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The Feet

What is the origin of movement and how do we, as human beings move?

This dissertation will examine the role of the feet in Eurythmy with special focus on; alliteration (with indications by Eva Lunde and Rudolf Steiner), threefold and ninefold walking, positions of the feet and the feet as represented on the eurythmy figures. In working with the first Eurythmy indications by Rudolf Steiner, it becomes evident that we as eurythmists are required to develop the feet, the part of the body with which we foster a close relationship to the Earth, so they may become graceful and inform how we move.

My exploration will be accompanied by themes connected to walking in eurythmy, with reference to texts such as *The First Three Years of the Child* (Karl König), *Guidance of Humanity* (Rudolf Steiner) and the development of humanity throughout the epochs as discussed by Rudolf Steiner in the *First Lecture of The Arts and their Mission*.

A third element of this thesis is the key question and root of the chosen topic - *movement* in and of itself. How do we as human beings move? And what is the origin of movement?

Here different aspects will be considered, drawing from; Rudolf Steiner's intensive description of eurythmical movements in the *First Lecture of Eurythmy as Visible Speech*, an excerpt from *Eurythmy as Visible Singing* and *The Occult Basis of Music*, as well as a brief look at the zodiacal and planetary gestures, and the organisation of the human being with its different bodies and their aspects of movement.