

## *Ah-Reverence: Overcome stress and sleep better*

Today we will look at an exercise that can help you if you carry a lot of stress and overload from working too much. And it seems to me that this is an increasingly common condition! The Ah-Reverence is especially helpful for people who spend a lot of time at their desks, in front of computers, driving cars, or the like. These people often have severely depleted life-forces, both because of the extreme demands put on their nerve-sense system and because of the effects of the emf's that impact the etheric fields we live and move through. We see increasing symptoms of exhaustion and depletion in people these days.

Let's take a look at the exercise first.

To warm yourself up, you might want to roll your shoulders back a few times.

Now, imagine in front of you something very beautiful and desirable. Open your arms to it with a big, open hearted "Ah." Step towards it with enthusiasm.

Now turn your attention to the space behind you that you can't see, and do the sound "H" as you walk backwards. Linger there for a moment, and imagine the star-strewn skies behind you, a place of beauty and wonder. Create a feeling of *reverence* for all that is big and great and divine, in the dimensions that you can't see in the universe.

Now release your arms very slowly behind you, and imagine that all the way down you can see stars shining on your back. Finally you see stars with the back of your heels, and you are grounded in your feet.

Now release your arms, and discover that you can now feel your back much freer than you could a moment before.

Now let's go deeper. Begin by feeling the wonder in front of you. As you open your arms be sure that they aren't too wide: they should be in a nice angle of about 60 degrees or so.

And now open your arms behind you with a full, large H. Drop your arms slowly behind you, feeling your backspace strongly.

This third time, open your arms with a great feeling of enthusiasm for the world.

Now feel as if your good guardian angel taps you on your back and reminds you to remember that all the beautiful things of the world come from the starry world. Open your arms with H, and then hold them above yourself in a gesture of reverence.

Drop your arms through the back.

Now be sure to feel the power of the *sounds*, not only the forms and the imaginations. As you go forward, feel the power of the sound "ah"

Again, open with wonder, and feel the power of the sound "ah." Feel your angel invite you to remember the sources you come from. Drop your arms and open your back.

As you go backwards, feel the sound "h", and then pause for a moment of real reverence.

Drop your arms and feel your back.

Now take a moment to stand still and feel how your back is so opened. Your body has now released itself from the tightness it felt only moments before, and you can feel connected to higher worlds and deeper access to your spirit sources.

Take a moment to reflect on the difference between the sense world in front of you and the dark dream-world or spirit-world behind you. When we spend so much time working in the sense world, we get locked into tension and stress. We lose our access to the invisible dimensions. The nerve-sense system gets over-stimulated, and we often get hooked into fight-or-flight patterns. The adrenal glands work overtime, and we feel exhausted. Sleeplessness and stress are often the result.

With this exercise, we open into the back-space, which is where your body remembers the sources that you have come from. Your body really knows that there are other energies you need to access, other energies you can draw from to be whole. Here, with eurythmy, you not only think about or meditate on those other energies: you actually rebuild your constitution by drawing them into you.

And remarkably, this exercise can even go so far as to help you by *strengthening your immune system!* You can even resist diseases better if you use this movement pattern.

Choose this exercise if you are too tied up in the stress of sensory overload.

Remember, eurythmy exercises work upon your health when they are repeated regularly, so they are inscribed into your etheric body, as movement memory patterns. I recommend that you practice this 10 times a day for 7 weeks. It is best to practice this exercise in the evening.

I strongly recommend that you do this exercise ten times in a row. I acknowledge that it is unusual and not necessarily easy to create a *feeling* over and over again, but therein lies the wonder of these exercise. Indeed, this is not so different from the way that even in life we may need to remind ourselves to be aware and reverent. We are practicing exercising the “muscle of our soul,” by not merely be stimulated to feelings, but actually generating our own feelings.

## *Your personal sequence for health and well being*

In only 5-15 minutes a day you can create a eurythmy practice to enhance your health and well-being.

In this online curriculum we have shared many exercises that you can integrate into your daily practice. A suggested sequence could be:

The Peace Exercise OR Weight/Light OR I think speech  
Threefold walking OR threefold walking with a ball  
Contraction expansion AND contraction/expansion with walking  
A series of rod exercises, including 7-fold, 12-fold and waterfall  
The Pentagram with vowels OR Evolution Sequence  
Ah-Reverence OR Hope-U OR Love-E  
Halleluiah

There are many other eurythmy exercises that can help you with individual issues. If you have the opportunity to work with a personal Therapeutic Eurythmist, you can schedule a series of 7-14 sessions to create your own individualized sequence.

You can also schedule individual skype or telephone conversation with me so I can coach you on your choices and your progress.

If you have a real medical issue that you are dealing with, you will be best served if you find a qualified Therapeutic Eurythmist working in your community with whom you can schedule a series of individual sessions. This Therapeutic Eurythmist will ask you for your medical caretaker and consult with

him/her to help develop the best series of exercises for you, most of which cannot be covered in this online curriculum.