



- **The Intervals as a Journey**

I sense true being of my being,  
So feeling speaks to me,  
Which in the sun illumin'd world  
Unites with floods of light.  
This feeling would give warmth  
To thinking's clarity,  
And firmly bind in one  
Both man and world together.

Anthroposophy is a gift to humanity that bridges the spiritual in the human being to the spiritual in the cosmos. Eurythmy is an artistic and practical extension of anthroposophy. In tone eurythmy, the intervals and their related gestures can be experienced as a bridge to both the spiritual dwelling in our bodily sheaths, as well as how the cosmos has shaped the very limbs that give expression to our soul and spirit in eurythmy. In the calendar of the soul verse above, I experience how this week expresses the essence of eurythmy. Through connecting with my true being in the feeling realm, I perceive and experience flowing through me, the world's warmth united with my will filled thinking and experience my being and world being as one.

In lecture 7 of the Tone Eurythmy course, Rudolf Steiner tells us that eurythmy is drawn from the structure and function of the human being. In the case of the intervals, I experience the soul/spiritual gesture as it is expressed through the physical form that arose from these very forces. My soul and spirit unfurl as I travel from prime to octave and I travel through the various bodily sheaths. Likewise, the physiological points of expression in the arm make visible the qualities of music that created them. In my inner experience of the interval and feeling the region of my arm in which the gesture is made, my being and the world being in physical form meet in the qualities of the interval. I and the world are one. I unite my soul/spiritual experience with the interval come to rest in my wrist, ulna, radius, etc.

So through the art of eurythmy we can experience how the etheric forces that shape and give rise to our physical form, once freed from this task, become free to express themselves in other realms. Art can be the making visible of these forces at work in nature, in the human soul, in destiny and all realms of life. We feel, see and experience how spirit and matter continuously inter-penetrate one another giving rise to life. This life is the light of the world and the source of our creativity. I feel blessed to be on the journey into deeper and more abundant life through eurythmy.

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**Peredur Eurythmy**