

HALLELUJAH IN EURYTHMY

Hallelujah is one of the most important eurythmic exercises, used in hygienic, healing and pedagogic eurythmic. Rudolf Steiner created this exercise for his young student Lory Maier Smits. His wife, Marie Steiner von Severs, was very impressed by the power of this exercise. Rudolf Steiner said that this exercise was an important exercise for healing, therefore it was the right exercise for Lory, that was sixteen and it could be used with all young people in need to receive such healing forces. Starting from the incredible rebalancing results then, from the depth of forces for the soul give from this exercise and based on a pedagogical question on the possibility and necessity of application of the exercise to the schoolchildren, this thesis develops. Showing this exercise to a group of adults, I found it essential to start from the study of the vowel and consonant sounds that compose the word and that show through the eurythmic gesture, stimulate the human soul to generate revitalizing and rebalancing forces, allowing to harmonize the three forces of thinking, feeling and wanting, that are so important for the development of the “new humanity”.

After the study of sounds that we connected to the search for gestures in artistic works by Michelangelo, Leonardo, Raffaello, etc. we moved on to the exercise and the various variations proposed in the hygienic eurythmy like the “Hallelujah healer”, that works starting from the feet and touching the joints. From experiencing the exercise individually, I moved on to group work by inserting the hallelujah, inspired by working with Margaret Hitsch, into the shapes of the five pointed star, of the crown and the seven pointed star. In this second part, the work was more interesting and showed all the strength of eurythmy as a social art. Especially in the shape of the crown connected however to the intense period of the advent, the social weaving movement was visible, so important to restore the balance of the community: in the passage of people from front to back and vice versa the social fabric that is based on the relationship with the other is intertwined. In the passages it was in fact essential to “hear” the other, perceiving the etheric of the other. In the shape straight lines are executed which eurythmy minds represent the ways of the self of our being individual, but the many individuals who move in the

form have the hard task of perceiving the other and give space to the other to complete a larger form that show the divine with in harmony and balance. Together and moving in the same instant harmonically, the form breathes and makes visible a living process. If the cosmic man appears in the five pointed star, in the crown one can think of a manifestation of the human community that Steiner invited us to carry out through an important work on ourselves and in the relationship with others. It then becomes fundamental to propose this exercise in schools, to animically support young people who, especially today, are in extreme need of new rebalancing and revitalizing forces. Starting from the fourth class, where pupils know the alphabet, we can proceed with the study of the sounds that make up the word, moving on to the unfolding of the five pointed star from the fifth class onwards, and then proposing the shape of the crown in the advent period. From the seventh class onwards, Hallelujah becomes an important exercise to bring balance to the soul of young people who experience intense emotional turmoil due to the delicate passage of puberty. For this reason it becomes very effective in classes particularly subject to social tension. It is therefore the duty of the master to make sure that they maintain a link with the cosmos, in such a delicate moment, in which they want to enter the material world. Therefore they must be supported and we must try to develop their admiration for creation, through a healthy inner activity and balanced management of the feelings that flare up within them. Today's man has the task of developing more and more healthy and strong inner activity. We can dive ourselves more and more in this mission towards the "new human", taking advantage of eurhythm and this beautiful moving prayer which is Hallelujah, thanking Steiner and the spiritual worlds that inspired him, for giving us so much wealth!

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