

## 9. Practice Sequence with Rod Exercises

Now it is time to integrate the rod exercises into your complete personal eurythmy sequence, so you can continue to work on regular basis to strengthen your etheric and spiritual well-being.

Once again, remember that one of the fundamental principles of etheric training is that you gain the greatest benefit if you have a regular, rhythmical practice.

Feel free to choose the exercises that speak to you the most. But if you want a formal practice, I have created a sequence that you can use that combines our first chapter of exercises with the rod work, and will take 5 to 15 minutes a day!

*First:* having learned the exercises, turn off your computer. Enter your practice space.

*Then:* Stand quietly and tune in to your own inner core. Honor your spirit, and the temple of your body

*Next:* Do the Peace Exercise, one time.

*Then:* Spend two minutes doing threefold walking, harmonizing your breathing and your movements.

*Then:* Open your arms wide, and begin the Contraction-Expansion exercise. Inwardly “hear” the verse that you have learned-----“Within my heart.” Do this one time.

*Then:* Combine the threefold walking with Contraction-Expansion, hearing the verse inside. Do this one to three times.

*Next:* Take your rod and begin your rod exercises.

*First:* Do the seven-fold rod exercise, three times in standing, and four times walking.

*Second:* Do the twelve-fold rod exercise, three times in standing, and four times walking.

*Third:* Do the spiral exercise, three times in standing.

*Fourth:* Do the waterfall, three times in standing, four times in walking.

*Then:* Do the Staff of Mercury exercise, three times, sinking and rising as you do it.

*If you can:* By all means, if you have a partner, enjoy playing with the rod-tossing exercise! And add the qui-qui and squirrel exercise for a little bit of fun if you like.

*Finally:* Bring your practice to a close. Stand still, and fold your hands over your heart. Remind yourself of the sacredness of living in the temple of your body.

### The Journal Box

*In order that you can continue to track the progress that you are making, learn to write down how you feel as you progress. Record what your challenges are as you start the rod sequences. How does it feel to do the exercises in standing: what happens when you begin to walk? Can you still remember to do threefold-walking, touching with your toes first as you do these exercises? What does it take to penetrate into your lower body while being smooth and exact with your upper body. Notice how you begin to feel more confident, more balanced, more at ease. What is working for you? What are your challenges, and how do you overcome them?*

*In time, you may well choose to develop a different sequence, or choose to do some exercises on one day, some on another.*

*What works for you? Write about it, and deepen your experience! **If you like, share your experiences on the community page at [eurythmyonline.com](http://eurythmyonline.com).***

