



ALIGN

Eurythmy Exercises

7-Fold Heart Exercise

This exercise helps you be aware of the heart and its forces, and is usually done with copper rods! We used a string held taut to create awareness and space over the heart. Here are the steps:

1. Holding the string taut between hands at chest width, hold at the level of the heart, connecting to the inner space of the heart
2. Swing the arms down horizontally, as you look down from the heart, allow your attention to arrive at the feet as your arms arrive at the lowest point from your heart. Pause for a moment.
3. Swing up at farthest reach from the bottom, up through the heart and to the top over the head.
4. Smooth down to in front of the heart where the heart and eyes look forward (not towards the string)
5. Threefold cleaning of the heart: Windshield wiper to the right, to the left, to the right again. Then horizontal. The view changes a little with each cleansing. The view into the world should feel freer.
6. Raise to above the head, looking out with free vision, then arms moving downward, smoothing down to the bottom of your range. take this vision in while the heart looks forward feeling the freed vision.
7. Bend the arms and move the taut string up to the heart to take it in and treasure in front of the heart and rest for a moment.

Repeat 3 times.

The arms are not re-positioned at any point in the exercise on the string/rod.

Love-A Exercise

As described by Cynthia Hoven

Both in our personal lives, in which we are linked with friends and family, and in our global life, in which the demands of work and society ask so much of us, we often struggle with the dynamic between the impulse to give selflessly and the need to find our own center in the midst of it all. The power of this dynamic and its resolution are inscribed into us with the next exercise, called Love- Ā. We can imagine the Love as the outflow of the best of your heart's power, and the Ā as the creation of healthy boundaries.

1. Begin by standing straight and quietly. Center your feeling in your heart. Feel your heart embedded in a whole field of connections to the rest of the world, as if in the center of a great lake of feelings. Let a flood of warmth fill your heart and then flow into your arms. Spread them out to the sides, sending your energy through your fingertips into the world. Feel as if your arms are floating on the surface of the water as you "float" them forwards, filling the world with your love.
2. Now create a strong Ā with your arms by crossing them in front of yourself. With this Ā, feel that you are making strong and clear boundaries to protect yourself from the world. With this movement, you are affirming your right to withdraw back into yourself and say, "No more, I need to protect myself for a moment." These two polar gestures balance each other in the Love-A exercise.
3. Try this again. Feel your heart filling up with love as you stand there. Spread your arms to the sides, right and left, and let your love fill the world. Move them forwards, feeling your heart forces flow outwards. Now draw back, and cross your arms with Ā. Feel strength inside yourself. Again, feel the warmth of love in your heart, and let it flood the world. Open yourself inwardly to this fount of love. Let it stream from your heart through your arms. Feel the flash of power in the Ā.

If you are one who has the tendency to give too much, to live in stress, you will have to take care that you don't push your energy out. They must learn to allow the energy to flow very calmly from their heart, and to always overcome stress with a feeling of peace. The Ā must be calm.

If, however, you are someone who feels that you give too much and you have nothing more to offer, you can learn to trust that the heart has an inexhaustible source of love in itself. Let it flow out from you without fear that you will give too much. The Ā must be firm.

With this gesture of Love, you must look for the balance between giving too much and not giving enough. Move through the field of love with peace and equanimity. Create Ā with clarity and certainty.

Repeat this exercise for a total of ten times.

Group Point and Periphery

We moved this exercise in the group all together. Expanding out into an "AH!" and coming in to a point with curled arms in a crouch!