

# ***“L’I A O tesse vivente in me, attraverso di me, fuori di me”***

Tesi di euritmia sul tema I A O

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I A O is the "basic" meditation that allows you to gather great strength. Exercise I A O is given by Steiner to the first eurythmist in Munich in 1912 and it is a transformation of a meditation exercise already brought to the esoteric school. This exercise focuses on the visualization of a column of light that joins the metatarsus, a column which, as specified by Rudolf Steiner himself, does not coincide with the vertebral column but it is external to us. This is the first perception of the I, this line of light that develops from the forehead to the foot, must be brought back, up to overcome the heel: we are completely immersed in an ecstatic atmosphere in front of the spiritual world. We return erect having the column of light in front and very close to us which we now move forward, beyond the toes. This perception of the three areas of the foot is fundamental for the eurythmist and is the meditative exercise from which the I A O developed.

In the thesis, starting from the basic exercise, I also examined the relationships with the color of the eurythmic figurines and how we can experience the atmosphere of the I A O in music, in particular with the musical intervals, in the musical Tao and in the major and minor chords, to then move on to the exercises of transformation from the ego to the spiritual self with the work of Werner Barfod and Margrit Hisch for the hygienic-therapeutic eurythmy.

By moving I A O meditation into eurythmy, we can understand the essence of an archetypal movement that from the present makes us aware of our past and confident actions towards the future through a transformed ego. With this "agreement" the human being is experienced between past and future, origin and final goal, alpha and omega, between the world we know and how it could evolve. I A O is a meaningful and basic meditation for our evolutionary path. In the practical development addressed in the thesis a very significant part is the work of Werner Barfod; it can help us completely transform our perception of the world and our actions.

Moving the form is a perceptual-conscious movement, it is the movement of the soul, capable of transforming human quality into an instrument of knowledge. As indicated in the book "Practical education of thought" (R. Steiner) the path of knowledge is followed through an imaginative vision, disconnected from the sensitive world. Develop objective thinking and have a scientific - spiritual vision of reality. The I A O in the work developed by Werner Barfod traces a development of what from a human dimension leads to a higher level of consciousness.

The eurythmy and the mantra that is the subject of this relationship binds its healing forces to Mercury because it supports the soul's forces: thinking, feeling and wanting. The power of life becomes power of knowledge. Thinking is freed from the human element through spiritual enlightenment. The overcoming of one's egoity which leads to the development of free thinking and healthy will. It is no coincidence that eurythmy arises in the period in which man begins to bind himself too much to material things. It is brought to visibility by Rudolf Steiner, before it acted in the natural world and in

the spontaneous relationship of inner connection that man had with the cosmos in the world. This is a moment of conscious action.

In the context of hygienic eurtimia, the I A O transformation exercises experimented with the teacher Margrit Hitsch were presented in the thesis. The exercise of metamorphosis of the IAO in the shape of the triangle - due to the great transforming force with which it is shaped - can be done in case of need for renewing forces as in the Easter period, or in the spring at the beginning of the new spiritual year: when the rebirth of the external world is accompanied by a desire for internal renewal.

This peculiarity makes the exercise of I A O fundamental in the current era, the era of Michele. Where we must become active and conscious, without this self-knowledge we would remain in a limbo of ignorance. The I A O brings us back and harmonizes the three spheres of the center, high and low. The sphere of feeling which concerns the system of the heart and lungs in the physical body, continually connects the sphere of will and thought with each other. It is an individual job but one that has great resonance in the world and can also become a social and pedagogical exercise. The IAO as a social exercise can move towards a balance between a firm firm in the past, which if it does not transform its own experience, becomes sclerotic or on the opposite side move convulsive actions that if they do not rest on a firm balance, they risk "falling back" on themselves and be equally sterile.

If "The body in movement guarantees itself" (G. Roth), the process that can be carried out with a social IAO is that of a path that starts from the progress of one's ego, it is possible to extend it to the group and as we we relate to it.

As choral work of the IAO exercise we can lead a group through a path that starting from the first three points of Werner Barfod's experience - IAO in the physical, etheric and astral body - we get to move the mantra through a eurythmic form that alternates movement in the straight line and the curved line. Finding ourselves inside the form in new positions helps us to exercise in a free and fluid way, the continuous change of our point of view, to lose security in what is certain and safe - in exchange for the ability to react spontaneously and at the same time aware of the changes continuously present in daily life and welcoming them with "wonder, love and conscience" (Werner Barfod)

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