

Basic Warmups

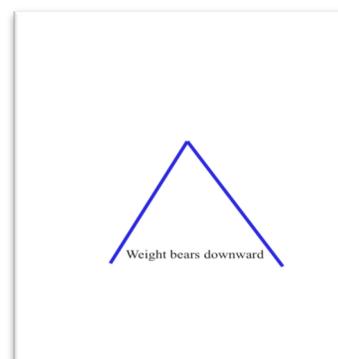
1. Weight and Light For Adults

We human beings live our lives spanned between polarities. We are partly earth and partly heaven, partly weight and partly light, partly yin and partly yang. Your first eurythmy lesson comes from an ancient meditation that lets us experience how we human beings live in this state of dynamic tension. You will discover in this exercise how to can balance these archetypal polarities.

Begin your eurythmy practice by clearing your mind of distractions, and becoming fully present. 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.

Turn your attention now to the feeling you have when you think of the forces of gravity. Feel how you are wedded to the material world through its power.

Stand straight and tall, breathing quietly. Sense your life body and your physical body. Now, step to the right and step to the left. Create an open triangle with your legs. Feel grounded and weighted in this triangle. Imagine that the point of this downward-facing triangle is in your chest, just above your heart. Let the whole field of this triangle feel weight: imagine it to be dark blue. Hold that in living consciousness for five to ten seconds, then bring your feet together.



Now turn your attention to the feeling of lightness and brightness above your head, in the vast expanses of the sky. Feel how you can access the world above by opening yourself to

inspiration. Open yourself to the heavens with by creating an upward-facing triangle. Simply lift your arms up, above your head, palms facing inward. As you do this, keep your eyes straight ahead of you. Don't look up at your arms, but using "open gaze," look into the whole field of the space, without looking directly at it. In this way, you can *feel* the space above you, through your crown chakra, and don't need to look at it.

In this position, your arms should be exactly as far apart as your feet were when you did the downward-facing triangle. Imagine the point of this upward-facing triangle to be in your abdomen, just below your solar plexus. Let the whole field of this upward-facing triangle be lightness. Let it be golden-yellow. Hold this in living consciousness for five to ten seconds, then drop your arms to your sides, returning to neutral. Yours hands are at your sides, your feet together.

Now put both gestures together. Begin with the feeling in your chest above your heart, and send a line of consciousness through your right leg down to the earth, and step to the right. Send another line down through your left foot, and ground yourself in weight. Color this blue, and underscore this experience by thinking the words, "Weight bears downward." Hold this in living consciousness for 5 seconds.

Continue to keep your legs in this position. Without forgetting it, now add to it the experience of the lightness. Concentrate on an imaginary point below your solar plexus, and with that as your root, let your arms effortlessly be drawn upwards. Let your movement breathe. When your arms are above your head, they

are exactly as wide as your feet are. Experience this field to be light, and color this field yellow. Underscore this experience by thinking the words “light streams upwards.” Hold this in living consciousness for 5 seconds.

Now, drop your arms and bring your feet together, returning to neutral.

Breathe quietly for a moment, and then repeat the exercise as follows.

Create the blue triangle below you, rooting yourself above your heart and sinking lines through your legs, stepping right and left. Inwardly think the words, “Weight bears downward,” as you ground yourself. Create the yellow triangle above, rooting yourself below your solar plexus, and letting your arms lift upwards. Inwardly, think the words “Light streams upwards.” Hold these for 5 seconds each.

And now, take a big belly-breath. Try to perceive the field where the two triangles overlap. Can you sense what is there? You’ll find that where the yellow and the blue overlap, there is a green diamond. Feel this green diamond intensely, and affirm this experience with the words, “In the middle, I hold the balance.” Hold this in living consciousness for 10 seconds.

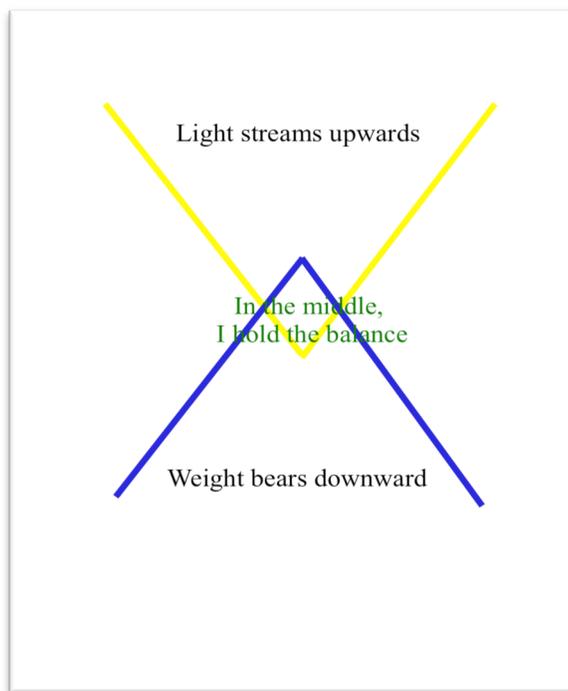
Drop your arms, bring your feet together.

Repeat this experience. Step right and step left. “Weight bears downwards.”

Lift your arms into the light. “Light streams upwards.”

Take a big belly-breath. “In the middle, I hold the balance.” Hold these in living consciousness.

Bring your hands and feet together.



Repeat this exercise five more times. Practice being fully present and becoming fully aware of the experiences you are creating.

And now, at the end of this session and every session, take a moment to let the experiences you just had 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.

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.

Your next step is to internalize this simple exercise so that you can do it without listening to the recording. A eurythmy practice is not done with background music, but in silence, giving you the opportunity to listen to the movements in your own soul or your own mind, and to build trust in the deep silences in the universe.

So now, today and everyday, turn off your recording, and once again create this in silence. Your invitation is to do this several days, many days, every day, on your own power, learning to experience, enliven, awaken your sense of yourself as a person who holds the balance between weight and light.

The Journal Box

Reflect on this process. Were you able to ground yourself so strongly that you were really firmly on the earth and couldn't be knocked over? Could you create a different kind of feeling in your arms? Were your arms and legs equally wide, or did you discover that you are more open on one pole than the other?

How was your experience of color? Not everyone can see colors, and it is all right if you can't, but they can help you deepen your experience.

Could you feel the power of balance in your middle?

How do you understand and experience the three ways of being in your body---head, heart and legs?

For Young People

Your young child is born into the field of levity and gravity and spends the first years unconsciously orienting the body until s/he has all the neuro-muscular skills aligned and is finally coordinated and graceful. It would be counter-productive for them to try to cognize this experience as they go through it. However, by seventh grade the child's consciousness can begin to reflect on such experiences. That is why the Waldorf curriculum offers the study of physics at this age. In a typical example of how eurythmy meets the Waldorf curriculum, we offer to the child this simple but challenging exercise to learn how to stand in space in balance.

By offering the **Weight/Light** exercise from 7th grade onwards, we give the child the tool to experience the polarities of life that they live in and to literally *feel the power of equanimity and balance* in themselves.

