

Moving Spirals

1. For Adults



Development seldom occurs along a straight line. The process of evolution and involution involve constantly metamorphosing processes and dynamics. The nautilus shell is a beautiful example of how nature evolves through spiral dynamics.

In your first eurythmy lessons, you worked on contraction and expansion experiences. At that time, you only had the tools of moving forward and backward in straight lines. Now, however, you express these dynamics even better with spirals.

Let's begin with an in-winding spiral. Choose your starting point and identify your intended center, your goal. Create your own metaphor: this could be your spirit core, or your home life, or a sanctuary you long for. For your first spiral, make only one inwinding loop to get to the center. Start to the right and move in a circle that gradually approaches the center. Because you will of course stay facing forward the whole time, you will notice how you learn to feel your goal is sometimes in front of you, then to your side, then behind you, then to your other side, and again in front of you until you gradually center into place.

Don't forget to use threefold walking as you walk.

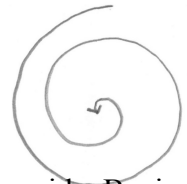
Back up and try again, several times. You can also try doing the same thing walking to the left. Many people find that one direction is easier than the other.

Now add your arm movements. As you stand at your starting point, spread your arms wide. Begin your journey inward, and as you spiral towards the center, bring your arms closer and closer to your heart. Learn to make the arm movement very smooth and fluid, without any abrupt movements.

When you arrive in the center, feel the movement resound in your listening heart. Linger there for a moment, and then feel the impulse to reverse directions and unwind, spreading light into the world. In the reverse direction from the way you came in, create an out-winding spiral, spreading your arms wide as you go.

Practice this again and again, to the right and to the left.

When you are ready, try making your journey to the center longer. Use two or three or more windings of the spiral to reach your center and to leave it again. Follow the deep journeys of involution and evolution as you go.



Remembering the experiences from your first contraction expansion studies, remember this verse and "hear" it in your inner mind as you wind in and out again:

Contract:	"Within my heart
Expand:	Shines the light of the sun.
Contract:	Within my soul
Expand:	Weaves the warmth of the world.
Contract:	I will breathe
Expand:	The light of the sun,
Contract:	I will feel
Expand:	The warmth of the world.
Contract:	Light of the sun, pour into me.
Drop your arms	Warmth of the world, flow through me."

Feel free to look for other poems as well, that will take you from the world to the self, and from the self to the world. And remember: there is no need to be dramatic! Be very gentle with your movements, so you pay attention to the etheric flow.

2. For Children

Even very small children will love to move spirals, but they will be introduced to them unconsciously. You as the adult teacher will first have embodied the meaning and purpose of the spiral by practicing it for many weeks. Then you can take your child on little spiral journeys into snail shells and out again, or into a magic forest and back. They will not face the front of the room as you do when you learn it for your own practice: you will instead “follow your nose” with your child as you wind in and wind out again. *You will be feeling* the expansion and contraction, and the child will *imitate your experience* without being taught to do so.

In the middle grades, children may begin by “following their noses” in and out of the spiral, but soon graduate to the more difficult task of moving while facing forward.

By the upper grades, students are growing in self-knowledge. The more emotionally mature students can now *add soul feelings* to their movements. More inhibited children will take much longer to connect their feelings with their movements, and you can be comfortable about not pushing them to feel more than they are ready for.

Think about your experience with the spiral. How was it for your child?

Were the movements to one side easier than to the other?

Was going in or going out noticeably more comfortable?

What were your experiences matching the movements with your arms with the movements of the spiral?

Could you synchronize your intention, your feeling, and your movements?

Did your feet in threefold walking walk gracefully through the spiral?

Look for other poems that also spiral in or out---or write your own---- and move them. Be creative!