

# *Moving Straight Lines and Curves in Combination*

## *The Pentagram and the Circle*

### *1. For Adults*

One of the great exercises in eurythmy challenges us to move straight lines and curves in alternation. This helps us avoid getting stuck in patterns of movement or habits of thought. As a result, it helps us to become very flexible, and strengthens our etheric body.

#### **The first step: the star surrounded by a circle**

The best place to start with this is with the pentagram and with a circle that encloses it.

Begin at your starting position, at the head of a star.

Walk the star as you have learned to do, and do it, to begin with, with three steps for each way.

Now when you have returned to the head, walk around the whole star, with a centrifugal circle.

When you return back to your starting position, let the beauty, grace and accuracy of your star and shine! Notice how your practice has evolved.

#### **The second step: moving the star and the circle in alternation**

Now try the next exercise, alternating straight lines and curves. Start by having a clear picture of the star and the surrounding circle.

Begin at the head of your star, and move to the right foot.

From there, a curved line around the circle to the left foot.

Now, move a straight line back to the head.

From there, a curved line around the circle to the right arm.

Now, move a straight line to the left foot.

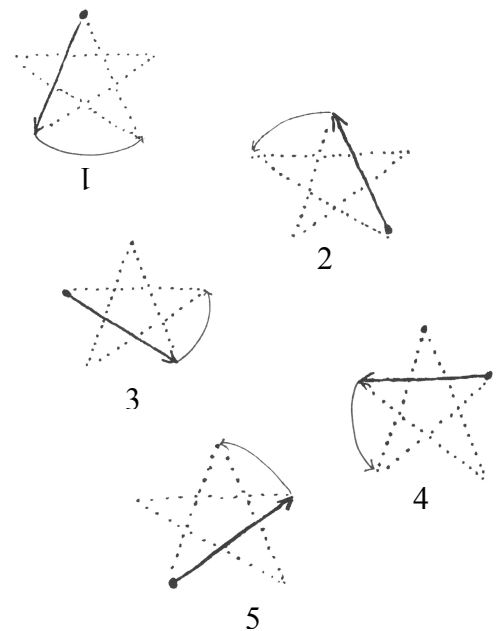
From there, move a curved line around the circle to the left arm.

Now, move a straight line to the right arm.

From there, a curved line around the circle to the right foot.

Now, move a straight line to the left arm.

And finally, return to the head with a curve along the circle line.



Enjoy the delightful confusion! This is a really fun riddle to solve in movement.

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As I said before, these challenges bring tremendous flexibility and agility to your life body and to your thinking. Enjoy it! Maybe you can also make it more difficult for yourself.

### The third step: another way of moving a star and circle in alternation

You can try the same thing skipping two places on the curves. It goes like this:

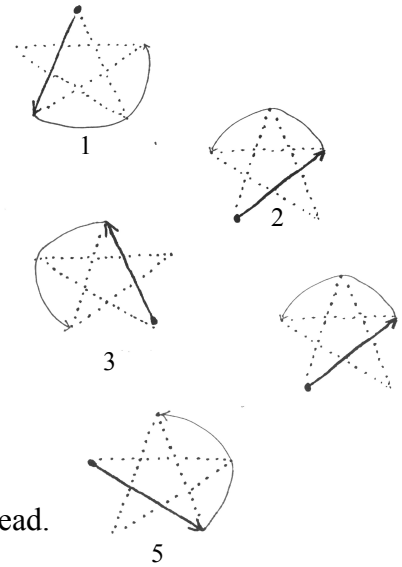
Begin at the head of your star, and move to the right foot.  
From there, move a curved line around the circle to the left arm.

Now, move a straight line to the right arm.  
From there, a curved line around the circle to the left foot.

Now, move a straight line to the head.  
From there, a curved line around the circle to the right foot.

Now, move a straight line to the left arm.  
From there, a curved line around the circle to the right arm.

Now, move a straight line to the left foot.  
And finally from there, a curved line around the circle back to the head.



## 2. For Children

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With this exercises, the level of the challenge becomes fun!

One of the first lessons that children learn in first grade is how to *draw* straight lines and curves. These two are archetypal polarities in the world. The first is more analytical, cognitive and goal-oriented. The second is dynamic and willful. But playing with these two extremes, we become flexible and capable of being skilled in both our thinking and our willing. Moreover, in moving between polarities, we begin to *breathe* in a healthy way. This then opens for us the possibility of developing a rich and healthy feeling life.

You can begin this exercise with children as soon as they have learned how to move a pentagram with confidence. You can make games out of it, making it harder and harder as they get better.

A nice language to use for this exercise with some kinds of children (and adults) is to call the inside way the “people” way and the outside way the “angel” way. Then we can practice alternately being people or angels. (You could also use other metaphors, talking, for instance about cars or airplanes.)

This will be especially fun if you have more than one child to work with. Place two people at the head of the star, one behind the other. The one in front will be the “person” and the one behind will be the “angel.” They will both move at the same time, along different paths.

You can vary this further by having the two change “roles” each time they come to a point.

And of course it would be best to have 10 people do this together.

By all means, find or write short, succinct 5-line poems that you can do with such a form.

Here is a possibility:

“The Sun is a golden rose,  
A flower that grows  
On the stem of day.  
Its roots are night,  
Its blossoms, light.”

*Edith Gutterson*

Once you have also studied vowels and consonants, you can also do this poem with simple sound gestures.

To close, I'd like to show you an example of a form for a piece of poetry created by eurythmists Annemarie Dubach. You'll appreciate how you would need all the skills we have been working on to be able to do these forms! Feel free to move it!



*What have you learned through with straight lines and curves? This alternation strengthens your etheric body, giving you flexibility and keeping you from getting stuck in comfort zones. As you can see from the form above, with this alternation of forms you are entering the realm of artistic expression. There is no end now to how you can move! Play with all kinds of forms.*

*You can support this experience by working on your form drawing. Practice drawing beautiful forms. It is definitely time for you to seek out a live eurythmy class!*