

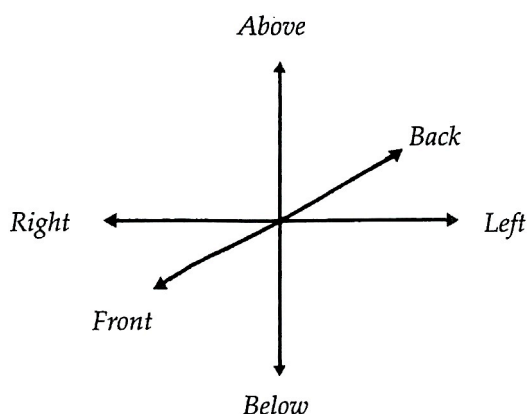
Honoring your Body, Soul and Spirit: The Peace Exercise

Introduction

The “Peace Exercise” is a very quiet practice that you can use to change the space that you are standing in, to bless it and imbue it with peace. Its effects can spread out from your space to harmonize your home, your office, your region, the whole planet. For that reason, I offer this exercise as a free gift to everyone, with the hope that thousands of people around the world will use this to help heal our earth.

Whether you are in a beautiful sanctuary, your bedroom, a classroom or a prison cell, this movement practice can raise the vibrational level of everyone and everything around you. This very simple exercise is based simply on relating consciously to the geometry of your human body and the three dimensions of space that you live in, consisting of the vertical axis, which runs from above you, through you, and down into the earth; the horizontal axis which runs from right to left through you; and the axis that runs from behind you, forwards.

As earth beings, we live in this three-dimensional space, and it is the foundation for the way that we



are built. I imagine, however, that before we were born, we lived as a point, a point of consciousness in the Creator’s mind. Then we became embryos, and lived in the womb of the mother. There our tiny bodies grew and swelled until we were ready to be born. When we emerged from the womb, we arrived on the earth. Suddenly we were plunged into three-dimensional space. In order to function in this space, we needed to gain control of our muscles. We learned to pull ourselves upright, into the vertical position. As our balance and skeleton adjusted, we learned to control our relationship to gravity, enabling us to now lift our arms wide and interact with the world. We were then impelled to move into the space in front of us, because in the space in front of us we have our eyes and ears and nose. Our hands

reach forwards, and we long for things of the world of the senses draws us *into* the world. Behind us is a world that is dark to our senses. We can’t see it, we can’t feel it, and we can’t easily touch it. That space reminds us that fully half of our existence is invisible to our eyes.

These three dimensions thus keep us in a living relationship to the physical and spiritual matrix of space. Having mastered the primal reflexes of infancy, we are not able to live confidently in this field, unconscious of its support and power. With this exercise, we will awaken our experience to space and to our own bodies. What we discover here will enable us to move freely in space as eurythmists.

The Peace Exercise: Preparing your practice

Begin your eurythmy practice by clearing your mind of distractions, and becoming fully present. Allow your auric field to become illumined, and let it to fill your whole body with the sense of light.

You might like to begin with a nice, full-body stretch, loosening the muscles and tendons in your arms, erasing your tension. When you’re ready, put your feet together. Become quiet, focused and centered, and take a deep breath.

Now, imagine the vast star-strewn heaven above your head. Imagine that there is one star above your head that represents your higher self, or an angelic being who watches over you from lifetime to lifetime. Let the light from that star shine down into you. Imagine that when you were a baby, it was that star that called you to stand upright. And as that light comes down to you, let it shine into your crown chakra, and open your head. Let it enter you from above, but don’t look up at it. Instead, let it shine down into you, golden. It shines

down through your head, through your third eye, through your throat chakra, down through your chest, touching and blessing your heart chakra, your belly, your lower chakras, going down through you, through your spine, through your legs, and into the molten core of the earth.

Align yourself with this line of light, which feels a little bit like a lightning rod. Learn to experience this as the line of your I-AM, the line of the ego. Stand tall, illuminated, relaxed but brilliantly *here*. As this light-being, you have attracted to yourself the atoms that standing in service to you, making up the body you stand in.

Now, without losing your line of light, open to the horizontal axis that crosses this vertical axis. Millions of miles below the stars, and thousands of miles above the center of the earth, you live in a sphere of life, a narrow biosphere, inhabited by human beings, animal beings, plant beings. This is where we live on earth.

Feel how your heart is alive and beating and pulsing, surrounded by your breathing lungs, in the middle of this biosphere. Feel also how your arms are made to reach out into the world, to feel this biosphere.

Stretch your arms out into the world, right and left, so that you are standing as a cross. This cross is a cross of light, spanned between above, below, right, left. With your arms outstretched, your chest is wide open, and your heart has a way to become connected with all the sentient beings of the world. There is great love there: there is great joy. There may also be sorrow, but breathe with it. This sorrow will be understood in the fullness of time. And for every measure of sorrow, there is an even greater measure of love, weaving between and amongst us all. Sustain your attention in this cross of light for a moment.

Next, turn your attention to the whole front surface of your body. Notice how your major sense organs are on that surface, including your eyes, nose and mouth. Feel that your arms are made to reach forward easily, to take hold of the world before you. Now evoke an image of beautiful flowers or delicious things to eat, of all sorts of things before you that you would like to take hold of, perhaps touch, taste, smell. Reach your arms forward, and take a half-step forward – or maybe one or two full steps. The world of the senses draws you forward.

And now allow the polar experience of that engage you. Feel the darkness of your back, and the fact that you don't have any eyes back there. Take one or two steps backwards, as if into vast darkness, dream space, sleep space.

Finally, step forward again stand in the cross, feeling yourself centered between above/below, right/left, front/back. Quietly drop your arms. This was your preparation.

Throughout this entire exercise you will have had your eyes open. Eurythmy is always done with the eyes, wide gaze, big peripheral vision. You're not actually looking *through* your eyes, but they are beholding all the space that you are in.

Now build the exercise again.

Imagine the stars above your head. Let the light from one star shine down into you, through you, and into the molten core of the earth.

Stretch your arms out right and left, and feel yourself connected through your heart with all the sentient beings of the world.

Step forward, and feel yourself eagerly leaning into the world before you, engaging in the sense world.

Step backwards, spreading your arms wide, and feel the back space. Feel yourself in the darkness of spirit realm, the dream realm.

Now come back to your starting position. This time, don't just drop your arms, but fold them, one upon the other, upon your heart, your heart chakra in the center of your chest, and feel the breathing, pulsing life there.

With the next repetition, we will change the sequence.

Spread your arms wide and feel the cross. For a moment, you are balanced in space between all the directions.

Next, from this position, stoop into your knees and wrap your arms around them, clenching your fists. (If you can't crouch, because you have problems with your knees, that's all right, but just drop your arms, and feel the tension. If you can go down into your knees, take care not to actually rest your knees upon the floor.)

In this position, feel the words "***I go down into gravity, from where my body nature comes.***"

Now, lift up, and release all this tension. Slowly, but not too slowly, spreading your arms wide, keep going up, up – as if you were a balloon. Bring your arms together high above your head. Stand on your toes if you can. Immediately you feel as if you could float off the ground.

Once again, there's no need to actually look up, but just feel your crown chakra, illuminated. In this position, feel the words, "***I go up into lightness, from where my spirit nature comes.***"

Now go back now onto flat feet, side by side, and spread your arms wide. "***I feel the balance in the middle.***"

Take a step or two forwards and feel, "***The world of the senses draws me in.***"

Take a step or two backwards. "***The world of spirit releases you.***"

And put one hand upon the other on your heart. "***Within my heart, I bear an image of the whole world.***"

Stand quietly.

"Painting" the field you stand in

This next time, imagine that your hands are big paintbrushes, and use them to paint the world with the essence of you.

Spread your arms wide, "painting" the space below you as you go down into gravity.

Turn your hands up, and brush through the space, changing the space, feeling the space as the space feel you.

Paint the space above you.

Spread your arms wide, brushing through space, painting it whatever color or texture you are, and stand in balance in the cross.

Going forwards, paint the space before you.

Going backwards, spreading your arms wide. Paint the space behind you.

Go back, and put your hands upon your heart.

This experience of "paint" is a metaphor for your energy. With the next repetition, instead of imagining yourself "painting" the space around you, see yourself spreading peace, as the gift of your heart, through your presence. This forms the foundation for the Peace Exercise.

Peace is born in your heart. Let your hands are ready to become expressions of peace. Spread them wide. Stand in the cross, peacefully.

As you go down, paint the space peacefully,

May Peace be below me.

Turn your hands and go up.

May Peace be above me.

Spread your arms wide.

May Peace be all around me.

Step forwards. As you bring your hands together:

May Peace be before me.

Step backwards:

May Peace be behind me.

Putting your hands on your heart:

May Peace be within me.

Affirm for yourself that with this exercise, you can change the energy in any space. Affirm your will to become a powerful peacemaker.

The practice

Going through the entire sequence:

May Peace be below me.

May Peace be above me.

May Peace be all around me.

May Peace be before me.

May Peace be behind me.

May Peace be within me.

Stand still, and breathe deeply.

Quietly, place your feet together and fold your arms before your chest. Breathe quietly, for about 30-60 seconds. Let the fruits of this exercise settle into you.

Strive to create this entire sequence in silence, without the help of the recording. Bring the spiritual pictures to life within you. In the silence of your practice, listen to the quiet of your own heart. This quiet will give you the strength to be that peacemaker in the world.

Remember to take a moment at the end of your eurythmy practice to let the experiences you just had to reverberate around you. Their nourishment is for your physical body, for your etheric body, and also for your soul and your consciousness. And it is very important and very nourishing to let the after-image resound through you on many levels.

Further notes on how to practice the Peace Exercise:

When you practice this on your own you can build it in just the sequence that I gave it to you.

First you find your cross, related to the light above and the weight below, the width of the cross, and the front and the back axis, so you'll stand in this three-dimensional cross. You'll *go down into gravity, up into levity, back to the widths, forwards into the sense world, back into the darkness, and come back to your center.*

That's round one.

On round two you can practice the "paintbrushes"

On round three, you can practice the words of peace:

May Peace be below me.

May Peace be above me.

May Peace be all around me.

May Peace be before me.

May Peace be behind me.

May Peace be within me.

You can practice this Peace Exercises every day for a week or more. Other people do this every day of their lives, as the keystone of their daily eurythmy practice. You will gain strength as you do it again, and again,

and again. In the practice of faithful repetition, you are building and imprinting new patterns into your etheric body.