

# A student's review of the first five weeks of eurythmy therapy training 2018-20

*"No living thing is one,  
It is always a many"  
from "Epirrhema" by J.W. von Goethe.*

When I think back to the first HE course block, the following sounds in my soul as an echo: gratitude, joy and humility towards me. It was five intense, exciting weeks. In terms of feeling, it has been like a year: We were able to discover so many new things in the familiar, we were able to learn so many new things!

From the very first lesson, you could feel the special atmosphere that accompanied us through the weeks. One entered into another space.

The power of the Word, the Logos, stood in the center of our circle: "Not I, but He through me is He who heals". This serious mood full of devotion and humility was felt in every hour. Only through the basic elements of eurythmy, and later through the eurythmy exercises, could one intensely experience how the space changed anew each time; how with each week the other forces could be felt more and more through the teacher and the fellow students.

From the first to the last week I was deeply touched by the selflessness and seriousness with which the eurythmy and the specialized lessons were organized. One forgot the time. After each lesson I went home grateful and full of new experiences.

The Goetheanum tour with Kaspar Zett during the first week was touching. What I was able to experience there has great significance for my eurythmy work. The Goetheanum, as a house of the Word, was opened up for us in all its dimensions. The continuation and deepening of what we perceived happened through further introductions to, among other things, cultural epochs, architecture of the first and second Goetheanum, which was also deepened and moved eurythmically. Just as Rudolf Steiner said, "Building and eurythmic movement should grow into a whole," the connection between the Goetheanum and eurythmy as a healing art could be experienced.

The secrets, to which J. W. von Goethe refers in his Epirrhema, we were allowed to explore in a wonderful way with Mr. Jaggi in the garden of Weleda. Through the observation of plants we came to the structure of the human organism; through numerous examples from the world of metals, through alchemical principles or examples from antiquity and through numerous fairy tale pictures we dealt with the questions: What is the human being, what is the remedy, the disease, the life processes, the laryngeal metamorphosis? What does it mean to perceive? After every hour I got even more questions than answers. But it was this that gave me new strength, interest and enthusiasm in front of the new riddles. It stimulated to further self-deepening. Not by tables and given terms, but by a colorful palette, full of insights, he gave us a lively basis, with which we can freely and independently train ourselves further.

Thanks to Dr. Angelika Daniel and later during sculpting with Christian Breme, we immersed ourselves in the creation processes of embryology. Thanks to fertilization, through which two original principles (seed and egg) unite, something higher can form - a space into which the spiritual can work. The processes which the germ goes through in its embryonic development were opened up for me in a new way. In particular, these processes of formation of the embryo, as well as the metamorphosis of the larynx - "a second human being in us" - were visible and tangible during sculpting.

The connection between the eurythmy lessons and the disciplines was especially helpful. What we had moved and practiced eurythmically was deepened and further developed in the next hours thanks to doctors/guest lecturers or vice versa.

For example, the wonderful lessons with Dr. Bettina Böhringer and Dr. Insa Sikken, in which the human being was not only considered according to individual organs, bones and diseases, but as the "interplay" of the members of the being, as body, soul and spirit. Each great vowel exercise and later the consonant exercises were related to the corresponding indications for this or that disease.

One felt the experience of the doctors in the use of eurythmy therapy.

And then, - the heart as an organ of the future, - as a cognition organ for spiritual, which can be effectively creative until in our will. Suddenly, spiritual backgrounds were also discovered in heart diseases. The old familiar, such as blood, appeared from a completely different side and took on a new meaning.

Thanks to Dr. Bettina Böhringer and Dr. Insa Sikken, we also came into contact with the digestive system. With all the movements and processes that take place there every minute, another big, mysterious world was opened up for us.

The wonderful eurythmy therapy lessons with Kaspar Zett and Beate von Plato revealed the healing effect of eurythmy. I could immediately feel the effect of the learned eurythmy exercises in my own body. Thanks to them I was able to experience again that eurythmy is a training path. For example, in the methodical steps for building up an eurythmy therapy exercise, one could immediately feel that there is a deep anthroposophical knowledge behind it, a training path that wants to be redesigned each time.

Equally important and inspiring for me were the hours in which we looked at the eurythmy figures, worked on Rudolf Steiner's lectures or did the weekly reviews.

Not only what the lecturers brought us, but how - taught us a lot.

Evgenija Naumenko (short version)