



*Gwee Pei Yen (Esther)*  
*esther\_0118@hotmail.com*

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## *Art of meditation through Eurythmy*

Modern life is stressful. People are pushing their bodies and minds beyond their limits for the sake of power, status, entertainment and money. In this process people are losing themselves. In the old days, meditation was an effective practice to reconnect with the self and embark on a journey inward. Instead of uncommon for people to attain enlightenment through meditation. Now, meditation does not come as easily. As times change and the consciousness of people evolve, do the old methods have the same effects?

Eurythmy is a practice more in tune with modern times and the modern human being. People find it easier to connect with eurythmy because it is more dynamic and colourful compared to meditation which could seem outdated to many. Eurythmy is a modern-day method of meditation for me, through which one can attain similar results if not the same. Eurythmy and meditation can be complementary when practiced simultaneously: one can enrich the experience of the other and vice versa. Eurythmy has the same benefits on a person that meditation has; Eurythmy is mindfulness.

This essay explores both methods of finding oneself in relation to one another. Also included is a case study about a young man of 35 years who found himself unemployed and depressed during the pandemic in the year 2020. He has been practicing meditation for over ten years. Unsurprisingly with Eurythmy, he experienced positive changes within a short period of time.



*Eurythmy India*

