

**Title: A Brief Discussion of Eurythmy and Twelve Senses:
How Eurythmy Nourishes and Supports the
Development of the Senses**

The author: Xin Chen

Learning program: Eurthmy China-Jarna



There is no doubt that Eurythmy has a huge impact on the nourishment of human beings' senses, it helps people to develop healthy senses. Dr. Rudolf Steiner was the first to categorize the idea of "sense" into twelve senses within the field of anthroposophy. The senses actively interact with the surrounding people and things through will, thus human beings must recognize themselves, others and the surrounding things through the senses. As the senses are better developed, the will would be able to enter the world more actively. The growth and healthiness of the twelve senses directly affect the development of a complete human being. "The Eurythmist is inspired by the deep experience of sensory perception. It creates a double current between what inspires the movement from the outside and what initiates the will from the inside out as an intuitive movement. In a further step, the transformation of personal feelings and feelings through art can lead to interest for the world and for man."* We as human beings become intuitive organs through eurythmy, and eurythmy connects the movable sentient body to the world of senses. Eurythmy is a musical instrument that becomes a sense organ, and is often referred to as a visual language and visible singing. Thus, it is necessary for us to learn and balance the harmonious development of the senses through Eurythmy, and it is the best exercise for the nourishment of the senses. For example, when you pronounce the sounds of "ah" and "f", Eurythmy could fully present the balance and unity of visual scene, bodily feelings, and internal emotions of the spirit and the soul.

*From Article "The senses and the intuitive movement" written in German by Gia van den Akker & Edward de