



A (ah)

The first sound of the vowels is Ah. In the openness of the sound Ah we recognize the working of the planet Venus, who carries feminine energy of beauty and grace.

Ah is the sound of the “beginnings.” It is the sound that we instinctively utter when we sink into warm water, or feel deeply relaxed. It is the sound of wonder and amazement. With the Ah, we feel safe and we open ourselves completely. The eurythmy gesture for Ah is this openness.

Imagine yourself to be like the first human being stepping onto an unspoiled planet. Call forth that first feeling of innocence. What wonder do you feel, what astonishment? Feel how your heart, your mind, your eyes respond with openness. Imagine yourself to be a newborn baby lying in a cradle in an environment that is completely safe and soft and nurturing. Imagine the wonder you feel, emerging from the darkness of the womb into a gentle environment in which everything which you previously only dreamed in darkness now surrounds you with color and texture and form. Feel how amazed you are!

Travel in your mind to a beautiful place in nature. See how you want to open yourself wide, so you can drink in the nourishment of the beauty that flows towards you.

And think of how it is to meet a truly dearly beloved person. Feel yourself stripping away your pain, your fear, your privacy, your masks, to let this person reveal to you who they truly are. Feel how it is to open your soul to let the world come into you.

With these imaginations living in you, feel the shape of the Ah in your throat. Perceive how it perfectly manifests this openness that you feel.

Now, try to move this. Begin by creating an open-armed angle to the heavens above you. Imagine a heaven full of stars that flows into you and fills you up.

Imagine a person in front of you whom you are willing to trust. *Dare* to open yourself, and feel the beauty of the person you see. Open your arms, and let them pour into you.

Imagine the beautiful earth below you, perhaps covered with soft grass, or moss, or flowers. Open your arms to the earth below, and let your heart be filled.

It is important that our openness isn't timid, or half-hearted. Don't be afraid to push your limits. Allow yourself to really dare to be vulnerable and open. Let your heart crack open! Be truly human in your expression.

Discover how to create the Ah with strength and clarity. Learn to create an angle that corresponds to the shape of the Ah in your throat: that is, the arms should be open *approximately* 120 degrees. Many beginners throw their arms wide apart, even as far as 180 degrees, but that would be what I call an “unspeakable angle,” producing a sound that the voice can't make.

In the clarity of the Ah-angle, we have beauty and harmony.

As you open yourself with the feeling of Ah, let its vitality make you feel really like the color *red*, beautifully embodied and strong with well-being. The ensouled space around you, however, is a tender blue-green. Let there be as much power pouring into you and filling you as there is openness and vulnerability flowing out from you into your arms. Let your arms be strong enough to receive in-flowing forces: lightly contract the muscles on the inside surface of your arms.

Creating your practice

Practice creating the Ah in the three zones above, seven times in each zone, learning to feel openness to the stars, the trees, the flowers, people, the earth. Learn that you don't look into the different directions with your eyes: keep your gaze straight ahead, and *feel* into the different directions that your arms are opening to!

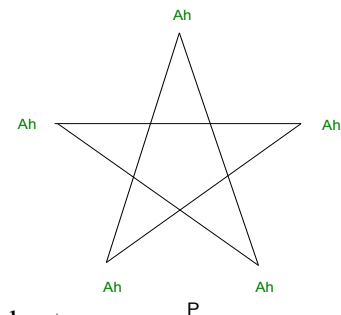
As you do the sounds, learn not only to evoke the feeling of the Ah, but to let your arms (not your voice, which is silent) create the sound in space. Eventually, you will be able to feel how your limbs cause the space to "speak!"

Now take it a step deeper, and imagine yourself with broad tree roots that you will spread into the ground. Step to the right and to the left and feel the Ah through your legs. Feel strong as you firmly place yourself on the earth as you make Ah with your legs.

Begin now playing with words that have "Ah" in them. Look for pure "Ah" sounds, like Astonishment, Awake, Aware. All these words have a relation to the feeling of openness. See if you can discover how to make the sound "Ah" with your arms in different zones, with the intention of such different words.

Ah and the pentagram

Next, as you begin to play with the dynamic of "Ah," practice moving it in space. If you have done the introductory eurythmy exercises, you will be familiar with the pentagram. This is a good place to start your vowel practice. Imagine five beautiful jewels at the five points of the star, and be ready to open in wonder to them at each of the five points. Begin at the head of the star, and move with your open heart to the right foot, opening your arms in Ah as you walk, balancing your whole body energy so that the soul directs the feet and the arms to work in harmony, and you arrive with fully open arms at the end of the lines. Continue through the whole star in this way, expressing this wonderful openness through the whole star.



Next, try creating the Ah in different zones. Imagine a beautiful flower on the ground at the two feet of the stars, two beautiful friends at the arms of the star, and a beautiful star in the skies above your head at the top point of the star. Now as you go to the five points, open to the different objects at different heights, to the ground for the flowers, at the heart level for the friends, above you for the star.

Continue to explore the rich capacity for wonder and amazement that have been laid into your soul through the gifts of Venus, the "goddess of Ah." At the end of your practice, stand still and let this newly awakened capacity resound through you. Many people will be moved to tears with the Ah. Keep going deep with your process, practicing open-mind and open heart, walking through the world with the strength of protected innocence. Know that this capacity is always available to you, in deep resources of your soul. Nurture it: it is a great source of health and joy to you.