

interpreting the theme. These imageries tend to be symbolic and metaphorical, which makes the poetry become novelty.

Coleridge's most valuable and personal characteristics are theories about imagination, and this theory is reflected in his poetry creation [Jenkins 1984:215]. He attaches importance to the creative function of imagination and the role of creative mind in imagination. It also pays attention to how poetry reconciles experience and ideas, the relationship between the subjective world and the natural world, the external material phenomenon and the spiritual self, and the core of solving these problems is his organic philosophical principles. The important part of his theory of imagination is the definition of poetry, the role of imagination, the distinction between imagination and fantasy, and the way of expression of imagination. In the 20th century, the western literary world is flourishing like never before. Tomas Stearns Eliot occupies an important position. He is one of the most eminent representatives of Late Symbolism. His major works such as *Four Quartets*, *The Waste Land*, *The Hollow Men* and *The Love Song of J. Alfred Prufrock*, use imageries to explain the western civilization and modern society. Meanwhile, Eliot also have great achievements in the field of poetic theory.

Poetry arises from the spontaneous eruption of the poet's strong emotions, and freely promotes the development of the poet's imagination and even the emergence of poetry. It is precisely because of the imaginative cohesion of poetry that its content and form can form an organic whole of life like a plant, and thus obtain the character of eternal life [Tyson 1999:98].

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УДК 792

DANCE THERAPY AND BODY WRITING UNDER THE COVID-19

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Summary. *The COVID-19 has changed people's lifestyles, travel methods, and work methods. At present, under the premise of the COVID-19 global outbreak, it is more important and urgent to solve people's inner spiritual needs than ever, and dance therapy is an important way.*

No matter when people are calm or emotional, what they feel is a natural process with the pulse of life. Therefore, using artistic symbols can completely show such natural processes [Qiu Hua 2001:240]. In art works, all aspects of emotion are cleverly arranged to make them appear extremely clearly. A dance work is a manifestation of the author's understanding of a certain human emotion. In short, dance's *reproduction* of inner life is the deep mechanism of dance therapy.

There are two main theoretical basis for dance therapy: one is physiological basis and the other is psychological basis [Walter 1996:622]. On the one hand, dance promotes the appearance of the human body, that is, the development of the human body and the improvement of the

physiological functions of the internal organs of the human body; on the other hand, dance expresses emotions through its own body movements, which is a silent communication of human emotions. The gestures in dance, including facial expressions, are an accurate grasp of emotions, and expressions are combined with actions to fix different emotional patterns. Directly or indirectly expressing changes in inner activities, the most touching communication is empathy, allowing the other party to resonate emotionally, as if finding a friend can enlighten oneself, relieve the depression in happiness, and find the meaning of choice [Li Pumin 1996:383].

As an expression of emotion, dance can make people's inner time story and make the ending beautiful, so that those deeply inside people who are troubled slowly find the answer to uncomfortable feelings from this story [Sachs 1963:5]. For example, when dancers interpret life as a lonely person and feel that life is dark and hopeless, the audience will also feel depressed and sad visually. In the end, the dancer jumped up with firm and hopeful expressions and movements, expressing his belief in life with his body is to live a life full of hope. Difficulties are just the sparks in life. There will always be a happy ending that will come to light, suffering and willingness. If the audience can feel the transmission of this kind of thought, to a large extent, the impact and promotion on people's psychology will develop in a positive direction. Because the body and expression are more profound than dry language, dance will be writing on the body will be of great help in treating people's psychological problems [Lange 1958:98].

Modern labor habits often cause damage to the soul. If a remedy is not found, the entire human culture is bound to suffer. In all work areas, rhythmic and smooth work procedures should be created artistically, so as to avoid fatigue caused by excessive tension and laziness caused by excessive relaxation [Valry 1976:72]. All of these can be achieved through dance. Dance should assume more social responsibilities: physical and mental health, education, and social transformation.

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