

THE EURYTHMY BETWEEN LUCIFER AND AHRIMAN

In my research and paperwork, I have tried to understand how Eurythmy in its many aspects can be healing and if it really presents a way for mankind to find a balance for its soul-life in such a materialistic world.

I have occupied myself with books and lectures from Rudolf Steiner that describe the contrasting forces of Lucifer and Ahriman and the way they work in the destiny of mankind. And also, the biographies of Lory Maier-Smits, Margarita Woloshin and Tatiana Kisseleff.

According to Rudolf Steiner, the ruling and prevailing forces of Lucifer and Ahriman have shaped our existence in a way that makes us deeply connected to the physic plane, and by doing so brings us the possibility to become independent from the spiritual world, so we can see and connect with it from freedom, or not. That we decide. But the way to independence is obviously not easy, and digital transformation with many other practical solutions nowadays take many spiritual-faculties away that help us being able to decide wisely in difficult moments.

I know people that sometimes say: "life is an art". And this they said mostly on hard times. I find it to be true, because the syntheses of theses and antitheses is creativity, and this is needed in Art. One has to find the source of springing creativity to be able to handle nowadays difficulties.

That is the reason I found why eurythmy to be healing. Given by Rudolf Steiner to Lory Maier-Smits in 1912; eurythmy carries the archetypes from the good beings that initially shaped our existence. To connect with the eurythmy is to connect with these

forces and beings through thinking, feeling and willing in physical plane.

To do eurythmy is to use thinking itself for something not logical and practical, when that is basically all we use thinking for nowadays. That is how we also make one more step forward in preparing us for a very materialistic future. The inner effort to hear and feel the rhythm and sound of language create a delicate spiritual perception, that helps us to always find in ourselves the right timber in the contact with other people. And furthermore, moving ourselves to the rhythm and sound of language and music; with the archetypes of that which made us, brings our bodies in deep connection to our soul and spirit through etheric forces. That makes also our physical bodies healthier.

With eurythmy we can learn to be more like "the representative of humanity between Lucifer and Ahriman", which does not try to remove the forces above and under him, but to tame and use them to be independent.



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