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What is Gibberish?

Gibberish is known as the most primary and old language or the way of communication in the world. This is the only language that can unite all the babies in the world when they are born and before people start to experience the state of Separation (as Erich Fromm tells in his book "The Art of loving"). Gibberish is the most Universal language. However, in contrary to other languages, In Gibberish we cannot think, we cannot judge, we cannot give any interpretation; we cannot since we really cannot think. Gibberish is well connected with the term, so called, "Body Wisdom" whether other ways of communicating through languages are related with "Mental Wisdom" or "Mind Intelligence". The only rule in Gibberish is "Anything Goes" what puts Gibberish in concordance with Post Modern Philosophy. Gibberish can be sounded like a real speech (in other languages) but actually has no meaning. However, there are other forms of Gibberish which do have meaning for the separate words but lose every meaning in the context of the sentence or paragraph.

Origin of the term Gibberish

The term is first seen in English in the early 16th century. The word comes from the name of the famous 8th-century Islamic Alchemist, Jabir Ibn Hayan, whose name was latinized as "Geber", thus the term "gibberish" arose as a reference to the incomprehensible technical jargon often used by Jabir in writing his works, and other alchemists who followed.

Gibberish Philosophy

Gibberish is a verbal aspect of what is so called Philosophy of Nonsense or Inner Spirit of Laughter. The concept mainly speaks of seeing universe and ourselves as a part of a Theatre where anything can happen, all the possibilities may happen in contrary to the mental wisdom, logic, expectations or statistics for those events to happen. The world doesn't behave according to Science or Statistics and has its own nature what we cannot grasp in our mind (and there is no need for trying to understand it either) so The World may "Play" with us, or "shock" us and in that reality we have different options to behave or react. One is to try to understand it, to name it and look for the meaning of what happened, to look for a reason for any event, to dig inside. However, behaving that way will bring us to a never ending vicious circle which may be back into the past and into the future, forgetting the present moment. In other words, in the name of any interpretation and digging for any reason, we may start victimize ourselves in accordance with life circumstances, what happens a lot within the fighting nations for instance. The second option is to start laughing in spite of any life circumstances ("bad" or "good"), the different types of crisis, things that come upon us without any connection to logic. From the Life Surprises, we can up-grow ourselves and play the role of the "Joker" or the "Actor" who doesn't take himself, the environment and the world so seriously since in the Theatre we should stay actors, and the joker navigates his own way but he is always in the present. Here we see different and extreme roles, one is of a "Victim" and the

second is of an "Actor" or "Joker". Gibberish Philosophy is also referred as the Inner Spirit of Laughter, which is beyond or higher than physical state of Laughter which is related to sounds and exhalation, facial, Throat and Abdominal Muscles, as well as to the decision to laugh or the laughter instinct. Inner Spirit of Laughter deals with our capacity and ability to laugh without do be dependent of Life Circumstances, how we laugh ourselves through challenges in our life, how we treat ourselves and others through positive aspects of life, how we build our attitude to life, to existence based on happiness and laughter. This is possible only when we don't take ourselves and others very seriously, when we understand that anything that looks serious can be also playful if we start to play with it. From this comes the idea of "Playing with Nonsense".

It is very important to mention the idea of Nonsense and for some people Gibberish and Laughter can be also taken to Pessimism and Cynicism and this is not what I talk about.

Therapeutic use of Gibberish:

Gibberish, like laughter, anger and crying is Cathartic. In Gibberish you can pass yourself through an emotional release or purification. Gibberish disconnects you from any thought process.

Gibberish, like Laughter, belongs to the dynamic kind of meditations and this is the reason why Gibberish can be advised to practice with children having ADD\ADHD. Gibberish will enable them to release any tension and boredom through dynamics and dynamic expression, what brings them to more relaxed state of mind. Gibberish enables to Hyperactive Children to express themselves from their own very nature. So here we can encourage therapeutic process using the character or people in contrast of trying to change it or suppress it (With the same breath we can also say that those kids can use their character for their benefit if they start dance, act, draw or everything related with their Body Wisdom , what requires dynamics).

Gibberish will be also very beneficial for professional speakers. Speakers must plan the process of their talk or speech, no matter if they speak at public or they speak in a radio program or in a TV Show. Speakers are always to be judged by the public and by media. Their speech is always connected with future tense, they must choose the "right words" or "right phrases". They never say something which is not politically correct. They ever must talk out of self confidences and always analyze and check the context correctly. However all this consumes mental energy (depleting of any spontaneity) of "what should I tell" and "what I should not tell" etc. So as a professional speaker they can't tell anything you feel to. They must plan through their mind, brain and intelligence. However Gibberish Talk will enable them to express from the right lobe of the brain, not from the "Mental Wisdom" or logic, but from Body. In Gibberish they can be trained for better Self Confidence and Assertiveness since in Gibberish by its own nature we can tell anything we want without being afraid of judgment by others (Nobody understands!!!). Gibberish will increase your self image and confidence and of course your creativity. That is the reason, why later when you speak in front of public it will be easier for you to gain the "right words", but you will use your creativity, intuition and Body Wisdom to create the right context

Using of Gibberish by different Artisits:

Music: One of the Most well known musician who uses Gibberish concept in his performance is Stephan Micus, a German Musician who builds and buys different instruments all around the world however when playing them he uses his sense of improvisation rather than adoption of traditional rules of playing on those instruments

Cinema: It will be easy to mention Monty Python and the Big Dictator of Charlie Chaplin where Charlie Chaplin starring Hitler gives a Gibberish Speech which has its own critic on Hitler and Dictators in general.