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# Downloads

**Course material from on-site courses.**

**United Kingdom Tour 2024**

**Friday**

Technology

Different Approaches to Eurythmy

**It has been some 2000 years since Christ walked upon the earth.**

What pictures do you have of the next 2000 years?

How would you like it to become?

**Please exchange**

Peace, love, and harmony lead most lists. The attainment of some kind of Heaven on Earth seems to be the goal of many.

And what about the next 2000 years thereafter?

What role does Eurythmy play in this?

## Eurythmy Teaching Dornach 1912

A: Sentient of Defence, Rejection

E: Sentient of Astonishment

## Esoteric School Berlin 1913

J A striving outwards. Starting with the left hand.

O Enclosing, look firmly at a specific point.

U Fist or grasping firmly.

E Crossing. Place your right hand over your left,  
also cross your right foot over your left.

**LET'S TRY**

## Steiner labelled “iron necessities” for our future. This list includes:

- By the year 5700, sexual procreation will have ended!
- A separation of humanity[3] will already be underway by 5700 with some able to ascend to a new life existence without a physical body while others remain convinced that the physical is the only reality.
- A “war of all against all” will be waged before the year 8000. At that time, a “Second Fall” will have begun.
- Soon after this war, all life upon the physical realm will be destroyed ("return of the moon") and where our lowest bodily member will be our etheric body (Sixth Epoch).

Andrew Lynnell, MysTech

## R. Steiner

Indeed, the materialistic tendency of our age and the insistence to accept only the physical world as real are connected with humanity's further descent into the physical.

However, things must not remain like this. We must ascend again into the spiritual world, bearing with us the attainments and fruits we have acquired in the physical world.

It is the task of anthroposophy to offer people the possibility of ascending once again into the spiritual world.

Rudolf Steiner, *The Universal Human*, lecture 1, 4 Dec. 1909, GA 117



## Esoteric School Berlin 1913

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- E Crossing. Place your right hand over your left, also cross your right foot over your left.

### **...do it with your etheric body**

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.

R. Steiner, 10. Februar 1913, Berlin GA 265 S. 295

**LET'S TRY**

Why can't we build a civilization in order to live and evolve in the physical? And live in Beauty and Harmony?

Because the physical provides an environment where every being has its own separate space, has an inner and outer.

It is intended to be a realm in which we could develop freedom.

The beings created it did not intend for us to remain in the physical.

But now, Lucifer will offer us a too-early-ascension,

and Ahriman will offer even more comforts and power to remain with him on the physical world.

Rudolf Steiner:

One of our greatest problems in the future  
will be the merging of man and machine.

## Esoteric School Berlin 1913

- J A striving outwards. Starting with the left hand.
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## **2024: Consciously connect etheric movement and physical movement.**

Be active in creating the etheric movement.

Let the physical movement arise out of this.

Let perception become your main tool.

**LET'S TRY**

## Rudolf Steiner

- The great problem of our time is that people slide into the ahrimanic sphere without having the support of the Christ.
- We can only become sure of ourselves as human beings if we walk the road created by the whole of technology, ....
- but do not let our lives be governed by the products of technology
- and grow to become able to behold the Christ-power that can become part of us
- to enable us to inwardly overcome those products of technology.

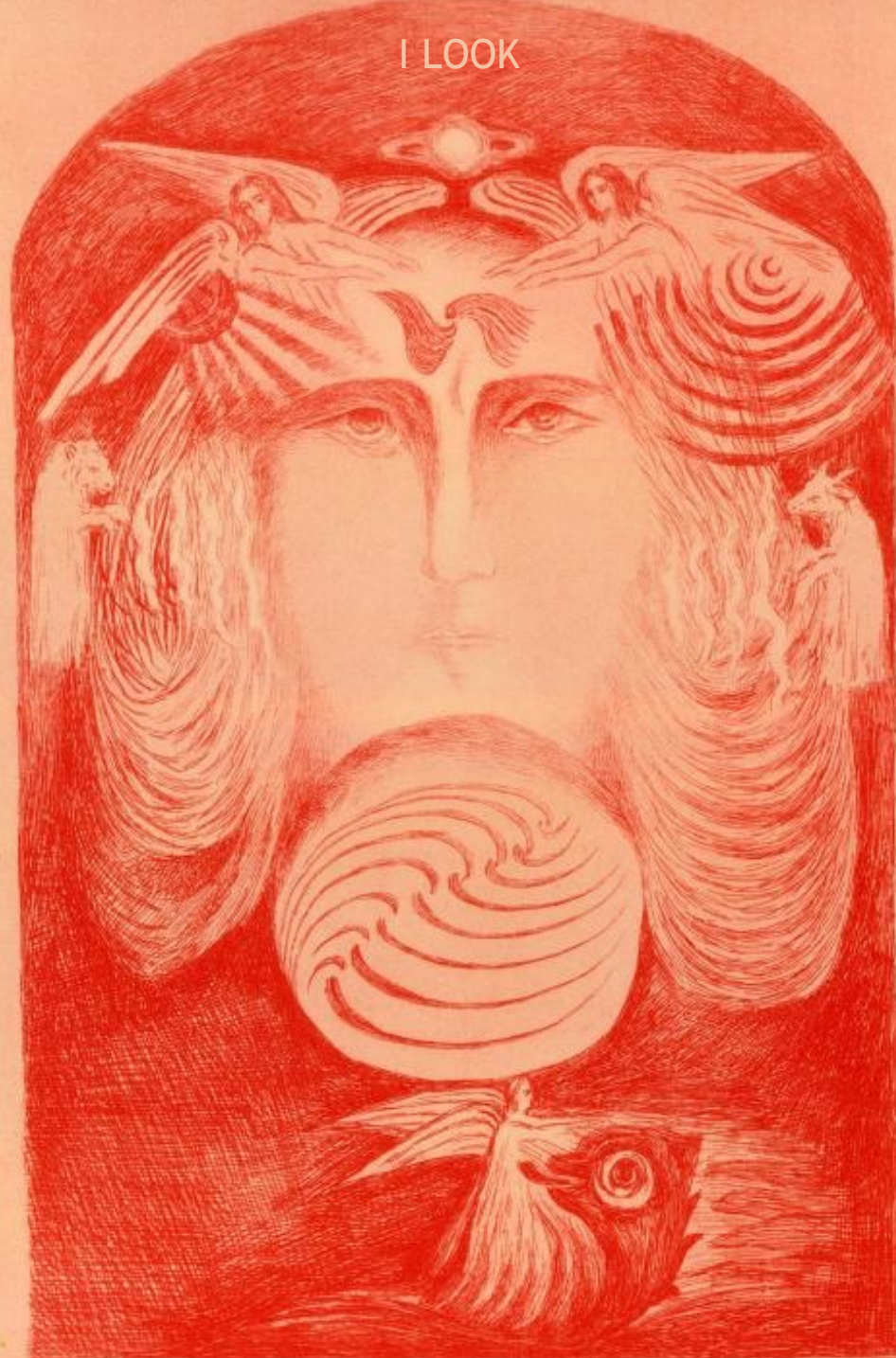
R. Steiner, Polarities in the Evolution of Mankind, 14 Nov. 1920, GA 197



It reveals



I LOOK



It has revealed





# Saturday 1

## Leonardo da Vinci Principle

## Principles of Etheric Movements

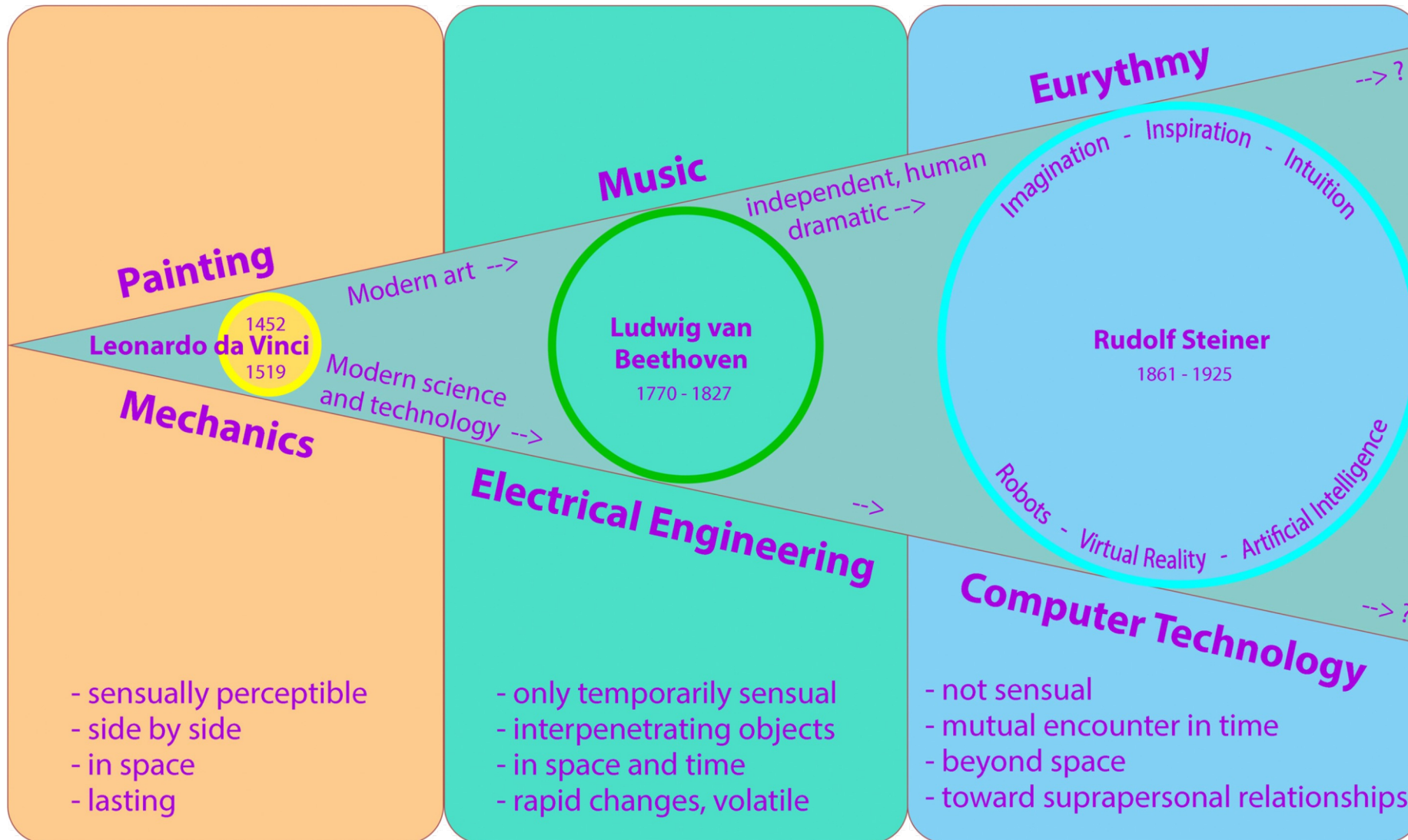
- Repetition from yesterday (group work)
- Arrive at yourself, IAO, Wings
- Streaming and Raying (-> short exchange!)

## Families of Sounds

- A, C, CH, R (group work)
- Exchange

## Eightfold Path and the peripheral I

# Parallel development of art and technology in modern times.



# Tuning in

Being behind

Being in front

My star above me

My star below me

My angel

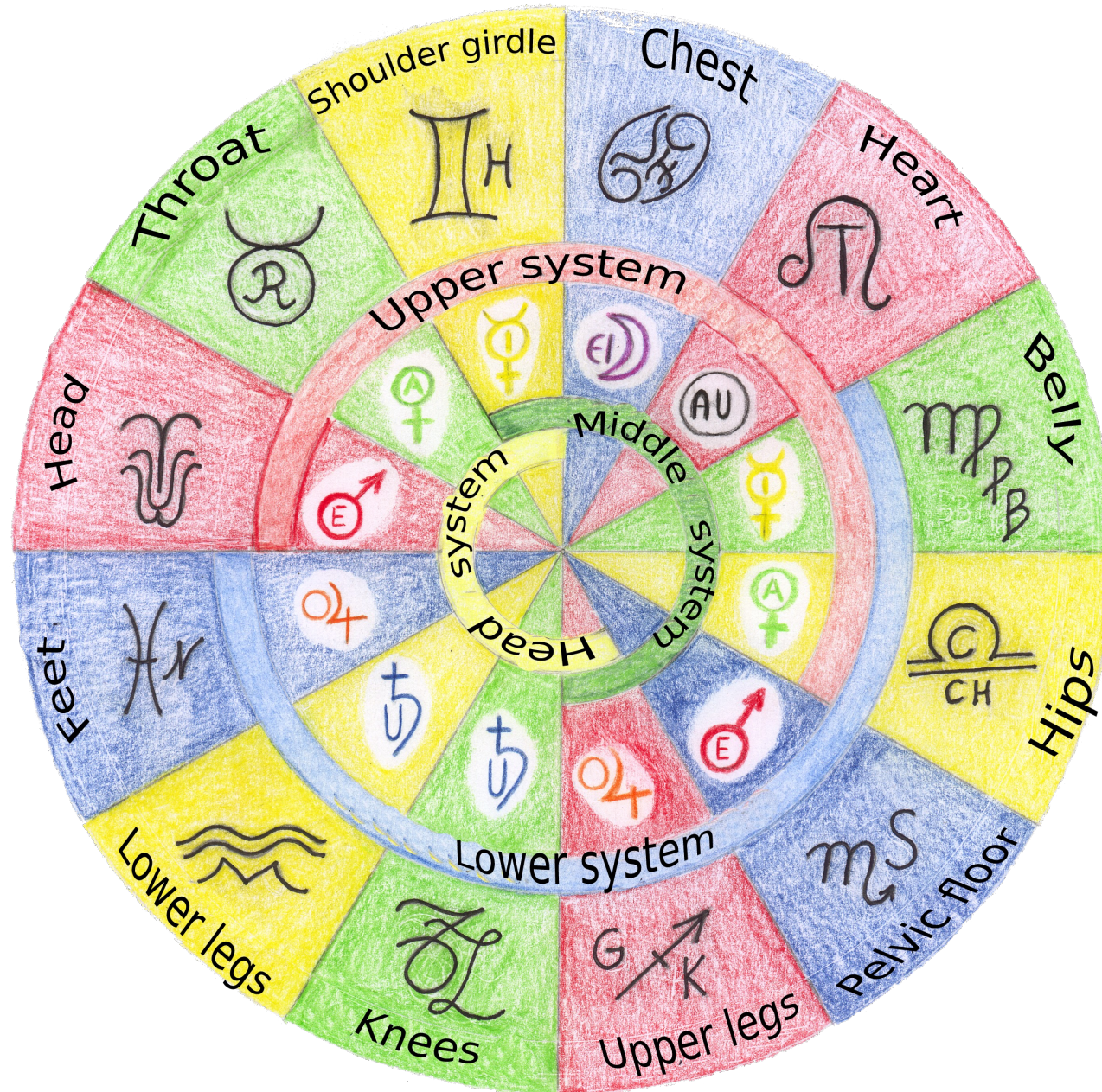
In me



## Relationships

### between sounds

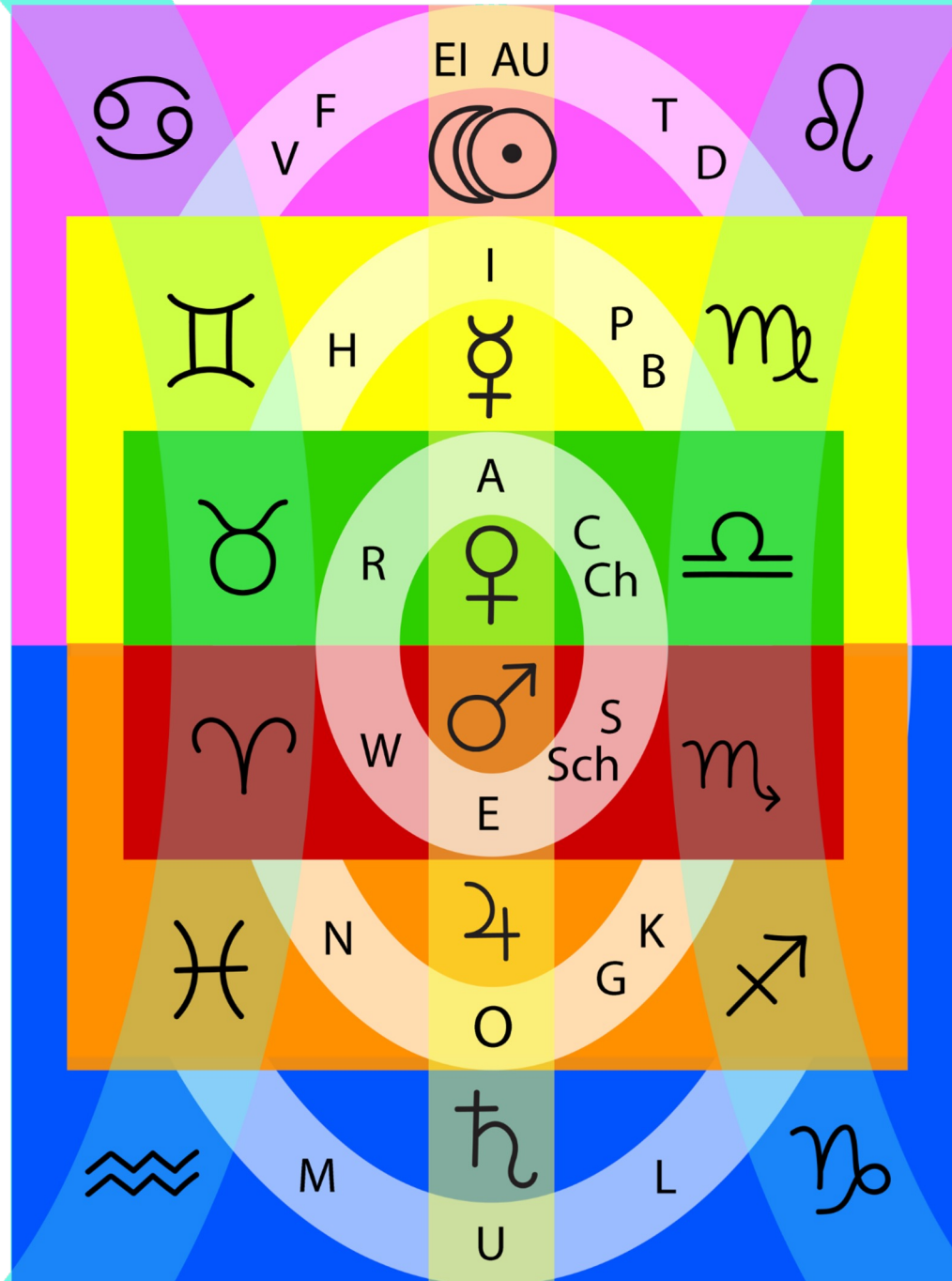
through the signs of the zodiac and their ruling planets.



## Relationships

### between sounds

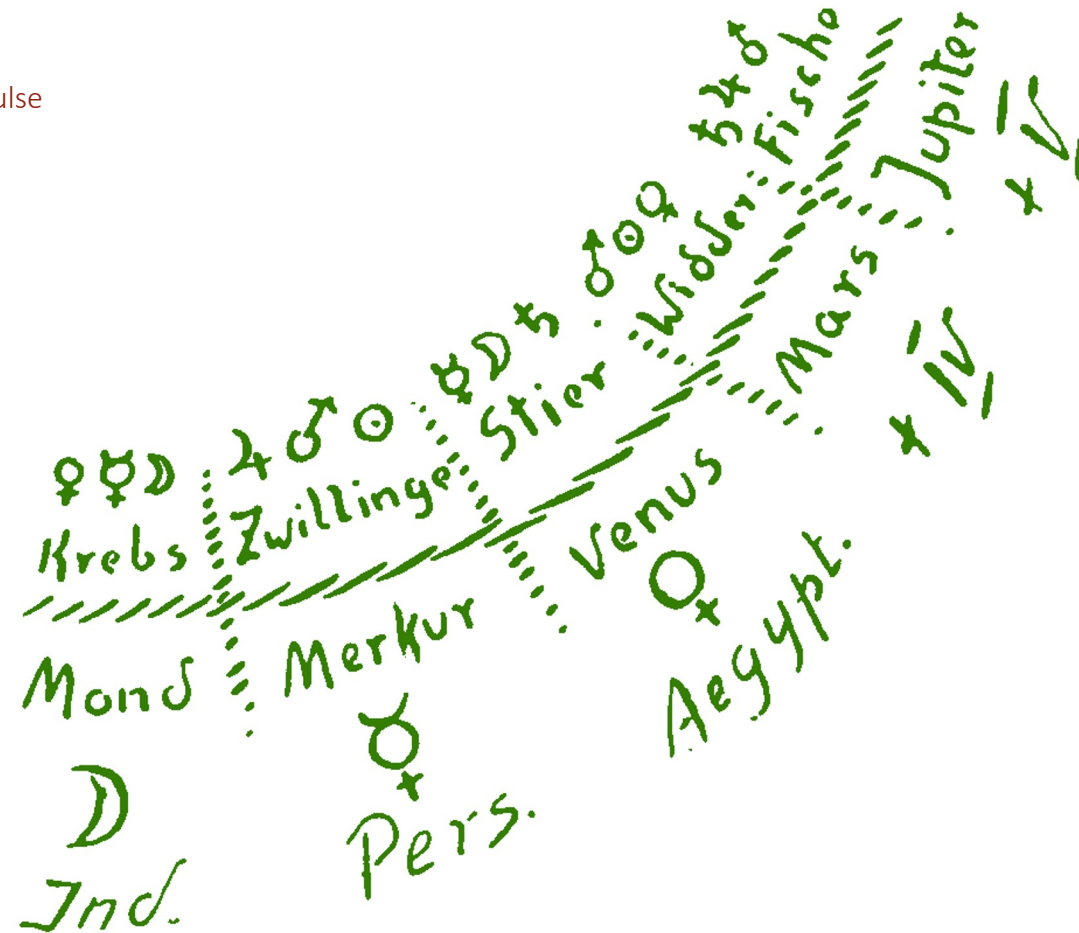
through the signs of  
the zodiac and their  
ruling planets.





# Die Weltenuhr

R. Steiner, 8. Januar 1918, GA 180  
Mysterienwahrheiten und Weihnachtsimpulse



# The Right Memory

Friday, Venus, A  
Libra C-CH, Taurus 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


## 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





# Saturday 2

Protective Meditation

Ecce Homo – This is Man

Evolutionary Sequence  
of the Planetary Gestures

# Schutzmeditation / Protective Meditation

R. Steiner, GA 268

Die äussere Hülle meiner  
Aura verdichte sich.

Sie umgebe mich mit einem  
undurchdringlichen Gefäss  
gegenüber allen unreinen,  
unlauteren Gedanken und  
Empfindungen.

Sie öffne sich nur der  
göttlichen Weisheit.

The outer sphere of my  
aura condenses.

It surrounds me as an  
impenetrable vessel



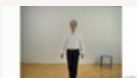
against all impure, unfair  
thoughts and feelings

It opens only to divine  
wisdom.

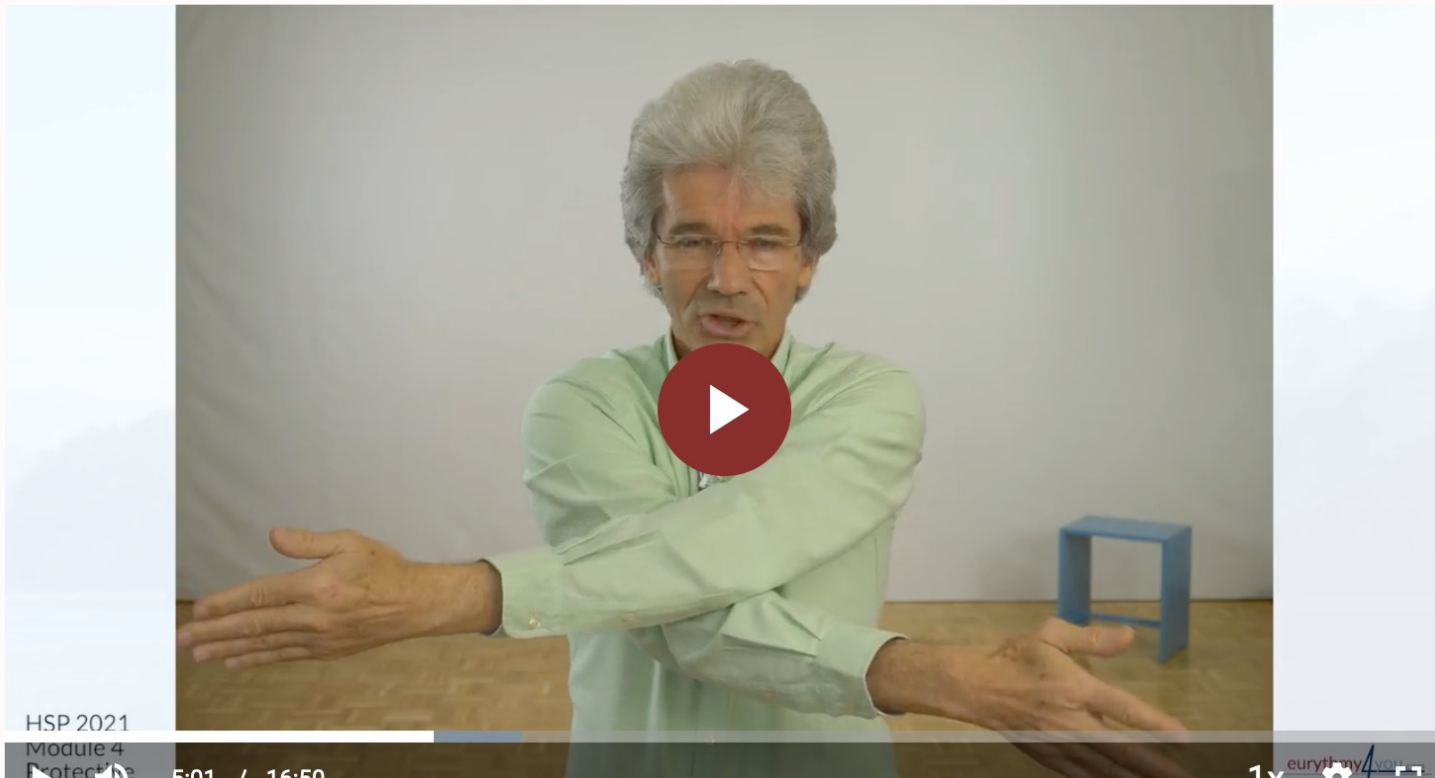
# Eurythmic Meditations

5 of 27 lessons 5 



**The Power of Health**

- Protective meditation**
- Protective meditation**  
🎥 16:51 
  - Protective meditation-2**  
🎥 20:01 
  - Protective meditation English-Ukrainian**  
🎥 28:48 








## Protective meditation ❤️



HSP 2021  
Module 4  
Protective meditation 5:01 / 16:50

1x  

# The Planetary Gestures of Eurythmy

- Saturn  
▶ 15:07 
- Sun  
▶ 9:24 
- Moon  
▶ 24:40 
- Mars  
▶ 13:33 
- Mercury  
▶ 14:16 
- Jupiter  
▶ 11:28 
- Venus  


## Saturn ♡



# Ecce Homo (Das ist der Mensch/ This is Man)

R. Steiner

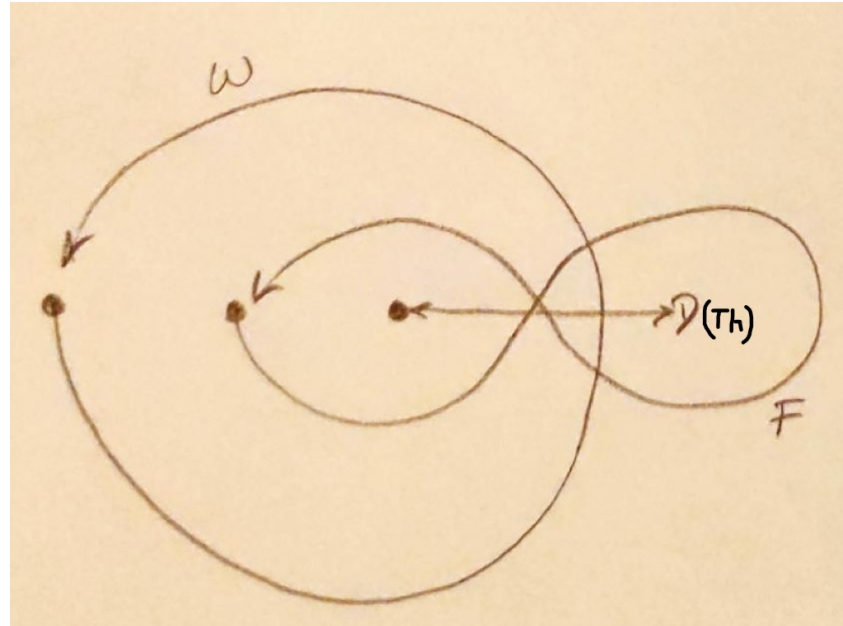
In dem Herzen webet Fühlen,  
In dem Haupte leuchtet Denken,  
In den Gliedern kraftet Wollen.  
Webendes Leuchten,  
Kraftendes Weben,  
Leuchtendes Kraften:  
Das ist der Mensch.

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!

R. Steiner

# 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!

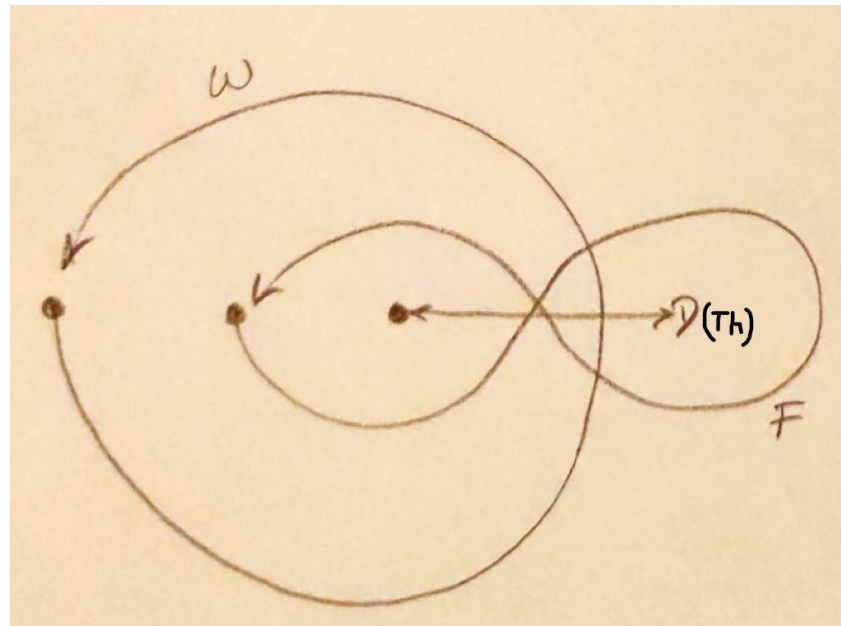


Rudolf Steiner.

# Ecce Homo (Das ist der Mensch)

In dem Herzen webet Fühlen,  
In dem Haupte leuchtet Denken,  
In den Gliedern kraftet Wollen.  
Webendes Leuchten,  
Kraftendes Weben,  
Leuchtendes Kraften:  
Das ist der Mensch.

R. Steiner



# Sunday

Talk: How to bring Eurythmy to the people

What is achieved

What has to come

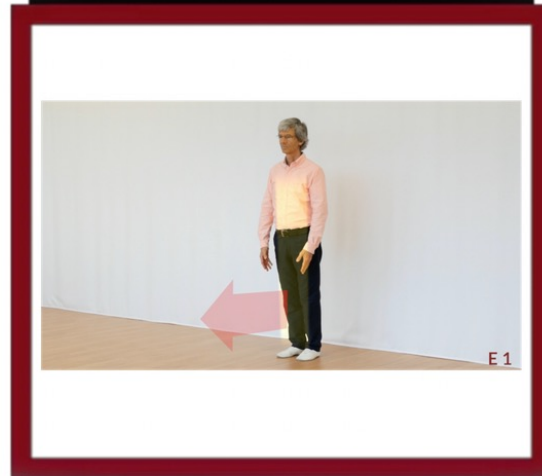
Eurythmy: Evolutionary Sequence of the  
Planetary Gestures



# Spin the Wheel

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ECC**

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- Eurythmy with Copper Rods
- The Upper and Lower System
- The Vowels
- The Path of the Consonants
- The calming sequence D F G  
K H - R
- The Evolutionary Sequence
- The Planetary Gestures of  
Eurythmy
- Therapeutic Exercises
- Eurythmic Meditations
- Eurythmy Improvisations
- Intervals and Soul Gestures
- The Musical Hallelujah
- The System of Wings
- Eurythmy on Skis

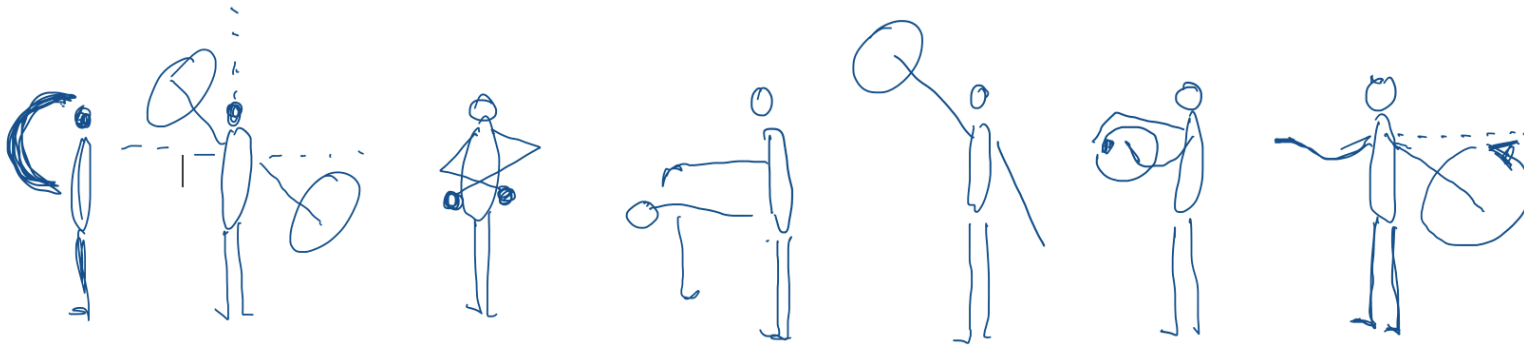
# ECC

**Eurythmy Certificate Course 2025 - 2027**



**Discover your creative possibilities in eurythmy,  
Support others in unfolding eurythmy in everyday life.**

# Planetary Gestures



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

Saturday

Friday