

# *Eurythmy as a Personal Practice: How to get started*

## *What a personal eurythmy practice will bring you*

Eurythmy engages every level of your human experience, changing and balancing you in your consciousness, your feeling life, your life field, and your physical body. It is an *integrative* art form in the most profound sense of the word.

Our age brings stress and exhaustion to many people, as the pace of life and the electromagnetic fields we live in stress our etheric bodies. Through eurythmy you have the possibility of tapping into deep sources of vitality and life. You can draw to yourself forces from the sources of life you were born out of.

At the most internal level, it actively engages your *consciousness*, as you practice being attentive to what you are doing and how you are expressing yourself in gesture. You not only become aware of what you are doing, but also of yourself as the one who initiates your movement. At the same time, you perceive that you are moving the field of energy around you: you are simultaneously the point of your consciousness and the field of space you are in.

You also become adept at knowing the dynamics and colors of your *astral, or feeling life*, able to generate and experience an entire spectrum of artistic emotions objectively.

In your eurythmy practice you learn to move your physical body in accordance with the *laws of the etheric world*, for eurythmy is a living art, unfolding in the living, etheric flow of time. Just as plants overcome the mineral nature by continuous growth and change in time, so too does the human being attain health when every cell of the physical body is held in the field of life of the *etheric body*. (This is the same body that practitioners of Eastern arts call the “chi” body, although the way it is used is different.) We are also surrounded by our etheric aura, living forces that are free for our consciousness. In eurythmy we artistically sculpt these free forces.

In eurythmy you become accurate, coordinated and precise all the way into your *physical gestures*. The eurythmy experience must be a fully grounded one, for in this way we can fulfill our purpose of being on earth as we fully engage ourselves all the way into our physical bodies and embody our spirituality!

## *How We'll Learn*

The artistic process of eurythmy is, naturally, best served when it is guided by a teacher in a live class.

However, *my intent with these lessons through audio and video recordings is to enable people who cannot find a live class to attend to have the next best thing*: an opportunity to create for themselves a personal eurythmy practice, on their own terms and in their own home.

These lessons will *also* be helpful for people who have had some experience with eurythmy in live classes, and are ready now to integrate it into their own lives.

My greatest hope is that everyone who loves eurythmy will find live teachers to work with. You may need to travel to a workshop center or arrange to have someone come to you. I offer courses around the world, and you can join me in any of them. You will be able to find referrals for local teachers on my website.

The curriculum I have created for you here is inspirational, poetic and detailed, offered with great depth, care and integrity.

The initial series of lessons offers a comprehensive curriculum that advances from one module to the next, much as eurythmy public classes would do. Modules may also be taken individually.

The curriculum includes:

- Basic warm-up exercises, including exercises for how to fill and feel space, how to move in time, how to stand and walk.
- Rod exercises to develop precision, agility, and unerring spatial orientation.

- Exercises for moving forms, which are the foundation of artistic choreography. In your personal practice, they awaken a living sense for the etheric space we move in, opening the door to perceiving the forces of life that we are normally unaware of.
- The comprehensive study of the gestures of the major sounds of language introduces you to the spiritual and earthly power of speech, and shows you how to they move in you, both in standing and in forms.
- Further aspects of the curriculum, including eurythmy for personal health and healing and eurythmy for home schoolers all build upon these foundational steps.

It is possible to do the entire curriculum, or only a part of the whole curriculum and still derive a deep sense of stress relief and groundedness.

You will also be able to choose how quickly you want to move through the curriculum. It was designed to support especially people who will be able to take the time to deepen themselves in one new exercise every week. Others, especially those who have already done some eurythmy, might want to move more quickly because they are already familiar with the basic principles.

Throughout the training, students are encouraged to travel to live workshops, so their skills can be refined and developed through working with a live teacher. They can have the opportunity to schedule online appointments with me.

Anyone who completes this whole journey will have the foundation to go on to further online and live classes for home schooling parents, threshold work, and the like.

*Please note, however, that this personal practice course is not a substitute for a eurythmy training and does not qualify you to teach classes to children or adults. Feel free, however, to share these exercises in an informal way with friends and family.*