

## My way to eurythmy therapy

Because I attended 3 Waldorf schools as a child, I have known eurythmy and also eurythmy therapy since I was a small child.

In my studies of anthroposophy, it has always led me to the point where I realized: Here, if I want to go into practical work, only a true understanding of the cosmic forces working in and around us will bring me further. And I have sought the way to an experiential understanding of these forces.

I found this way for me in eurythmy, and so for 6 years, while I accompanied my two small children, I have carried the desire to study eurythmy therapy.

After the birth of my son, I attended once a week a school of alternative medicine. There I acquired the medical knowledge about the human being, which is an important prerequisite for a therapy profession, and thus prepared myself for eurythmy therapy studies. In 2020 my son started kindergarten and I began the new course of eurythmy therapy training in Dornach.

This course is something special for me, because on the one hand the teachers place great value on the basic elements of eurythmy, also in the artistic design, and on the other hand they are very attentive to the fact that eurythmy study means a transformation process for us students and accompany this very alertly and sensitively.

For me, this course of study is exactly the right place because I experience that here eurythmy is taken very seriously and loved in its spiritual origin and thus also in its comprehensive effect.

Eurythmy is for me for the future almost from no area of human life to think away whether in seed breeding, medicine production, agriculture, pedagogy, therapy, etc.

Since it creates, if we humans manage to seize it correctly, out of the spirit, it also makes us independent of material resources and helps to improve the resources we have and keep them sustainable.

My greatest wish is to grasp eurythmy in such a way that I can contribute my part to it.