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Research Abstract:

My research involved an exploration into a meditative approach to Eurythmy with a focus on the Eurythmic principles of contraction and expansion. As I became more attentive to how these principles are expressed everywhere in Nature, I sought to understand how entering into them meditatively through Eurythmy might help to deepen one's sense of connection with the natural world. I created exercises which I guided a small group of people through, in which, in the movement of contraction and expansion, we entered imaginatively into different moments and phases within various cycles of Nature – such as in the waning and waxing of the moon, the interplay between day and night and the journey of metamorphosis from the seed to the flower. There is no doubt when one looks at the state of the natural world today that Nature is calling for our help as human beings, that She is calling us to act responsibly towards Her. One only has to have the courage to look at the raw and devastating facts of how Her oceans and rivers are being polluted and Her forests annihilated with open eyes and a brave, attentive heart in order to realise and 'hear' this call. Yet, in our technological, urbanised world we are becoming more and more disconnected from Nature and therefore more and more deafened and numbed in our ability to hear and respond to this call. I sense that as a human being one needs to reawaken one's innate connection to the Earth as a living being in order to unlock a natural and intrinsic responsibility toward loving, protecting and respecting Her, and this is what drew me toward this research. This is of course a deep and vast study which I am only at the beginning of. I feel that it is an important task in the world today – to reconnect human beings to the environment, to once again realise how interconnected with the Earth we really are.

