



International Professional Journal

Newsletter No 11 / 2013



**EURYTHMY THERAPY
FORUM**

Leading Thought

"The healthy social life is found, when in the mirror of each human soul the whole community finds its reflection, and when in the community the virtue of each one is living."
The Motto of Social Ethic by Rudolf Steiner

Out of the strength of these words we actively build the substance of our International Eurythmy Therapy Forum. A social organ which only exists through our common goal and combined efforts.

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*Dear Colleagues, Dear Doctors
and friends of eurythmy therapy throughout the world,*

Last year we looked at the geography and geology of the forty countries where eurythmy therapy is practised. This year the theme is climate — such a different element, and one that unites us all. Let yourselves be moved by wind and water, as you read your way round the world.

*The **conference for young doctors and therapists at Whitsun 2013** was like a fanfare sounding from the future. Up to five hundred young students and others at the beginning of their careers across all professions in the Medical Section came together for a week and lived in this inter-disciplinary work, both practical and spiritual. The structure of the conference was such that through a whole gamut from morning modelling, presentation of patients, finding a therapeutic concept to a joint consideration of the heart, the participants experienced the inter-professional concerns of anthroposophical medicine. Everyone learned for everyone else, through meeting and sharing, and through recognising and respecting the profession of the other. All the participants had an opportunity to experience what anthroposophic medicine could be and might become.*

*This year, for the first time, the **International Council of Trainers** preceded the internal retreat with a three-day working session. Mentors, carriers of further training courses and future trainers addressed the methodology and didactics of particular eurythmy therapy issues. There was sharing and exchange through our practice and research together in an atmosphere of mutual recognition and appreciation.*

*Council members from **all thirteen national professional associations** met together for the first time in September to consider protection for the profession along common guidelines.*

***AnthroMed®/Eurythmy Therapy**, the international quality mark for anthroposophic medicine, is now available to eurythmy therapists in ten countries through their professional association, as a protection for the name and methods of eurythmy therapy.*

*The **second World Eurythmy Therapy Conference will take place in Dornach in Spring 2016 (May 16 - 20)**. We are looking for new and experienced eurythmy therapists and physicians who would like to join the organising team or a wider circle of advisers developing the concept for this conference, which aims to deepen our work through an orientation towards the future.*

With warmest greetings to you all,

Angelika Faschke

From the Medical Section

www.medsektion-goetheanum.org

Annual Conference, September 13 – 16, 2013 (review)

“The Human Heart – Cardiology in Anthroposophic Medicine”

Over seven hundred physicians and therapists came together for this year’s Heart Conference at the Goetheanum. The group of cardiac specialists who organised the content of the conference, under the guidance of Dr Christoph Kaufmann, succeeded in creating “spaces of the heart”.

Rudolf Steiner spoke of the School of Spiritual Science as the “heart of the anthroposophic movement”. He emphasised the “heart that comprehends and that is filled with wisdom, and which also loves.” (CW 264)

This mood informed not only the content of the conference, but the meetings between people too.

The theme of the heart was elaborated in three stages:

- By considering the history of western thought, we found a way to Rudolf Steiner’s idea of the heart. How can one grasp the heart as a centre through which the human being comes to realisation? The heart is central not only physiologically, but is also the organ for conscience and forming destiny.
- We developed a pathology of the heart from the perspective of anthroposophic medicine.
- It became clear that prevention was crucial, as early as adolescence and also in education. The “Heart Training” model will have an important task for the future, within a culture of anthroposophic cardiology. (AJ)

Annual Conference, September 18 – 21, 2014 (preview)

As the Goetheanum’s Great Hall will not be available because of the building renovations, the 2014 Conference will have a different form. In the International Coordination Group for Anthroposophic Medicine we decided to arrange specialist retreats for the small different professional groupings.

100 years after the First World War the following issues concern us:

- Living consciously at the threshold. The Guardian of the Threshold at the centre of our anthroposophic medical movement.

or:

- How do we become promoters of peace? The culture of the I in medicine.

After the last IKAM preparatory meeting we have now decided on a preliminary title:

„Der Leib des Menschen als Tempel der Gottheit (The human body as temple of the divinity)”

(AJ)

Whitsun Conference of the Young Doctors’ Forum

At Whitsun there was a conference at the Goetheanum on “Empowering the Heart”, attended by four hundred people from thirty-five countries representing many different medical professions. The young and the young-at-heart met together to consider these issues:

- How should we shape medicine and inter-disciplinary collaboration in future?
- How do we ourselves wish to work therapeutically?
- How should we develop? How should we develop our working situations to enable our development?

The conference had different inter-disciplinary themes in which all could share regardless of profession; and other specialist themes where individual professional groups worked among themselves.

The mornings began with small, inter-disciplinary groups working with artistic exercises. Over the week, we shaped a sphere of clay into the form of the heart, accompanied by elements of eurythmy and music.

These sessions enabled us to get to know other professional groups in a process of sharing. We discovered how fruitful inter-disciplinary work can be and what enthusiasm and joy it can bring!

We deepened our experiences from the artistic groups in the subsequent morning lectures by Armin Husemann, on musical and sculptural knowledge of the human heart. Through his lectures, which were accompanied by music, we felt and recognised that the heart may be regarded as an organ of perception; we understood that there can be neither anthroposophic medicine nor true togetherness without heart forces. We then took these new ideas and impulses into the specialist courses. We were also free to take part in the specialist course of a different professional group than our own.

The afternoon was devoted entirely to getting to know the different professions therapeutically through work in small groups.

On one of the afternoons we had a unique opportunity to experience a patient presentation in the Foundation Stone Hall. The following afternoon, we developed therapy plans for this patient in our small interdisciplinary groups. They were collected and shared with the patient’s doctor. It was wonderful how the patient’s being was gradually revealed through the varied perspectives of the different therapists in the interdisciplinary working groups.

We concluded the day in our own professional groups, working on the path of knowledge.

In our group it was a joy to see how young eurythmy therapists approached the theme and gave new perspectives on individual meditations and exercises. The warmth of heart, openness and tolerance of our fellow eurythmy therapists enabled us individually and together to experience ourselves on a path of enquiry.

Before the conference, Heiða Olafsdóttir and I experienced a strengthening of our heart forces through collaborating in the preparation group.

Maya Kűsge

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Eurythmy Therapy withing the Medical Section

„Through people voluntarily letting their feelings shine together, something is formed that goes beyond the simply emancipated human being. The emancipated person has their individual soul, which is never lost when it has once been attained. But through people coming together in freely-chosen constellations, they gather around a centre. These feelings which flow together to a centre give beings an opportunity to work as a kind of group soul, but quite differently to the old group souls. All the earlier group souls were beings who made the human being unfree. These new beings are compatible with complete freedom and the upholding of the human being’s individuality. We could even say that they lead an existence based on human unity; and it will be up to the souls of human beings themselves whether or not they give an opportunity to as many as possible of such higher souls to descend to human beings. The more relationships that are formed and the more feelings of community that are developed in complete freedom, the more such lofty beings will descend to people and the more quickly the planet earth will become spiritualised.“ R. Steiner (CW 259)

10th Eurythmy Therapy Delegates’ Conference

11th September 2012, Dornach, CH

The “Song of the Grail Knights” helped forty of us from twenty-six countries attune ourselves for the Delegates’ Day, the heart of our profession (Eurythmy Therapy Forum) within the Medical Section at the Goetheanum.

We did a great deal of eurythmy as we reported to each other on eurythmy therapy work in different countries, and in order further to strengthen what unites us. To begin with we moved the zodiac and planets in two circles in space (representing the large and small cupolas) in the form of the columns of the first Goetheanum. A cosmic, etheric Goetheanum came about which momentarily revealed different links and connections so that we could experience them. This was from the work of the Council of Eurythmy Therapy Trainers.

Heiða Olafsdóttir from Iceland guided us into a new kind of self-perception. The idea came from a eurythmy therapy colleague in another country. It presupposed that two people get in touch with each other before the meeting in to report on each others’ circumstances. This was a delicate social and artistic gesture of transcending oneself; the reporter did not make their own concerns the centre of attention, but those of the other person. The point was to connect with the other folk-soul to such an extent that one tried to express the other’s intention, not articulate one’s own hopes and wishes. They listened eagerly to each other and we felt a growing warmth and affinity.

We also remembered our colleagues who had died during the year. As a representative for all the others, we thought of our Dutch colleague Liesbeth Hermelijn, who was the representative for Holland at the beginning of our Delegates’ Meetings in 2002.

After a short break, Maria Ebersole from America led us into the first indications for the sounds SMHM, using a stick (to represent a lance) and a hammer; this culminated in a harmonious eight which miraculously became a pulsating heart formed by us all.

Angelika Jaschke reported on the different worldwide activities in the Medical Section:

- Review of the Perspectives Conference (16 September 2012) and its outcomes and decisions for the year 2020.



- The central issue was training in all the professions. Who trains? How do we train? Whom do we train, and what for?
- Is interdisciplinary training and work based on anthroposophical knowledge of the human being?
- Research in all professions in anthroposophic medicine will increasingly be in demand and become ever more important. It was agreed that all professional groups would concentrate on twenty illnesses. All the good papers would be digitised and available in an electronic library (TOPIC project).
- Then there is the question of publicity! Many people referred to the informative and very well structured website of the Eurythmy Therapy Forum! It has nearly everything one might need. <<http://heileurhythmie-medsektion.net/en>>
- The website now has a discussion board in German and English so that, wherever we are in the world, we may share our insights and experiences.
- Thilo Riebold presented his long-awaited book on eurythmy with older people.
- Various contributions on the “Nature and Methodology of Eurythmy Therapy” are in preparation. We would particularly like to mention Elke Neukirch’s research on pedagogical, hygienic and therapeutic eurythmy (please see the website section on research: <http://heileurhythmie-medsektion.net/en/tr/articles>).

The Delegates’ Conference agreed to the wish from some countries for a second World Eurythmy Therapy Conference.

Angelika will book the Goetheanum for Spring 2016. The Delegates' Conference gladly confirmed that Angelika should continue with her international work for eurythmy therapy until 2016.

Specialist issues were deepened in small groups with representatives from the Coordination Team (Association issues with Monika Eichele; Fields of Practice with Mareike Kaiser; Training with Ursula Browning and Dr Wilburg Keller Roth; Documentation and Research with Anja Meierhans and Christopher Kübler).

There were many opportunities for individual meetings in the lunch break, when we were well looked after in the foyer café. We worked in small conversation groups on the process leading from the eurythmic sound to the eurythmy therapy medication — in a very beautiful mood, developing a close professional affinity. After each group reported on its work, Angelika facilitated practical work based on the sound N, in a seven-stage process. This was a very stimulating way of working which we could take further ourselves!

After a brief review and preview, the "Song of the Grail Knights" rang out in the room more beautifully and confidently than before.

Noëmi Böken

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The work of the Eurythmy Therapy Forum Coordination Team

The new carrying group has been working together for a year. Some things in the profession of eurythmy therapy have changed thanks to this work, mostly behind the scenes.

The Council of Trainers opened up to potential trainers by inviting colleagues to two working days on didactics and an open day on methodology. The training of the trainers has begun; and will continue.

There was further development work on documentation and research in eurythmy therapy, and on networking with researchers in other professions.

The thirteen professional associations around the world are well established in their countries. All thirteen met together face-to-face for the first time to work on their tasks and joint agreements.

Those responsible for the Fields of Practice in different countries are now beginning to communicate with each other. Intensifying this collaboration is essential for the future and could lead to the opening of new workplaces. This impulse will continue!

Collaboration with the Young Doctors' Forum culminated in the Whitsun Conference at the Goetheanum when young people from many professions came together in the Medical Section and put on a really "young conference".

The eagerly-awaited internal discussion forum for sharing professional issues and experiences has gone online <<http://heileurythmie-medsektion.net/en/diskussion>>.

The Eurythmy Therapy Forum's website is being developed in German and English as a real source of information and support for our work, and will continue to develop in stages. <<http://heileurythmie-medsektion.net/en>>

The Coordination Team met in Dornach in May for its annual retreat and a detailed review and preview of its work together. The aim in future is that each coordinator be responsible for their own field and shape its work in collaboration with the specialist groups in that field.

There will be some changes among the people carrying this work as some wish to hand on their work for personal or health reasons. (AJ)

Deceased colleagues and doctors - 2012 / 2013

Petra Scheithauer	† 08.01.2013 Aachen, Germany
Brigitte Geromont	† 10.03.2013 Walsheim, Germany
Rosemarie Sehling	† 2013 Haslau, Germany
Gundula Lütt	† 23.05.2013 Hamburg, Germany
Liesbeth Hermelijn	† 09.01.2013 Niederlande, Netherlands
Sigrid Kudlik	† 24.08.2013 Wien, Austria
Jeannie Winstanley	† 27.02.2013 Arlesheim, Switzerland
Christiane Hohlfeld-Behrmann	† 03.05.2013 Arlesheim, Switzerland
Alain Duchamp	† 01.03.2013 Frankreich, France
Kathy Tuttle	† 30.10.2012 Södertälje, Sweden

Doctors:

Christoph Rosenbruch	† 25.01.2013
Albrecht Charisius	† 19.02.2013
Heinrich Sandkühler	† 23.03.2013
Hedwig Erasmy	† 29.09.2013
Renate Thomas	† 02.12.2013

People connected with eurythmy therapy:

Erika Beltle	† 21.06.2013
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Interview with Angelika Jaschke



What stood out for you over the last year?

There was much to contend with in relation to the content and methodology of eurythmy therapy.

But your task always involves eurythmy therapy...

Yes, but up till now I felt responsible for cultivating dialogue among colleagues in different countries and across national borders, in order to become aware of and animate common concerns; also to find appropriate forms of working together. Beyond that, I am concerned continually to raise awareness of the worldwide professional grouping of eurythmy therapists in more than forty countries, in the context of the Medical Section and the School of Spiritual Science. We are a small but important part of a large whole, the anthroposophic medical movement. Everyone who practises eurythmy therapy belongs here, completely individually yet as part of a community carrying responsibility for eurythmy therapy.

Spurred on by many new and different approaches that have sprung up under the banner of eurythmy therapy, I decided at the beginning of the year, in agreement with the professional associations and trainings, to remind us all in our different countries of matters of substance concerning the methodology of eurythmy therapy, and to encourage us to include them into our practice.

This led to deep spiritual work on building community within our profession!

Does this relate to the concerns you expressed the year before?

Those concerns — to do with eurythmy therapy as a “medicament” — became a source of great inner anguish for me over the current year. An overview of the current situation makes it only too clear that this “medicament” is in dire danger of becoming either a method of meditation on the one hand, or a purely hygienic, preventative approach for all and sundry on the other.

Today anyone can learn aspects of eurythmy therapy and apply them in whatever profession they practise. The precondition of having done a training in which the sound undergoes transformation into a medicament is disappearing. Instead, quite different methodological approaches are being followed, which may well be effective, but which have not been developed on the basis of eurythmy therapy’s methodology. They are, however, passed off as eurythmy therapy — and this has very much to do with the professional identity of those who represent eurythmy therapy, with the exigencies of occupational law, and with the task of eurythmy therapy.

That eurythmy therapy is still to be developed and researched has prevented recognition of its potential.

How do you intend to engage with these challenges? How do you see your task here and what opportunities might there be?

I travel very enthusiastically to many countries where, together with local colleagues, I try to discover anew the methodological steps in eurythmy therapy through a particular systematic approach. My working hypothesis entails seven steps which should be included when eurythmy therapy is being applied as a medicament. It would be quite improper for a pharmacist to leave out one or other of the constituent substances of Cardiodoron® and still call it Cardiodoron®.

Apart from that we hope in the coming year to publish some material on issues of methodology based on various insights, experiences and points of view. Of course one can put anything down on paper without necessarily changing anyone’s inner attitude, but we hope that a clear description of our inner alignment will be an encouragement and increase our awareness of these continuing issues.

Then a wish was expressed in many parts of the world that we organise a second World Eurythmy Therapy Conference (the first took place in 2008). Wishes like that are not just a coincidence, and this one brings an opportunity for us to get to know each other better.

This sounds like a new beginning!?

I am not an ostrich with its head in the sand and try to be on the lookout for what is seeking to emerge from the future. There are many good new impulses which need taking up and developing.

The International Council of Trainers has begun “training the trainers” and has opened its doors to potential trainers and other interested colleagues to begin work on training methodology. New ideas for collaboration and networking in eurythmy therapy research have come about. Nearly all the professional associations have decided to apply for the international **AnthroMed**® trademark and have revised their constitutions accordingly, in collaboration with their members — sometimes by dint of enormous efforts. A promising link between young doctors and young eurythmy therapists was formed at the Whitsun conference for young doctors and therapists. We took the opportunity to revise and update the Forum’s information leaflet, have it translated into more languages and re-issue it for the conference, where it appeared for the first time. It is now available for download from the website in fifteen languages and colours: <<http://heileurythmie-medsektion.net/en/Brochure>>.

I have a strong sense that we are coming closer together and are beginning to reflect on what our professional and karmic tasks may be. This gives me hope — and I will work for this with all my strength.

*Regina Delattre conducted the interview
1st September 2013*

Finances

From the aspect of social three-folding, the global financial crisis can be seen as a disease of the economy. In relation to money, ideas and insights (thinking) and deeds (will) interact; conscience (feeling) can maintain a connection between thinking and acting.

In the Eurythmy Therapy Forum we try to address this illness through our decision to ask each eurythmy therapist to make a financial contribution (of however much or little) as an expression of their solidarity with the Forum. This links them with a flow of will which enables international collaborative work in eurythmy therapy within the Medical Section. Only individual insight and a communal will expressed in action can bring about worldwide networking and collaboration among us.

Through this gesture of solidarity based on insight, half our annual budget of about 40,000 Euros flows in from all the different countries where eurythmy therapy is practised. Each year the country representatives make great efforts to remind their members of this health-bringing impulse to finance the work freely. (How much simpler it would be if we just charged a membership subscription!) Being conscious in this area, every year anew, lifts money to a deed of the will that is essentially more valuable, and this provides the basis for work in the Medical Section and the Eurythmy Therapy Forum.

I would like to express my warmest thanks for this support, combined with the hope that we shall not lose sight of this impulse arising from awareness; may we not only continue to maintain it but vigorously develop it further!

The more we succeed in placing our profession internationally in the world, the more it will become clear what still needs to be achieved but for which the financial resources are lacking.

Travel costs for country representatives and those from the different fields of practice are an enormous challenge, which we are only just beginning to be able to cover out of our own resources. In the anthroposophic medical movement's Perspectives Conference of September 2012, all the professions undertook to make progress with research into fundamentals and efficacy. Another of our principal concerns is to establish a fund to support colleagues in emergencies and as they become older.

Thankfully there are a number of trusts that continue to give us project-based support where it is most needed.

My ideal would be that we establish a trust fund for financial support of our communal, world-wide tasks and to enable new work. The Medical Section's eurythmy therapy department has the prospect of a legacy which could form the basis of such a fund. Further donations could then financially enable international work for eurythmy therapy.

For this we need donors prepared to pay an annual sum to such a eurythmy therapy trust fund (between 100 and 1000 Euros — the upper limit is open!).

Below you will find a tear-off sheet on "Donations and Support"; please could you make many copies and share them with patients, doctors and others interested in eurythmy therapy?

There is no shortage of money in the world, only a lack of imagination, courage and energy to make people aware.

We may consider ourselves fortunate if we can be midwives for such a fund for eurythmy therapy to be born. It will only come about when the efforts of many colleagues come together to achieve it. We are looking for two colleagues with appropriate competencies to join the board, which is yet to be formed. Please contact me for further information and if you have questions. (AJ)

Financial overview for 2013 (preliminary):

Income:

Countries	= 22.227,00 euros
Foundations	= 17.000,00 euros

total: = 39.227,00 euros

Expenditures:

Running budget	= 19.951,00 euros
Projects	= 19.464,00 euros

total: = 39.415,00 euros

Bank account:

Volksbank Dreiländereck EG
Med. Sektion / Förderstiftung AM
KONTO: 970760
Bankleitzahl: 683 900 00
Reference: 1258, Name und Jahr

From other countries:
IBAN: DE92 6839 0000 0000 9707 60
BIC/Swift: VOLODE66
Reference: 1258, Name und Jahr

Postal address of the Bank:
Tumringer Strasse 237
D-79539 Lörrach / Germany
Fon: +49-7621-172-0

Postal address of the account holder:
Medical Section
Albert Steffenweg 2
CH-4143 Dornach/Switzerland
Fon: +41-61-7064-370



Goetheanum
School of Spiritual Science
Medical Section
CH-4143 Dornach

Internationale Coordination
Anthroposophic Medicine / IKAM
Eurythmy Therapy Department

donate & help

Donations get to where they are needed.

Yes! I'll donate _____ euros. once every month every 6 months every year

My donation should go to

- the international support fund for eurythmy therapy within the Medical Section
- following project (e.g. training, research, professional accreditation): _____
- the work of the International Eurythmy Therapy Forum

My contact details:

Surname, name _____

Street, no _____

Postal Code, city, country _____

Fon, fax _____

E-mail _____

Bank details for the direct debiting mandate*:

Account owner _____

Account number _____

Bank name and address _____

IBAN _____

BIC _____

- Yes, I would like to receive the Eurythmy Therapy Forum's international newsletter (I'll have to give my e-mail address for this purpose)

Date, signature

* To hold the administrative efforts as low as possible, I authorise you until further notice to draw abovementioned payments debiting my account. The direct-debit authorisation may be cancelled any time without observance of a time limit.





How can I help?

Through donations to our international support fund in the Medical Section, earmarked for eurythmy therapy. We can use this to respond to urgent requests for support for eurythmy therapy initiatives all over the world.

Donations for specific projects (for instance accreditation of individual eurythmy therapy trainings; developing new eurythmy therapy trainings in different countries; research projects; supporting the compilation of the international survey of our professional status, organisation of the second World Eurythmy Therapy Conference 2016 and so on).

Since we now publish everything in English and German, we need support for translation costs.

We urgently need a solid and reliable financial basis for our coordination team's continuing international work, including public relations.



Will my donation actually get to where it is needed?

The Eurythmy Therapy Forum has its own account within the Medical Section, guaranteeing that 100% of donations actually reaches the eurythmy therapy department without deductions for administrative costs.



What can I achieve as a sponsor?

As a sponsor you can contribute with your donation to the further development of eurythmy therapy, through urgently needed research projects.

You will be contributing to the continuing establishment of worldwide networking and collaboration for approximately 1500 eurythmy therapists; and its further development where it already exists. This includes essential support for the travel costs of colleagues from far-off countries attending the annual Delegates' Conference.

Through the Eurythmy Therapy Forum's annual professional journal (Newsletter) you will gain a comprehensive insight into and overview of the worldwide activities of the eurythmy therapy profession.

Publicity Work of the Eurythmy Therapy Forum

The publicity work of the Eurythmy Therapy Forum is aimed at reaching the interested professionals around the world and strengthening the international networking on the level of contents and communication.



How could this be achieved? Over the years three pillars have been built - apart from travels of Angelika Jaschke and other members of the coordination team - and these pillars are being further developed continuously:

- the **delegates' conference**, a platform for meeting each other in person once a year;
- the **journal („Newletter“)**, giving a lively overview once a year of all achievements and interesting topics - in country reports, reports from the working fields and expert articles;
- the **website**, a continually updated platform for information.

All those activities and tools of publicity work have in common that they serve the collaboration of the professionals, i.e. those people who are willing to support each other within the global network.

In this issue, I would like to zero in on the tool **website**. I would like to point out some ways of how to use this tool:

Section Training: Here you can find the basic documents for the working field training (e.g. curriculum). All documents can be downloaded in the PDF format. Furthermore you will find addresses of training institutions and short presentations of their work.

Section Research: This is a quite new section in our website but it contains already some information from the vast field of research. It is worthwhile looking into the section Articles every once in a while. We are trying to present interesting basic research findings as well as brand new papers.

Section Associations: Similar to the section Training you can find all the basic documents for this field of work (professional guidelines, information on the trademark AnthroMed). And the section Addresses provides all contact details to the professional association around the world.

Section Country Representatives: Here you can see the international circle of all country representatives and all their addresses are provided.

Section Announcements: We try to give the users of the website tips where to get further trainings, where to find conferences, announcements of new books and information about current developments with Eliant. A clearly represented

calendar is being developed for the time being and will be an important feature for the future.

Section Publications: Here you can download various things: the issues of the Newsletter, annual reports of the Forum and the Medical Section, complete books and the information leaflet of the Forum, which has been translated meanwhile into 15 different languages.

Quite recently we have introduced a new interactive element into the website: the **discussion board**. This platform can be used by professionals to get into exchange on interesting topics, to ask urgent questions and to share knowledge and experiences with other professionals. The first test phase was conducted very successfully and we have noticed lively discussions since the start of this discussion board.

If you would like to take part in discussions, just register once. Take down your user name and your password - you will need them each time you log in into the platform. Then you can take part in discussions or just start new topics.

Publicity work is not meant to be a one way street. We are very keen on getting **feedback** on our activities and our tools. Maybe you have some ideas what should be included or you give us your opinion on what you are interested in. Please contact us - our e-mail addresses can be found on the last page. We will be happy to get into contact with you.

Regina Delattre
 Coordination publicity work
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Training/Research

TRAININGS

Preamble

It is interesting to see how much changes within one year and what stays the same. Three new therapy trainings for trained Eurythmists started, one in Kiev (Ukraine), one in Cape Town (South Africa) and one in Vaihingen/Enz (Germany). The recognised trainings for Eurythmists and doctors continue. The aim is that the four students in Harduf (Israel) will be able to graduate next year.



In Chile a new initiative in eurythmy has been started by young doctors and therapists. Please see report in the "News" section.

During the last few years the international trainers conference had worked out the criteria for a training to be recognized by the medical section. One of the criteria is the international curriculum, which we need in order to give recognition to all the trainings. How each training forms and fills the actual lessons, makes each training individual.

This is where, while learning and experiencing eurythmy therapy, the work with a patient as well as social skills can be practised. The faculties that are needed to become a therapist will also be addressed.

While the students do their obligatory placements, they again need to adhere to certain rules (like any other therapist) but, with the help and support of mentors and colleagues, the students will be able to find their individual path to being a therapist.

This year, in November, the annual meeting of the coordination of eurythmy therapy trainings added two extra days as well as one day which is a day of training for trainers. The invitation was sent to mentors, representatives of the different fields of practice and council members and to eurythmists who are thinking of starting a new therapy training.

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USA

Therapeutic Eurythmy Training in Copake, NY – TETNA

The Therapeutic Eurythmy Training in North America will graduate its fourth class of eight students in February, 2014. The students come from Asia, Europe and North America. At the present time, they are working on their written and oral graduation presentations and completing their practical requirements. A block of five intensive weeks of study ended in the last week of July, 2013. Included were an introduction to Therapeutic Eurythmy for Conditions of the Eyes, Psychiatric Therapy and Therapeutic Eurythmy with School Age Children. The block culminated with a course on the lecture by Rudolf Steiner, „The Invisible Human Being Within Us“, presented by Dr. Peter Hinderberger, MD, PhD. It was a very full but also fruitful summer time together.

The next meeting, to take place in February, 2014 will include a week of study followed by the graduation presentations with demonstrations. These are open to invited guests and the entire Camphill Community. During this time we will review movement exercises, continue studies in Human Development and Pathology, discuss practical aspects of Therapeutic Eurythmy and work together on the task of effective documentation. We will also discuss the task of maintaining Therapeutic Eurythmy as a 'Therapeutic Art Form', in line with its original impulse in medical work and the challenge of working within the radically changing medical field.

The training receives vital support from the Medical Section in Dornach, Switzerland and in North America. The Camphill Community in Copake, New York embraced the task of training Therapeutic Eurythmists on this continent in the year 2000. It continues to nourish and inspire this effort in its totality. Without these avenues of support, the training could not exist or evolve. We look forward to working together in the future.

The faculty has received inquiries about the next training course. It is planned to begin in Summer, 2014.

On behalf of the carrying group: Seth Morrison:
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Diploma Conferments in 2013

Nearly all our training courses last two years (on the job training) - and this year there are only 12 students finishing their training at the Alanus Hochschule (Germany) in September 2013.

Training courses in 2014

will be held in Dornach/Switzerland, Alanus/Germany, Unterlengenhardt/Germany, Vaihingen/Enz/Germany, England, America, New Zealand, Sweden, South Africa, Israel, Kiev.

Eurythmy therapy courses for doctors will be held in Germany, England, Georgia and in Baltic Countries. There are new initiatives in Chile and other countries.

Student's Report: Therapeutic Eye Eurythmy in New York with Margret Thiersch

As part of the Therapeutic Eurythmy Training in North America, Margret Thiersch has visited four times to teach in the training. She has also given courses on the West Coast. Once again, this past July, she came to Copake, NY to introduce therapeutic eye eurythmy to the current group of eight students.

During this week the work focused on the conditions of Hyperopia, Myopia, Divergence and Convergent Strabismus. We also worked on general exercises and breathing movements that are helpful for most all eye conditions.

Barbara Bresette-Mills

UKRAINE**Eurythmy Therapy Training in Kiev**

In September 2012 the first module of the post graduate study of Eurythmy Therapy started with 17 students.

Besides the diploma for eurythmy many of them have a therapeutic profession such as physiotherapist, masseur, midwife, nurse and doctor.

It will be a study of four modules a year, ending in summer 2015 with the diploma.

A group of three eurythmy therapists and a doctor from Switzerland together with four doctors from the Ukraine work together in teaching.

The time we had together was very joyful and full of hope for the future impulse of this spiritual healing.

The expenses are paid by the students in Kiev and from money generated through fundraising.

Gunna Gusewski
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SOUTH AFRICA**Southern Cross Eurythmy Therapy Training in Cape Town****Students feedback**

Looking back at the first two modules of our Eurythmy Therapy Training at the Southern Cross Eurythmy Therapy Training in Cape Town, I am astounded at the great diversity of subjects and activities covered: embryology, the skeleton, fourfold and threefold human being from a medical perspective, the metabolic limb system and diagnostic tools and aspects - and all these supported by artistic and practical activities such as clay modelling in experiencing the metamorphosis of the bones and larynx, drawing the human form - bones and muscles - and the embryological stages compared with the Genesis evolution image, painting the eurythmy figures in their expression of movement, feeling (veiling) and character, learning and practicing rhythmical „einreibungen“ and doing speech formation. And, of course, the learning and practicing of the Therapeutic movements of each sound and their combination for various conditions. Here we had a rich input of contrasting aspects of illnesses as well as a methodical and lovingly prepared guidance into how to apply the learnt in a practical context with children and adults. It has truly been an enriching time and I am looking forward to seeing at work what we have learnt in our observations during the next months.

Christiane Janowski
On behalf of the carrying group: *Julia O'Leary*
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SCHWEDEN**Läkeurytmi-Utbildningen i Norden Eurythmy Therapy Training in Sweden**

The eurythmy therapy training in Sweden continues with 9 students. The students come from Finland (3), Denmark (2) and Sweden (4).

The training started in August 2011 with an introductory course of 2 weeks. Since then there have been four blocks of four weeks each. Now they are on their 6 months placements. The graduation course will take place in June 2014.

The students are very active, there is a warm and diligent atmosphere and a lot of notes are taken. As well as the ordinary continuing hours of teaching there are written tests on questions arising from the doctors lectures. There are also practical sessions with case studies. The impulse to research appears now and again but at the stage they are at it does not have a strong role yet. Though in preparing for the graduation assignment the teachers will stimulate the necessary approach to research.

On behalf of the carrying group:
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SWITZERLAND**Goetheanum Eurythmy Therapy Training**

The fourteen students of the current group completed the fourth block of their training between the beginning of August and the middle of September. Experienced tutors guided them through medical and eurythmy therapeutic themes on the way to their future profession. It is clear that they are in a process of transformation into therapists, and that a real understanding for therapy is growing.

Having completed the last module, on psychosomatic and psychiatric disorders, they rounded off their studies in the fundamentals of medicine by taking a final exam in the Anthroposophic Academy of Therapy and Art, which includes all the therapeutic trainings based in Dornach. This exam, which satisfies the criteria for all health professions, is the first step towards an advanced professional qualification which, for Swiss students, leads to official accreditation for their profession.

Next comes the long placement, which is being approached in many different ways. Some have taken time off from their other duties until the final block, and are able to do a full-time placement in a clinic or in social pedagogy. Others have been able to reduce their hours as eurythmy teachers in schools and are spending two or three days a week giving eurythmy therapy there, supported by a mentor. Students who are unable to complete the required number of hours before the final block will be able to do so after the end of the course.

The diploma thesis is on the same level as the Higher Professional Qualification in Switzerland and is completed during the long placement, which is an essential, practice-oriented constituent of the training.

The final block takes place from 28th April to 17th May 2014. You are all warmly invited to attend the graduation celebrations on 17th May.

Other activities, some of them complementing the training activities, included fund-raising lectures by Michaela Glöckler and Armin Husemann, themed tours of the Goetheanum by Kaspar Zett and a further training course in music eurythmy therapy on the polarity of neurodermatitis and psoriasis.

On behalf of the carrying group:
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GREAT BRITAIN

Eurythmy Therapy Training in Great Britain

We currently have 14 students from many different countries, bringing lots of life experience and enthusiasm with them. They will complete their training at Easter in 2015. Our team of doctors and visiting therapists gives the course colour and enables the students to experience different styles of teaching and working.

In teaching about record keeping and documentation we attempt to make the activity practical and relevant, as well as lively and interesting. In our recent block we spent a morning on this subject. Firstly we asked a patient to come in so that the students could see her doing some eurythmy therapy with Ursula. Afterwards they shared their individual observations of her movement, in small groups of three and then in a discussion with the whole group. By comparing their observations everyone learned from each other.

In the second session we focussed on how to write down what you see and what language to use. The students were given anonymous typed examples taken from their own previous assignments while on observation placements. In small groups they discussed what was good about each description and what could be improved. Through this they exercised the ability to distinguish between an observation, an interpretation, and a judgement. Because the material was from their own work it was current and alive, and they were able to evaluate their own examples and those of their fellow students in a constructive and supportive way.

*On behalf of the carrying group: Shaina Stoehr
Ursula Browning, ~~Ingrid Hermansen~~
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The first Eurythmy Therapy Training for doctors and dentists in England

The first training in the English speaking world for doctors and dentists in Eurythmy Therapy began in June 2011 and will finish in May 2014. It takes place at Peredur Centre for the Arts in southeast England. To date the text and exercises from the first five lectures in the Eurythmy Therapy Course have been studied and practised.

In January 2014 we will work with the sixth lecture and the course will finish in May 2014 after a four day intensive block. The participants have given presentations based on movement observations in their practise, they have prepared and presented their study of a sound, they have introduced the movements of a consonant with 'jump' and they are now preparing to each introduce two of the "soul exercises" in movement.

It is impressive to see how on each weekend the participants joyfully immerse themselves in about 9 hours of concentrated practise. Despite the long interval (approx 6 months) between meetings both the quality of individual movement and group movement steadily develops. The artistic experience has been deepened through modelling the larynx, observations of the eurythmy figures, drawing, speech formation and opportunities to watch eurythmy performed.

Questions about how to understand the indications for eurythmy therapy and how it can become a part of a doctors practise are worked on as a group. Due to difficult and unexpected events two of the participants will not complete the training, but we hope the remaining seven will qualify to receive the diploma issued by the medical section.

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GEORGIA

Eurythmy Therapy Training for Physicians in Tbilisi

Work with eurythmy therapy has been going on in Georgia since 1997. It takes place in the context of the "Human Being and Nature" Friends' Association for Anthroposophic Medicine and in the "Therapy House". Patients are treated and there is weekly study of the Eurythmy Therapy Course, both theoretical and practical, with doctors from the therapy centre and from other organisations.

Courses in eurythmy therapy were also offered in blocks in the doctors' seminars. After five years of steady work a need was felt for doctors who were enthusiastic about eurythmy therapy to deepen their knowledge of it and do some training. Some of these doctors worked as anthroposophic physicians outside the capital. The demand for eurythmy therapy being so great here, we decided to offer a part-time training in it for doctors in Georgia. The following tutors from other countries were invited: Pauline Grounds from Hamburg, Dr Gudrun Merker from Pforzheim (both in Germany); Boudewijn Fehres from The Hague in Netherlands; Erika Molin from Järna in Sweden; and Margret Thiersch from Dornach in Switzerland. They gave intensive blocks of two or three weeks three times a year.

Between these blocks, the training continued regularly at weekends with courses given by me, Nino Waschakidse from Tbilisi. It lasted four years, from September 2002 till July 2006 including the placement. There were seven doctors in the group from the beginning, with another two joining later, as well as a eurythmy therapist. Five of the doctors received a certificate after the final block and after completing their thesis, entitling them to prescribe eurythmy therapy and carry out eurythmy therapy with their patients.

In autumn 2006, some of the trained doctors decided to meet every weekend with eurythmy therapists and do further training. Two books in Georgian were published in 2006 and 2007, Eurythmy Therapy by Rudolf Steiner and Foundations of Curative Eurythmy by Kirchner-Bockholt.

The next intensive training course began in Spring 2008. The tutors were Nino Waschakidse, who facilitated sessions once a week, and Dr Gudrun Merker, Margret Thiersch and Erika Molin, who taught for a week three times a year. The course lasted five years, till Summer 2012, when five doctors received certificates.

The trained doctors and eurythmy therapists meet monthly for further training.

There was an intensive course with Dr Merker in Summer 2013. Another is planned for 2014.

*Nino Waschakidse, eurythmy therapist
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GERMANY

ALFTER

Eurythmy Therapy at Alanus University of Arts and Social Sciences

The MA course in eurythmy therapy at Alanus once more began and ended at Michaelmas this year. Many different guest tutors and professors from the worlds of medicine and eurythmy therapy accompanied our students on their path of learning. We would like to express our thanks to them; we look forward to an equally eventful future. Twelve students finished their full-time training this year. Seven students presented their research projects on 20th and 21st September 2013 on themes including single-case studies of bulimia and osteoarthritis of the hip. Further subjects included eurythmy in a residential facility for older people, promoting speech through eurythmy therapy and a study of the pause in eurythmy therapy (please

see the list on page 18).

The single-case studies were based on cognition-based medicine. This enables an objective visualisation of a process-oriented path of healing or movement that is shaped on the basis of immediate perception. Shedding light on the path of healing in eurythmy therapy in this way may sound rather prosaic; but it proved possible to maintain eurythmy therapy's deep, spiritual core, while perceiving it more vividly and in greater clarity.

The students then embarked on their accreditation placement. This year, too, we are glad to see such a variety of placements – in Germany, Italy and Switzerland and in settings such as clinics, schools and independent practice. We are very grateful to the local mentors for their productive collaboration over many years.

We are looking forward to the last presentations from the current group on the 28th February 2014, after they have completed their accreditation placements. Themes will include a group study in pollen allergy; a review of embryological research in relation to eurythmy therapy; developing a handbook for patients containing guidance in carrying out eurythmy therapy exercises; and single-case studies on depression and chronic polyarthritis.

The six MA students on the part-time course will be doing their weekends here this year too. This course is for eurythmy therapists and culminates in a state-recognised MA qualification in August 2014.

The new students were in their starting blocks around Michaelmas. Between ten and twelve women and men from around the world decided to begin the MA course in eurythmy therapy at Alanus University in September, either full-time or part-time. We wish them energy and joy for their beginning and look forward to all the encounters we will have, including with our new colleague Raphaela Fritsch..

*Sibylle Stiller and Anette Weißkircher
on behalf of the MA course in eurythmy therapy
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UNTERLENGENHARDT

Eurythmy Therapy Training at the Paracelsus Centre

Every year we "reinvent" the training. This is an essential feature of the training for us due to its close relationship with the Paracelsus Hospital, an acute hospital for internal medicine. This daily contact with the health system means quick changes of co-workers and having one's eye continually on what is spiritual and essential, for these are needed when an ill person encounters a social organism and has to deal with it. Eight trainee eurythmy therapists are currently working with patients in six-month placements. They return to the training before Easter 2014 for their final three-week block. A new group of four began their training on 8th September 2013, affirming this practically-oriented, full-time training.

Eurythmy Therapy Training for Doctors

"I practise therefore I am."

This course is for physicians, and deepens the anthroposophic knowledge of the human being through a practical and theoretical study of eurythmy therapy in conjunction with the processes in substances administered as medicine.

This is a three-year, part-time eurythmy therapy training for physicians and medical students who are well into their training. Participants study Illness and Therapy (CW 313) and Eurythmy Therapy (CW 315) as well as the eurythmy figures, and become competent in dialogue with eurythmy therapists. Individual exercises may be carried out in the context of their medical practice. The training consists of continual practical

exercises and individual study which is shared with the other students in the form of presentations.

The third group of fifty students graduated in October 2012, including 32 physicians who were doing the course for the first time. The others were practising eurythmy therapists and doctors; they were repeating the course in order to deepen their understanding.

On the first weekend in November 2012 the fourth group began their three-year, part-time training.

*On behalf of the carrying group:
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VAIHINGEN/ENZ

Vaihingen/Enz Academy Eurythmy Therapy Training

The training began in Holy Week this year. For more than twelve years, the academy has been offering training in the culture of management and enterprise, in therapy and education and in the culture of the family, based on anthroposophy.

For years Eva Kleber, joint principal of the academy along with Hermann Seiberth, has had the impulse to establish eurythmy therapy in it. The impulse came to realisation through her encounter with Barbara Lampe. Barbara designed a curriculum for trained eurythmists which was accredited by the Council of Trainers. Seven students, qualified eurythmists, are currently undertaking the training.

The carrying group arose in a process similar to the formation of the heart in an embryo. Christian Ziller became connected with the training as a physician. Our aim is to go through a process with the people who come, who have long had an inner question concerning eurythmy therapy.

During the first week, Florian Himstedt worked with us on the Mercury seal, the first "page" of the Eurythmy Therapy Course; this has drawn us together and nourished us every time we have met. Crystal Drieschner practised the evolutionary sequence with us, in relation to embryology, vividly presented by Professor A May. Barbara Lampe and I (Isabel Martin) practised further fundamental elements with the students during the first three months of our weekend sessions, which are a probationary period.

In June we started work with Lecture 1 of the Eurythmy Therapy Course; we study the next lecture each time we meet, which is for one long weekend per month from Friday till lunchtime on Sunday; we also meet for one week twice a year. From time to time the students are given practical assignments and also give presentations.

Up till now, the weekend sessions have been intensive and rich in experiences. The group are good at singing and enjoy it; thus we enliven our senses of listening and resounding.

*On behalf of the carrying group:
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(Editor's note: Training for those who are not trained eurythmists is not accredited by the International Council of Trainers. It is thus not possible to attain a qualification valid under professional law.)

BALTIC COUNTRIES (Riga and Tartu)

Eurythmy Therapy Training for Doctors

In December 2007, eurythmy therapists and doctors in the Baltic countries began meeting to study Illness and Therapy (CW 313), the Eurythmy Therapy Course (CW 315) and, in part, Eurythmy as Visible Singing (CW 278). This work, which was formerly facilitated by Ursula Ziegenbein in Finland, has metamorphosed over the last year and a half into a eurythmy therapy training for physicians, in collaboration with the Medical Section's Council of Trainers for eurythmy therapy trainings.

The training began by meeting for a weekend three times a year (now twice a year), alternating between Riga in Latvia and Tartu in Estonia. It leads to a competency for dialogue

with eurythmy therapists in a common language and for practising eurythmy therapy in their own medical setting with patients, based on what they have achieved through practising the exercises.

The first graduation is expected to be in Spring 2014. Tuition is in German, interpreted into Latvian and Estonian.

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International Council of Eurythmy Therapy Trainers (6th - 10th. November 2013)

This year we invited colleagues connected to eurythmy therapy trainings to join us for our working days. This included mentors as well as people teaching in and developing new training initiatives.

The first two days we worked with Lectures 1-4 of the eurythmy therapy course, doing the exercises and sharing experiences. The third day we focussed on the essential method of eurythmy therapy. In small groups we explored the themes of 'photographing' yourself and the consonant jumps. There were excellent contributions from the doctors on the transformation of the four members of the human being during the process of training in eurythmy.

We also moved the zodiac and planets in relation to the first Goetheanum and worked with aspects of a consonant and how it is transformed into a 'medicine'.



The atmosphere was open and lively. People experienced these three days as inspiring, with a research quality that helped to deepen our work.

The internal conference followed on. Some of the issues that we addressed were: mentoring new trainings, training for trainers, trainers' profile, qualifications, the eurythmy therapy method. We discussed the fact that several trainings have arisen using very different methods and often including students who have not trained in eurythmy. It is our hope that these initiatives give a name other than Eurythmy Therapy to their activity and trainings.

We, as a trainers group, are looking forward to offering something at the worldwide eurythmy therapy conference that will take place 2016.

Ursula Browning



RESEARCH

Preamble

When asked what movement meant for her, a nine-year-old girl replied "Thinking is movement too." For my MA project in 2010, I asked people between 8 and 80 years old about their relationship to movement. The girl's answer stayed with me throughout the last year. What lies behind her statement?

Movement and its connected senses of life and thinking are everywhere in our daily lives, whether in the nine-year-old girl's thoughtful perception of movement, or in the reflections of an older person whose experience of movement is now limited. The nuances of this feeling can be trained and researched in eurythmy therapy, using specific movements in speech and music. Ideally a perception of movement tells one the dimensions of one's own body, including its potential for movement or its limitations resulting from illness. As eurythmy therapists we move between active perception during therapy and thoughtful evaluation before or after therapy. Our focus can move between different fields of perception, for instance the way the patient forms sounds; the therapeutic process; or the constraints on their movement due to illness.

When we school ourselves in the documentation of eurythmy therapy, we have to take account of both aspects — active doing and thinking evaluation — which must continually be nurtured and trained.

Two colleagues (below) share their scientific studies on eurythmy therapy. Liliana Pedrazzoli from Switzerland reports on her MA project "The Effect of Eurythmy Therapy in the Preoperative Preparation of Patients"; and Mareike Kaiser from Austria shares her scientific appraisal of many years' experience in eurythmy therapy for the teeth. These two contributions give an insight into the prolific creativity of our colleagues; they are intended as a stimulus continually to document and reflect on our own research experiences in a systematic way.

In conclusion I would like to let you know that I retired from my work in the Eurythmy Therapy Forum's Coordination Group at the end of September 2013. I shall now concentrate on content-related issues in eurythmy therapy. I would like warmly to thank Angelika, the team of colleagues and all the delegates from around the world for the continuous and fruitful collaboration over the years!



Anja Meierhans

Liliana Pedrazzoli (eurythmy therapist Paracelsus-Spital Richterswil, MA, Switzerland):

My motivation in undertaking an MA in eurythmy therapy lay in the opportunity more consciously to understand the work I have been doing for years in clinics and then be able to communicate it. Doing an MA was also a means for me to gain a deeper understanding for my work.

I had been unable to set down my experience of practising eurythmy therapy in a multiplicity of applications with a wide variety of patients in the clinical sector; I found this very dissatisfying. My knowledge remained my personal affair and could not be considered and communicated from different viewpoints. It was established in a wider societal context only in a very limited way.

This research project gave me an opportunity to do something about this. The research question was whether it would be possible to ascertain an effect from the application of euryth-

my therapy in the preoperative preparation of patients. The study showed that patients frequently rated the predominantly passive eurythmy therapy very highly and that it was very helpful.

This research gave me confirmation and confidence with regard to cognition and perception in a therapeutic process. (To give an example: the smaller the movements, the greater the effect perceived by the patient.) One challenge in getting to grips with eurythmy therapy in this theoretical way was going step by step through an apparent "loss of vitality" in the substance of the eurythmy in order to find new answers. One response is to create relationships, develop ideas, and clarify connections between patient and therapist; vowel and consonant; between the patient and the effect of a sound and so on. It aroused a variety of interests and impulses in me and enlivened me and my work! Although the research was quantitative, I became aware of a great many qualitative processes and relationships which could not be portrayed. This encourages me to continue.

I realised that we must undertake more research in order to find a way of describing our work that is accessible to the public.

Mareike Kaiser (Eurythmy therapist in independent practice, MSc, Austria):

I have been working intensively for 23 years on the misalignment of teeth, particularly in children. Engaging with this theme in an MA research project was a logical next step.

In conventional orthodontics, the correction of dental misalignment is frequently regarded as an exclusively physical problem. Holistic dentistry, on the other hand, is concerned to seek relationships between the teeth and the whole organism, and to take aspects of the human soul and spirit into account as an expression of the personality. Several complementary treatment methods have so far been implemented and are adequately documented. Eurythmy therapy brings a further aspect in that it works with the human being moving in space. Very little material has been published on this aspect.

The study's research question was whether it is possible to apply eurythmy therapy to influence open bite malocclusion as an example of dental misalignment, in schoolchildren aged between 7 and 11 without accompanying orthodontic treatment; and whether eurythmy therapy for the teeth can prevent the risk of relapse.

I selected the specific theme of open bite malocclusion because orthodontics offers no really satisfactory approach involving natural growth.

Thus, either the six year molars are screwed back into the jaw, in order for the front teeth to come together, or the teeth of upper and lower jaw are drawn together by means of rubber bands. This means, however, that the teeth of the lower jaw lose their normal position. In extreme cases the upper jaw is surgically enlarged.

The intention in eurythmy therapy is to unite the "upper" human being, which in cases of open bite lives too far outside, with the "lower" human being; this means helping the child on their path of incarnation. This shows that a problem of the soul has first to be addressed.

As to the question of what professional benefit the research has brought me, the following may be said:

1. I am better able to place eurythmy therapy among other therapies; on the one hand I can perceive its boundaries, on the other I can appraise its future potential.

Through this MSc course at the Interuniversity College in Graz
2. I have become acquainted with many other therapies and methods of evaluating them. Apart from scientific research methods, other subjects included salutogenesis, regulatory biology, and integration of therapies.

Has this theoretical analysis influenced my therapeutic practice? Yes, definitely. Through this research I have learned a

great deal more about epiphenomena of open bite occlusion, such as wrong breathing (with the mouth open), early childhood swallowing pattern, and wrong placement of the tongue; I can now engage in more focused dialogue with parents. I apply the exercises even more consciously and observe more accurately.

Science and Research in Eurythmy Therapy

Research and scientific studies are important topics in eurythmy therapy as far as concerns its status and further development in the world. In contrast to the wealth of its more than ninety years of therapeutic experience, its portfolio of scientifically recognised knowledge is still rather sparse. This is reflected in the research projects presented to the Research Council meetings, which take place at the Annual Conference of the Medical Section and are attended by those active in anthroposophic medical research around the world. The majority of research is carried out in Europe.



This year the following organisations undertaking such research were represented at the Research Council meeting:

- Faculty of Anthroposophic Health Care at the University of Leiden (Netherlands)
- Havelhöhe Hospital, Berlin
- University of Witten-Herdecke
- Filder Clinic, Stuttgart
- Institute for Environmental Medicine at the University Clinic of Freiburg
- Institute for Applied Epistemology and Medical Methodology, Freiburg
- Helixor (pharmaceutical manufacturer), Rosenfeld (all Germany)
- Institute of Complementary Medicine at the University of Bern
- Paracelsus Hospital, Richterswil
- Medical Section at the Goetheanum, Dornach (all Switzerland)
- There is also important collaboration with the following, among others:
- Charité University Clinic, Berlin (Germany)
- University of Basle
- Cantonal Hospital, St Gallen (both Switzerland)

Projects include research into health care, fundamental research, and preclinical and clinical research. The greatest activity is in research into substances, primarily mistletoe preparations. Only two projects on eurythmy therapy were mentioned, at the Filder Clinic and the University of Leiden; one was clinical research, the other research into health care.

It could be important for scientific progress in eurythmy therapy research for the following questions and issues to be taken up and worked with towards a solution:

- What scientifically verified research results are already available; have they been effectively published?
- What research questions are being worked on where and by whom?
- What research questions are in the pipeline for whom, but are not being addressed and, if not why not?
- Where could coordination and communication of research be established?
- What research methods (plural!) might be appropriate and beneficial for eurythmy therapy?

- What research methods have been applied in eurythmy therapy so far; and which of them were successful?
- What further questions concerning science and research on eurythmy therapy need to be addressed?

As the future Coordinator for "Science and Research in Eurythmy Therapy" in the International Eurythmy Therapy Forum, I wish to address the above issues and tasks. I would be very glad to offer support as a conversation partner in this area, for those who do not have a background in research but who would like to bring their questions into this important area.

The basis for my taking on these tasks is my experience over many years as a clinical psychologist in university-based research into therapy; as a co-supervisor of empirical methodology for dissertations and post-doctoral qualifications; and my related involvement with cultural studies research at an anthroposophic scientific institute. I have been involved with eurythmy for twenty years and with eurythmy therapy for eight; I have been studying Rudolf Steiner's spiritual science for nearly forty years. I currently live in Bonn, and am married to a practising eurythmy therapist.

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Themes of the MA research projects at Alanus University of Arts and Social Sciences

Single-case study of eurythmy therapy with the very elderly, with regard to altered sleep patterns (Anna Brüggmann)

Single-case study of eurythmy therapy in bulimia (Luna Erdmann-Brendel)

Single-case study of eurythmy therapy in incipient adjustment disorder (Imke Keller)

Single-case study of eurythmy therapy in the treatment of severe depressive disorder (Norman Kingeter)

Single-case study of eurythmy therapy in osteoarthritis of the hip (Johanna Petersen)

The pause and resonance in eurythmy therapy (Yana Petersen)

Single-case study of eurythmy therapy with a patient suffering from bed-wetting (enuresis) (Chanok Pinsuwan)

Eurythmy therapy in post-traumatic stress syndrome (Kristian Schneider)

Promoting health for people suffering from rheumatism, using Vital-Eurythmy — a retrospective group study (Sibylle Stiller)

Single-case study of eurythmy therapy in facial paresis and hemiparesis (Carolin Strecke)

Single-case study of eurythmy therapy with a patient with breast cancer (Daniel Thiel)

Prevention of falls in a residential facility for older people (Nana Tsiklauri)

Professional Associations

Preamble

In thirteen countries the colleagues have united in professional association by now. I want to spotlight two countries: The USA as first country outside of Europe and Belgium where Eurythmy Therapists and Arts Therapists have formed a conjoint association.

Associations have the important and yet future task to define Eurythmy Therapy as a profession and represent it in the world, thus creating space for it as a profession in the midst of others. The legal recognition and the right to work as Eurythmy Therapists in their respective countries, so far obtained by Switzerland only, is a distant prospect, but aimed by all association's efforts.

The executive council members are colleagues who, besides their occupation, work in this computer-based and time-consuming honorary capacity. Sincere thanks are given to them all for their constant commitment to the benefit of Eurythmy Therapy. Besides the member fees they need practical and mental backing by their members because the proceedings with health insurances and authorities require a lot of time and energy.

A brochure, written by the Swiss Association as information for the health insurances about, served as a base to Angelika and me to outline all aspects of the profession Eurythmy Therapy in an international brochure forthcoming worldwide at your disposal.



A report from the International Working Group of Eurythmy Therapy Professional Associations

This year's meeting was joined by representatives of all thirteen professional associations for the first time. USA, Finland, Hungary and Belgium were debuting and welcomed by all of us.

In a first round each delegate introduced to the meeting the situation in his country and the position of Eurythmy Therapy within the framework of National Health Service. In general a decline in the political acceptance of Eurythmy Therapy and the Complementary Medicine, nowadays including the Anthroposophic Medicine became apparent. France speaks about Anthroposophic Medicine



tartly as "charlatanry" while Eurythmy Therapy is placed as a health risk on a public list.

Eurythmy Therapy not being recognized as a part of AM causes problems in many countries.

But the news received from Switzerland is pleasing. After a long struggle the association has obtained, as first country worldwide the national recognition of Eurythmy Therapy as profession. Next year the first "Höhere Fachprüfung" will take

place and equates to an examination for the master's certificate. Congratulations on the Swiss association's excellent pioneering work.

Just as pleasing is the fact that through Angelika's constant efforts and encouragement meanwhile ten associations were able to acquire the warranty to give the **AnthroMed**® label away to their members. The use of the label strengthens the position of Anthroposophic Medicine in the world but procures no immediate benefit for the individual Therapists.

Currently there are investigations to provide the **AnthroMed**® trademark in future through IFAAET to the countries without association.

The countries must fulfil the condition of having an own website. This is explicitly demanded by **AnthroMed AG** for the acquisition of the trademark. Therefore last year's meeting has decided to set up websites up until this year's meeting with the help of Heiða Olafsdóttir, who has stayed in contact with the associations all last year to give her advice. Although we missed our aim we are fast approaching it.

Last year we have been occupied with the precise definition of Eurythmy Therapy as a profession. Our professional field is endangered from two sides. Eurythmists offer the exercises of the fifth lecture as Vital or hygienic Eurythmy and lay people and those of other medical professions without Eurythmy training. They consider Eurythmy Therapy a complementary method that can be learned by continuing studies and practiced professionally thereafter.

In future the association wants to only admit Colleagues who are trained according to the criteria of the International Curriculum Framework of the Council of Eurythmy Therapy Trainers.

An important step towards defining Eurythmy Therapy in a clear and understandable way is the essay by Elke Neukirch "The Path from Eurythmy to Eurythmy Therapy", including comments and excerpts by Rudolf Steiner, which can be downloaded from the Website of the Eurythmy Therapy Forum.

I want to recommend this article warmly to all colleagues. Elke will continue her research with explaining the artistic qualities of the method of Eurythmy Therapy exemplarily by an exercise of the fifth lecture.

We also collected articles written by Dr. Keller-Roth, Dr. Sebastian, Angelika and Monika. The efforts will continue.

Next year we shall celebrate the professional recognition in Switzerland as first country in the world and dare to look with hopes into the future of our profession, the Eurythmy Therapy.

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A report from the work of IFAAET

International Federation of Anthroposophic Arts and Eurythmy Therapies

On 14th of September in 2013 the General Meeting of IFAAET could admit the professional association of Eurythmy Therapy in Finland as a new member. Presently the Federation consists of seventeen associations (nine from EuTh, seven from AAT, and one conjoint association of EuTh and AAT) and the countries Iceland (EuTh), South Africa (EuTh), Japan (AAT), Croatia (AAT) and Russia (AAT).



Last year the creation of the website was in the centre of the Council's efforts, which was concluded right in time and could be presented to the General Meeting by Laura Ridolfi, who is responsible for the design and artwork. The result can be found under www.iffaaet-medsektion.net.

Besides information concerning both of the professions, documents and links there is a space for members, where we want to upload reports from member's activities all over the world. At present a report from Japan about their work in the crisis after the Tsunami and reports of conferences in Croatia and Brazil can be found.

This year Laura Ridolfi (GB-AAT) and Monika Eichele (EuTh-CH) are working within the Council on projects focussing on website updating, creation of Brochures, folders, business cards and information material, as well as taking part in international Health Conferences. The revising and approving of the questionnaire is also on the schedule.

We were able to mandate Peter Kocher (EuTh-CH), a professional secretary, for the financial books of IFAAET to reduce the workload and enable the Council to concentrate on its main tasks, the Public Relations and Networking.

The Council will be complemented in the East by Lidia Shpak (EuTh-Russland) and by Helena Urben (AAT-Brazil) representing the West as a member of the Advisory Board. The advisors', mainly the coordinators Angelika and Kirstin as well as Dr. Wilburg Keller-Roth continuous support and assistance is essential for the success of IFAAET.

Monika Eichele

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Website of IFAAET: <http://iffaaet-medsektion.net>

AnthroMed®

This international trademark is of great significance as a protection for the name and methodology of eurythmy therapy — the only exclusively anthroposophic profession. There have been reports from far-off countries over the last year that eurythmy therapy was permitted with patients only because it could be shown to belong to an international trademark.

We are therefore particularly delighted that in Sweden, Finland and Italy the criteria have been fulfilled, sometimes after great efforts, and contracts have been submitted to **AnthroMed** Ltd.

After three years' work with Britain's Council for Anthroposophic Health and Social Care — particularly in relation to the diversity of terminology in job titles — the designation "**AnthroMed**® Practitioner" is now available in Great Britain and Ireland.

Colleagues in ten of the thirteen countries where there are Professional Associations now have an opportunity to try for the **AnthroMed**® quality mark. (AJ)

Professional associations for eurythmy therapists were founded in following countries:

- **Austria** (www.heileurythmie.at)
- **Finland** (www.eurytmiaterapia.fi)
- **France** (www.... under construction)
- **Germany** (www.berufsverband-heileurythmie.de)
- **Great Britain** (www.eurythmytherapyassociation.org.uk)
- **Hungary** (www.euritmia.hu)
- **Italy** (www.... it will be published in 2014)
- **Netherlands** (www.euritmietherapie.nl)
- **Russia** (www.... under construction)
- **Sweden** (<http://antroposofiskmedicin.se/antroposofisk-medicin/lakeeurytmi>)
- **Switzerland** (www.heileurythmie.ch)
- **USA** (www.athenaeurythmy.co.nr)

International Reports

Preamble



Quite unexpectedly, Monika Margesin fell ill during the preparation phase for the newsletter. So I would like to thank you all on her behalf for the pleasant cooperation.

This year's main topic had been the climate in all your countries. It is incredible how important the wind is all around our globe. I had not been aware of that before. And there is so much water surrounding our countries. Only very rarely you can find countries without any connection with the water element which carries whole continents.

Monika told me that she often remembered the second line of our doctors' eurythmy therapy meditation: „„Schau, was luftig dich bewegt, Du erlebst Menschenbeseelung“ (R.St)

The following year will be dedicated to the culture in your countries.

While reading the textes, just be moved by wind and water - in all different ways - and yet those are the elements which connect us around the world. (AJ)

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AUSTRALIA

Clare Goodman
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14 eurythmy therapists



There are all weathers and climates in Australia - the land of droughts and flooding rains. You may well have heard of the destructive bushfires which happen most summers (in one place or another). They are often counterbalanced with torrential flooding, and cyclones in another part of the country. At the moment in the nation's capital Canberra, where I write to you from, the first blush of spring is spreading joyfully around. It has been a warmer-than- usual winter for us, but the snow season will continue in our nearby 'Alps' - highest peak 2,228 meters - until October. Up north, they are already sweltering in the high 20 degrees (celsius). They do not experience the four seasons as we do in the southern climes. Instead, there are two main seasons - the wet and the dry - with varying degrees of them throughout the year. There is nearly always plenty of blue sky, bright sunshine and open spaces wherever you are in Australia.

Spread out along the eastern and southern seaboard between the capitals of Brisbane and Adelaide there are around 14 Eurythmy Therapists/Curative Eurythmists (perhaps a few more ... I think they are a little like our native fauna - quite shy, or only come out at night!). We have three more undertaking the South Pacific Eurythmy Therapy Training in NZ. Several colleagues are in one (large) place, i.e. Sydney and Melbourne - and some of these colleagues are able to work together, to share resources and inspiration, and give support. Many of us are working alone, unsupported by professional colleagues.

At present there is no professional association. I would go so far as to say that there is a strong culture of the Individual here in the Great Southern Land, so no prospect of one for the time being. Although many of us long for colleagues and cooperation, we often generally prefer to, or end up working on our own, also from (geographical) necessity.

Apart from a very small handful of us, we work without the cooperation of doctors. Anthroposophical doctors are also in short supply downunder! Steiner/Waldorf teachers, Homeopaths, Naturopaths, Rhythmic masseuses, and Art therapists are our main colleagues and supporters, and they refer many of our clients to us. There is a thriving Therapy Centre in Melbourne where Eurythmy Therapy is offered along with other Anthroposophical therapies and remedies. A number of us act as mentors to the therapists-in-training.

Some of those who do work together have been researching the spiritual impulse behind Curative Eurythmy and it's relation to Cosmology. Von Laue's book on The Physiology of Eurythmy Therapy and The Eurythmy Therapy course are also constant and enlivening companions.

Others of us are trying courageously and slowly to build up private practices; we work in Steiner/ Waldorf schools (who are supportive of us in our role as teachers, over and above our role as therapists), and we also work from home. I have been meeting with an eclectic support group here - including a Rhythmic Masseuse, a Christian Community Priest and an Art Therapist - reading various of Steiner's lectures, including the Invisible Man Within Us.

I send warm greetings to all colleagues around the globe, and especially to my new colleagues (from Stroud, 2012).

AUSTRIA**Maya Kuesgen***(maya.kuesgen@therapeutikum-linz.at)*

16 eurythmy therapists



There are currently sixteen active members of our professional association in Austria. This year we established contact with the art therapists and are planning joint further training courses next year to strengthen collaboration between anthroposophic therapists in Austria.

This year we have been engaged in founding the Health Initiative, which involves complementary therapists, doctors and other interested parties who wish to promote patient-centred medicine in Austria and embed it in the health system. We are also planning a training course with Drs Kiene and Kiene on Cognition-Based Medicine's single case-study research method; as well as a training course with Anja Meierhans on documentation in eurythmy therapy.

Austria is situated in the northern hemisphere's temperate climate zone. Through its position in the centre of Europe, it falls into a transition region between maritime and continental climates.

As well as the effect on the weather of these two climatic influences, the south of the country is also influenced by mediterranean airflows. The north and west of Austria have a climate determined by maritime influences and humid west winds. The eastern part of the country, by contrast, has a continental climate with low rainfall, hot summers and cold winters. In the southern Alps the influence of rainy areas of low pressure from the Mediterranean is particularly apparent.

Austria's regional climate is very much informed by its alpine topography. Marked climatic differences are frequently found within a small area and within similar altitudes.

Austria's geography (please see the previous Newsletter) and climate are many-sided. Its particular situation within Europe makes it a region of transition, where east, west, north and south show their effects on the climate.

BELGIUM**Mia Lemaitre***(mialemaire@gmail.com)*

6 eurythmy therapists



Lying on the North Sea Belgium has a maritime climate, with relatively mild winters and mild summers. The whole year we are blessed with rain. The sea current from the North Sea has a refreshing influence on the summer and the Gulf Stream a warming in winter. In the southern Ardennes there is more of a possibility of having real snowy winters. In the eastern part of the country we have a few more degrees in summer. Although our country is so small, it has so many different weather situations and we have to be flexible with our clothes when we travel around.

We also have a lot of different beautiful clouds constantly changing colours and forms. Sometimes they have golden frames, sometimes feathery, sometimes grey and slammed by rain. The images of these constantly changing clouds make us dream. The cumuli give us images of many big castles. Among the strata we can find images of plants and animals. Fluffy clouds can be nice to look at, but are said to bring rain. Very low clouds resembling fog at the end of the summer, announce the arrival of winter and are called 'white women' Thank to these constant changes, we can often see rainbows and the wind in all its capacities is also a part of our life.

The eurythmy therapy situation:

We are currently six eurythmy therapists in the country. Two of us are active in Pedagogical Eurythmy, where we are employed, as well as in Eurythmy Therapy. One of our colleagues is doing her MA in Social Eurythmy in addition to her work with adults in her private practice and a Hygienic Eurythmy with a group of woman. Other colleagues are working in a nursing home, in free practice and in curative education.

This year, for the second time, a course(training)?? for Eurythmy starts, aiming for degree status.

Professional Association:

As eurythmy therapists we are members of Artesana, a Professional Association for Anthroposophic Art Therapists and Eurythmy Therapists, we are now a member of IFAAET. Our Website is: <http://www.artesana.be>

We are fortunate to work with anthroposophic doctors in Gent and in the Antwerp region. From time to time homeopathic doctors send us patients, who have heard about us from them.

In collaboration with 'Arta Zeist Holland' (an institute where drug addicts, in the course of half a year, are learning to rebuild their lives) we prepared for the public day, on 5th October 2013, on the topic: 'Addiction and freedom of choice' (Verslaving en Keuzevrijheid).

The founder of Arta and General Secretary of the Anthroposophical Society in the Netherlands, Ron Dunselman will lead the morning with lectures and questions and afternoon workshops will be held with various therapists: eurythmy, painting therapy, fine arts....

We hope that this day will give us new impetus for the coming year.

BRAZIL**Juliette Schardt***(juschartd@gmail.com)*

16 eurythmy therapists



Brazil is a tropical country! It lies between the equator and the Tropic of Capricorn. This is the cause of the extreme climatic conditions right across the country! The equator particularly affects the north of the country. The weather there is very hot, while the seasons vary between rainy and dry. Summer (December–March) is wet, with widespread flooding; whereas in winter (June–September) we have dry, hot weather. The Amazon region, with its rain forests, is in this northern zone.

The situation in the south is just the opposite. Here we have all four seasons, including a short, mild winter in June and July. This southern part of Brazil is in the state of Rio Grande do Sul, where the city of Porto Alegre is situated. From north to south there is a wide variety of climate: wet, dry, hot and cold. Eurythmy therapy is largely concentrated in the southern part of the country.

In Porto Alegre, right in the south, eurythmy therapists have to work with hot-water bottles. Winter there is very cold, albeit with no snow; however it lasts about two and a half months. As the houses are not heated, you discover what it means to be freezing cold. For days on end, the temperature stays between five and ten degrees centigrade.

In Florianopolis, the island paradise in the Atlantic, the climate is similar. Winters are harsh; summers very humid and wet, although alleviated by the wind. Spring and autumn are particularly pleasant thanks to their changeable weather, and prepare us for the extremes of summer and winter.

The climate in São Paulo is influenced by mountains rising to over 2,600 feet. It can get really cold in winter, very hot and humid in summer.

There are hardly any seasons in Rio de Janeiro. It is very hot and stormy in summer with frequent natural disasters. The extreme humidity makes one feel as if floating in water. Eurythmy therapists often resort to air conditioning. Summer can extend from November till April. For the rest of the year, the climate in Rio de Janeiro is very pleasant, like a kind of permanent spring. The winter months of July and August can be cool in the evenings; but the days are bright, with blue skies and golden sunlight.

This year, there were some great events in the world of eurythmy therapy.

The first was Angelika Jaschke's visit in April. Fifteen eurythmy therapists and physicians met with her in São Paulo, where she brought us up-to-date on developments and gave us new suggestions for our work, which is closely connected to the Medical Section and the Eurythmy Therapy Forum. We also addressed issues of training and accreditation. Angelika went on to visit some of the eurythmy therapists in their workplaces in different towns.

This visit gave us a very positive stimulus for our further work. Then in July we had our eleventh conference on anthroposophic medicine. The theme was health and the quality of life. After each lecture, all the participants did eurythmy therapy together for five minutes. There were also working groups on eurythmy therapy. A leaflet on the Eurythmy Therapy Forum had been translated into Portuguese, and was inserted into the information folder which the conference participants received. Posters on eurythmy therapy were also displayed.

There are sixteen eurythmy therapists in Brazil! Five are anthroposophic doctors who have completed an additional training. Six eurythmy therapists work full-time in medical centres. The remainder work in schools. There are currently many eurythmists and physicians who are interested in eurythmy therapy, including people from Peru, Argentina and Chile. A group is developing plans for a eurythmy therapy training in South America. We hope it may be able to begin in 2015.

CANADA

Michael Chapitis
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2 eurythmy therapists



Canada is the second largest country in the world, spreading over 6,000 km. between 2 oceans; the east which is on the Atlantik to the west which is on the Pacific. The largest area of population stretches along the belt of USA. There, lies Canada's largest cities. From east to west we have the metropolis of Montreal, Toronto and then Vancouver. Although Canada is officially bilingual, french is spoken mainly in the pro-

vince of Quebec. The largest stretch of the country goes from the 45th parallel up to the arctic. Besides the prairies, the key features are forest and lakes, including the five Great Lakes. A characteristic of Ontario the „Great Canadian Shield“ (granite and quartz) which joins together at Georgian Bay with the Niagara Escarpment (limestone). This is unique to the world. In the 1920's, the known artists „The Group of Seven“ painted this inspiring landscape.

Canada is a multicultural country with many immigrants and continues to be on one of the highest ranks by UNESCO.

Besides the watery element, the quality of light is a strong entity of Canada including the large skies and vibrant red (Indian Summer) colours. The third outstanding quality is the open space.

In this huge country of Canada, one can count the number of eurythmy therapists on one hand. We are members of ATHE-NA, (Association of Therapeutic Eurythmist of North America). Here in Toronto, the rampantly growing population is 3 million, 50% being foreign-born. Here, we are two active Eurythmy Therapists, I am in my fifteenth year. Most of the eurythmy therapy work is taking place in the four Waldorf Schools in southern Ontario. I work four days a week in the schools.

Located at the largest Waldorf School, there is a home for the elderly and a Christian Community and also an anthroposophic therapeuticum which includes four physicians and five therapists (painting therapy, massage therapy and eurythmy therapy). Our weekly meetings begin with eurythmy. The theme of our meetings include the meditations given to doctors, patient study with the method from the Bolk Institue and a regular study which at the moment is 'The Invisible Man'. We are fortunate to have this group, I believe it is a rare opportunity to meet in a group like with the intention of bringing the anthroposophic impulse in life. I work at Pegasus Remedies one day a week seeing 10-12 patients through the doctor's office for a seven week cycle. For the past several years, Pegasus Remedies has been hosting annual medical conferences. In March of 2014, we are hosting the Biannual North American Anthroposophic Medical conference with international speakers, including eurythmy therapy themes. The title of this conference is 'Healing the Wound'.

CHILE

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1 eurythmy therapist



The republic of Chile is in the south-west of South America. Weather and climate are influenced by its vast extent, extending over nearly 2,700 miles and 39 degrees of latitude. The country has three different climate zones, and consequently very varied flora and fauna. The Atacama desert in the north is considered the driest in the world. Little grows there. In contrast to the Atacama, the four wine-growing regions are very fertile, the best area being Maipo, 25 miles south of Santiago. Three separate climate zones — in the south, the centre and the north — are responsible for Chile's weather and climate. In the north are many high mountains, some over 19,500 feet. Temperatures range from around 15° to 25°C; the weather is dry and mild; rainfall is relatively low. The region is one of the driest in the world; in some areas no rain falls for years on end.

In the centre of the country, on the other hand, the climate is similar to that of the Mediterranean. The region is very fertile


and densely populated. Chile's capital, Santiago, with a population of about 5 million, is located in this central region. The weather here varies much more widely than in the other regions. Temperatures vary from around 14°C in June to an average 29°C between December and February.

The sparsely populated south is cooler than the central region, with average temperatures of 20°C, and has more rainfall than the rest of the country.

I am still the only trained eurythmy therapist in Chile. There is, however, an active group of young doctors who engage enthusiastically with eurythmy therapy. (Please see the report in "Trainings".)

COLUMBIA

Libertad Aguilar
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1 eurythmy therapist

At the extreme north-west corner of South America, Columbia is the only country in the sub-continent that has coastlines in both the Atlantic and the Pacific oceans. It lies on the equator, its climate determined by the Passat winds, humidity and its height above sea level. The higher in altitude, the lower the temperatures. Columbia thus has no true seasons. People speak of two rainy seasons with two summertimes in between, which affect the whole country. Daylight is constant round the year, with equal day and night.

As it has not so far been possible to study eurythmy here in Columbia, I travelled to Germany where I completed my training at the Alanus University in 2011. After my accreditation placement at Herdecke Hospital, I want to return to Columbia after seven years of study and become active again as a teacher and therapist at the Arca Mundial social pedagogy organisation in Medellín, where I have already worked for eight years. In addition, I hope to be able to treat private patients in collaboration with anthroposophic doctors, and thus make eurythmy therapy known in Columbia as a therapeutic approach. The situation of anthroposophic therapies in Columbia:

Seventeen years ago there was an impulse to spread anthroposophic medicine in Columbia, which did not find the anticipated resonance. In 2007, however, two doctors from Cali and Medellín took it up again. Since then, eleven doctors (six from Cali, three from Bogotá and two from Medellín) have been taking part in the International Postgraduate Medical Training in South America. A highlight for us will be that the IPMT will take place in Cali in 2015. It will be for all medical and therapeutic professions.

We are currently seeking to build up the medical and therapeutic impulse in the three largest cities of Columbia. In Bogotá there are small initiatives and study groups; in Medellín a study group and the Arca Mundial social pedagogy organisation where the work in therapy and education is informed by anthroposophy; in Cali there is the Mercurio Therapy Centre, where anthroposophic physicians and therapists work with art therapy, hygienic eurythmy and Pressel massage. There is also a new initiative for therapeutic education, called Tarapacá, and a training in therapeutic education in collaboration with the Education Section at the Goetheanum. In December this year the first group will graduate.

I am very glad that, at the delegates' conference at the Goetheanum on 11 September 2013, Columbia became part of the International Eurythmy Therapy Forum! I hope that the medical and therapy impulse in Columbia will be strengthened thereby!

CZECH REPUBLIC

Hana Giteva
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6 eurythmy therapists

In Czech Republic the trees are already turning and the sun's warm light lets the colours radiate. Most migratory birds are on their way to the warmth. At the end of September, most of the country's eurythmy therapists meet at the physicians' and therapists' further training course at the Milos Brabinek Academy, which opened last year. We four eurythmy therapists practise eurythmy therapy with doctors and therapists for 4½ hours at each meeting (of which there are six each year)! The enthusiasm is such that nine doctors want to the eurythmy therapy training in Unterlengenhardt!! What joy!

There are six eurythmy therapists in Czech Republic, of whom five work together regularly. Then there are the meetings of anthroposophic therapists where we work together intensively every six weeks. More than a year ago we began to share our different therapies with each other, conversationally and practically (eurythmy therapy, biographic counselling, Werbeck singing, Pressel massage). Then came the seven planets; each of us spoke about how they work therapeutically with the different qualities. It was intense and enriching! This year we wish to address the seven life processes. Meditation for inner calm accompanies us continually, from the book by Arthur Zajonc.

Before us we have the radiant, brightly-coloured times of the Princess Lécebná eurythmy — that is what it is called in Czech...

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ESTONIA

Katrin Vaik
(katrinvaik@hotmail.ee)



1 eurythmy therapist

We have four seasons: broadly speaking, three months of summer; three of autumn; four to five months of winter; and one or two months of spring.

Thanks to the influence of the Baltic, temperatures are higher than in corresponding latitudes in Asia and America. The average in June is 17°C, in February -8°C. Occasionally it gets very hot, with temperatures reaching a maximum of 35°C. Nearly every winter there are days when outdoor temperatures fall to -20°C or even -30°C, meaning that, according to government regulations, children may not go to school. Temperatures on our many islands, and on the coastal mainland, remain high for longer in autumn — and remain low for longer during spring — because the water maintains temperatures longer than does the land.

Estonia is so far north that the year has a light time and a dark time (although it falls short of being polar day and night!). At Saint John's tide, we have eighteen hours of daylight, and the whole night through it is possible to read the newspaper outdoors. By Christmas, on the other hand, there are only six hours of daylight. However, God as usual thinks of everything and sends us abundant snow in the depths of winter, to brighten our surroundings, even in the dimmest moonlight. The snow lies for up to four or five months of the year.

The climate is wet and evaporation does not keep pace with precipitation, so that average humidity over the year is 80%. Such a humid climate makes hot weather difficult to bear, while clothes do not really keep out the cold in winter, which can pinch the cheeks painfully.

As the country is surrounded by water on three sides, it is often windy, particularly in autumn and winter.

Experiencing these four distinct seasons every year is a blessing — as I can attest, having lived elsewhere.

I am the sole eurythmy therapist in Estonia. There are eight anthroposophic physicians here, with whom I often take part in medical courses. The doctor from the Waldorf school in Tartu visits our school in Tallinn and supports me in my work with eurythmy therapy.

Most of the doctors, our friends and I have formed a Foundation Stone Meditation group. We work on it in eurythmy, guided by Erika Molin from Järna. We also work with doctors and our Christian Community priest on Rudolf Steiner's book on pastoral medicine. Our mentor in this work is Michael Debus of Stuttgart.

This year, Angelika Jaschke visited me in Estonia, her first visit. I was able to show her round the wonderful Old Town of Tallinn. She also visited my workplace at the Araküla Waldorf School, where we took the opportunity to discuss the worldwide situation of eurythmy therapy. Her visit meant a lot to me and gave me courage and assurance.

This summer, the "old" and "newly-trained" Estonian eurythmists gave the first performance in seventy years on their own initiative, in the context of the East European Conference which took place in Tartu. It had only become possible to work with eurythmy again in 1991. Now there are nine eurythmists in Estonia, who also work together artistically.

FINLAND

Anne-Marie Somero
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25 eurythmy therapists



Climatically, Finland is somewhere between maritime and continental. The temperature differential between summer and winter is 50°C, in some years as much as 70°–80°C. The temperature can fall to -30° in winter (the lowest recorded is -51°); while in summer it can reach +30° (highest on record: +38°). The climate depends on whether one is in Lapland, in the far north, or by the sea in the south; the distance between the two extremes being nearly 750 miles. Nature must adapt itself to very different conditions during the year!

East winds from Siberia bring a great deal of snow in winter and hot weather in summer. The west wind is mild in winter, thanks to the Gulf Stream, and brings rain in summer.

The land is covered with snow from the end of October, which does not usually thaw till the beginning of April. The snow lends light to the land even when the sky is dark. In winter the

sun only rises briefly above the horizon, whereas in summer it hardly sets.

Spring is very short and sudden: within a couple of weeks in May the land turns green. September is true autumn, with gaily coloured leaves.

Eurythmy therapy

We have 25 eurythmy therapists in Finland just now, of whom some are retired. Seventeen are members of the Eurythmy Therapy Association (Suomen eurythmiaterapeutit ry).

For a few years now anthroposophic therapists have been meeting, together with a physician, for one-day conferences. The theme this spring was "Depression and Addiction".

Two to three times a year the Association organises a further training weekend. Among other themes we are studying the case histories in Rudolf Steiner's and Ita Wegman's book *Extending Practical Medicine*. We are currently on the fifth of these case histories.

At the beginning of April we had the pleasure of welcoming Angelika Jaschke. In addition to the radiant sunlight and blue skies, we had Angelika's clear, bright ideas and her free and open manner. We were enriched by the seven-step process from the eurythmy sound to the eurythmy therapy sound as medicament, and by exercises for the zodiac and planets. Many thanks, Angelika!

FRANCE

Yolande Marx
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33 eurythmy therapists



France is characterised by the many currents of air and water which flow through it. It borders on three seas, to north, west and south, through which it receives diverse influences. Mobility and changeability, regulated by the Gulf Stream, make it a temperate country.

In the east, the climate is more stable, but colder. France is an aggregation, a subtle riddle; each region has its own climate, where warmth, air and water devise different music and paint a different picture. Here a sky filled with journeying clouds, there completely overcast; here skies telling of eternal summer, there a harbinger of bitter, biting cold.

There can be endless rain, or drought that consumes like fire; rich harvests; salt from the sea; ripe grain; vineyards; orchards; bright or dark forests; and the shimmering orange trees and bougainvillea that face toward Africa. Heaven and earth find manifold gifts in this land to celebrate their marriage.

There are about 33 eurythmy therapists in France, of whom seven work in Switzerland.

Twelve of us work as eurythmy therapists, of whom eight are self-employed and four employed in organisations. Then there are two doctors who are also eurythmy therapists; and two eurythmy therapists who work as psychomotor therapists. One eurythmy therapist works as a curative educator.

The OSE professional association (œuvrons pour la santé par l'eurythmie) has 26 members, of whom eighteen are eurythmists and eight are from other professions (physicians, dentists...).

Work with the doctors continues: conferences, case conferences, working together in the therapy centre near Paris, training workshops for physicians in the south of France — a rich and fruitful collaboration!

Interdisciplinary work with other therapists takes place in different ways in organisations, in medical practices and in conferences.

Our OSE association is working on:

- developing the website
- guidelines for further training to bring it into alignment with the prescribed number of hours to qualify for AnthroMed®
- the issue of professional accreditation.

What is most valuable is our sharing and exchange of views; our meetings; the sense of solidarity in how we work together; our belief in eurythmy; and our will to share it with others and have it accredited and declared valid; our relationship with a Europe-wide co-ordination activity, with the International Eurythmy Therapy Forum and with the IFAEET. It is our wish to place ourselves in the spiritual context represented by **AnthroMed®**. All this gives us direction and perspectives for our deeds.

GERMANY

Elke Neukirch

(elke.neukirch@googlemail.com)

592 eurythmy therapists



- 1) In Germany, there are 561 ordinary plus 31 associate and promoting members, a total of 592.
- 2) Yes, an energetic and capable professional association exists, established many years ago.
- 3) Cooperation with the physicians varies regionally, there are intense meetings and work contacts, but more and more colleagues say, that doctors prescribe too little or hardly any therapeutic eurythmy.
- 4) Cooperation with other anthroposophical -therapist takes place rather partially in the hospital, sanatoriums and schools - in private practice only to a limited degree.
- 5) This year the substantive work was about current issues and problems regarding training and approval.
- 6) We have a new secretary – quite a Highlight!

The climatic conditions of the country

Often a "stiff breeze" blows in the northern part of Germany", not only because the country is situated between North Sea and Baltic Sea, competing with each other, but because the Gulf Stream is affecting the climate of our country, too.

Who would have imagined that? Despite northern latitudes, the Gulf Stream cossets us with unusual high temperatures. Facts and figures speak its own language: the coldest place is the summit of the Zugspitze (2962m), with an average annual temperature of minus 5 ° C , the highest average annual maximum temperature is measured in the Upper Rhine Area with 11° C;. During winter, the monthly average is minus 0.5° C, which is quiet mild, while the average temperature during summer crawls up to 16.9° C.

In the transition region between the maritime climate of West Europe and the continental climate in Eastern Europe, our country is in the so-called temperate zone. All four seasons are still tangible and affect not only nature, but also our whole human being (perhaps more in the countryside than in urban areas).

In winter it is often said that „the cold comes from Siberia“ - then it's dry, icy cold running runs through the streets and around the houses. This season is characterized by marked darkness, mist grey weeks (so-called „November Blues“), the sun only rises at 9:00 (if any), and snow and ice then quickly paralyzes the civilized-technical world.

According to records of the German Weather Service, spring comes earlier by 5 days each decade - but people can hardly wait, when it finally arrives. Still, March 21 is the first spring day!

The summer also comes on the 21th - in June that is. In recent years, repeated regularly floodings occurred after intense periods of rain and caused severe damage. However, on nice days and special climatic conditions – the so-called „Föhn „ – the Bavaria region seem to be „in the reach of the Alps!“, and for many people, children and adults, the summer holidays starts.

The autumn then brings the ripe fruit and joy to the children, flying their colourful kites in the sky. But on the weather maps, single storm depressions show up, dragging across the North Sea to the east, mainly affecting northern and central parts of Germany.

North, East, South, West and in between – there are so many different areas in Germany, and so varied is the climate.

(Author: Thilo Riebold. He had been country representative till June 2013 and was then replaced by Elke Neukirch.)

GEORGIA

Nino Waschakidse

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5 eurythmy therapists



The changeable climate of Georgia is influenced by its varied landscape of mountains, rolling uplands and lowlands. Georgia's climate is broadly mediterranean, but with the changeability mentioned above. Clouds blow in from the west over open sea. Lush green forests, fertile farmland and the bountiful earth characterise Georgia's landscape.

Climatically, the Greater Caucasus separates Georgia from the other states of the Commonwealth of Independent States to the north. It protects Georgia from the climatic influences of the dry steppes around the Volga and Don; as well as from the chilly winter incursions from Central Asia. By the same token, the Lesser Caucasus protects the country from the summer heat of Iraq and Iran. Finally, the Black and Caspian seas also provide climate buffers. Through their masses of water they are able to balance and neutralise hot or icy storms and keep them within limits.

The climate of the Sioni Basin is sub-tropical. Rainfall is between 47 and 98 inches annually, with more in the south than the north. Winters are generally free of frost, through the influence of the Föhn wind when it backs up in the surrounding mountains, the average in January being 4°C. Summers are warm and humid; August is the warmest month, with an average of 28°C. Lush, subtropical vegetation thrives, with palm trees and citrus fruit.

As one goes from west to east, precipitation decreases steadily. In the Surami mountain range and the uplands of the upper Kura river, rainfall at between 15 and 23 inches is considerably less than in the Sioni lowlands. The landscape here is affected by continental climatic influences, with hot summers and cold winters. The vegetation consists of grassy steppes and dry forests.

Nearer the Caspian Sea, the lowlands of the Kura spread out. Here rainfall is only around 8–12 inches a year. The result is a landscape of steppes, becoming ever dryer toward the east. Finally there is the climate of the Greater Caucasus, which is alpine and conditioned by its latitude, a little to the south of the Alps, and its altitude, somewhat higher than the Alps.

There are currently five eurythmy therapists in Georgia's capital Tbilisi. Four work in different professional fields. There is not a professional association yet. There is productive collaboration between eurythmy therapists and doctors, who meet monthly for further training courses with a theoretical and a practical component. A particular theme this year was Mars, iron and the sound E.

At the end of June there was a one-week further training course with Dr Merker for physicians and eurythmy therapists. Our aim remains to achieve official accreditation for eurythmy therapy.

GREAT BRITAIN, IRELAND

John Browning
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60 eurythmy therapists



There are approximately sixty people working as Eurythmy Therapists and of these fifty-two are members of the Eurythmy Therapy Association, the Association was formed in 1982. The co-operation with doctors and other therapists stretches from weekly meetings of all doctors and therapists at one medical practice to therapists working independently with all sorts of variations between these two examples.

The Eurythmy Therapy Training has had its first two blocks with the new group of students who now go to the first of their placements and the training for doctors continues (See separate articles in the newsletter for reports on the trainings).

We were once again blessed with Christiane Rust coming to work with us at our annual conference.

The theme was 'Rhythmical elements between pulse and breath in moving the consonants'. It was a very enriching and enlivening conference which widened our horizons and gave new impulses for our work. This year we will be continuing our exploration of the consonants with Norman Kingeter, a colleague of Christiane's at the Ita Wegman Clinic, and will be exploring lecture four through the four ethers.

By the time you read this we will have a website: www.eurythmytherapyassociation.org.uk.

And now to our weather, there is a famous poem by John Masefield which begins:

'I must go down to the sea again,
To the lonely sea and the sky,'

The sea has a huge influence on the climate of these islands. Three times a day on BBC radio 4, 'The shipping forecast' is read which covers sea areas all around Britain and Ireland as far North as Iceland, to Norway and Denmark in the East and as far South as Spain. The areas have wonderful names such as Viking, Forties, Fitzroy, Dogger, Cromarty, Sole and Rockall. (www.metoffice.gov.uk/weather/marine/shipping_forecast) A maritime climate with all the variety that this can bring!

HUNGARY

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12 eurythmy therapists



Well, the country's climatic conditions... which surprised us this year the world over... to what extent can they still be described as valid?

Hungary being roughly in the middle of Europe, its predominant climate is continental. However it has a very wide palette of manifestations and the weather is very rhapsodical (changeable). It can be quite typically continental: cold and damp in winter, hot and dry in summer. However the weather can change dramatically, as the prevailing winds are from the north-west. The next most common winds are from the south-east, bringing an almost mediterranean quality to the climate. In recent years extreme "records" of heat, cold and snow have been reached. This summer the thermometer reached 41.5°C; snowfall in the middle of March was unusually heavy; and as in the rest of Europe there were also huge floods — the Danube this spring was at its highest ever.

There are currently twelve eurythmy therapists active in Hungary, of whom most continue to work educationally in schools as well. At the moment only one makes a living exclusively from eurythmy therapy. There is a professional association, which officially is an association of the Eurythmy Society. So far ten eurythmy therapists have attained the AnthroMed® brand through the association.

Six months ago the doctors and therapists who had completed the three-year anthroposophic further training led by Dr Henrik Szöke received their diplomas or certificates of attendance. At least ten physicians have passed the exam for their licence as "Anthroposophic Physician" in a university and may officially use this title. Many therapeutic communities are active, as the participants of this intensive three-year course (three whole days a month of soundly-based further training) really wanted to remain together. One group wished to continue working with eurythmy therapy. Five doctors and ten therapists have therefore begun a three-year course in eurythmy and eurythmy therapy. For the doctors it is valid as a eurythmy therapy course for doctors; while for the therapists it serves as a deepening course in anthroposophic medicine so that they can better practise the therapy in which they were originally trained. The course is planned for five weekends a year over three years.

A new course in anthroposophic medicine led by Dr Henrik Szöke has already begun with more than thirty participants. Through the questions that eurythmy therapists have put to doctors, but also those that doctors have often put to eurythmy therapists, we now hope to develop collaboration based on trust. There is a wish for the course and the collaboration among therapists, who now know each other better, to become sustainable over the longer term. Thus the new course will also serve as a deepening for previous participants. Joint therapy conferences are also being actively organised. For instance 260 participants attended a conference with Peter Selg in autumn 2012. This year a beginning was made on the theme of the heart; this was a good preparation for the Medical Section's annual conference at the Goetheanum. Margret Thiersch gave a further course in eurythmy therapy for the eyes, followed by another in October.

ICELAND

Heiða (Adalheiður) Olafsdóttir
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2 eurythmy therapists



We are two eurythmy therapists in Iceland, Sigríður Erla Reynisdóttir, Forest Row, England, comes to Iceland every year and works with the eurythmy therapy in a home for disabled people as well as in one of our schools.

The preparation for founding an anthroposphical umbrella association for therapists is coming further down the road. In relation to its founding the therapists in Iceland, along with some artists, have come together and organized a healthweek for foreign guests in Skálholt, one of Iceland's historical places (for further information: www.healthweeks.is). Along with the needed preparations for this project we also plan to work on professional qualifications and content this winter.

The dutch doctor Aart van der Stel from the Netherlands has, since I came back last year, guided me in my work as well as most of the anthroposphical institutions here and other therapists. Further work with icelandic doctors is being planned. Our highlight this year is for sure the healthweek 2014 and we look forward to all the fruits this project will bear!

Climate in Iceland:

In the country of fire and ice the wind whirls through the most beautiful highlands and the darkest lavafields.

The weather in Iceland takes its character the warm Gulfstream and the cold Greenlandstream. The Winters are therefore mild and the summers rather cool. The bright nights, clear air and the deep blue sky give us the energy for the winter. Our winter, on the other hand, is long and in the middle of it we have only a few hours of daylight. All this different light lives in nature and gives it its most amazing pastellike colours. Arising from the cosmic sunstorms we are blessed with the eurythmically moving northern lights.

In the last years the global warming has left its footprints through the slowly rising temperatures, this dramatic change is to be seen on melting glaciers, some of them melting completely away.

This also causes less snowfall, I clearly remember times from my childhood where we had to drive through snowtunnels as well as the time when we had to travel by ship to be able to go home after the winter holidays because all the mountain roads were closed. Conversely I have also enjoyed lying in the grass in 30 degrees in summertime.

As diverse as the weather can be through the year, it can also be like that in one day. I tend to have all my gear with me in the car when I go away because you never know what you might be expecting, maybe it is going to snow, or rain, or the sun will shine... or all of it in one hour! We can also have strong winds in the summer, up to 18-20 km/h are no exception. On cold days with such storms it is a special feeling to dive in a natural hot pool and relax in the heat!

The weather is, as such, very often not foreseeable, and has therefore helped make the Icelanders a very flexible folk, always being prepared for change. On this you can mostly count on because we used to, and sometimes still do, have to rely on each other to survive!

INDIA

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2 eurythmy therapists



India is in the tropics, about 20° above the equator. In the mountains of the Himalaya in the far north it snows in winter; in the Thar desert to the north-west it is dry and sandy; in the rain forests the humidity is extreme; while in the coastal regions it is really hot.

The lofty Himalaya peaks are in the far north (the cool head); in the south is a vast triangle surrounded by sea. There are dense primeval forests, a great desert (the Thar) and large areas of agriculture. Nature is vibrant and fertile. Everything that people need to live grows here. One may truly say that India is a world in itself.

During the monsoon, from June to September, it rains non-stop, with occasional floods but also fierce droughts!

We remain just two eurythmists or eurythmy therapists: Aban Bana and Dilnavas Bana. There were two other Indians in eurythmy trainings in Europe, but both had to stop for personal reasons. Our student Sahya Samson from Pune is currently in the second year of the eurythmy training at Peredur in England.

We give eurythmy workshops at various seminars and conferences in India, including the International Postgraduate Medical Training, the Khandala Waldorf Seminar, biodynamic workshops and the curative education conference. We also offer an intensive eurythmy course, all day long for a fortnight twice a year, at the Tridha Rudolf Steiner School for teachers and other interested people. I do eurythmy therapy with some of the patients of anthroposphical doctors in Mumbai.

A group of women, who have taken part in our eurythmy courses for many years, has begun doing certain basic eurythmy exercises with their groups of students, under our supervision and with very good results.

The Light Eurythmy Group from Dornach, directed by Thomas Sutter, will visit India in January 2014. They will perform in New Delhi, Hyderabad, Mumbai and Calcutta. At the beginning of this year, London Eurythmy, directed by Hajo Dekker, also visited India, where they performed the Fairytale of the Green Snake and the Beautiful Lily, which was very well received. Eurythmy certainly has a future in India alongside the classical Indian dances Kathak, Manipuri, Kathakali, Mohiniattam, Bharat Natyam, Kuchipudi and Odissi.

Group eurythmy is particularly popular.

ISRAEL

Jan Ranck
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11 eurythmy therapists



In Israel the number of therapeutic eurythmists with diplomas remains at 11, whereby only about half practice in the field. Several eurythmists are currently in trainings in various places and we look forward to them joining the work. Some are already active as "interns". There is no professional association, but since 2009 there are meetings three times a year between therapeutic eurythmists and anthroposophical doctors, in which about 12 people (half of them doctors) participate regularly. There is as of yet no formal co-operation with therapists in other fields, whereby recently Dr. Moti Levi and Dr. Meron Barak are attempting to arrange at least annual conferences with the goal of establishing a sort of umbrella organization for anthroposophical medicine. To this purpose Michaela Glöckler visited for a weekend conference in December 2012 with the theme "Challenges in Working Together". We also thank Dr. Moti Levi for the fact that Eurythmy is included in the list of therapies recognized for insurance coverage under the alternative medicine division of the National Health Insurance, of which division he is the head.

Through the initiative of Nadav Nachtomi there were also visits this year by the therapeutic eurythmists Daniel Marston from Switzerland and Ursula Browning from England, who each gave a weekend workshop. Daniel addressed the theme of Cancer and Ursula the "8th Lecture" of the Therapeutic Eurythmy Course by Rudolf Steiner. These workshops were attended by doctors, therapeutic eurythmists and therapists from other fields.

The climate in Israel is as varied as the geography. On the Coast (e.g. Tel Aviv) the weather is relatively mild in winter and hot and very humid in the summer. In the hills (e.g. Jerusalem) it is drier in general, and cooler in winter, including possible snowfall every few years. It is hot in summer, but as was said, a dry heat. In the south (e.g. Beer Sheva and further) it is a half-desert, with all that implies. In the north one cannot really speak of a „northern“ climate - on the coast it is similar to Tel Aviv and inland it is similar to the hills of the middle region around Jerusalem.

The lengths of the seasons also vary greatly. Spring begins in February (sometimes even in late-January) with blossoming almond trees as the first sign, but lasts relatively shortly. Summer is very long (usually over 6 months with no rain), autumn is almost unnoticeable, and winter is also relatively short (November until January).

Almost all rainfall takes place in the winter with some showers in spring and autumn. This year the rainfall was relatively heavy, but in general Israel has been suffering for several years now from a drought (even in relation to the natural relative dryness of the Middle East region). One can also describe the climate from the perspective of the agriculture: apples in the north, citrus at the coast (although both require irrigation), cacti* in the south. Olive trees thrive everywhere. But without the famous black plastic hoses of the Israeli irrigation system there would be relatively little green, and it is a sign of summer that even in the north everything turns brown.

A special feature of the climate in Israel are the "Chamsin". Supposedly occurring 50 days a year (the word "Chamsin" is derived from the word for "fifty"), these are days or sequences of days of very high temperature, extreme dryness, and a sand-filled desert wind from the south. In these times tensions are great (similar to the Swiss "Föhn") and the heavy heat

almost unbearable. Often this weather "breaks" with a large drop in temperature and a short rainfall; sometimes, when it is particularly drastic, one day will be a sandstorm and the next day it will snow. The country is in all respects characterized by contrasts and tensions, not only in politics! Not for nothing does the legend claim that Jerusalem lies at the entrance to both heaven and hell...

*A knick name given to Israelis is "Tzabar" (Sabra), a type of cactus. The metaphor relates to its fruit being prickly on the outside and soft and sweet on the inside.

ITALY

Maria Teresa Fossati
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22 eurythmy therapists



Italy, long and narrow, stretches for about 1300km towards the south east into the blue of the Mediterranean Sea. It is equidistant from the North Pole and the Equator for this reason the climatic conditions are generally mild whilst still having marked differences between the climates of the Alps, the plains of the North East and the coastal areas of the Mediterranean.

The Alps which are the highest mountain range in Europe extend in a semi-circle from west to east, and the Apennines from north to south-east. The former mountain range creates a natural protection against the cold winds from the north and north-east. When the wind blows over the highest peaks and reaches Italy, it is called the tramontane and it brings dry weather, clear skies and good visibility.

The Southern areas, North Africa and the Sahara desert send hot winds known as the Sirocco. The Apennines are a barrier against the wet Atlantic winds which blow in from the west and are called Westerly or Zephyrus. Across ways from east to west blows the wind known as Easterly, this brings cool, wet winds with rain and water spouts.

On the other hand the sun shines throughout Italy. The air is blessed with a special light. 'L'aria' of Italy brings breadth and levity with its delicate, moulding action, it envelops all nature and the earth, making sensory perceptions join seamlessly with the emotions of the soul.

Eurythmy Therapy in Italy.

At the moment there are 22 eurythmy therapists working in Italy, 15 of them constitute the professional association AIET (Italian Association of Eurythmy Therapy), founded in 2003. The quality trademark for anthroposophic medicine 'Anthro-Med Heileurythmie' will be available this year in Italy also. This is the event of the year.

As well as this, the meeting between doctors and representatives of the various anthroposophical practices (eurythmy therapy, art therapy, rhythmical massage, psychotherapy, curative education, pharmacology) and patients' representatives, in November 2012 brought to a public lecture the theme of : 'the rhythms of sleeping and waking.' In June 2013, in Milan, Mareike Kaiser held the 7th course of eurythmy therapy for dental problems, with the participation of dentists and orthodontists. Several eurythmy therapists and 3 doctors, who participated at the course of eurythmy therapy held by doctor Gudrun Mer-

ker in Germany, meet twice a year in Milan to deepen their knowledge of the Eurythmy Therapy Course held by Rudolf Steiner. Moreover, in Palermo, Sicily, the work of a eurythmy therapist and 5 doctors on this same subject for the last two years have now come to a close.
We look with confidence towards the future.

JAPAN

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13 eurythmy therapists



Having written little last year on the real landscape of Japan, I will write a bit more this time.

There are four main islands, and a whole series of others, extending more than 1800 miles from north to south in a long, narrow arc on the 25th degree of latitude. The climate of Japan thus varies widely between north and south. In Hokkaido in the north it is cool and temperate; in the south subtropical. While one is sunbathing in the south, others may be skiing up north.

Japan is surrounded by the sea. The prevalent warm and cool currents, along with seasonal winds, provide the conditions for four clearly distinct seasons.

In the bulk of Japan summer brings humid monsoon weather with south-east winds from the Pacific, whereas in winter north-westerlies from the eurasian continent predominate. The loveliest times are spring and autumn, when visitors from overseas like to come. It is very mild in spring, when the famous cherry blossom appears. In autumn the vivid reds and yellows of the foliage in the mountains entice us.

We have always lived closely with nature and its four seasons. There are thus many festivals connected with events in nature and with the seasons. This applies to art too: for instance one must always include in haikus a word that indicates the season.

Apart from the four seasons that characterise our climate, we have here in Japan characteristic forces of nature, which inflict huge natural disasters on the country, such as typhoons, volcanic eruptions and, as we are all aware, earthquakes and tsunamis. Although these natural events continue to take many human lives, we still love our nature dearly and feel connected to it.

However it needs also to be mentioned that recent natural disasters are not only "natural disasters", but rather disasters brought about by human beings. For instance, global warming has raised average temperatures beyond previous levels, a process that seems more extreme in Japan than elsewhere. Summers become hotter every year, with the result that in the south this year temperatures in excess of 40°C have been recorded for the first time. When I was young, it never reached more than 32°, whereas now there is nothing unusual about temperatures above 35° around Tokyo. In recent times, the results of this global warming have included torrential, localised downpours in many regions of Japan. Today, for instance, the eighteenth typhoon passed through the Japanese islands, bringing 12 inches of rain in 24 hours to the Kyoto Prefecture. Such massive rainfall comes only every fifty to sixty years. The consequences included rivers breaking their banks, great landslides and flooded houses. 270,000 people were warned to seek refuge. We are thus in a situation where we must decide whether or not we are able and have the will to do something for the situation, and if so where and what.

As far as concerns the situation of eurythmy therapy in Japan, we have thirteen eurythmy therapists at present. Four people have completed the training in the last year and have joined us. Two of them work in the Waldorf school.

The professional association is still in the preparatory phase. Hopefully we can deepen our considerations of this next year at the annual meeting.

This year we had two conferences with eurythmists and art therapists. One conference, a symposium, was organised by some of us and eurythmists. It concerned eurythmy and etheric forces, with the sub-title "How can we protect and strengthen our life-forces?" To this end we invited Michael Debus, so that we could learn to know the deeper layers of the etheric forces of eurythmy in order actively to respond to the needs of society with eurythmy, particularly now when Japan is in such need of strengthening its etheric forces after the nuclear disaster of 11 March 2012.

In May some of us organised a conference in collaboration with art therapists, where Michaela Glöckler spoke about art and art therapy. The theme was how to find and strengthen our centre, when some of us have lost our direction and where the future seems uncertain and without prospect after 11 March 2012. There were nearly 300 participants. The two conferences made a deep impression on those who took part. We felt they gave us courage to go beyond being mere observers and to find our way into deeds.

NETHERLANDS

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74 eurythmy therapists



Our professional association has 74 members, of whom 56 are registered as fully active in the profession. Collaboration with doctors takes place both individually in the workplace, and during various meetings that are arranged during the year. These are organised by the association and follow different themes, such as child and adolescent psychiatry, dementia, cancer, eye diseases and eurythmy therapy in schools. The Medical Section in Holland organises conferences in spring and autumn for all those engaged in the field of anthroposophic health care. Class holders in Leiden have initiated a project where physicians and therapists try to develop treatment plans for illnesses including depression, cancer, hay fever, and contact disorders in children.

Our work in the professional association this year focused mainly on practical matters, such as accreditation by health insurance providers, which are demanding accredited verification of basic medical knowledge. We have also been working on the question of how training in the Netherlands would need to develop in future, as we are concerned about the next generation of eurythmy therapists.

Our country is close to the sea and partly below sea level. Winds from all directions are happy to waft their way to and from the mainland. They do not usually come alone, but bring wonderful gifts of clouds in all shapes, sizes and colours. Many of these cloud formations weep tears of joy when they find their way back to the coast again, while others mourn the surge of the waves (or is it the other way round?) In short, it rains a lot here, but the splendid winds soon dry us again. We have headwinds to strengthen us and tailwinds to make us go even faster than most Dutch people on their bikes.

We have a temperate maritime climate, often with many changes of weather all in the same day. The land being so flat (apart from modest elevations round Utrecht and in Limburg in the south), there are big skies. The often humid air brings a continually changing play of colours. Maybe this changeability and breadth of horizon contribute to tolerance and social awareness. On the other hand, it can sometimes be challenging to stick to decisions that have been made. New creations quickly fade into the background.

NEW ZEALAND

Heike Houben

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11 eurythmy therapists



From the European point of view, New Zealand seems like a south pacific island paradise, which implicates endless hours of sun, heat and warm winters. Living here means in the first instance to live on an island. We are located in the southern hemisphere within the temperate zone and the island-like character manifests itself in a relatively small difference between summer and winter and in big parts of the country a rather high amount of rainfall. Above all it is mostly windy. The high north is been plagued by tropical storms from time to time. Because of its closeness to the Antarctic, the very south can be distinctive cold. The traveller can visit some glaciers and the cold wind from the south leads to considerable chilling even on the northern island. Nonetheless there are dry periods lasting for weeks, during those the generally green country turns into a yellow desert. When it rains, the rain is intense and it feels like the water comes from everywhere. Even from below. The oceanic climate keeps the temperatures in the coastal areas also in winters above zero, so that avocados, palms and other subtropical plants are able to grow. Most sunny is the east coast with 2200 hours of sunshine per year!(e.g. Hawkes Bay, where we live) However the temperature rarely climbs above 30 degrees and the nights stay chilly.

Winter and summer merge quickly. In spring, the blossoms flourish from one day to the other and then a feeling of summer arises. So in autumn too: the leaves change their colour only on imported trees. The natives are evergreen. Flowers blossom during the whole year. Because of the high pressure areas one can have days of 20 degrees and more in winter-time. Then you will see the children wearing t-shirts...

11 Eurythmy Therapists live and work in this climate. Not all of them currently in their profession. We did not have an annual meeting last year (which happens always together with the Eurythmists) because the Eurythmy Therapy Training takes too much time and effort of everybody involved and some of the New Zealand Eurythmists are students of the Training. Whoever has got some time and energy left, got together to work on the foundation stone for the annual conference of the Anthroposophic Society in Auckland in October.

Our Eurythmy Therapy Training will have its 5th and last training block in January 2014. We are glad to welcome Broder von Laue from Öschelbronn, Germany, for this block who will give lectures about cancer illnesses. Angelika Jaschke from Forum Eurythmy Therapy/ Medical Section will work with our students on fundamentals of Eurythmy Therapy, listen to the diploma works and present the diplomas.

Our students are now busy with their practical training, which happens mainly in the surroundings of their working places. In

this context we miss badly the closeness to the anthroposophical clinics in Europe. The interest in such a practicum would be high. Our student Leanne Sarah contributes a detailed report about the training.

NORWAY

Simone Wantz

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20 eurythmy therapists



Light, strong nature-forces and great climatic variations. Norway is on the same latitude as Alaska, Greenland and Siberia. Compared with those countries, however, Norway enjoys a much milder climate, thanks to the interplay of warm ocean currents and wind systems. The climate is influenced by the Gulf Stream, the great differences in altitude and the extreme length of the country from north to south. Temperatures and weather are very varied and conditioned by the great contrasts within the geographical conditions. In the west, for instance, there is much rain. Low pressure, wind and rain come straight off the sea and give the country a mild, humid climate. In the interior, by contrast, the climate tends to be dry.

Norway is a land of light! North of the Arctic Circle, the mid-night sun shines during the summer months, whereas the landscape in winter gleams silently in deep blue tones. This is not so apparent further south, although one can still enjoy the wonderful, bright summer nights — whereas in winter the hours of daylight can be counted on the fingers of one hand. Nevertheless winter can also be experienced as bright: sunshine on snow; huge starry skies on clear, cold winter nights, appearing close enough to touch; the surging colours of the Northern Lights. Transitions between light and dark often reveal wonderful colour compositions and nature moods. The four seasons are quite distinct. It seems to me that the "wholeness" of the year can be strongly experienced here in the north.

Spring begins with rapidly increasing light, reflected in the snow and shining brightly. When all the snow has melted nature begins to open up, at first delicately, then in an overwhelming splendour of blossoms. Rivers carry down the meltwater which can lead to flooding. This year there were once again severe floods in the east of the mountains, which led to destruction in populated areas. Differences in temperature are wide. At the beginning of June there was a week of unusually hot weather with a temperature of 30.7°C — possibly the warmest in the whole of Europe?

Summer brings long, light-filled days with relatively low humidity; temperatures in July and August are 20°–25°, sometimes as high as 30°C. The warmest and most stable summer weather is to the east of the mountains, in the south of the country, although this can change rapidly with the whole country having a cool, wet summer.

Autumn brings ripe berries and mushrooms. The countryside gleams in clear, golden light. Temperatures drop and migrating birds wend their way southwards.

Winter brings a paradise of snow to part of the country. It can get very cold, depending which part of the country you are in. In coastal areas, however, the climate is mild, with much wind and rain.

Unfortunately climate change has left its mark here in the north too. Average temperatures are gradually rising, and there is less snow and ice, while glaciers are in retreat.

The "climate of eurythmy therapy" is also changeable. In the west (Bergen, Stavanger and Haugesund), some of the eu-

rythmists and eurythmy therapists have begun to take an interest in one another and are creating a warm atmosphere of collaboration. They meet regularly to work together.


I have a list of addresses of 36 people, of whom around twenty are working with eurythmy therapy, mostly part-time in schools. Nearly all of us are members of the Eurythmy Association in Norway. Some are also members of a professional association in central Europe or Sweden. The time does not seem ripe yet to found a professional association here. Nevertheless, I very much hope that stronger collaboration will be able to grow among us here in the north, including with the doctors.

A further training course with Shaina Stoehr took place in Oslo in January 2013. We continue to meet three times a year on Saturdays to share experiences and practise together. We achieved accreditation from the Association of Norwegian Natural Therapists at the end of 2012. Eurythmy therapy is now on their list of therapies and has been recognised by the Department of Health. However one must apply individually for membership and fulfil certain criteria, including a course of study of the provisions of Norwegian law relating to the health service. It is to be hoped that some colleagues will do this, as it offers an opportunity for eurythmy therapy to become better known. We are still at the beginning of our work.

PHILIPPINES

Grace Zozobrado
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2 eurythmy therapists



The Philippines: an archipelago of over 7000 islands in the Far East, between the West Philippine Sea (previously called the China Sea) and the Pacific Ocean, above the Equator and below the Tropic of Cancer (around latitude 8-20).

Years ago, any Filipino, even a school child, would have been able to describe the country's weather as simply 2 seasons: wet from about June to November and dry from about March to May. Humid throughout the year, like in the tropical section of a botanical garden in Europe. The typical typhoon (we used to have an average of 20 per year) during the rainy season would usually build up in the Pacific, gain momentum as it traveled westward towards our country, first hitting the easternmost island of Samar, devastating the the coconut plantations of the Bicol Region, causing havoc in Southern Luzon before leaving the country's area of responsibility and moving on towards Taiwan. These typhoons meant people losing their poorly-built homes, as well as crops and livestock. Some towns would then be cut off for a few days till the floodwaters subsided. The Filipinos took these natural calamities in stride, and many prepared for the upcoming rainy season by putting tires and rocks on their roofs so that the winds would not blow away the galvanized iron sheets, or preparing basins to catch rainwater that would drip into their homes. They had candles and matches on standby for the power failures during these times.

Into the classical picture have come climate change and the immense growth of megacities. Man-made calamities of mass proportions have made many shake their heads in desperation. Huge sections of Metro Manila now get flooded with just

an hourlong downpour since many of the canals of the sewerage system are covered with plastic and massive development of business and residential areas has concretized the metropolis, leaving no more places for run-off. In the provinces, widespread deforestation and mining have caused landslides that cause deaths by the hundreds, and force families by the thousands into temporary shelters, sometimes for many months. The seas are getting overfished as spawning seasons are not respected and fishing goes on throughout the year.

On the whole, the weather has become terribly unpredictable and this has caused huge problems. Perhaps the string of widespread calamities in the last few years will slowly wake up more and more Filipinos to think of the environment as not „outside themselves“ but as being „part of themselves.“ In a land which is naturally blessed by sunshine and water, this is not so easy for the Filipino. The time has come to wake up though! What needs to be done cannot wait for tomorrow. Some cities in Metro Manila are beginning: plastic bags are no longer allowed and each must bring a recyclable bag to the supermarket. People are rallying against mining, coastal residents helping to patrol against illegal fishing methods, organizations participating in mangrove reforestation programs. Small steps that bring back hope. Small steps for the future.

And part of this future is anthroposophic medicine, which is interesting more doctors as well as paramedical professional and private individuals. We had a successful IPMT last April, with „Cancer“ as theme. There is now a coregroup which hopes to create an anthroposophic pharmacy for the Philippine as well as Asian market.

Another group is focused at strengthening the grassroot/community-based initiatives which promote holistic health, including use of local herbal plants. As for eurythmy therapy, I continue to do sessions in 2-week blocks at the Manila Waldorf School. For the first time, the Acacia Waldorf School has also requested for this support this year. Another school has also asked for help. Workshops and sharings to parents and teachers, as well as the greater public have also been done. My clinical practice continues too, though now on a more limited scope.

POLAND

Beata Kosowicz
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3 eurythmy therapists



We are three eurythmy therapists in Poland. Our work is just beginning. And the cooperation with doctors, too.

In Poland we have a moderate climate due to the combination of damp Atlantic air and tropical air deep from the Eurasic continent. Thus the weather in Poland is quite volatile. Damp air from the Northern part of the Atlantic also causes many colds and cool weather in summer and mild and foggy weather in winter. The dry polar air from Russia, reaching Poland mainly in winter, often brings frosty weather - but in summer it can bring a lot of heat.

PORTUGAL

Fernanda Wessling
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1 eurythmy therapist



Portugal used to have 4 very distinct seasons – Spring was mild and often wet, Summer very hot and dry, Autumn again mild to cooler and wet, and Winter sometimes quite cold and very rainy. Usually the Northeast part of the Country would have abundant snow during Winter, the same to be said for our highest mountain Serra da Estrela.

Now the situation is somewhat changed – winters can be and have been very dry, and sometimes too sunny, and Summers are getting hotter, as we could verify this year – temperatures went up to 46°C in the interior part of the Country.

One can also say that there is a very big difference between the temperature on Coastal areas where it is usually milder and fresher, and the interior where extreme hot or cold can be felt. Spring and Autumn are getting less expressive, as time goes on – signs of the times?

As far as I can be sure, I am the only eurythmy therapist living and working full time in Portugal, with two other colleagues coming for periods during the year, to different parts of the Country, therefore there is no professional association in Portugal.

Despite this, as I live and work in a therapeutic Community, I am privileged to work with an antroposophic Doctor, and this is a very good situation with excellent collaboration and team work.

In the Community itself there is also practiced Quirophonic, therapeutic baths and Hauscka “Einreibungen”, and here again we work together.

This year I shall dedicate special attention to the 5th lecture of the Eurythmy Therapy Lecture Course and its direct use with our “population”.

Living and working in this way brings many highlights throughout the year – and one of them is the visible overcoming of difficulties or the enthusiasm shown by many of our “companheiros” when I tell them that they will soon be working with me again! !

ROMANIA

Konstantin Gruia
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2 eurythmy therapists



Climatic conditions in Romania are very varied. Overall, the country belongs to a temperate climatic zone in the region of the westerly wind zone. Through the natural barrier of the Carpathians, however, the different parts of the country are climatically very different from each other. West of the Carpathian arc, in Siebenbürgen, a maritime climate of Atlantic winds predominates.

The Carpathian mountains, which rise to over 9000 feet, prevent the Atlantic air masses from reaching the south and east of the country.

East of the Carpathians, in Moldavia, a continental climate

prevails and the region is characterised by cold airflows from the Ukraine.

South of the Carpathians, in Wallachia, there are mediterranean influences and average temperatures vary, depending on the part of the country. Temperatures can drop as low as -38°C in winter, with considerable snow and ice; whereas in summer it can become very hot in the mediterranean regions, and temperatures up to 45°C are not unusual. The north-west has more rain and storms, while the south-east has only a little rainfall.

The Black Sea coast has 2286 hours of sunshine annually, the mountain regions only 1500.

Bucharest is in the south – the 1.9 million inhabitants enjoy and/or suffer under the summer heat and winter’s heavy snows.

Nelu and I are still the only eurythmy therapists in Romania. HOWEVER – we are both no longer active as full-time eurythmy therapists. The government now insists that practitioners complete a course of study in psychology: we may no longer work with people as eurythmy therapists.

Nelu has left the therapeutic educational establishment in Simeria and is studying psychology.

I now live about 280 miles south-west of Bucharest in a small village in the southern Carpathians and work as a carer in families.

The nearest town, Tergu-Jiu, is nearly twenty miles away and has a large state special school with three hundred children and eighty teachers (it is not run on antroposophic principles). I work here unpaid in classes 1–10. I teach eurythmy in seven of the classes and do eurythmy therapy with some pupils.

Otherwise, I work with the teachers, who are very interested in antroposophic therapeutic education, in eurythmy and in eurythmy therapy. I am frequently asked to give lectures. This state special school has begun working in partnership with the antroposophic special school in Simeria; the teachers visit each other in spite of the distance between the two schools.

The regional education minister often asks me about this kind of future-oriented, complementary education.

Otherwise I do hygienic eurythmy, also unpaid, with adults between fourteen and eighteen in a social therapy organisation. I also provide eurythmy therapy for a young man with autism.

RUSSIA

Tatiana Strizhak
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24 eurythmy therapists



There are around 24 trained eurythmy therapists, nine of whom are members of the association.

Climate

The greater part of the interior is more than 250 miles (up to 1500 miles in some parts!)

from the sea with its mitigating effects on climate; warm air masses from the Indian Ocean are unable to breach the mountain barriers in the south of Russia. In Russia, therefore, there are really only two clearly defined seasons: summer and winter. Spring and autumn are brief periods marked by abrupt switches from very low to very high temperatures and vice versa.

Further east a harsh, continental climate predominates. The country's (and the world's!) widest temperature differential is 117°C. On the other hand, the grim local frosts of Siberia are more bearable, because of the dry air, than in Moscow with its greater humidity.

Only in a narrow strip along the Black Sea coast does Russia have any sub-tropical climate; the greater part of this region is in a temperate climate zone. Yet here too a harsh climate dominates: thus Vladivostok in the far east, on the same latitude as the French Riviera, has average January temperatures of -14°C; in many parts average annual temperatures remain below zero. It is thus understandable that, in Sweden, the war waged against the Russian Tsar Peter the Great in the eastern part of the country is known in the vernacular as the "war with the north country". This traditional image of Russia is possibly based on the old myth of hyperborea.

The country has an impressive variety of climate: in summer the north gleams with white nights; 60% of the surface area is permafrost, while in Kalmykia and the Volga lowlands summer brings droughts that go on for months, with scorching hot winds from the steppes.

According to Rudolf Steiner, the bearer of the folk soul for the Italians is the air, for the Germans it is warmth, whereas for the Russians it is the light reflected by the earth (CW 181, 30.3.1918). This may show a connection on the one hand with the low sensitivity to cold ascribed to Russians; on the other hand with a sense for spiritual, supersensible community which so easily awakens in Russia's widths, and which can come to expression either in inner commonality or mere herd instinct. In any case, the climatic contrasts of the environment confront the human being with a task, as described by Johann Gottfried Herder: "Never mind how climate works — every human being, every animal, every plant has its own climate; for each one takes in outer influences according to their inclination and processes them organically."

Eurythmy therapy news; reports by participants in seminars
M. Romanova, eurythmy therapist: Mareike Kaiser gave a second seminar on eurythmy therapy for the teeth. We repeated some exercises for malocclusion, then concentrated on the placement of teeth in detail. Each tooth is connected to a particular planet and zodiac sign. It was astonishing to realise that the whole cosmos is reflected in our teeth. The seminar made it clear anew that one can find the part (the teeth) in the whole (the human being as such).

M. Denisova, eurythmy therapist: from 10–17 July 2013 the first seminar with Margret and Thorwald Thiersch took place in Saint Petersburg. We worked on long-sightedness, short-sightedness, divergent and convergent squint, cataract, glaucoma and so on. The eurythmy therapists and physicians taking part were impressed by the professionalism of the tutors, the particular qualities of the tones and gestures and the subtle yet deep effect of the eurythmy. The course is planned to continue in June 2014. The participants returned home to their patients inspired by the new therapeutic impulses from this seminar.

T. Guseva, physician: a seminar on social eurythmy, facilitated by Rachel Maeder from Ittigen, took place in Moscow from 28–31 August 2013. As in last year's seminar, the participants came from different backgrounds: eurythmy therapy, artistic eurythmy, Waldorf education, doctors and parents. During the closing review, it became apparent how important the seminar had been for all those taking part. Some of the feedback: "My horizon has broadened." "Now I know I'm on the right track." "Many of the exercises that we learned in the seminar have been a great help in my work." This speaks for itself.

New publications

The Practice of Eurythmy Therapy by Elisabeth Baumann has been published in a Russian translation. It includes an afterword by Angelika Jaschke entitled "Elisabeth Baumann-Dollfus, Eurythmist and Eurythmy Therapist: a Biographic Sketch".

SOUTH AFRICA

Christiane Wigand
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6 eurythmy therapists



South Africa has about 5 different climate zones: in the north, at the border to Zimbabwe, it is summers and winters extremely dry and hot; in the highlands of Johannesburg, originally a landscape of steppe, 1600 m altitude (!), winter drought and summer rains. At the east coast of South Africa, where the sun rises 2 hours earlier than in Cape Town, reigns subtropical climate, with cool, sometimes misty winter days, in summer, however, very hot and humid, the warmest and most fruitful part of South Africa (the land of mangoes, pineapples and sugar canes). In the small and great Karoo, a huge half desert, it is very dry and windy, particularly in the late afternoon, and the difference between day and night temperatures can be more than 25 degrees C. In the south west of the country, in the Western Cape, the summers are warm and dry, winter on the other hand is often very stormy, rainy, cold and very unwelcoming. (Just now, as I am writing this report, the wind races vigorously outside the window, and the room does not become warm in spite of a lit fireplace...)

We are 6 ½ Eurythmy Therapists in this immense country, (which is more than 3 times the size of Germany, with a coastline of 2500km, but is inhabited by only 2/3 of the amount of people in Germany): one in Durban, one in Johannesburg, all the others in the Western Cape. Our common meetings fell by the wayside again, because some of us have supported Julia O'Leary's initiative and started a once off Eurythmy Therapy Training in Cape Town. All doctors for the training are flown in: from Australia, Holland, Germany, Durban... (WE DESPERATELY NEED AN ANTHROPOPHIC DOCTOR!) Two modules have already taken place this year, and module three and four will commence in 2014.

In Cape Town there are 2 rhythmical massage nurses, one art therapist, in Durban a nurse, in the Eastern Cape (1200km away from Cape Town) an anthroposophic Doctor and in Hermanus (120 km east of Cape Town) an old and very loving music therapist from England.

In connection with the Eurythmy Therapy Training we worked very intensely on the Eurythmy figures, especially with Dr. Hans Broder von Laue alongside the book about Eurythmy Therapy, that he has written together with his wife. It has been a very intense practicing together with our Eurythmy Therapy students!

SOUTH KOREA**Eun Sim Jang***(esjang@web.de)*

3 eurythmy therapists



There are three eurythmy therapists in Korea. One of my colleagues is self-employed, while the other is seriously ill at present. I myself work as a class teacher and eurythmy therapist in a Waldorf school. We would like to work together often, but circumstances are such that this is difficult to achieve. We would also like to work with other therapists working in different parts of Korea. So we know what we want, but are also aware of the limited opportunities. Each of us is busy in our own little area, and eventually we will come together.

If one is working as a eurythmy therapist, and is unable to receive feedback from other colleagues, the question arises as to how to maintain the pure quality of the work. So it is enormously important to keep in contact with colleagues around the world.

In spite of a particularly hot summer, the Waldorf school movement was able to pursue its intentions, particularly in class teacher training and the education seminar. The need for Waldorf education in Korea is growing. Careful attention needs to be given to the way in which people experience the transition into Waldorf education. State education is currently very intellectual. There is a grave concern that young people, who are the future of the country, are only being developed one-sidedly and not as a whole human being. In this respect Waldorf education offers something unique compared with public education. In a similar spirit, the small eurythmy therapy movement is also concerned to promote the positive development of children.

Climate

The winds are the protagonists in our climatic merry-go-round. There are four distinct seasons in South Korea, except in a few sub-tropical valleys on the south coast. Spring is mild and often sunny. At this time of year the winds bring us fine, yellow dust from the Gobi Desert. In summer the winds bring very hot, humid air from the Philippines. It is also the season for monsoons. The country experiences heavy rainfall at this time. Rainy days alternate with wonderful, sunny days. Then comes high summer which is very hot, bringing extreme humidity of 80–95%, which can often be very tiring.

Autumn begins in the middle of September, when the wind blows out of the north-west again. It is dry and sunny with temperatures gradually falling. Winter in our country, by contrast, is particularly cold and dry, but every year there is snow. An unusual climatic situation occurs every so often in January, with marked fluctuations in temperature: three cold days alternate with four somewhat milder days.

SPAIN**Leonor Montes***(leonor.euritmia@gmail.com)*

8 eurythmy therapists



There are eight eurythmy therapists in Spain. We are currently working towards founding a professional association and have had our first meeting to this end. Collaboration with doctors is improving all the time. There are also good working relationships with other anthroposophic therapists, including art therapists, biographic counsellors, rhythmical massage therapists and nurses, all of whom are working together. We are currently studying Lecture 5 of Rudolf Steiner's Eurythmy Therapy Course, and also with the theme of polarity as the starting point for diagnosis.

Eurythmy therapists in Spain held their first meeting together in a clinic in Barcelona, on 1 and 2 June 2013, attended by six eurythmy therapists from Spain and a colleague from Sweden. It was a good beginning! With great enthusiasm, Renée Reder facilitated our work which included Rudolf Steiner's twelve exercises from Lecture 5. We also worked on the theme of polarity as the starting point for diagnosis. "Many thanks, Renée, for your generosity and help!"

There was also time for sharing our experiences together which gave us the opportunity to get to know each others' daily reality.

We agreed to meet regularly, at least once a year, and to establish an association for eurythmy therapy.

Climate

Because of the size of the country, the climate is very varied. Just to remind you: Spain is surrounded on all sides by the sea and is connected to the European mainland only by the mountain range of the Pyrenees. The different seas have specific effects on the climates of the different regions.

At the northern Atlantic coast, in Galicia, the Basque country, Navarre and so on, rainfall occurs during the mild winter months. Summer is also very mild.

In Catalonia, the Balearic islands, Valencia, Andalusia and the city of Barcelona, the climate is Mediterranean. Rain falls mainly in Spring and Autumn; at the beginning of September even in occasional cloudbursts. Temperatures in winter are mild, whereas in summer it is hot, sometimes with high humidity.

In the interior and in Andalusia, a Mediterranean climate predominates, with rainfall also mainly in spring and autumn. Summer is hot, winter cold. Daily temperature variations can be as much as 25°C.

The mountain climate at high altitude in the Pyrenees, the Central System and the Iberian System brings long, cold winters and brief, cool summers.

Mixed maritime and continental climates predominate in the centre of the Iberian peninsula, where the capital, Madrid, is located. Winters are very cold with regular snowfall and heavy rainfall. Summer, however, is very hot.

On the Canary Islands, the climate is subtropical, with mild temperatures between 18° and 24°C over nearly the whole year. There is hardly any winter at all. Rainfall varies considerably according to the different areas of the islands.

Marije Grommers und José María Sánchez

SWEDEN**Jane Schwab***(janehamptonschwab@yahoo.se)*

76 eurythmy therapists



In spite of its northerly latitude, Sweden enjoys a temperate, continental climate with all four seasons as in Europe. The Gulf stream, after its journey across the Atlantic, brings warmth and mitigates the temperature differences all year round. Culture landscapes with green fields and fruit trees are to be seen in between vast areas of forest.

The weather differs according to where one lives in Sweden – whether far north towards the polar circle or south towards Germany. In the north, harsh winds can blow in the desolate mountain regions of Lappland, and winter brings long periods of terrible cold. However, in the south west, for example Gothenburg, maritime conditions can give pleasant summers and mild winters. Similarly the Baltic Sea softens the climate around Stockholm. On the whole, weather systems come from the British Isles in the south west, and draw north east over the country towards Russia.

The quality of light, changing dramatically with the seasons and mirrored in the soul, impacts on daily life everywhere in Sweden. Now in autumn, the light-filled clouds shift their ethereal colours during the protracted sunrise and sunset.

Eurythmy Therapy:

- Fewer jobs are available in schools, in curative education and social therapy, often due to drastically reduced government spending on education, healthcare and culture.
- A course with Thilo Rhiebold on senioren eurythmy/eurythmy therapy was well attended.
- The right to use the international trademark AnthroMed® has been granted to the Swedish Eurythmy Therapy Association and its members.
- Nine students from the Eurythmy Therapy Training have started their six month practicum.
- At Vidarkliniken a new qualitative research project on Eurythmy Therapy is starting for patients with Burnt-Out Syndrome and Cancer. Annica Alvenäng and Elisabeth Broager Grön, both with Masters in Eurythmy Therapy, will continue with the same themes as previously in their MA studies

SWITZERLAND**Gabriele Lang***(gabriele.lang@heileurythmie.ch)*

206 eurythmy therapists



The climate in Switzerland is mainly defined by the characteristic streaming of air masses from the Atlantic. The predominant west winds bring humid, mild ocean air that has a cooling influence in Summer and a warming influence in Winter. The Alps build a climatic barrier between the North and South of Switzerland. North of the Alps in the Swiss Midlands the climate is mild with moderate temperatures averaging 23 degrees Celsius in the Summer.

The South is strongly influenced by the Mediterranean and has much milder Winters than in the North. The inner alpine valleys have a special climate of their own, protected as they are from wet weather both from the North as well as from the South. Thus in valleys such as Wallis, Engadin and Tessin the sun shines longer and more intensely than in other parts of the country, bringing much dryer conditions. Winter snows begin toward the end of October and remain into April.

In June, July and the beginning of August this year we had much more rain and storms than usual. This led to floodings in some valleys, of an intensity one had not experienced in the decades before. Many landslides occurred, and pictures of gushing brown water masses showed the power of untamed nature. Yet the mountain inhabitants are acquainted with these re-occurring dangers and know how to live with them. The rest of the Summer was very sunny and wonderfully warm.

A rain-blessed land, luscious green in Summer with snow-white frosting in Winter – but unfortunately less and less eurythmy therapists find work here. At the moment we have 158 active and 48 passive members in our professional association. A small number of other colleagues, who are not members, are also working in the profession.

At the beginning of the year our very active representative for those working in private practices, Dragica Marcius, launched a questionnaire to gather information about the financial situation and degree of satisfaction within the membership. A third question dealt with the status of their cooperation with doctors. The results (nearly 30% responded) were saddeening. The average age of our members is 57, which shows a clear ageing tendency. Only 3 active members are younger than 40. Private practices have an average of only 5 – 10 patients per week. Eurythmy therapists in institutions (20%), must reckon with a weekly load of as many as 36 or more sessions (if 100% employed). The number of colleagues working successfully in private practices is negligible. The extra costs for accreditation (further education, membership dues, recognition by insurance companies, etc.) amount to a minimum of CHF 1000.- per year. The majority of our colleagues earn less than CHF 10,000.- per year with eurythmy therapy and are mostly dependent on other fields of work for income. Almost all would gladly take more patients, but very few anthroposophical doctors prescribe eurythmy therapy. Thus one must make great efforts independently to find patients.

We thus were very pleased that the professional group of anthroposophically oriented doctors in Switzerland had the impulse to invite us in April to their annual meeting on the theme of mutual cooperation between our doctors and eurythmy therapists. Dragica Marcius was able to present the results of the questionnaire there, and a good number of eu-

rythmy therapists used the occasion to enter into a dialogue with the doctors.

Among the doctors there are many who find it difficult to make a connection to eurythmy therapy and therefore do not prescribe it. We do, of course, have a number of very enthusiastic doctors with a heart-felt connection to eurythmy therapy, who offer further education courses and supervision sessions or lead local work study groups with eurythmy therapists. Still the most important thing for the furtherance of our profession would certainly be to increase the rate of patient prescriptions. The vitally necessary dialogue with health insurance companies has been taken up actively by our vice president, Theodor Hundhammer. The very attractive information booklet about eurythmy therapy that he and several other colleagues prepared last year is being actively presented to all insurance company representatives who deal with our members and their patients.

Our annual meeting and conference this year crowned a three-year cooperation with our very experienced colleague from the Filderklinik, Pirko Olliainen, and Dr. Olaf Koob from Berlin.

The themes were: Illnesses of the Heart (2011), Kidney and Liver (2012), Lungs/Respiratory System (2013). An average of 50 participants came each year and were very appreciative of this trilogy.

The process of professional accreditation within the Swiss state system proceeds forward, and we assume that in the Autumn of 2014 our colleagues will be able to take the first official examinations for a diploma in Complementary Therapy. For the future of our profession in the next 10 years we see the necessity to make eurythmy therapy better known beyond the borders of the anthroposophical community. More and more people must be able to discover this new therapy form as belonging to them and becoming a part of their lives. This will only happen if enough younger, open-minded eurythmy therapists and doctors find their place in this country, to actively work together for and with their patients with the goal of reaching out with enthusiasm to a wider public.

THAILAND

Hermann Wessels

(h.l.wessels@gmail.com)

1 eurythmy therapist



Climate in Thailand

The climate in Thailand is hot, hot, with or without rain. There are three seasons but they really are just variations of hot. The cool, dry and bright season is 3 months, from December to February. During this time lots of tourists are visiting Thailand, because it is not that terribly hot.

The hot, blinding and scorching season, from March to May. Tourists gather for water fights of Thai New Year on the 13th April, which is traditionally the hottest day of the year. Creating drought, hot season is a challenging time for agriculture. The dark, rainy season goes from May to November. In the first two months, it rains a bit hesitant, to then become increasingly stronger from August to October. This can lead, in extreme situations, such as in 2011, to flooding of wide parts of the country. The rainy season is through the cultivation of rice, the main working time of the peasants. The monks move to meditation and studies into the temple back. Devoted people

bring candles to brighten the darkness of the season. Thai weather doesn't know fast changes temperature. Storms and drastic drops in temperature are rare. There are smooth transitions from one season to another.

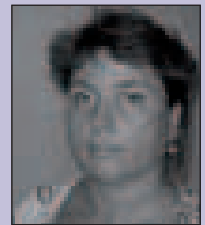
As a eurythmist in Thailand we appreciate the blessings of an airconditioned room in all seasons. Also rooms in which a natural or mechanical cool breeze is blowing, as open pavilions or rooms with fans and windows wide open are welcome for our work..... - Other countries, other customs

And the eurythmy therapy? It has not changed much in my work during the last year. I still work with a small number of long-term patients. There are now slowly expanding towards younger children with learning disabilities and behavioral problems..

UKRAINE

Tatjana Gontscharenko

([rb1968\(at\)mail.ru](mailto:rb1968(at)mail.ru))



This year there are three active eurythmy therapists, in Odesa, Dnipropetrovsk and Kiev.

We are self-employed, working with children at Waldorf schools and patients at the medical centre.

We are busy with our patients, as both children and adults value eurythmy therapy highly. We frequently work with the doctors and have a good working relationship. Themes for our work together this year included digestion and the different constitutions. We are taking Illness and Therapy as the basis for our study.

We also have contact with other therapists where at all possible.

A three-year eurythmy therapy training began in Kiev in autumn 2012, with sixteen students.

We are delighted at this and are very grateful to our colleagues from Switzerland, Gunna Gusewski and Veronika Rieser. They are helping us shape the training according to the guidelines of the International Council of Eurythmy Therapy Trainers at the Medical Section and in collaboration with the Mandate Group for New Initiatives.

Our climate in the Ukraine ranges from temperate and continental to semi-subtropical. In the west and the north-east there are cold winters and hot summers. In the western part, warm winds waft in from the Mediterranean, while in the east there are cold winds from Siberia. In hot, dry summers there can also be sandstorms in the steppes. Instead of forests, we have the wide-open, extensive, flat steppes. Nikolai Gogol has described them very beautifully. They are also famous for their fertile soil.

In the south the climate is warmer and more rainy than in the interior. The Crimean peninsula has a humid semi-subtropical climate.

Generally the country is broad, beautiful and peaceful. Water and earth, sun and air are united harmoniously. There are many spas. The people tend to be plump and beautiful.

USA

Maria Ebersole
 (mwalkerebersole@hotmail.com)

64 eurythmy therapists



North America proudly display several north-south running mountain chains. The Rocky Mountains and the Coastal Ranges in the west and the Appalachias in the East, to name only the largest. In the middle there lies a plain, quite flat, that is green in the east but which becomes increasingly dry and desert-like as you come more west.

The weather of North America is an often dramatic play of forces. A main role in this is played by a low pressure area, which is settled over the midland plains. It pulls the cold, dry air from the north-west and from the south-east it invites warm, moist air. These two meet in a wild spiral dance, which bears the infamous Twisters (tornados).

Another main player is the hot air, which rises up from the equator, then divides to the north and south and descends again into the so called "Horse Latitudes". These are bands, hundreds of miles in width, that shift according to the seasons. They give rise to deserts when they come down upon the land, such as in Mexico and the southern coasts of California through Texas. The waters of the Gulf of Mexico also are graced by this heat and besides evaporating and sending the warm, moist air to the flat midlands, they also flow in a warm stream up along the east coast. In the Caribbean, near Bermuda, there is another important actor - a consistent high pressure system which plays with the warm, moist element "Their" children" are often violent storms, hurricanes, which have caused much destruction on the east coast.

On the west coast, there the Pacific water remains cooler, re-

ceives the attentions of a current from Japan, which ensures an almost constant rainfall in the Northern coastal area of Oregon and Washington. The rain that comes to the west coast, however, is caught by the mountains and is not allowed to pass. So you can experience verdant green and stony desert within a short car drive of one another.

As in therapeutic eurythmy in North America there has been much East-West movement. The professional organization (ATHENA) now has members on the west coast as well, that are working with gusto. Our hope is that our work can give strength there as well as our whole continent can be enthused for our wonderful profession. We now have 65 full members.

We are very happy to receive our official certification from AnthroMed. This fall the trademark will be distributed to our full members. Our newsletter continues to be distributed regularly and we have had excellent feedback from members as well as doctors. This is something that nourishes and strengthens our connections.

Last summer we had the second visit by Mareike Kaiser along with the anthroposophic dentist, Claus Haupt. The work in the teeth was greatly appreciated by our members and throughout this year much work was done in translating notes as well as exchanging that experience with patients.

This year, instead of one large conference, we had three smaller, regional ones. One in Sacramento, California, one up in Barrie, Ontario, Canada and the third in Baltimore, Maryland on the east coast. The Theme was Developmental causes, dealing with primitive reflexes from a therapeutic eurythmy approach for example.

Our fruitful co-work continues with our colleagues in the anthroposophical medical field through AAMTA, our umbrella organization. A conference is planned for March of 2014 in Toronto, Canada, in which we will work on "Healing the wound", the stages of healing common to all of our professions. We've begun this year with on-line courses for professional development and exchange. Our website continues to be perfected to better serve as a source of information and hopefully as a means of professional exchange for our members.

Abbreviations:

- DAKART** International Council of Professional Associations for Anthroposophic Arts Therapies (AKT)
- ForumHE (IKAM)** Department for Eurythmy Therapy in the Medical Section at the Goetheanum (IKAM)
- IAG-HEBV** International Council of Eurythmy Therapy Professional Associations (HE)
- ICAAT (IKAM)** International Coordination Group for Anthroposophic Art Therapy - Department for Anthroposophic Art Therapy in the Medical Section at the Goetheanum
- IFAAET** International Federation of Anthroposophic Arts and Eurythmy Therapies
- IKAM** International Coordination Group for Anthroposophic Medicine
- IVAA** International Federation of Anthroposophic Medical Associations

	AKT (Anthroposophic Arts Therapies)	HE (Eurythmy Therapy)
Departments of the Medical Section (IKAM)	ICAAT www.icaat-medsektion.net	Forum HE www.heileurythmie-medsektion.net
Coordinating the Professional Associations in the Rights Sphere	DAKART	IAG-HEBV
Overarching Federation in the Rights Sphere	IFAAET www.ifaaet-medsektion.net	IFAAET www.ifaaet-medsektion.net

FIELDS OF PRACTICE

Preamble



Introduction

This year for the first time, Fields of Practice representatives or colleagues working in particular Fields of Practice will give reports from their different countries (see below). We hope that in future there will be more conferences on the Fields of Practice including international ones.

All the representatives for the Fields of Practice will have received the current list for networking among themselves.

It would be good if contact between

different countries could be initiated.

There are two Fields of Practice where we are struggling to find the right name: the First Seven Years, and the Elderly. In the case of schools, clinics and independent practice, there is an actual workplace, and the place where the work happens is in the name. In the Social Pedagogy Field of Practice it is not a place that is named, but therapy does actually take place in organisations. But where do colleagues work who are doing eurythmy therapy with older people? At the Delegates' Conference we considered "Kindergarten and Children's Day Centres"; while we are still hoping for good suggestions for "the Elderly".

Evaluation of the Fields of Practice Questionnaires

Many of the answers to the last two questions in last year's questionnaire — one on our concerns, the other on our wishes for the future — produced answers that were difficult to allocate unequivocally to either concerns or wishes. Altogether there were about a hundred different answers which can be arranged in five major chapters.

1. Collaboration with a doctor was often lacking, though very much wished-for; including so that doctors can get to know eurythmy therapy better and appreciate it more. It was hoped that doctors would prescribe eurythmy therapy more frequently. Many colleagues were concerned at the situation whereby on the one hand eurythmy therapy is not prescribed frequently enough, and on the other eurythmy therapy is only supposed to be carried out after referral by a doctor. Several colleagues expressed concern about the next generation of anthroposophic physicians and their interest in learning about eurythmy therapy.
2. The chapter on finance included the following answers: being able to live without worrying about making ends meet, i.e. becoming better paid; worries about pension provision; little or no sick pay; financial support for further training, including in other countries; better public relations. Recognition by health insurance providers and increase in fees. Problems with health insurance providers were also mentioned, for instance too much interference; an imbalance between recorded workload and income. It was also stated that we do lack courage to address our finances, out of anxiety that the quality of our work is inadequate. Schools should not reduce working hours.
3. Training issues: more insight into the Fields of Practice; experience is being lost; too few placement opportunities; integrity is being undermined by unqualified practitioners of eurythmy therapy, for instance if massage therapists also offer eurythmy therapy. Not having learned in the training how to speak in public about eurythmy therapy; giving training sufficient time; teaching more psychology

and physiology. Training of spiritual competencies; on-going courses on the Twelve Moods and the Soul Calendar.

4. Public relations: too little public awareness; too few young colleagues; too little recognition by health insurance providers, and worries about being "thrown out"; much more marketing; creating new workplaces oneself; using the Eurythmy Therapy Forum and its website more; sharing professional issues. The new Discussion Board on the website could be a help here: <http://heileurythmie-medsektion.net/en/diskussion>.
5. Inner quality assurance; too much competition between each other; loss of energy through working in too many places; danger of eurythmy therapy ceasing to be a medication and becoming just a hygienic therapy. Not letting eurythmy therapy disappear among the mass of other therapies. We need time for research. Better sharing and exchange of ideas between colleagues; radiating positivity; being more responsible for anthroposophy and eurythmy therapy; being more professional.

Mareike Kaiser

Coordination Fields of Practice

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Early Years



Report from the Netherlands

Sixteen million people live in the Netherlands. The country can be divided into two regions: the western conurbation (a conglomeration of large built-up areas along the coast) and the rural lowlands with small towns and villages, mostly below sea level. Rotterdam, where I work in a kindergarten, has the largest port in Europe. The history of the Netherlands can be read in the beautiful architecture of the old houses. The ever present struggle against the wind and the North Sea has led

to the building of dykes to reclaim land from the sea. Everywhere are water and canals. One can gain a particular relation to light, colour and distance. The flat lowlands mean big skies whether cloudy or blue. Wind and storms tend to blow up frequently.

These geographic elements are reflected in Dutch children. There is something very light about them and they often appear as if breathed-out. The wind and water lend them a certain mobility and vitality, although less in the city than the country. They develop a great deal of practical creativity and a social way of being together. Their refreshing candour is often combined with cheekiness and a delightful directness. Compared to those in Germany, the children here lack formative forces owing to the geographic conditions, and this leads to difficulties with concentration. The internet, computer games and all the problems western civilisation has in connecting with its real surroundings are present here too. The fragmentation of families is also apparent in the Netherlands but, in spite of all this, young children are full of basic trust in people and usually cope well. The angels seem close to young children here, lending them their sunny warmth and strengthening their trust. Should their trust be shaken, for instance through an attachment disorder, eurythmy therapy can help strengthen the child's will for incarnation.

Increasing numbers of exceptional children are appearing in kindergartens, either highly-gifted or oversensitive. More children have autistic tendencies or have little connection to the earth. It is hard to get through to them. These so-called star children are of a generation that calls on us to be attentive. Eurythmy therapy can help promote loving relationship with other people and to the earth.

Kindergarten children are usually referred for a series of twelve twenty-minute sessions, once or twice a week according to need. The children do not usually practise at home.

Marleen Matthijsen-de Jonge

Eurythmy Therapy in Schools

Report from Italy

I have been active as an eurythmy therapist since 1992. Since 1996 I have worked in schools: at the Rudolf Steiner School in Milan, at the Waldorf School in Como and at the Novalis School in Conegliano (VE).

The Waldorf School in Milan is the biggest of the three schools. It has classes from kindergarten to upper school. I work there with another eurythmy therapist. Both of us work one day a week and each of us meets 6 to 10 children. The doctor, encouraged by the teachers, sends the children to eurythmy therapy or to art therapy. Many more children are sent to art therapy than to eurythmy therapy.

I have a meeting with the doctor and the teacher before starting the therapy. I meet mainly younger children, from kindergarten or primary school, very seldom anyone from upper school. Most of them have learning difficulties, or delayed development.

I meet each child 10 times for 30 minutes a session in the presence of an adult, most often the mother, that helps with the practice at home. The daily practice at home, however, is often not possible, so some children stay in therapy with me for many months or even a full year. It is essential to stimulate the parents in the understanding for eurythmy therapy, only



in this way will the daily practice of the curative exercises be done, even with the pressures of modern life.

The Waldorf School in Como is very small. There are only 3 classes with 25 children and 2 sections of kindergarten with

about 30 children.

Some years ago the school asked for my help with the children with difficulties, but my practice is limited because they do not have a school doctor, to refer the children to me.

In the Novalis School in Conegliano I work in periods, because I live far away from the school.

I concentrate the work in one week (8-10 lessons of 30 minutes), the children practice at home for a further 4 weeks. I return every 3 months.

In this school the class teacher and the support teacher prepare the work with eurythmy therapy very well. They are aided by the active collaboration of the school doctor who is very enthusiastic in his support for eurythmy therapy.

The doctor and the support teachers meet weekly to discuss the children and find out who needs eurythmy therapy. I am then invited to a reunion which also includes the class teachers and a description of the children is presented to me before starting the therapy. This is a moment of exchange of ideas and sharing is very important, that gives strength to my work with each child.

At the end of the school year we all meet again to have an overview of the work done.

In working with periods, I have to be quicker and more aware when choosing the therapeutic exercises, but I can understand the completeness of the child more fully because the meetings are frequent and the work can grow on a daily basis.

At this school the children referred to me for the therapy have learning or behavioural difficulties, but also dental or sight problems. Parent participation is good.

The families and the patients have to pay for the therapy, because eurythmy is not recognized in Italy. In the school at Conegliano there is a fund that helps the families which have greater economic needs.

Barbara Lucheschi

Curative Education and Social Therapy

Report from Norway



My area of work as an eurythmy therapist (curative eurythmist) has been within Camphill villages in Norway. The last years I have worked with our adult villagers two days a week. I will try to describe how it was to start working with a young man with no special diagnosis other than being in need of special care.

He is very taught in his muscles and stiff in his movements. He talks a lot and repeats what you say and has many compulsory actions. He does things his own way.

He has been in the village for a year and has slowly adjusted to daily life. A first challenge is trying to adjust to his work schedule, his concept of time and ability to actually come to the lesson. Where is he and who can help him to come on time? Well arrived he has now learned to empty all his pockets, take off arm rings and put his beloved companion – his rucksack – in the resting room.

It took a long time to develop confidence that it would be safe to do so. Coming into the therapy room he now knows his place and is open to start. This young man cannot copy my gestures immediately, as if he needs to hear me say the words: "stretch your arms" "take a step" which he then echoes in his own words. So I search how to impulse his own movements so he is present from within. As we work it is more and more the focus on just this; as if the "what" is secondary for now. After a year it is a joy in him when the movement is there out of his own presence and slowly a harmony in the stiff body shines through – he stops talking and can feel the sound for a moment. "I did it!"

Working with people with special needs challenges the willingness to work over a long stretch of time. Little result is apparent and the smallest change is joyful. For me working with our people is a question of establishing an atmosphere of safety, trust and peace – a good space to be in, just as much as practicing the curative movements. I need to remind myself that the work we do will perhaps only bear fruit at a much later stage, maybe in a later life. So my main task is to be able to help the person open up to the movements and be in the gestures with pleasure and devotion and be happy to go on practicing.

There are not many doctors in Norway so there are stretches of time when I am alone, not working with a doctor. This is a challenge and a strain.

Karen Nesheim
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Independent Practice

Report from Russia

The room is rented, rods and copper balls organised, a picture of Athene stepping hung on the wall. Sorted! One is now a "eurythmy therapist in independent practice". The patients can come now. And they do. Diabetes, orthopaedics, internal medicine, psychiatry, endocrinology and many more conditions. One is faced with all these problems and diagnoses. As a still rather innocent young eurythmy therapist, I had a case of congenital macular degeneration in a young girl. She was going blind, and I was just about the last hope for the parents, who had already tried everything else. I took this case on. What else should I have done? I just could not say "No".

These examples show the current problem in independent practice. You cannot master everything. Or can you? What is clear is that nothing happens without constant further work and practise, without deepening our understanding and experience of the fundamentals of eurythmy therapy.

Then there are questions, such as why there are hardly any specialist eurythmy therapy practices for orthopaedics or circulation disorders. In conventional medicine such specialisation is completely normal. In eurythmy therapy the only specialisations are eurythmy therapy for the eyes and for the teeth, both of which became possible with the help of seriously interested doctors.



(Foto from Crystal Drieschner's independent practice)

One could imagine that, with similar collaboration, eurythmy therapy could intensify its work and specialise further in other areas of medicine.

To return to the story of the girl with macular degeneration... She has since grown to adulthood, gone to university, and can still see. Through whatever remarkable coincidence, the process of macular degeneration did not develop any further.

Volodja Simonov
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Eurythmy Therapy in Clinics

Report from Sweden

The Vidar Clinic is surrounded by and embedded in the constantly changing moods of nature. It is as if a mood of nature's transformation has shaped the life and work of the clinic during the 28 years of its existence. We have four departments currently, that are provided for by five eurythmy therapists. Three departments treat patients with particular illnesses, while the outpatients' department is intended for continuing treatment after discharge from the clinic. Ward 1 treats patients with fibromyalgia and other conditions involving chronic pain. Ward 2 treats outpatients with all kinds of diagnoses. Patients with cancer are in Ward 3, while Ward 4 treats patients with psychosomatic disorders such as burnout or exhaustion. A eurythmy therapist is allocated to each ward. Contact with physicians and other therapists takes place after the morning meetings on the different wards, where the patients' records are also available.

At the Vidar Clinic, the eurythmy therapists' tasks include the following:

- working with patients
- daily description of the course of therapy
- final reports
- facilitating eurythmy for the nursing team on the ward
- artistic presentations for the patients
- group eurythmy on Saturdays for all the patients
- study of various themes (currently the ethers based on Ernst Marti's book)
- further training for doctors and nurses
- introducing eurythmy for visiting groups, e.g. nurses, doctors or therapists
- administrative tasks in the eurythmy therapy team meeting once a month.

The eurythmy therapists begin their first sessions at 9 o'clock. Patients are generally open to and have confidence in eurythmy therapy. I myself work with the patients from Ward 4. Sessions are four times a week and last 20–30 minutes. Depending on the patient and their diagnosis, I recommend about quarter of an hour's rest after a session. Eurythmy therapy is new for most of them so I begin with an introduction, partly through conversation but also including written material. One of my challenges concerns how the patients are to carry on practising once they return home. How can a eurythmy therapist help a patient to practise independently within a fortnight? To this end, the patients receive the following at the end of their stay, to take home with them: descriptions of the exercises and a timetable, both as a support and to give a weekly structure to their practice.

I frequently send the exercises by email, which also offers patients an easy means of getting in touch if they have questions. I have found that it pays to choose the exercises consciously and purposefully, so that patients are not overburdened. Alternating between imitation and doing it out of themselves can give patients an inner security thereby promoting independence.

Because many patients do not have any anthroposophic organisations in their area that offer follow-up care, the question arises as to how a patient's future pathway may be accompanied therapeutically in a fruitful way.

Various ideas are being considered, including weekends on particular themes with eurythmy therapy as an important component.

One question which concerns me still after 27 years' work is this: how can I support the patients in taking their own process in hand, so that they take hold of the exercises from within?

Remaining awake in our perception and our interaction with patients can offer us an inexhaustible resource for the further development of eurythmy therapy.

*Markus Keller-Birnbaum
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Eurythmy Therapy with Elderly people

Report from the USA



What is an Elder, or who is an Elder?

Simply put, someone older, with a larger perspective, more experienced in life.

When doing therapeutic or hygienic eurythmy with older people, obvious consideration of mobility, eyesight, hearing, understanding (a two-way dynamic, a sense of humor and playfulness are of the first order. All of these factors can be addressed by the physician prescribing or the by individuals themselves. As eurythmist, attentiveness and respect for every person and gratitude for the environment of trust to cultivate wellbeing and/or healing, is essential to every session.

As a long-term coworker and eurythmist in Kimberton Hills, a Camphill Community, I have had many opportunities to do eurythmy with all ages. In our Elder Care House, the Serena House, we have a weekly eurythmy class with residents age 60 to 90 years.

We start with a "check in", which includes organizing chairs and cushions, closing the day curtain on the window, preventing drafts, making sure the "easily distracted" person has their back to the window and that I'm sitting next to the "good ear" of the one with the greatest hearing difficulties and poor vision.

As a warm up, we begin with a stepping clapping exercise in sitting, where people are encouraged to join in the speaking. The words of the poems, matching the seasons, are creating the rhythm and empower each one to be heard, using their voice and with their limbs to emphasize the rhythm. The rhythm can be a great stimulant to the otherwise fairly passive or mechanical, or in some cases, distracted and restless will, and connects us as a group.

To enliven the senses, I bring my African basket with a cover so you can't see what is inside. There is an assortment of balls

of different materials, sizes, and weights, or an apple, orange, a stone, etc.

The exercise is to blindly reach into the basket and describe the object without looking. To the rhythm of a poem it will be then passed around in the circle, receiving an object with the left hand while giving one away with the right. The objects will be passed along behind the backs and overhead as well to enliven the space around us.

Working with the Hallelujah also brings liveliness and becomes more important the older we get.

Afterwards, we work with vowels and/or consonants with gestures and texts.

We end the session with a verse given by Rudolf Steiner that begins with the words, "Angel of God."

Now those of us, who can stand and walk, stand up and move their own star in space, one person at a time, with its five rays while forming the vowels with the arms. The ones standing in a circle accompany the text also with arm movements as one of us takes their turn creating the whole star. In this way we recognize individual accomplishment with much joy in being part of the whole event and recipient of the blessing of the "Angel of God."

*Grace Ann
Andrea Marquardt-Preiss (Übersetzerin)*

Eurythmy Therapy in Catastrophe and Conflict Situations



The picture shows that Eurythmy reached Haiti. After the earth quake of 2010 and the cholera epidemic it is still hard work for affected people to implement order and structure in their daily life.

stART international e.V. offered eurythmy therapy, art therapy, music therapy and other artistic-pedagogical-therapeutic relief to people, affected by natural catastrophe or war, in places as different as Haiti, Libya and Lower Bavaria.

Until now, our teams were implementing projects exclusively outside of Europe, but the German floods brought the catastrophe to our own doorstep.

Only 150 km away from start international e.V. office, hundreds of people lost their homes in the floods. Currently some houses get torn down due to the contamination caused by the resigned heating oil during the floods.

Despite high level of infrastructure and public support in Germany the ideal world of many children collapsed. What could rebuild it, if not art and loving care of other people?

In co-operation with the city of Deggendorf, we could offer our work in a vacation programme for flood affected children aged 3 to 11 years. This experience taught us again, humility and thankfulness for all those times we live in a peaceful environment.

For more information and pictures:
www.start-international.org

*Myrtha Faltin
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Book announcement

Delta Eurythmy with Older People

Reports and Reflections [not yet translated]
Edited by Michael Brater and Andrea Heidekorn. With contributions by Michael Ganß, Konstanze Gundudis, Heike Houben, Thilo Riebold and Eva-Marie Quintin.
(Verlag Kunst im Dialog. €12.00. Available to order via eurythmie@alanus.edu)

The final phase of life — a review of our own biography and those connected with it; coming to terms with our changed corporeality and with a new attitude in our soul as we approach leave-taking — the delta of our life. The authors share the characteristic features of this phase of life, as well as the potential for eurythmic activity with older people in various circumstances. Their work is based on many years' experience. One focus is on dementia which is increasingly addressed through artistic activity with older people in a social context. The book concludes with a chapter of practical examples.

Verlag Kunst im Dialog, ISBN 978-3-943618-05-1 | 10,90 Euro
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.... from life

An artistic and healing impulse

Report of a journey to Chile

Last summer, Anna de Millas, a eurythmist and member of the Goetheanum Eurythmy Group, travelled to Chile as a guest tutor at the artistic eurythmy training. Since then a further eurythmy training has begun, for doctors and therapists.

Some young doctors had the idea of inaugurating a three-year training in eurythmy and research into anthroposophy, in addition to the four-year artistic eurythmy training, and in conjunction with the Trainers' Council at the Medical Section of the Goetheanum. Candidates for this additional training should have completed an independent study of Rudolf Steiner's basic works. The aim of the course is to deepen the study of anthroposophy in a practical way through eurythmy, so that students gain new capacities for their field of work — an application of eurythmy which carries a great deal of potential. I find it interesting that in this context the art of eurythmy can be effective in a quite different way than in the artistic training. The doctors and therapists concerned are completely involved in their professional work in everyday life in Chile. Each of them works as far as possible from anthroposophy, depending on the circumstances in their different workplaces.

The study of spiritual science forms a conscious basis for working artistically with eurythmy to develop new capacities including a clearer awareness of feeling. This eurythmy training is wholly integrated into the students' professional lives, and the future will show what the training will contribute there. It will



be interesting to follow this venture and see what develops for eurythmy and for medical work in Chile.

This training began at Easter 2013 and takes place every Saturday morning over three years. The emphasis in the first two is on artistic eurythmy and looking at various aspects of medicine through art. The intention in the third year is for a eurythmy therapist to teach courses in blocks, to facilitate a deeper understanding of eurythmy therapy and its applications. There is also the idea that one day there might be a part-time eurythmy therapy training in Chile for trained eurythmists.

There are as yet no dedicated premises for eurythmy in Chile, although a piece of land has been made available. However the finances available were not sufficient to develop a modest building. As things stand, the eurythmy courses take place in the former maternity ward of a public hospital, or in various other rooms depending on what subject is being studied. They study medicinal plants through eurythmy, and many other subjects including astronomy, drawing and geometry, as part of a comprehensive anthroposophic training. They will soon begin clay-modelling of bones and organs and their metamorphoses. The course students also meet in different groupings to study texts and other initiatives in anthroposophy and anthroposophic medicine. They join the weekly choral singing class at the artistic eurythmy training and put on joint performances and concerts at seasonal festivals and other events. The students take a lively interest in each others' work and their collaboration in each others' courses flows smoothly.

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50 Years of the Lukas Klinik in Arlesheim /Switzerland



In my first week as Heileurythmist in the Lukas Klinik, Rita Leroi came to the small but sunny room in Haus Tobias to observe my work.

She greeted my patient and me, took a seat on the side next to the window-front and watched quietly, intensely, a good ten minutes. When I introduced the „A – H“ exercise to my patient, and had repeated it several times, she stood up and said: „Yes, that is a very good choice.

But one could do it also like this“ – and demonstrated the movement herself, accompanying it with the description of a scene from ancient Greece.

Daniel Marston
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The complete article can be found on the Forum's website:
www.heileurythmie-medsektion.net/de/tr/publikationen

How does the eurythmic sound become a eurythmy therapy "medicament"? Working hypothesis of a possible methodological approach

"God eurythmises and, as he eurythmises, the human form arises as the outcome of his eurythmising"
(Rudolf Steiner, Dornach, 24 July 1924, CW 279, Lecture 1)

1. Zodiac and Planets

The whole human being is expressed through the formative zodiacal forces, shaping from without, and the power of the planets, resounding from within. These forces have built up our body and our soul, and are released into the world in human speech as expressions of the highest beings. The movement of eurythmy developed from the movement of speech.

When one looks at an individual sound, a field of tension appears between the formative embryology of the physical body and the internal organs, extending to cosmic origins.

2. Gesture of the Sound

(Eurythmy Therapy Course, CW 315, Lecture 3)

Lecture 3 of the Eurythmy Therapy Course goes into the forming of the individual sound:

- spatially (labial, dental and palatal sounds)
- over time (impact, wave, vibrating and blown sounds)
- on the soul level (tinged before or after)

and their different effects on what is to be carried out.

3. Eurythmy Figure

(4 August 1922, Dornach, "On the Art of Eurythmy", CW 279)

The two-dimensional eurythmy figures portray the eurythmic human being and are a representation of etheric, eurythmic movement in the fourth dimension.

The eurythmic media are described as movement, feeling and character. "Everything must be achieved through these media" (Rudolf Steiner). The training of these media for each individual sound enables us to comprehend the body, soul and intention of each sound's individual being.

4. Involvement of the Lower Limbs, (Legs)

(Lectures 2 and 4, Eurythmy Therapy Course, CW 315)

When the legs are involved in the consonantal or vocalic movements of a sound, there is a direct effect on the "lower human being" (the system of metabolism and limbs) and subsequently on the rhythmical system.

The jumps enable a brief release from physical gravity and enable the I to take hold of the body in movement, anew and consciously.

The work of eurythmy therapy and its efficacy really begin at this point.

5. Repetition

(Lecture 4, Eurythmy Therapy Course, CW 315)

Through repetition, the movement of the sound is impressed into the ether body like an etheric "footprint". Repetition should sometimes be continued to the point of physical fatigue (breaking-down forces on the soul level). The ether body thereby has the possibility of unfolding its up-building forces fully. Increasing the tempo catapults forth the feeling for the movement, and the movement of the sound thus has a direct effect, through the I, on the ether body.

6. "Photographing" and "Hearing with Soul and Spirit"

((Lectures 2 and 4, Eurythmy Therapy Course, CW 315)

"Picturing yourself simultaneously in the form which you are carrying out" (Lecture 2, Eurythmy Therapy Course)
Here one becomes a fully-conscious observer of one's own

(sleeping) will activity. What one pictured as an event in nature when forming the consonant is now lifted, in the doing, to the level of imagination.

With a vowel, one speaks it oneself before the movement, then is asked to practise a "hearing in soul and spirit" (inspiration) as the listening after the activity, in order to achieve efficacy.

7. The Pause

Through the preceding activities, the upper parts of the human being are activated in their task of breaking-down, such that only through the ensuing pause are the regenerating, up-building forces of the ether body evoked in the right way, specific to the individual sound.

Each of the four pauses that we know in eurythmy therapy has a different healing activity. There is the pause after each exercise; the pause after the therapy session; the pause during the night; and the pause between two courses of therapy.

In each case, the daytime I is released from the bodies (to varying extents) and takes with it, up to the world of the planets and zodiac, the experiences it has gained with the sounds. Only from these spheres can healing come about.

When these seven steps are carried out consistently, the eurythmy movement of the sound (steps 1-3) becomes the eurythmy therapy movement of the sound (steps 4-6), thus becoming a spiritual "medicament".

*Angelika Jaschke
September 2013*

Book Announcement

"Rudolf Steiner's Music Eurythmy Course" (edited by Stefan Hasler)

At the end of 2013, Verlag am Goetheanum is publishing a new book on the Music Eurythmy Course, subtitled Working Material, Documentation, Research and Analysis. Fifteen musicians and eurythmists collaborated on this "handbook".

The first part consists of contributions that encompass the whole course. The second part considers individual lectures or specific themes from the course. The book concludes with a look at the origins and development of music eurythmy. The differing styles of the authors have been left to shine through. Some articles are more scientific, others research reports or biographic sketches and so on.

The authors hope this publication will prompt a deeper involvement with this important work of Rudolf Steiner's. It may be hoped that the collaborative way in which this book came together will lead to many a stimulating conversation and lend wings to our own eurythmic practice.

The contributors are Matthias Bölts, Elsemarie ten Brink, Ingrid Everwijn, Wolfram Graf, Johannes Greiner, Stefan Hasler, Ulrich Kaiser, Michael Kurtz, Holger Lampson, Melaine MacDonald, Carina Schmid, Margrethe Solstad, Shaina Stoehr, Alan Stott and Albrecht Warning.

Apects of SMHM - From the Work of the Delegates' Conference (September 2013)

In the second lecture of the therapeutic eurythmy course, Rudolf Steiner describes the SMHM series. No indications were given at that time for its use with specific illnesses, but it has rather been applied for the use of the therapists themselves, fostering balance and harmony. What follows is one approach to a deepening of this exercise.

Beginning with postural IAO – In standing, releasing the uprightness of the head, rounding the shoulders, bending the knees, giving oneself over to the invitation of gravities pull downward. Sensing the resistance offered by the earth's surface, we invite the light filled impulse of uprightness through the feet, streaming upward. This column of streaming light and levity we can follow up through our bodies all the way to the dome of the heavens – to a star above us. It is the interplay of gravity and levity within the human being between earth and heaven, which is the foundation of our experience of the Eeh (I). Shifting the weight slightly toward the heel in Ah, we can sense the listening "night" space behind us. Shifting the weight slightly forward toward the toes in Oh, we delve into the more focused, visual "day" space in front of us.

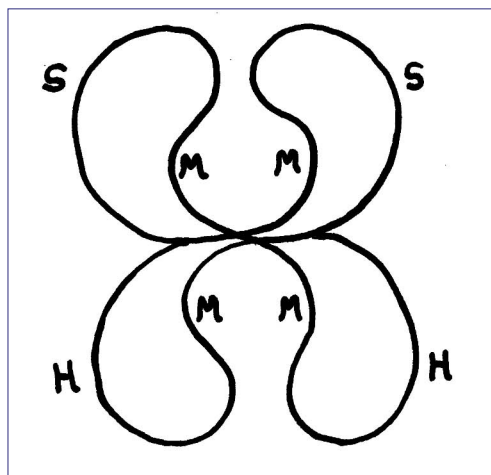
The archetypal S – the soldier leaning on the spear. The movement is determined by the object. Rudolf Steiner gave Lory Maier Smits the task of doing consonants while grasping a hammer when she played the role of Charon, the ferryman for the souls on their journey to the underworld. The power of gravity draws downward, center oriented. In contrast, by releasing or throwing the object away from us, we determine the movement. The H gesture provides a delicate, expansive, or explosive release into the periphery.

Holding a heavy stone or hammer in the right hand, do the S gesture from up to down, feeling the determining force of the weight upon the movement.

- Now without the stone or hammer, do the same S gesture, as if making a journey from the stony high mountain peaks downward into the valley, concretely sensing the differences in texture, terrain and moisture as we follow the curving path.
- Now H with the left hand and arm, up and towards the back. The release of dandelion seeds or milk weed pod come to mind. Sensing the suction like quality of the periphery.
- Do the S gesture, then open oneself for the question: What quality do I need to form to keep from losing myself in S? The H: how can I keep from losing myself in the periphery? A counter-movement arises – the M is created as a mitigating, mediating quality.

SMHM in a form:

Standing at the crossing point of a harmonic \mathfrak{S} , with its "wings" in front of us on either side. The mirror image of the harmonic \mathfrak{S} lies behind us, with the same crossing point. Always facing forward, we begin over the outside curve of the front right wing with S, taking the inside curve with M backward toward the crossing point. From there we cross into the back mirror form, taking the outside left wing behind us with the H gesture, rounding into the inward forward curve with M. Repeat, doing the left front and right back wings.



Same form with 2 people:

One person begins with the right front wing while the other person begins with the left back wing. After several repetitions change to the other diagonal.

Same form with 4 people:

Each person beginning on a different outer wing form. It is a courageous thing not to make agreements about how the crossings will take place, as the M will then truly arise as a living, sensing gesture.

Resources and ideas for further study:

- Rudolf Steiner, Therapeutic Eurythmy Course, Lecture 2
- Rudolf Steiner, GA 120, Manifestations of Karma, Lectures 3-11. This gives a wonderful opportunity to deepen and clarify how different illnesses arise through ahimanic or luciferic influences. Thanks to Angelika Jaschke for bringing this to my attention.
- The harmonic \mathfrak{S} form for SMHM was given to me by Susan Walsh, who received it during her TE training in England from Christine Hiebert. Observation of the Sculpture Group "The Representative of Humanity". One suggestion would be to pay special attention to the hands of Lucifer and Ahriman. Then, to study the hand positions of the middle figure and how they might arise out of the active force of a counter-movement while doing the S (right hand) or the H (left hand).

Work with spears and hammers was part of our introduction to consonants at the TETNA training with Seth Morrison in Copake, New York.

Some experiences from therapeutic work with patients, contributed by therapeutic eurythmists in North America. Several colleagues had used SMHM for situations where there was a constitutional imbalance, such as cancer or bipolar disorder.

Brief case summaries: An intellectually brilliant 9 year old child, after a sudden change of class teacher, displayed extremely disruptive behavior in the classroom and at home. She would throw tantrums and curl up into a ball, refusing any manner of participation. SMHM was prescribed by an anthroposophic physician. This was done in many variations, including S with O legs. It was done with the mother when the child refused to participate.

Another case was a patient, who described himself as overwhelmed by an unresolved relationship and the recent inheritance of a house filled with things. He suffered from excessive gas formation in the stomach. The patient experienced great relief in doing the SMHM exercise in many variations, also with inward "photographing" oneself, over the course of three years.

The SMHM was sometimes done in a version of the Staff of Esclepius, on an I-line, then with one half of an \mathfrak{S} curve, then again an I-line and the other half of the \mathfrak{S} .

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Story of a Journey: From +38°C to -14°C - Brazil to Finland



Once Brazil's important fifth season of carnival was over, I started my journey at the beginning of May, when Autumn begins.

Brazil is like a continent (24 times the size of Germany, Switzerland and Austria put together), with the subtropical Amazon region in the North, the tropical Rio de Janeiro and São Paulo and the temperate southern zones around Florianopolis and Porto Alegre. Spread across this vast country are around twenty eurythmy therapists, many of them feisty champions of eurythmy therapy, who plough a lonely furrow. Their eurythmy and eurythmy therapy trainings were very different, which shows in the individual ways in which they work.

They have an association called the "IAO Group" which organises an annual working conference at Whitsun each year, and which is a good foundation for the eurythmy therapy association that they are working towards.



Colleagues there are very interested in the AnthroMed® trademark and are in process of addressing the necessary preconditions.

At the beginning of July, many doctors and clinics came together to organise a large conference on anthroposophic medicine, where eurythmy therapy was well represented by our colleagues.

The Eurythmy Therapy Forum used posters and leaflets in Portuguese to spread the word about our global network of eurythmy therapists.

I was asked about the intention to begin a eurythmy therapy training in Brazil in 2014/2015 and about the founding of a professional association for Brazil. Many colleagues also wished for individual intervision to increase awareness and share their work with patients.

Then I travelled south from a very hot Rio de Janeiro via São Paulo, where many anthroposophical activities are based; on to Florianopolis with its beautiful Sagres Centre which offers anthroposophical trainings in arts therapies, biographic counselling, singing and drama therapy; and finally to Porto Alegre north of the border with Uruguay. At the beginning and end of my fortnight's journey there were workshops: on the initiative for a eurythmy therapy training; and undertaking practical work and conversation together.

On the final weekend nearly all the eurythmy therapists met together. The main theme was what makes the eurythmy sound into a eurythmy therapy "medicament". We elaborated a path of eurythmy from the formation of the first Goetheanum (zodiac and planets), through the eurythmy figures (movement — feeling — character), to the specific methodological steps of repetition ("to the point of fatigue"), the task of the legs (jumps and positions), "photographing/listening afterwards" (the presence of the I in the sleeping will), culminating in the pause (the up-building, health-bringing work of the life forces).

It was our experience that, to attain the eurythmy therapy "medicament", none of the seven steps could be left out. Otherwise one is working with hygienic, Vital or social eurythmy, albeit effective but methodologically different and the purpose of which is salutogenic or preventive. To differentiate clearly and to state how one is working will in future be ever more important tasks. In the conversation work, we looked at the tasks of the School of Spiritual Science, the Medical Section, the Eurythmy Therapy Forum and Brazil's important position and task within the whole.

What lingered for me as a resonance were the following: so much energy, so much commitment to the being of eurythmy therapy, so much imagination for finding pathways... what potential! In Europe, we might do well to let these inspire us and complement our strong sense of order and capacity for planning.

Straight after Easter, I was off to the North, **Helsinki in Finland**.

Although early Spring, the country was still beneath thick snow, vaulted by a radiant blue sky and gleaming light. What a different atmosphere!

Here too we worked practically and in conversation on the central tasks of eurythmy therapy as a profession and with issues particular to Finland.

Owing to the dearth of anthroposophic physicians in Finland, our colleagues there are confronted by very different tasks. They need to be energetic and rigorous in describing eurythmy therapy in the schools and in making a case for it in public, so that it can continue to help the children.



In Finland I was particularly struck by how gently, yet effectively and purposefully the work was carried out. For instance, our colleagues were able, in a very short time, to found a professional association, apply for the AnthroMed® trademark (which protects our profession), and upload their own website in Finnish.

In the sessions for conversation and practical work, we shared together deep questions on the being of eurythmy therapy and worked in a mood of research.

Through the many different methodological configurations in Central Europe, here too an urgent question arises as to the core concerns and task of eurythmy therapy. What do we need to work at and how, in order to research the Eurythmy Therapy Course, the depths of which have scarcely been plumbed yet? How can we find the creative sources of eurythmy therapy and prevent our profession from dissolving, along all sorts of new paths, into a broadly beneficial means of relaxation, under the guise of eurythmy therapy? In the immediate future

we must be able to discriminate in this situation and stand up for what is essential.

I was particularly delighted to make a flying visit (albeit by ferry) to Tallinn in Estonia, which I was able to combine with meeting the sole representative of eurythmy therapy. Although there are many anthroposophic doctors in the Baltic countries, who are all very enthusiastic about eurythmy therapy, it is still an enormous pioneering task for our only colleague there.

It was good to make this connection with our Finnish colleagues; hopefully a "collegial home-from-home" will be able to develop in the future.

I am so grateful to our colleagues in the deep South and far North of our planet for the human and professional encounters, as well as the lively and very varied sharing with eurythmy therapy and for eurythmy therapy.

Our work together and awareness of a world-wide professional community based on the School and the Medical Section are my most important concerns. (A.J.)

Planet metals and their properties:

If we spy our cosmos from the earth with a strong binocular, we are able to see 7 planets. The others are only visible with an electronic amplifier: **Moon, Merkur, Venus, Sun, Mars, Jupiter und Saturn.**

Their light reaches us directly. Guides and touches us in the corresponding metal. The rays of these 7 planets have given birth and formed the 7 planet metals here on our Earth: **Silver, Quicksilber (Antimony), Copper, Gold, Iron, Tin and Lead.**

Within the next issues we will present you the 7 planet metals and their qualities for eurythmy therapy and eurythmy. At the same time we will take you on a journey from the Moon until the Saturn. We will start with the Silver, corresponding with the Moon, the closest metal planet from our Earth.

Moon: Silver

*Through the blossoming cherry tree
whose flowers ripen to fruits in the summer
speaks thus the silvery moon:*

*Oh Man, transform the lower into the higher
as do the plants. Purify the desires,
become ripe and harvest life's fruit.* (from „Planets and Trees“ by Johannes Hemleben)

Innerly/mental: clarity, intuition, view, reflection, visual imagination, subtle forces of networking power, children's metal, against confusion and demens.

Externally/physically: Head, skin problems, allergies, nerves and all protein processes.

As, like the moon shines into a landscape, we can view what has been as well what we will need to face. The things get clear. We see connections which loosen up our fears and tensions, giving back our inherent intuitiv trust tu us...

Organ: brain Colour: violett
Wood/tree: cherry Day: Monday

Moon: Earth satellite. Diameter 3.476 km, distance from Earth 384.000 km, chemical element: Ag Silber

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International Further Training 2014

More information on www.heileurythmie-medsektion.net

Topic	Date	Place	Contact
12th further training in the field of practice eurythmy therapy in the early years	Nov. 14 - 15, 2014	Frankfurt/Main, DE	Elke Neukirch elke.neukirch@googlemail.com
12th further training in the field of practice eurythmy therapy in schools	March 14 - 16, 2014	München, DE	Laura Monserrat HE@monserrat.de
4th meeting of eurythmy therapists working in clinics/sanatoriums	March 15, 2014	Hamborn, DE	Eva Maas-Küstermann e.maas@gemeinschaftskrankenhaus.de
Further training for trainers, mentors and people working in adult education (part of the annual conference of the Medical Section) Expert seminar of the trainers' council	September 19, 2014 November 7, 2014	Goetheanum, CH	Angelika Jaschke ajaschke@heileurythmie-medsektion.net
Further training: Eurythmy therapy for the eyes Course II: eye diseases weekend courses spring + fall Course Course I: eye aberration	Febr. 28 - March 8, 14 Dates to be confirmed End of June 2014	Goetheanum, CH Hamburg, DE Überlingen, DE Budapest, HU St. Petersburg, RU Goetheanum, CH Goetheanum, CH	Margret Thiersch thorwald.thiersch@goetheanum.ch
Further training: Eurythmy therapy for the teeth Course 1 Course 2 / Course 3 / Course 4 New courses	Jan 18. - 20, 2014 31.03. - 05.04.14	Hamborn, DE Brazil Switzerland	Claus Haupt Mareike Kaiser Mareike Kaiser mareike.kaiser@gmx.at
Further training: Tone eurythmy therapy	July 5 - 8, 2014 28.07. - 01.08.14	Aesch, CH Ringoldingen, CH	Annemarie Bäschlin Tel. 0041 33 681 16 18
Methods of therapeutical biography work (further training) 10 blocks à 3-5 days www.sinnundwerden.de	January till October 2014	Öschelbronn, DE	Susanne Rivoir susanne.rivoir@web.de Karl-Heinz Finke khf@lebenswege.biz
Annual conference of the German Professional Association (BVHE®) Whitsun Conf.	June 6 - 9, 2014	Stuttgart, DE	Sekretariat@bvhe.de
Austrian Professional Association: Annual conference and further training VDHÖ	Ask for the dates	Austria	Maya Kuesgen maya.kuesgen@therapeutikum-linz.at
Annual conference of the Swiss Professional Association (HEBV) www.heileurythmie.ch/fortbildungen	April 4 - 6, 2014	Arlesheim, CH	Gabriele Lang info@heileurythmie.ch
Annual conference of the English Professional Association www.eurythmytherapyassociation.org.uk	November 2014	England	John Browning johnlbrowning@fastmail.fm
Annual conference of the Swedish Professional Association (LEF)	End of May 2013	Järna, SE	tniskanen@yahoo.com
Further training of the Professional Association OSE France	May and October 2014	France	Yolande Marx ose.eurythmietherapeutique@gmail.com
Further training in summer with Margrit Hitsch „The O and its ambit“	July 10 - 12, 2014	Dornach, CH	Mathias Hofmann mathias.hofmann@medsektion-goetheanum.ch
Eurythmy therapy training at the Goetheanum: Post traumatic stress disorders - The world of the formative forces. Referents: Dr. Corinna Falk, Pirkko Ollilainen	Febr. 1 - 2, 2014	Dornach, CH	Beate von Plato, beate.plato@gmx.ch
Annual conference of the Medical Section: „The human body as temple of the divinity“	Sept. 18 - 21, 2014	Goetheanum, CH	Mathias Hofmann mathias.hofmann@medsektion-goetheanum.ch
Further training at the Alanus Hochschule: www.alanus.edu/studium/studienangebote/eurythmie/master-of-arts-eurythmie-eurythmietherapie/fachfortbildung/			

... last but not least

Closing date and distribution of the journal:

Deadline for all international reports, training and practice field reports for issue Ne 12 is

September 21st 2014.

- General reports on **eurythmy therapy/Eurythmy Therapy Forum** send to Angelika Jaschke: ajaschke@heileurythmie-medsektion.net
- Reports of the **country representatives** send to Monika Margesin: newsletter@heileurythmie-medsektion.net
- Reports from the **fields of practice** send to Mareike Kaiser: praxisfelder@heileurythmie-medsektion.net
- Reports from the **professional associations** send to Monika Eichele: berufsverbaende@heileurythmie-medsektion.net
- Reports from **training** send to Renee Reder: ausbildung@heileurythmie-medsektion.net
- Reports from **research and documentation** send to J. Christoph Kübler: forschung@heileurythmie-medsektion.net
- Reports from the field of **publicity work** send to Regina Delattre: pr@heileurythmie-medsektion.net

The editors ask when possible that all contributions are submitted in German and English.

Distribution: The distribution of the newsletter to all eurythmy therapists in each country lies within the responsibility of the country representatives.

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Note:

This year's photos were taken by Charlotte Fischer, Irmgard Sodenkamp. Some were sent to us by other people and publishing licences were purchased from databases for the rest of them.

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