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Colors and Eurythmy Figures

The topic of my dissertation was inspired by Rudolf Steiner's spiritual research including:

" The form and shape, proper to the physical body of man, can only be maintained by means of a human etheric body, which in its turn must be endowed with the appropriate forces by the astral body. The ether-body is the form-giving agent or architect of the physical. But it can only form the physical body aright if it receives from the astral body the necessary guidance and stimulation. In the astral body are the "pattern-forms" or archetypes according to which the etheric body gives the physical its appointed shape."

This quote led me to the idea that there are images which may or should bring harmony to and have a healing effect on the physical body through the human astral and etheric bodies.

During my eurythmy studies, I have had the conjecture that eurythmy was actually such a healing picture. In my dissertation, this hypothesis was initiated, and I examine this hypothesis based on the shape of the eurythmy figures and the colors appearing on the figures. I also use the sounds of the Evolution series that are considered very important in eurythmy, in which ether appears strongly.

I chose this kind of approach because my artist husband and I have been regularly working on how to paint and depict the movements and colors of eurythmy as a picture over the past summers. During our experiments we had a lot of color experiences, and I started to delve more deeply into the shape and colors of the eurythmy figures given by Rudolf Steiner, which brought me closer to the character of the sounds and soul gestures.