



How to begin?

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From the end to the beginning of this work I could change it's title and say that it is not a beginning, but a continuation. How can we continue the existing neverending flow we aim for in the eurythmic movement? Throughout my writing I found two major aspects through which to examine the background of understanding the uniqueness of the eurythmic movement:

1. the etheric body
2. the human entity- the actively being I

The etheric forces which human beings share with the realm of animals and plants is in its essence a property of virtues given to every human being, that can only be developed through specific sensory perception, enabling us to perceive, develop and know the aetheric forces and work with them. The path to developing those sensory perceptions is crucial in creating the right attunement? to the eurythmic movement - artistically, pedagogical and therapeutically and generally - from relating to the physical environment in which we work in eurythmy, through the didactic development of work exercises and to the gesture of the soul, including the consideration of several further elements along the way. Relating to the etheric forces is of utmost necessity in order to describe the desirable movement, its source and its quality.

The second focus is actually unique to mankind only - the activity of the "I", varying from human being to human being. This „I“ - activity influences the ability to develop the sensory perceptions, as well as other important capacities. The „I“- activity will give birth to the longed for movement, from within the unique individuality of each moment and each human. First, and central to those two aspects, I place the heart - the source of life for the being, the pulsation between centre and circumference, the attunement inwards and outwards.

The heart - the one, the mediating, the middle, the rhythmic center- all these aspects direct the searcher towards the motion within, as an expression of the activity of the heart's activity. In Waldorf education, young childrens rest their hands on their hearts as a gesture of good intention. Throughout my Eurythmy studies I placed my hands countless times on my heart intending to find within the impulse that would connect me to breathing, the joint motion, the creation of a living space.

Pedagogically, the influence of knowledge and actions which is illustrated thus far, has an enormous impact in guiding the children to the living center. It's different expressions of inner conscious activity helps them to develop the abilities which are important for their human aspect of their being.