

***Choreocosmos:
A Growing Community in the Etheric***

Robert Powell

With Choreocosmos workshops now taking place in Australia, Canada, England, Germany, Italy, Sweden, the United States, and in other countries, there is a growing community of people practicing cosmic and sacred dance in Australia, North America and Europe. As cosmic and sacred dance is an activity which, although taking place on the physical level, has its source in the etheric realm of life forces, the community is also a growing reality in the ethereal world. To be conscious of the etheric community can be a source of strength in one's daily life, which one can draw upon at any time—for example, when one does the prayer sequence in sacred dance or when one does the morning meditation in eurythmy.¹ And coming together to do cosmic dance is a joyful celebration of one's cosmic citizenship, one's kinship with higher beings working from cosmic realms, who infuse the community of cosmic dancers with their spiritual forces streaming down from cosmic heights, especially when one opens oneself to receive the grace pouring down from above. A spiritual union and communion with higher beings takes place, and all participants in the cosmic dance are blessed—whether consciously or not—with the joy of co-evolving together spiritually. It is a matter of stepping into the abundance of light that is now present in the etheric realm as a counterbalance to the darkness now enveloping the Earth on the physical level.² The key to stepping into the light is love and gratitude toward God's gift of creation, at the same time consciously seeking to become an active participant in the further unfolding of evolution.

Divine Sophia is there to help us to take the step into the light. She welcomes us into her embrace and helps us to open to receive her cosmic wisdom. She is there to help humanity to bring a higher consciousness to birth, to endow human beings with the fullness of wisdom that is needed to meet the challenges of the present and future. She opens humanity's spiritual gaze to become aware of the etheric realm as a source of new life and strength. It is this experience—one of the unity of all life—which is a unifying link connecting to the ethereal realm of life forces for all who seek to be united with the source of life within Mother Earth. Cosmic and sacred dance is *one* way to draw into connection with this work of healing and redemption

¹ Lacquanna Paul & Robert Powell, *Study Material on the Prayer Sequence in Sacred Dance* (San Francisco, CA: Sophia Foundation, 2002). Robert Powell, *Morning Meditation in Eurythmy* (San Francisco, CA: Sophia Foundation, 2005); see also Robert Powell, *Cultivating Inner Radiance and the Body of Immortality* (Great Barrington, MA: SteinerBooks, 2012).

² Robert Powell, *Prophecy-Phenomena-Hope: The Real Meaning of 2012* (Great Barrington, MA: SteinerBooks, 2011), gives an account of the spiritual background to the great trials of our time, now approaching a culmination and thus signifying a crisis of global dimensions.

for Mother Earth. From this union and communion with Mother Earth spring new and invigorating forces.

From a spiritual perspective the finding of a new center of gravity—in the etheric, rather than in the physical—is a step from the element of Earth to the element of Water, a step that all humanity will take during the Age of Aquarius, the Age of the Water Bearer—the entrance of the vernal point into Aquarius being the “*sign of the son of man in heaven*” (Mt. 24:30).³ The image of the Water Bearer in the heavens is a great cosmic archetype, and the activity of cosmic and sacred dance is a conscious endeavor to step into the flow of evolution leading humanity—through the guidance and inspiration of Sophia—into this New Age.

This in no way implies that Choreocosmos is the *only* way to co-evolve with others in a growing etheric community dedicated to Sophia, Divine Wisdom. Fortunately there is an awakening in many different ways all over the world to the reality of the ethereal realm, also referred to as the element of Water. For example, the Japanese researcher Masaru Emoto in his book *The Hidden Messages in Water*,⁴ makes visible through photos of water crystals that water is the bearer of life and consciousness and is an extraordinarily sensitive medium. He points out that:

*The human body is essentially water, and consciousness is the soul. Methods that help water to flow smoothly are superior to all other medical methods available to us. It's all about keeping the soul in an unpolluted state. Can you imagine what it would be like to have water capable of forming beautiful crystals flowing throughout your entire body?*⁵

Choreocosmos offers a way “*to help water to flow smoothly*” by facilitating the physical body to move according to the laws of the etheric,⁶ and the result—increasingly as one practices cosmic and sacred dance—is “*to have water capable of forming beautiful crystals flowing throughout your entire body.*” Another profound insight of Masaru Emoto applies also to Choreocosmos activities:

*...people around the world enjoy coming together to celebrate. When people gather, wear special clothes, sing and dance, and are festive, the result is that stagnant and evil vibrations are dissipated and joyous vibrations are created.*⁷

³ Robert Powell, *The Sign of the Son of Man in the Heavens: Sophia and the New Star Wisdom* (San Rafael, CA: Sophia Foundation Press, 2007).

⁴ Masaru Emoto, *The Hidden Messages in Water* (transl. David A. Thayne; Hillsboro, OR: Beyond Words Publishing, 2004).

⁵ Ibid., pp. 77-78.

⁶ Choreocosmos focuses upon the cosmic aspects of eurythmy, and eurythmy—according to its founder, Rudolf Steiner—enables the physical body to move according to the laws of the etheric.

⁷ Ibid., p. 42.

Through cosmic and sacred dance “*stagnant and evil vibrations are dissipated and joyous vibrations are created*,” as everyone who has ever participated in a Choreocosmos workshop can confirm. Choreocosmos workshops, such as those taking place at Sophia’s Sanctuary, convey something of these “*joyous vibrations*” which the modern world needs—to help lift humankind’s consciousness from the darkness into the light.

Sophia’s Sanctuary in Sebastopol, California was dedicated on January 2, 2010 as a space for Sophia and Choreocosmos events, as well as for the Embodied Life training of Russell Delmam. Sophia’s Sanctuary is a wonderful, large, sacred space that has been created as a space for uplifting cultural events. Lovingly conceived of and created by Linda and Russell Delman, Sophia’s Sanctuary is a very blessed and special place. It is an ideal venue to house Sophia events and the Choreocosmos work on the West Coast. With heartfelt gratitude to Linda and Russell for their dedication and sacrifice in the creation of Sophia’s Sanctuary.

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www.sophiafoundation.org

www.astrogeographia.org

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