

# eurythmy4you

Your eurythmy studio at home



[www.eurythmy4you.com](http://www.eurythmy4you.com) has developed circa 300 instructional eurythmy videos, collected in 18 German and 16 English-language courses. The courses, supplemented with animations, exercises and in-depth questions, systematically convey the basics of eurythmy. Two ABSR courses (Action-based Stress Reduction) based on R. Steiner's lecture "Nervous conditions in our time" are an alternative to the well-known (Buddhistic) MBSR courses. A course for

people suffering from high sensitivity is in preparation.

**The videos aim to reach a contemporary audience.** Every human being, regardless of age, is now able to experience etheric currents in himself, counter-currents and even the counter-current of the counter-current. Important foundations of self-knowledge, such as the difference between streams and rays, the distinction between the upper system and the lower system etc., have become tangible and manageable for humanity as a whole.

**More important than the mere demonstration** of the external movement is the guidance to the inner activity. We use language, subtitles, as well as static and moving illustrations of the etheric and emotional experience. The contents are conveyed in such a way that one can stay centered whilst participating. For example, great emphasis is placed on not "making" movements on their own, but rather (as is customary in many alternative therapy methods) generating them by an inner orientation and perceptive activity. Regular breaks for letting go and independent repetition are also included. The background of our training method is the four-fold human being. This is also indicated by the 4 in our name.

**In 1912, R. Steiner taught eurythmy to 17-year-old Lory and her friends.** The lower man was not an issue, it was available to this young girl in full bloom. It was a training of the soul, of the perceptive human being: "Ei: every movement of the whole body. Have the sensation, as you experience, when you stroke a child. V: Learn to feel V as something in your hand or just touch it." This is how it goes on page by page: learn to perceive! It was the same with the creation of the IAO in Munich.

**In the same year, Rudolf Steiner taught his esoteric students a completely different kind of eurythmy in Berlin:** «Cross = E: place the right hand over the left, as well as the right foot over the left, just as the optic nerves in the human head are crossed. But you should not perform the movements, rather inhibit the movement, press the limbs firmly against the body, but feel as if you were to perform the movements! ... » A training of the lower man, the etheric body, the body perception and the will.

Professor Horst Wedde, former Professor of Operating Systems at TH Essen, has discovered why this was so important for R. Steiner:

**Since the Renaissance**, technology and art have developed as mutually dependent, polar areas of tension. Through his interchanging engagement with painting and mechanics, Leonardo da Vinci promoted his imaginative capacity. Beethoven developed new musical

expressions concurrent to the emergence of electrical engineering. During the foundations of modern computer technology, Rudolf Steiner expanded the content and meaning of movement through eurythmy.

**Each time, art forms the necessary polarity** to the emerging technologies. The technology descends ever deeper into the sub-sensible, the polar art ever higher into the supersensible. Thereby an important transition takes place. Before the time of Leonardo, painting was the image of divine spiritual realities. Leonardo opens the painting to the imaginative experience of man as an individual personality. With Beethoven, the struggling human being can be experienced and at this stage forms the necessary counterbalance to the development of the electric forces.

Rudolf Steiner also followed this law and initially taught eurythmy as an image of the powers of the spiritual world. He repeatedly pointed that out in his speeches. At the same time, in his esoteric lessons and in his eurythmy meditations, he already prepared the time in which eurythmy is no longer an image of divine powers alone, but an expression of man, to be found within. A time in which the inner experience of eurythmy allows us to intuitively know what a human being is and thus also form the indispensable counterpart to the explosive growth of computer technology.

**Artificial intelligence, virtual reality and robotics** are used for a mastery of the outer and the psychic world, attempting to annex the creative powers of human beings and, if possible, surpass them. Interestingly the parent company of Google is called "Alphabet", ie. "the body of man".

In the Eurythmy Therapy Course Rudolf Steiner describes (see picture) that a new creation of man is required (not externally as with computer technology) and that it is the cultural mission of Eurythmy Therapy to teach us to comprehend and to grasp this inner creation in order to become healthy, intelligent people.

**Eurythmy, as painstakingly practiced in the esoteric hours,** is now potentially available to all people. As long as these abilities remain unconscious, they unfold a life of their own and provide us with many of the health and mental problems that occupy us today. That's why Eurythmy4you develops educational material and seeks a language that is understandable for people of all backgrounds. Our instructional videos on eurythmy and anthropology wish to support participants in their discovery of these constituents and forces. We wish every interested person to be able to discover these powers in his own body, to activate them and apply them for his well-being and life.



The inner creative process, by Rudolf Steiner, 1921

In order for us to reach 1'000'000 customers by 2032, a lot has to be done. Many videos still need to be created, the presentation techniques developed, and an innovative marketing system built up.

**Eurthmy4you appreciates all contributions** through personal engagement or donations.

With warm regards,  
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