

Eurythmy for Health and Well-Being

How it works: Engaging the Spirit in your Body

Anthroposophy, the wisdom that lies at the heart of eurythmy, understands that how the human being is a spiritual consciousness who is striving and evolving and growing to reach divine consciousness. It will take many long eons of time for us to arrive at a state of universal consciousness, but to do so is our spiritual birthright, our mandate.

In the process, we are passing through these long ages of time embodied on the earth in physical bodies. These bodies have been “materialized” out of spirit into the dense state that we know inhabit. We are spiritual beings for whom physical bodies have been created so that we can pass through the evolutionary process we need.

As spiritual beings, we are always healthy. As spiritual beings in physical bodies, however, we often have to struggle to attain health.

Dis-ease can occur on many different levels, and can manifest symptoms in many different ways.

Most illnesses are not primarily physical. The only truly physical illnesses are caused by accidents or direct assaults to the physical body. Other physical problems can result from sensory integration challenges caused in the early years of the development of the sensory-nerve-motor systems.

More frequently, illnesses occur on the level of the life body (or etheric body). This life body is the whole system of organic relationships that keep all of our cells and organs and life processes interrelated in healthy dynamics.

A healthy life body breathes well, digests well, sleeps and wakes well. It recognizes what substances it can assimilate and which it needs to reject. It grows and reproduces cells as needed, and sets boundaries to unlimited or rampant growth.

For the life body to thrive, however, the thinking-feeling-willing body, the astral body, needs to be healthy. Thinking needs to be bright, clear and capable of objectivity. Feelings should be rich and moderated. Willing needs to be strong and guided by wisdom.

Life often assaults these bodies.

If the young child has not gone through healthy stages of development, the brain will not be able to support healthy movements not to enable learning skills.

The life body struggles with the lack of good food, with the abundance of allergens in the environment, with the hectic life style we live. It is harmed by un-rhythmic life styles, poor sleeping and eating habits, light and sound pollution. It is harmed as well by all the new disturbances in the energetic field of our environment, including emf's. Our increasing dependence on computers and our immersion in the synthetic worlds of virtual reality exhaust our inner capacities for health.

The astral body is harmed other levels of trials, including personal, biographical, familial and relationship stresses. Old wounds and hurts work in the depth of the soul life and, when not illumined by insight, undermine health from the feeling level. Unclear thinking and confusion create patterns in the life body that are likewise murky, and the channels to the archetypes of health are disrupted. Cravings, egotism and selfishness cause disturbances through all the levels of a person's health.

The most profound, the most true, the most lasting path to health is attained when a person can find a relationship to his or her own innermost, core being, to the self that was born out of spirit and is evolving towards the future.

Because of the profound insights that eurythmy offers into the forces that we have created the universe and the human being, it offers a unique and profound path towards balance, harmony, health and well-being.

Eurythmy helps you access your spiritual archetypal source, your *word-nature*. We meet this source every night when we sleep, with every thought we think clearly, with every gesture we do in eurythmy.

A eurythmy practice takes you into those realms of health and enables you to re-imprint these forces into you. All it asks of you is that you make a commitment to be an active agent in your own healing. You must learn to be objective, you must place your life in service. And, most importantly, you must choose to create your own practice.

When you do, eurythmy will help you *breathe better, sleep better, overcome stress, digest better, resist disease*. The accompanying soul-spiritual growth you will experience will help you build *better self-knowledge, more equanimity, more self-insight, better confidence, better relationships*.

With these exercises, you have the first tools to a beautiful path of soul-spiritual growth.

The Three Soul Exercises

Creating Health by Strengthening the Soul Forces

Here you will find three exercises that bring health and rejuvenation to your health when you use them to practice creating strong feelings and emotions, and expressing them in powerful archetypal patterns in your gestures.

The three feelings are Reverence, Hope and Love. These exercises teach you not only to experience them as feelings, but to move these feelings out of your consciousness and into your body through gesture and flow.

Each of these three wonderful exercises can help strengthen you in different ways.

The reverence exercises helps those who feel stressed by being too overwhelmed by the senses, be it from too much desk work, too much time on the computer, or too much time in fast traffic. The results can be great stress, sleeplessness, or general breakdown in health.

The Hope exercise helps those who feel weakened because they no longer know how to look to higher worlds for strength. These are people who feel weak and limp and never get properly into their bodies during the day. The need help to be grounded.

The Love exercise helps those whose capacity to feel and to love is compromised because they cannot find balance between themselves and the world. This exercises gently teaches them how to balance these polarities.

Your personal sequence for health and well being

In only 5-15 minutes a day you can create a eurythmy practice to enhance your health and well-being.

In this online curriculum we have shared many exercises that you can integrate into your daily practice. A suggested sequence could be:

The Peace Exercise OR Weight/Light OR I think speech
Threefold walking OR threefold walking with a ball
Contraction expansion AND contraction/expansion with walking
A series of rod exercises, including 7-fold, 12-fold and waterfall
The Pentagram with vowels OR Evolution Sequence
Ah-Reverence OR Hope-U OR Love-E
Halleluiah

There are many other eurythmy exercises that can help you with individual issues. If you have the opportunity to work with a personal Therapeutic Eurythmist, you can schedule a series of 7-14 sessions to create your own individualized sequence.

You can also schedule individual skype or telephone conversation with me so I can coach you on your choices and your progress.

If you have a real medical issue that you are dealing with, you will be best served if you find a qualified Therapeutic Eurythmist working in your community with whom you can schedule a series of individual sessions. This Therapeutic Eurythmist will ask you for your medical caretaker and consult with

him/her to help develop the best series of exercises for you, most of which cannot be covered in this online curriculum.

