



Color and Gesture: The Inner Life of Color

By Reg Down

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This is the second, revised and updated edition of *Color and Gesture*. *Color and Gesture* explores the inner life of color in a way that only eurythmy and the initiation science of Rudolf Steiner make possible. What appears is a world of incredible richness, depth and beauty in the most common, unlikely and unexpected of places--gesture. Gesture reveals the human soul, and the fabric of the soul is color; as a result, we find that the souls' infinite expressiveness, with all its goodness, pathos, waywardness and humor, is intimately woven through with color experiences. When we approach gesture via color, we discover whole gesture families, with, at times, the most unforeseen of bedfellows. We gain new insights into soul gestures, acting gestures, animal, planetary and zodiac gestures. The underlying eurythmic gestures of speech and music are also explored, and we learn to experience how the color chords underlying gesture are themselves a structured, musically-ordered language. And when we approach color via gesture, we find inner laws, relationships and dynamics which allow us to gain, via artistic activity, not only a deeper understanding of color as a whole, but also a conscious foothold in the astral and etheric worlds.

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Editorial Review

Review

"--highest praise and appreciation go to Reg Down for these quiet, sensitive, lucid and lyrical pages. Although implicitly a work about the inner life of color ... this work also offers a new kind of curriculum in presence-of-being. Reg Down is a master of witnessing." Therese Schroeder-Sheker, Academic Dean, School of Music-Thanatology.

"Reg Down's *Color and Gesture* is a monumental work that explores in depth and with beauty the inner life of color as expressed through eurythmy and Rudolf Steiner's spiritual vision - this is an amazing book!" Nancy Parsons, Waldorf Books

About the Author

Reg Down is an artist, teacher, and author. He has taught at Rudolf Steiner College in Fair Oaks, California, and in Waldorf schools in Australia, Canada and the USA. His books include *Leaving Room for the Angels: Eurythmy and the Art of Teaching*, AWSNA Publications, *The Fetching of Spring*, a novel, and nineteen children's books. He lives in Auburn, California.

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