

## Quotes from Rudolf Steiner – Eurythmy

When therefore you teach singing or eurythmy, there is no doubt about it, you set going in the child a hygienic – yes, even a therapeutic activity.....

*Supplementary Course, Lecture 1, June, 12, 1921*

Eurythmy brings an element of soul and spirit to immediate appearance, it fills all that moves in man with soul and spirit.

*Supplementary Course, Lecture 2, June, 13, 1921*

If we give the child eurythmy in the right way, it is actually so that when he wakes up next morning and enters his body, he carries down into it spiritual substance.

*Supplementary Course, Lecture 3, June, 14, 1921*

We set the spiritual free when we give the child eurythmy. The spiritual with which the limbs are full to overflowing, is released. This is a real process that takes place in the child. We draw away the spiritual, we call it forth. And then, when the child stops doing the exercises, the spiritual that we have called forth is, so to speak, waiting to be used.

*Supplementary Course, Lecture 4, June, 15, 1921*

When we let a child do eurythmy, then instead of putting a slate-pencil or a pen into his hand and getting him to write an A or an E, to which he can have no possible relation other than one of learning by rote – instead of this, we are getting him to write, with his own human form, the content of language; he is learning to inscribe into the world what he can inscribe into it by means of his own organism.

*Supplementary Course, Lecture 8, June, 19, 1921*

.....eurythmy has essentially to do with what in the human organism plays its part in immediate connection with the inner breathing process: thus, what an arm, or a leg, or a finger or toe carries out in eurythmy is in immediate contact with what takes place inwardly as the process of breathing, as an inner process which happens when air passes into the blood.

*March 1, 1923*

in the case of Eurythmy, body, soul and spirit work harmoniously together, so that here one has to do with an ensouled and spiritualized form of gymnastics. The child feels this. He feels that each movement that he makes does not arise merely in response to a physical necessity, but that every one of his movements is permeated with a soul and spiritual element, which streams through the arms, and, indeed, through the whole body. The child absorbs Eurythmy into the very depths of his being. The Waldorf School has already been in existence for some years, and the experience lying behind us justified us in saying that in this school unusual attention is paid to the cultivation of initiative, of will — qualities sorely needed by humanity in the present day. This initiative of the will is developed quite remarkably through Eurythmy, when, as in the Waldorf School, it is used as a means of education. *A Lecture on Eurythmy August 26, 1923*