

May, 2020

## THERAPEUTIC EURYTHMY IN CONFINEMENT TIMES

Therapeutic eurythmy is a sacred act, it activates the intimate healing forces in the human being. A therapeutic process can only take place within reality, within the sacred act. Virtual media are, as their name “virtual” says, an illusion, they are not real, that is why the sacred act is outside that ambit.

In relation to this, the priest of the Community of Christians (Movement for Religious Renewal that was founded in the Goetheanum through Rudolf Steiner), João Turunsky, wrote to his community in these times of seclusion, that The Act of Consecration of Man, it is a reality for the community only when the priest prays the Act with her, the act would not be real through screens. The Act of Consecration of Man has a given form, the priest is part of this form, without the priest, the act as such would not happen.

In the case of therapeutic eurythmy, the first is the same, the therapy would not be real through screens, the second is different. The therapist teaches the adult person certain exercises that he /

she will be able to practice alone at home and each time he / she practices them, they are a reality that is deepening, the therapeutic holy act takes place without the need for the therapist's presence.

Much of the success of the therapy will depend on how much the person can enter into the reality of his/her own relationship with the exercises. In this personal transformation through the practice of exercises the therapeutic reality is given.

Nothing can substitute, the mediation of the therapist for the incorporation of this relationship between the person and the exercises, since the therapist is linked to the exercises and can thus present them to the person to help them integrate them.

The therapist must first mold his/her own instrument during an artistic eurythmy training every day for at least four years, to then be able to study and incorporate therapeutic eurythmy, and be able to be a therapeutic reference.

For this reason, doctors trained in therapeutic eurythmy do not become therapeutic eurythmists, they do not manage to remodel their instrument in a

short training, to incorporate the exercises and be able to present them to their patients. With this training, they can prescribe therapeutic eurythmie from experience and knowledge, in addition to acquiring a hygienic practice.

The more experience and intimacy with the exercises the therapist has, the more he/she will have developed, in himself/herself, the possibility of delivering in precise images the content of the exercises so that the person can carry them out herself/himself.

For this reason, the therapeutic eurythmist develops a subtle sense on a case-by-case basis, depending on the circumstances, to enable the person to meet the exercises. Well, as I said, in this encounter between the person and the exercises, the “real”, the healing transformation, comes to life.

Given the effectiveness of hygienic and therapeutic eurythmy exercises in strengthening the health of the human being as a whole, and its increasing recognition through this global crisis, and feeling the obvious need to bring them closer to people, they have been shared from therapeutic eurythmists, in various initiatives.

I wish you a fruitful encounter with some exercises that I will present you below, to exercise them in a “real” way, a way that from my experience of more than 20 years as a therapeutic eurythmist seems possible to me given the confinement. This form trusts that in each and every one, the eurythmy archetypes of the formative forces of all existence live, so we can bring them into presence in the corresponding movements through true images.

Practice the eurythmy exercises according to the following requirements and this is your responsibility. Eurythmy is effective.

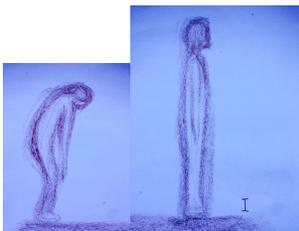
1. Always leave a minute pause between each exercise.
2. Print or copy the exercises on paper so that they can be studied, when you learn to become independent of the paper, have it only as support in case of doubts.
3. If you do not understand something, do not do it until you phone a therapeutic eurythmist and ask he/her to clarify the specific question that arises.

4. Practice in an interior space with closed doors and windows. You can also do it if the space is small. Never do it outdoors.
5. When practicing them be alone without other people or animals.
6. The space must be free of working electronic devices, radio, television, cell phone, refrigerator, etc.
7. Wear comfortable clothes and eurythmy shoes or warm socks. Never barefoot.
8. The environment will ideally be previously ventilated, clean, it may have a flower, a candle, a beautiful image, it must be warm, in no case practice in the cold. The medium of eurythmy is warmth.
9. All of these exercises are done in silence.
10. Do the exercises in the order given, even if you choose only a few to practice. Starting and ending with I A O (first exercise described).
11. Always, without exception, rest 15 minutes at the end of the exercises. Lie down in total tranquillity and covered with a blanket if it is cold, and if it is hot, with a sheet.
12. Optimal would be to do the exercises between 30 and 50 minutes daily, for three months

PRESENTATION OF FIVE HYGIENIC EXERCISES Perform them for three months, every day, between 30 and 50 minutes.

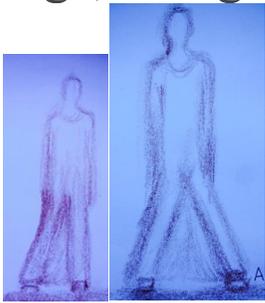
EXERCISE 1, performed three times.  
Therapeutic "I A O"

To form the "I" with your body, relax your head and knees, "round back", your arms hang down, your feet and knees are together, then feel the sunlight in your heart and begin to erect yourself radiating from your inner sun, from your chest until you reach the vertical, the last thing that rises is the head, the arms rest on the sides of your body and you look directly in front of you, imagine that you have a crown of light on your head, and feel yourself united with the cosmos.

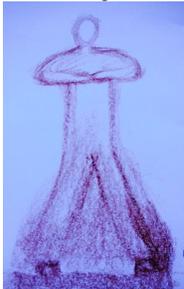


To form the "A", without losing the vertical you formed with the "I", open a leg to the side and then the other, and you stand keeping the weight between

both legs, feel at the base that you formed with your legs, being united with the earth.



To form the "O", without losing the vertical of the "I" and the base of the "A", hug with both arms at the same time at the height of your heart, something, like a tree trunk, with the round arms in front of you and the longest fingers of the two hands touching each other. Feel yourself united with everything around you.



EXERCISE 2, it takes about 6 minutes or more  
Therapeutic walking

With the hands on the centre of the chest at the level of the heart, walk forth and back, returning along

the same path. Each step has three phases and each phase has the same length of time. The tempo of each phase is slow. You walk as if you were wearing a crown of light on your head, with your eyes forward and the impulse to walk starts from the heart. The step is small, comfortable, starting with one foot behind and one in front. The foot moves very close to the ground but does not touch it. Feel the loving support of the earth with both feet on it between each step.

Walk forward:

First phase: lift the heel of the back foot



1

Second phase: move that same foot forward



2

Third phase: place the foot that moved, first with the toes, and then the heel. Important: on arrival, both feet must be well placed on the ground before lifting the heel for a new step.



3

These three phases are repeated starting again with the foot left behind and so on, the number of times that the space available allows it.

Walking backwards (returning through the same path):

First phase: lift the heel of the front foot

Second phase: move the same foot backwards.

Third phase: place the foot back

These three phases are repeated starting again with the foot that was in front and so on, until you reach the place from which you started.

Meditate between sessions this poem by Hedwig Diestel, do not say it when doing the exercise, accompany, internalized as inspiration and mood gesture when walking (1 Lift, 2 Carry, 3 Place, the three phases of each step):

Earth I feel you

1 2 3

Quiet I perceive you

1 2 3

You tolerate our feet

1 2 3

Feel my loving greeting

1 2 3

You carry me with every step

1 2 3

You also receive my weight

1 2 3

You give me here my home

1 2 3

Earth I thank you

1 2 3

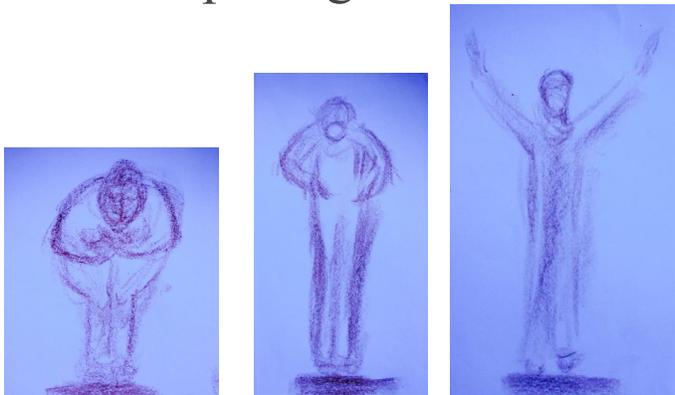
EXERCISE 3, the poem is performed three or more times, each verse is an expansion or a contraction  
Expansion-contraction

Feet together, hands together on your chest "back round", like closing yourself to the outside, like a flower that closes its petals when the sun goes down, then it begins to open little by little and your arms accompany this opening, from the intimacy going through the middle area where the other

people are around me and from there going up to fully stretch with open arms to the sides and up.

Then from this maximum opening, the flower begins to close, and to keep all the light and heat that blessed it inside. With the body, gently lower the arms along the same path that they climbed, passing through the same areas until they returned, to be again with the "back round" and the arms over the heart.

It can be done standing, or it can be done backwards when opening and forward when closing.



Meditate on this poem, do not say it when doing the exercise, have it internalized as inspiration when doing the expansion-contraction:

The force of the sun radiates in my heart (expands)

The warmth of the world works in my soul

(contracts)

I want to breathe the force of the sun (expands)

I want to feel the warmth of the world (contracts)

The force of the sun fills me (expands)

The warmth of the world permeates me (contracts)

EXERCISE 4, the entire exercise is performed three times

Star-flower

Imagine on the ground the five points of a star that is your size, where each point would coincide with each of your hands, feet and head respectively if you were lying on your back with your arms and legs open. A straight and a curved path are interspersed, in a counterclockwise direction, the straight always skips a point, and the curved like the petal of a flower, goes via outward to the side point. It starts from the head and reaches the head at the end of ten paths. You are always facing the same point in front of you as in the starting position, for this reason you walk frontally, sideways, backwards, etc. according to the path. All the paths

are walk always supporting first the toe and then the heel, in each step.

First way, straight

You stand on the star point that corresponded to your head and walk in a straight line, until you reach the star point that corresponded to your right foot

Second way, curve

From the right "foot" of the star where you arrived, you walk with a semicircle like a "petal" outside the star, towards the left "foot" of the star

Third way, straight

You go from the left "foot" to the "head"

Fourth way, curve

You go from the "head" to the right "arm"

Fifth way, straight

From right "arm" to left "foot"

Sixth way

From left "foot" to left "arm"

Seventh way

From left "arm" to "right arm"

Eighth way

From right "arm" to right "foot"

Ninth way

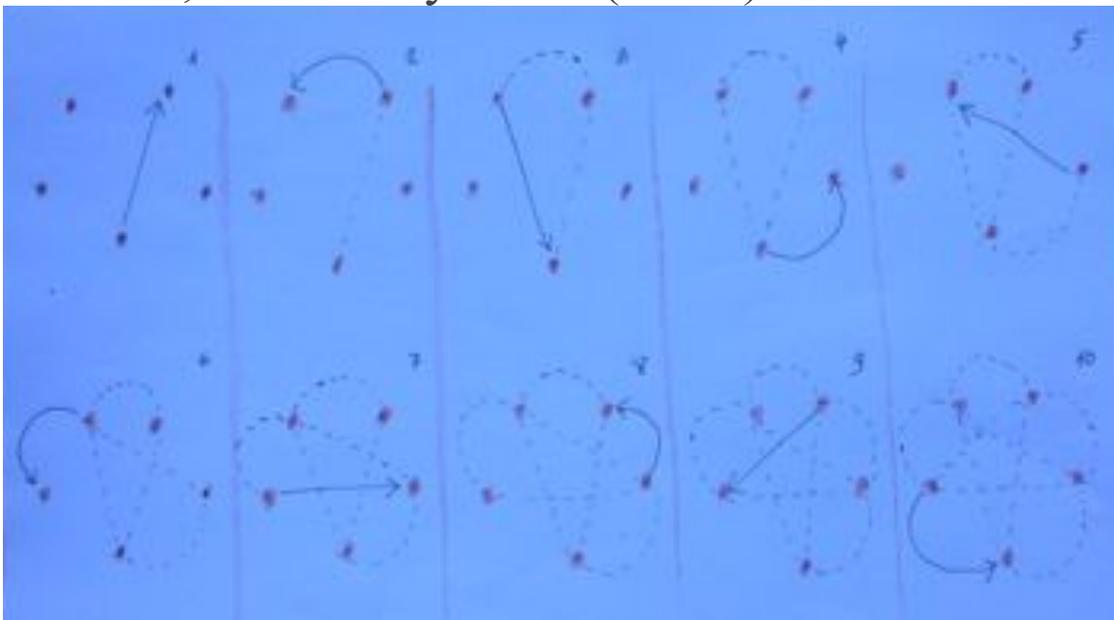
From right "foot" to left "arm"

Tenth way

From left "arm" to "head"

You can get inspiration from this poem by Michael Bauer:

Oh God make me rich in Love (straight) 1  
So that I equal the fountain of the path (curve) 2  
So that giving in me goes from the heart (straight) 3  
As the fountain gives to the one who is on  
the path (curve) 4  
And that I give to all, bad or good (straight) 5  
As the fountain does on the path (curve) 6  
Also that day and night I am prepared to help  
(straight) 7  
Like the fountain that watches on the path (curve) 8  
Give me the abundance of love (straight) 9  
Oh God, this I ask you for (curve) 10

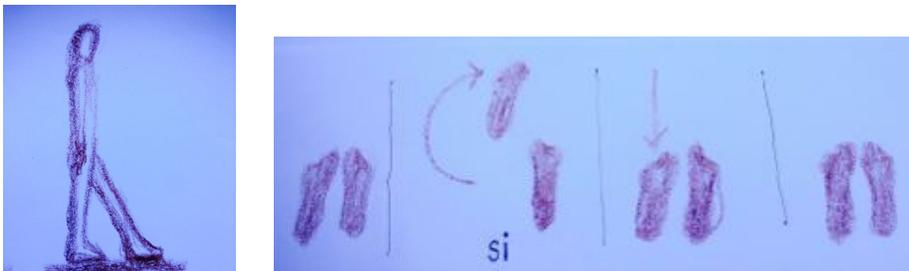


Once you have mastered the exercise, you can return to the ten ways.

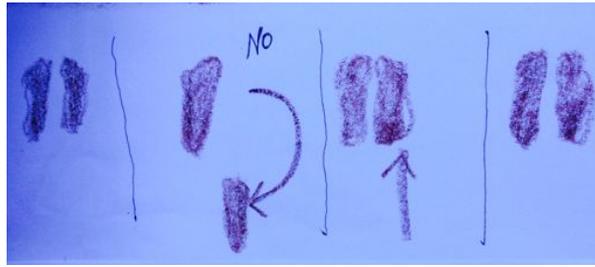
EXERCISE 5, repeat each position ten times then pause for one minute and repeat this three times.

Yes-No

Standing erect, with your feet together, move your left foot forward with a semicircle on the left side and place it. This is "Yes". It is as if you have stepped forward via a semicircle on the left side. Then the same left foot is brought back in a straight line to meet the right foot.



Then move your right foot backwards with a semicircle on the right side and place it. It is as if you have stepped back via a semicircle on the right side. This is "No". Then the same right foot is returned in a straight line forward to meet the left foot.



Move consecutively Yes-No, Yes-No, Yes-No, etc. Once the movement has been mastered, it starts very slowly and accelerates as fast as possible without losing the upright position. Feel the affirmation and the denial with the movement you are making.

EXERCISE 6, once "I A O" as session closure and 15 minute break!

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