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Imaginations in Three-fold Walking

Upon the dawning realization that I would be sharing my writing on eurythmy with people who have been practicing three-fold walking for a significant part of their lives, I asked myself what I could offer that might spark new insight into stepping through the world in such a particular way. I decided to approach the subject from the soul experience of Imagination, where images are fluid and weaving, constantly transforming, and from whenceforth new experiences can always arise.

For this paper I explore entering into the world of Imagination in order to deepen our personal experience of three-fold walking and gain a more profound understanding, or raise new questions, of and about our labour as eurythmists and educators in this epoch. I bring attention to the evolution of the feet through images of ancient mythology and descriptions of spiritual science in a hope of enriching the world of images that can be woven into every step in three-fold walking.

Spiritualizing the movements of the limbs can transform the act of walking into a sacred rite or sacrament, an artform full of meaning, a reflection of man's deeper connection to the earth and cosmos.

*I walk in beauty before me.
I walk in beauty behind me.
I walk in beauty above me.
I walk in beauty below me.
I walk in beauty all around me
and within me.*

(Navajo Prayer)