

Moving Lemniscates

The next form we will look at is the figure-eight form, also known as a lemniscate, composed of two circles connected to one another. This is a natural next step, following the study of waves, in which you learned to move around imagined circles. With the lemniscate, you have two circles placed next to each other, and you work with both middle points, one after the other.

This exquisite form is used again and again in our eurythmy practice. The lemniscate can be done horizontally, as a infinity sign, or vertically, as a figure 8. It can be done centripetally, centrifugally, or balance. And it can even be done with one circle experienced centripetally or one centrifugally.

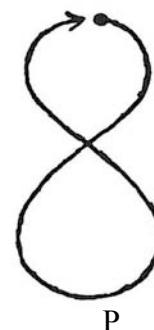
First step: Vertical lemniscate

Let's begin with a centripetal lemniscate. Both circles will have a middle point in the center. The centripetal circle cycles around a middle point. It gives you the experience of being earth-bound.

Now continue by practicing the centrifugal circle. In the centrifugal circle, you experience the middle point as a reference point, but you open yourself to the entire periphery. It gives you the feeling of being in that stars.

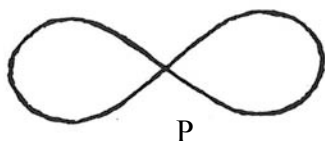
Again, start at the bottom of the lemniscate, and visualize the form you will walk, and where the midpoints of the two circles are. Now feel the space around you, as you practiced when you learn how to walk circles. Start with your feeling straight behind you as you start to walk, and then continue to orient yourself to the periphery. Walking to the right, feel the space on the right diagonals behind you, then straight out beyond your right shoulder, then on the right diagonals in front of you, and finally straight in front.. When you then arrive at the crossing point of the two circles, change your orientation to the circle in front of you. Now you will have to reverse your orientation and feel the infinity behind you again. Walking to the left, feel the space on the left diagonals behind you, straight out beyond the left shoulder, on the left diagonals in front of you, straight in front of you, on the right diagonals in front of you, straight to the right, and then on the right diagonals behind you. Returning to the crossing point, reverse your orientation once more, and then complete your back circle centrifugally. At the back of the circle, you land where you began, with your feeling behind you.

Enjoy noticing the way you keep changing your direction of movement. Keep playing with space, learning to move as smoothly as you can. To add variety, practice starting at different points or moving in different directions.



Second step: Horizontal lemniscate

When you are ready, try moving the horizontal lemniscate the same way, exploring everything you worked on with the vertical lemniscate. Move it both centripetally and centrifugally.



Immerse yourself in the exploration of this form. Why was this chosen to denote infinity? How can you stay present in all parts of your body? How does space work? How do you occupy it?

Practice holding your arms in different zones as you work with these forms. Hold them lightly above your head, or balanced in the middle, or deep and powerful below you. Remember, the purpose of this block is to feel your awakened relationship to etheric space.

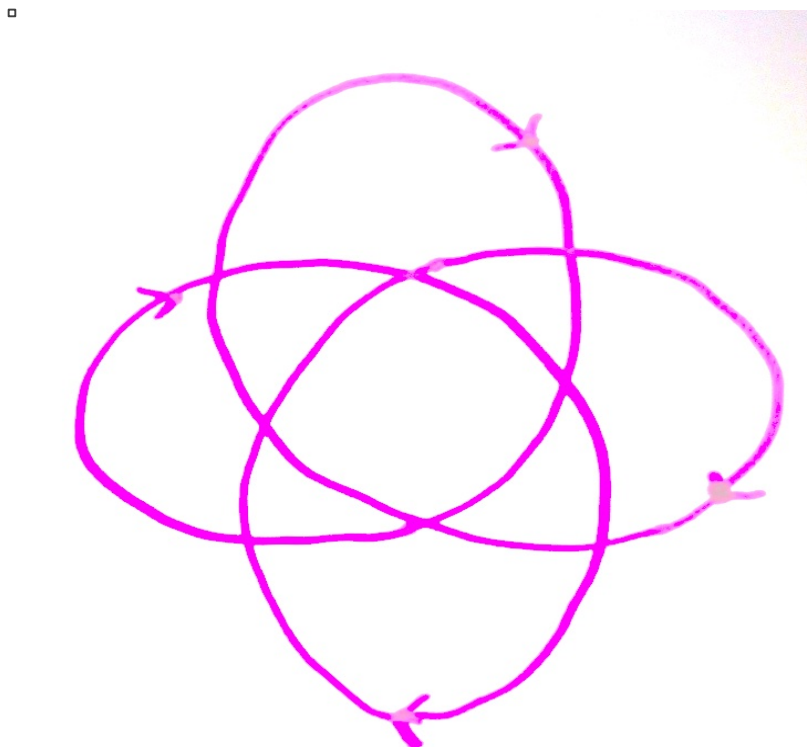
Third step: Combining centripetal and centrifugal forms

Now let the lemniscate come even more alive by imagining one form to be centripetal and the other centrifugal.

And when you do one circle centrifugally and the other centripetally, you can feel that you begin in the heights of heaven and then descend into your life. You circle around the earth, and then return again to the spiritual world.

New possibilities: the Cloverleaf

You can now play with a host of other forms, including this cloverleaf. Enjoy experiencing how you can make these circles centripetally and/or centrifugally. As you move smoothly and dynamically around the form, with flowing threefold walking feet, you will find the form begins to almost “sing” in space.



The Journal Box

Journal about your experiences working fluidly with lemniscates.

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?

Could you feel balanced as you walked the lemniscates?

Could you remember how to do circles? Could you play with centripetal and centrifugal curves?

How was it to do the lemniscate that came from heaven to earth and returned?

What did you find as you minimized the physical movement to increase the etheric movement?

Draw more forms, and practice moving them! It's time to be creative!