

Eurythmy in Motion

A broadening initiative

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'Eurythmy in Motion' is an extended approach to the use of therapeutic eurythmy. Building on the work of Rudolf Steiner, this new initiative has been born out of the cooperation between doctors and therapeutic eurythmists with the nature spirit named Etschewit who has collaborated intensively with human beings. This work has been mediated through the spiritual perception of Verena Stael von Holstein.¹

All the given indications and exercises have been thoroughly discussed, developed and tested by different anthroposophical doctors and eurythmy therapists. The spirit and nature beings are helpers, but it is human beings who take up the insights and exercises of their own free will and must make decisions, gain experience, work the exercises out and give them form.

Dutch eurythmist Wieger Veerman met this work in 2012, six years after it had begun, and has been instrumental in its further development. He now leads a training course in Holland. He writes, "Since 2006 a number of anthroposophical doctors and eurythmists have been in touch with Verena Stael von Holstein. She is able to communicate with beings from the elemental spiritual world and has been doing this in a very convincing and devoted way for many years. Verena Stael von Holstein is not a medium, she's not channelling. Through many years of practice, she is able to hear the 'etheric universal language' and simultaneously translate it into German."

The need for a new impulse grows out of the fact that human beings develop and change and their illnesses change. Since 1933, and the appearance of Christ in the etheric that Rudolf Steiner spoke of,² the human being has become able to meet eurythmy in a new way. In his lecture of 5th April 1919, which is part of a series on the spiritual background of the social question,³ Rudolf Steiner speaks about the loosening of the etheric heart from our physical hearts and the need in future to consciously seek spiritual connections. This is a core aim of Eurythmy in Motion where the feeling flow of the etheric heart and the awareness of 'entrance ways' for the being of the sound is fostered. New indications include different arm and leg movements, specific rhythms for each organ, 'points' or 'entrance ways' for individual sounds. There is emphasis on sounds with the legs and 'entrance ways' that are situated in the lower part of the spine. In addition, sound sequences for protection, ways of working with trauma, a new integral approach to treat tumoral processes and many other illnesses – including pre- and post-covid support treatment – are already being worked with by many colleagues in the Netherlands and Germany.

Wieger Veerman has been working at the Waldorf School in Deventer, Holland, since 2006. He has slowly and carefully integrated the new exercises into his work with children at the school and with patients in his private practice. "The many positive reactions gave me the courage to pursue this path." He continues to work with Verena Stael von Holstein to develop indications and exercises given to her by Etschewit and has for a number of years collated

these. Since August 2019 he has led an international training for doctors and eurythmy therapists in Holland. Over a course of three years six weekend courses are planned, three of which have already taken place.

Dr med Liesbeth Kuhlemaijer is one of the doctors that has connected deeply with this work, and she writes the following: "In my profession as an anthroposophical family doctor, I often experience it as a privilege to be allowed to practise anthroposophy and to 'test' its backgrounds and ideas in the reality of everyday life. I notice that through 'Eurythmy in Motion' the world of ideas and the etheric world have become closer. The instructions for this type of eurythmy came directly from a spirit being. Through the new eurythmy exercises, I noticed that my etheric body became more mobile, and thus images or inspirations for my patients were much easier to create and come to the surface during the consultation. In addition, the different organ types became clearer and thus easier to recognise. I also realised that the more I concerned myself with the organs and connected with them, that at the same time the cosmic forces of these organs were revealed to me."

A number of English-speaking eurythmy therapists have connected with this work, and three of us are in the process of working with a translator to be able to bring the written work to this country. To this end we have sponsored the 16 page 'Overview' of this work which hopefully will be available in English in the New Year.

We are planning to translate the entirety of the course material into English over the next few years and also enable courses to take place in England. We are being supported in this endeavour by the Stichting Rozenhart (Rose Heart Foundation) in Holland set up to support Eurythmy in Motion. They have confirmed a grant which will cover a large part of the fees for the translation, a work totalling 400 pages. We are presently seeking other sources of funding to cover the shortfall for this translation.

We are presently seeking other sources of funding for the complete manuscript

If you are interested in supporting this work or would like to find out more about it, please contact Katherine Beaven E: katherinemove2heal@gmail.com, Caroline Westlake E: cjbwestlake@gmail.com, Rozanne Hartmann E: rozanne.hartmann@gmail.com or W: www.stichtingrozenhart.nl which has an English page.

1. Interview with Verena Stael von Holstein in German by Wolfgang Weirauch, Flensburg Magazine 2016: *New Clairvoyance* (available in German at Amazon).

<https://www.amazon.de/Neues-Hellsehen-Flensburger-Hefte-Buchreihe/dp/3935679548>

Publications in English by Verena Stael von Holstein include: *Nature Spirits and What They Say; Thoughts that Shine like Stars; We Turn Our Hearts to the Earth; Nature Spirits of the Trees and What They Want to Tell Us*.

2. Rudolf Steiner, 'The True Nature of the Second Coming' (No.118 in the Bibliographical Survey 1961) Lecture 1: The Event of Christ's Appearance in the Etheric World; Preparation for this Event through the Development of Etheric Vision (Karlsruhe, 25th January, 1910)

3. Rudolf Steiner, 'Von der Loslösung des Ätherleibes' – 'The release of the etheric body'. Untranslated lecture given on 5/4/1919, published in *Die Geistigen Hintergründe der Sozialen Frage*

– The Spiritual Background of the Social Question – Volume III:
Soziales Verständnis aus Geisteswissenschaftlicher Erkenntnis – Social
Understanding from a Spiritual Scientific Perspective. GA190.