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*Research Project, Kairos Eurythmy Training,
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*An exploration of how Art in general and
Eurythmy specifically,
can warm frozen Human Knowledge.
Inspired by “The Nature and Origin of the Arts”
(a lecture by R. Steiner)*

After reading “The Nature and Origin of the Arts”, a lecture given by Rudolf Steiner in a form of a story, I became fascinated by the tale told in it: two women are gazing at a frozen landscape. The one is concerned only with her physical discomfort and almost freezes to death. The other, warmed by the impressions of the beauty of the landscape, is taken on a journey that transforms her soul. At the end of the story we discover that one of them symbolises Human Knowledge, the other, Art.

Holding this image in mind, I wondered how warm threads of light could be woven into the “frozen” knowledge of intellectual thinking? Can art in general, and Eurythmy specifically be of any assistance?

In my Research Project I focused on the element of warmth in relation to Art and Human Knowledge. Therefore I chose to design a practical workshop in which, through eurythmic movement, Art, human thinking and warmth could be brought into conjunction in a shared space.

*Part of my final presentation included a poem I have written inspired by “The Nature and Origin of the Arts”.**

* Steiner, R. (1992 [1909]). *The Nature and Origin of the Arts*. Spring Valley, NY: Mercury Press.