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Eurythmy training Zagreb, Association Stoimena

Eurythmy and spiritual development of humanity

In my thesis, I discussed the connection between eurythmy and the spiritual development of humanity. I wondered how eurythmy can help us to grow in understanding of world and ourselves and what it means for the development of individual and humanity as a whole.

At the beginning, I referred to the development of humanity in our post-Atlantic period and the fact that the quality of human consciousness under the guidance of the spiritual world changed from epoch to epoch, and that further development is possible only with the individual and conscious participation of each person.

Eurythmic art, through the approach of conscious inner experience and the creation of imaginations that accompany its performance, helps this goal, so that engaging in artistic eurythmy along with anthroposophic study and esoteric exercises can lead us to more conscious experience of life and ourselves.