



Art of the soul

Eurythmy is an art of movement that uses the body, soul and spirit. Rudolf Steiner has described eurythmy as an "art of the soul". In my thesis I have studied the expression of soul in speech eurythmy. Speech eurythmy makes speech visible with gestures that correspond to sounds: vowels and consonants. Every sound has its own character and the combination of sounds makes the mood of the poem. The vowel sounds come from the inner experience of the soul while the consonants come from external forces.

The soul life can be divided into thinking, feeling and willing. To express the mood of the poem, we need to bring the different characteristics of our soul life into movement. Thinking is an inner activity expressed with straight lines with a clear destination. Willing on the other hand is more visible and expressed through curved lines and lacks the inner light of thinking. Feeling is shown by a combination of straight and curved lines.

In addition to the sounds of speech, we need to consider the logical content and the feeling and emphasis behind speech. To make this visible there are twelve soul gestures, such as joy and inwardness. As part of the study, I chose poems by Aalle Tynni and choreographed demonstrations for the soul gestures. For the liveliness I chose a poem that describes little birds as they chirp joyously in the morning. This mood of the soul is most prevalent in children of seven to fourteen years old. Children of that age are playful and full of light. The gesture of liveliness is expanding and even the mouth is open. In contrast to this is inwardness that creates an inner space. Here the palms are facing up as if you were holding a baby and even the veil is covering the head, falling down to the heart area and then wrapping around the arms. This quality of soul especially occurs at the age of forty-two to forty-nine. Using these gestures in a poem help create the mood and have a dramatic effect. It is good to for example start the poem in silence making use of one of the gestures.

Important part of studying the sound and soul gestures is the figures with different colours for movement, feeling and character. In the gesture for liveliness the whole movement is going upwards and the colour of the dress is rose. The veil of the figure is thrown up in the air and the colour is light grey and yellow, which is the colour closest to light. The colour and movement of the veil describes the feeling of the gesture. The third colour for character marks for the places where to feel a tension of the muscles. In liveliness it is the colour of green and placed for example in the feet to have a balancing and grounding effect. All of these colours and feelings must be experienced in the soul so that in a case of a performance, the audience experiences the changing moods through the eurythmist.

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