

# Eurythmy in Motion, therapeutic developments in turbulent times

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### How it all began

From 2006 onwards, there was repeated contact between anthroposophical doctors, eurythmists and eurythmy therapists on the one hand and spiritual beings on the other. The question was whether the (therapeutic) eurythmy given by Rudolf Steiner should be extended. In the opinion of doctors and eurythmists, people and their illnesses had changed so much in recent decades that new illnesses and clinical pictures in our modern times had emerged. Do these changes require an extension of eurythmy?

Conversations took place at the invitation of the spirit beings, who have a great interest in communicating with humans. The facilitator of this communication is Verena Staël von Holstein, who has been in contact with spirit beings since her youth and has trained for decades in the exchange of information at the higher level of concepts with these beings. Verena Staël von Holstein is not a medium. She is able to communicate with the spirit beings in full consciousness, translating simultaneously between the German language and the etheric language of the spirit beings. She grew up with a background in anthroposophy, and is still today fulfilled by these concepts and content. Her communications are based on this understanding.

From 2015, this impulse to extend eurythmy therapy has been continued under the name *Eurythmy in Motion* and led by Wieger Veerman, eurythmy therapist, and Liesbeth Kuhlemajier, anthroposophical general practitioner. Over the past 9 years, 140 eurythmy therapists and 13 doctors from 15 different European countries have taken part in the 6-part training cycle *Eurythmy in Motion*: Iceland, Norway, Sweden, Finland, Latvia, Estonia, Denmark, Poland, Germany, Netherlands, England, Scotland, Belgium, Switzerland, Austria. In addition to Wieger and Liesbeth, Martine Meursing and Sjaak Groot, both eurythmy therapists in Holland, also supervise the many course meetings for beginners and advanced students.

### A new impulse for eurythmy - why?

In the past, the human being's member sheaths were still quite closely interlinked. It is now apparent that this is no longer the case for more and more people. Rudolf Steiner also refers several times to the interaction of the member sheaths, for the time then, and also for the future.

On the one hand, the physical body is becoming more and more hardened and the etheric body is being damaged by the influence of modern means of communication; on the other hand, people are increasingly taking refuge with their feelings in their own world of thoughts. Also, due to all the virtual possibilities of our modern age, we are losing the intimate, sensitive connection between our own body and the real world. As a result, the separation becomes ever greater, between the upper and lower members of our being. The lower ones harden, while the higher ones disintegrate.

The consequences of this in our aura are that the connection between the body and the planetary and zodiacal sheaths is disrupted. The organs of our body were built up by these planetary and zodiacal sheaths before birth and are nourished by them throughout our lives. A disruption between these sheaths and our body would mean that the organs would lose their elasticity and efficiency. They would harden and, in the worst case, fail partially or even completely.

## Some examples from actual practice

The why described above can be seen in the following examples, among others:

- Nowadays one can use eurythmy therapy to accompany people who have received an organ replacement through the radical process of organ transplantation. Even if you have received a new hip or a new knee, there is eurythmy support for this.
- During the Covid-19 pandemic, exercises were developed that have greatly helped many people with Long Covid disease.

- In recent years, work has been done on the topic of fertility and pregnancy. For example, sequences of sounds have been composed to counteract the declining fertility of men and women in our time. Sound sequences have also been compiled for the specific treatment of various pregnancy complications with eurythmy therapy (sometimes accompanying existing medical interventions). In addition, contraction-inhibiting and contraction-promoting sound sequences have also been developed and the topics of pelvic instability, mood disorders and aftercare for mother and child have also been addressed with new sound sequences.

## The new way of working

The core idea of this eurythmy impulse first emphasises how important the flowing element is in eurythmy:

*The flowing element can help people to reach through their ensheathing layers into connection with their deepest core: the etheric heart - where Christ works.*

So, work as much as possible with gentle, flowing movements, which should all be made in the person's auric field. Everything must be made to flow, all sound movements can be experienced from a water movement - not too fast, not too hard, not too airy. A flowing movement helps to reach inwards through the ensheathing layers more easily.

The process that leads to a sound movement has now deepened. The sensing of an etheric portal point on the body takes place before the sound gesture is formed. This is where the actual activity of the will lies, not in the forming of the sound movement itself. The being of sound can flow into the human being's member sheaths through the sound gesture. If you pay attention to this process, you avoid unintentionally *standing in the way* of the sound being.

Experience has shown that working with the etheric portal points also supports the human being's member sheaths. At this place in the body, the astral and etheric bodies become more strongly connected.

You can slowly make working with the etheric portal points your own, without stress or tension. Practice makes perfect. The etheric portal point should be practised until it becomes a matter of course and is rooted in the subconscious, and therefore in the etheric. You can work basally with 5 etheric approaches, enough for an initial familiarisation with this topic. In therapeutic work, however, many more such portal points can be found on the body.

- The etheric heart, which rests on the altar of the solar plexus, is the gateway for the sound-beings of the vowels, including the diphthongs.
- The portal point for the sound-beings of the consonants lies between the shoulder blades, also known as the *wings attachment* (between the vertebrae T7 and T8).
- The portal point for three-fold walking lies between the vertebrae L5 and S1.
- The portal point for rhythmic stepping is the navel.
- The portal point for all planetary gestures and signs of the zodiac is the large fontanel.

## Steps to arrive at a sound movement:

1. *speak or experience the sound by thinking, hearing, tasting, smelling or seeing (calling the sound being, inviting it)*

You can also imagine the eurythmy figure, but simple and clear thinking of the sound is already sufficient for the spiritual world.

2. *feel the etheric portal point of the sound and open it actively (be ready to act)*

Concentrate on the portal point, experience it with your soul just before the outward arm or leg movement begins. Mentally this means: The door, the rightful gate in the etheric body is opened for the sound being, and it can enter via this gate or portal point and work in an organising way in the etheric body of the human being, as it corresponds to the karmic will of the human being. This is a profoundly serving role that the sound being, a high Logos being, assumes at that moment. It serves Christ on the path to fulfil the karma of the person concerned. A person's freedom is the gateway to actively working on their karma. Freedom is central every time portal points are used.

3. *Allow the sound being in and let it manifest in the gesture - it is not the person that forms the sound, but the person that allows the sound being. Your gesture forms an etheric path on which the sound being can then flow through your member sheaths.*

The sound being can best incarnate and unfold deeply and effectively when the sound movement arises calmly, colourfully and without haste, guided by the I or self. Any frantic fidgeting destroys the sound being. Any agitation destroys a clear etheric image. Metaphorically speaking: when the surface of a lake becomes turbulent, cloudy and the light of the stars can then no longer shine through, it becomes unclear.

Working in this way is expressed in the following image: I invite a good friend to visit. When he arrives, I open the door and offer him a chair that suits him, because I know which chair he likes to sit in. I know that one friend prefers to sit on a hard chair and the other prefers to sit in an armchair or on the sofa. This imagery makes it clear: my sound gesture must become like a suitable chair for my guest, the being of the sound. I can work on this, on the formation of my sound gesture. No more and no less.

To summarise, one could also say: *'It is not the person who makes the sound, but the sound that moves the person'*, and this brings us to the basics of eurythmy as we received them from Rudolf Steiner.

### **Further training for eurythmy therapists and doctors**

Every three years we start a 6-part international weekend working meeting in the Netherlands: a cycle for eurythmy therapists and doctors (in German with simultaneous English translation). However, the *first meeting (21-23 February 2025)* is also open to eurythmists, as the topic can be so helpful in our work situations. The topic of this introductory meeting for work is: 'How do I stay healthy at work?'

If you would like to find out more about our training courses or register for them, you can contact Wieger Veerman via the e-mail address: [irtha@kpnmail.nl](mailto:irtha@kpnmail.nl)