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Rhythm - An Exploration

Yes, a big subject, I know. Afterall, eurythmy itself means harmonious rhythm or movement, something which in itself is very interesting, as isn't eurythmy more than a particularly pleasing rhythm? Is eurythmy even definable by its name and our inadequate earth-bound language? Whatever the case may be, I would like to explore it. I was particularly drawn to work with rhythm practically - through doing, to explore its therapeutic, healing effects. What are the effects of stepping or clapping particular rhythms in a particular way? What does one connect oneself to in the cosmos through working with particular rhythms? How can one experience these rhythms reflected or expressed in earthly life?

In this dissertation, I will ask what is rhythm and what is its importance, according to Steiner and other sources. I will also explore the effects and use of rhythm in therapeutic, artistic and pedagogical eurythmy. In eurythmy, what is it to bring rhythm into harmony? As one spiritual master put it:

‘Everything is rhythm in the universe and the human being belongs to this great cosmic rhythm, and whether perceived or not, all biological or physical functions obey these rhythmic laws. Through our lifestyle, thoughts, feelings and actions, we may enter more or less into harmony with this universal rhythm’.