

Peredur Eurythmy Experience:

As someone who values personal development and self-knowledge I have been overjoyed with my experience at Peredur so far. I've experienced the teachers as encouraging, supportive and skilled in their ability to lead to me to a beginning at embodying the art of eurythmy. While still a ways to go, I have had glimpses of the depth of what is possible through such an art as eurythmy. I am finding that it is bringing me into connection with a fuller and more living relationship with the deep aspects of my own humanity and helps me feel personally connected to a whole world process. I can imagine how having the language of eurythmy to express how our deepest spiritual nature unfolds in art, life and the creative process would be a gift to audiences and the larger world. Being able to bring forth such an art form in our times is, for me, an aspect of how I can contribute to a healthy, more conscious world. Peredur is a community that I am grateful to be a part of and recognize it as a center where genuine self-development is possible.

My experience overall could be characterized by the following reflections:

- Experiencing the essence of what it means to be human
- Platonic solids- experience directly the transformation process that is occurring in our lives all the time but may go un-noticed
- Freeing oneself to experience and express the flow of life and our most basic human elements that comprise the content of our life of soul
- Challenged and encouraged to reveal our intimate experience of being human and encountering the drama of living
- Learn about myself from the inside out as an ongoing discovery of the reality of my being and its reflection in the natural world around me