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THE EXPRESSION OF THE MUSIC
THROUGH EURYTHMY

“When the human being is artistically active in sound, it is as if he found himself with his ear in the heart of nature itself; the will of nature and reproduces that will in the sequence of its notes”.

Rudolf Steiner

Eurythmy is par excellence an artistic form active in sound. It puts itself at the service of the cosmic forces and nature that have created us, and that is why the body itself is the instrument that allows it to make the basic elements of music and words visible. It requires feet to perceive it, a heart to feel and understand it, and a head to grasp it. Eurythmy is par excellence an artistic form active in sound. It puts itself at the service of the cosmic forces and nature that have created us, and that is why the body itself is the instrument that allows it to make the basic elements of music and words visible. It requires feet to perceive it, a heart to feel and understand it, and a head to grasp it.

How are the basic elements of music experienced in the authentic development of the human being?
What does it mean to be active in sound, in music through eurythmy?

The purpose of this research is to be able to contribute to the idea that the human being can self-consciously inhabit and integrate sound and silence, move towards heaven or earth, expand in duration or contract in accent. The movements of these emotional gestures are contained in the essence of music, for the evolution, healing and education of human beings.

In this research I want to internally experience the elements of music and understand the relationship between them in the service of the evolution of the human being and the earth.

I seek to express what are the elements of music? What link do they have with eurythmy? How are they related to wanting, feeling and thinking? What are the directions or planes of movement in eurythmy and how do they relate to melody, harmony and rhythm? The internalization of these elements is an attempt to become aware of how music, sound, silence, rhythm live in our being. As the Gospel of John says. "In the beginning was the Word, and the Word was with God, and the Word was God." We come from sound, it was given to us, it formed us and we will return to it in consciousness from the will.

In the epoch of the conscious soul that we are going through, it is our task to bring to the awakened consciousness all the processes of the soul that in past epochs lived instinctively. Within this context, it is necessary to understand the particular mission of the elements of music as a purifying source of the soul.