

# *The Sacred Word Halleluiah*

## *1. For Adults*

The sacred word Halleluiah is an ancient word of praise and thanksgiving. This was the first full word that Rudolf Steiner taught in eurythmy. When we move the sounds of this word in eurythmy, we purify ourselves and the space that we work in. It is probably the most well-loved sacred practice in eurythmy. It can be done by one person alone, or by a group of people who are coming together to consecrate a work together. It can also be done for the benefit of another person who is too ill to do eurythmy themselves, or even as a spiritual gift for a person who has crossed the threshold of death into another dimension.

I often choose to do Halleluiah three times in succession. The first time I do it to reflect its energy into myself, cleansing my own health and spirit. The second time I let my energy flow into the entire space around me, so that I cleanse and sanctify the space I stand in. The third time, I invite all the good beings of the angelic worlds to join me in an act of praise that reaches around the globe and into the spiritual dimensions, blessing our worlds.

Rudolf Steiner gave very special instructions about how to do the word Halleluiah in eurythmy. Rather than teaching it exactly as it is spelled, he showed that it can be expanded by doing many more “L’s” than are customarily used. Drawing from the wisdom of the sounds as described in this book, we can understand that this word can be used to create a blessing for oneself and the space one is standing in.

This sequence of meditative pictures was given by Rudolf Steiner to Ilona Schubert, one of the first Eurythmy students.

I begin with my hands crossed in front of my heart, and then open with a “H.” My arms are then opened into an Ah above me, and I lower them downwards, maintaining the Ah-angle in a gesture of openness.

I then bring a series of seven L's, imagining myself to be standing in front of a pool of crystal-clear water, with which I will cleanse my entire self. The first L is small and low, as I feel my feet. Each subsequent L is larger, until the 7<sup>th</sup> moves the entire space around me.

I then quietly cross my arms in front of me in the E. I momentarily experience that there are other dimensions of experience I can grow into. Three more L's follow, marking my growth in more subtle, spiritual dimensions.

With the U (oo), I draw my arms together below me, and then raise them to the heights above.

In I (ee), I reach to the stars with my left (selfless) hand, and drop my right hand towards the core of the earth.

I then open both arms in A(ah) towards the heights of heaven above me.

I conclude with the in-breathing H, folding my arms in front of my heart.

*A movement meditation:*

***HALLELUIAH***

- H I open myself to the spirit*
- A (ah) I let the light of the spirit flow through me*
- L I cleanse my feet*
- L I cleanse my knees*
- L I cleanse my lower body*
- L I cleanse my feeling (heart)*
- L I cleanse my speaking (throat)*
- L I cleanse my thinking (forehead)*
- L I cleanse my whole self*
- E (ā) I stand at the threshold to the Spiritual World*
- L I cleanse spirit-self (imagination)*
- L I cleanse life-spirit (inspiration)*
- L I cleanse spirit-man (intuition)*
- U (oo) I gather my forces and lead them to the spirit*
- I (ē) From the spirit I receive my ego*
- A (ah) And that, too, I offer up to God*
- H And the breath of the spirit returns me to myself*

## *2. For Young People*

The Halleluiah exercise in eurythmy requires great soul maturity. You should wait to offer it to your young student until they are old enough to fill it with the sobriety and earnestness that it requires. I suggest that most students will be ready for it in 11<sup>th</sup> or 12<sup>th</sup> grade.

Rudolf Steiner once said that if this exercise is done in the wrong mood, it can “change into its opposite.” What that means to me is that it becomes cheapened and loses its ability to really change us and the world.

Thus, of all the exercises that I am offering on my online curriculum, this one is the most beautiful, most powerful and most earnest.

Give it to your child when they are ready to take it up in that spirit!