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## Research into the effectiveness of the seven-fold copper rod exercise

When I started studying eurythmy, copper rod exercises were included in the training process. At first, they did not seem interesting and understandable to me, and the question arose why such exercises are necessary in eurythmy training. Where do they come from? Why copper? What are the true goals of copper rod exercises? How do they affect the human being? Are they so simple to perform, recognizable? What is contained in the copper rod exercises, are they related to primordial movements? What are the primary sources of the exercises? Are they related to each other? In search of answers to these and other questions, I approached them consciously - I began to study the given exercise instructions, the structure of the exercises, aspects, I began to experiment with the conditions of the exercises, play, search, test their effect on myself.

In this project work, I focus only on the first rod exercise that Rudolf Steiner gave to the eurythmists. It is the sevenfold rod exercise. I describe my personal experience with it, share my discoveries, describe my experiments, describe my practical research transferring this exercise to people. As a result, I share my artistic conclusions, which internally encourage me not to stop at what I already know, but to deepen my experience with other rod exercises, as Michaela Trefzen writes, -rod exercises are a form of lifelong movement training and must be practiced and played harmoniously.

On the other hand, my life experience and focus were met by the words of Rudolf Steiner, which resonated with my feelings, namely “I am an instrument that I myself consciously clean, tune, and perfect, so that through my free will and love the Higher Spirit can work in the world.” What does it mean to be an instrument? It can be a practical activity as an expression of the Divine instrument. The teacher becomes a subtle instrument that helps the child’s soul and spirit to properly embody themselves in the physical body. The farmer with his work becomes an instrument that heals the land and cosmically arranges the processes of nature. The doctor, as an instrument, helps the patient’s spiritual “I” regain control over the instrument of the body. In eurythmy, the human body becomes a visible “speaking and singing” instrument that expresses cosmic laws. If I am an instrument consisting of body, soul, and spirit, how can I train this instrument?

Gradually feeling the influence of the sevenfold rod exercise more and more deeply, I want to agree with Annemarie Dubach-Donat’s statement that it is the rod exercises that can create such a powerful effect that over time they will transform the human body from a disturbing obstacle into an organ of the soul that will allow the spiritual to pass through. The human being should become so permeable that the etheric being can move unhindered in the physical world.

In order for us to be aware and be able to create this world more beautiful, better, more loving, we need a strong, permeable, powerful, skillful instrument – a means of expression.

I enjoy to work with the copper rod exercises!

