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Name of the eurythmy training: Eurythmy Järna-China

Title of diploma work: Meditation on Colour in Eurythmy



A short summary of diploma work:

Every time our teacher invites us to do TAO, I feel a sacred sense of awe, and the color of each sound in the figure of “T”, “A”, “O” becomes the key to solving the mystery. She said that when doing *t*-sound, there is a stream gathering from spirit world flowing from our head to bottom, but at the same time, there is a stream rising from bottom to top, they meet within us.

I suddenly understood that when this meeting happened, a new world came into being, that is the world of the soul, the world of color, and the world Eurythmy wanted to express.

I marvel at orange, the power that penetrates the soul like a sword, which brings integrity, brightness, balance and space. The movement of T and D is the Orange world.

I marvel at the passion and willingness of red, how the red veil can express both separating from the ‘outside’ in ‘D’ and merging with the ‘outside’ in ‘T’, and how red is fully reflected in a Chinese poem. My question is, oh, red, why do you appear in *a*-sound? With questions, I went to do the color exercises given by Steiner and drew them. I found that the mixed color combined by costume and veil became the key to “seeing” the five-vowel movement sequence.

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***Eurythmy as Visible Speech, Lecture 6**

I marvel at the fact that color takes place in the transformation of human soul. When several figures stand together, color tells the secret process.



Color tells the secret, and this telling is just beginning in my heart. The veil of this world is just opened in front of me.

In my paper, I chose many words from Liane Collot d'herbois, the master of color therapy. Here I would like to pay tribute to this teacher who I have never met!

At the same time, I would like to pay tribute to my two Eurythmy teachers: Coralee and Inger!

It is your love that guides me on this path of exploring the spiritual world and giving back to mother earth. It's your love that makes this magic happen!