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## **QUEL CHE L'UOMO HA DA DIRE ALLE STELLE**

Propedeutica zodiacale attraverso l'eurytmia

### **WHAT MEN CAN TELL TO THE STARS – Zodiac propaedeutics through eurytmhy**

My work starts from a deep interest in the Zodiac theme, as archetype of the spiritual essence of our world. In anthroposophy we are faced with the existence and action of the Zodiac at many levels: philosophical, scientific in natural science and biodynamics, and artistic in music, color and of course eurythmy.

One of the greatest chances eurythmy gives to humanity today is giving it the means to *experience* deeply and ripefully the spiritual realities that anthroposophy studies and presents to our consciousness. So I asked myself: “*How can we build, using eurythmy, a deep connection to the atmospheres of the Zodiac, before getting to the Zodiacal gestures themselves, which are really deep but also mysterious for many ‘seculars’?*”

So I tried to work on the inner image of the Zodiac, finding how we can experience through eurythmic movement all the zodiacal qualities, to bring then in Rudolf Steiner’s zodiacal gestures the moods we’ve experienced. We have a lot of literature on the Zodiacal gestures, and a good one at that. How can we help ourselves *get* there?

I began with music: thanks to the anthroposophical work done in the decades on music and sound eurythmy, we have a really good base to understand the 12-zodiac-moods, based on the “circle of fifths”. Every tonality has a relationship with a sign, an interval, a color (revealed by the work of Rudolf Steiner and other anthroposophical authors). Working on these eurythmic elements – colors and intervals – we can approach the different qualities of the signs. Here we find also the polarity of the Zodiac between “daily” and “nocturne”. A *two-sided* Zodiac.

Then we can practice further and enter the peculiarities of the *three* main impulses of the Zodiac: the so-called three crosses (physical, etherical, animical). Here we can work with different eurythmic elements (directions in the space, rythms, soul qualities) to grasp a deeper connection with the signs, always enriched by what we’ve already found before.

Finally, we get in the *four*-folded side of the Zodiac with the four elements (earth, water, air and fire) that we can lively experience in eurythmy and then link to all the other aspects.

Now that we have experienced the Zodiac in all these aspects (as one, two, three, four, twelve), we can practice some exercises which directly involve Rudolf Steiner’s Zodiacal gestures, filling these gestures with all the above mentioned work.

As an Appendix, I’ve included some suggestions – taken from my work as Waldorf class teacher – to link eurythmic knowledge and experience with the teaching of reading and writing in class 1, before we actually begin to present the alphabet in eurythmy in later times. How can we plant a seed which is coherent with what the children will live in the future eurythmy lessons?