



Rebecca Tuttle

Auriel Eurythmy, Mexico, 2022

The Calming and Energizing Sequences

My process of studying the Calming and Energizing/Stimulating Sequence began with exploring the sound characteristics given in Rudolf Steiner's Eurythmy as Visible Speech course, the meditations that have been applied to the sounds' zodiac origin, the colors of the consonant eurythmy figures and of the zodiac colors as well. Through this study I realized that Rudolf Steiner shared these two sequences in a very specific manner in which to create a therapeutic effect. Thus, I have focused on sharing essentially the information surrounding the indications and imaginations given by Rudolf Steiner to Lory Smits on September 17, 1912 in Bottmingen, Switzerland. Within this study I also learned about some of the early Biography of Lory Smits and her relationship to Rudolf Steiner and Anthroposophy. In my paper I have included some of the many events that took place before and also surrounding these first Eurythmy lessons given by Rudolf Steiner to Lory Smits. I have felt this information has helped to create a more beautiful and meaningful understanding of Eurythmy in itself and has provided more effect in my personal movement with the Calming and Energizing sequences.

During my presentation I had the participants move through each sound with the words that Steiner gave that day, along with the most descriptive imitations and indications that were retrieved through the written documentation of Lory Maier-Smits. Recreating as best as possible how each sound gesture was felt and moved, we repeated the sequences to allow for the feelings to resonate within. With this same type of practice of carefully repeating sound gestures with their imaginations, Lory realized that that was the way in which one can experience, as Steiner spoke prior to the lessons, of allowing the heart to rise up to the head.

