



*The  
Choreocosmos  
School of  
Cosmic and Sacred  
Dance*



# The Choreocosmos School of Cosmic and Sacred Dance

The founding ideal of the Choreocosmos School is to:

- Celebrate the spiritual relationship of the human being to the cosmos and to the earth
- Awaken the soul to a conscious experience of the harmony of the spheres – an experience through which the divine origin of the human being becomes tangible

**Choreocosmos** – from the Greek meaning **cosmic dance** –

- Comprises dancing the patterns of the starry heavens and also movement to sacred texts, prayers, and liturgies
- Derives from the cosmic aspects of eurhythmy, an art form introduced to the world by Rudolf Steiner during the first quarter of the twentieth century, bringing to expression – through movement and gesture – the invisible life forces of the cosmos and nature
- Awakens healing rhythms and harmonies through the gestures and forms of eurhythmy
- Attunes participants to the cosmic dimension of Divine Love (Christ) and Divine Wisdom (Sophia), offering a path toward spiritual awakening and cultivating an awareness of the weaving together of the holy substance of Love and the divine essence of Wisdom foundational to all creation

*In eurhythmy we are renewing the primeval temple dance of the Mysteries, the mirroring of the dance of the stars...of that which was spoken...from heaven down to human beings. One must once again discover the potential of really seeking the inner meaning in the corresponding gestures out of the essence of spiritual knowledge. ~DR RUDOLF STEINER*

## Cosmic Dance

- Choreographed to resonate with the qualities of the four elements, the seven planets, and the twelve zodiacal signs
- Advanced levels include the seven planets in each of the twelve signs of the zodiac, a cycle of 84 cosmic dances
- Danced with two circles, one within the other – an inner circle expressing the planet, moving counterclockwise, and an outer circle moving clockwise, expressing the zodiacal sign
- Creates dynamic living mandalas as a flowering of the life forces, giving form to the harmony of the spheres

## Sacred Dance

- Prayer and meditation in movement
- Wisdom filled eurythmy gestures express the inner context of the sacred aspects of prayer and meditation
- Archetypal geometric forms are created in movement, bringing to expression the spiritual foundation of prayers and meditations
- Prayer and meditation in movement, accompanied by sacred gesture, can be taken up both as an individual daily practice and as an aspect of community celebration in devotion to the Divine

## Live Music

- Uplifting and healing experience of music inspired directly from the harmony of the spheres
- Enlivening power of great musical compositions coming to creative expression in cosmic and sacred dance
- Chosen from the compositions of classical composers
- Key signatures of compositions corresponding to the zodiacal signs
- Soul moods of compositions corresponding to planets or elements
- Interweaving of music and movement with easy-to-learn choreographed dances, mirroring cosmic harmony

ISADORA DUNCAN: *Dance only that music which goes from the soul in mounting circles*

# Choreocosmos School flourishing in different parts of the world

- Workshops and trainings are offered by Robert Powell, founder of the Choreocosmos School of Cosmic and Sacred Dance, in Australia, Europe, and North America
- Graduates of the Choreocosmos School offer courses and workshops as an ongoing community service
- Yearly schedule of dates and locations of Choreocosmos workshops is posted on the website [www.sophiafoundation.org](http://www.sophiafoundation.org) under 'Courses and Events'

## Two levels of courses are offered:

- Introductory level: introducing the dances of the four elements, the seven planets, and the twelve signs of the zodiac
- Advanced level – planets in signs: weaving the dances of the planets and zodiacal signs together, creating a living experience of the cosmic tapestry of the heavens
- Studies include: the mysteries of the Divine Feminine (Sophia) and the Cosmic Christ, the new Star Wisdom (Astrosophy), and the wisdom of the great spiritual teachers of humanity

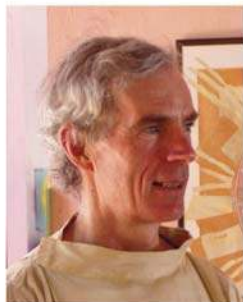
## Healing and Transformation of the Earth

- Divine Love is the source of all existence. Through the harmonious rhythms and sacred geometry of the dances, we are able to align in heart and mind, body and soul, with the creative forces of the cosmos – the Divine Love and Supreme Consciousness that pervade all existence
- Becoming vessels for the healing power of Love streaming through the cosmos quickens the awakening of consciousness and conscience, empowering a sense of true mission toward the healing of Mother Earth



# About Robert Powell

Robert Powell has an enduring passion for the stars, and was awarded a PhD for his contribution to the History of the Zodiac. He is an internationally renowned lecturer. Through the content of his talks given during conferences and workshops, his living knowledge of the stars is woven into his presentations. As well as being a scholar of the history of astronomy, Robert is also a movement therapist trained in the art of eurythmy (from the Greek, meaning beautiful, harmonious movement). Focusing upon the cosmic aspects of eurythmy, he founded the *Choreocosmos School of Cosmic and Sacred Dance*. He leads cosmic dances – dancing with the stars – in the endeavor to create harmony between the heavens, the earth, humanity, and nature. He presents Choreocosmos workshops in various parts of the world, including Australia, Europe, and North America.



Robert is also co-founder of the Sophia Foundation of North America, through which he facilitates celebrations dedicated to the Divine Feminine, and together with Karen Rivers, co-founder of the Sophia Foundation, leads pilgrimages to sacred sites around the world.

Robert is the author of many books, including *The Astrological Revolution* and *Christ and the Maya Calendar* (both written together with Kevin Dann), and *The Mystery, Biography & Destiny of Mary Magdalene*. Robert is also editor of the yearly *Journal for Star Wisdom*. There are two books, written together with Lacquanna Paul, which describe the cosmic dances and which contain a wealth of research material relating to the zodiac and the planets: *Cosmic Dances of the Zodiac* and *Cosmic Dances of the Planets*. For the sacred dances, see *The Prayer Sequence in Sacred Dance* and *The Foundation Stone Meditation in the Sacred Dance of Eurythmy* (both written together with Lacquanna Paul). There is also Robert's booklet *The Morning Meditation in Eurythmy*.

**For further information on his books, courses, and workshops:**

[www.sophiafoundation.org](http://www.sophiafoundation.org)

[www.astrogeographia.org](http://www.astrogeographia.org)

[www.steinerbooks.org/author.html?au=492](http://www.steinerbooks.org/author.html?au=492)

*Becoming vessels for Divine Love is the spiritual ideal of the  
Choreocosmos School of Cosmic and Sacred Dance.*

~DR ROBERT POWELL – FOUNDER

## Choreocosmos experiences

“Cosmic Dance affords a deep feeling of oneself as the microcosmic image of the macrocosm, experiencing in one’s inner being the heavenly planets set against the awesome canvas of the zodiacal constellations.”

“At first I am dancing, feeling the forms, the gestures, and the music – feeling them working in me. Then after a while, as I become more attuned, it is as if I am not dancing any more, but I am being danced!... experiencing the macrocosm and the microcosm flowing in the same sacred stream and being united with other participants in it. It is a joyful, peaceful experience.”

“Dancing the planets and the zodiac was a holy experience. I was led through the music and the movements into the inner essence of the cosmic spheres resulting in a feeling of communion with the archetypes and beings indwelling the vast reaches of space. The abstract idea of being a citizen of the cosmos was brought into a living reality filled with imaginations, inspirations, and intuitions. I felt myself participating with the wisdom of the stars as I experienced heaven and earth graciously uniting through my humble willingness to receive their light.”

“With the cosmic dance for the Sun in Capricorn I felt in particular the activity of transformed will forces, when – in complete acceptance of one’s destiny – the will forces come into alignment with Divine Will. Also I experienced how consenting to Divine Will is necessary in order that our inner Sun may radiate light and love. While dancing I kept hearing the words ‘Thy will be done’ resonating within me.”

“Cosmic Dance makes me feel more alive – more aware of others, including the beings in nature. The cosmic dances of Leo and the Sun are two of my favorites. Both of these enliven my heart. My heart has softened and opened. I see and feel more beauty in the world. I am becoming more grateful, compassionate, and caring.”