

台灣優律思美學校 *The School of Eurythmy Taiwan*



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The Basic Elements of Speech Eurythmy
語言優律思美的基本元素

I once took my own language for granted, but speech eurythmy offered a special opportunity to rediscover my mother tongue. Since speech eurythmy is still in its pioneering stage with the Chinese language, this experience allowed me to feel how the inner rhythm and musicality of different languages are both deeply distinct and surprisingly similar.

Through the square-shaped characters of Chinese, I could sense the original shaping forces and inner flow of rhythm in a new way. With a different kind of thinking and a deeper sensitivity, I began to rediscover my own language. I also became aware of how different sounds and rhythms affect our bodies and inner life—and how these same forces are mirrored in nature.

By working with the rhythm and musicality of language, I experienced its vitality and expressive power. The movement in space reflects the structure of speech; the quality of movement reveals the forces of the soul. Combined with sound formation and soul expression, language becomes more fully alive and expressive.

I not only heard the content of speech, but also felt how it was spoken. Through this, I began to build a deeper connection between body, soul, and spirit.

曾經對自己的語言感到習以為常，而語言優律思美給了一個特別的機會，讓我從新認識我的母語。而語言優律思美在中文方面還處於開創時期，這個機會讓我體驗了不同語言內存在的節奏、韻律是如此的不同也如此的相似。在如同方塊文字的中文中，感受到節奏和內在原本形塑的力量和流動，用不同的思維和更多的感受從新認識自己的語言。也發現不同的音律和節奏，對我們身體和內在的影響，而這些力量也在大自然中被展現著。透過語言的節奏和韻律，體驗語言的音樂性和生命力；在空間移動展現語言的結構；而移動的品質更展現心魂的力量；加上音聲的形塑和心魂的表達，讓語言更有表達性。不僅聽到語言的內容，更感受到語言如何被說出來，從而在身體、心魂和靈性之間的建立連結。