



Ǝ (ā)

The second sound of the major vowel series is E, or Ā, which is the gift of Mars, the red planet in the sky which embodies masculinity and strength.

With the experience of Ā we create and experience self-awareness. If a child were to remain vulnerably open in Ah, if the first human being had only walked in peaceful bliss on the earth, if lovers only gazed with open wonder upon each other forever, they would live in a continuous condition of paradisiacal bliss. Babies would still be merged with the mothers, humans would walk naked in Gardens of Eden forever, and lovers would lose themselves in one another's eyes and never be able to individuate, let alone attend to the practical affairs of life. Thus, the openness of the Ah has to be followed by the experience of separation: we must learn to identify the threshold where the self and the world meet. In the Ā, we learn to know what is self and what is other, or not-self.

Begin your exploration of the Ā by imagining yourself as a baby, in the instant in which your mother's face came into focus in front of you. Suddenly you knew: she is

different from me. That gave you pain, but also your first feeling of your own self. Now create the eurythmy movement for Ā, crossing one arm against the other, building a wall between yourself and the mother figure. Continue by imagining yourself standing in front of your imagined best friend or lover. Sometimes you experience disagreements. You needn't fight with him or her, but you must appreciate their other-ness as much as their friendship. Again, create the eurythmy movement for Ā, crossing one arm against the other to feel clearly where you end and the other begins.

Imagine now the mythological story of Adam and Eva in the garden, and the moment when the story tells that the snake tempted them to eat the apple. This caused the gates of paradise to close behind them. Create the eurythmy movement for Ā again, crossing one arm against the other as if gates are closing against the world.

Creating your practice

Practice now how to create each Ā with a real etheric gesture. Before you make the Ā, start with the Ah, imagining yourself going right through your hands, touching the stars through your fingertips. Now, beginning beyond your physical fingertips, begin to cross the lines that extend from your arms. Gradually these will come together, until the crossing point of the Ā is right in front of you. Continue with it until you actually physically cross your arms. Now, finally press one arm against the other. Feel the firm contact you create, and feel yourself right **there**, right at the crossing point, right **now!** Let the Ā make you feel very present, focused and real. Through it you feel the strong separation and clarity of self and not-self, or world.

Through this separation your knowledge and understanding of both yourself and the world around you will grow. Focus in on your imagined mother's face, your lover, nature, the snake. Practice making Ā in different places---above you, below, behind you, all around. Try it with your legs as well, crossing one leg in

front of the other. This can feel very powerfully focusing, and can be a very good practice for people who don't feel grounded.

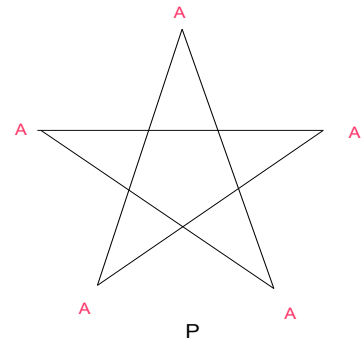
There can be equal parts of pain and joy with the \bar{A} , depending on your constitution and disposition. Some people will love the security of boundaries, while others will feel the pain of waking up to the feeling of separation. Go deep with your own journey and see how this \bar{A} lives in you. Accept all the different variations of it. Discover words that have a strong \bar{A} in them, like awake, or pain, or anger, and try to express them in movement.

The color composition of the \bar{A} begins with you imagining yourself clothed in the peaceful equanimity of green. The movement of your arms is light and yellow. The moment of contact, however, engenders the feeling of red power and clarity!

\bar{A} with a pentagram

To practice moving the \bar{A} , continue with the star. Now imagine a crystal at each point of the star that you want to focus on more clearly. Move through the five directions of the star, (always facing forward), building an \bar{A} as you walk to each point. Again, as with the Ah, work with time and flow with your arms and legs so that they both reach the point of the star at the same time.

Now, as with the Ah, imagine something like flowers at the feet of the star, something like trees at the arms, and perhaps a star at the top. As you move from point to point, create \bar{A} in different heights at the different points of the star.



Ah and \bar{A} together on a pentagram

Now you can also combine the Ah with the \bar{A} , by practicing moving a beautiful, full open-hearted Ah, followed by a strong, firm \bar{A} . Do this in different heights. Now merge this sound combination with your practice of the five pointed star. Walk each line of the star with an Ah, and then close vigorously with \bar{A} . Bring your feminine and your masculine energy into an exciting conversation with one another, as you explore how uniquely beautiful and powerful these two are, even here where they may seem to be diametrically opposed.

Now let the feeling of the \bar{A} come to rest within you, as you stand quietly. Imagine it ringing in the space all around you, and feel it making you stand straight and tall. You may feel this soul response: I feel the power of having rightful boundaries that protect me from being overwhelmed by outside influences. I have strength, focus, and well-being.

It is the pure sound of \bar{A} that creates this feeling of focus and well-being. If you are learning eurythmy specifically for a personal practice to gain strength and focus, it is fine to remain with the archetypal sound and gesture. However, as a next step, you may begin to also explore all the variations there are in the English language for the sound " \bar{A} ", including the "e" in wren, or the "a" in cat. The artistic eurythmist needs to be able to hear all these fine differentiations and understand how they live in the movement range somewhere between Ah and \bar{A} . Play with these all you like, perceiving and creating fine differences in sound and movement.