

## *Eurythmy as Visible Speech*

### *Consonants -- The Formative Forces in Language*

Language meets us from two realms: that of the consonants and that of the vowels.

The consonants dance with the sculptural forces that shaped creation.

When we speak the consonants, we mold our exhaled air by the manifold miniature muscles and structures of the palate, tongue, teeth and lips, shaping them with explosive, liquid, round or sibilant gesture.

We use these sparkling sounds to describe mountains and rivers and stars, to all the things of nature and all the things we have made.

The sculptural forces that we find in the consonants have likewise formed the shape of our body, the temple for our spirit. The same will and wisdom and movement found in the universe around us live within us as well. Their activity is likewise manifest in the peristaltic movements of digestion in our metabolism.

When we move the consonants in eurythmy, we awaken and embody the cosmic-earthly forces that have shaped the world as we know it.

Each of the 12 signs of the zodiac is home to one or more of the primary consonants. These consonants can be experienced as an expression of the native power of the constellation. Here we meet the 12-fold forces of the universe, entering the architects of space.

There are other consonants that are formed of the joint working of one of more constellations, such as sh and th.

Working with consonants engages a different kind of activity than does working with the vowels. With the latter, we experience a kind of soul-bath, in which we meet archetypes of our feeling life. With consonants, we discover a multitude of powers and dynamic forces. As we practice the movements of the consonants, we can feel that we are engendering a kind of vigorous massage in our own personal aura. The consonants crackle and sparkle in the space around us. Each one of them unveils for us another mysterious power that is intimately related to the secrets of creation we are here to learn. They simultaneously move us beyond our complacency and fill us with archetypal actions that we have known since before we were born.