



eurythmy4you.com

Online courses and trainings for every body

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Українська

10. Februar 1913, Berlin

The seer sees how the etheric body and the astral body give rise to flooding currents, which can then express themselves in the movements of the limbs.

- J A striving outwards. Starting with the left hand.
- O Enclosing, look firmly at a specific point.
- AO Bend the body in a semicircle. Hollow hand.
- U Fist or grasping firmly.
- E Crossing. Place your right hand over your left, also cross your right foot over your left.

You should not perform the movements, but inhibit the movement. Press the limbs firmly against the body, but feel the same as if you were performing the movements.

Crossing the Threshold

The Head's Mind
Appears to you as thinking.
...
The strength of the limbs
You experience as will.

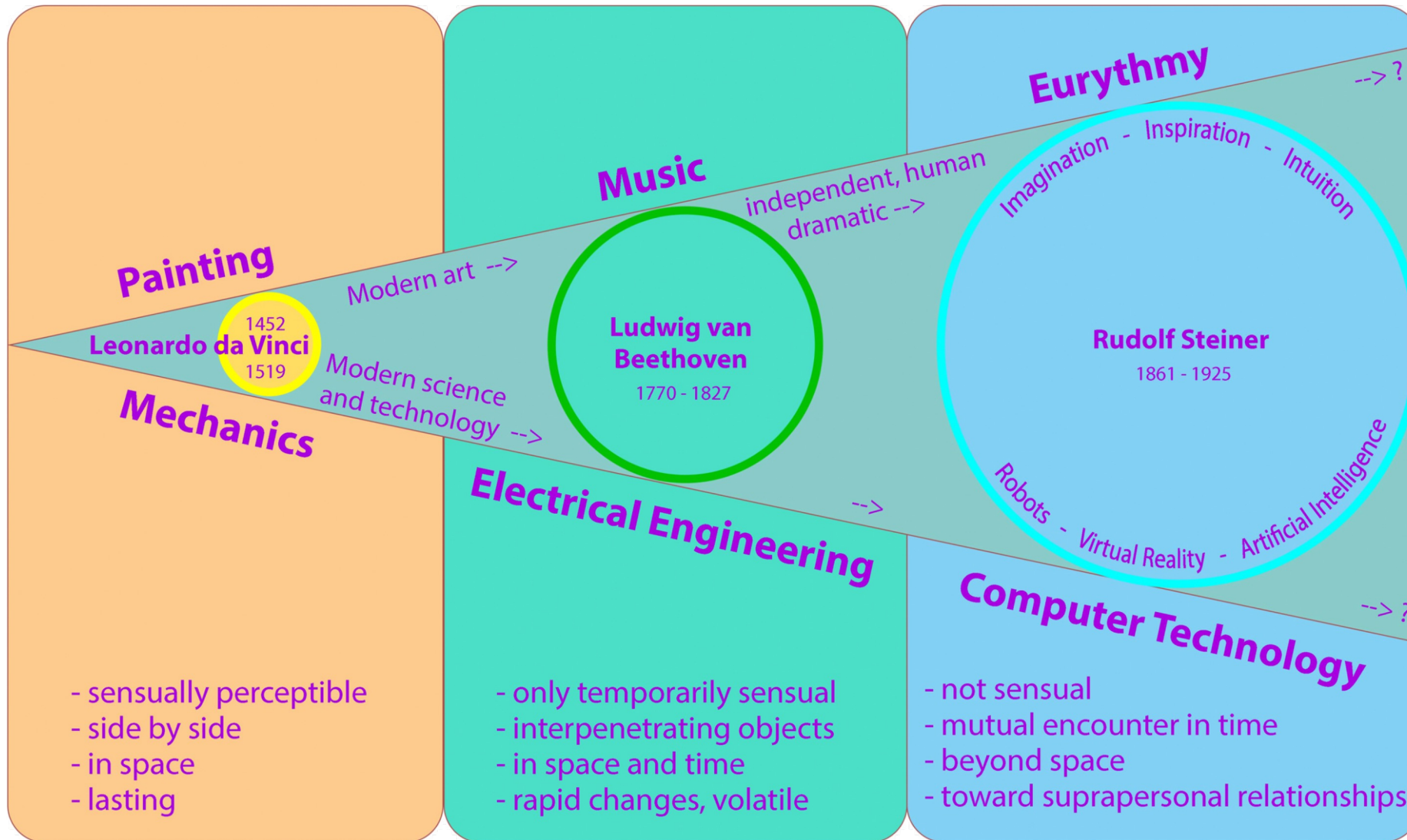


Enter.
The door is open.

You'll becoming
A true human being.*

The head's spirit,
You can will it.
...
The strength of the limbs,
You can think it.*

Parallel development of art and technology in modern times.



Edinburgh

Tuning in

Being behind

Being in front

My star above me

My star below me

My angel

In me

One and All

My love is as great as the world is wide,
it holds and embraces all things.

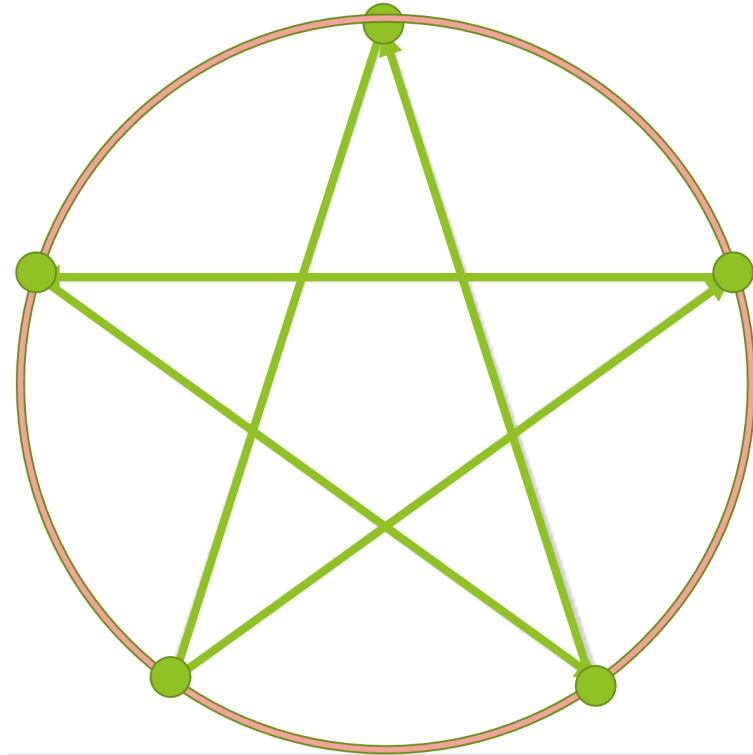
As the sun gives its light and its warmth to the world,
my love its abundance brings.

There is no grass, there is no stone,
my love, my love were not within.

There is no breeze, no streamlet small,
wherein she does not live.

There is no creature, nor ant nor man,
wherein my heart can't live, to whom it is not lost.

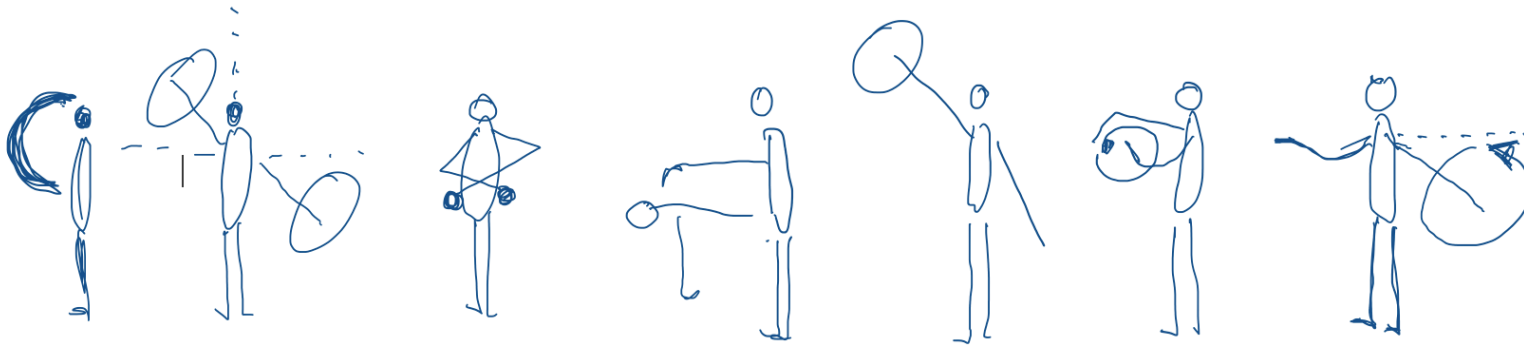
My love is as wide as this soul of mine, all things rest in it.
They all, all, comprise myself and all is within me.



Christian Morgenstern

Edinburgh, Emerson College

Planetary Gestures



Saturn – Sun – Moon – Mars – Mercury – Jupiter – Venus

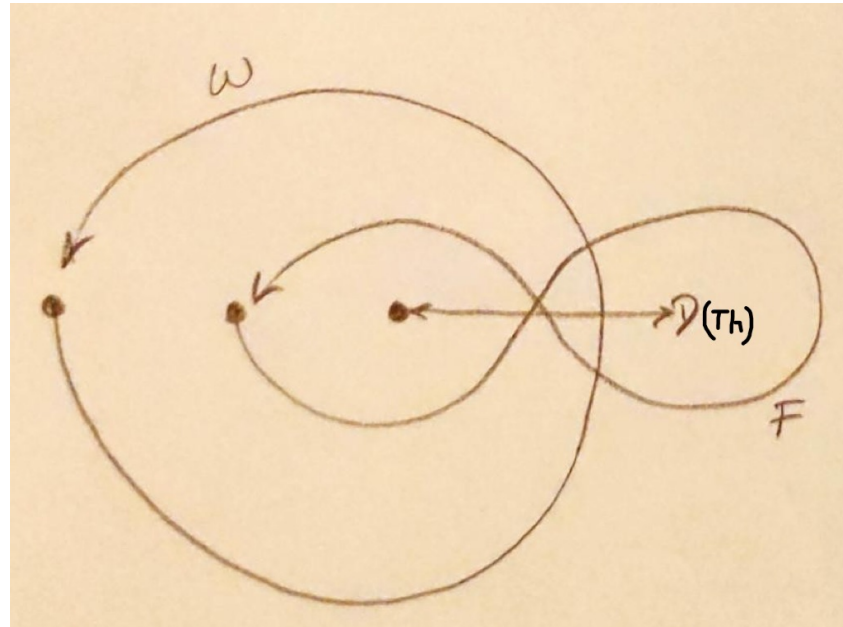
Saturday

Friday

Emerson College

Ecce Homo (Lo, this is Man!)

In the Heart – the loom of Feeling,
In the Head – the light of Thinking,
In the Limbs – the strength of Will.
Weaving Brightness,
Strength in Weaving,
Enlightened Willing;
Lo, this is Man!



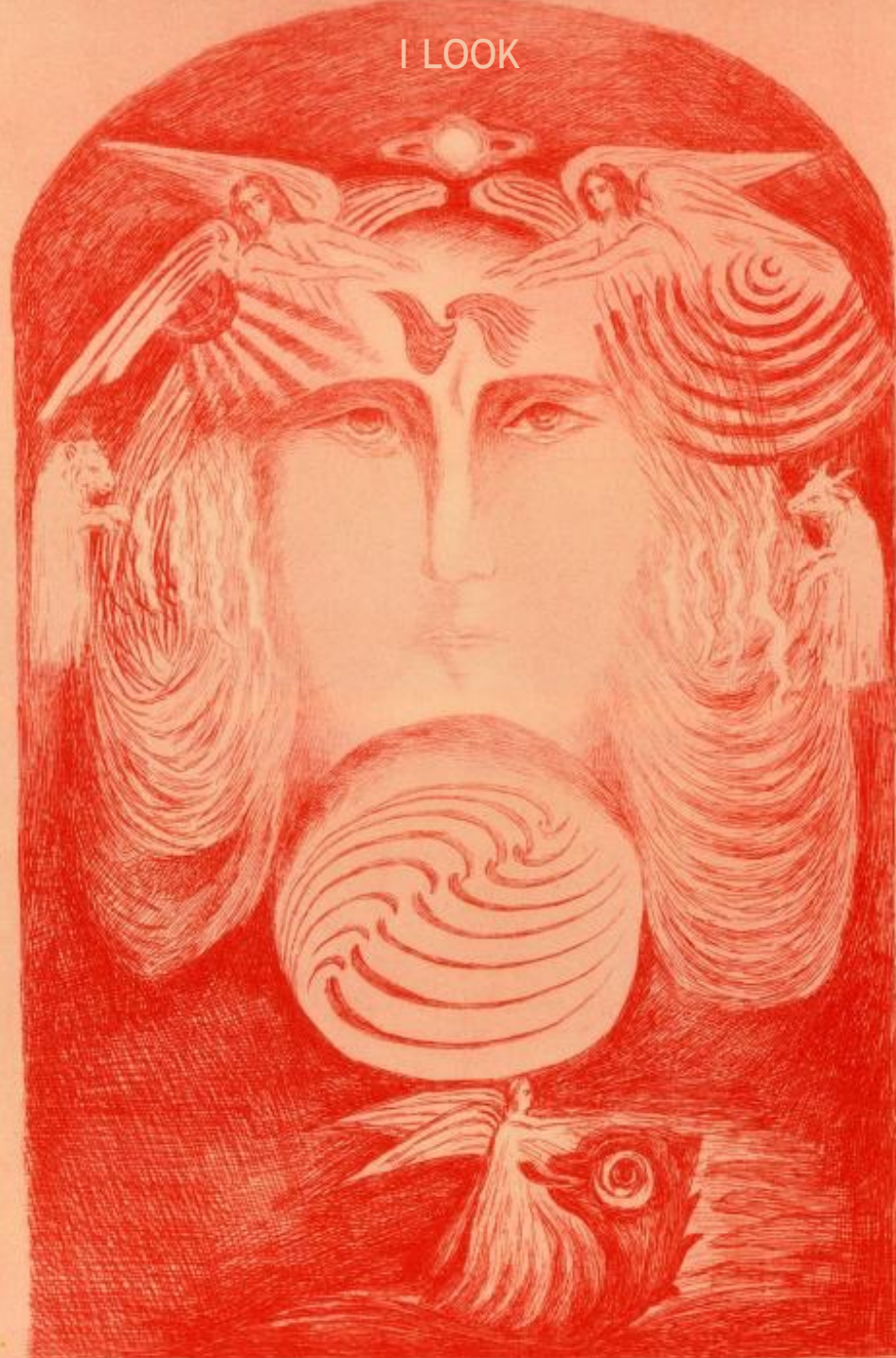
Rudolf Steiner.

Steiner House London

It reveals



I LOOK



It has revealed



The Right Memory

Friday: A + C-CH-R

Strive to learn as much as possible from life.

Nothing passes us that does not give rise to experiences that are useful for life. Has one done something incorrectly or imperfectly, it gives occasion to do similar things correctly or completely in the future.

If one sees others acting, one observes them with a similar goal in mind (but not with unloving looks). And one does nothing without looking back at experiences that could help one with one's decisions and activities.

One can learn a lot from everyone, including children, if one pays attention.

This exercise is also called “the right memory”, that is, remembering what one has learnt and the experiences one has had.

The Eightfold Path

S.

eurythmy/you

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6. Serving your surroundings

0 / 4

7. Learning from life

0 / 4

The right memory

8:12



Eurythmy, Offer, Task

10:00



Demonstration with variations of the «A» gesture

47:06



The helpers from beyond: C, Ch and R

24:44

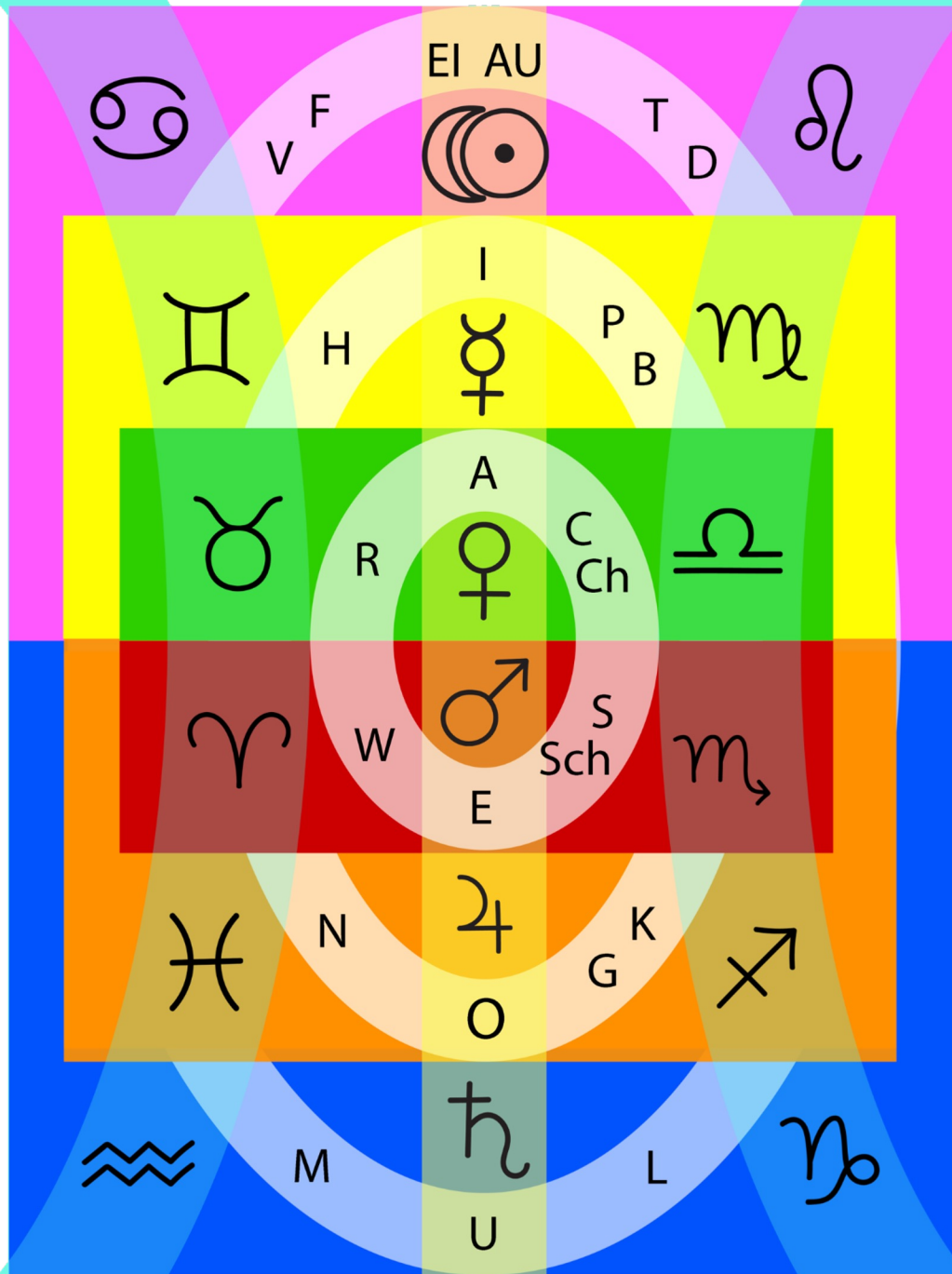


Demonstration with variations of the «A» gesture



Relationships between sounds

through the signs of
the zodiac and their
ruling planets.



Tintagel

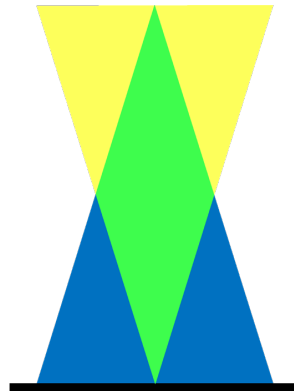
Eight Ethers

Warmth:	A in Front
Light:	A above
Chemical	A below
Life:	E-Crossing in front, Lower arms indicate A behind
Moral:	Heart
Wisdom:	Turning inside out, Circumference
Love:	Coming in, like a gentle B
Future:	O in front, becoming a Norwegian O. Coming together, consolidating of the seven.

Light - Weight - O

Perceive your soul
The force of light
Perceive your body
The force of weight

In the force of light
The spirit-I rays
In the force of weight
God's spirit works



However, the force of light
may not grasp the force of weight
Neither, may the force of weight
Penetrate the force of light

Should the force of light
grasp the force of weight
or the force of weight
penetrate the force of light
body and soul bind themselves
in universal-error to their own destruction

Text of the meditation: Rudolf Steiner
Translation: Adele Waldmann and Theodor Hundhammer