

2021—Colourful variety of eurythmy therapy

Birthday wishes from Wilburg Keller Roth

What I wish for eurythmy therapy in its second century and what I am working for is a return to its basic elements that I see as the key to profound spiritual understanding of the human being; for anthroposophic doctors worldwide to connect with this ground breaking method in such a way that they learn to see and understand human health and illness in a new and different way from a living perspective; that in training and in daily therapeutic practice the eurythmy forms and sequences of movement are understood as the most natural expression of the human being and come to the fore, so that we all become ever truer and therefore ever healthier in our humanity and thus also ever more what we can be with unrestricted development.

I wish for an honest and unsentimental understanding of eurythmy therapy in the direct grasping of one's own body right down to the level of organ functions, with a conscious choice of means for a direct and directed therapeutic effect according to the clinical picture in question. I would like to see elements from other fields of therapy kept at bay as far as possible (mediation, suggestion, psychotherapy etc) as such elements shift the mode of action of eurythmy therapy into other areas. To my mind we only attain proof of effect and therapeutic insights if we limit ourselves in the choice of means with which we work! I expect demonstrable, impressive therapeutic successes with consistent practice of "inner picturing" and the eurythmy therapy intensification of the consonant movements, the imagination of listening after a big vowel exercise as well as with the consistent therapeutic application of the 12 exercises from the 5th lecture! -

And I would wish that eurythmy therapy finds itself embedded in a broad stream of general eurythmy life in the public, in school colleges and in all branches of anthroposophical community life, in which interest and understanding for the preciousness of eurythmy and eurythmy therapy is formed, lives as a matter of course and is cheerfully cultivated. So, I sincerely wish the 100 year old eurythmy therapy much happiness and good health for the years and decades to come!