



Ivan Ortega Guevara
Auriel Eurythmy – Mexico
xochipilidub@gmail.com

We live today in an age in which we must advance from the feeling element in man to the will element; for fundamentally speaking it is the descent into the will element which, if consciously achieved, would enable us today to attain to spiritual insight.

GA 279 Dornach, 26th December, 1923.

Eurythmy as a Spiritual Path

This paper is based on works and research of Rudolf Steiner and his view on human beings and world evolution, and particularly on his work with the new art of Eurythmy.

Practicing and studying Eurythmy demands presence, being aware of and connected to space, to others, aware of my own inner state and imaginations, aware of sounds, connecting to and diving into the Etheric World. We as human beings live between our physical incarnation on earth and a spiritual life between death and a new incarnation, each of us has an individual path of past and future lives, through which we carry seeds and fruits. We are in constant evolution between earth and heaven, and we strive to balance, and make the right use of our incarnations so that in the course of them we develop and become blessings for humankind and Earth.

Indeed, throughout the training one must continually increase self-discipline, moral strength, inner purity, and power of observation to eventually become able to perceive manifestations from the spiritual world. Above all things, no disharmony must ensue between the higher experiences and the events and demands of every-day life. Something of supreme importance is taking place, although it is perceptible only to the eyes of spirit, the Dark Age has run its course, and a new age is beginning, when slowly and by degrees the souls of men will change, and new faculties will be developed. *GA 118 Carlsruhe, 25th July, 1910.*

Eurythmy can be experienced as a spiritual path, offering a way to become fully conscious, to cultivate inner awareness, a deeper connection to the cosmos, and personal growth. Through movement we develop inner and outer balance, harmony, and sense of belonging. It is often practiced in groups, fostering a sense of community and shared personal experiences, this collective practice can deepen individual journeys and spiritual growth. In the course of higher development, the organs of thinking, feeling, and willing become individualized; the student's great achievement is the attainment of mastery over the combined activity of the three soul forces, safely balancing them at will. I have to overcome the need to be in control, while being fully conscious. I have to be able to place my consciousness where I know I must, with warmth, love, tenderness and joy; this is the way in which beauty shines, as it is the spiritual that shines.

There is perhaps no other art through which one can experience man's relationship to the cosmos so vividly as one is able to do through the art of eurythmy. *GA 279 Dornach, 26th December, 1923.*

The full paper is written in English.