

Moving Curves and Circles: Bending Space

a. Curved Lines

In the previous lessons, we worked on walking straight-line forms, forwards and backwards and in various geometric shapes. The straight line is always moved with focus and the intention to get to the goal in the most direct way.

In this lesson, you'll practice walking a curved line. A curved line is more accommodating than a straight line. It allows you to feel the space around you as you walk, instead of slicing through space in a linear way. It is more encompassing, more engaged. The straight line is more connected with clear thinking: the curve with willing.

Begin by walk a straight line, forwards and backwards, with four steps.



Next, instead of walking a straight line, connect the point you begin at and the point in front of you with a curved line. Remember that you will always face towards the front of the room when you walk: you will not turn as you walk.



Feel the different activity that you must use to continually bend your line to make it curved, instead of walking straight. The curved line creates an indirect connection between two points, and encompasses more of the surrounding space.

Try a curved line to the right, and return, then a curved line to the left, and return.

Remember from your last lesson that the curve isn't drawn on the floor. Rather, it is suspended in space, at the height of your heart. As you curve, to the right, follow the curve with your heart.

You'll notice that you have to find out how to cross your legs when you do curves. You can still use the principle that you learned with straight lines, let the crossing leg step in front of the other leg. However, you'll find that the leg that crosses in front changes *every quarter circle*. Take some time to puzzle that out! Keep trying, and have fun!

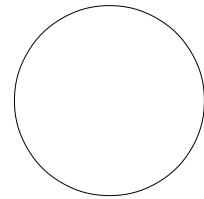
a. Circles, centripetal and centrifugal

Now let's move beyond the simple curve, and make a whole circle. As the earth circles the sun, so does your life circle your meaning. As the German poet Rilke writes:

I live my life in growing rings
That soar o'er the things of the world.
I know not if I shall finish the last,
But trying shall be my path.

I've been circle round God, round the ancient tower,
I've been circling for thousands of years,
And still I know not: am I a falcon, a storm
Or am I a great song?

Choose your starting point, and visualize exactly where your middle point is and how large a circle you want to walk. Now walk around your circle, always facing forward. Notice that at every moment of the curve, you are using a different point of your body to lead your movement.



Seeking the center

There are two kinds of circles: *centripetal* and *centrifugal*. You will want to be able to do both kinds in eurythmy. The centripetal circle is more earth-oriented, connected to gravitational forces.

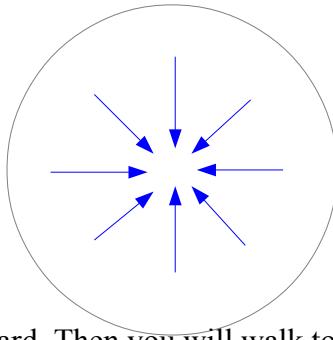
The centrifugal circle is more cosmic oriented, connected to the ether forces that overcome gravity.

Physical dancers are more familiar with centripetal forces: eurythmists play with the forces from the periphery.

We will start with the centripetal circle. Centri-petal means center-seeking. When you do a centripetal circle, you will always be attracted to the center of your circle, as the earth is attached to the sun as its center. The center will exert a constant attraction for you, and you will respond to it by leaning very slightly inward.

Imagine your sun, your point intended circle. Remember, front of your heart. Walk around it, letting it always pull you the circle is your mission in life, beloved. In this centripetal circle, powerful attraction upon you.

If you start at the back of the front of you, you will slightly lean forward. Then you will walk to the right, and feel the attraction on your inside shoulder. When you get to the front of the circle, the attracted point is right in the center of your back. When you walk to the left side of the circle, you are pulled in to your right side. Practice going around the circle a few times, in both directions.



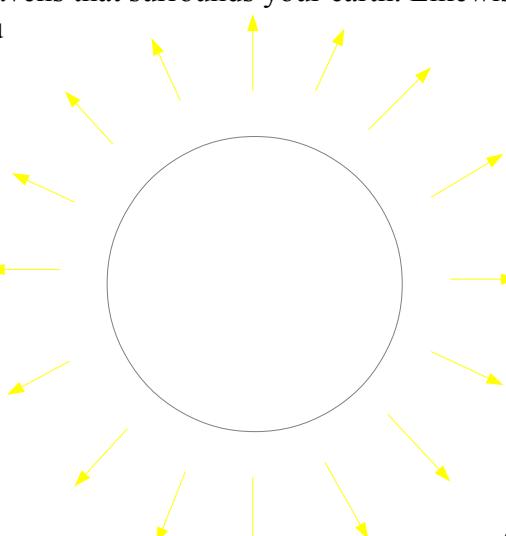
of light at the very middle of your the light is not on the floor, but in the sun, feeling always drawn to towards it. You can imagine that or the spirit of your most the middle point will always exert a

circle, the imagined light is in

Seeking the expanses

Centri-fugal means center-fleeing. The centrifugal circle is just the opposite of the centripetal. It relates to the periphery, the cosmic star spaces. Instead of imagining the sun at the center of your orbit, imagine the entire sphere of the heavens that surrounds your earth. Likewise, imagine the entirety of the sense world that surrounds you always pull you outwards, away important that eurythmists periphery forces, forces of anti-gravity. and feel yourself always from the center. In this centrifugal drawn towards the widths of the through the forces of levity. relationship to the center of the a tether ball loses its center

Now practice walking at the back of the circle, with circle is surrounded by a sphere feel connected through your back almost imperceptibly backwards. Now begin to circle to the right, and imagine the stars behind you through awakening on the right side of your back. When you get to the right side of the circle, your right shoulder actively feels the distances. Continue to the front of the circle, feeling connected to the periphery by awakening the connection between your right collar bone and the stars. At the front of the circle, your sternum is most engaged. Then continue by feeling through the left collar bone, then the left shoulder, and



on all sides. This circle will from the earth. It is very learn how to relate to these which connect us to the Walk around this circle, pulled towards away circle, you are always world, overcoming gravity You never lose the circle, however, anymore than as it swings around its pole.

a centrifugal circle. Start the center in front of you. Your of stars. As you stand at the back, to stars behind you and lean

finally the left side of your back. As you walk the star, let your feet become nimble at moving an accurate circle while your upper body connects to the periphery.

Walking in balance

Finally, learn to walk a circle that balances the inner and outer forces. See if you can hold the balance between the center and the periphery.

The practice of straight lines strengthens your sense of goal and purpose. In contrast, the practice of curves strengthens your sense of connecting to the world. It helps to overcome self-centeredness, and make you more socially aware. In your eurythmy practice, you will need to be equally fluid with both ways of movement. Enjoy it!

And remember: whenever you find something in eurythmy that is hard for you, try to *go through it*. Build new skills by learning to understand what you yourself are facing and overcoming it. After all, what could really be so hard about walking in a circle?

The Journal Box

Journal about your experiences working fluidly with curved lines.

Could you keep your focus on the experience in your heart?

Could you keep your upper body still and let the movement flow through and across your body?

How was it in your feet? Could you discover how to cross them for all of the curves?

What was the difference for you with the centripetal and centrifugal circles? Was one easier for you than the other?

Many find that they have “blind spots” when they do the circles, and cannot be conscious of the whole circle. Did you find a blind spot? Where was it?