



R

The fifth sound of the Evolution Sequence is R, the sound of the mighty sign Taurus, the bull.

R has the power of moving like a mighty wind through the world, creating dynamic and changing relationships. turning things inside out and upside down, causing reversals and inversions. Nothing can withstand its dynamic force; neither that which is fiery or fluid, nor even that which is hardened and brittle.

Through R, we discover forces of renewal that lead us to rejuvenation and rebirth.

R releases us from the old and prepares us for the new. R lifts us out of sedentary states and sweeps us along, as the wind tosses tumbleweed or whips through the trees. Through its power, we may be coaxed into running or thrown into cartwheels and somersaults. Breathing deeply, we are filled with the vibrant joy of movement.

Creating your Practice

To do R in eurythmy, imagine yourself clothed in powerful, fiery red, charged with action and intensity. Around you there surges

radiant movement, yellow, weightless and free.

Invite this yellow to take hold of your soul and your body. Lift your arms lightly in front of you, keeping a balanced green tension in them that allows you to stay in equilibrium. Step forward with one leg, and begin with the archetypal R, which is like a huge ferris wheel that circles all around you. Lower your arms in front of you, draw them back at your sides, and lift them in a circling motion behind you and up, over your head. Continue this motion, creating cycling rotations. Keep your back limber so your arms can have maximum movement, and use the power of your legs to rise and fall as your arms cycle. This revolving movement can go on and on forever. It can also reverse directions or go from side to side.

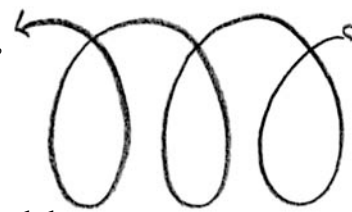
Play with this by imagining yourself to be a bull, pawing the ground with a hoof that does R. Try the other leg. Let your legs feel the power of the R.

Now engage your legs by taking a few steps forward and then a few steps backward with your R's. Also reverse directions, or go from side to side. As you move, take light-filled steps.

You can also play with other pictures. You can imagine rabbits jumping, rainbows arching, horses frolicking. Or you can try these words: Rushing rivers refresh, rivulets ripple and run.

Just as you learned that the sound B has an inherent resonance with an inwinding spiral, so does the R like to move in loops or circles. Play with doing R in circles. Notice how you will step backwards as you pull your arms down, and then move forwards as you lift your arms over your head. Learn how to cycle round and round with the movement of R.

After playing with the R for as long as you like, stand still and let its power deepen in you.



d

Remember the red you are clothed in, and the irresistible yellow field all around you. Feel the peaceful green in your arms. Visualize the cycling of the R, bringing rebirth and rejuvenation. You may feel this soul response: *As my soul experiences the release into vigorous movement, it finds joy. Into the very cells of my body, I feel the lightness of air. My eyes sparkle, my soul wants to laugh. I feel life.*