

Eurythmiuddannelsen Flow & U i København Denmark 2020



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BEING — BELONGING — BECOMING eurythmy as a way of self-becoming and social inclusion

Life is not at problem to be solved, but a reality to be experienced. —Søren Kierkegaard

Each one of us has it in themselves to be a free spirit, just as every rose bud has in it a rose. — Rudolf Steiner

ART awakes amazement and adoration in the soul of the person who experience it. Art brings one's inner in movement, connecting the inner with the outer, enriching thinking processes. We live now at second modernity time, transforming industrial society into a new and more reflexive network society. At the same time the global situation gives us a call for individual spiritual development and new way of thinking and acting. In the world of modern we used science and nowadays we tend also to use arts (well-established as well as new ones) not only to reflect lifeforms, but in higher degree to understand inner and outer human universe. It does change how we think and behave, how we move on in our lives and which paths we lay for coming generations.

The Danish philosopher **Søren Kierkegaard** supposed it being possible and of natural need of human being to walk him-/herself through aesthetical way of living into ethical way and, if there is an inner decision, also to spiritual art of living—by immense spiritual growth.

This self-becoming goes as to Kierkegaard from active acknowledging of own **being** through getting conscious about **belonging** to the external world and one's relationship to the environment and then to **becoming** into spiritual growth, that allows to live in spirit, love, faith and trust.

The soul's need of **being-belonging-becoming** spiritual was described by Søren Kierkegaard (1813-1855), the executive way to it is to be found at **Rudolf Steiner** (1861-1925). But ironically this concept of selfhood-development came first out to be acknowledged by official Denmark through German didactist **Wolfgang Klafki** (1927-2016), whose theory of categorial formation had a huge impact on Danish educational system. From 2014 is obligatory to work after while forming pedagogical everyday and learning-processes in Danish schools and pre-schools.

All three philosophers named art and movement both as a path to development. Rudolf Steiner moreover gave us a gift in form of eurythmy, which possibilities are wide as it is both an art and a way for spiritual and personal development. **There is definitively a call for eurythmy now.** As it answers widely to non-materialistic nowadays needs of society being up-to- time art—having at the same time enough practical results to be acknowledged world around as a school subject of social kind.

When **non-Waldorf educational system** of Denmark claims for inventing and implementing educational tools based on consciousness, art and movement to strengthen pupils' learning, social skills and self-developing, it becomes obvious for me that eurythmy fulfills the demands.

I decided therefore to research how basic eurythmy exercises (like contract-expand, rod-exercises with rhythmical variations, flow-and-follow) gain social processes in three groups of children of different age, aiming to bring the results out of Waldorf school platform. My pre-school groups showed already after short time most results of inclusion, while at children with special needs at Marjatta School the positive effect of eurythmy was in enlarged self-inclusion and self-confidence among pupils.

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