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 Name of the eurythmy training: *Eurythmy Järna-China*
 Title of Written Work: Head Positions and Motion
 Presented in Eurythmy
 Summary of my diploma work:



Our head is like a whole human being: the forehead is our head, the nose is our chest, and the chin is our limbs. The antipathy and sympathy that runs through our body, soul and spirit runs through our head as well. The influence of the two fundamental forces, sympathy and antipathy, forms the driving force of our head positions and movement:

- 1) When antipathy predominates over sympathy. Such dispositions play a self-seeking role in soul space. Antipathy, acting on our inner soul, causes us to have negative will impulse. It express : I don't understand, I don't feel , I don't want to.
- 2) When antipathy and sympathy act in them with equal strength. This soul disposition corresponds to the nose of the head. The head maintains a normal upright position to express 'I understanding'; head maintains a normal upright position, but turns right it express 'I will'; when the head maintains a normal upright position, and turns left, it express "I feel'
- 3) Sympathy has the upper hand over antipathy. Sympathy thus receives an underlying tone of selfishness. At this point, the eyes are usually looking inward. The head position and movement from vertical, to the right, to the left respectively express that I know myself, I am willing to be myself and I feel myself.
- 4) Sympathy does not remain shut up within the region of one's own life. Sympathy that is developed acts in such a way that this expression, taken from the action of light, can be used as a symbol for light. The head position and movement in this form are the same as the position and movement in the third form, with the eyes looking outward. The head moves upward slightly, and the eyes look outward to express "thinking". it moves to the right to express "willing". it moves to the left to express "Feeling".



Under the influence of its four soul formations, the body, soul and spirit can be expressed through different head position and movement.