

## I (ē)

The third vowel experience in the major vowel series is I, or  $\bar{E}$ , which corresponds to the planet Mercury, mythological home of the fleet-footed messenger god of the same name.

$\bar{E}$  marks a very important stage in our development as human beings, namely, the stage of the birth of the I-am, the self. In the previous stage, the  $\bar{A}$  allowed us to experience ourselves through the fact that we grew aware of our separateness from others. In  $\bar{A}$ , we define ourselves through what we are not. With the  $\bar{E}$ , we become aware of what we are, as a bearer of radiant spirit self-awareness. In speech, the  $\bar{E}$  is narrow and bright, and this is naturally made visible in the eurythmy gesture.

Start your  $\bar{E}$  by tuning in to the source of self-awareness in your heart, your own unique light. You are a fire that burns, a light that shines. Your source is an eternal fuel that comes to you from other dimensions. In your body, it is centered in your heart. When you align yourself with your core, you connect with the external archetype of the I-Am. This shines as a shining pillar of light that extends from the star above your head, right down through your

body, down to the molten core of the earth. This archetype has called to you from deep in your spirit source, and inspired you to stand up and become a light-bearer.

### Creating your practice

To experience this powerful alignment in eurythmy, first imagine yourself dressed in yellow, beautiful and radiant. Let your heart shine like a sun. Now let your arms be the outer channel for this sun force, and stretch them out in two opposite directions. Let one arm stream upwards towards the heavens with beautiful red force, touching the realm of the stars. Simultaneously, stretch the other arm down towards the depth of darkness with blue energy, sober and grounded.

Your whole life is *always* spanned between these two polarities. We are beings who live in both light and darkness, joy and sadness, heaven and earth. We live our lives as tight-rope walkers. Notice that the creation of the sound is not the finished position, but rather the creating of the balance. As you create the  $\bar{E}$  again, focus on the process of building the sound, keeping your speed symmetrical in both arms. Reach beyond your fingertips: your body is no limit to your etheric energy. Then, as soon as you go as far as you can, release it, and let your energy be centered once again in your heart.

Be sure to let this  $\bar{E}$  engage your whole body, including your legs. Feel red energy in the leg that corresponds to the upward streaming arm, and blue in the other.

As an  $\bar{E}$  experience, you can use either arm to be up and the other down. You can also do the balancing gesture in different heights and different directions. Simply always feel yourself balancing between polarities.

In eurythmy therapy, the  $\bar{E}$  is used to help people who need to strengthen their sense of self and learn balance. Often this calls for learning to send more consciousness into the legs. Practice doing the  $\bar{E}$  with the

legs alone, by shining through your straight leg to the front, to the side and to the back. Practice that with both legs.

You can also do a very powerful but minimalistic  $\bar{E}$  by doing nothing outwardly at all. Simply ground yourself in your heart, and stand very tall. Feel the line that runs from heaven to earth running straight through your body. Stretch upwards with your head and downwards through your legs. Let the  $\bar{E}$  resound through you. Imagine having this beautiful self-consciousness in yourself as you walk through your life, aware of how you are balancing heaven and earth in all you do!

To become familiar with how the  $\bar{E}$  moves in space, begin by walking a straight line, forwards and back. Grow your arms into the  $\bar{E}$  gesture as you walk, spreading light into the space you fill.

Release your arms between each direction change.

Now take the next step, by walking a pentagram again. Create an  $\bar{E}$  for each direction of the star. It is most organic to change arms with each direction like this:

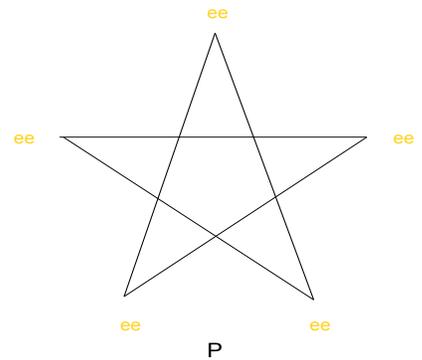
From the head to the right foot, have the right arm up

From the right foot to the left arm, have the left arm up  
and *slightly* back

From the left arm to the right arm, have the right arm up,  
*slightly* horizontal

From the right arm to the left foot, have the left arm up

From the left foot back to the head, have the right arm up  
and *slightly* back.



Finally, stand still and learn to let the feeling of the  $\bar{E}$  resound through you. Feel yourself very tall and bright and radiant, balanced and self-aware and at ease. You might feel this soul-response in you: In creating the balance between polarities, I find the light and joy of spirit activity in myself.