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Auriel Eurythmy

Title: The Etheric Heart and Greek Rhythms

My topic arose initially from my interest and love for Greece. The time period of the fourth Post-Atlantean Epoch, a time of imagination, wonder, beauty, and freedom. In Eurythmy and according to Steiner, Greece and its philosophy can be described as beginning with the sound of "A". We learn the Greek rhythms in depth and this for me, was where the awe of Greece and its time period birthed from within.

The connection with the etheric heart arose from my training with my teachers constantly reminding us that every movement begins with love. This combined with the study of many lectures but in particular, "Knowledge of Higher Worlds", "The inner Impulses of Evolution" lectures and the dedication to the development of the 12-petalled lotus flower for our times, gave me the inspiration to investigate.

As I read more, I realized that Steiner's explanations of the processes that occur in the forming of the etheric heart, from pre-birth through death, had been described with particular consonants and vowels that we work with continually in eurythmy.

Through my investigations of the sounds given by Steiner in the lectures on the etheric heart, that of the 'T', 'I', 'A' and finally the 'O', this brought me to the idea to explore forms that were given by Steiner that had these sounds with form.

My investigations included, the history of Greece, the rhythms of their times( 12 rhythms and the Dactylus Hexameter), forms and sounds from the IAO, TAO and finally the TIAOAIT.

In 1919, the TIAOAIT was carried out in the mystery drama with its form for the first time in the first of the four mystery dramas, "The Portal of Initiation". This form is an exercise that cannot be done alone. It is a form that consists of 6 people, with the iambic Greek rhythm moved all the way through.

This paper was a process that led me to the TIAOAIT. An exercise with a group form, the sounds of the etheric heart formation and the iambic rhythm. This rhythm is described by Steiner in the Visible Speech lectures as the "wishing to reach somewhere" and the rhythm bringing into speech 'the character of will'. All these qualities in the exercise have, in my investigations, connections to the task of our times.

I look forward to continuing this research and sharing with all that are interested.

From my heart to yours,

Simone

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