

# Moving Waves

## 1. For Adults

In this lesson you will begin by becoming more limber in space by learning to walk waves. Now that you have learned the basic tools of how to move curves, challenge yourself by moving all kinds of running wave forms. Because every curved line can be experienced as a small part of a circle, a wave is a form that runs around many partial circles.

Begin by drawing the kind of waves you are going to move on paper or in the air.

### **First step: Horizontal waves**

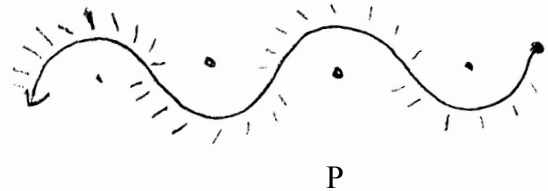
Start with horizontal waves. Start on the left side of your room intending to go to the right. Draw a wave that goes forward, backwards, forward and backwards to your right. *Each of those waves relates to an imagined circle that it is curving around.* On the first curve, your imagined middle point is to your right. You will walk in front of it and around it.

When you get to the next part of the wave, the new middle point will again lie to your right. You will move

behind it and around it. The centerpoint of the third wave will, again, lie, to your right, and, as with the first wave, you will move in front of it. The centerpoint of the fourth wave will, again, lie to your right, and, as with the second wave, you will move behind it.

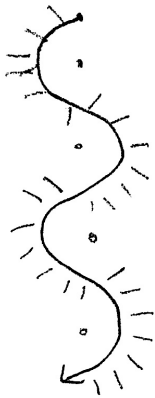
Use all the things you learned in the last lesson to become fluid. Work with centrifugal forms, because these are more eurythmical than centripetal forms.

Practice moving back and forth. Creatively change the shape of the curves you are walking, and practice moving them.



### **Second step: Vertical waves**

Now practice vertical waves, moving forwards and backwards on wave forms. Again, draw them in space first. Start at the back of the room, and draw with your finger (or imagine) your form in front of you. Let it wave to the right, to the left, to the right and to the left, always leading you forward.



Just as with horizontal curves, vertical curves always move around imagined middle point.

Your first imagined middle point is in front of you, and you will move to the right around it.

Your second imagined middle point is again in front of you, and you will move around it to the left.

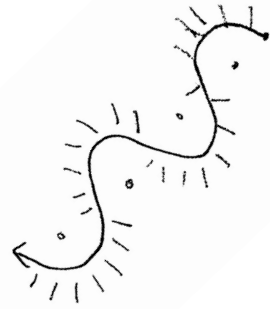
Your third imagined middle point is once more in front of you, and you will, again, move to the right around it.

Finally, your fourth imagined point is again in front of you, and you will move around it to the left.

Practice moving forwards and backwards, using threefold walking and moving with grace and style.

### **Third step: Diagonal waves**

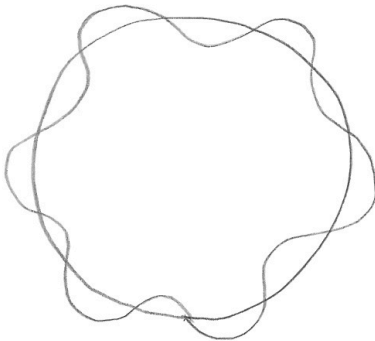
Now try waves along a diagonal line. You'll see that you will no longer simply stand in front of or behind, or to the side of your imagined middle point, but that that point is off at an angle. You have already learned all the tools for moving it, so give it a try.



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### **Extra challenge: Waves along a circle**

For an extra challenge, practice moving curves along the circumference of a circle. Every wave presents its own challenge, and none of them are easy! Have fun, build skills, and strengthen your etheric body. Remember, each of these moving meditations is asking of you to be fully present in your body-soul-and spirit harmony, learning to occupy space and time with consciousness and grace.



For all of these wave forms, it is not necessary to take a lot of steps. The more you learn to inscribe forms into space through imagining them vividly, the more subtly you can move.

***Etheric forms do not need to take a lot of physical space! Even if they are tiny, they radiate into the space around them.***

## **2. For Children**

This is the most difficult lesson in this block, both for adults and for children.

While children can move in wave-forms as soon as they start learning eurythmy forms, I don't recommend asking them to do this kind of conscious form work before they are in high school! And in doing so, you have the added benefit of saving some tough work for the older grades.

*Reflect on your experiences working fluidly with waves. How was it for the young people?  
Could you keep your focus on the experience in your heart?  
Could you keep your upper body still and let the movement flow through and across your body?  
How was it in your feet? Could you discover how to cross them for all of the curves?  
Could you work with the centripetal and centrifugal laws as you moved the waves?  
What did you find as you minimized the physical movement to increase the etheric movement?  
Draw more forms, and practice moving them! It's time to be creative!*