



U (oo)

The fifth and last vowel in the major vowel series is U (OO), corresponding to the planet Saturn, mythological home of Chronos, the ancient father of time.

In OO, we find the beginning and the end of all things. I can imagine deep roots extending into the earth with OO, just as I can gather all my forces and lead them to the goals I strive towards. If you feel how you make OO in your mouth, you can feel how narrow and contracted it is. To make that same experience resound through our whole body in eurythmy, we need to focus ourselves and feel the power of the deep, ancient powers. The OO feels like a cylinder of energy, a tight tube with walls that press together and hold us in. OO gives us both boundaries and security. In our bodies, the power of the OO has created the parallel lines of the long bones of our skeleton. It gives us the power to stand tall in the archetype of our human form. We can sense that the power of eternity whispers to us in the silence of the OO.

Creating your practice

Place your feet and legs very deliberately side by side, and begin with your arms at your sides. Imagine yourself clothed in a very quiet deep blue. Feel as if you have forever to live into this experience. Spirit light, yellow and radiant, surrounds the quiet blue, and wants to pour itself into you. Without losing the parallel lines at all, lift your arms to the heavens, keeping a strong tension in your arms to keep them parallel. This feeling of squeezing yourself tight is the feeling of OO.

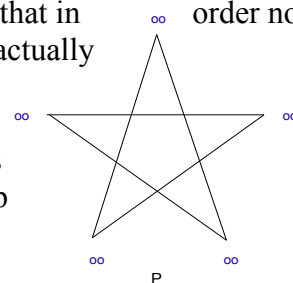
Without losing this feeling of being held securely and comfortably in this scaffolding with the OO, practice moving and directing it in different ways. Lower your arms, and feel as though you are sinking tree roots very deep into the earth. Let the power of the OO go right through your legs, through your feet, and deep into the ground.

Lift the OO to the source of light above you, feel that you are gathering all the fruits of your entire lifetime into your arms, and giving them back as a sacred gift to your Creator. Feel a profound alignment with your source as the light streams from the heights above through your body and into your roots.

Intensify the OO experience by going up onto your toes. You'll find that in order not to fall over, you will need to squeeze your legs even tighter together, and this will actually not lift you out, but will ground you as you go up.

The most natural form for walking with the OO is the simple line made by walking forward and backward. Direct the OO with your arms downward as you walk forwards, and upwards as you walk backwards. Keep your legs very parallel as you walk, feeling great gravity in your step.

And, as you did with Ah, Ā, and Ē, you can walk the five directions



of a pentagram with OO. You can do the first and the fourth ways with your arms down towards the rooted energy of the earth, the second and the third with your arms to the middle, and the final, fifth, upwards to the heavenly source.

You may also practice varying the speed, to explore other emotions of OO, such as when it is used to express jubilation. You can run forward and backwards with the OO as well.

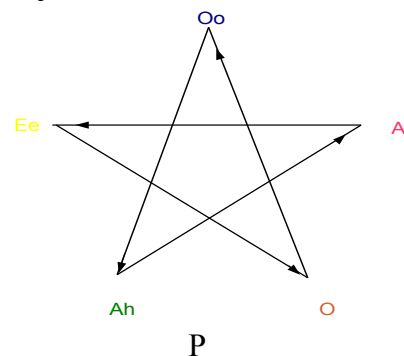
A powerful practice that Rudolf Steiner gave to an early eurythmists is this: begin the OO with your hands held parallel in a tiny OO before your heart. Lift the arms as an offering to the spirit, while you simultaneously bend into your knees, without losing your balance at all. Do this very slowly to the words, “I gaze upwards.” Now stand up slowly, still keeping the OO in your legs, while you bring your hands back to your heart. “And God protects me.”

Now take a moment to let the OO resound inside you. Stand still, feeling the blue and the yellow, and the sense of deep roots and connectedness. One of the things I like most about the OO is that after working with it intensely, I feel as if I could stand in one spot for 20 or 30 seconds, without any desire to move. My feet feel rooted to the ground. I have come to a state of deep rest, glued to one spot and content to stay there. You may feel this soul response: I feel the strength of focus and intention. I am rooted both in heaven and on earth

Bringing the five vowels together

Finally, you can compose a five pointed star using all five of the major vowels.

On the first line, create Ah.
On the second line, create Ā.
On the third line, create Ē.
On the fourth line, create O.
On the fifth line, create OO.



Building on this foundation, you can do many different kinds of vowel exercises. You can do the pentagram with varying number of steps, getting smaller and larger as you like. You could do Ah, Ā, Ē on a triangle, O in a circle around them, and OO in a straight line going through the triangle. You have lots of tools to perceive how the sounds live in space, in straight lines and curves.