

9. Practice Sequence and Working with Others

If you are a member of our full Eurythmy as Personal Practice curriculum, by now you have a wealth of exercises you can work with! Now is the time to contact me for your personal eurythmy consultation, so I can help you to choose the best sequence for you.

Again, you are aiming for 5 to 15 minutes of personal practice every day. If you have, you will have already begun to feel the strength you are building in your physical, etheric, and mental/emotional bodies and your divine I-Am consciousness. You can feel yourself beginning to build your health and focus through all the levels of your being. You feel less stress. You can breathe more fully, and feel less tension in your body and soul. You are learning how to access your core spiritual power and focus it so you can create a whole field of health and harmony around yourself.

I trust that now you are beginning to sense which of the exercises we have developed are best for you. Now you can develop a sense for what feels right for you on any given day, and can draw on those exercises that will support you.

Your practice sequence should always begin with warm-up movements. Start with either **The Peace Exercise, Weight bears downward/Light streams upward** or **I Think Speech**.

Next, practice **Threefold walking** and **Contraction/Expansion**.

Many people decide to spend their whole eurythmy practice time using the simple threefold walking exercise because of its ability to help them slow down, release stress, and move mindfully. If this speaks to you, you may want to take your copper ball or copper rod and use them to help you integrate the movements of arms and legs.

Other people will want to use this time working on forms. You may soon tire of walking only frontwards and backwards, but you now have the training for how to move in many different directions. Practice walking in straight lines or curves; triangles, stars or cross; circles, waves or lemniscates; pentagrams alone and pentagrams with circles. Let your feet become wise! Let your body begin to sing as you move in space freely and joyously in all directions!

And of course it is always refreshing to take your copper rod and do a series of rod exercises. As a minimum, try doing the 7 fold, 12 fold and waterfall as often as you can. And add the Staff of Mercury for an extra challenge!

I am certain that you have felt that your practice sessions fly past, once you have begun!

And remember, at the end of each session, to take a moment to reflect on your exercises and feel them resound inside you.

Although this curriculum is dedicated to presenting a way for you to develop Eurythmy as a Personal Practice, eurythmy really jumps to a next level when it is shared with another person.

When you move with someone else, you share a common etheric space.

Beginning with your very first shared exercise, practice moving in perfect harmony.

In most cases, you will start facing your partner(s). Before you make any movement, become quiet in yourselves. Acknowledge and honor your own higher self and your partner's.

Then sense without words the moment that you will start your movement. Begin together---whether it be the Peace Exercise, Weight/Light, Threefold Walking, whatever. If it is a movement that begins with a leg movement, lift and move your foot together. If it is an arm movement, spread your wings together. Communicate with your partner completely in the etheric world, without words, without eye contact, but with heart contact.

As a next step, stand next to your partner and practice feeling them so intensely that you can move in all directions without looking at each other. Both of you should look straight ahead, holding your gaze at eye level, but "open the eyes of your hearts," so you are seeing and perceiving each other with spirit-eyes. Support them in moving in harmony, even as they support you.

Begin by simply walking forwards and backwards together, and then add contraction/expansion. In time, start walking all the geometric forms together, and begin to feel how you can move in beautiful harmony. Next, you can begin to play by doing opposite or complementary forms. One of you can do the pentagram, for instance, while the other does the circle around it. Or you can both do the lemniscate together, beginning in different parts on the figure eight.

Many people find that this aspect of eurhythmy really helps open the door to a deeper knowing of the partner. They discover that through eurhythmy they become more open, more trusting, more sensitive to the other. Of course in your practice you will want to make this possible by being very kind and supportive of your partner, as you share in this deep, sacred space together.
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