

Eurythmic Meditation

Course handout

Content

Eurythmic Meditation	1
Recommendations for your practice	1
Light – Weight – O	2
The Power of Health	3
I Think Speech	4
Review	5

Eurythmic Meditation

Dealing with thoughts which are not directly related to our everyday life can be helpful in gaining inner distance to everyday occurrences.

Choose a time and find a quiet place for your meditation so that a peaceful turning in becomes possible.

- How do you arrange time and place for your meditation?
- How long and how often do you practice?
- What are your experiences with practicing in different places and at different times?

To get to know a meditation, it is first necessary to become familiar with the content so that it can be remembered. It should not be an automatic memorization but rather be like an interested walk, in which something new is noticed or familiar things appear in a new light. As a result, an intimate space in your soul can come into being, into which you like to enter again and again.

Recommendations for your practice

Eurythmy deepens the body feeling and leads us into dialogue with it. In listening to the resonance between the exercises and after the meditation you pay attention to the life forces. This gives space to the lifebody, the life forces are strengthened and you connect yourself with your personal potentials.

In eurythmic meditation, the flow of thought unites with the physical movement. The verbal content leads through the succeeding phases from the outside. Later, when the words have become internalized, they sound inaudibly within the movements and can be heard inwardly. In a following phase we become intimately connected with the movement itself, we are fully present in the body, but with the clear alertness of thinking.

This alertness can increase significantly and leads to the intended strengthening effects of a meditative life. The in-depth familiarity with the steps of a mediation can evolve over time. New perspectives and a devout mood can arise.

Light – Weight – O

Light and Weight

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

Man's Mission

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, Titles: Theodor Hundhammer

Deepening questions

- What does a meditative life mean to you?
- Does the eurythmic meditation "Light - heaviness – O" contribute to inner peace as a starting point for more presence in life?
- What does the second part of the text have to do with the O?
- In this exercise, what significance is given to
 - the processes of carrying out the movements,
 - the perception of the processes during the movements
 - the listening to the resonance?

I stand between heaven and earth.

With subtlety, I can give space to the play of forces.

Fill, hold and give them.

The Power of Health

Being behind
Being in front
My star above me
My star below me
My angel in me
Streaming up and streaming down
Contracting and expanding
Streaming in and streaming out
And always the opposite simultaneously
BREATHING
Then it starts
Then one is moved
Astonishing
Touching
Freeing
Encouraging
This is
Submerging
and Emerging

Text: Theodor Hundhammer

Deepening questions

- How would you describe a meditative mood?
- Through the movement instructions and indications, the thoughts are guided, so that they immerse themselves in a process that can be understood by the body. Perceptive thinking guides the movement.
- In the exercise "The Power of Health", what significance is given to the movements, the repetitions and the listening to the resonance?

I am learning to feel at home in the six spacial directions.

Awakening, I unfold a rich soul life.

I Think Speech

I think speech

I speak

I have spoken

- - -

I seek myself in the spirit

I feel myself within myself

I am on the way to the spirit to myself

Deepening questions

- What helps you get into a meditative mood?
- How do you experience the difference between a eurythmic meditation and a purely mental one?
- What significance is given in the exercise "I think speech" to the execution of the movements, the repetitions and listening to the resonance?

With the help of the complex structure of my inner layers I unseal my consciousness.

Grateful relationships between the body and mind make me a thinking and acting person.

I speak.

Review

In what way does listening to the resonance after the meditation come to consciousness?

How can your experiences and perceptions express themselves?

Can you notice a change in your attitude to life through the meditations?