

## *Hope-U (oo): Become grounded and breathe deeply*

This wonderful exercise helps strengthen your metabolic system and ground your energy in an astonishingly powerful way. I meet many people whose relationship to their bodies is growing weaker. They have a hard time “getting into” the lower body. They don’t feel grounded, they can’t digest food well, they can’t breathe deeply. With this simple exercise you can feel as if you open all the channels for energy to flow into and through your body. At the end, you will stand tall and rooted, even as a tree does.

Begin by imagining the vast, star-strewn heaven above your head. You stand there, hoping for help, hoping for grace, hoping for the gifts of the stars that may bring you health, strength and blessing. Stand with your feet together and lean back slightly onto your heels. Open your hands in a kind of cupped gesture, as if you understand you have to wait until just the right star comes to you. This position invokes the feeling of Hope.

Linger there for a few moments, and cultivate the feeling of hope. Imagine that spirit hears your hopeful prayer, and sends a star to help you. You need only reach up to the heights to guide it down to your feet. Lift your hands high above you, then bring the backs of your hands together and point your fingers towards this earth. In a powerful downward swoop, channel this energy downwards as you lower your arms towards the earth, holding the backs of your hands and arms tightly together, and squeezing your legs together. This gesture is an powerful intensification of the eurythmy sound U (oo). Hold the position at the bottom for a moment, then release your arms.

Repeat this movement. Lean back onto your heels with the feeling of “hope”, opening to the possibility of spiritual forces coming to fill you.

Now reach up to the heights and form this very tight U with the backs of your hands. Feel U all through your body as you press your legs and arms together and drop them down. Release them slowly.

This time, imagine that the sky behind you is blue. As you stand in Hope, wait in the mood of blue.

Now reach up to touch a golden star above your head. As you drop your arms, a column of golden light pours through you.

Again, stand in blue, in the mood of hope.

Now reach up to touch the golden star. As the gold pours through you, let it fill you up like warm honey.

You can, if you like, intensify this exercise even more like this. Begin as before with Hope. Now as you lift your arms, rise on to your toes. Stay on your toes as you let the U flow down into you and through you. Balance on your toes for a moment before you carefully place your weight back onto your whole foot. Stand flat footed for a moment before you begin again.

Repeat this exercise ten times.

Now, at the conclusion of ten repetitions, stand very quietly for at least 30 seconds.

I expect that you will be astonished at how grounded you feel. Without exception, people always experience that this exercise makes them feel as if they have grown roots deep, deep into the ground. When I do it, I feel that I could stand in one place with perfect alignment for over 5 minutes. I don’t know any exercise that is as powerfully grounding as this one.

For this reason, this exercise is given to deepen your connection to your lower body. It strengthens and warms your metabolism. I particularly recommend it to people who feel that their digestion is fragile or weak, or want a hot water bottle on their stomach to go to sleep at night. This exercise allows the blockages in the middle body to be overcome, releases tightness in the diaphragm, and deepens your breathing. It causes strength in the legs and help people to find the strength to stand straight and strong.

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.