

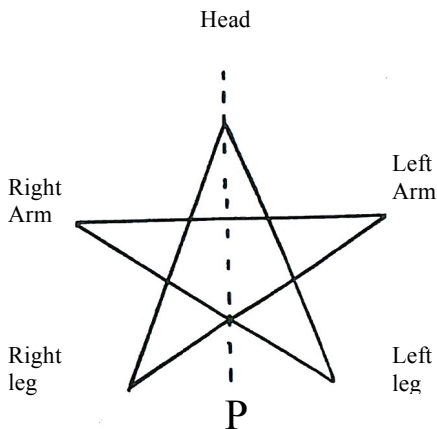
Moving a Pentagram

1. For Adults

The next form you will do is a five pointed star, or pentagram. This is a beautiful form that embodies that archetype of the human being. We carry the signature of the pentagram in our body geometry.

First step: Finding the star in your body

Begin by feeling the star within yourself. Stand straight, with your legs together, and prepare to draw an imaginary star through your body. Start by imagining a point of light in your head, and then let a line of light travel downward to your right foot. Take a small step to the right. Next, visualize a line of light rise to your right arm and lift it out to the side, holding it a bit lower than your heart. The third line travels straight across to your left arm. Hold it out to the side. Now let the fourth line sink to your left foot, and step to the side. The fifth and final line rises back to your head, where you began.



There are a few more things to notice with this star. Note that the position of the arms is at about the height of the heart. Also, the hands need to be placed *wider* than the feet, so that the star will be symmetrical.

Practice moving this star in standing until it becomes second nature to you. It has tremendous therapeutic value to imprint this shape into your mind and body.

Second Step: Moving the five directions of the star in space

The exercise of creating the standing star teaches you to feel the star in space *vertically*, from your head to your feet. The next step is to imagine the star in another plane.

Picture the shape of the star in horizontal space, spread out in the room in front of you.

The place you begin, your home position, is the head of your star. The horizontal star “floats” before you. See it there, not on the ground, but hovering in space at your heart level

The star could be any size, but for now imagine that the distance from point to point can be walked with three steps. **Remember to face forwards the whole time.**

Move from the head to the right foot. (forwards, diagonal right).

Move from the right foot diagonally back to the left arm (backwards, diagonally left).

Move from the left arm straight across to the right arm (straight to the right).

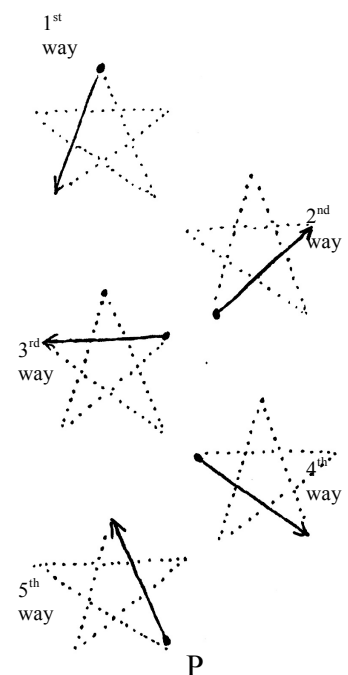
Move from the right arm diagonally forward to the left foot (diagonally forward to the right).

Move from the left foot backwards to the head, returning to the spot you started (diagonally backwards to the left).

Everybody discovers a host of things they can practice with this.

First of all, were you really able to be geometrically accurate? Is your star symmetrical, or do you over exaggerate some lines? Did you return to the same place you started?

Then emphasize how you need to face forward the whole time. Practice feeling the different points on your body that lead in the different diagonals. Imagine the whole star superimposed on your shoulder girdle, and discover where the five points are that will lead you.

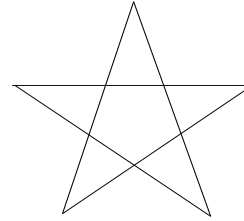


Now of course you will have discovered how you have to practice crossing your feet well.
(Remember, the foot that crosses will always go in front.)

After you have learned how to do the star with 3 steps, practice doing it with 5 steps. Then go ahead and practice any number of steps, always striving for geometric accuracy.

Finally, you can also do the star with only one step, moving with beautiful intimacy and internalizing your experience.

“I walk through meadows
Amongst the flowers.
Their radiant forms remind me
Of my far-distant home
In the stars.”



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As you practice these shapes, inventively vary the size of your forms and the speed you walk.

Add the practice of walking triangles, six-pointed stars and pentagrams to your daily practice, and improve your confidence and orientation in space as you connect with the health-bringing archetype of the human being, namely, the star.

Remember to hold your paper so the P is at the top of the page and you can walk towards the P. This may mean that you need to turn the paper around.
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2. For Children

As I explained in the document “Moving in Etheric Space,” I don’t ask a child to do this exercise before the nine-year change, because they aren’t developmentally ready.

Third, fourth, and fifth graders—and perhaps even older—may be helped with this imagination. Tell them, “Before you were born, you were a star in the sky.” (As you teach them this, have them practice doing the star in standing, as I described above.) Then: “One day, you looked down from the sky and saw a planet. You were so curious that you wanted to go visit it. So you fell down and landed on the ground, on your back.” (You can use many more fun words with this little story, to make it come alive. Help the child to lie down, with their *head lying in the place where their feet will need to be when they stand up.*) Then tell the child, “At first you were knocked out, but when you woke up again, the first thing you had to do was see if you could remember how to make the star. Let’s see!” Then, keeping the child lying there, help them to position their head and four limbs in the shape of the star as they had learned to do standing up. When they can do that, then have them stand *at the head position* and see if they can remember where their limbs were when they lay there. This whole process enables them to correctly map where the star will be in space!

Finally, let the child move the five positions as described above.

Older children can learn the stars in the same way that you as an adult have learned it.

There are many little verses that you can use for the star. You can choose age-appropriate verses.

Here is one of many examples:

“We are the stars that sing,
We sing with our light,
We are the birds of fire,
We fly across the sky,
Our light is a star.”

For further learning, I hope you will choose to learn the Vowels in eurythmy and do them with a Pentagram. You will find detailed lessons on my website, eurythmyonline.com.

*Try to find inspiring words to show the children how the human form is like a star.
You and/or your child can a poem or an essay about the human being as a star.
Could you and your child feel enlivened by becoming ever more flexible in your feeling of space, so you
could lead in all directions with agility and grace?*