

Eurythmy Therapy for the Flu (Coronavirus) Epidemic

Eurythmy therapy as a treatment of Anthroposophic Medicine, as movement-oriented therapy, meets the requirements for maintaining health in these times to a special degree. In particular, eurythmy therapy can strengthen our immune system holistically, i.e., not only on the physical level, but also on the level of soul and spirit, and especially on the level the life forces. Every meaningful ensouled movement integrates us with ourselves, develops warmth, security and resilience. In the broad spectrum of eurythmy therapy exercises there are several to choose from in our current situation.

What can we recommend as support for your own health maintenance?

The exercises from the 5th lecture of Rudolf Steiner's eurythmy therapy course¹ are particularly suitable.

Any eurythmy therapist near you will gladly show you these exercises and help you to put them into practice in your everyday life. A list of therapists can be found under the professional associations in the respective countries:

<https://eurythmytherapy-medsektion.net/netzwerk/berufsverbaende>

Exercise	Effect
Affirmation/Negation	This movement has a strong effect on the respiratory system by working through the life organization (etheric body)
Sympathy/Antipathy	The forces of human individuality (the 'I'-organization), which are particularly expressed in a person's warmth organization, become increasingly active in relation to the whole organism, especially with regard to circulation and digestive processes
Love-E	A positive warming effect on the circulation
Hope-U	A beneficial warming effect on the respiratory system
Rhythmic R	Has a very good effect on the whole rhythmic system, on the respiratory and circulatory rhythm and the spine
A-H Reverence	The organism becomes more stable, more resistant

The following additional eurythmy therapy exercises are recommended

- Hallelujah (also with the use of A-H, H-A from the 5th lecture)
- A-H Reverence und Hope-U for anxiety
- OEML, to strengthen liver function

¹ Steiner R. Heileurythmie. GA 315. 5th, completely revised edition Dornach: Rudolf Steiner Verlag; 2003. English translation: Steiner R. Eurythmy therapy. London: Rudolf Steiner Press; 2009.

- OEMLIBD – this “warmth sequence” is indicated for all immune system relevant diseases
- LAOUM, Large Vowel I-exercise to support breathing
- BGE for protection against environmental influences

With our best wishes

Hana Adamcová M.A.

International Coordination of Eurythmy Therapy

Goetheanum

School of Spiritual Science

Medical Section

Box, 4143 Dornach, Switzerland

Tel.: +420 728 220 206

hana.adamcova@medsektion-ikam.org