

Learn to feel - the development of perception through eurythmy [Lernen Sie empfinden – die Entwicklung der Empfindung durch die Eurythmie]

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From the very first lesson with Lory Maier-Smits, Rudolf Steiner encouraged the development of her own feeling-sense awareness. Sense impressions are not mere creations that arise from a subjective inner world. And this inner world doesn't shape every sensory experience in such a way that it says nothing about the world outside the subject. Sense awareness can be the first glimpse of a world beyond our daily experience of the physical environment. Our sentient soul is open to perceptions that originate in the physical environment, the etheric world and also further beyond.

Eurythmy is an art which engages the entire human being, from our physical body to our spirit being. Eurythmy therefore requires cultivating our ability to feel. And this cultivation of a feeling sense-awareness is the focus of this thesis. It describes examples of the development of this perception starting with stepping, pitch, colours, and extending to the front space and the back space. Perceptions are also presented that have arisen through computer work on etheric forces or through the encounter of one's own shadow through

eurythmy. The accounts are enriched by two considerations: a) does the reflection on perceptions impact the ability to have this feeling sense-awareness? and b) how deeply are we to understand the forces with which we work in Eurythmy?

At the end of this essay there are two inner images presented which were perceived when observing Eurythmy or by practicing hygienic exercises. And an attempt is made to place Eurythmy within the mystery streams.

The core of this work is to encourage the cultivation and reflection of the feeling-sense awareness that arises in Eurythmy – to deepen our understanding and to assert the etheric against an ahrimanic science..



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