



Paola Cohen Añorve  
gatozul@yahoo.com  
Formación de Eurythmia,  
Auriel Eurythmy

### “Lighting”

The objective of this work is to document the importance of light for human beings. In it I discuss how light has been a fundamental part for our existence, for our perception and for art.

This work is divided into two areas: the theoretical and the practical. The first one is a journey through time, from “Let there be light”, to its initial use and its philosophical, scientific, and artistic ideas. At one point is discussed Goethe’s theory: his idea about the interaction of light and darkness, and its influence on the emotional state through colors.

Lighting as art is fairly recent, a discussion that started at the end of XIX century. At the beginning of the past century, Rudolf Steiner started developing both Lighting and Eurythmy. Steiner’s intention was to have, in the stage of the first Goetheanum, a light so strong and at the same time so natural and dispersed that it could emulate the daylight with all its changes in color. The lighting technician (illuminator) must have enough sensitivity to understand the melodies and verses as colors. Each verse and poem needs to have its own sound feeling related to the light on stage. I also, discuss the contributions of James Turrell regarding illumination. Turrell’s artistic element is light and I found interesting his idea about human beings as co-creators of human reality. Also, I wrote some of our lighting proposals during our 2022 Mexico artistic tour. In the future, I would like to experiment in the field of lighting using the spectator perception through complementary colors, and to be able to use them not only on dark stages but on stages where one can manipulate natural light.

In relation to practical section I analyzed the basic points needed to illuminate a stage for Eurythmy performance, using lamps, types of lights and other items to achieve a correct light.

My own conclusion is that the Eurythmy illuminator (lighting technician) becomes a co-creator of what is being showcased; which reminds me of the verse “The cloud Illuminator”.

The cloud illuminator  
He illuminates through  
He suns through  
He glows through  
Also me/us  
(Rudolf Steiner)

