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Photo:



Project name: Eurythmy Järna-China

Title of graduation thesis:

Explore the role of social Eurythmy in social relationships and team building

Abstract:

Today and in the future, there is a growing need for teamwork. How do you see yourself, others, the whole and grow in these relationships? From the perspective of the social significance of Eurythmy, this paper expounds and explores the significance of Eurythmy for us to discover, learn and explore multiple social relationships and teamwork from the perspectives of "I" and "I", "I" and "you", "I" and "he".

I, "I" and "I" social relations

In this relationship, the social relationship between "me" and the world around me is elaborated from the relationship between me and different Spaces in the top and bottom, front and back, left and right, inside and outside.

My relationship to myself, my relationship to the space around me, is the foundation of all social relationships, which take us one layer at a time into other spheres of social relations.

II. The relationship between "me" and "you"

Through the "me and you, you and I" exercise, to see the different social manifestations of different temperament types in Eurythmy and their interactions with others.

In my relationship with you, through the practice of "receiving and giving", "leading and following", let each person see the characteristics of himself and others, and begin to consciously learn to cooperate and interact with others.

III. The relationship between "I" and "he" (i.e. community, group)

This is a more complex relationship and an extension of the two relationships described earlier. Here, we can see the differences between ourselves and each other through a few group exercises (such as TAO, IAO...). It can be realized that in a group or community, everyone is an important member. Only when everyone performs their respective duties and responds to each other and sees themselves and others at the same time, can they operate harmoniously and become an organic whole and operate harmoniously.