

Activities for the Great American Eclipse 21 August 2017

Eurythmy:

- ❖ AUM
- ❖ ['Peace exercise'](#), a blessing for the earth'
- ❖ Pentagram
- ❖ Contraction/Expansion
- ❖ IAO
- ❖ Heptagram
- ❖ Hallelujah

Speech:

- ❖ **Sun Heart Verse by Rudolf Steiner**

Sun, thou bearer of rays,
Thy light's power over matter
Magics life out of the Earth's
Limitless rich depths.

Heart, thou bearer of soul,
Thy light's power over spirit
Magics life out of the human being's
Limitless deep inwardness.

If I gaze upon the Sun,
Her light speaks to me in radiance
Of the spirit, filled with grace,
Wielding through the beings of worlds.

If I feel within my heart,
The spirit speaks its own true word
Of the human being that it loves
Through all time and eternity.

Looking upwards, I can see
In the Sun's bright disc
The mighty heart of worlds.

Looking inwards, I can feel
In the heart's warm beat
The human Sun ensouled.

- ❖ **Calendar of the soul verse 20 by Rudolf Steiner** (Tr.by David-Michael Monasch)

"Only now do I feel my being
Which, far from cosmic being

Within itself, must quench itself;
And, building only on its own foundation,
In itself, bring death upon itself”.

❖ The 4th panel of The **Foundation Stone Meditation** by Rudolf Steiner

‘Light divine,
Christ-Sun,
Warm
Our hearts;
Enlighten
Our heads;
That good may become
What from our hearts
We are founding,
What from our heads
We direct,
With focused will’

❖ **The Michael Meditation** by Rudolf Steiner:

“Springing from Powers of the Sun,
Radiant Spirit-powers, blessing all Worlds!

For Michael's garment of rays
You are predestined by Thought Divine.

He, the Christ-messenger, reveals in you —
Bearing humankind aloft — the sacred Will of Worlds.

You, the radiant Beings of Æther-Worlds,
Bear the Christ-Word to the human being.

Then will the Herald of Christ appear
To the thirstily waiting souls,
To whom your Word of Light shines forth
In cosmic age of Spirit-Man.

You, the disciples of Spirit-Knowledge,
Take Michael's Wisdom-beckoning,
Take the Word of Love of the Will of Worlds
Into your souls' aspiring, actively”!

For those who have crossed the Threshold: “May love of hearts reach out to love of souls
May warmth of love ray out to Spirit-Light
Even so would we draw near to you
Thinking with you Thoughts of Spirit
Feeling in you the Love of Worlds
Consciously at one with you
Willing in silent being” ~Rudolf Steiner

Singing:

- ❖ **‘From light through darkness into new light’** ~handed down from Robin Mitchell (done in a round)
- ❖ 1st verse of **“To His Excellency, General Washington”** by Phillis Wheatley :

“Celestial choir! enthron’d in realms of light,
Columbia’s scenes of glorious toils I write.
See mother earth her offspring’s fate bemoan,
And nations gaze at scenes before unknown!
See the bright beams of heaven’s revolving light
Involved in sorrows and veil of night!

The goddess comes, she moves divinely fair,
Olive and laurel bind her golden hair:
Wherever shines this native of the skies,
Unnumber’d charms and recent graces rise.”

- ❖ **‘America the Beautiful** Words by Katharine Lee Bates, Melody by Samuel Ward:

“O beautiful for spacious skies,
For amber waves of grain,
For purple mountain majesties
Above the fruited plain!
America! America!
God shed his grace on thee
And crown thy good with brotherhood
From sea to shining sea!

O beautiful for pilgrim feet
Whose stern impassioned stress
A thoroughfare of freedom beat
Across the wilderness!

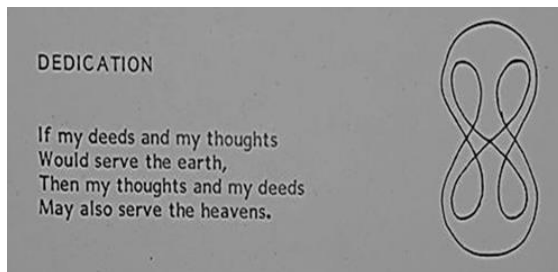
America! America!
God mend thine every flaw,
Confirm thy soul in self-control,
Thy liberty in law!

O beautiful for heroes proved
In liberating strife.
Who more than self their country loved
And mercy more than life!
America! America!
May God thy gold refine
Till all success be nobleness
And every gain divine!"

❖ **Uriel's Summer Song** (sung in a round) by Rudolf Steiner, adapted by hag

'Substances are densified,
Errors judged and rectified,
Hearts are sifted
Receive the light'

- ❖ **Activities:** Offer up questions, to the spiritual Sun, living within the darkness, during the eclipse.
- ❖ **Form Drawing & Eurythmy** by Robin W Mitchell



- ❖ Render the **Sun Seal** with pastels

Guided 'Heart-Meditation' given to Ita Wegman's mother, Henriette Wegman for her 73rd birthday by Rudolf Steiner (from Peter Seleg' book: The Ensouled Sun of Man: A Heart Meditation) "Center your attention in your heart. Imagine there is a small, transparent globe at the center of your heart. Then slowly expand this globe, allowing it to widen through your body, the room, and onward, out and out. Keep its shape as it expands, through and around the Earth. Let it expand slowly beyond the Earth, through each planetary orbit: Moon, Mercury, Venus, Sun, and farther to the outer planets until it reaches the fixed stars of the Zodiac. Let it rest there, feeling held by the periphery and the powers that stream from it toward the Earth. Then, slowly, contract this globe again, so it passes back through all the spheres, until it is within your own heart again". ~Rudolf Steiner

Compiled by [Hazel Archer-Ginsberg](#)