



Title: A Study of the eurythmy figures

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Name of the Eurythmy training: Eurythmy Jarna - China

Chapter one discusses the evolution of the figure. It is mentioned that Edith Maryon helped in the process of making the eurythmy figures. Dr. Steiner wanted to express the essence of sounds in the eurythmy figures: the figures are the expression of human movement. I think it's like Nature transformation of spring, summer autumn and winter goes round and round, seemingly static, but actually contains countless changes. including changes in color. It is not only the law of nature, but also the law of the universe.

In the second chapter, I explain the characteristics of color from the beginnings on old Saturn and the interweaving of light and darkness. It is said that in the old Saturn stage, all things are born in a warm mass. In the old sun stage, light enters into this chaos, and light and dark begin to interact. When light illuminates the dark, color appears. Each color has its own language, we need to show the movement feeling characteristics of each color when light enters the dark in space. One aspect of the color that I want to discuss is from a sentence that Mr. Steiner said: Bending expresses darkness and stretching expresses light. I studied the characteristics and essence of each color.

In the third chapter, I elaborate on the three elements of the figure.

In the last chapter, I expound on how to use the figure in poetry, through the color atmosphere and posture of human movement expressed in the color atmosphere of a sound. I chose a very representative poem- 《Nothing gold can stay》 by Robert Frost. The color atmosphere of this poem is analyzed, and we find that poem is analyzed and we find that the poem is wrapped in the color atmosphere of the O sound, expanding and shrinking, and the interweaving of light and darkness.