

## **Enlivening soul and body through eurythmy and feeling**

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The word of "Halleluiah" was the first word given and carried out in eurythmy with the explanation of - -"To Purify oneself from all that hinders one from beholding the Divine or the Spirit."

Whether engaging with a single client, a group familiar with eurythmy or anthroposophy, or those not so familiar, the result is a powerful experience. I have found that most often an incredible stillness comes over the space and within the participants, along with a feeling of well-being and quiet.

Stillness and quiet, a feeling of wellness, are essential aspects of self-care.

For those who work daily with children, parents, or faculty colleagues, self-care can become a will activity, a positive habit, and a way to build a healthy culture, a healed society. Everyone is tired to some degree, everyone has been challenged inwardly and outwardly, over these past few years. So a practice of movement such as eurythmy can be rejuvenating and enlivening, as well as healing for the soul.

Many may have had access to the eurythmy "soul exercises" that therapists and doctors encouraged us to carry out during the pandemic - those exercises to build up one's immunity.

Three of these "Soul Gestures" - Love-E, Hope-U, A-Veneration carried out in relation to the word Halleluiah can help one feel well, refreshed, and inwardly still while also imbuing oneself with the moral, health sustaining qualities of Love, Hope, and Faith.

In Rudolf Steiner's lecture on the theme - *Faith, Love, Hope*, Dec. 2 & 3, 1911, Nuremburg, a picture is given of these three qualities as necessary to having a healthy life, and a meaningful existence. For these three forces, in a way, clothe our inmost being, hold our truest self. How are these qualities to live within us and what do they bring to our sense of well-being?

What is the feeling of **Love**? There is a warmth, strength, and connection. Quoting from the lecture he says, "Love is not only something linking humans together; it is also needed by them as individuals. When someone is incapable of developing the force of love, they become dried-up and withered in their inner being." He goes on to say, "for love is a living force that stimulates something deep in our being, keeping it awake and alive — an even deeper force than faith. And just as we are cradled in a body of faith, which from another aspect can be called the astral body, so are we cradled also in a body of love, or, as in Spiritual Science we called it, the etheric body, the body of life-forces."

What is the feeling of **Hope**? Anticipation, longing, potentiality. "The forces we need emphatically as life-giving forces are those of hope, of confidence in the future. As far as the physical world is concerned, people cannot take a single step in life without hope. One who is unable to hope, who is always despondent about what they suppose the future may bring, will go through the world with this clearly visible in their physical appearance. Nothing makes for deep wrinkles, those deadening forces in the physical body, sooner than lack of hope."

What is the feeling of **Veneration** or reverence? Awe, belief, faith, trust. Rudolf Steiner speaks in this same lecture how the lack of faith is withering for the soul.

"If we do not possess forces such as are expressed in the word 'faith' something in us goes to waste; we wither as do the leaves in autumn. It is through the forces of faith alone that we can receive the life which should well up to invigorate the soul."

## The exercise -

One begins standing quietly with the arms crossed over the heart

**H** - Release and open the arms as though a soft breath from behind opens them.

**Ah** - Further open the arms in an upward angle as though receiving  
One can bring this open Ah gesture downward also with sense of gratitude.

**L** (7x) - begin small, unfolding the L as a flower, each time growing larger and fuller until the last is spanning depth and height.

### **Love - Eh** (ay)

The arms now reach out to the side, slightly rounded as if trying to embrace the world - fill this gesture with your own feeling of love and warmth, letting it radiate outward from heart into your arms and hands. Then cross the forearms in a strong **Eh** gesture anchoring that love

**L** (3x) - three large unfolding Ls

### **Hope -U**

Now let your arms lift outward on either side, palms open upward, as if to hold something, make an open vessel of yourself and fill yourself with a sense of hope or wish. Full of this feeling of hope, then lift the arms higher and allow the fingers to meet letting the backs of the hands connect, guide them downward in U pointing to the feet, release  
**U** - then do an upward U, arms parallel, connect to the heavens and one's higher potential.

Release the right arm so the left can then stream into I

**I** - left arm upward - we stand in relation to above and below and then once again form the A.

### **Ah-Veneration**

**A** - both arms upward in an open angle, with a feeling of veneration

**H** - a gentle release through the shoulders toward the space behind, slowly bringing the arms all the way down as if letting a mantle of the forces of the universe, a type of faith in the unknown, cloak us in starry forces.

Finally bring arms back to cross over the heart.

Through opening, freeing ourselves of hindrances and then imbuing ourselves with real feelings that warm and live in our whole being, we can better be in and meet the world in our daily lives.

“For the human being to carry on in their fourfold nature, the three sheaths of astral, etheric, and physical bodies need to be permeated, warmed through, and strengthened by the forces of faith, love, and hope.” R. Steiner

May these words inspire your practice and bring you new forces of warmth and strength for your work.