

## The Eurythmy lectures as part of the basic training.

How should the Eurythmy lectures be integrated into the Eurythmy four year basic training ?

Steiner said : 14 September 1915, GA 253

*"We must try to understand, my friends—and the means of doing so are available in our anthroposophical literature—to what extent in everyday life our choice of truths is dictated by emotional impulses, by impulses provided for us on the physical plane through our karma or upbringing. We are only free of subjectivity when we have really moved on to a realm of thinking in which thoughts sustain each other and no longer have any subjective content."*

*"After that, however, there is still one more thing we must accomplish. When we have really reached the stage of thinking in pure thoughts, when a sequence of pure thoughts is present in our soul, then our personal mind or subjective I is no longer involved. This accounts for the severity we experience when we reach this stage of pure thinking. It is no longer possible to bend things to fit into the mold of how we subjectively would like to have them. Take a train of thought like that of The Philosophy of Freedom. It is impossible to construct it in any other way. It cannot be arbitrarily tampered with; you have to let it grow inside you like a living organism. Then your I is really uninvolved; it is thinking itself that is doing the thinking."*

*"However, your thinking only becomes mature if what it has been emptied of—your own I—is replaced with something else. In place of the contents of your personal mind, the mind-content of spirits belonging to higher hierarchies must fill this emotion-free thinking. When you have come so far as to be able to gradually rid your emotion-filled thinking of its subjective content so that it contains only pure concepts, then divine content, the content that comes from above, can flow in."*

In my work I have strived to find the "train of thoughts" in the Eurythmy tone lectures. I have then used them as a meditation going through the lectures forwards and backwards trying to have moments where the lectures speak for themselves. I have then took what I have received from this process and practiced these outcomes in Eurythmy and felt into the new experiences. As a next step I intend to continue this work with the Speech lectures.

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EurythmyTraining :

Peradur UK, Pacifica College Australia & HE dornach 5th year program

