

Lin Lian

A participant of Eurythmy Järna-China

The title of my written work :

A preliminary study on the benefits of eurythmy in hospice care

The summary of my written work:

Everybody will die. I also have the fear of death just as most people in this world. And I heard a lot of news about how people could not die peacefully at the end of their lives in China . So as an Eurythmy student, is there anything I can do through Eurythmy for myself and other people when death arrives? I decided to stare at the sun, to face the fear of death, to research what Eurythmy could do for dying people.

I have done a preliminary study on three subjects: First, to study what is death and what will happen when people are dying(physically and spiritually)? Second, to investigate the connection of Eurythmy exercise and “crossing the threshold” through studying “Hallelujah” and intervals. Third, to conceive of how we use Eurythmy in hospice care.

The fear of death has been alleviated; the inner world is flourishing; the possibility of serving others through Eurythmy in the future is emerging. Thanks to my two mentors for their guidance.