



Section for the
Performing Arts

Newsletter

Eurythmy
Speech
Music | Puppetry

Individual Paths in Eurythmy and
Formative Speech

Nr 70

Easter 2019

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in which I am working on a piece in eurythmy and suddenly my movements have created coloured forms in space, and sculptured figures appear in the air. This then fills me with extraordinary joy, and is an indescribable feeling of happiness, so that the thought arises: *See? It does become visible!* And somehow in association with this I still have the image that my eurythmy teachers are like magicians who have been initiated into the powers that lie at the foundations of the world. In order to understand this, it needs to be grasped that I experience human beings and the world as mysteries, with which I need to actively engage. Eurythmy is a tool that is very close to me because I find that using movement to access these mysteries is both authentic and do-able.

Eurythmy4you – Eurythmy For Millions

We have uploaded more than 300 teaching videos about the foundations of eurythmy onto our website, www.eurythmy4you, since October 2017. They are collected into 18 courses in German and 16 in English and have additional complementary material that include exercise lists, further questions and visual material. The two ABSR (action-based stress reduction) courses are based on Rudolf Steiner's lecture *Overcoming Nervousness* (1912) and offer an alternative to the well-known MBSR (mindfulness-based stress reduction) courses based on Buddhism. We are preparing a series on extreme sensory sensitivity.

The approach in the videos is that they start where people are at. Today every human being, regardless of age, has the capacity to sense and experience within themselves etheric streams, counter-streams and even the counter-stream to the counter-stream. Important foundations for the acquisition of self-knowledge, such as the distinction between streaming and radiating, the difference between the upper and the lower body systems, etc., have become not only accessible as experiences for everyone but can also be worked with.

More important than any demonstration of physical movement are the tutorials on inner activity. For this we use language, subtitles, and animated illustrations of etheric and soul experiences. The contents are conveyed in such a way that anyone can participate and nevertheless remain centred. There are regular breaks so that the contents can continue to resound or live on in the participant; they can also be used for independent individual work and study. Great emphasis is placed on not making the movements oneself but on summoning them up, allowing them to arise as a result of the individual's inner orientation and perception, as can be found in all of the more subtle therapeutic methods. The four-fold human being provides the foundation for our teaching methods and is the reason for the 4 in the website name.

Why Eurythmy Classes Online?

In 1912 Rudolf Steiner gave the first eurythmy lessons to the seventeen-year-old Lory and her friends. *Learn to feel A as resisting or defending and express it with your hands upwards and bent outwards. ... Learn to sense V as having something in your hands or also just touching.*^[1] He continued for pages in this way: *Learn to feel!*

It was exactly the same when the IAO exercise was introduced in Munich.^[2] It was a schooling of the soul and of human perception. The lower human being, the streaming human being, was not the subject he addressed: this capacity was completely available to these young girls in the flower of their youth.

Rudolf Steiner was teaching his esoteric students in Berlin in the same year and conveying a quite different kind of eurythmy: *Crossing = e: place the right hand*

Theodor Hundhammer



Founder of Eurythmy4you. Developing fundamentals to spread eurythmy and curative eurythmy in videos, books and courses. Studied mechanical engineering, TU Braunschweig, parallel training as Waldorf kindergarten teacher. Production engineer at WALA, work on anthroposophy and technology. Eurythmy training in Holland and America. Eurythmy teacher, eurythmy therapist: practice in Bern and Biel. Full-time eurythmy therapist.
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Notes:

[1] Rudolf Steiner, *The Origins and Development of Eurythmy*, Dionysian course, 16.9.1912, GA 277a.

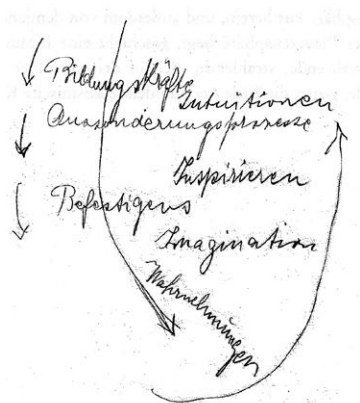
[2] Learn to sense the upright form as I, move the top of the column behind its base and learn to sense this as A. Move the top of the column in front of its base and learn to sense this as an O. (GA 277a,

abbreviated by T.H.)

[3] Rudolf Steiner, On the Contents of the Fourth Grade, Esoteric Lesson, Berlin, 10 February 1913, GA 265

[4] To distinguish between sensation and feeling, cf. Theodor Hundhammer, Vom Ort zum Wort (From Place, to Word), 2012

[5] Horst Wedde's essays can be found on the Vision page on www.eurythmy4you.com



Formative forces. Excretion processes. (Powers of) strengthening. Perceptions. Imagination. Inspiration. Intuition.

(Rudolf Steiner, Eurythmy Therapy, GA 315)

over the left, cross the right foot over the left, in exactly the same way that the optic nerves cross in the human head. You are not supposed to execute the movements, but restrict the movement, pressing the limbs firmly to the body, but feel the same as if you were actually doing it!

This is a schooling of the lower human being, the etheric body, the feeling for the body, the thinking with the body.^{[3][4]}

Horst Wedde, emeritus professor for operating systems (OS) at the University of Dortmund has discovered why this was so important to Rudolf Steiner:^[5]

Since the Renaissance, technology and art have developed as two mutually determining but polar fields of tension. Leonardo da Vinci fostered his ability to imagine by alternating his field of study between painting and mechanics. Beethoven developed new forms of expression in music at the time when electrical engineering was emerging. At a time when the foundations for modern computer technology were beginning to appear, eurythmy was the means by which Rudolf Steiner expanded the contents and meaning of human movement.

Art becomes the necessary counterbalance to the newly emerging technologies. Technology descends further and further into the realm of the sub-sensible, while art rises ever further into the realm of the super-sensible. As this happens, an important cross-over occurs. Before Leonardo, painting was the reflection of divine spiritual realities. Leonardo opened painting up to the imaginative experiences of individual human beings. The heavens open when we hear Mozart's and Handel's music; in Beethoven's music we experience the striving human being as an inspiration; at this level this creates a necessary counterbalance to the discovery of the powers of electricity.

Rudolf Steiner followed this principle, too, and at first taught eurythmy as a reflection of the powers of the spiritual world. He repeatedly referred to this in his addresses. At the same time, he was already preparing the time in which eurythmy would no longer reflect divine images but be the expression of inner human individuality in his esoteric lessons and his eurythmy meditation. This would be a time in which eurythmy, when experienced inwardly, would let us know intuitively what a human being is and thus create the vital counterbalance to what is now happening in the unlimited expansion of computer technology.

Artificial intelligence, virtual reality and robotics are striving to establish ruler-ship over the external and internal worlds. Their aim is to acquire power over humanity's creative forces, build a copy of the human being and, if possible, improve on it. It is not insignificant that the organisation that owns Google and its various businesses is called *Alphabet*, which means *the human body*.

In the eurythmy therapy course (cf. image) Rudolf Steiner describes how hu-manity has to be created anew today, but not externally, as is found in comput-er technology, but as what is the current cultural task of eurythmy therapy, to teach humanity how to understand and relive the creation from inside, how to embrace it and become healthy, spiritual people.

This is possible today because eurythmy, which was practised conscientiously in the esoteric lessons is now present as a potential in all human beings. When these capacities remain unconscious, they develop a life of their own and cre-ate many of the physical and psychological health problems that keep us busy today. That is why eurythmy4you is developing teaching material and seeking a language that is of interest to all kinds of people. Our teaching videos about eurythmy and the nature and essence of the human being aim to show human beings of what substance they are formed and what powers lie dormant within them. We want every interested individual to discover these forces within their own bodies, to begin to move them and to use them for their wellbeing and in their lives in general.

The newsletter is addressed to all trained eurythmists, speakers/actors, musicians, puppeteers and other individuals interested in the work of the Section for the Performing Arts founded in anthroposophy.

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