

What is the meaning of practicing eurythmy in our epoch?

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In the course of the evolution of mankind, men have been cut very slowly from the spiritual worlds. We have been directing our gaze more and more on the physical world, accessible with our senses. But after we reached the most materialistic period in human history, humankind is facing a deep change and is now able, out of a free choice, to reconquer spiritual experiences and knowledge. Human beings, in a very subtle way, are already emerging out of the physical reality and are searching for the respiritualization of earthly existence.

The eurythmist must come to a good mastery of his physical body and must penetrate it with all his soul forces so that he can release it to its etheric life and in that way he performs the gestures and movements of eurythmy. The eurythmist overcomes the physical forces and shakes the regular way of moving through his body and in space; he passes the border between the physical and etheric life and elevates the physical substance to the etheric, in an artistic way. Annemarie Dubach tells us that the transition from the physical to the etheric only happens if the movements are sufficiently felt from within, vivified and animated from within. In that way she says that one can feel it penetrates into another substance.

Eurythmy encourages the eurythmist to develop a very vivid inner life, a new faculty of feeling, the faculty of feeling the things themselves so that he can reveal them through his movements full of soul. On one hand, he is invited to learn to know cosmic thoughts, to interiorize them and through his body and soul to bring them to a visible expression. On the other hand he must become sensitive to all hidden life and movement in nature, in sounds, in speech, in space, ... so that he can release them etherically, through his soul in movement through his body. He must be able to interiorize and fertilize what Nature offers us and give it a new artistic life. He must start to search in all things a new life, a new artistic feeling. And that type of feeling, as Rudolf Steiner tells us, is very critical to the evolution of mankind. Men have to make the sacrifice of intellectual thinking for a new way of thinking with the heart, to enlighten from within Nature, our physical existence.

Abstract thinking must be fertilized by artistic feeling so that it could become a real universal knowledge. R. Steiner tells us that the one that is really thirsty for spiritual knowledge and penetrates the active thoughts that are in universal phenomena, could not do differently than to transform those abstract representations to artistic forms. Spiritual knowledge needs art to survive. Art has a very serious mission in our time, and eurythmy shows us in a particular way the harmonic weaving between spiritual knowledge and beauty that is begotten in the warmth of the heart.