

Moving Straight-line geometric forms

a. Triangles

After practicing walking straight lines forward, backwards, sideways and in diagonals, you can combine them to move different geometrical forms.

Begin with a triangle. Imagine yourself at the bottom point of a triangle, with the top points in front of you. Remember, the triangle is not drawn on the floor, but hovers in the air.

Walk the three ways of the triangle, always facing forwards. From the starting point, walk diagonally forwards to the right. Then walk sideways to the left, and finally diagonally backwards to the right.

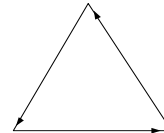
It becomes clear why we worked in the previous lessons on how to move in diagonals. Now you can freely move on diagonal lines without turning your body. Remember: this leads to wonderful agility in space, because your body itself seems to develop “eyes” all over, enabling it to “see” in all directions. Thus, in this forward-facing triangle, you start out leading with a point on your right collarbone, then with the point on the left shoulder, and finally, going backwards, with a point just next to the center of your back.

When you are comfortable with this triangle, reverse the direction, starting to the left. Notice that you will lead with the point on the left shoulder instead of the right.

A triangle always has the element of a simple story in it, such as “I left my house, went for a walk, and came back home again.”

Try to find simple three-line poems that could carry you along the three ways of the star. It could be something as simple as this:

“The light of the sun
Is glowing in my heart
Wherever I go.”



P

Begin to play with other size and shape triangles as well!

b. Six-pointed Stars

A six-pointed star can be built out of two interpenetrating triangles.

Begin by walking the first triangle that you practiced, starting to the right, then walking across, and then diagonally backwards.

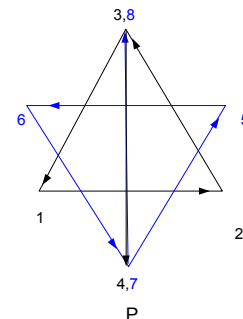
Next, walk a line straight forwards, right through the horizontal side of the triangle to a point in front of it. Let this be the point of an inverted triangle. Walk this triangle, beginning backwards to the left, then straight across, and then diagonally forwards to the right. Finally, walk a line straight backwards, through the horizontal side that lies behind you, and return to your beginning spot.

As you practice this six pointed star, feel yourself waking up in space so you can easily walk in all directions, and return to your home position.

You may also look for a six-lined poem to carry you through the form.

“When everything is moving
The music of the breath
Is enough to dance to.

And so I dance
And I am moving in light
With the movement of my breath”



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

The Journal Box

Journal about your experience walking geometrical forms. How does your ability to do this build on your previous exercises with threefold walking, breathing, grounding, carrying light, and the precision of rod exercises?

How accurate were you able to be to come back to your home position at the end of each form?

How symmetrical were your forms?

How fluid was your stepping, how light-filled your head and warm your heart?

Were you able to flow smoothly and make direction changes easily?

Could you maintain the feeling of having your form in the air and not on the floor, so you could follow your heart with all your forms?

How is your feeling of etheric space awakening?