

eurythmy4you

HSP

Personal growth through high sensitivity



Online-course

www.eurythmy4you.com

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Introduction to the online course

High sensitivity is our potential

The term high sensitivity is ascribed to people who are very sensitive and perceptive. It denotes an increased:

- Sensitivity in the interpersonal sphere
- Heightened sense activity even to the point of clairvoyance
- Sensitivity to electro-smog or substances in the sense of allergens
- The need to experience one's own actions (High Sensation Seekers)

Highly sensitive people are characterized by passion, creativity, thinking in larger contexts, a multi-faceted perception of complex relationships, accuracy, high body awareness, sense of style, empathy, selflessness, humor, a forward-looking consciousness and commitment to their beliefs.

On the other hand, their increased sensitivity and perception may cause stress symptoms that severely restrict daily life. Extensive literature, web links, self-help groups and therapy offers exist.



Renounce your sensitivity for the sake of a simpler life? Do you really want that? That would be like wishing to become more unaware so as not to have to face the world's problems. We would rather know how to solve them!

Sensitivity is something worth striving for! But we need:

- The possibility to process the experiences
- Protective mechanisms that reduce the intensity of the impressions, but not the information contained in them.
- Inner spaces in which we can look at our experiences in peace, understand them and then react to them.

When we achieve that, we can say:

High sensitivity is the future. And the highly sensitive are preparing it!

Structure of the course

There are many courses on High Sensitivity that will help you master your daily life, get to know yourself better and take your needs seriously.

The value of our course is the systematic structure of topics that are tailored to the layers of your personality.

Our personality is composed of numerous layers from which our various abilities are nurtured and nourished. These layers are mostly unknown to us; we notice them mainly when inexplicable personal or social disharmonies crop up or when some of these layers do not work together optimally. Bringing our internal resources into harmony again demands a

conscious effort on our part. If you know what is important, you can achieve this goal with fairly simple exercises.

We have built the course so that it proceeds step by step, successively addressing these different layers. The basis for this is both the eightfold path of the Buddha as taught 3000 years ago, and the Beatitudes of the Sermon on the Mount. These teachings address the structure and the multifaceted connection between mind and body in a similar way-- dividing it into eight or nine basic principles. Rudolf Steiner worked out the similarities between these two paths in the 20th century. The system and content of this course are based on these sources. We recommend that you take the course in the given order, week by week or during longer periods. However, if you'd rather work thematically and pick the order of topics according to what matters most to you, feel free to do so.



The exercises

The daily exercises presented in each module have a reflective, meditative content and are tailored to the topic of the week. Take time after each exercise to sense what aftereffects you perceive in your body and in your general condition. It reinforces the effect of these exercises when you consciously tell yourself, "I did the exercise!", after doing it.

The eurythmy exercises come from the courses "Vowels in Action" and correspond to the topics of the modules. They form the opposite pole to the daily exercises and only unfold their full potential in tandem with these.

With the eurythmy exercises, you make a foundation for your soul, strengthen your bodily perception and promote an inner dialogue. Your nerves become less raw and you gain access to your inner resources. The eurythmy exercises are also effective if you reflect on them during the day and do them in your imagination.

When do you experience that the exercises work best?

- If I do them daily at the same time.
- If I adapt the exercises to the circumstances of the day.
- If I practice them a few times a day.
- If I practice intensively once a day
- If I am not under pressure and/or prefer to do only a part of them.

The pictures

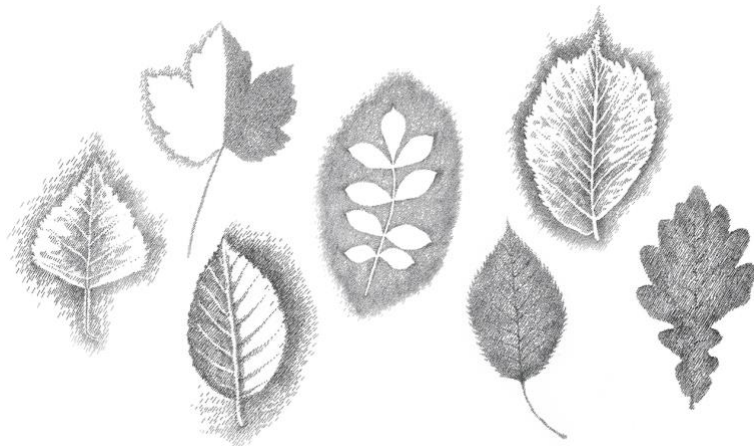
Mistletoe pictures

By observing the wonderful mistletoe images of Maria del Mar and Linus Schürch, you can tune in to the theme of the week. Take some time to perceive yourself, and then read the weekly text, our thoughts, suggestions & questions in peace.

We thank Maria del Mar and Linus Schürch for providing their valuable mistletoe pictures to complement this course. If you would like to invite them to an exhibition or to commission a work, you are welcome to contact them at mistel-wesen@bluewin.ch.

Hatched drawings

Oblique hatching is a black-and-white drawing technique developed in about 1917 by Assja Turgenieff in response to a suggestion by Rudolf Steiner. Using oblique hatching, forms are not created by outlines, but rather by the interplay of light and darkness.



Assja Turgenieff describes:

"The goal of an art of light and darkness set by Rudolf Steiner was: to reproduce the light not only in its sensory-perceptible effects, as it illuminates the objects from without, but above all in its translucence, The search for the light that shines from within – the "intense" effect of light - as he called it. One way of producing this is by diagonal hatching that separates light and shadow, or better, the light and gravity of the figurative, as formative forces in their own right. In this way the creative world of the secret laws of nature is revealed in the most eminent sense and a new route for the future development of art is opened. " (L. Turgenieff 1947)

Source: AnthroWiki

Vesna Zakonjšek

Vesna Zakonjšek has provided her wonderful drawings to accompany this course. If you would like to invite her to an exhibition or commission a work, you are welcome to contact us at Eurythmy4you.com

Vesna Zakonjšek works as a landscape architect at the Kozjansko Regional Park in eastern Slovenia. At the IDRIART FESTIVAL in Bled, 1990, she discovered anthroposophy. Later, on becoming ill, she was helped by anthroposophic medicine and art therapy. This inspired her to start studying art therapy at the Tobias School of Art at East Grinstead, England in 1995. In England, she met Bettina Müller, who encouraged her enthusiasm for black and white oblique hatched drawings, »šrek šrafur«. Through Susanne Reinhold, a music therapist, she met Christine Cologna, who runs the JOA Raphael - artistic-therapeutic-study-center in Thalgau near Salzburg.

Vesna has returned to the beautiful garden of the JOA Raphael every year in July since 2014, to draw the leaves of trees assigned to the planets. At home, Vesna gathers leaves in her garden and in the woods nearby and has also planted a herbarium to provide her with foliage to draw during winter and so create a collection of drawings of the leaves of different trees.

<u>Venus</u>	<u>Jupiter</u>	<u>Mercury</u>	<u>Mars</u>	<u>Moon</u>	<u>Sun</u>	<u>Saturn</u>
Birch	Maple	Elm	Oak	Cherry	Ash	Beech
Module 1	Module 2	Module 3	Module 4	Module 5	Module 6	Module 7

Week 1: Over-excitability

How your pictorial thinking may enrich your daily life and dissolve tensions.

Building foundations and creating space

Because other people often allow their memories to be shaped in retrospect by their personal circumstances, what you remember often does not match what others remember.

If everyone contradicts what you remember, this can shake your confidence in yourself and tear the ground away. When you feel this impossibility, it can help you to be tolerant and still like yourself.

Imagine that the abundance of your inner images and thoughts is like flowers in a large meadow. Inner images are not only an expression of what has been recorded from the outside, but also of inner depth, of inner strength.

In the future we will all train our ability to think in pictures as the basis of our ability of remembering. Everything becomes a great unity, the diversity finds its order. That's what it's about!

Your high ability to remember long past events and your strong visual memory are great strengths. This comes from your ability to think in pictures.

For you everything is permeated with life: the flowers, the sun, the bees, the wind, the scent. Can you feel that others cannot follow you there?

As you can think in a different way than many others, you unconsciously communicate on two different levels. Then you are misunderstood or you appear as a liar and face the choice of either withdrawing or arguing for your truth. But that cannot be solved by discussion. What are you doing then - arguing or withdrawing? Or?...

Can you feel your inner ground, surrender to it and feel how it carries all and brings everything forth? In talking to others can you retain your awareness of your inner grounding that accompanies you and organizes your thoughts? Can you manage to calmly express how your memories and thoughts live in you? That changes the mood in the room and between you and the others. Then it is a pleasure to exchange ideas with you.

On the other hand, traumatic experiences can lead to negative memories becoming present in full force as so-called "flash back memories". This can lead to incomprehension, irritation and attacks.

Make your pictorial thinking and its flexibility available to others! As a result, the others also feel something of the ground on which your thoughts are rooted. When you notice this, it gives you the opportunity to contribute differently and to give yourself free space. This helps the others to understand you and to communicate with you.

Make your pictorial thinking and its versatility available to others!

Meditation: The Elements

In this exercise you make contact with the four layers of your body. The inner harmony between the elements becomes richer and stable. With this exercise you build an inner base which helps you to react differently to influences from without.

- Solid, watery and airy qualities are present in stone, plant, animal and in the kingdoms of nature. They also live in you!
- Warmth is something more. It penetrates everything and brings about movement and change. It enables you to live in your body. To penetrate it and to unfold your will in the world.

Sit down and relax. You may lean back or sit without support, keeping your eyes open or closed. Take one to two minutes for each of the following stages. You may do it with or without the audio file of this lesson.

Earth: Inwardly go down through your whole body from the head to the feet. Feel how you feel the earth with the soles of your feet. Make contact with the earth.

Solid: Just relax. Let the holding against the heaviness release a little. Stay upright anyway. Try to feel the "solid" in you which gives support, form and stability. Feel the chair you are sitting on, your feet on the ground, your upright spine, your arms on your thighs. Can you feel your bones? The gravity that pulls on them? Can you "feel" something like a support inside?

Liquid: Go over to the sensation of the watery in your body. You can experience it like a fine tingling and pulsing. How do you feel it in your legs, in the body, in the head? Are there any places where there is more, where you feel less? Take time to let what you feel affect you.

Air: Now feel how in your organism the watery vibrating is aerated. Feel the breathing movement of the ribcage. Observe the lifting and lowering of the abdomen. Experience the dry streaming in the nose like something nursing you right into your lungs. Do you experience something airy in your legs and arms? In the head? Take time to notice this in peace.

Warmth: Do you feel how warmth permeates everything: in the legs, in the feet, in the arms, in the head, in the whole body? Sometimes warmer, sometimes less warm, but everywhere? How do you feel the warmth around your body? Enveloping, balancing, relaxing? Can you imagine how the warmth helps you to turn the body into a home for yourself.

Ending the meditation

Perceive all four qualities again at the end. The warmth, the air, the watery, the solid. And how they jointly interweave.

Take leave of them slowly, swallow once, move yourself, stretch. Look about the room. Feel yourself sitting on your chair.

Focus your attention on your body again and how you feel now.

Free interpretation of Rudolf Steiner

A: Forming soil, staying receptive and becoming grounded.

With the eurythmic A exercises (A pronounced as in Answer) you learn to remain open, become grounded and create a stable nourishing base for yourself.

A2a The right column leads forwards

Stand upright and perceive your right column. Activate a sensation in your head of walking forward and take your right leg along with it. Come back to the center and repeat the exercise. The head initiates the step.

A2b The left column leads backwards

Take a step backwards with your left leg and allow the head to follow. Come back to the center and repeat the exercise. The leg takes the head along.

B2 A with bent knees

Perceive your center. Place one foot to the right and the other to the left then stream down into the earth from the center of your heart. Bending the legs forward slightly, anchor your fingertips in the depths. Stretch the legs slowly without losing the anchorage. Experience the energy you gain from there.

C2 A streaming in

Form the A-gesture and ray through your arms so that you have the impression of reaching the circumference. Try to feel how nourishing forces stream into your body from all sides. Try doing this gesture in different directions.

Supportive Video: The basic gesture of A

D2 Shoulder blade parachute

Feel yourself getting bigger and bigger and allow the shoulders to be taken along. Then let the shoulders drop down whilst retaining their size and feel the streaming down from the shoulder blades.

E2 H from above to below

Send the arms high up again and wait there until you feel an answer coming from above. Take it up and stream down into the earth with this.

F2 H-A below

Become wide, lift the shoulders, and drop them. In taking up the in-streaming A, take note that the quality of the H is still palpable in A.

G2 A-H - H-A behind and below

We combine the A-H exercise with the H-A exercise. Take a step forward and repeat.

Questions to deepen the Eurythmy exercises

B2 Try to take the following into account when doing the “A with bent knees” exercise:

- Staying upright when bending the knees helps to connect to the earth with your heart.

- Relaxing your pelvis and diaphragm lets you sink deeper into your body, feeling deeper into the earth.
- Putting a little bit of tension in the arms and consciously straightening them helps you get the feeling of reaching further down.
- Putting the arms slightly backwards intensifies the uprightness of the body and the experience of its strength .
- Maintaining tension in the arms when coming up helps to keep contact with your anchor points in the ground.

C2 Which method do you use to experience the in-streaming quality of the A-Gesture and being brought back on your heels?

- In building the A-gesture, I first try to reach out with my arms as far as possible.
- Then I actively pull my arms slightly back towards my shoulder blades.
- When building up the A-gesture, I go forward on my toes. Then I try to feel an incoming stream in my arms and in my body which brings me back on my heels.

D2 In the «H with the shoulder blades» exercise:

- Do you manage to create a sensation of lightness and of becoming bigger just by carefully lifting the shoulder blades?
- Be aware that the following can help to achieve this:
 - support the feeling of becoming bigger by lifting the shoulders actively for a little while.
 - relax the body but remain very attentive in the shoulders
 - let your breath react to what you do with your shoulders
- Don't worry that:
 - the feeling of constantly getting bigger
 - letting go the shoulder blades
 - and relaxing the body

is in some way a contradiction and difficult to achieve. Stay relaxed! The effect is brought about by the attempt rather than by the physical completion of the movement.

G2 A-H towards the back” followed by “H-A downwards”

- Can you experience that the exercise “A-H towards the back” followed by “H-A downwards” is similar to the physiological process of memory building?
- Taking in an impression from the outside (A), forgetting it (H) and – when you need it (H) – remembering it again (A).

Week 2: Perfectionism

How your accuracy may be beneficial to yourself and others.

Development in community

Your accuracy and value orientation are important not only for you, but also for others and are a great strength. In order to avoid perfectionism or even burnout, you need generosity and gentleness, towards yourself and others! Let your loving eyes rest on yourself, accept yourself as you are and use the power of your heart. Listen to your inner voice and trust in what it tells you.

Now you can try to apply that to your environment without losing yourself. Cast your loving eye on what others do, perceive them, accept them as they are, but stay connected to the power of your heart.

If you take your gaze farther and use your sensitivity, could it be that your accuracy has a benefit when you look quietly at a group of people? Does this bring forth something new that was unpredictable and secretly living as potential in the community?

Are you still connected to the power of your heart? Do you still have your own needs in mind? Are you prepared to get your ideals and values moving? Are you still in contact with your inner values?

You can trust that even initial attempts in this direction are beneficial. Your empathic accuracy can become the basis for developmental growth.



Exercise: Take your time and relax

Observing your own rest and activity

Try to observe how you move back and forth between rest and activity. Do you manage to consciously deal with your needs for rest and activity, with your strength?

- What are the qualities of rest and activity for you?
- How do you experience peace in which you are comfortable?
- In which moments of activity are you doing well?
- What activities do you find difficult?

Go through the coming week with these questions. The following suggestions can help you:

1. If possible, listen to the video explaining the topic once a day and then let it linger in you for five minutes. What thoughts and what observations are associated with it?
2. Pause briefly several times a day and look back at your activity over the last hour or two. Try to discover activities that were easy for you and those that took more effort. Also see if that has changed during the execution. Was it suddenly easier at some point? Or did something that you did start out relaxed and suddenly become difficult?
3. Make a goal of relaxing every now and then.
 - a. Stop working for a moment and do a few relaxing movements with your shoulders.

- b. Every now and then, consciously take a short break that is not absolutely necessary, e.g. to have a glass of water or to look out the window.
 - c. Deliberately postpone an activity until the next day.
4. Take time in the evening to ask yourself which things you have done from this list and which you want to plan for tomorrow. Also ask yourself how often you have heard your inner voice and whether it has helped you to be generous and mild.

O: Harmony in abundance. Spaces full of light and warmth.

In the eurythmy exercises for O (O pronounced as A in All) we connect ourselves with our inner sources of warmth and light. We make inner spaces, build relationship, and create harmony in our body.

A2 Breathing with the arms

Gently bend the knees and bring the hands to the heart. Try to widen the arms by stretching the legs, and to bring the arms in by bending the legs. You can also try doing it the opposite way around and bring the arms in by stretching the legs and bring them out by relaxing the legs.

Video: Breathing with the arms Part 2

B2 Magnetic O

Allow the arms to hang down quite relaxed. Create an imaginary O from your heart. Allow the arms to fly up into this O as if drawn by a magnet. Fill the space created with empathy.

C2 O in the legs: Becoming big

Create the O with the legs. Try to perceive with your hands how a volume comes into being around your lower body.

D2 Walking O with O-Gesture

Create an O-gesture from the heart on a half circle going forwards. And again, on a half circle going backwards. In the course of time, you can have the experience that the gesture leads the movement of the legs.

Video: Walking O

E2 O with steps, (swan)

Create the O towards behind and below the heart. Intensify the consciousness in the shoulder blades and, by a pulsed strengthening of the tonus in the arms, intensify the pushing backwards in the step. Create the O in the middle and return to the starting point without the form getting smaller.

Questions to deepen the Eurythmy exercises

A2 What is the difference in the arm movement with or without the involvement of the legs?

- Do you notice a difference in the arms when moving the arms with or without the involvement of the legs? In which case do you experience the breath or the muscles in the chest region as being freer or more comfortable?
- What is the normal connection for you?
 - Straightening the thighs and extending the arms?
 - Straightening the thighs and retracting the arms?
 - Which feels more natural? Could you imagine the opposite becoming equally natural?
- Can you let the breath swing naturally, without binding it to the movement of the arms but nevertheless perceiving a connection between the movement of the arms and the breath?
- Can you extend and retract the arms with the energy in the thighs without physically bending and stretching them? Super, that was the whole aim!

B2 How do you manage doing the “Magnetic O”?

- I simply do it without thinking too much.
- I first imagine the O and then allow the arms to glide into it.
- I perceive the O as a type of tension that builds up in my whole body except in the arms and then let the arms go.
- I experience the preparation of the O particularly in the middle zone, in the chest.

What is the aftereffect?

- How does your breathing and focused awareness react?
- What is different in the resonance when you’ve slowly created the O from the heart?

C2 What helps to create an envelope around the body when doing the O with the legs?

- Do you notice that it has an effect on the sphere around you when you stay anchored in the feet? How would you describe this?
- Do you notice a great difference whether you lift and round the legs from below with the feet or whether you create and enlarge the rounding with the energy of the thighs?
- Try to vary the O in the legs with the help of the thighs until you notice a pleasant effect on your breath. What effect does this have on the forces that surround and penetrate you (your envelope) and on your stability?

Week 3:

Getting lost in your thoughts

How to make your wealth of ideas fruitful.

Discovering the power of the heart

To give your ideas power and radiance, you have to let them live in your heart. Your wealth of ideas gives you special abilities for the creative solution of problems. How can you develop ideas for which you can become really enthusiastic? And how can they develop a kind of radiance, to meet others and to become fruitful?

Because of your richness of ideas self-doubt can come and gnaw at you and rob you of your power to decide and act.

You feel torn and unable to control your life.

When your ideas cannot unfold their living forces, your inner radiance can turn into the opposite. You can feel paralysed, misunderstood and unappreciated.

Your ideas can awaken tensions and resistance or opposition in others. Try to meet that in a loving and benevolent manner. But remain faithful to the impulses in your heart.

How can you keep the memory of what you feel in your heart - your inner fire - alive? How can your enthusiasm stay buoyant, so that the people around you experience the warmth and liveliness of your commitment and can join in?

There are exercises that support and prepare this: Turning mentally reversing the order of the memories of experiences or thoughts around in thought. We explain below how it works and why it helps.

Feel what ideas really have to do with you, enthuse yourself for them and stay true to them!



Exercise: Thinking backwards

The next three exercises for thinking in reversed order have the following aim: to support your wonderful wealth of ideas so that they find their direction, so that your goals become realistic and that you can achieve them. If possible, always choose the same place and time for practicing.

1. Thinking texts backwards

Find a longer poem, saying, or meditation text that you like and that means something. Read the first sentence or part of it aloud, then say it backwards, word for word, without looking at the text. Do this repeatedly until you succeed in this part. Then take the next section. Maybe you will get to the end of the text, otherwise stop after 10 minutes. The next day you do the same thing again, but maybe you dare to do it with longer sections.

The effectiveness of the exercises does not come from memorising, but from thinking in the opposite direction and from the fact that speaking is accompanied by inner participation. Over time, you can increase the length of the sections. If at some point you know the whole text, do not switch to another, but stick with it and try to get more and more calm and intimate with

speaking backwards. This forms the organs in you that bring calm, intimacy and overview into your activities in everyday life.

2. Imagine everyday situations backwards

It is also good to visualise everyday situations, that you feel addressed and affected by, backwards, without delving into them emotionally. You will notice that this releases tensions and that intensifies experiences. For example, during your lunch break or on the train, take five minutes to think an event backwards:

- a conversation with a friend. What arguments were made for a subject and how did they succeed one another? But in reverse order!
- a meeting at the company. In which order did who say what?

The more you choose topics that are emotionally close to you, the more you can achieve by thinking them backwards. This forms an inner order that allows you a natural presence and gives you security and effectiveness in your actions.

3. Look back on an event

At the end of the week, look back on different experiences and encounters. Choose one of them and try to bring it to your mind again. What did you experience there? Is there anything that still concerns you today? Who played an important role for you and why? What were positive and strengthening experiences? What was perhaps difficult, what did you stand up for, or would you like to have done so? With this exercise you can gradually recognise what you are standing up for in the world.

I: A happy heart. Becoming centered and mobile.

In the eurythmy exercises for I (I pronounced as in It) we practice experiencing our “happy heart” and do exercises which strengthen our balance as well as our spine and in so doing, our ability to stay centered and mobile simultaneously.

A2 Threefold walking

Walk forwards slowly, thereby placing the toes on the ground first and then slowly rolling down the rest of the foot. Sense into the earth from the heart through the soles of the feet.

Video: Threefold walking

B2 Going out and returning

Accompany the happiness raying from the heart with walking forwards and return to yourself by walking backwards

C2 I in the legs

Center yourself in your middle and ray down from your heart into your leg and foot. Take a step and repeat the exercise with the other foot. Stay so centred that raying through the leg doesn't make you skew but rather straightens you up.

Video: Video: Walking with I

D2 I with rhythm

Create the I gesture with four rhythmic steps. First to the front and then returning back. Pay attention that you move the arms smoothly and regularly despite the rhythm in the legs.

Video: Walking with I

E2 Gaining strength by letting go

Try to stream down and let go so effortlessly that a stream of strength from below comes about that straightens you from within and strengthens the heart.

IN LETTING GO - I GAIN - STRENGTH

Questions to deepen the Eurythmy exercises

B2 What to pay attention to in “happily raying out” on the path forward and backwards.

- In raying out from the heart pay attention to your breath. Let it happen freely whilst the arms expand.
- Try retaining the happy heart whilst walking backwards and bringing the arms in.
- Can you notice that despite withdrawing the arms and returning to your center, your chest feels expanded?

C2 What effects do you notice when doing I with the legs?

- With which leg is it easier for you? Where can you retain your balance better?
- Did you notice whether you involuntarily lean back to counterbalance the weight on the leg? What do you do to prevent this and what effect does it have?
- How do you experience your legs and feet after the exercise? Are they more present, alive or how would you describe them?
- In the exercise we do the “I” with alternating legs. Do you notice a difference between the right and left side of your body after the exercise? If so, how would you describe it?

E2 Gaining strength by letting go. Could you experience that?

- How do you experience the exercise? Can you relate to it or is it too strange?
- Countercurrents can arise simultaneously or consecutively. What do you do to let the streaming up only take place once you’ve let go? How much time do you take for this? Has it also happened that no countercurrent came about?
- Why do we actually let go in this exercise?
- Have you noticed that it is more or less successful and how letting go can influence the streaming up?
- What do you notice in the pause after doing the exercise a couple of times? How do you feel afterwards? How does your heart respond? How does your soul respond? Do you perhaps feel lighter or warmer? What do you experience?

Week 4: Boundary problems

How your empathy becomes a sturdy bridge.

My I, open and centered.

Your capacity for empathy, especially in contact with others, is a great strength. It belongs to you and gives your life meaning and abundance. But it can also lead to excessive compassion, to boundary problems and exhaustion.

You meet many people. Through your conscious or unconscious interests, you can experience what is happening in the other and how he or she experiences the world. You can feel that as if you were merging into people or things.

Through your empathy, the experience of the other can mix with your personal feelings. This easily leads to interpreting your own condition in the other's. But it may also be that you pick up something from the other that you cannot digest.

- Do you notice what you have taken in and brought over from the other?
- Can you distinguish it from your own and keep it away from you? Or are you devoured by the impressions?



To get along in a better way with these questions, we propose three exercises. We believe that this process can help you to build an inner balance. So in future situations you can feel interest, attention, and empathy for the other person and still remain centered in yourself.

Give yourself time! And first move everything in your heart.

Exercise: Shelter and perseverance

Coping with pressing situations

When you have an intense encounter, immediately try what happens if you vigorously distance yourself. For example, by leaving the room for a moment or by distancing yourself internally. Breathe as deeply as possible and concentrate fully on your body:

What do you perceive? Where do you feel warm or cold? Where do cramps appear? What is your breath doing? Then consciously stand on your feet and feel the earth beneath them. What is happening in your midst? Then take an imaginary walk from the heart through your body and legs down to the feet and a little way into the earth. Then consciously experience your uprightness. Can you feel, that after a while your breath becomes liberated and that you feel better again?

If you do it repeatedly, this exercise creates a more relaxed relationship with what you are experiencing.

Dealing with chaos, pain or rejection.

You do this exercise from a greater distance. It helps you digest chaos, pain or rejection which you have experienced. Take your time once a day to create an inner space in which you can calmly look back at difficult impressions and how they affected you. As an exercise for this week, it helps if the impressions did not happen too long ago and the memory is therefore still relatively precise.

- What was it actually about?
- WHO wanted WHAT?
- What thoughts and moods did you bring in?
- Did you have enough time to give space for the encounter?
- Do you notice sensitivities of your soul and what judgments have you attached to them?
- Did a question meet you, or should you have asked a question?
- How did you deal with distance and intimacy?
- Would it have needed more care?
- Was it possible to develop a balanced give and take?

How does the experience appear after this reflection? And how do you feel after doing it?

Protective meditation

A protective meditation is helpful to ward off negative influences from the outside by strengthening the envelope of your aura. An example is imagining that you feel surrounded by a blue aura that rejects negative forces. The effect may be strengthened by a meditative verse for protection against the outside:

The outer sphere of my aura condenses.
It surrounds me as an impenetrable vessel
against all impure, unfair thoughts and feelings.
It opens only to divine wisdom.

Meditation by R. Steiner GA 268 (Transl: A. Waldmann)

E: Establishing relationship, encounter, awakening

In the eurythmy exercises with E (pronounced as in Get) you learn to feel yourself and to establish relationships between what you encounter and your own inner being. You develop inner strength and become aware of it.

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 to your hips facing forward and to 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 to your hips facing forward and to 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. Focus attention on the heart expanding 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 its right foot and, by strengthening the experience of the right column, draw the left foot to the right foot at the corner. Starting with the left foot, take three steps to the left arm of the pentagram and, by strengthening the left column, draw the right foot up to the left at the corner. 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

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 does your inner movement lead the arms?
- 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 and so consciously feel their meeting or does each stay with itself?
- Have you tried doing it 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 tempo of the arms when you pay attention to the creation of a balanced dialogue and meeting between what the E brings from without and what the heart answers. Can one move too fast? Can one move too slowly?
- How do you fill the space--or widths from which you bring the arms in--with content? Do you fill it with preconceptions or is it enough to feel into it in a mindful manner and notice that content is there when you direct your attention to it?
- Can you describe what you feel during and after the exercise?

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,
 That my love, my love is 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 (Translation: Adele Waldmann)

Quiet week: Take a break

So that you may start afresh next week

Do not practice! Pause!

How do you feel after practicing the first four modules? What experiences have you had?

In each eightfold process it is normal that moments of crises arise in the third or fourth stage (blockages, tiredness, listlessness, frustration). Have you also noticed this?

You have arrived in the middle of a process and at this point conditions change. Now you need new priorities and a different way of dealing with the subject. The question arises: How do I want to go on?

Take at least a week's break to relax and then decide anew.

Really try to stick to your pause. During these days repeatedly think "I am free!" Use the time to check your former decision for the course. Come to a new decision:

- Do you wish to stop?
- Do you want to continue?
- Or would you prefer to repeat the previous four weeks?

Ask yourself these questions every day e.g. before going to sleep.

Really let go, don't put any pressure on yourself and don't have any expectations of yourself. Then you become inwardly open and mobile. A free space arises. Continuously feel what impulses arise. What does your inner voice say?

Then decide anew. You make the decision. Deciding will create light and freedom in your soul.

You don't have to justify your decision! Simply answer the question through your deed. In either continuing or stopping.

Listen to your inner voice

Take a whole week's time for this process. Relax and calmly look at what arises.

Wait and read the next section in three or four days.





What is the issue in the coming weeks?

While doing and trying out the exercises in the weeks to come, try to look for the inner free space that you have established, cared for, and nourished during the quiet week. Repeatedly call the feeling of this space to mind. By doing so you perceive yourself on a different level. This becomes increasingly important and essential in the coming weeks.

Until now your focusing, central ego has been predominant. Now, in addition to that, you have to look for your peripheral “I“ which lives in the circumference. That means not planning what to do or what to practice so much but rather to allow the new or unexpected. Can you be inspired by the feedback from your surroundings? Can you playfully deal with what you intended and what became of it? Can you increasingly experience the subtle being that is starting to grow within yourself?

Being a child again, playful and relaxed.

Say **yes** to what you do and what you don't do. Say **yes** to failure. **Yes** to success. Can you enjoy yourself like a child and grow from that joy?

Discover where fruits and skills ripen in the stillness of withering. Do you also manage this in areas where you have the feeling that you are a failure?

That would be wonderful!

Week 5:

Overflowing emotionality

How you can contribute your depth of feeling for the good of the whole.

The power of compassion

Your great power of feeling is accompanied by an intense, deep emotionality, in experiencing both positive and negative emotions.

In order not to fall prey to your strong feelings and possibly even develop psychosomatic symptoms, you need a high degree of self-management and mindfulness.

As unlikely as this may sound to you: with the exercise that we suggest below, you will develop skills that will help you here. You learn to deal with your emotional storms step by step. They can no longer carry you away and that makes you freer. Trust in yourself grows and you can also approach others more openly.

Because you can then draw even more from the depths of your feelings, a give and take arises that gives you and others joy. You become aware that there is actually a longing behind your emotions: a longing for the good.

You can sense the meaning of what you encounter. From a calm point of view you gain an overview and can perceive yourself. You become more relaxed and your subtle sensations have a beneficial effect. And others will notice and appreciate that.



Balance your strong feelings with inner peace! Then you become supportive and balancing.

Exercise: Compassion

How do I experience compassion?

Compassion is a central human force. Here you face the challenge of stepping out of your personality without getting lost. Compassion in joy and sadness makes the soul grow and ripen.

Look for situations in your everyday life in which you can observe compassion. For example, when two people work well together. Or when it is noticed in the neighborhood that someone needs support. You can also see compassion when children help each other to study.

Try to find out what makes you experience compassion. How do you realize that it is compassion? What mood do you perceive as a result of this impression?

How do you experience yourself when you remember this later? Do you feel your own depths more as a result of this?

Do try this exercise daily for some time. If you practice this observation regularly, it will help you to perceive yourself more consciously and to stay within yourself in emotional situations.

Observing yourself in contact with others

As a second exercise, we suggest observing yourself in contact with others.

Realize what makes you feel compassionate. Are the occasions more happy or sad? How do you feel then? How far can you stay with yourself in these situations? Can you keep your inner peace and calmly deal with the emerging emotions? And can you let go in good time before you lose yourself too deeply in the proceedings?

Ei: Affection and gentleness. Strength rests in silence.

With the eurythmic EI exercises (EI pronounced as in I) you learn to perceive yourself and become mindfully present. You give and receive nurturing and gently awaken your inner strength to grow.

A2 Coming in from the periphery, Seed formation

Feel into the surroundings. Slowly stream in from the periphery. The hands mirror this process and form two hollows which you can feel from within. Repeat the process and arrive at a deeper layer of yourself each time.

B2 Connecting A – E – I to AI

In streaming down on the left and right, experience the quality of the A in crossing the quality of the E and, in continuing further down and up, that of I.

Videos: Basic gesture of I & The A from above

C2 Sympathy - Antipathy, expressed through legs and body

Stand on your left leg. The right foot can move freely. Very, very slowly stroke the floor forward with the right foot without putting weight on it. Come back to the center very, very slowly. Stand relaxed on both feet and wait until both legs feel equal again. Now do the same stroking backwards and returning. Stand relaxed on both feet and wait until both legs feel equal again. Repeat the exercise.

Videos: Sympathy & Antipathy Part 1

Questions to deepen the Eurythmy exercises

A2 Streaming in from the periphery - Seed formation

- When testing the surroundings in the space between the back and front
 - Do you experience a space or a surface?
 - Do you experience it with your body or with your soul?
 - Do you experience it as light-filled, warm & wide or which qualities do you experience? Is it the same every day?
- Can you pay attention to the following when practicing:
 - The movement in the arms when going out, turning and returning.
 - You are in the surrounding space from the beginning and make contact to it with the hands.
 - The most important part of the exercise consists of coming in and arriving.
 - What do you do with your body that enables you to have the feeling of bringing something along when coming in?

- Do you manage to perceive into the inner space in your hands?
 - Do you notice that you unwittingly feel a roundness when feeling into the hands?
 - What do you do to avoid this?
 - How does this affect your inner calm?

B2 Connecting A-E-I to AI

- In forming the three sounds A-E-I you are active with three very different types of movement which could be described as: Receiving – Crossing – Stretching.
 - How strongly do you experience these qualities inwardly when doing the movement?
 - Can you experience these qualities individually?
 - ... and the continuous process simultaneously?
- Is the quality of receiving from the start still present when stretching? If so, in what way?
- How do you experience the movement changes? Do you do them dreamily or do you have a strong perception?
- What do you notice when paying attention to the force fields in the body? When does which region feel addressed?
- When do countercurrents arise? Does a feeling of enlivening result? How does your breathing react?
- When paying attention to the resonance after practicing, are there feelings, thoughts, images or other after effects?

C2 A-E-I in the arms and legs

- How does it feel doing a sound-gesture with the arms and legs simultaneously? Do they complement one another?
- Can you describe the structuring force of the A, the E and the I in the legs, as you experience it?
- What experiences do you have when you try to avoid guiding the legs with the arms but rather guide the arms with the force of the legs? Do you manage this just as well?
- With your legs, you are connected to the space below. The arms may unfold themselves in different zones and make gestures below, in the middle, and above. How does this influence the interplay of legs and arms? Have you experimented with this?

Week 6: Indecision and worrying

Find out what it's really about.

Truth as a source of strength

Your thinking is connected and creative but also filled with caution and circumspection. This is a great strength.

The downside is that it may lead to pondering or you have a hard time finding a decision.

Although you can think so well and also advise others, you find the right solutions for yourself with great difficulty. This can become an inner source of distress.

In order to escape from this misery, you sometimes feel the need to blame others. Or cover-up your need with shopping, chocolate, cigarettes...

In such situations you have fallen out of the flow of life.

You go through emotional torments: frustrated rebellion, emotional blockages or stagnation in your soul.

How far do you hold onto what you want to change or what is difficult for you? Can you also experience joy and happiness, even if not everything is solved?

You will probably be surprised when we propose that this week you spend time to discover and explore the voice of conscience. This opens up the possibility for you to let your inner voice advise you more and more over time. Then you can surrender yourself to a decision despite its risks, and still not lose yourself. You act and you are with yourself. In this way you can better accept and cope with what comes your way.



Find out what it's all about! What does your inner voice say?

Exercise: Conscience

Discovering conscience

Conscience, the voice of your heart, has two sides in which it shows itself. On the one hand, it looks back and appears as shame for past actions that emerge from memory and that you feel are wrong.

But conscience can also look ahead to future decisions. In this way, it helps you to sense how an action affects your environment. Then you can honestly decide with inner certainty.

In this exercise, we are primarily concerned with this second aspect of conscience:

Explore your inner voice

Try to observe everyday decisions to see if you can discover the voice of your heart. Do you notice moments of your inner voice speaking when you make a decision? How do you experience such moments?

- Ask yourself if that inner voice followed conventions, fears, or speculative motives. Or do you have moments when you experience it differently, more deeply, more personally? How is that then?

- Are there moments when you feel inside that: "Maybe I shouldn't say that now, or say that right now?" Then did you follow that voice? And if yes or no, how do you judge it in retrospect?
- During a break, on the train, ask yourself: Where have I unconsciously followed my inner voice in the last three or four hours?

Have such moments of reflection several times a day and look back on them a second time in the evening.

Discover conscience in the decisions and actions of others

In conversations with others, try to observe what the motives are when someone says something.

- For example, watch children. What leads them in their actions and decisions? Do you notice moments when they act regardfully?
- How does your inner feeling react when you observe conscience in others? Once right in the situation, and then a few hours later when you look back on it.

In the evening, look back on these experiences in peace.

Au: Overview and creativity - Creating space for freedom

With the eurythmic AU exercises (AU pronounced as Ou in Out) we concern ourselves with the themes of overview and creativity. You feel the relationship between your center and the periphery. A space of freedom is created.

A2 Circle and center point

Imagine a circle lying in front of you. Imagine its center. Walk along the circumference facing front and keep the connection to the center in your body consciousness.

B2 Backwards by streaming down with A and forwards by streaming up with U

Feel your back. Stream down with your arms in such a manner that the legs are motivated to walk backwards. Feel your body, stream up in such a manner that the legs are motivated to walk forwards.

Videos: The upper system moves backwards and the lower system moves forwards

C2 From A to U: the big AU gesture

In creating A above the head, imagine that the arms contain many rays of light in the space between them. Keep the angle of A in the upper arms and gather the rays with the other lower arm so that all rays are parallel. Which arm now rays inwards and which outwards? Repeat the exercise on the other side and then below.

Video: The big gesture for Au

D2 Short - short - long - YES. Short - short - long - NO

Coming forward with your right leg. Start a short - short - long – semicircle rhythm. Close the feet. With your left leg do the same backwards, short - short - long – semicircle. Close the feet. Create a calm transition from the long step to the semicircle. Short - short - long – Yes. Short - short - long – No.

Questions to deepen the Eurythmy exercises**A2 What do you experience when walking a circle facing front whilst keeping its center in consciousness?**

- Do you manage to establish a connection to the center so that you first experience your chest, then your side, your back etc.?
- Can you remain upright or do you have a stronger experience when inclining yourself towards the center? What difference does this make to your ability to remain centered in yourself?
- Do you rather walk left or right?
- Is one direction more fluid than the other? Do other people experience the same?

C2 From A to U – The big AU

- When creating the big AU, how do you find the raying in and out simultaneously?
 - Do you notice a strong stream flowing in and out between the arms when you've created the AU?
 - Do you notice that this requires the tension in the arms in order to become palpable?
- How do you connect yourself with the space in front and behind when creating the AU above or below?
- Does your body respond particularly positively to one of the AU directions? Perhaps even feeling enlivened?

D2 Short – Short - Long - Yes! Short – Short – Long – No!

- Do you manage to give the long step so much impetus that the bend of the other leg arises as if quite by itself? How does this influence your center?
- The rhythm Short – Short – Long – Long has a pulse which would like to swing you further. What do you do to create the Yes and No experience despite this?
- Do you notice that walking the rhythm encourages your chest to accompany the movement freely and quite relaxed? Do you notice this effect in the resonance as well?
- You can simply repeat the Short – Short – Long – Yes! sequence several times going forwards or the Short – Short – Long – No! sequence several times going backwards? How does that feel?

Week 7: Overstimulation

Make your perceptive gift a strength

The world's abundance

Your gift of perception enables you to be more alert. On the other hand, your openness can also lead to overstimulation with accompanying restlessness and exhaustion.

How do you manage to handle your great perceptual talent in such a way that you don't have to close yourself off, but can experience the world in all its sensual fullness?

Compared to what surrounds you, your experiences only take up a small part. Despite the multitude of things that beset you, that is actually still little. When you notice this, you can try to use your sense organs more consciously. Then you learn to perceive your environment in a deeper, not pressing, but liberating way. You start to feel at home in your surroundings. The key to this is astonishment. It is a mental activity that leads out of the passivity of the senses. It helps you to consciously use your ability to perceive from within, instead of being controlled by external impressions.

With astonishment, the depth of the world will open up to you more and more. And you will find the stimuli surrounding you, less and less oppressive.

Open up to the world around and in yourself in all its fullness!



Exercise: Astonishment

Where do I experience astonishment?

Astonishment helps you to connect your soul completely with the appearances of the world. You can practice this particularly on the little details of everyday life in your immediate vicinity. This strengthens your inner confidence in dealing with external impressions. You will discover amazing things everywhere if you look around with keen interest.

Take a few minutes a day to do the following.

Find a specific object or something else that you like.

1. Perceiving:

What do you notice in particular? What is it that catches your eye?

First consider, which senses are especially addressed.

You can plan to pay attention to specific senses while practicing. For instance concentrate on: what do you see, hear, smell? How does it taste, etc. Are there any sensations of warmth or cold?

Experiment with the focused and the peripheral gaze. What do you discover? What connects you more to the brain, what more to the heart?

2. Feeling:

How is your feeling addressed?

Are there any stimuli for your fantasy? What associations arise? Allow this, but be careful to maintain your connection with the observed and with your body at the same time. Set yourself a limit in the flood of images.

Again and again turn to the being with which you have connected yourself for exercise. Ask it questions and listen for the answers. Don't expect great insights in the beginning. Be careful that your interest and your devotion is true.

3. Summarize

In a further step, your will, your power of concentration, is asked for. Now it is required to form an essence. Summarize the whole process of your exercise in one word or sentence.

4. Listening

Then look for your inner tranquillity. Do you discover the afterimage, the echo? Deepen your listening! Do not give up immediately, when disturbing thoughts or moods arise, let them go calmly.

Seemingly insignificant objects of everyday life, as well as smaller or greater beings in nature, will begin to tell you the most amazing stories. You will be astonished what can arise. This may cause joy and pleasure. Do you notice how you feel increasingly connected and at home in your surroundings?

For example, when looking at a plant repeatedly: You can always perceive something new and admirable. The plant will show you more and more of its essence and its inner beauty can reveal deep principles of nature to you. Even accurately drawing a single leaf can bring you into connection with secrets of creation.

Or if you immerse yourself in the abundance of colors in the sky after sunset, or in the constantly changing figures of the clouds. Let your soul vibrate and create vivid pictures and stories but don't lose yourself in it. Be amazed about the wealth of your soul, discover yourself and grow from all of that.

U: Resting in oneself. Transcending boundaries.

The eurythmy exercises on the U (U pronounced as in Ursula) are about resting in yourself and discovering powers that help you to overcome limits. You will become more independent from external circumstances and from other people and you will strengthen your presence and charisma.

A2 Streaming in and streaming out

At the level of the heart, stream towards the chest with the hands so that you have the feeling that a stream goes through your chest to behind your back. Turn the hands and calmly stream forwards again. Pay attention to the counter current. While streaming in, it softly streams out. While streaming forwards, it softly streams towards you.

B2 The I in U above

Bring the arms up loosely. Pull your body together and feel into the arms so that they are carried along and also become straightened. Try to regulate the activity in your body so that the arms are carried practically weightlessly and can remain in this stretched position.

Video: I in U

C2 U from the left and right in seven zones

Slowly and mindfully create the U from left and right, streaming together above your head. Allow it to work for a while. Release the gesture slowly and mindfully, as if you would dilute and potentise a medicine. Allow the memory of the meeting of the two sides to resonate. Repeat this in six descending zones and perceive the varying effects on yourself in each zone.

Video: The U from the left and right

D2 U on the toes

Allow the energies of the left and right sides to stream together in the legs. Slowly rise onto the toes and descend even more slowly. Don't hesitate to use a chair or a wall as a support. Try to retain the feeling of streaming together in the legs even while they are fighting to retain their balance.

Video: Hope U

E2 The upper system pulls backwards and carries you from without

Place the legs at shoulder width and slowly stream down from your center into the region of the legs. Allow the body to be inclined slightly forwards by this. Let the arms stream up to a slight bow on the sides. Use your arms to listen to the space behind. Allow yourself to be pulled slightly backwards by this with an experience of both being carried and lightness--as if holding your own rainbow in your hands.

Video: Hope U

Questions to deepen the Eurythmy exercises**A2 Streaming in-Streaming out**

- Do you manage to open your shoulder blades in such a manner that you can perceive the stream towards the back?
 - Do you do this solely with the shoulder blades or does the chest also play a role?
 - Does the stream pass through the bones of the shoulder blades or do you perceive it around and behind them?
 - Can you follow the stream towards the back and remain fully present within yourself?
- How do you use your hands?
 - Do you quickly change direction to start the new direction?
 - Do you allow the hands to turn slowly, as if in outer space, by letting go in front?
 - Are the hands turning in front supported by a counter current?

- What happens when you allow yourself time for the change of direction?
- How do you experience the counter current in streaming forward and what effect does it have?
- What happens in listening to the resonance? Does a type of special awareness come about? How do you experience this?

B2 I in U – above the head

- When lifting the arms – do you stay relaxed? Do you notice where tension comes from, and can you let go of it?
- Do you manage to bring the arms up into the vertical solely by contracting the torso? Why do they stop there and not even closer together?
- What do you have to do to allow the arms to become weightless above? What happens to your legs and feet as a result?
- How does it feel standing between heaven and earth? Can you remain like that for a while without tiring?
- In carefully relaxing the body and allowing the arms to sink down can you experience an immediate effect? Do you experience the resonance as a deepening?

D2 U from the toes

- What brings about the streaming together in your legs? Do you inwardly concentrate on your legs; do you strongly hold onto a thought or do you hold onto an image in your consciousness?
- Does an intensive connection to the ground allow you to experience your size and upright position even more clearly?
- Does streaming together from the left and right in the legs create a feeling of calm and security? How does this feeling change when you very slowly rise and descend on the toes?
- How do you cope with unstable situations? Do they distract you or can you remain focused on the streaming together in the legs?
- When supporting yourself against a wall – does that help you to concentrate on the streaming together in the legs?

Week 8: Stop being a victim

How your high sensitivity becomes a gift despite resistance.

Your path

With your intuitive ability to sense much that is hidden from others, your gut feeling, you bring a piece of the future into the present for yourself and others.

Be aware that what you are feeling does not have to tune-in with the experiences and interpretations of others, and that some perceptions can easily deceive you.

A meditative deepening of your perceptiveness can help your high sensitivity (perceptiveness) become a high sensitivity that can feel, classify, and recognise much.

High sensitivity is a sacrifice. You carry many things that others do not. But that does not mean that you should become a victim of others yourself. Especially because you are helping to prepare the future and develop skills as well as strategies for it, others may feel disturbed. They may try to limit or even attack you.

Your particular sensitivity can be a blessing for you and others.

Don't hesitate to hold onto what you have inside and move on with it. Do not be deterred from making your skills available to others, even if this might lead to painful experiences.

Because skills can be used positively or negatively and can also be controlled from outside, it is important that you act in harmony with your heart. Be careful not to allow others to use, manipulate or take advantage of your abilities.

Which inner guidelines or mission statements do you maintain? What do you want to live on beyond yourself, even when you no longer exist? Consider how much you accomplish, even without knowing it.

You have everything you need. Learn to work for the good with your special sensitivity.



Exercise: The golden thread

What leads you in your life?

Become aware of the inner leading images that accompany you.

What is the basis of your actions?

What do you want to create that lives on after you, even if you do no longer live on earth?

Be aware that you cause many effects without even knowing it.

Ask yourself these questions over and over again. You may start by remembering what concerns and ideas were important to you 5 or 10 years ago. Are they the same as they are today? Notes can help, so that you can recall your ideas, thoughts, and goals at a later time. Particularly suitable for looking back or looking ahead are anniversaries or the seasons of the year.

Another possibility is to tell people you trust about your ideas or concerns and to ask them to participate, perceive, and support you in realizing them.

Meditation: Finding yourself in light

A meditative deepening of your perceptiveness, for example with the following verse, can help you to become more confident in your sensitivity. It is best done in the morning and in the evening.

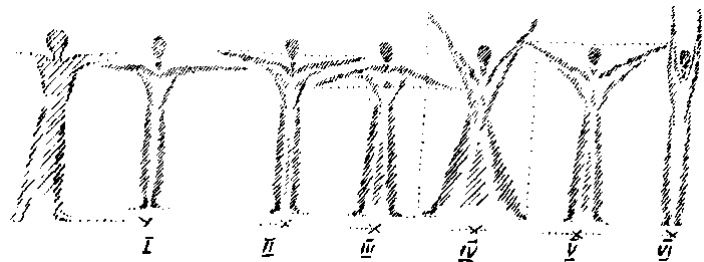
In the pure rays of light
The brilliant deity of the world appears
In pure love for all beings
Shines the divinity of my soul
I rest in the deity of the world
I will find myself
In the deity of the world.

R. Steiner, 1906, GA 268

Eurythmy: I think speech

I think speech,
I speak,
I have spoken,
I seek myself in the spirit,
I feel myself within myself,
I am on the way to the spirit to myself.

R. Steiner



The exercise "I think the speech" is a eurythmy exercise that harmonises the soul and that may also work therapeutically. If, because of high sensitivity, the soul is so disrupted that it expresses itself bodily in all sorts of metabolic weakness, this exercise is an excellent harmonising eurythmy therapy exercise. This is especially so when these gestures are done consecutively one after the other.

For this reason, we recommend that you perform the exercise as shown in the video: You feel the character behind you, almost as if an angel were to do it for you. Then you step back into this space and sensibly penetrate it with your gesture. Then the next character, etc.

The other variations shown in the video also have a soothing, harmonising effect.

Review

Every day

We encourage you to look back on your experience of practicing regularly at the end of the day.

Did you succeed or not in including eurythmy in daily life? Did you practice rarely or often?

Have you done eurythmy seldom or often? Was it troublesome or pleasing? Did it strengthen you?

At the end of the week

At the end of each week, take a few minutes to think about the following questions:

What links have I found between the topic of the week, the daily exercise, and the eurythmy exercises?

How have my feelings changed during the course of the week?



Contributors

Development: The psychiatrist Dr. med. Harald Haas¹ and Theodor Hundhammer² have jointly been giving courses for stress prevention since 2012 based on the lecture “Nervous conditions in our time” by Rudolf Steiner. Harald Haas discovered that the exercises given there are practical daily exercises corresponding to the exercises for the days of the week as given in the eightfold path of the Buddha. The corresponding eurythmy vowel exercises could be found through this connection. A lecture by Ulrike Hensel³ brought her differentiation of high sensitivity into seven basic themes to Harald Haas’ attention. This order has an astonishing correspondence to the exercises of the eightfold path and to the structure of our ABSR anti-stress course. The Beatitudes of the Sermon on the Mount similarly describe future aspects of mankind and follow a course of development similar to that indicated in the eightfold path. These congruences led to the idea for the structure and content of this HSP course. It covers the eight stages of challenge that come about as the result of heightened perceptive ability that has its origin in hyper-consciousness.

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Our HSP courses as well as many other online courses may be found at



www.eurythmy4you.com

¹ Courses for self-development by H. Haas und T. Hundhammer auf www.achstamwerden.ch

² Eurythmy therapy by Theodor Hundhammer: www.bewegteworte.ch

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