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Some aspects of IAO-exercise

In this dissertation I examined the IAO-exercise in Eurythmy. As IAO is vast topic then focus was given to some aspects of this meditation in theory and also practice with group.

Starting from introduction and description of main attention points in this exercise then deepening more into uniting oneself with the light, as the strength of light-axis is prerequisite of eurythmic activity overall. The importance of keeping the balance i.e. holding our body in balance almost from falling is connected with Luciferic and Ahrimanic beings explaining why inattention or careless are so important to avoid.

The relationship of the IOA -exercise and chakras. Although all chakras are affected, then three of them are involved directly. By means of these we unite ourselves with the earth, surroundings and light.

Studying IAO connections with TAO-exercise lead to the forces of wonder, love and conscience. Then IAO meditation itself enables variety of different forms as each I A O sequence reveals certain qualitative relationships.

Lastly coming to historical view of IAO-exercise and union with esoteric training meditation as being metamorphoses of the same spiritual archetype.