

## *Love-Ā Find the balance you need in your feeling heart*

"We are caught in an inescapable network of mutuality,  
tied in a single garment of destiny.  
Whatever affects one, affects all indirectly.  
Martin Luther King, Jr.

We are all connected with everyone and everything in the universe. Our health and well-being spring from our ability to give and receive love in a way that affirms both our connection with others and our responsibility to ourselves. In our age, our connections increasingly may overpower us. We feel responsible to so many people and so many things. Both in our personal lives, in which we are linked with friends and family, and in our global life, in which the demands of work and society ask so much of us, we often struggle with the dynamic between the impulse to give selflessly and the need to find our own center in the midst of it all.

This interplay between out-flow and return is evident even in the pulse of the heart, which alternates between systole and diastole about 72 times a minute. The heart allows the blood to flood the arteries of the body, and then receives the venal blood back into its chamber about 72 times a minute.

When the stress of giving and retreating becomes out of balance, a person may develop high or low blood pressure

The power of this dynamic and its resolution are inscribed into us with the next exercise, called Love-Ā. We can imagine the Love as the outflow of the best of your heart's power, and the Ā as the creation of healthy boundaries.

Begin by standing straight and quietly. Center your feeling in your heart. Feel your heart embedded in a whole field of connections to the rest of the world, as if in the center of a great lake of feelings. Let a flood of warmth fill your heart and then flow into your arms. Spread them out to the sides, sending your energy through your fingertips into the world. Feel as if your arms are floating on the surface of the water as you "float" them forwards, filling the world with your love.

Now create a strong Ā with your arms by crossing them in front of yourself. With this Ā, feel that you are making strong and clear boundaries to protect yourself from the world. With this movement, you are affirming your right to withdraw back into yourself and say, "No more, I need to protect myself for a moment." These two polar gestures balance each other in the Love-E exercise.

Try this again. Feel your heart filling up with love as you stand there. Spread your arms to the sides, right and left, and let your love fill the world. Move them forwards, feeling your heart forces flow outwards. Now draw back, and cross your arms with Ā. Feel strength inside yourself.

Again, feel the warmth of love in your heart, and let it flood the world. Open yourself inwardly to this fount of love. Let it stream from your heart through your arms.

Feel the flash of power in the Ā.

If you are one who has the tendency to give too much, to live in stress, you will have to take care that you don't push your energy out. They must learn to allow the energy to flow very calmly from their heart, and to always overcome stress with a feeling of peace. The Ā must be calm.

If, however, you are someone who feels that you give too much and you have nothing more to offer, you can learn to trust that the heart has an inexhaustible source of love in itself. Let it flow out from you without fear that you will give too much. The Ā must be firm.

With this gesture of Love, you must look for the balance between giving too much and not giving enough. Move through the field of love with peace and equanimity.

Create Ā with clarity and certainty.

Repeat this exercise for a total of ten times.

Now stand for a moment quietly. Feel how your heart is awakened, enlivened, yet peaceful. Feel how your heart is warm, and its warmth flows into your hands.

This exercise is ideal for anyone who has problems with their heart energy.

Some people feel that they are always pushing their energy with their hearts, that they are always driven to accomplish things. These are typically people with high blood pressure and stress. This exercise teaches them to relax their drive, and to let the heart open itself in peace. The Ā helps them to pull back again, and remember that they don't have to give too much.

There are other people whose hearts feel weak. These people will tend to have low blood pressure. This exercise lifts their hearts out of lethargy, and starts getting the energy engaged. In this case, the E helps a person become more vibrant, more vivid.

This is thus good for both high and low blood pressure conditions and the feelings connected with them.

Remember, eurythmy exercises work upon your health when they are repeated regularly, so they are inscribed into your etheric body, as movement memory patterns. I recommend that you practice this 10 times a day for 7 weeks. It is best to practice this exercise in the evening.

I strongly recommend that you do this exercise ten times in a row. It may feel unusual and not necessarily easy to create a *feeling* over and over again, but therein lies the wonder of these exercise. Indeed, this is not so different from the way that even in life we may need to remind ourselves to be aware and reverent. We are practicing exercising the “muscle of our soul,” by not merely be stimulated to feelings, but actually generating our own feelings.

## *Your personal sequence for health and well being*

In only 5-15 minutes a day you can create a eurythmy practice to enhance your health and well-being.

In this online curriculum we have shared many exercises that you can integrate into your daily practice. A suggested sequence could be:

The Peace Exercise OR Weight/Light OR I think speech  
Threefold walking OR threefold walking with a ball  
Contraction expansion AND contraction/expansion with walking  
A series of rod exercises, including 7-fold, 12-fold and waterfall  
The Pentagram with vowels OR Evolution Sequence  
Ah-Reverence OR Hope-U OR Love-E  
Halleluiah

There are many other eurythmy exercises that can help you with individual issues. If you have the opportunity to work with a personal Therapeutic Eurythmist, you can schedule a series of 7-14 sessions to create your own individualized sequence.

You can also schedule individual skype or telephone conversation with me so I can coach you on your choices and your progress.

If you have a real medical issue that you are dealing with, you will be best served if you find a qualified Therapeutic Eurythmist working in your community with whom you can schedule a series of individual sessions. This Therapeutic Eurythmist will ask you for your medical caretaker and consult with him/her to help develop the best series of exercises for you, most of which cannot be covered in this online curriculum.