



Abstract

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Titel Colour in Eurythmy & Resarch in colour and colour treatments.

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The purpose of this essay has been to study and deepen my understanding of colour, colour in Eurythmy and its use. To be clearer about colour as its inner essence. How colour can be used in movement, what relationship they have with each other, how we find transitions between different colours and tones and what advantages colour can give/be for humans today.

Are there any denominators within colour/light research with Eurythmy? I have chosen a few researchers and therapy forms that has mentioned R. Steiner as reference in written books or has an antroposophical relationship. Two of them are situated in Sweden, Stockholm area. We have the Metal Colour Light Therapy in Järna, Sweden, based on Marianne Altmaiers research. They use big glass windows with different metals in them and let the sun come through them as the klient receives the light through the glass. Monocrom in Stockholm has specialised in coloured light for health and communication. Theo Gimbel is known in Great Britain and there's Fabian Maman in USA.

We find colour in Eurythmy in many areas. I have defined my research through colour in Eurythmy with R. Steiners approach to how we can find the essence of colour through two poles of colour that R. Steiner calls colour of images, passive colours, as peach, green, black and white and gloss colours, active colours, red, blue and yellow; how they relate to each other and what it gives. The sound B, H, Å and I has been explored and chosen as they have the same colours in Movement, Feeling and Character and the colours belongs to the group of gloss colours. The colours of the planets and the zodiac signs, as well as the original colour meditation of R. Steiner has been tried out in different ways. The students in the education has participated and explored exercises in colour through different approaches and exercises chosen from books through fall 2019 to spring 2020. This opened up for a colour coreography as a sharing at the venting summer 2019.

R. Steiner has written- "To experience the living element of flowing colours we can say that we come out of our human form and share the life of cosmos. Colours is the soul of nature and the whole cosmos and through experience the life of colour we share this soul (Gimbel, 1987).

Goethes research of how the prismatic phenomenon could contribute to the colour doctrine with his understanding that colour arise in interplay between light and dark, he found six colours through the prismatic experiment, red, yellow and blue and secondary colours orange, green and violet. These six colours are the foundation of colours in Eurythmy and we find them in R. Steiners original colour meditation. Colour researchers today mean that the number of colours are not the most important, similar colour scales are used in colour medicine today. Other colours also come about as indigo and magenta as mentioned in Reg Downs book, Colour & Gesture. Here Reg Down also talk about zones for where we find the transition through different colours and gives an understanding for how the colours can be found through bending and extension in movement.

When we use colour in conscious presence & movement, we come down to something initial and archetypical.

