

Choreocosmos and Eurythmy

Choreocosmos is a development arising from eurythmy, a development that focuses primarily on the cosmic aspects of eurythmy. Eurythmy, a word taken from the Greek, meaning *beautiful harmonious movement*, came into being through the inspiration of Rudolf Steiner and was originally intended as an art form capable of returning movement to the realm of the sacred and as a path toward furthering the development of the human being. Following upon this original intention, eurythmy is the basis for the forms and gestures practiced in the *Choreocosmos School of Cosmic and Sacred Dance*, and its affiliates, such as the *East Coast School of ChoreoCosmos*. In particular, the planetary forms that are used are standard forms given by Rudolf Steiner for eurythmy. Choreocosmos, which means ‘cosmic dance,’ encompasses both cosmic and sacred dance. Through the beauty and grace of eurythmic gestures and forms *Sacred dance* enables participants to fully embody the great prayers and sacred texts of humanity. Cosmic dance is focused on bringing an experience through movement of the four elements (Fire, Air, Water, Earth), the seven planets (Saturn, Sun, Moon, Mars, Mercury, Jupiter, Venus), the twelve signs of the zodiac, and the seven planets in the twelve signs of the zodiac (a cycle of 84 cosmic dances).

Trained eurythmists are among the number of graduates of the Choreocosmos School as well as lay people who have mastered the gestures and forms and wish to bring Choreocosmos and Sacred Dance as a community building activity for their own communities. It is always a great blessing to have trained eurythmists amongst the participants as this helps toward carrying the eurythmic quality of the gestures and forms. Quite often eurythmists express an appreciation for the outreach potential of this work which has at its heart not so much the perfection of an artistic endeavor performed for the public, but rather a communal dance oriented toward the spiritual world.

Because of the communal intention which serves as an inspiring source for this work, Choreocosmos, as a eurythmic impulse, has the potential to reach out to large numbers of people, inviting people of all ages and ability to join in the dance and to experience the joy of eurythmy. Eurythmists that have been drawn to participate in this work are attracted to this reaching out/communal aspect and some have said that through having discovered choreocosmos, they have found an engaging way of introducing eurythmy to the general public. One eurythmist indicated that for him cosmic dance is ‘pure eurythmy’ since the eurythmy gestures are practiced within the context of the sounding presence and wisdom of the cosmos as the shaping, informing force streaming throughout creation – evident in nature and in particular to the miracle of the human form and physiology. Practiced over time, one is able to deepen into the gestures and to experience the internal and external etheric streamings that are activated by the

gestures and movement forms. This can lead to a profoundly transformative experience of the sublime wisdom and creative power inherent in the eurythmy gestures communicated by Rudolf Steiner – given as a gift to humanity toward furthering the development of the human being and as a counterbalance to the challenges and fragmentation which have become evident through humanity's interface with the modern technological world.

The approach to the teaching of the cosmic gestures performed in choreocosmos therefore has the intention to connect the participant with a living experience of the etheric world within and around them, as an informing source toward right action in the world. From this perspective, the goal of the practice is to lead one toward a sense of reverence and appreciation for the living fabric of wisdom that weaves throughout the cosmos – *cosmos* coming from the Greek word for order, by implication including the ordered, sense perceptible creation. This can lead one toward a sense of responsibility as a cosmic citizen of the greater whole of creation.

Eurythmists who participate in the Choreocosmos School with the intention of bringing the cosmic and sacred dance forms to their own communities graduate 'fast track,' as they already know the principles of eurythmy. However, not all participants desire to teach, rather they enjoy the communal activity of simply participating. Participants include both eurythmists and non-eurythmists alike, and the school is open to the community at large, all age groups and ability ranges are welcome. For non-eurythmists who do wish to teach and have communities who are open to learning the dance forms, it is a matter of not only mastering the subject, but also of developing a profound appreciation for eurythmy and a distinct level of aptitude in their own etheric movement as well as the ability to teach the eurythmy forms and gestures for the various cosmic dances. These are the pre-requisites for graduation on a teaching level from the Choreocosmos School.

Robert Powell, the founder and inspiring source for the curriculum of the Choreocosmos School, is not only a eurythmist but also a curative eurythmist (eurythmy therapist). As a deeply committed Anthroposophist, Robert has been a member of the First Class since 1974. He is affiliated with three sections of the School of Spiritual Science: the mathematical-astronomical section (Robert has a Masters degree in mathematics and a PhD in the history of astronomy); the medical section (as a curative eurythmist); and the performing arts section (as a graduate of one of the four year trainings in artistic eurythmy in Dornach, Switzerland).

The founding of the *Choreocosmos School of Cosmic and Sacred Dance* in the year 2000 came about in response to what Robert has described as a 'destiny calling.' Initially, it was a matter of responding to requests coming from participants who had

been working together with Robert for a long time to do such a training. Although Robert has always maintained that it would be best if participants were first to do a full eurythmy training before doing the training offered by the Choreocosmos School, it became more and more evident that for most people this is not possible due to varying life circumstances, family commitments, etc.

However, often it has happened that participants have been so taken with eurythmy that they choose to take up the traditional eurythmy training having been directly inspired to do so on account of their participation in the Choreocosmos events and workshops. The Choreocosmos School has as a founding principle the impulse to *promote* eurythmy in the world, as is evident from the fact that various participants have gone on to do full eurythmy trainings as a result of their encounter with choreocosmos.

Through eurythmy there is the opportunity to work with the great creative forces that weave in the etheric garment of the earth. As an example, let us consider the Moon gesture in eurythmy:

In forming the eurythmy gesture for the Moon, the arms open out and circle around in a *gathering* gesture, then come together with wrists crossed and hands lightly clenched in a *downward* gesture, bringing expression to the human being's connection to the Earth. Then follows a momentary still point. The holding of the Moon gesture (giving expression to the interval of the still point) can be experienced *both* in relation to the root chakra *and* as a 'taking hold' of the creative lunar forces streaming down through the legs and feet, bringing the human being into connection with the Earth. The Moon gesture mirrors the Moon's gift of reflection, describing a 'stilling' of the waters (necessary for true reflection) and a 'reining in' of the emotional *waters* of the astral life. This is a coming to rest in the depths of one's being, feeling deeply connected to one's soul purpose toward the Earth. (Lacquanna Paul & Robert Powell, *Cosmic Dances of the Planets*, Sophia Foundation Press, 2007, page 46)

As can be experienced in a very profound way, eurythmy is a gift, through Rudolf Steiner, to the world – a gift leading one into a living connection with the etheric realm. If the eurythmy gestures are performed with purity of intention to express love and gratitude toward the earth and the spiritual world, there can arise a co-creative sense of connection to the etheric world that then moves in response to the call of love — perhaps this could be described as a prayerful level of 'sacred magic.' This is the goal of sacred dance, to gradually develop the faculty of sacred magic in service of the great guiding beings of existence.

Another important aspect relating to choreocosmos is the carefully chosen music, drawn from the tradition of classical music. The music of the great composers has come into

existence by way of inspiration through the harmony of the spheres, and this is reflected in their musical compositions. By moving to such music inspired by the cosmic harmonies, the soul breathes in resonance with cosmic realms, and is lifted toward an experience of the music of the spheres. The music works to lift the soul toward the macrocosmic matrix of creation, elevating the soul life and invigorating the life of will. Through *feeling* the music, the human being becomes permeated by that which is streaming in from the cosmos – *Divine Love*. This streaming in of divine love works deeply into the human organism, transforming it even unto the depths of the physical body.

As Rudolf Steiner indicated, eurythmy offers a path of training the will, one that is suitable for modern human beings. Such a training as that offered by the Choreocosmos School, although not a full eurythmy training, works toward the great goal of training the will, learning to align one's will with the beings of the spiritual hierarchies and beyond, to the great guiding beings of evolution.

To find out more about the Choreocosmos School, visit the following website:
HYPERLINK "http://www.sophiafoundation.org" www.sophiafoundation.org.

Submitted by Lacquanna Paul, email: HYPERLINK "mailto:astrosophia@t-online.de" astrosophia@t-online.de

Lacquanna Paul is a graduate of the Choreocosmos School of Cosmic and Sacred Dance. Together with Robert Powell, she has co-authored *Cosmic Dances of the Planets*, *Cosmic Dances of the Zodiac*, *The Prayer Sequence in Sacred Dance*, and *The Foundation Stone Meditation in the Sacred Dance of Eurythmy*.

2010 Schedule of Robert's Choreocosmos/Eurythmy workshops in North America:

April 16-18, 2010 "Sophia and the Spiritual Hierarchies"

A weekend workshop with Robert Powell. **Choreocosmos: Cosmic Dance – Planets in Signs of the Zodiac**
Musical accompaniment with pianist and composer Marcia Burchard.

Location: the Waldorf School of the Peninsula, 11311 Mora Drive, Los Altos, CA 94024 (for directions, see HYPERLINK "http://www.waldorfpeninsula.org" www.waldorfpeninsula.org) Information and registration:
Contact Cecille Greenleaf: Tel: 650-533-0074. E-mail: HYPERLINK "mailto:caogreenleaf@gmail.com" caogreenleaf@gmail.com

April 23-25, 2010 "The Apocalypse Code: Facing the Challenges of the Times"

A weekend workshop with Robert Powell. **Choreocosmos: Cosmic Dance – Planets in Signs**

Musical accompaniment with pianist and composer Marcia Burchard.

Location: the Summerfield Waldorf School, 655 Willowside Road, Santa Rosa, CA 95401 (for directions, request information from HYPERLINK "mailto:info@summerfieldwaldorf.org" info@summerfieldwaldorf.org) Information and registration:

Contact Tracy Saucier: Tel: 707-575-7194. Email: HYPERLINK "mailto:tracy@summerfieldwaldorf.org" tracy@summerfieldwaldorf.org

June 8-10, 2010 “Mary Magdalene and the Ensouling of the World”

A 2-day workshop in Utah with Robert Powell. **Choreocosmos: Cosmic Dance – Planets in Signs of the Zodiac**

Musical accompaniment with pianist and composer Marcia Burchard.

Address of location in Utah to be announced. Information and registration:

Contact Heidi Lazerson: Tel: 801-221-7094. E-mail: HYPERLINK "mailto:stargateunion@hotmail.com" stargateunion@hotmail.com

June 11-13, 2010 “Mary Magdalene and the Ensouling of the World”

A weekend workshop with Robert Powell. **Choreocosmos: Cosmic Dance – Planets in Signs of the Zodiac**

At Kelly’s Barn, Boulder, Colorado. Musical accompaniment with pianist and composer Marcia Burchard.

Contact: Cheryl Mulholland. Tel: 303-516-0606 E-mail: HYPERLINK "mailto:kinterra@gmail.com" kinterra@gmail.com

June 14-18, 2010 “Cosmic Dances of the Seven Seals of the Apocalypse”

A 5-day workshop with Robert Powell. **Choreocosmos: Cosmic Dance – Planets in Signs of the Zodiac**

At the StarHouse, Boulder, Colorado. Musical accompaniment with pianist and composer Marcia Burchard.

Contact: Cheryl Mulholland. Tel: 303-516-0606 E-mail: HYPERLINK "mailto:kinterra@gmail.com" kinterra@gmail.com

June 18-20, 2010 “Humanity Crossing the Threshold: Sophia and World Pentecost”

Annual conference of the Sophia Foundation of North America

Prayer Sequence in the Sacred Dance of Eurythmy

Musical accompaniment with pianist and composer Marcia Burchard.

At the Santa Sabina retreat center, San Rafael, California.

Information and registration: contact the Sophia Foundation of North America

June 23-25, 2010 “Awakening to the Divine Feminine: Mary Magdalene and the Virgin Mary”

A 2-day workshop with Robert Powell. **Choreocosmos: Cosmic Dances of the Planets**

Location to be announced. Musical accompaniment with pianist Wolfgang Wortberg.

Contact: Kathy Fraser, 2418 Otis Street, Olympia, Washington 98501. Tel: 360-359-5053

Email: HYPERLINK "mailto:kathleenmarie@earthlink.net" kathleenmarie@earthlink.net

June 25-27, 2010 “The Zodiac and World Evolution in the Light of Divine Sophia”

A weekend workshop with Robert Powell. **Choreocosmos: Cosmic Dances of the Zodiac**

At the Waldorf School, Seattle, Washington. Musical accompaniment with pianist and composer Marcia Burchard.

Contact: Katherine Hitchcock: Tel: 206-851-1588 E-mail HYPERLINK

"mailto:PowellSeattleWorkshop@comcast.net" PowellSeattleWorkshop@comcast.net

June 28–July 2, 2010 “Cosmic Dances of the Seven Seals of the Apocalypse”

A 5-day workshop with Robert Powell **Choreocosmos: Cosmic Dance – Planets in Signs of the Zodiac**

At the Waldorf School, Vancouver, British Columbia, Canada. Musical accompaniment with pianist Marcia Burchard.

Contact: Randall Scott, 152 West 15th Street, North Vancouver, B.C., Canada V7M 1R5

Tel: 604-988-8424/604-988-4600 E-mail: RosaMundi@shaw.ca

July 2-4, 2010 “Humanity Crossing the Threshold: Sophia and World Pentecost”

A weekend workshop with Robert Powell. **Choreocosmos: Cosmic and Sacred Dance**

At the Waldorf School, Vancouver, British Columbia, Canada. Musical accompaniment with pianist Marcia Burchard.

Contact: Randall Scott, 152 West 15th Street, North Vancouver, B.C., Canada V7M 1R5

Tel: 604-988-8424/604-988-4600 E-mail: RosaMundi@shaw.ca

July 5-9, 2010 “Cosmic Dances of the Nine Beatitudes”

A 5-day workshop with Robert Powell. **Choreocosmos: Cosmic Dance – Planets in Signs of the Zodiac**

Musical accompaniment with pianist and composer Marcia Burchard.

At the Eugene Mennonite Church, 3590 West 18th Ave, Eugene, Oregon

Contact: Deborah Aikens or Renee Taylor: Tel: 541-343-0536, Email: [HYPERLINK "mailto:deborah@renewinglife.com"](mailto:HYPERLINKmailto:deborah@renewinglife.com)

deborah@renewinglife.com

NW Center for Health Promotion, 90 East 27th Avenue, Suite A, Eugene, Oregon 97405

July 9-11, 2010 “Humanity Crossing the Threshold: Sophia and World Pentecost”

A weekend workshop with Robert Powell. **Choreocosmos: Cosmic and Sacred Dance**

Musical accompaniment with pianist and composer Marcia Burchard.

At the Eugene Mennonite Church, 3590 West 18th Ave, Eugene, Oregon

Contact: Deborah Aikens or Renee Taylor: Tel: 541-343-0536, Email: [HYPERLINK "mailto:deborah@renewinglife.com"](mailto:HYPERLINKmailto:deborah@renewinglife.com)

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NW Center for Health Promotion, 90 East 27th Avenue, Suite A, Eugene, Oregon 97405

July 12-16, 2010 “Hymn to the Divine Feminine: Cosmic Dances of the Sophia Celebration”

A 5-day workshop with Robert Powell **Choreocosmos: Planets in Signs**

At the Barn, near Petaluma, California. Musical accompaniment with pianist and composer Marcia Burchard, with singing led by Karen Rivers.

Registration: contact the Sophia Foundation of North America.

Information: Karen Rivers: Tel: 415-662-2147 E-mail: [HYPERLINK](mailto:HYPERLINKmailto:karen@karenrivers.info)

["mailto:karen@karenrivers.info"](mailto:karen@karenrivers.info) karen@karenrivers.info

July 23-25, 2010 “Sophia and the Spiritual Hierarchies”

A weekend workshop with Robert Powell. **Choreocosmos: Cosmic Dance – Planets in Signs**

Chapel Hill, North Carolina. Musical accompaniment with pianist and composer Marcia Burchard.

Contact: Kelly Calegar, 18 Haycox Court, Durham, NC 27713 Tel: 919-361-0691 Email: [HYPERLINK](mailto:HYPERLINKmailto:kcalegar@earthlink.net)

["mailto:kcalegar@earthlink.net"](mailto:kcalegar@earthlink.net) kcalegar@earthlink.net

July 26-30, 2010 “Cosmic Dances of the Seven Planets in Capricorn, Aquarius, and Pisces: The Path of Cosmic Initiation”

A 5-day workshop with Robert Powell. **Choreocosmos: Cosmic Dance – Planets in Signs**

Chapel Hill, North Carolina. Musical accompaniment with pianist and composer Marcia Burchard.

Contact: Kelly Calegar, 18 Haycox Court, Durham, NC 27713 Tel: 919-361-0691 Email: [HYPERLINK](mailto:HYPERLINKmailto:kcalegar@earthlink.net)

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