



Tonya Sutter

RESEARCH PROJECT

KAIROS EURYTHMY TRAINING

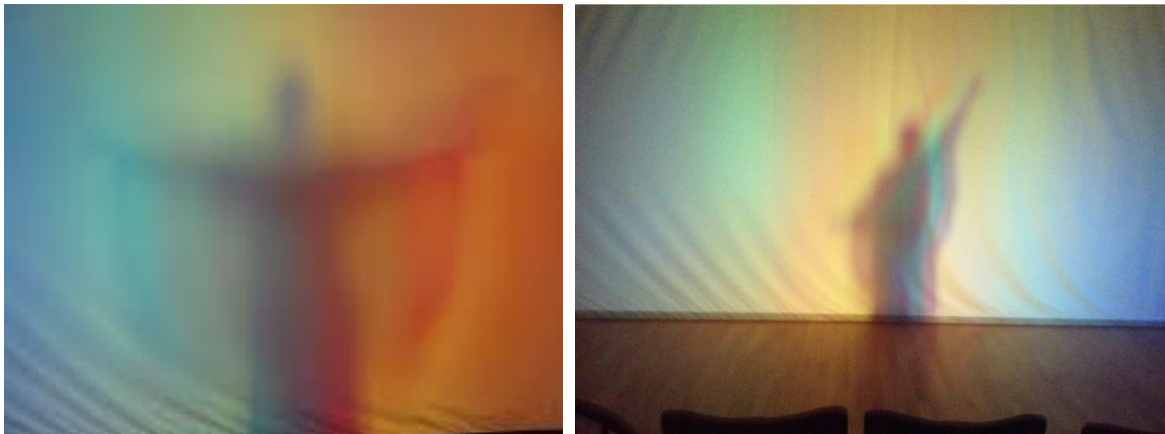
CAPE TOWN, SOUTH AFRICA

## COLOUR LIGHT THERAPY

What therapeutic experiences can be evoked when colour, eurythmy, music and speech are brought together?

Colour Light Therapy is a healing therapy art for children and adults with special needs. Eurythmy is moved behind a white screen, surrounded with lyre music, the spoken word and coloured light. Sunlight pours through seven differently coloured windows. Through the white screen the clearly outlined shape of the Eurythmist dissolves and gets replaced by a soul-like language, which brings the trinity of body, soul and spirit into a healthy inner balance.

Through the different colours behind the white screen, it is as if one has entered a realm of soul in which Truth, Beauty and Goodness are at home:



“That seeing is endowed with meaningfulness,  
That listening is rewarded with an inward enrichment,  
That human movement is not empty and mechanised,  
but ensouled and ego-led.” (recited from Schad, July 2019, England)

In the practical part of my Research Project, I went to England to research the Colour Light Therapy in a Camphill community, so that I could create my own Colour Light Therapy stage in Cape Town, South Africa. I performed many Colour Light Therapy programs which I showed to the Waldorf Teacher Training, the Kindergarten Training and to a school for children with special needs. Through the different performances I could get a deeper experience into Colour Light Therapy and a new way of looking into a healing quality of Eurythmy. Colour Light Therapy has for me a future quality, like a sparkling star for further work in Eurythmy.

