

## *Practice Sequence #1*

Now it is time to create a personal eurythmy sequence that you can use on a regular basis to strengthen your etheric and spiritual well-being.

Remember, one of the fundamental principles of etheric training is that you gain the greatest benefit if you have a regular, rhythmical practice. Just as we need to eat fruits and vegetables every day, and not only one day a week, so also we should work with our spiritual practices every day. Of course, if that is not possible for you, you can also spread it out. You may choose, for instance to do eurythmy every other day of the week, or on the five weekdays.

Feel free to choose the exercises that speak to you the most. But if you want a formal practice, here is a sequence that you can do that will take 5 to 15 minutes a day!

*First:* having learned the exercises, turn off your computer. Enter your practice space.

*Then:* Stand quietly and tune in to your own inner core. Honor your spirit, and the temple of your body

*Next:* Do the Peace Exercise, three times OR Weight/Light three times OR I Think Speech three times.

*Then:* Spend two minutes doing threefold walking, harmonizing your breathing and your movements.

*Then:* Open your arms wide, and begin the Contraction-Expansion exercise. Inwardly “hear” the verse that you have learned-----“Within my heart.” Do this one time.

*Then:* Combine the threefold walking with Contraction-Expansion, hearing the verse inside. Do this one to three times.

*Next:* Take your copper ball (or your personal substitute), and weave lemniscates in the air. Practice for about one minute, until your breathing has harmonized with the movements. Then begin walking forwards and backwards with the ball movements and threefold walking. Do as long as you like, as your whole body begins to harmonize with the movement.

*Then:* Practice the Bells exercise, one time.

*Finally:* Bring your practice to a close. Stand still, and fold your hands over your heart. Remind yourself of the sacredness of living in the temple of your body.