

The Vowels in Eurythmy

by Sarig Arnon



of the Eurythmy School "Orpheus" in Jerusalem, Israel

During the training, questions arose concerning the differences between the vowels and the consonants. These questions led me into researching the essential difference between them, and the correct intention for this distinction in the artistic work. Following that, I chose to focus in this work on the attempt to examine different points of view over the Eurythmic Vowels. I am particularly interested in what between the movements that allow the eternal stream of life to flow from the heart and to the heart so that something of the inner essence of things will be revealed and other perspectives on the movements, as forces of designers, forces of destruction and forces of healing even to the physical. Here are a few ideas from some of the subject that I chose for this work:

Eurythmy as Visible Speech - When moving the gestures in Eurythmy, there is a significant emphasis on experiencing them internally rather than doing them from the outside. Although it can be tempting to move the gestures as external symbols, it deadens the life in Eurythmy. Overcoming this temptation and the challenging revival of the gestures from within can lead to facing the greatest challenge of our time: Finding a new connection to the spirit from individualism.

The Vowel sequence - The sequence A E I O U start by an entrance from the inside to the outside in terms of speech and it withholds a developmental path. This path begins by the entering of the spirit to the body with the openness and the unified experience of the A. It then proceeds to the awakening to the self in the Centre, and the insistence in the E. This movement inside is then turned back outside in the I, where we can find the true individuality. From it, we can ascend above the physical- to get out of the self, embracing the other in the O, and eventually, facing the spirit, finding a new unity in the U.

The Vowels in Curative Eurythmy and the Planets - The Curative Eurythmy is a metamorphose of artistic Eurythmy. It wants to hold that sick part of the human being which causes imbalance and interferes with the functioning, encouraging change through activity. The repetitive practice of the prototypical sound gestures strengthens the healthy forces and brings balance back to what became one-sided. In the journey of the Soul-spirit through the planets on the way to a new incarnation, the human being creates a secret plan that underlies his internal organs, preserving their unique form. The vowel-planet connection allows repairing deformations in the internal organs. The practice of gestures, including the hearing of the sounds, can improve their function.

