



## Activity-Based Stress Release

# ABSR 1



***Handout Online Course***

[www.eurythmy4you.com](http://www.eurythmy4you.com)

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# Introduction

We invite you to take part in our Anthroposophy Based Stress Release Program. It consists of a sequence of exercises given by Rudolf Steiner against inner stress, caused by:

- Forgetfulness
- Jumpiness and anxiety
- Self-doubt and over-anxiousness
- Restlessness and loss of control
- Dependencies
- Compulsions and indecision
- Being hunted by thoughts

The course consists of eight sequences with exercises that can be practiced in everyday life, accompanied by supporting eurythmy exercises.

- In the first three sequences you find a connection to your inner life, to that which exists, to memory.
- In the fourth sequence you strengthen the force of your “I” by paying attention to your behavior and your habits.
- In the last three sequences you activate your personal development potential. You influence your relationship to wishes, learn to make decisions from the heart and to validate others.

After practicing the exercises for some time you might notice that:

- you are more self-confident,
- practicing is fun,
- new experiences fill you with joy,
- you become less forgetful,
- you're more relaxed in general,
- you experience yourself as more secure,
- you arrive in yourself.

The original texts from R. Steiner’s lecture ‘Overcoming Nervousness’ can be read at [Rudolf Steiner Archives](#) or listened to at: [Rudolf Steiner Audio](#).

## Online Course and Webinars

This is the handout of the ABSR online course on [www.eurythmy4you.com](http://www.eurythmy4you.com). The online course contains many videos which explain the daily exercises and all eurythmy exercises in depth. You can preview the course, buy it and practice independently. You can also join our guided courses and practice the exercises together with other people and be supported by our ABSR coaches.

## Eurythmy

Eurythmy strengthens your body awareness and leads you into a dialogue with the body. In becoming aware of the resonance between and after the exercises you learn to pay attention to the life-forces. The life-body is given space, the life-forces are strengthened, and you connect yourself with your personal potential.

As everywhere in life, when engaging in sport or working, it is important to vary and avoid overdoing things. If you notice that the exercises have a positive effect and you wish to do them regularly, we recommend that to do so with care and that you do not neglect other exercises and activities. Should you have therapeutic need we advise you to contact a doctor or eurythmy therapist.

# Module 1: Strengthening memory

## Forming soil

This week, you will learn to work with the laws of memory formation and to strengthen your power of memory significantly and successfully. To do this, we practice placing an object in an unfamiliar place and finding it again when needed. With the eurythmy exercises for A you learn to stay open, remain grounded and create a stable nourishing base for yourself.

## Consciously hiding objects from yourself

### Exercise

- Consciously place a frequently used object in an unusual place.
- Note the place and the placement of the object.
- Impress this image in your mind's eye.
- Consciously let go and go away.
- When needed, remind yourself of the place and fetch the object.
- Have fun doing this exercise.

### Tips

- Try the exercise with an object that you regularly use, such as a tube of toothpaste. You can place it in a new place every day. Your keys for example, you can even hide on yourself in different pockets.
- Start with unimportant objects not with your glasses or medicaments!
- Hide them at places you frequently visit.
- Take some time in the evening to look back on the exercise. If you forgot to do it, no worries. But consciously decide if you will or will not do it on the next day.
- If at first you do not succeed, then try, try and try again!
- Remember: the most important aspect of this exercise is to create an inner picture of the surroundings of the object. And then to let go.

### Execution

- The first step is to consciously capture the thought that you have put the object in a particular spot.
- The second step is to form a clear picture in your mind of all the surroundings. Take your time to absorb all the details that come to your senses, including sounds, temperatures, angles, colours. Go into every detail as much as possible, also of the object itself (is it lying, at what angle, et cetera).
- When you have practiced this a few times, try it again but this time observe all the details in a flash! Give yourself only three to five very intense seconds, and then walk away as relaxed as possible.

### Outcome

- Feeling the joy, the wonder, the relief and the gratitude that comes when you find and take the object up again, strengthens your memory in the long run.
- If you make from this process a habit, you work with the laws of memory formation and strengthen your memory power significantly.

- You learn to be immersed in an action. Then to be able to leave it to your unconscious. Doing so you strengthen your will and increase your ability to access the memory when needed without stress.

## Reflection at the end of the week

### *Eurythmy*

#### **When do you experience the exercises as most effective?**

- When I do them at the same time every day.
- When I accommodate the daily events in my practice routine.
- When I practice them quickly several times a day.
- When I practice intensively once a day.
- When I remind myself of the exercises during the course of the day and then practice them in my imagination.

### *Everyday exercise*

#### **How does it feel hiding things from yourself?**

- It was fun. I invented many different possibilities for different locations, objects and difficulty level.
- Sometimes I was anxious about finding the object again, and worried if the memory would come back so I won't have to search. Sometimes I was anxious about finding the object again, and worried if the memory would come back so I won't have to search for it.
- I felt some resistance to this exercise and just did it.
- I still do not know what this exercise should mean or do to me.

#### **Was it difficult to find the hidden things again?**

- It was astonishingly easy. They come into my mind just by themselves.
- I had to think and remember where I put them consciously.
- In between, I kept thinking about them and never really let them go.
- I am still looking for some things I have hidden.

### *Condition, Self-perception*

- What connection did I discover between the everyday exercise and the eurythmy exercises?
- How did my feelings change in the course of the week?
- What does my diary tell me?

## Module 2: Developing harmony and inner security

### Kindling your potential

This week is all about connecting completely with what you do and in so doing, kindling your potential. You can achieve this by consciously writing for 15 to 20 minutes a day during this exercise period, thereby paying attention to how you form the letters.

In the eurythmy O exercises you connect yourself with your inner sources of light and warmth, form inner spaces, build relationship and create harmony in your body.

### Changing one's handwriting

#### Exercise:

- Stop writing automatically and change certain characteristics in your writing.
- Find a couple of possibilities to change elements of your handwriting.
- Write a longer text using one or two variations of your handwriting.
- Write the letters meticulously and carefully.
- Observe yourself in writing the changed characters.
- Pay attention to how you form the letters you write.
- Notice the differences in your handwriting each time you do this exercise.
- Do this every day for 15 – 20 minutes.

#### Tips

- Try to do the exercise for at least 3 days in a row in order to experience its effect.
- Examples for possible changes:
  - a small circle instead of a dot on the i
  - connect one letter to another instead of lifting the pen
  - write specific letters bigger (or smaller) than normal
  - large or small spaces between letters
  - round instead of angular forms
  - tilt letters more forward or backward
  - write letters from a different direction, for example an S from below upwards.
- Do this without stressing yourself. Keep shoulders and mind relaxed and create the new characters as if painting them.
- Don't force a new handwriting but slowly change what you already have.

#### Effect

- To consciously change your handwriting, you need to pay close attention to what you are doing.
- In this way you connect the innermost core of your being with what you do.
- By actively shaping a concept, handing it over to your hands in confidence and accompanying it right into the fingertips with your feeling, the body senses what you want and reacts appropriately.
- Your etheric body is strengthened, your connection to it is improved.
- You feel yourself and experience yourself as a whole in your everyday life.
- Your actions become a holistic experience and you strengthen your inner security.
- You become a master in your own house.

## **Observing your own abilities**

### **Additional exercise**

Can you distinguish between activities which you manage with ease and such which you find difficult? Can you observe your own capabilities correctly?

Write lists of activities that are easy and those that are more strenuous. In this manner you learn to observe your own need for rest and activity and so strengthen your body's forces.

### **Reflection at the end of the week**

- What connection did I discover between the everyday exercise and the eurythmy exercises?
- How did my feelings change in the course of the week?
- What does my diary tell me?



## Module 3: Mobilizing your center

### Becoming mobile in one's thinking. Dissolving self-doubt and worry.

In this module the emphasis is on developing strength and mobility in your thinking. This also strengthens how you stand and act in life. The everyday exercise is about building up concentration and activating independent thinking. You learn to internalize a content and then remember it in reverse. In doing the eurythmy I exercises you connect yourself with your “happy heart”, you do exercises which strengthen your balance and your spine and so support your inner and outer flexibility

### Thinking in reverse

The focus of this module is thinking in reverse. This can be practiced, for example, on a story or a fairy tale. There you go from image to image, from event to event, from detail to detail in reverse order. Literally speaking a sentence or a short poem in reverse is another variation of this exercise.

#### Exercise

- We internalize a content and then repeat it, from memory, in reverse.
- This can be practiced, for example, on a story or a fairy tale. There you go from image to image, from event to event, from detail to detail in reverse order.
- Literally speaking a sentence or a short poem, a meditation, a prayer or the lyrics of a song in reverse is another variation of this exercise.
- You can also apply this technique of marking and remembering to other content.

#### Tips

- Memorize a list of data backwards, for example the 10 highest mountains in your country.
- Historical events, for example, which are usually learned in chronological sequence, can be followed backwards.
- Read a newspaper article or a text on the Internet and visualize the essentials from the end to the beginning. What remained?
- Or read a long story or book, and pin down the basics in a few catchy phrases after each chapter. How long is it until you can rebuild the content backwards without the help of keywords?
- Make a game of watching a movie and then going through the content in reverse afterwards, possibly together with other viewers. Is there a common thread?
- Or make a habit of going back through the experiences of the day in reverse order in the evening.
- Start with something small. Examples:
  - go over how you cleaned your home;
  - a tune (not the words) such as ‘twinkle, twinkle little star’;
  - if you are a teacher, go over the lesson you had with the class in reverse order.
- Practice the exercise when you are inwardly calm. If you get distracted, simply return to where you were and carry on.

#### In this exercise you learn:

- to build concentration and to activate independent thinking.
- to read in a concentrated manner,

- to actively re-form content figuratively, verbally or conceptually,
- to become aware of feelings arising,
- to let go, in order to re-connect to the feelings and images.

### **Effect**

- You create a basis for independent thinking and a freer connection to the content.
- You can look at a story from a personal distance and still have an intense mental connection to it.
- Thinking in reversed order is also an exercise for the improvement of memory.
- Thinking in reverse strengthens your life forces and the etheric body.
- You connect what you feel about yourself more strongly with your outer personality. This increases your presence in everyday life and makes you more noticeable for yourself and others.
- You are more connected to what you are doing and are nourished internally by what comes back. An important precaution against exhaustion, frustration and burnout!

### **Reflection at the end of the week**

- What connection did I discover between the everyday exercise and the eurythmy exercises?
- How did my feelings change in the course of the week?
- What does my diary tell me?

## Module 4a: Developing self-awareness

### Observing one's deeds and seeing oneself from without.

We have reached stage 4 of the exercises, the middle of the seven exercise modules (Module 8 is the summary of the seven previous modules). In the middle, what was before meets what will come. The result is a twofold structure: an exercise that refers more to the style of the previous exercises. An exercise whose content relates to what will come. As in the heart-lung system, the exercises do not follow one another chronologically, but rather cross over.

This week you learn to observe yourself, to experience yourself from another point of view. To this purpose, we practice perceiving the result of our activity, observe our movement sequences and design movement habits differently. In the E exercises you learn to perceive yourself properly, create relationship and awaken to yourself on the basis of these encounters. You develop inner strength and become aware of it.

This part refers to the qualities of the following modules 5-7 with their inherent relation to the ego, the I.

### Task 1: Observing your deeds - Look carefully at what you did

#### Exercise

- After you have completed a deed or a task, take some time to look back at what you have done. When you reflect on it, it might motivate you to change the way you do things.
- This does not mean going through it again, but looking at it and perceiving what has come out of it. Be open-minded to get an impression of how you do things. Take a very simple and small deed as your exercise.
- For example, after you've written something, let your gaze wander over your handwriting and look at what you've written. How do you like it, what would you change? If you do this, your handwriting will correct itself over time with little effort.

#### Tips

- At first we are not trying to change what or how we do things, but just to look closely at what has been done.
- The exercise is about what is achieved by your action. For example, when washing the dishes, don't look at yourself, at your hands, but at things, e.g. how the brush turns clockwise, whether slowly or hastily, etc. And then how the dishes are stacked and how they shine.
- Enjoy the discoveries you will make, however subtle, and try to express them in your own words.

### Task 2: Observing yourself - Watch yourself from without

#### Exercise

- Observe your own movement in everyday situations e.g.:
  - the movement of the hand (visible)
  - the movement of the head (perceptible)
  - the way you laugh (assumable)

- Try to form a clear picture of your movements and gestures.
- Know how you move! Make yourself visually aware.

### **Tips**

- Try doing the exercise with something you repeat a few times every day, for example eating, drinking, dressing, etc.
- Watch yourself doing something at different speeds. For example, the whole process of putting on your shoes. Do it first at normal speed, then next time slowly, then quickly. Experiment playfully.
- Choose activities or gestures to observe yourself that engage different parts of your body. For example, getting dressed versus using a key to unlock a door.
- You can become more aware of your particular way of moving if you compare your movement with others', e.g., when eating with others, briefly observe how they use their cutlery, then observe yourself.
- After you have observed yourself moving or doing something, try to go over it in your mind and create a vivid moving picture of you carrying out the action. It will help you to further intensify your capacity of self-observation.
- Take care that you do not exaggerate the exercise and become self-centered and that looking at yourself from the outside becomes an unconscious habit.

### **Outcome of the observation exercises**

- Consciously observing one's actions as if from without, can reduce restlessness. You take part in what you do.
- When you cultivate an awareness of your gestures and involuntary actions, and you teach yourself new habits you enhance the presence of your soul in your body. Thus, it becomes easier, if necessary, to refrain from certain actions or movements out of your free will.
- Apart from the fact that it may correct undesirable habits, this exercise also tends to consolidate the etheric body and your life forces.

### **Reflection at the end of the week**

- What connection did I discover between the everyday exercise and the eurythmy exercises?
- How did my feelings change in the course of the week?
- What does my diary tell me?

## Module 4b: Changing habits

### Do things in a different way than usual

Although all the external movements we make are made possible by the astral body (the body of desires, emotions and passions), the way we do our habitual movements is usually guided by the etheric body (the body of temperament, character and habits). This exercise teaches us to swim against the current from the past and develop tools for influencing and changing your behaviour.

This part relates to the more practical qualities of the previous modules 1-3.

### Do things in a different way than usual

- Learn to do some things that you usually can do with the one hand, with the other hand. Eg. brush your teeth using your other hand for a week.
- Sit at a different place than usual.
- Sit in a chair the other way around, the backrest in front.
- Climb the first step of a staircase with the other foot than usual.

### Tips

- In practicing this exercise, the decision of your 'I' guides the astral body which in turn leads the etheric body momentarily to take on a new pattern or form.
- It takes time to bring about changes in the astral body, and even more so in the etheric body.
- The older we get the more effort is required. If your chosen activity requires strenuous effort, it is a good sign.
- Thus, choose an activity that is challenging ... and carry it through. (Such as reading to the end of an email.)

### Outcome

- When we do things quite differently than we do out of habit, it not only strengthens the control of the astral body over the etheric body, but also the etheric body itself.
- In this exercise you guide your astral body with your ego. As a result, the etheric body takes on a new pattern or shape for a moment, which is like a pleasant massage for it and makes it flexible and alive.

### Reflection at the end of the week

- What connection did I discover between the everyday exercise and the eurythmy exercises?
- How did my feelings change in the course of the week?
- What does my diary tell me?

# Contemplation

## How to retain joy in part two of the course.

In a multi-stage process, it is a well-known phenomenon that the middle can present problems. Sometimes fatigue, listlessness or discomfort set in. Here we tell you how you can avoid this during the ABSR stress management course:

The course runs contrary to the weekdays. It begins with the A, which is assigned to Venus (Friday), and arrives in the seventh module at the U, which is assigned to Saturn (Saturday). This is a path that goes from openness and beauty to closure and tartness. (In ABSR 2 the order is the other way round).

The first four modules help to strengthen your vitality in various ways. The everyday exercises are more in keeping with the past (remembering, writing style, thought content, patterns of behaviour). The following modules have a different style and address other levels. They appeal to inner processes. To that which wishes to become.

Therefore, it is good if you stop briefly after the fourth module to give yourself time to reorient yourself. From then on it is especially important that you develop generosity. Practicing generosity with yourself:

- in Module 5 in the "restraining of desire" in the form of **humour**,
- in Module 6, when "exercising deciding" in the sense of **calmness**,
- and in Module 7, when "retaining from criticism" as **nobleness**.

Try to realize that even if you think you don't succeed with the exercises, capacities are developing and maturing within you. Looking at it this way you should be able to walk the course with joy and success. Many feedbacks have already confirmed that.

Just keep in mind that warmth, calmness and nobleness are keys to staying with yourself and gaining from what you do. These are three important qualities of the heart, which is a very special kind of middle.



## Module 5: Self-determined dealing with wishes

### Recognise your true wishes and let go of unimportant ones.

This week is about perceiving, recognizing and releasing substitute desires to get closer to your real needs and wishes. You recognize your desires, become aware of your hidden needs, and learn to consciously decide which needs you give priority to in the current everyday situation. To this purpose you practice foregoing the fulfilment of small, insignificant desires for a certain period of time.

In the eurythmy exercises for EI you learn to perceive yourself and arrive at yourself with full awareness. You give and receive nurture and gently awaken your inner forces of growth.

### Foregoing unimportant wishes, leaving desires unfulfilled

In this module we experience so-called desire-abandonment by experimenting with small concrete examples. We inhibit small desires for a limited amount of time, as long as the non-execution of these desires brings no harm:

*“The cultivation of the will, as we may call it, is most important. I have already mentioned how nervousness often makes it impossible for people to know what they want to do. They do not know their desires, or even what they would want. This may be regarded as a weakness of the will that is due to an insufficient control of the I over the astral body. That causes some people not to know what they want and, if they do, they never manage to carry it out. Others still, cannot bring themselves to truly or earnestly do what they want to do.*

*There is a simple means to strengthen one’s will for everyday life, and that is to inhibit existing desires and not allowing them to be fulfilled. This you can only do of course when inhibiting them will not do any harm.”*

R. Steiner

### Exercise

- We observe our desires and try to notice how many wishes we have every day, before we automatically fulfil some of them.
- If you notice a small desire that you would normally perform, but which you can easily omit, then substitute it for another activity, or perform it at some other time. This way you can learn to consciously refrain from it.
- After foregoing a desire, observe what effect this has on your body, on your mood etc.

### Tips

- In this way, in the course of one day, we repeatedly forego small desires, e.g. drinking coffee; watching the news; listening to the radio while cooking, reading the news at breakfast etc.
- Be playful with holding back on desires.
  - For example, get a pack of your favorite chips or cookies, just for you, and do an experiment. No sharing, just for you.
  - Put them out in a bowl and sit in front of them and observe your reactions. What is happening there?
  - Pick one up, do some observation of the cookie or chip, smell it and put it back down.
  - Go do something else.

- Come back to the chips or cookies - have they been calling you? Now that you have noticed, what effect a cookie can have on you, you can consciously decide to eat it or not.
- What do you experience in your body and soul as you do it?
- Have fun and do enjoy!
- Sometimes desires are also substitute gratifications for unmanaged topics.
  - For example, to drink a coffee if you get stuck on something.
  - Smoking a cigarette if you do not feel understood by your boss.
  - Can you instead, try to perceive the emotion, e.g. worry, misunderstanding, that is hidden behind the desire?
  - Is the desire covering up for a break you need? Or for new ideas, for recognition or support?

### **Outcome**

- By foregoing the fulfillment of small, insignificant wishes over a period of time, you strengthen your will forces and the control of the ego over your desires.
- You recognize your dependencies and it is easier for you to do without them. You discover your real wishes and needs and let the insignificant wishes go.
- Your etheric body is less under pressure from the astral body and psychosomatic illnesses can decrease.
- In making it a new habit, you expand your self-awareness for key life issues.
- A good and healthy body awareness is created.

### **Reflection at the end of the week**

- What connection did I discover between the everyday exercise and the eurythmy exercises?
- How did my feelings change in the course of the week?
- What does my diary tell me?



## Module 6: Developing certainty in decision making

### Deciding with the heart

The goal in this module is to help you learn to ask clear questions and listen to conflicting aspects. Then you will experience that your feeling and your future orientated conscience recognizes the “yes” in the jungle of arguments. And you learn to trust your feeling in the perceived correctness of a decision. To this purpose we will practice paying attention to the pros and cons in everyday situations, to listen to our feelings, to make a decision on this basis and to observe the outcomes.

In the eurythmy exercises for AU we practice creating an overview and creativity. To perceive the force field between your center and the surroundings. Space for freedom comes about.

### Weighing up decisions and carrying them out

This module is about being flexible enough to consider what is said not only for, but also against a problem so that both sides of the problem can be seen. We are therefore looking for suitable situations in which we can make a conscious decision. This should be tried especially with small decisions.

#### Exercise

- Discover how often you make decisions in your everyday life. Every simple action is based on a decision. Consciously or unconsciously.
- Make conscious decisions and be aware of alternatives. Ask yourself:
  - Have I really weighed the pros and cons or just decided spontaneously based on my gut feeling?
  - Did I not only consider my obvious motives, but also discovered my hidden motives?
  - Have I followed objective criteria?
  - Or have I been guided by personal sympathy or antipathy?
- After you've implemented the decision, ask yourself
  - Did I execute the decision as decided?
  - If I changed my decision, was it out of strength or weakness?
- When reviewing the day, ask yourself what decisions have been made and whether they have been implemented.

#### Tips

- Do the exercise only with those decisions that can be easily implemented!
- Practice making a choice over a minor issue, such as whether to go to bed at 10pm or 11pm. Think of as many pros and cons as possible for both times. Then say yes to one of the options and go through with your decision, inwardly saying “yes” to your decision.
- If you feel the pros for an issue strongly, try to live into the cons of the argument with empathy and understanding. Go back and forth playfully between the pros and cons and really feel both sides, pausing, before making a conscious decision for one side or the other.
- If it's a Yes to Yes, say Yes! If it's a Yes to No, say No! Follow your heart.
- Take seriously what your feeling says. This is not about good or bad. Notice how relieving that is.

## Outcome

- You learn that every decision has reasons for and against it. It's always like this.
- You ask clear questions, create an open space and learn to give voice to contradictory aspects.
- Experience that your feelings recognize the yes in a jungle of arguments
- You learn to trust in the perceived correctness of a decision.
- You learn that only the heart can decide while the head may get lost in weighing up advantages and disadvantages.
- In this manner you may learn to hear the voice of your heart and to decide from the heart.
- Decisions of the heart can be maintained with inner strength, even if the circumstances become difficult.
- Thus, the exercise strengthens the will and the influence of your I on your astral body.
- You become less dependent on " advisers" who subconsciously replace your will with theirs.

## Notice

- Do not choose a "No" just because you feel limp and weary. Then you have only decided out of the need to do nothing.
- Instead, wait until the right time when you are inwardly strong before practicing making a choice.
- Realize that not making your conscious choices weakens your will as much as doing it strengthens it. Provided, of course, that the decision is still right for you.
- Be aware that not following through on consciously made decisions consistently weakens your will weakens your will as much as putting it into practice strengthens it. Provided, of course, that the decision is still right for you.
- If this happens often, try to intensify your practice on small decisions!
- If this pattern still doesn't change, you have found something to investigate.

## Reflection at the end of the week

- What connection did I discover between the everyday exercise and the eurythmy exercises?
- How did my feelings change in the course of the week?
- What does my diary tell me?

## Module 7: Resting in yourself - Valuing others

### Refraining from putting yourself first - valuing others

In this module you will learn to: stay centered in yourself even in difficult situations; free yourself from entanglement in sympathy and antipathy; become more open to external circumstances and people and to strengthen your presence and charisma. The exercises also have a strong effect against milling thoughts and compulsive thinking.

To this purpose, we practice withholding our own opinions and criticism and allowing events to speak for themselves.

The eurythmy exercises for the U teach us to rest in ourselves and to discover the forces that help us to transcend boundaries.

### Developing independent opinions and avoiding criticism

If we try to remain open in encounters with other people and refrain from quick judgment, we can meet them quite differently. As a rule, we quickly form opinions about other people, often unconsciously, without even noticing it. Most of this happens in the form of criticism. We become more aware of this when we try to refrain from this kind of opinion formation for a period of time, as in the following tasks:

#### Task 1: Refrain from making judgements

##### Exercise:

- Observe how many times you want to judge and how often others judge.
- Find out which of your judgments are necessary and which are unnecessary and could be omitted.
- Refrain from a considerable portion of the judgments you normally pass. It would be more than enough if only a tenth of them were experienced in our souls.
- When you succeed in not passing a judgement, what happens? What do you observe?

##### Tips:

- A judgement does not have to be of moral quality, it can simply be the naming of something.
- Try to write down ten banal or significant judgements you made in the last week. Try if you can find nine out of ten that could be put aside as unnecessary.
- Become more aware of all the thoughts that pass through your mind during the day. Recognize and screen the judgements and try to keep only one in ten.

##### Outcome

- Through these exercises, although they seem to be thought exercises only, you strengthen your will forces.
- You stay centered in difficult situations and criticism and judgment are held back in favor of a wider perception.
- You will become more open to external circumstances and other people.
- Your authentic Self is strengthened in its presence in everyday life.

- And last but not least: Protect yourself from your own judgments! If it is ever necessary to make a judgment, it is enough if you confine yourself to judging the results of your actions, in order to move forward.

## **Task 2: Make yourself inwardly independent of what you are confronted with.**

### **Exercise**

- Try not to say negative things about others. Not to yourself and not to third parties.
- Don't just practice making an objective judgment when you're not involved. Instead, try to come to a free judgment wherever someone attacks you or speaks unfairly about you.
- For example, if someone lied to you, hold back your antipathy against him and also refrain from telling others that he lied to you.
- Instead, watch his actions over time. Use only these perceptions to form a judgment about the person concerned.
- Make a daily review to see how well you managed to develop independent opinions.

### **Tips**

- You can use difficult situations from your past for this exercise. But try to practice with events that happen during this week as well.
- When you get criticized, try not to immediately pass judgment on the person whose criticism hurt you. Instead, try to understand his/her motivation:
  - Does this person really mean me personally, or is it just his/her way of expressing herself?
  - Does he/she actually want to say something completely different but cannot express himself/herself differently?
  - What does he/she actually want to express?
  - Spend time looking at the person and their statement as objectively as possible.
  - Observe carefully whether you like or dislike a particular thought or judgment.
- Let the other person's actions and motivations speak for themselves, while refraining from judging or criticizing, and wait patiently to see what other feelings or judgements you may experience.
- Do not repress justified criticism if it is objective.

Try to distinguish between something that needs to be criticized from something you want to criticize mainly it irritates or disturbs or attacks you.

### **Outcome**

- By staying with yourself you dissolve what creates unnecessary barriers between you and the surrounding world.
- You enhance the control of your ego over your astral body and don't base your opinions on sympathy and antipathy.
- If other people meet you with antipathy and judge you, you can find a clear position and leave the judgments where they originate: in the other person.

## Reflection at the end of the week

- What connection did I discover between the everyday exercise and the eurythmy exercises?
- How did my feelings change in the course of the week?
- What does my diary tell me?

## Module 8: Walking your own path – Mastering life

### Integrating the everyday exercises into your daily life

*It is precisely through such exercises that it can be shown how we have to handle life if we want to make our body healthy and strong.*

*It is not always the right thing to send someone to the pharmacy when they are sick so that they can find the medicine they need there. The right thing will be to arrange your whole life so that people are less affected by diseases or that the diseases are at least less oppressive.*

*This happens when through such small exercises man strengthens the influence of the Self on the astral body, of the astral body on the etheric body and of the etheric body on the physical body.*

*These things can emerge from our anthroposophical knowledge.*

R. Steiner

### Because you know the exercises, it is also possible to integrate them into everyday life.

This is very helpful and easy:

1. When you drop something, briefly memorize the environment.
2. Write individual letters in an unusual manner.
3. Think in reverse order.
4. Observe the execution of an action. And change a habit from time to time.
5. Notice small wishes and refrain from one or the other.
6. Before making a decision, weigh up the pros and cons and then decide with the heart.
7. Notice how often you judge and refrain from unnecessary criticism.

## Meditation: The power of health

### The Power of Health

Being behind

Being in front

My star above me

My star below me

My angel in me

Streaming up and streaming down

Contracting and expanding

Streaming in and streaming out

And always the opposite simultaneously

### BREATHING

Then it starts

Then one is moved

Astonishing

Touching

Liberating Encouraging

This is

Submerging

and Emerging

*Text: Theodor Hundhammer*

*Translation: Adele Waldmann*

## Reflection at the end of the week

- What connection did I discover between the everyday exercise and the eurythmy exercises?
- How did my feelings change in the course of the week?
- What does my diary tell me?

# Eurythmy

On the following pages you will find the texts of the exercises from the video and questions that can deepen your personal practice.

Eurythmy strengthens your body awareness and leads you into a dialogue with the body. In becoming aware of the resonance between and after the exercises you learn to pay attention to the life-forces. The life-body is given space, the life-forces are strengthened, and you connect yourself with your personal potential.

As everywhere in life, when engaging in sport or working, it is important to vary and avoid overdoing things. If you notice that the exercises have a positive effect and you wish to do them regularly, we recommend that to do so with care and that you do not neglect other exercises and activities. Should you have therapeutic need we advise you to contact a doctor or eurythmy therapist.

## Module 1: Eurythmy exercises with A

*A - pronounced as in Answer*

### Staying open, becoming centred, getting grounded

With the eurythmy exercises for A you learn to stay open, remain earthed and to create a stable nourishing base for yourself.

#### A1 The left and right columns

Perceive yourself in your centre between front and back, up and down, right and left.

Place your weight on the right side with a small step and perceive the carrying force of this column. Return to your centre and do the same on the left hand side.

Take a step forward and repeat perceiving the right and left column. Pay attention to the different experiences of the two columns.

#### B1 A with the legs

Perceive your middle. Take a step to the right and so far to the left that you return to the middle. Feel down from the heart, through the legs into the heels. Allow this to move your weight onto the heels to deepen your connection with the earth. Take a step forwards and repeat the exercise.

#### C1 A raying out

Lift your right and then your left arm, and ray through them so, that you have the impression you are raying into two different spaces. Experience how this affects your body.

#### D1 H with the shoulders

Roll your shoulders a couple of times. Contract a little in the front and release them with a slight backwards jerk, followed by gently streaming down from the shoulder-blades.



## **E1 H with the Arms**

Put your hands in front of your collarbones. Use the whole body to send them high up, and allow them to be carried down slowly by the back.

## **F1 A-H behind**

Ray through the arms and feel the counter current from the periphery. Create an H with the shoulders that takes you a step backwards. Pay attention that the memory of the in-streaming A is still present in the down streaming H.

## **Questions to deepen the Eurythmy exercises**

### **How do you experience the step forward between the repetition of an exercise?**

- The step helps me to let go, to start anew and to deepen experience.
- The step in between disturbed me because I wanted to stay in the experience,
- The step deepens the exercise and helps me stay in it.

### **A1 How do you experience the difference between your right and left column?**

- I feel more at home in my right column than in my left column.
- I feel more at home in my left column than in my right column.
- The difference was so small that I don't know if I even felt anything.

### **C1 Can you experience in the A Gesture that:**

- It makes you feel at home in your body and deepens your connection with the earth?
- It produces an instreaming quality which is often accompanied by a stream coming from the front towards you.
- It brings the weight back on the heels naturally.

### **F1 In doing the "A-H behind" exercise, do you manage:**

- That the body feels naturally taken along towards the back without me actively doing anything?
- That the instreaming quality of the A becomes palpable again in the down-streaming H?
- That I feel light and refreshed from within afterwards?

## Module 2: Eurythmy exercises with O

*O - pronounced as in All*

### Creating Harmony - Spaces of Light and Warmth

In the eurythmy O exercises you connect yourself with your inner sources of light and warmth, form inner spaces, build relationship and create harmony in your body.

#### A1 Straightening up out of the thighs

Gently stroke your thighs. Slowly become upright whilst remaining anchored in the thighs with your consciousness. How do your feet feel afterwards?

*Video: Breathing with the arms Part 1*

#### B1 O with empathy

Bring your hands in front of your heart and move along a circumference as if you would hug a tree without your fingers quite touching. Fill the space created with empathy.

*Video: The basic O gesture*

#### C1 O in the legs

Place the toes slightly apart, relax the legs, by bending the thighs outwards a little. Create the sensation of bowlegs. You don't need to bend the legs strongly, a slight bending and a light tension is enough, the heels also lift up a bit. The stomach stays relaxed.

#### D1 Walking O

By creating a tension in the hand, lead the legs in a semi-circle forwards and then in a semi-circle backwards. With a little practice you could also lead the movement from further above. If that is too difficult then carry on doing it from below.

*Video: Walking O*

#### E1 O above, below and behind

Bring the hands to the heart and form an O. Feel the arms and fill the O with warmth and attention. Until you feel the straightening effect in the whole body. Create an O from the heart towards above. Fill this gesture with warmth and mindfulness. Perhaps experience how this activity deepens your connection to the earth. Create an O below from the heart and fill it with warmth and attention. Perhaps experience how this opens the space above. Create the O from the heart, below and behind. Perhaps you experience that the heart zone is opened and warmed. To finish, create the O once on the horizontal plane in front of you.

## Questions to deepen the Eurythmy exercises

### A1 What effect does the exercise “Straightening up out of the thighs” have on you?

- Do you have a stronger perception of your body when staying anchored in your thighs in becoming upright, than in being anchored in your heart? Do your feelings also change?
- Do you perceive that, in becoming upright, the legs are also streamed through from above and become more connected to the ground?
- What effect does the exercise have on your breathing during and after the exercise?
- How does arriving in the feet or “waking up” influence your perception of the whole body or how it feels enveloped?

### B1 How did you best manage to fill the O gesture with warmth and awareness?

What corresponds to your experience?

- It helps me to bring the hands to the heart at the start and allow its force to support the hands in their gesture.
- After creating the O, it helps to give a little more tension into the hands and arms.
- When I perceive myself fully, that is enough to allow the O to be filled.
- I concentrate on the forces that come up from below and fill the O.
- I pay attention that my feet are well rooted below, this also gives my middle fullness.
- I don’t become especially active but rather become inwardly still and wait. Then a fullness comes about by itself. I become quite calm in doing the O and feel myself fulfilled and carried.

### D1 What helps you to perform the O - form in space?

- Do you manage to remain particularly active in the hand and arm and to allow the legs to follow? Can you simultaneously be conscious in the legs and arms?
- Could you try to particularly engage and allow your lower system to work in leading the O? How does that feel? Strange? Or comfortable and strengthening?
- Does leading the O pull you out of yourself or are you even more strongly anchored in yourself? What helps you not to lose yourself?
- What helps you to retain the size in the returning semi-circle so that you quite naturally return to your starting point?
- What is the difference when you let go between the two half circles or not? Are both ways equally successful?

### E1 How did you experience the O in front, below, above and behind you?

- Could you experience the space outside of the gesture? Did you notice how important it is to experience yourself and your body for this effect to come about?
- What was the easiest? In front, below, above or behind? Which impressed you the most?
- Do you have the feeling that the various versions of O fit the O and express something of its quality?
- What role does the surrounding space in this exercise play for you? Or is the inner dimension more important?

## Module 3: Eurythmy exercises with I

*I - pronounced as in It*

### The happy heart – Centred and mobile

In the eurythmy O exercises you connect yourself with your inner sources of light and warmth, form inner spaces, build relationship and create harmony in your body.

#### A1 Connected to the earth through the legs

Stand upright. Take a step forwards and feel into the earth through the soles of your feet. Stay relaxed, centred in your heart and gazing forwards.

#### B1 Happy heart

Imagine that you have a happy heart in your hands. Let it ray out joyfully in all directions. And follow the rays with attentive hands. Imagine your happy heart in your hands. Happily ray out in going forwards. Return to the centre and do the same going backwards.

#### C1 The I-Gesture: Streaming down, streaming up and raying through

Create the I gesture by streaming down from the heart with the one hand and allowing the other to be carried up by the counter-current. Try to ray through the arms in such a manner that you can feel an effect on your verticality.

*Video: The basic gesture of I*

#### D1 Harmonising rhythm (long-short and short-long)

Imagine holding your happy heart in your hands. Carry it forwards with four rhythmic steps that release and contract: long-short, long-short, long-short, long-short. Maintain the feeling of the happily raying heart in your hands and go back with four rhythmic steps that contract and release: short-long, short-long, short-long, short-long.

#### E1 I AM HERE

Stream down from high above through yourself right down into the earth. Try to experience the words “I am here” in doing so.

I - AM - HERE

### Questions to deepen the Eurythmy exercises

#### A1 How did you experience your centre and its connection to the earth?

- In taking a step consciously and then relaxing – is your centre strengthened?
- Did looking straight ahead help you to stay connected to your body and to perceive below?
- Do you manage to come into contact to the earth and how do you experience this?

**B1 The happy heart – what does this exercise do to you?**

- What do you notice in your surroundings? Does it e.g. get brighter? What do you experience?
- How does your body perception change?
- How does your mood change when you do it?

**C1 How do you manage to let the I gesture come about out of streaming down?**

- If you have difficulty perceiving the counter-currents, try perceiving your heart whilst doing the exercise. Do you then experience the counter-current more strongly and clearly?
- Do you perceive a difference when streaming down with the left or right hand?
- How do you experience your uprightness: whilst building the stream; in raying through and after the exercise?

## Module 4a: Eurythmy exercises with E

*E - pronounced as in Every*

### Creating Relationship - Encounter and Awakening, *Sequence 1*

#### A1 Right column - left column

Stand in your right-hand column and experience it's carrying force. Come back to the centre and stand in your left column and activate it's force in your body perception. Return to the centre. Repeat the exercise.

#### B1 Energy exchange between the left and right column

Stand upright. Put your hand on your right column and push its force slowly towards the left side. Experience the straightening effect of this. Place the hand on the left column and push its force slowly towards the right side. Experience the straightening effect of this. Execute the energy exchange between the columns simultaneously and pay attention to the effect in your body. Take a step forwards and repeat the sequence.

*Video: E of the two columns*

#### C1 Raying through the E gesture in the legs

Stand upright. Swing the leg out slightly. Cross it over the other leg and point the foot a little. Stay anchored in the heart and ray out through the leg and foot. Repeat the exercise with the other leg. Pay attention that the raying of the foot also straightens the body.

*Video: E with the legs*

#### D1 The big E gesture

Stand upright with the weight on the balls of the feet. Lift an arm horizontally, connect it mentally with the opposite shoulder and maintain this connection whilst stretching ever further to the side, so that it pulls the opposite shoulder towards the body. Do the same on the other side. Now do the exercise with both arms stretching far out into the periphery and by doing this, pull the shoulders towards the middle. Feel how this strengthens your centre.

*Video: The big E gesture*

#### E1 The right and left column on a Pentagram

Stand at the head of a pentagram. Take three little steps to the right foot of the pentagram and experience your right column. Three steps back to the left arm and feel your left column. Three steps across into right column, three steps forwards to the left column, and back to the head, where you experience both columns. Repeat the exercise and pay attention how you step into the columns.

## **F1 The points of a pentagram as columns on a circle**

Move along the circle in your preferred direction and experience how the points of the pentagram activate the two columns in your body when you pass.

### **Questions to deepen the Eurythmy exercises**

#### **A1 What is the difference between your right column and your left column**

- Which column is stronger? In which do you feel more at home?
- Can you feel and activate your columns so that you have the feeling that they carry you?
- When being in one of your columns, can you still perceive your center?
- How does your uprightness feel when experiencing the resonance after the exercise? Lighter, light-filled, stronger or how would you describe it?

#### **C1 Do you manage to better your balance in the exercise “E in the legs”?**

- Can you perceive into your supporting leg simultaneously to the movement in the other leg? What effect does this have?
- Do you manage to stretch the toes not by turning the joint but rather by raying through the foot?
- Where is the origin of this raying force? In your heart, in your spine or how do you do it?
- What effect does it have when you concentrate on the point of connection between the legs? Does that intensify the pressure? Does it have an effect on your uprightness? What do you experience?

#### **E1 The right and the left column on the pentagram**

- How do you create the transition between the two columns? Do you experience the next column before starting, does it start on the way or only when you arrive?
- Can you also do the exercise quickly? Or does it take time get the desired effect?
- Do the points of the so called “feet” of the pentagram feel differently than those of the “arms”?
- Do the columns at the conclusion feel different after you’ve experienced all four individually?

## Module 4b: Eurythmy exercises with E

### Creating Relationship - Encounter and Awakening, *Sequence 2*

#### A2 Crossing the legs with E - Stilt house

Cross the left leg in front of the right, stand upright, feel the connection to the ground. Pay attention that your hips are facing forward and how the legs touch each other. Come back to the center. Cross the right leg in front of the left, stand upright, feel the connection to the ground. Pay attention that your hips are facing forward and how the legs touch each other. Do the same crossing the legs behind. In feeling the center you could experience the four positions as four columns around you. Take a step forwards and repeat the exercise

#### B2 The basic gesture of E: Raying into the widths

Lift the arms. Feel into the widths. Lead the arms into a crossing. Ray through the arms from the heart, until you feel you are raying far into the space around you. Take a step forwards and repeat the exercise.

*Video: The basic gesture of E*

#### C2 Raying through the E gesture in the legs and arms

Cross the arms and the legs and ray through to the other side. The arms lead the movements of the legs.

#### D2 Encounter the periphery with the heart

Carry the hands from the periphery into a crossing in front of the chest, pay attention that the heart expands to meet the gesture on equal terms. Repeat the exercise. How do you experience this meeting?

*Video: Reverence - E*

#### E2 Strengthening the column by pulling the leg in.

Take three steps from the head of a pentagram to the right foot and by strengthening the experience of the right column draw the left foot towards the other. Starting with the left foot go three steps to the left arm and by strengthening the left column draw the right foot up. Use this principle for the whole pentagram.

#### F2 My love is as great as the world is wide

Slowly and peacefully execute the Big E and the E and connect them with the following text "My love is as great...."

*Videos: The big E gesture and Reverence - E*



## One and All (F2)

My love is as great as the world is wide,  
it holds and embraces all things.

As the sun gives its light and its warmth to the world,  
my love its abundance brings.

There is no grass, there is no stone,  
my love, my love were not within.

There is no breeze, no streamlet small,  
wherein she does not live.

There is no creature, nor ant nor man,  
wherein my heart can't live, to whom it is not lost.

My love is as wide as this soul of mine, all things rest in it.  
They all, all, comprise myself and all is within me.

*Christian Morgenstern  
Transl.: Adele Waldmann*

## Questions to deepen the Eurythmy exercises

### B2 How do you experience the basic gesture of E?

- When crossing the arms out of the widths – do you lead your inner movement with the arms or the arms out of your inner movement?
- How do you choose the crossing point of the arms?
- Always the same? Or sometimes closer or further away?
- Do you cross at the wrists, on the forearms or even on the upper arms?
- What feels better, right arm outside or left arm outside?
- At which height do you do the crossing of the arms? At collarbone, heart or diaphragm height? How do you experience the differences?
- Can you remain centered in yourself when raying through the arms and hands and simultaneously perceive the surrounding space?

### C2 What experiences do you have when doing the E with the forwards step?

- What helps you to find your balance? Is raying through the arms and legs an extra burden or does it help you?
- Do the arms come into contact so that consciously feel their meeting, or does each arm stay with itself?
- Have you tried doing the exercise the other way around, with the leg movements directing the arm movements? What is better, what feels more pleasant, and how does the effect differ?

## **D2 Encounter the periphery with the heart**

- What happens in the space behind when you bring the arms back out of the widths? Does it become narrower or wider?
- How does it affect the speed of the arms as you make sure that there is an equivalent encounter, a dialogue between what the E brings in from the outside and what the heart brings to it? Can you move too fast? And can you move too slowly?
- As you bring the arms in, how do you fill the space from which they are coming? Do you fill it with preconceptions, or is it enough to feel into it in a mindful manner and notice that it is there when you direct your attention to it?
- Can you describe what you feel during and after the exercise?

## Module 5: Eurythmy exercises with Ei

*Ei - pronounced as in I*

### Nurture and Gentleness

#### A1 Going out and coming in - moving through space

Perceive your centre. Slowly unfold and feel the space which you move through. And feel the space you are passing through on the way back.

*Video: Moon*

#### B1 A – E – I with the arms

Form the A, E and I so that you clearly experience the force of each sound in the whole body.

*Videos: Basic gesture of A, E and I*

#### C1 A-E-I in the legs

Form an A in the legs with sideways steps and wait until you clearly experience the structuring force of the sound in your legs and body. Experience it as if standing in a plane. Do the same with E and I.

#### D1 Perceive your supporting leg and the moving leg at the same time

Walk slowly forwards. Notice the peaceful strength and stillness in the supporting leg. Pay attention to your perceptions in the moving leg. Pay attention to the stability in the supporting leg and the smooth movement at the same time. How do your legs and feet feel now?

### Questions to deepen the Eurythmy exercises

#### A1 Going out and coming in. Unfolding your space from the centre.

- How do you experience the path of your hands into the widths? Do the hands slowly move out and take the upper arms along? Or do the upper arms start and take the hands along? How do you do it?
  - How does your center feel when your attention is focused on your arms and hands? Do you perceive it more strongly, less strongly or not at all?
  - How does your experience of your size and your uprightness change during the course of the exercise? How do your feet and legs feel when the arms go out and come in?

**B1 A – E – I with the arms**

- What force fields do you meet when creating A – E – I with the arms?  
Some people feel: fulfilled and carried by A  
protected and enfolded by E  
activated, strengthened and given impulses by I.
- How do you experience the three sounds? What do they bring about in you?  
The A  
The E  
The I
- Do you mainly concentrate on the arms or does the whole body join in? In the latter case, how does this come about? Do you move your body additionally, or even before or does it happen involuntarily?

**D1 Being aware of the supporting and moving leg simultaneously.**

- How do you focus on both legs simultaneously? From your head or from your heart?
- What effect does your attention have on your tempo?
- Do you become more or less stable?
- Do you become more awake, in moving forwards or backwards? In case you notice a difference, how do you explain it?
- Are you moved by this experience?

## Module 6: Eurythmy exercises with Au

*AU - pronounced as in Out*

### Overview and Creativity - Creating Space for Freedom

#### A1 Centered in the surrounding

Experience your surroundings as a circle. Bring the arms in from there to the centre, and from the centre back to the surrounding circle. (Repeat). In the centre also experience the surrounding circle. Arriving in the surroundings - experience your centre returning.

*Video: The small Au gesture*

#### B1 Streaming down with A. Streaming up with U

Bring the arms up, feel into the space behind and let them stream down. Bring the arms forward and stream up with them. (Repeat) In streaming down allow yourself to be carried from behind. Bring your arms forwards and let that bring your weight forwards. In streaming up deepen your connection to the ground.

*Videos: The A from above and Streaming up - streaming down*

#### C1 U in the body and A in the arms

Create an U going down through the body from the heart. Keep the feeling of U in the legs whilst opening the arms in an A. Take note of the in-streaming quality of A in the arms and the light-filled quality of U in the body.

#### D1 Yes and No

Let your left leg make a semicircle forwards, bring it back in a straight line. Let your right leg make a semicircle backwards. Bring it forward in a straight line. Repeat: Slowly roll the foot down Y/N- get inwardly bigger. Y/N- Stay centred and speak out heartily from your centre. Yes - No. Yes - No. Yes - No. Yes - No. Yes - No. Do the whole exercise one more time.

*Video: Yes and No Basics*

### Questions to deepen the Eurythmy exercises

#### A1 Center and periphery

- When inwardly imagining your surroundings, are there zones that are unclear or not present?
- Does the circle feel round and can you correct the zones where it isn't round? How do you do that?
- How do you manage to go in and out with the arms? Do they feel heavy or light? What causes them to become lighter or heavier?
- Do you have the feeling that you truly arrive in your heart or in your periphery? How does your breathing respond?

- How do you feel in arriving and waiting in the center? Where does the impulse to change direction come from?

### **B1 Streaming down with A and streaming up with U**

- Do you experience your back in streaming down? The cranium, the neck, the shoulder-blades, the spine, the kidney region, lower back, the sacrum, the coccyx?
- Do you manage to activate the thighs, calves and heels in streaming down? When does that start?
- How do you find the transition between streaming down and streaming up?  
Do you retain a resonance of streaming down in your body perception?  
Or do you let go and start anew?
- How does your weight come forwards?  
By moving it actively from the heels to the toes?  
By streaming forwards with the arms, which takes the weight along?  
By making yourself and your arms narrow and in so doing bring the weight forward?
- How do you support your arms in streaming up?  
By leaving the weight in front?  
By perceiving an up-stream from below which carries the arms?  
By allowing the arms to be pulled from above?  
By perceiving deep into the ground through the feet?  
Or something else?

### **C1 U in the torso and A in the arms**

- In sending the arms down from the heart – do you directly perceive from the heart into the hands? Or do you include the whole arm including the upper arm? How does this differ in your perception?
- Do you manage to create the U in streaming down with the hands and what do you experience in doing this? Do you notice an effect in your body perception? Does it straighten you or even stabilize you?
- Have you tried taking time in perceiving into the depths to allow yourself to perceive even more depth?
- How do you find the transition to A from there? When do you know that you've really created the A?

## Module 7: Eurythmy exercises with U

*U - pronounced as in Ulrich*

### Becoming one – transcending boundaries

#### A1 Streaming up and streaming down

Slowly stream up with the hands, feel how the counter-current deepens your connection to the earth. Stream down slowly and feel how the body becomes straightened and stretched as of a certain point.

*Video: Streaming up and streaming down*

#### B1 The I in U

Pull your body together and let the arms follow. Feel how this makes you thin and tall. Allow yourself to become straightened and filled with light.

*Video: The I in U*

#### C1 U from the left and right

Allow the spread arms to slowly stream together from the left and right, so that the hands merge and even the elbows come in. Experience this merging of left and right in the arms and in the whole body. Release the gesture carefully. Listen to the resonance. Repeat twice, doing each one a little lower.

*Video: U from left and right*

#### D1 U in the legs

Perceive your legs and allow the energies of the left and right sides to stream together.

Do this until a feeling comes about that the legs come closer together and that the feet rest firmly and solidly on the ground.

Notice how the stream from left and right in the legs affects the whole body. Take a step forwards and repeat the exercise.

#### E1 The lower system pulls forwards and supports you from within

Place the at shoulder width and slowly stream down from your centre into the region of the legs. Try to notice the slight suction that arises in the lower body and pulls it slightly forwards.

*Video: Hope U*

## Questions to deepen the Eurythmy exercises

### A1 Streaming up – streaming down

- In order to get a good connection to the ground you have to pay attention to the counter current. Do you manage to do this?
- Have you noticed what different types of tension in your hands have as an effect?
- What meaning does the slow tempo of the stream have for your ability to follow the movement consciously? Which tempo feels correct? When is it too fast? Can it also be too slow?
- Which circumstances allow your body to straighten up inwardly and outwardly?

### B1 The I in U

- How do you let your body contract? Do you start in the legs, the back or in the center?
- Do you manage to let the arms come along on their own? How do you do that? What do you pay attention to in the arms?
- Can you notice what your aura does during the exercise? Does it expand or contract?
  - Are both possible?
  - Do you experience above and below as being different?
- What does exercising do to your body? Does it feel enlightened and upright? Do you discover other qualities?

### C1 U from the left and right

- How much tonus and consciousness do you give into stretching the arms when streaming together?
- Do you exercise pressure on the palms to merge them or do you do this through the sensation?
- What happens when you consciously include the elbows? Does this strengthen the stretching or the merging? Do you become more centred?
- What meaning does letting go mindfully have for you? Can you find fine aftereffects of this in space or in yourself in the resonanc



## Module 8: The power of health

### The Power of Health

Being behind  
Being in front

My star above me  
My star below me  
My angel in me

Streaming up and streaming down  
Contracting and expanding  
Streaming in and streaming out  
And always the opposite simultaneously

#### BREATHING

Then it starts  
Then one is moved  
Astonishing  
Touching  
Liberating Encouraging  
  
This is  
Submerging  
and Emerging

*Text: Theodor Hundhammer*

### Questions to deepen the Eurythmy exercise

- How would you describe a meditative mood?
- In the exercise "The Power of Health", what significance is given to the movements, the repetitions and the listening to the resonance?

# Diary

## Module 1: Strengthening the power of memory

Day 1	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 2	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 3	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 4	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 5	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 6	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 7	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding

## Module 2: Developing inner security

Day 1	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 2	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 3	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 4	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 5	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 6	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 7	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding

### Module 3: Mobilizing your center

Day 1	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 2	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 3	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 4	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 5	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 6	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 7	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding

## Module 4a: Developing self-awareness

Day 1	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 2	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 3	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 4	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 5	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 6	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 7	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding

## Module 4b: Management of Change

Day 1	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 2	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 3	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 4	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 5	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 6	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 7	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding

## Module 5: Self-determined dealing with wishes

Day 1	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 2	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 3	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 4	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 5	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 6	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 7	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding

## Module 6: Developing certainty in decision making

Day 1	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 2	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 3	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 4	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 5	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 6	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 7	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding



## Module 7: Resting in yourself - Valuing others

Day 1	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 2	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 3	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 4	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 5	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 6	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 7	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding

## Module 8: Walking your own path – Mastering life

Day 1	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 2	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 3	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 4	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 5	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 6	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding
Day 7	Everyday exercise	didn't manage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	managed well
		seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
	Eurythmy	seldom	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	often
		difficult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	rewarding

## Continue practicing

In order for the exercises to develop their effect permanently, it is useful continue practicing and to repeat the program.

Reversing the order is also a meaningful and effective way to learn and increase the effectiveness (beginning with module 7 and ending with module 1).

For this purpose, on [www.eurythmy4you.com](http://www.eurythmy4you.com) we offer you an advanced **ABSR 2** course in reversed order with the original texts by Rudolf Steiner for each module and eurythmy exercises on an advanced level.

**We wish you every success on your way**

