greek art and philosophy, Roden's sculpture , Renaissance Art , Forces of Nature, Life herself. Her dream was to inspire freedom and beauty to humanity and to free the Dance from the tight and strict forms of ballet. She wanted people to remember the rythm which is the Force of Life and to love themselves in order to live and create a better world. She was dreaming of whole nations dancing under higher ideals , sharing feelings of love and creation.

Isadora was a Priestess of Art. The gifts that she left as a heritage are infinite.

Let's recreate the rythm, let's Dance! For her, for us!

As Pina Pausch said « It's not about Art. It's about Life .»



Source of the following article : <https://www.meaus.com/isadora-duncan.htm>

**In 1903, Isadora Duncan gave a lecture in Berlin, titled «The Dance of the Future,» which was published as a pamphlet; It became the manifesto of Modern Dance and a feminist classic:**

«... The movement of the waves, of winds, of the earth is ever in the same lasting harmony. We do not stand on the beach and inquire of the ocean what was its movement of the past and what will be its movement of the future. We realize that the movement peculiar to its nature is eternal to its nature...

The primary or fundamental movements of the new school of the dance must have within them the seeds from which will evolve all other movements, each in turn to give birth to others in unending sequence of still higher and greater expression, thoughts and ideas ...

My intention is, in due time, to found a school, to build a theatre where a hundred little girls shall be trained in my art, which they in turn will better. In this school I shall not teach the children to imitate my movements, but to make their own, I shall not force them to study certain movements, I shall help them to develop those movements which are natural to them.

There will always be movements which are the perfect expression of that individual body and that individual soul: so we must not force it to make movements which are not natural to it but which belong to a school.

The dancer of the future will be one whose body and soul have grown so harmoniously together that the natural language of that soul will have become the movement of the body. The dancer will not belong to a nation but to all humanity. She will dance not in the form of a nymph, nor fairy, nor coquette but in the form of a woman in its greatest and purest expression. She will realize the mission of woman's body and the holiness of all its parts. She will dance the changing life of nature, showing how each part is transformed into the other. From all parts of her body shall shine radiant intelligence, bringing to the world the message of the thoughts and aspirations of thousands of women. She shall dance the freedom of women ...

This is the mission of the dancer of the future...she is coming the dancer of the future: the free spirit, who will inhabit the body of new women; More glorious than any woman that has yet been; More beautiful than...all women in past centuries: The highest intelligence in the freest body!»

*Isadora's speech in 1903 received a great deal of publicity and there was an outpouring of support for her ideas. She had established the art of Modern Dance.*

Youtube link : <https://m.youtube.com/watch?v=sDZLIHZyFdw>

A video ( - the only one - of Isadora dancing) : <https://m.youtube.com/watch?v=MEb6KIPrvRQ>

**My Idea for ArtSpeaks**

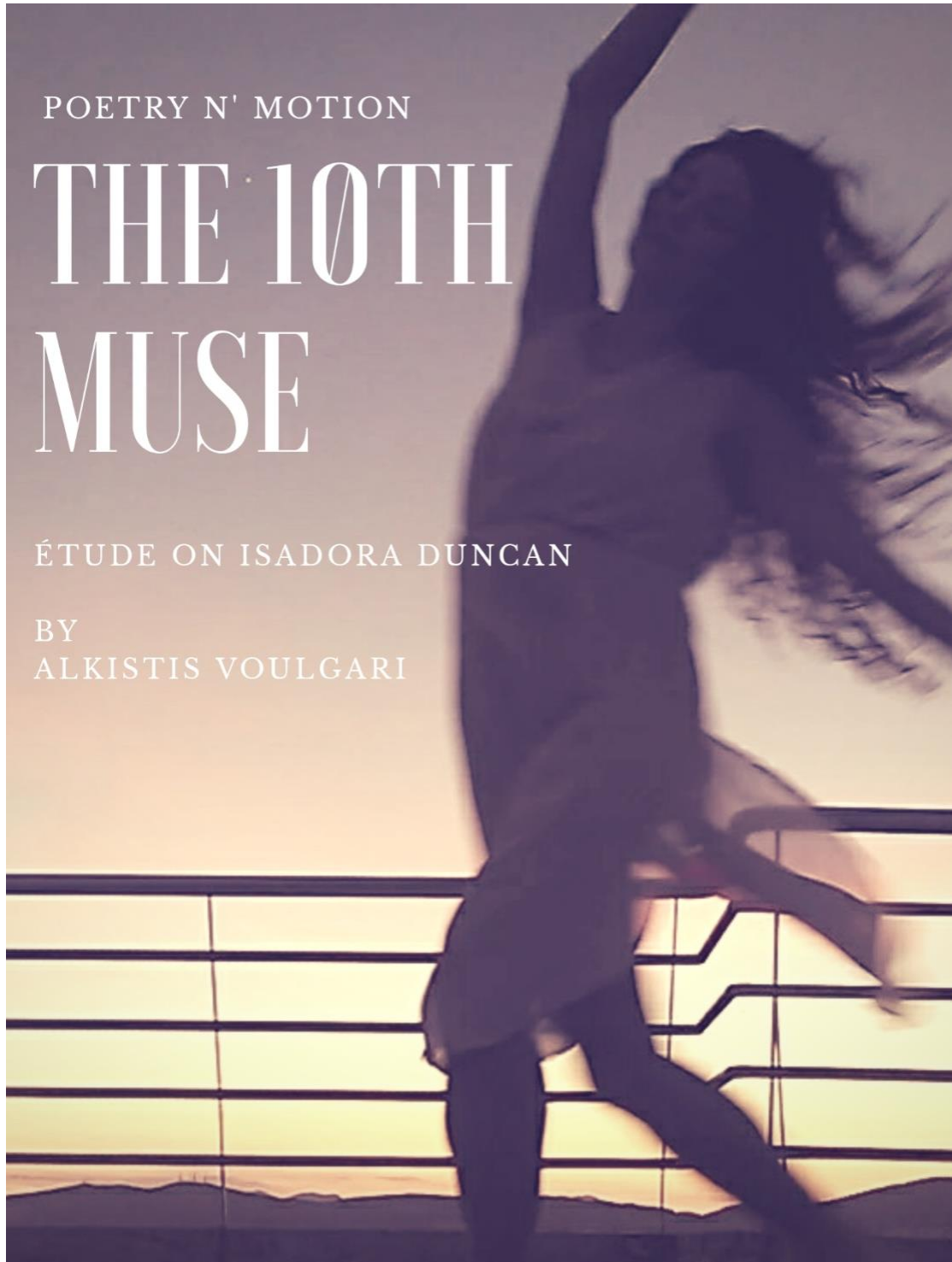
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POETRY N' MOTION  
**THE 10TH  
MUSE**

ÉTUDE ON ISADORA DUNCAN

BY  
ALKISTIS VOULGARI



...Will be four short films / performances on her dances ( each film will be based on one element)

For example : « Narcissus », one of her famous choreographies, goes with the element of Water while « Aeolian Harp » with the element of Air.»

Here is an introduction – teaser : <https://m.youtube.com/watch?v=iXh6aagBo0A>

I am planning to film them outdoors but there is an option of indoors, too because now we will have lockdown here.

Each film will start with a little poem ( hai ku style ) dedicated to each element.

I would like to introduce people to Isadora, show the films, interact with them and maybe make a little movement improvisation all together!

**Film duration** : about 20'

**Still photos** :



