

Moving Straight Lines and Curves in Combination The Pentagram and the Circle

One of the great exercises in eurythmy challenges us to move straight lines and curves in alternation. This helps us avoid getting stuck in patterns of movement or habits of thought. As a result, it helps us to become very flexible, and strengthens our etheric body.

The first step: the star surrounded by a circle

The best place to start with this is with the pentagram and with a circle that encloses it.

Begin at your starting position, at the head of a star.

Walk the star as you have learned to do, and do it, to begin with, with three steps for each way.

Now when you have returned to the head, walk around the whole star, with a centrifugal circle.

When you return back to your starting position, let the beauty, grace and accuracy of your star and shine! Notice how your practice has evolved.

The second step: moving the star and the circle in alternation

Now try the next exercise, alternating straight lines and curves. Start by having a clear picture of the star and the surrounding circle.

Begin at the head of your star, and move to the right foot.

From there, a curved line around the circle to the left foot.

Now, move a straight line back to the head.

From there, a curved line around the circle to the right arm.

Now, move a straight line to the left foot.

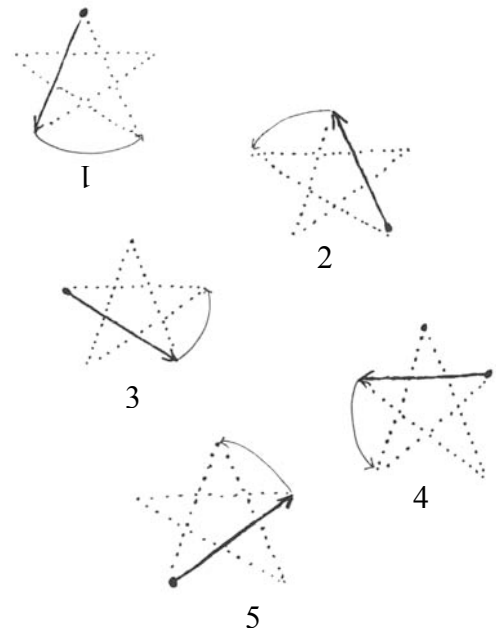
From there, move a curved line around the circle to the left arm.

Now, move a straight line to the right arm.

From there, a curved line around the circle to the right foot.

Now, move a straight line to the left arm.

And finally, return to the head with a curve along the circle line.



Enjoy the delightful confusion! This is a really fun riddle to solve in movement.

P

As I said before, these challenges bring tremendous flexibility and agility to your life body and to your thinking. Enjoy it! Maybe you can also make it more difficult for yourself.

The third step: another way of moving a star and circle in alternation

You can try the same thing skipping two places on the curves. It goes like this:

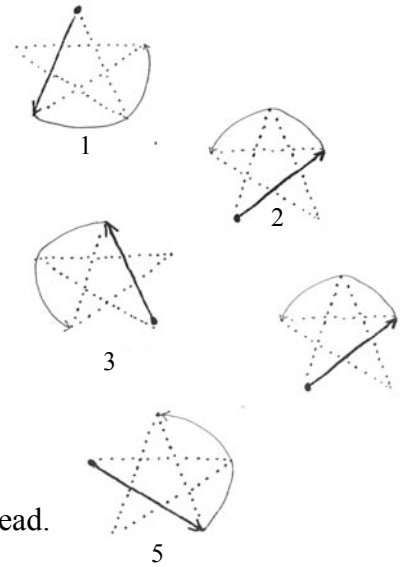
Begin at the head of your star, and move to the right foot.
From there, move a curved line around the circle to the left arm.

Now, move a straight line to the right arm.
From there, a curved line around the circle to the left foot.

Now, move a straight line to the head.
From there, a curved line around the circle to the right foot.

Now, move a straight line to the left arm.
From there, a curved line around the circle to the right arm.

Now, move a straight line to the left foot.
And finally from there, a curved line around the circle back to the head.



P

To close, I'd like to show you an example of a form for a piece of poetry created by eurythmists Annemarie Dubach. You'll appreciate how you would need all the skills we have been working on to be able to do these forms! Feel free to move it!



The Journal Box

Journal about your experience working with straight lines and curves. This alternation strengthens your etheric body, giving you flexibility and keeping you from getting stuck in comfort zones. As you can see from the form above, with this alternation of forms you are entering the realm of artistic expression. There is no end now to how you can move! Play with all kinds of forms.

You can support this experience by working on your form drawing. Practice drawing beautiful forms. It is definitely time for you to seek out a live eurythmy class!