

# Heileurythmie

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nach über 90 jahren praktischer arbeit mit und an der heileurythmie darf man fragen warum der durchbruch bisher nicht gelungen ist hängt es damit zusammen dass die mit ihr verbundenen aufgaben noch nicht umfassend genug ergriffen wurden denn die heileurythmie ist nicht nur eine spannende und tiefgehende heilmethode sie hat einen kulturauftrag der weit darüber hinausgeht eine grundsätzliche besinnung ist gefragt philosophie der heileurythmie glaube liebe hoffnung es gäbe viel zu tun in dreifacher weise wird der frage nach den potentialen der heileurythmie mit esprit und engagement nachgegangen vielseitige betrachtungen und unerwartete wendungen regen das denken und reflektieren an das buch zeigt perspektiven auf und könnte lust auf heileurythmie machen

komplementäre therapieverfahren stellen insbesondere in bezug auf chronische krankheiten eine wesentliche ergänzung zu den angeboten der regelmedizin dar wenn sich ihre wirkung oft auch schwer erklären lässt besitzen sie doch mindestens das potential die lebensqualität zu verbessern das ökologische modell ermöglicht es alle wesentlichen dimensionen therapeutischer prozesse selbst bewusstsein leib

körper und umwelt in den blick zu nehmen es bietet damit eine rationale grundlage sowohl für die individuelle therapieentscheidung und beurteilung als auch für die forschung

8 lectures dornach april 12 18 1921 october 28 1922 cw 315 created in 1911 eurythmy was developed for years as an artistic and educational discipline although rudolf steiner pointed out its healing aspects from the very beginning it was not until 1921 that he gave a course of lectures describing a vital new application of eurythmy to the assembled eurythmists and doctors he presented what one participant described as a complete and detailed method of eurythmy therapy in which we could directly experience that even today the creative and therapeutic power of the word is still at work steiner s comprehensive lecture course republished here in a thoroughly revised translation describes the principles of therapeutic eurythmy and provides many specific exercises intended primarily for practicing eurythmists these lectures also contain much material of special interest steiner reveals the intricacies of rhythmic interplay between human physiology and the life forces in the world around us he describes the qualities of language and the dynamism contained in the individual vowels and consonants elucidating their relationship with eurythmy movements and human experience through such movements individuals are able to access the healing etheric forces the exercises which steiner calls inner gymnastics contain enormous potential for psychological and physiological well being gaining increasingly wide recognition today they complement conventional medicine and offer a therapeutic process for mind soul and body this new edition of these important lectures includes an appendix with reminiscences by early eurythmists as well as commentary from dr walter kugler who revised and expanded the notes on which this edition is based eurythmy therapy is a translation of heileurythmie vol 315 of rudolf steiner s complete works a previous edition was published as curative eurythmy

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