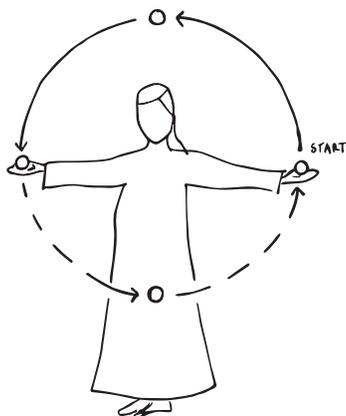


Creating Harmony

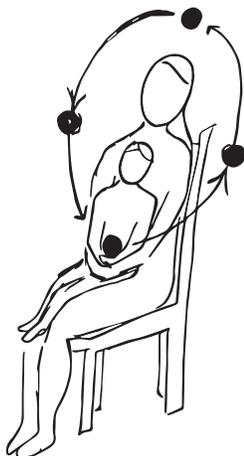
Eurythmy Adapted for the Home by Brigida Baldszun

How about finding a peaceful connection with your child after a “rough day”? This exercise is ideal to practice with any partner, whether child or adult.

You can start with a seed. One person, probably the parent, has to be able to guide a ball, orange or stone in a circular motion around your head and heart.



Once you are comfortable with this movement you may invite the other person into your circle. Both of you may stand or sit as shown, and from now on you will share the circle.



You will move the ball (starting from your left hand) through the upper part, pass it to the other person who will move it through the lower frontal part and

will return the ball to you. It will be only natural that you desire to guide the ball with accuracy and perfect balance over your head and it will be likewise natural that the child will not do so but instead start playing with the ball. This play should be short, only to be repeated three more times.

As you complete this interaction a total of four times, you might use the words by the English poet William Blake (1757-1827).

Upper half

*To see a world
And heaven
Hold infinity
And eternity*

Lower half

*in a grain of sand
in a wild flower
in the palm of your hand
in an hour.*

You might realize when doing this movement that you are constantly building transitions between the elements of above and below, back and front, eternity and a moment, invisible and visible, trust and control, breathing out and breathing in, expectation and letting go, yourself and the other. The goal is for both partners to build smooth transitions and move independently from each other and yet in precious harmony. ♦

Brigida Baldszun is a therapeutic eurythmist who serves Waldorf students and schools in New York. She is also an active artistic eurythmist in Spring Valley, NY. This exercise was created while she was assisting Barbara Baldwin in a therapeutic seminar in China this past summer.

Resources:

- Blake, William, “Auguries of Innocence,” in *The Complete Poetry and Prose of William Blake*, David V. Erdman, Ed. (New York: Random House, 1997).