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Argentina

October 2005

The situation in Argentina has lead me to the decision to move with my family and my eurythmy therapy to Chile. I am still country Rep for Argentina though and will visit Argentina every 7 weeks for one week when I will see my patients in eurythmy therapy sessions. Otherwise, Graciela Kolb remains there as eurythmy therapist.
Gonzalo Lascano

December 2008

Although Argentina is a really large country, we are only two eurythmy therapists in the whole country. Therefore we are not only required in seminars and curative education meetings but also by our own private patients who we assist working with doctors hand in hand. So, we can't work in Waldorf schools, which would be really important for children and teachers alike. The fact that I participated in the last Conference and could share experiences with my colleagues from other countries was highly enriching for me as I could learn about the different ways of working. When I told the doctors about my experience at the Conference, they were grateful to me for sharing my insights with them, which is very important for our country. They agree that when medication is accompanied by therapeutic eurythmy treatment, the patient improves his or her condition by being more aware while doing the healing process and so we can see better results in a shorter time. I am very grateful to everybody who made my participation in the Therapeutic Eurythmy conference possible.

Graciela Kolb

December 2009

Dear colleagues, as I told you before, in Argentina we are two therapeutic eurythmists, and we cover the needs of the whole country. Our country lives in crisis in all orders, and people have to work really hard to be able to subsist. Most of the the people do not have the means to pay the medical treatment and the different therapies, because it's not covered by the medical insurance. On the other hand, there are only a few doctors who suggest the therapy to their patients, I would really appreciate if I could receive some suggestions to help us to improve the relationship between the doctors and the therapeutic eurythmy.

In this year, a therapeutic eurythmist was present in the following seminars:

- Cancer
- Psychiatric disease
- Metabolic and endocrine diseases

And in October: the seven life processes.

Next year, we will be working in a project, with new doctors, who are finishing the four years of formation, that will be directed by Dr. Alejandra Chappano who teaches and coordinates the medical formation in anthroposophic medicine (AAMA) and eurythmy therapy, working with the book „Fundamentos para una ampliacion del arte de curar“ by Rudolf Steiner and Ita Wegman. Another project will be the investigation of the rhythm of the consonants, and here I would like to ask, if it was made in other country before. We would really appreciate to receive material about previous investigations related to eurythmy therapy, clinic cases, etc. As 17 countries in the world speak our language it will be really important for us to receive it in Spanish. To make this happen, it will be helpful to create a network of delegates to know which material is available, and be able to exchange it, in this way we could save energy and money. The eurythmy therapy book by Rudolf Steiner was

translated into Spanish and it's really necessary to correct it, I have already paid for the cost of the translation and we cannot afford the additional cost. We would like to receive funding for the correction of this book to be distributed to other Spanish speaking countries. I want to thank for the chance you give me to share these concerns. *Graciela Kolb*
December 2010

Travelling differently

My first big journey should go to the country of my first Waldorf godchild, to Argentina. As I had invited myself to visit the small „escuelita“ in the north of Patagonia, I offered some lessons in eurythmy as a kind of present for the hosts. The school cannot afford this at the moment. So we had 3 weeks of lessons which were a pleasure for all of us. I would have loved to meet eurythmy therapists. Therefore I had contacted Graciela Kolb before. She works in Buenos Aires and I had read about her in the newsletter of the Forum Network. Unfortunately I did not make it to the capital, because the country is so huge - and so we just had some e-mail contact. As I could read in the newsletter, Graciela had managed to get the means to translate the eurythmy therapy course into Spanish, and now there was no money to pay the corrector. Quickly I decided to help and after some correspondence we finally managed to transfer some money via Moneygram. I am already looking forward to testing my Spanish when reading the translation of the eurythmy course.

Stefanie Frank

December 2014

It is not easy to represent eurythmy in a country like Argentina! I would like to give an impression of our work here. There are two trained eurythmy therapists in Argentina, Graciela Kolb and myself. Graciela settled in Buenos Aires for health reasons, and works with people in her area. Buenos Aires is a city of around 15 million people, and one could say that eurythmy therapy is not at all well known. Most of the doctors work in Buenos Aires, yet they are either not aware of or do not prescribe eurythmy therapy.

For this reason I moved several years ago to Rosario, which is 300 kilometres north of Buenos Aires, and later to Cordoba, 700 kilometres north-west of the capital. Once a month I travel to Montevideo, Uruguay's capital located to the west, beyond the River Plate. There I work with school children and a few private patients, who came across eurythmy therapy by word of mouth advertising. A month ago I gave a weekend conference 1200 kilometres in the western direction, in Neuquén, where we agreed to hold two further events next year. I live 400 kilometres south of Buenos Aires.

For three months of the year, during winter, I have enough work. The rest of the time there are only a few patients in my work places, in spite of all the effort, travel, time and good will. It takes a good deal of effort to get through the month on a small income, which can be very tiring! This is all a great burden — the reality of life here, where we live in an uncertain, volatile economy, and I miss the calm of Europe. My situation is very mercurial with all the travelling and whatnot that goes with it... and the financial aspect does not really come together!

I would be very grateful for any news, in person or in writing, of colleagues' experiences in eurythmy therapy with their patients!

Gonzalo Lascano

December 2015

To represent eurythmy therapy in a country like Argentina remains a big challenge! Graciela Kolb and I remain the only registered and trained eurythmy therapists

here. Unfortunately lay practitioners are on the increase: having attended a course they feel entitled to practise eurythmy and eurythmy therapy, and this makes our survival even more difficult.

This year I was able to make contact with five doctors in various cities, and I hope that this will improve my work situation. Unfortunately, the prospect of work in Montevideo/Uruguay came to nothing. Nevertheless I drive long, long stretches to the various places where I work – many hundreds of kilometres away from Buenos Aires where I live.

There are still far too few patients who know of eurythmy therapy and for whom it is prescribed. Almost everything happens by word of mouth so far. In addition, all patients have to pay for the treatment themselves, and one eurythmy therapy session costs only half as much as in Germany.

This year Norman Kingeter stopped here during his South American trip, and the brief working meeting we were able to have did me endless good. We also discussed the world eurythmy therapy conference – but my own financial means are too limited for me to afford this. Every month is a question of just getting by... and the reality in Argentina is really very tough!

My great wish would be to meet my colleagues from all over the world and discuss eurythmy therapy with them. I am sure this would help me regain strength and courage for the continual pioneering tasks here.

Without a miracle this will remain a dream – but I will accompany you all in my thoughts.

Gonzalo Lascano

Australia

December 2007

13 eurythmy therapists work in Australia - a big and wide country. We colleagues do not know each other yet. Some have just joined us, others live in a distances of thousands of kilometers. 6 therapists live in Sydney, 3 of them are active in the field of eurythmy therapy, the others are successful eurythmy teachers at local Waldorf schools. 4 eurythmy therapists live in Melbourne and practice in cooperation with the Melbourne Therapy Center, working with anthroposophic doctors, alternative practitioners and other therapists. 2000 kilometers north of Melbourne, in Byron Bay in the North of New South Wales, live 2 wonderful eurythmy therapists who exchange experiences with homeopathic doctors. One of our colleagues is completely alone in Adelaide, which is another 1500 kilometers in the West of Byron Bay. We exchange experiences regularly with our experienced New Zealand doctor David Ritchie. Every other 3 months he visits the schools in Sydney and Adelaide, in addition with 2 other doctors here in Sydney and several homeopathic doctors who we contact regularly. Dr. David Ritchie gave the impulse for the initiative to have a non-recurrent training course for eurythmy therapy. We are in contact with the Mandates Group of the International Training Group in Dornach and also with Dr. Michaela Gloeckler. In September 2008 we would like to inaugurate the 2-year course. We do hope we can manage to offer a complete, comprehensive and well grounded training course.

Josefin Porteous

December 2008

15 eurythmy therapists currently work in Australia. Two more colleagues than last year. Most of us work in schools or in free practice. The Australian cities which count themselves lucky to have an active eurythmy therapist around are: Melbourne, Canberra, Sydney, Adelaide, Byron Bay and Brisbane – going from South to North. Next year we will have another eurythmy therapist in Coffs Harbour. In Melbourne it can get really cold in winter into the minus. It has a very English feel to it. It is properly the most cultured city of Australia, with lots of theatres and concert halls and artists, much more so than Sydney. People actually go to concerts and plays. In summer the temperatures are very high. Canberra is mostly cold, but it is all relative and of course not as cold as Germany, but it feels colder because we do not have heating inside. Adelaide the same as Melbourne, Brisbane is always warm also in winter. I would say never under 12 degrees in winter and up to 40 degrees in summer. Same in Byron Bay. If one goes beyond Brisbane up into the north, it gets hotter and hotter. The more you go inland the more desert temperatures you get. All the cities are close to water and are not inland. Our doctors travel a lot to different places to spread news about anthroposophic medicine. Two doctors work permanently in Melbourne and Sydney. David Ritchie comes to Australia every three months. We have close contact with him. Unfortunately our projected eurythmy therapy training could not be implemented. We had waited too long to get every legal issue solved – and so we lost some students. It would not have been profitable any more. Maybe we will start a course later. Till then we will continue working hard and strengthen eurythmy therapy in our country. 8 eurythmy therapist took part in the international World eurythmy therapy Conference in May 2008. We returned to Australia filled with enthusiasm and new momentum. Now we are back in our daily rhythm and work. As we live so far away from each other we mostly have contact via e-mail. However, we plan to organize smaller internal conferences and to invite sometimes somebody from Europe.

Josefin Porteous

December 2009

Fifteen Eurythmy Therapists' currently work in Australia. The following cities (from South to North) have eurythmy therapy: Melbourne, Canberra, Sydney, Adelaide, Byron Bay and Brisbane. Our doctors travel from city to city in order to practice and speak about anthroposophic medicine. Melbourne and Sydney have resident doctors. David Richie from New Zealand comes to visit every three months in order to meet with us. One of our doctors, Narrelle Savitsch attended the Medical Conference in Dornach. She works together with three eurythmy therapists in Sydney. Next year a further training course with Titia Jonkmans and Angelika Jaschke will take place and we are all looking forward to this very much. With warmest greetings to you all.

Josefin Porteous

December 2010

Uluru - Red rock against the bright, blue sky...

Here I stand, in the Red Centre of Australia. Looking at this huge, isolated rock reminds me of the way we eurythmy therapists are situated in our land - bold, independent and in isolation. All of us - 17 strong - are working away in schools, clinics, special education and private practices. Titia Jonkmans and Angelika Jaschke came to Australia in March and gave intensive professional development workshops in Melbourne and Sydney. The workshops were stimulating and well-attended and many thanks go to both Titia for all her mighty wisdom and to Angelika for all her skillful and conscious communication, weaving around the world. Multi-tasking seems to be a necessary feature of eurythmical life here in Australia, and so we invited (through Angelika's networking) Daniel Maslen from the UK to help strengthen the pedagogical work here. He gave a week of educational eurythmy held at Aurora Australis in Melbourne, (Ende September 2010) and his fun-orientated teaching was imbued with a therapeutic and healing impulse that was appreciated by all.

Josefin Porteous

December 2011

We still work very busily, everybody in his/her city – in our huge country. Karyn Foster has joined us as new eurythmy therapist here in Australia in the city of Coffs Harbour. We were sad to see Chris Coote leave to Berlin /Germany but we hope he is coming back in the near future. The best wishes to all of you from us here in Australia. *Josefin Porteous*

December 2012

Australia is part of the original continent of Gondwana, and is recognized as the earth's fifth continent. This vast continent lies between the Pacific Ocean to the East and the Indian Ocean to the West; it has six states (including the island of Tasmania) and three territories. The east coast is the most densely populated one, and has well-known cities such as Brisbane, Sydney and Melbourne, further to the south. There are great deserts in the West and North-West. Savannah and rain forest predominate in the tropical northern regions. The rest of the continent consists of level plateaus, marked by extensive, dry desert. The massif which includes Uluru (or Ayers Rock as it used to be known), the Aborigines' ancient holy place. There are currently seventeen colleagues working in Australia; most of them in Waldorf schools, some also working independently. Most contact between them is by e-mail, because of the vast distances involved. It is almost impossible for eurythmy therapists in this huge continent to meet together. (AJ)

Josefin Porteous

November 2013

There are all weathers and climates in Australia - the land of droughts and flooding rains. You may well have heard of the destructive bushfires which happen most summers (in one place or another). They are often counterbalanced with torrential flooding, and cyclones in another part of the country. At the moment in the nation's capital Canberra, from where I write to you, the first blush of spring is spreading joyfully around. It has been a warmer-than-usual winter for us, but the snow season will continue in our nearby 'Alps' - highest peak 2,228 meters - until October. Up north, they are already sweltering in the high 20 degrees (Celsius). They do not experience the four seasons as we do in the southern climes. Instead, there are two main seasons - the wet and the dry - with varying degrees of them throughout the year. There is nearly always plenty of blue sky, bright sunshine and open spaces wherever you are in Australia. Spread out along the eastern and southern seaboard between the capitals of Brisbane and Adelaide there are around 14 eurythmy therapists (perhaps a few more ... I think they are a little like our native fauna - quite shy, or only come out at night!). We have three more undertaking the South Pacific eurythmy therapy Training in NZ. Several colleagues are in one (large) place, i.e. Sydney and Melbourne - and some of these colleagues are able to work together, to share resources and inspiration, and give support. Many of us are working alone, unsupported by professional colleagues. At present there is no professional association. I would go so far as to say that there is a strong culture of the Individual here in the Great Southern Land, so no prospect of one for the time being. Although many of us long for colleagues and cooperation, we often generally prefer to, or end up working on our own, also from (geographical) necessity. Apart from a very small handful of us, we work without the cooperation of doctors. Anthroposophic doctors are also in short supply downunder! Steiner/Waldorf teachers, homeopaths, Naturopaths, rhythmic masseuses, and arts therapists are our main colleagues and supporters, and they refer many of our clients to us. There is a thriving Therapy Centre in Melbourne where eurythmy therapy is offered along with other anthroposophic therapies and remedies. A number of us act as mentors to the therapists-in-training. Some of those who do work together have been researching the spiritual impulse behind eurythmy therapy and its relation to cosmology. Von Laue's book on The Physiology of eurythmy therapy and The eurythmy therapy course are also constant and enlivening companions. Others of us are trying courageously and slowly to build up private practices; we work in Steiner/ Waldorf schools (who are supportive of us in our role as teachers, over and above our role as therapists), and we also work from home. I have been meeting with an eclectic support group here - including a rhythmic masseuse, a Christian community priest and an arts therapist - reading various of Steiner's lectures, including the Invisible Man Within Us. I send warm greetings to all colleagues around the globe, and especially to my new colleagues (from Stroud, 2012).

Clare Goodman

December 2014

This year our number has grown considerably, with the finishing of the eurythmy therapy Training in New Zealand early in the year. We have had a number of opportunities to meet together: at a workshop given by Annemarie Baeschlin; at a meeting to discuss the new Steiner Curriculum (most of our number also teach in Waldorf schools); and at the IPMT (International Post Medical Training). Our number has grown to seventeen - that I am aware of at the moment.

At last an association is in the pipeline. A small group met late last year to begin to plan and discuss the necessity for an association. Meanwhile, with the graduation of the new course in NZ, the same impulse was happening across the Tasman, and now the hope is for two countries to form and join an association together (instead

of two separate associations). It is still in the early stages, but hopefully with next year's HE Journal, we will have an association at last.

The work with doctors in Australia is limited. We have very few anthroposophic doctors (their number is also growing at last, thankfully) and they are not always in the same places as the eurythmy therapists. We also work with other therapists: homeopaths, nurses, and with 'referrals' or recommendations from Waldorf teachers as well.

At the recent IPMT in Melbourne in July, we were able to meet together briefly and share some personal experiences and questions. A workshop was offered in the afternoons, working with some of the content of the workshop with Annemarie Baeschlin (given in April, also in Melbourne). In the greater Melbourne area, there are now nine eurythmy therapists/curative eurythmists! Hopes were expressed by some that training days and meeting times could coincide with the annual Australian Anthroposophical Medical Association gatherings.

The therapy course, "Extending Practical Medicine" (we worked intensively on the third lecture for the entire IPMT week) and Broder von Laue's book continue to provide insight and direction, and questions in and for our work and practice.

A personal highlight for me this year was meeting up together on several occasions - meeting new colleagues, renewing connections with old friends, putting faces to names (we e-mail for the most part), and feeling connected in the greater eurythmy therapy world and our corner of it.

I love a sun-burnt country,
A land of sweeping plains,
Of ragged mountain ranges,
Of droughts and flooding rains.
I love her far horizons,
I love her jewel-sea,
Her beauty and her terror -
The wide brown land for me

This verse from the poem 'My Country' by Dorothea Mackellar touches on the contrasts that are prevalent in our vast country. A highly multicultural land, with the majority of the population living on the south eastern seaboard, where the original custodians of the land have been here for at least the last 50,000 years. Yet we are also a new country, with the arrival of the British (and white man) just over 200 years ago.

When one thinks of Australia, one thinks of beaches and desert, of rainforests and fantastic animals and birds. Of blue sky and sunshine. Of the Lucky Country, of "a fair go". We are also strongly influenced by American and south east Asian cultures in these times. The Steiner Waldorf movement - although numbering forty three Steiner Schools - is still relatively unknown. The biodynamic movement is however one area where Steiner's insights and knowledge are at last becoming mainstream.
Clare Goodman

December 2015

ETANZA (eurythmy therapy Association of New Zealand and Australia) is the newly formed professional association of the two southern hemisphere countries. The association held its inaugural AGM at the Kolisko conference in Auckland, NZ in July 2015 and has set up a website and professional development planning for eurythmy therapists in the southern hemisphere.

Collaboration with doctors works in a variety of flexible ways, according to the practice set ups, locations and accessibility for eurythmy therapists and their patients. Ongoing professional development opportunities are able to be coordinated and promoted for eurythmy therapists and other AM practitioners which help to strengthen our work together and in our own practices.

Australia gained five new eurythmy therapists from the South Pacific eurythmy

therapy Training in Napier, New Zealand in January 2014. This influx of qualified therapists has given a new impetus to the eurythmy therapy profession in Australia and contributed to the establishment this year of the professional association, together with our New Zealand colleagues.

In July 2015, Truus Geraets visited Australia and New Zealand from the USA, bringing her 50 years of experience to both countries through workshops and conference presentations - the Kolisko conference in Auckland, New Zealand, and the IPMT conference in Brisbane, Australia. Truus worked in Holland with Erna van Deventer, the eurythmist trained by Rudolf Steiner, and this was a unique opportunity for people in the southern hemisphere to experience a connection to the source of eurythmy which is not so accessible here due to our long distance from Dornach and our language barriers with German-centric resources. Our gratitude and thanks go to Angelika Jaschke for supporting, encouraging and facilitating the exciting new developments for Australia and the southern hemisphere.

Leanne Sarah

Austria

March 2005

In November Mrs. Koen (arts therapist) and I attended the general meeting of AÄGÖ (Anthr. Ärztesgesellschaft Österreich), the Anthroposophic Doctors Society in Austria. We presented our request for a joint certificate for eurythmy therapy and AKT. As it became clear that a large part of the training involves therapeutic, medical work the AÄGÖ was able to agree to a way forward with us. During the same month we had the general meeting of the Austrian Medical Society (Österreichischen Heilwesensverein), where I am also acting as representative for our issue. The latest news there: At Easter Dr. Jeserschek and I will draft up a document for eurythmy therapy, rhythmical massage, and art therapy which will include guidelines for training. This ‚certificate‘ will be passed to the well known lawyer of the Doctors Society. If he says Yes to it, the document will mark a breakthrough for us. Dr. Jeserschek anticipates that in the mean time the funding groups will continue to pay. At least no one should complain. For my part in all this I need the training guidelines to be sent to me as soon as possible. The doctors in Vienna are taking care of the arts therapists. At Easter our website will be posted on the internet: www.anthroposophie.at. The meeting with Claudia Anger (Teeth ET) in January 2005 was extremely fruitful for me.

Mareike Kaiser

October 2005

The Association has moved its offices from Kaernten to Graz. The address is: Verband diplomierte Heileurythmisten in Österreich, Freie Waldorfschule Graz, St Peter Hauptstr 182, A 8042 Graz. In order to make this change we had to also change some of the statutes to comply with state requirements which came about in 2002. We met as members of the association in October to discuss restructuring needed to comply with the new association laws. We are also preparing our website: www.heileurythmie.at which has sadly taken a long time to finish! We have been waiting two months to hear from the lady who offered to make a new logo for the website and we are also waiting for the curriculum of Mrs. Allmer for rhythmical massage. When all this comes in we will give Dr. Jeserschek all the training course plans (eurythmy therapy, physiotherapy, art therapy, rhythmic massage, etc) ready for the lawyers. Hopefully things will have moved forward by Christmas so that if it passes through we can join the doctors with official recognition. My secret wish: That we eurythmy therapists could have a better understanding for each other and a clearer way of working together.

Mareike Kaiser

November 2006

The association has moved to Graz, where it had its first meeting in June. The statutes had to be altered due to the change of location. We have doctors who advise us and act as a link to kindergarten and those working in private practice. We are still seeking state recognition. Dr Warning recently moved to Graz which should prove helpful to our work. There will be an extraordinary general meeting and a conference concerning eurythmy therapy dealing with the teeth matters in November.

Mareike Kaiser

December 2008

In November 2006 the extraordinary general meeting took place, within the announced seminar on teeth eurythmy therapy. We, the association for eurythmy therapy, are now a member of the Austrian Board of Art Therapies (ABOAT) which is very active on the political level, especially as it regards the question of our accreditation. We have not fulfilled one of our biggest tasks yet, i. e. to define all places in Austria where there had been any practice of eurythmy therapy, the persons and the space of time. In 2007 3 teeth eurythmy therapy seminars took place in Aesch, together with M. Kaiser (organized by the Austrian Association). On October 22 the Ita Wegman Zentrum in Graz celebrated its opening (Dr. Albrecht Warning, Dr. Martin Gmeindl, Charlotte Allmer and Mareike Kaiser). In spring a state school in Feldbach near Graz asked for hygienic eurythmy. Meanwhile they are educated there in four classes. In the afternoon they give eurythmy therapy on a regular basis (especially for misaligned teeth, support of learning aptitude and adjustment for early school enrollment). More elementary schools in the neighbourhood want to join the project. The parents support it financially. In December 2007 an interview with Dr. Schwarz, Dr. Warning and E. Fabro about anthroposophic medicine and corresponding therapies will be broadcast by Ö1 (radio). At Easter 2008 a conference on the topic „heart“ will be organized by the Christian community. Eurythmists from Hungary, Croatia and Austria will give artistic contributions.
Mareike Kaiser

December 2008

The eurythmy therapy association has for two years been a member of the non-anthroposophical umbrella group: Artistic Therapies (ABOAT). The music therapists who are not part of this have managed to obtain a place in the law for music therapy which will come into effect in July 2009. Our Umbrella Group is striving for a common set of regulations for all therapies which are members. The doctors have already been part of the national board of doctors for a long time and are fully recognized there. But this is not the case for anthroposophical therapists. We are considering an expert assessment by a lawyer (a certificate by the anthroposophic doctors). The outcome is open and the question is whether we would stand a better chance if there was a eurythmy therapy training in the country. At present we may practice under the title ‚Life Coach‘ (Lebensberater) as this is a recognized profession. In October 08 a new training in eurythmy therapy began with Gerhard Weber and Lasse Wennerschou. The eurythmy therapy association presents regular courses in teeth eurythmy in various countries: France, Italy, UK, Hungary, Switzerland and Austria. These courses are lead by Dr. Claus Haupt, dentist from Munich together with Mareike Kaiser, Graz. Having completed six courses (an introductory course by Claus Haupt, three practical courses with Mareike Kaiser and a further deepening course with Claus Haupt regarding the correlations of zodiac, planets and the teeth). Participants will receive a certificate.
Mareike Kaiser

December 2009

The Association is happy to be able to welcome four new members. The Council has seen some changes of membership this year and there was a great deal of turbulence when we tried to form an umbrella group to coordinate all the artistic therapies. One council member has a history with Scientology and this played a role in the problems. The two major associations with membership of over 200 wanted to withdraw at once! We are trying to get the German ‚name‘- Heileurythmie and Eurythmietherapie for eurythmy therapy protected with a patenting licence.
Mareike Kaiser

December 2010

In May 2010 protection of the terms "Heileurythmie" as well as "Eurythmietherapie" for eurythmy therapy was successfully granted by the patent office. By that our organisation (VdHÖ) set the preconditions to use the brandname "**AnthroMed®**". In October the contract with **AnthroMed®**EURYTHMIETHERAPIE will be signed, so that all members can use **AnthroMed®**EURYTHMIETHERAPIE as the common cachet. In the last board meeting there was a little change in structure, so that we can work together in the umbrella organisation DÖKT, to which also non-anthroposophic art therapies belong. There we aim at acceptance of the profession.

Mareike Kaiser

December 2011

This year we succeeded in joining **AnthroMed®**EURYTHMIETHERAPIE. Nine colleagues from here and one from Germany have now adopted the label. The overarching body (general association) (DÖKT) which also included non-anthroposophic arts therapists and to which we were affiliated has dissolved. Music therapy is state recognized in Austria and recently anthroposophic music therapy has also won state recognition. Perhaps we will be able to achieve state recognition and the official certification status soon. At the next general meeting our executive committee will be up for re-election. After 15 years I will be handing over my role as chairperson to Maya Küsgen. She was already present at the meeting of country delegates and at the European meeting of professional associations in September 2011 in Dornach. Next year Anja Meierhans will come to give us a conference on documentation and we want to invite our doctors to a conference where we will present positive reports and feedback from patients in the hope of a closer, more intense working together!

Mareike Kaiser

December 2012

Last year, Anja Meierhans led us in a further training course on 'Documentation'. She is due to come again next year. This year I took over chairmanship of our professional association, and would like to thank Mareike Kaiser for providing me with such a good prior foundation, and for continuing to support me. The following theme is increasingly coming to the fore for us: How can we define our professional profile in eurythmy therapy and gain a foothold in the public domain? In these critical times there is much work to be done to protect and safeguard the eurythmy therapy profession. Austria is a country of much diversity, in both geological and geographical terms. Lying in Central Europe, it is surrounded by eight other countries whose cultures course through it. It is a meeting place of both western and eastern impulses and their attendant worldviews. Geologically, Austria is very diverse, with a great many different rock strata. For example there is the high plateau of granite and gneiss, the Molasses Basin (a conglomerate of clay and sandstone), the Flysch Zone (marl, shale, sandstone), the limestone Alps (chalk and dolomite), the Greywacke Zone (of metamorphosed clay and arenaceous shale, iron ore, copper, magnesite...) and others. The Vienna Basin is a tectonic syncline and connects the eastern Alps with the western Carpathians. The basin's bedrock corresponds to the geological zones of the Alps: composed, from South to North, of greywacke, crystalline limestone and flysch. Steiner (GA 65) said about the Vienna Basin, home to the majority of the Austrian population: "The unity of geological diversity exists in this basin. It is, you can say, a microscopic imprint of the whole of the earth's geology." All this is reflected in Austrian society – a rich diversity of qualities: "This whole multiplicity of life that challenges the soul. This diversity, that has to be experienced at first hand and cannot be dismissed in a few words or

ideas, lives here - in these peculiar and in a sense closed-off natures ." (GA 65)
Maya Kuesgen

November 2013

There are currently sixteen active members of our professional association in Austria. This year we established contact with the arts therapists and are planning joint further training courses next year to strengthen collaboration between anthroposophic therapists in Austria. This year we have been engaged in founding the health initiative, which involves complementary therapists, doctors and other interested parties who wish to promote patient-centered medicine in Austria and embed it in the health system. We are also planning a training course with Drs Kiene and Kienle on Cognition-Based Medicine's single case-study research method; as well as a training course with Anja Meierhans on documentation in eurythmy therapy. Austria is situated in the northern hemisphere's temperate climate zone. Through its position in the center of Europe, it falls into a transition region between maritime and continental climates. As well as the effect on the weather of these two climatic influences, the south of the country is also influenced by Mediterranean air flows. The north and west of Austria have a climate determined by maritime influences and humid west winds. The eastern part of the country, by contrast, has a continental climate with low rainfall, hot summers and cold winters. In the southern Alps the influence of rainy areas of low pressure from the Mediterranean is particularly apparent. Austria's regional climate is very much informed by its alpine topography. Marked climatic differences are frequently found within a small area and within similar altitudes. Austria's geography (please compare with the previous Newsletter) and climate are wide-ranging. Its particular situation within Europe makes it a region of transition, where east, west, north and south show their effects on the climate.

Maya Kuesgen

December 2014

The Austrian association has only eleven members now. There are personal reasons for this: relocation to Germany, the Gerhard Weber issue as well as the fact that Gerhard Weber himself left the association.

Uta Guist died this year after a brief period of illness. She worked for many years as eurythmy therapist in the therapy center "Merkur" and organized Gerhard Weber's courses in Vienna. This year we looked at working together, at the amounts eurythmy therapists should charge in institutions and in private practice. The health initiative we founded last year is growing. There are endeavours in Austria to found anthroposophic rehabilitation clinics. Mareike Kaiser has paved the way for us to start a two-year research project with the dental clinic in Graz. Cooperation with physicians and other therapists depends on the individual therapist, but there is certainly growing interest on both sides. This year the physicians expressed the wish for a meeting of therapists and physicians so that young and old can get to know one another.

This year's highlight was the interdisciplinary meeting in January that brought together all anthroposophic therapists in Austria. The response was so positive that we will organize another meeting for next year to which we will also invite the physicians. The next meeting will focus on cooperation within art therapy and the future of anthroposophy in Austria.

We hope that the individual professional groups will support each other in this small country where the number of anthroposophic therapists is dwindling. We need young, committed people with an anthroposophical interest in all professional fields and hope that the cooperation of all professional groups will strengthen us.

Art and traditions:

People in Austria are deeply rooted in their customs and therefore very much aware of their old traditions. Apart from the cultural events, traditional festivals are very important and they are celebrated in various ways depending on the region. This Alpine republic may have arrived in the 21st century and count as an industrial state, but in some respects time seems to stand still. Some of the festivals celebrated in Austria go back hundreds of years and are still an integral part of today's culture. In Austria, there has been a growing interest in traditions and old customs in recent years. While it used to be mostly the older generation that cultivated these traditions, younger people now also take pride in the typical Austrian culture. Literature, music and art in Austria:

Across the centuries, Austria has produced many artists who grew to become globally acclaimed representatives of literature, art and music. Among them are Wolfgang Amadeus Mozart, Herbert von Karajan, Udo Jürgens, Franz Grillparzer, Stefan Zweig and Gustav Klimt. Cultural life in Austria is found in the numerous museums, theatres and opera houses. In addition, there are many festivals and other cultural events that look back on a long tradition and constitute highlights in the cultural year, such as the Vienna Opera Ball and the Salzburg and Bregenz Festivals, the Styriarte in Graz and the Carinthian Summer Festival. The many visitors who come to Austria find this combination of ancient traditions and modern life particularly charming.

Maya Kuesgen

December 2015

There are 14 eurythmy therapists in Austria at present. A new, young eurythmy therapist from Germany has joined us, and another who is however not practicing in Austria.

The highlight of our year was the gathering of all anthroposophic therapists in Austria. In our prior planning we reflected on how we can support each other more, and publicize ourselves as a joint group within the jungle of so many diverse therapies. The idea of an umbrella association arose to encompass all anthroposophic therapies. This idea is still in its infancy and will be elaborated further in the autumn of this year.

Our interdisciplinary meeting took place again this year. I am very pleased that there has been so much interest in this, giving rise to a lively response.

For the first time we invited doctors to attend. Only a few of them did so but I am sure that in future this new form of dialogue will interest more and more doctors in Austria. It was, after all, their particular wish to have discussions between young and old, and between physicians and therapists!

Practical collaboration between doctor and therapist is always a topic with potential for further development, and we wish to lay the foundation for this in our interdisciplinary meetings.

Two key topics in 2015 in our professional association are the founding of the umbrella association, and the design and revision of our website.

Maya Kuesgen

Belgium

December 2008

Belgium is a small country with between 11 and 12 Million inhabitants. At present we have five trained eurythmy therapists and one student in the American part time training. Eurythmy survives here without state funding. Of the five eurythmists working here none can live from eurythmy alone. We either teach classes or we are married and because patients have to pay for their sessions we only charge 15 Euro (child) and maximum 20 Euro (adult). So far we have no professional association. Everyone has to find own sources in order to develop. We meet sporadically, usually due to some occasion or other. If necessary we can always call on each other for help. I experience the situation here like a kind of dough which is always rising, slowly but surely. Good feedback comes from parents in the school and when eurythmy therapy is brought to a parents` evening it is always received with positive enthusiasm. We have to do our own research and develop trust in our own activity. I am always amazed how as a eurythmist I perceive the world of nature and how the forces of nature are for me something I can always connect with and be nourished by. I send you all heartfelt greetings from my country and wish you much success in your work.

Miejef Callens

December 2009

We are fortunate that there are many of us here and we can work together. We have also started a eurythmy therapy training. The schools all have eurythmy therapy. However we find it difficult to maintain regular meetings and contact with each other. This has been for personal reasons. We hope for a new impulse towards collegial work in the new year!

Miejef Callens

December 2010

I finally managed to participate in the delegates` conference in Dornach. It took some time till I could get some orientation: So much is needed to make our movement visible and perceptible in our world today. I could feel now everybody is taking responsibility and I set off to convince my colleagues of cooperating. The first steps toward coming together have been made. I also became aware of the fact that most eurythmy therapists in Belgium have attached themselves to the Professional Association of the Netherlands. They offer interesting further trainings on several Saturdays during the year. Some of my colleagues responded enthusiastically to my suggestions to try - apart from the attachment to the further training in the Netherlands - to form an own **AnthroMed** branch and so get some connection to the big **AnthroMed** tree. Currently, four people are getting trained in Belgium (eurythmy therapy). Next year, we will be eight strong eurythmy therapists here in Belgium. Our work is mainly in schools and additionally we work with private patients. Twice a month we have the opportunity to occupy ourselves with anthroposophical medical literature together with doctors and other therapists. The other day, one of my colleagues wondered why the Medical Section is not very present in Belgium even though the Section is very actively involved in the European area in Bruxelles (Belgium). Gradually things are getting alive here - the seed is very strong.

Miejef Callens

December 2011

Once again a year of hard work and activity is behind us. For many it has been a time of many changes and happenings and for us in Belgium this is certainly the case. As mentioned before, we have had four eurythmy students in the eurythmy therapy training this year. All in different places. One of them, Martine Leicher finished her training at Easter and has already become a pillar of strength for us. She brings us new ideas, impulses and suggestions for change. We meet regularly and have created a sound base for our work together. This includes the founding of an association, public work, license by **AnthroMed** etc. We had to say goodbye to some colleagues: Griet Missinne has moved to the east of Belgium near the German boarder where she intends to practice eurythmy therapy and social eurythmy. I myself will move to Freiburg/Rieselfeld, Germany, where, after settling in I will see what comes to meet me and test both inwardly and outwardly what new tasks await me there. This move is for private reasons only. I will pass on the task of country delegate for Belgium to Mia Lemaitre, a mother of four children, well known to many both here and abroad. She has a large house where we always meet and all in all will be the right person to carry and deepen the work with new energy and ideas. I often feel like Hermes the messenger in my life. I bring something new into the world but as soon as it is up and running I disappear! This motif has often occurred in my biography and it seems it has to be that way. To conclude, I would like to express my heartfelt gratitude to Angelika Jaschke for her amazing contribution to this worldwide work for the future. Many thanks Angelika!! Warmest greetings to all.

Miejef Callens

December 2012

Belgium is situated on the North Sea in North-West Europe. We share borders with the Netherlands, Germany, Luxembourg and France. The country extends to 30,528 square kilometers and has a little over 11 million inhabitants. The largest city is the capital, Brussels, which is also the seat of the European Parliament and the centre of the European Union. Belgium has 349 inhabitants per square kilometer, making it one of the most densely populated countries in Europe. Wallonia, in the South, has more nature and agriculture, with beautiful hills, valleys and forests in the Ardennes, rising to its highest point, the Botrange, at 694 meters. The configuration of the landscape is marked by an interplay between limestone and the various rock strata. The coastal region of Flanders is flat and sandy; the land was reclaimed from the sea through canals and a drying-out process. In northern Belgium there is a central plateau with numerous rivers; there are also coalmines. What is the outlook for eurythmy therapy in Belgium? We have been fortunate to welcome two new colleagues into our small association. Kristina Lucia Parmentier completed her training in Alfter; Marie-Claire Bruggeman in Stroud. There are now six eurythmy therapists in Flanders, but so far none in Wallonia. Marie-Claire's aim is to work with people seeking new meaning and joy in their life, after difficult events in their lives. Her graduation thesis was titled „A Meaningful and Joyful Life without Drugs through the Activity of the I". Kristina Lucia's aim is to research how eurythmy therapy works in patients with sleep disorders, particularly in settings not based in anthroposophy. Her thesis was on „The Consonant Jumps in eurythmy therapy". Three of us work in education and eurythmy therapy. One of our main tasks is to raise awareness of the effects of our work. We are fortunate to have anthroposophically trained doctors in the area around Ghent and Antwerp. We will meet again as eurythmy therapists after our Eurythmy Centenary on 20th October. We are looking forward to sharing experiences once more; and I will report on the meeting of national representatives at the Goetheanum. It was the first time I had taken part in this meeting and it was a joy to experience, in this warm-hearted

gathering, the different tasks of each country. I have met a great deal of perseverance in our profession. In countries with many eurythmy therapists it is possible to specialize; as also in places with specific tasks, like Arlesheim. This is not yet the case in Belgium. In our practice we work with children, adults and people with particular support needs. With our new colleagues we may be able to extend the areas of application of eurythmy therapy.

Mia Lemaitre

November 2013

Lying on the North Sea Belgium has a maritime climate, with relatively mild winters and mild summers. The whole year we are blessed with rain. The sea current from the North Sea has a refreshing influence on the summer and the Gulf Stream a warming one in winter. In the southern Ardennes there is more of a possibility of having real snowy winters. In the eastern part of the country we have a few more degrees in summer. Although our country is so small, it has so many different weather situations and we have to be flexible with our clothes when we travel around. We also have a lot of different beautiful clouds constantly changing colours and forms. Sometimes they have golden frames, sometimes feathery, sometimes grey and slammed by rain. The images of these constantly changing clouds make us dream. The cumuli give us images of many big castles. Among the strata we can find images of plants and animals. Fluffy clouds can be nice to look at, but are said to bring rain. Very low clouds resembling fog at the end of the summer, announce the arrival of winter and are called 'white women'. Thanks to these constant changes, we can often see rainbows and the wind in all its capacities is also a part of our life. The eurythmy therapy situation: We are currently six eurythmy therapists in the country. Two of us are active in pedagogical eurythmy, where we are employed, as well as in eurythmy therapy. One of our colleagues is doing her MA in social eurythmy in addition to her work with adults in her private practice and hygienic eurythmy with a group of women. Other colleagues are working in a nursing home, in free practice and in curative education. This year, for the second time, a training for eurythmy starts, aiming at degree status. Professional association: As eurythmy therapists we are members of ARTeSANA, a professional association for anthroposophic arts therapists and eurythmy therapists, we are now a member of IFAAET. Our Website is: <http://www.artesana.be> We are fortunate to work with anthroposophic doctors in Gent and in the Antwerp region. From time to time homeopathic doctors send us patients, who have heard about us from them. In collaboration with 'Arta Zeist Holland' (an institute where drug addicts, in the course of half a year, are learning to rebuild their lives) we prepared for the public day, on 5th October 2013, on the topic: 'Addiction and freedom of choice' (Verslaving en Keuzevrijheid). The founder of Arta and General Secretary of the Anthroposophical Society in the Netherlands, Ron Dunselman will lead the morning with lectures and questions and afternoon workshops will be held with various therapists: eurythmy, painting therapy, fine arts.... We hope that this day will give us new impetus for the coming year.

Mia Lemaitre

December 2014

There are six eurythmy therapists in Belgium. We belong to the ARTeSANA professional association, which includes arts therapists. We are fortunate in that we are able to work with doctors. Twice a month we meet with nurses and other therapists in an inter-disciplinary study group. This year and next year, our study material is the pastoral-medical course. Circumstances were not ideal during the last year and we only managed a few eurythmy therapy meetings.

Belgium's Cultural Life:

Belgium has long been known for painting, such as the Flemish Primitives or the Dutch School of the 15th and 16th Centuries. Late Gothic artists such as van Eyck were able to reflect in their works the atmosphere of the light at work in nature. Music is also widespread. Queen Elisabeth made it possible for children to participate in the education provided by a music school. Everywhere are music schools, in both town and country, where children can study music, both its theory and the practice of instrumental music. Thus children are given an opportunity to make the invisible visible, to vie with dragons or the wind, and to express their feelings through an instrument. Music schools also offer acting courses, while ballet and dance schools are popular too.

Local theaters, opera houses and concert halls, along with other organizations, publicize their work in monthly brochures called 'UIT' (out), covering a whole town or city, which are available everywhere at no cost. It is thus a straightforward matter to find inspiration for a cultural outing. Brussels has a well-known annual international music competition named after Queen Elisabeth, where you can compete in different disciplines. Chiara Skerath, a Waldorf pupil with a Swiss and Belgian background, was placed sixth this year.

Colleges of art, architecture, painting, sculpture, fashion, jewelery, film and comics undertake the high-quality research demanded by their students. Cuisine is also very much part of Belgian culture, and when the sun shines you can see diners everywhere on sunny terraces enjoying fine food.

Bruges (the Venice of the north), Ghent and Brussels are museums in themselves, on account of their well-preserved Gothic architecture. With their museums filled with works of art, they are loved and appreciated by tourists from all round the world.

Come and visit Belgium, you'll never be bored, there's something beautiful just waiting to be discovered around every corner!

Mia Lemaitre

December 2015

There are six eurythmy therapists in Belgium.

Huguette and Mia work as eurythmy therapists in Waldorf schools. Huguette in the vicinity of Antwerp and Mia in the vicinity of Ghent. Martine and Mia work partly in a house for mentally retarded adults. Martine lives and works in Widar which is close to the Dutch border. Kristina Lucia works in a nursing home (elder home) in Olen: de Sterrenwijzer. Griet works mainly with groups in the Belgian Eifel. Marie-Claire works in and around Antwerp.

We are all scattered over the country and we meet whenever we can find a common place and time. That doesn't happen very often. We are not so young anymore and we sincerely wish some young people would join us. So we are very pleased that one of our younger colleges considers to start the training.

We are members of IFAAET. In the cities of Ghent and Antwerp we have doctors who prescribe eurythmy therapy. In Wallony (Southern Belgium) we also have a doctor who sends patients every now and then. We are all part of ARTeSANA, together with the art and music therapists. This year we study the planets.

Mia Lemaitre

Brazil

December 2007

"Keeping contact with the global eurythmy therapy network is of great importance for us! I will take care of what we can achieve in Brasilia. We will talk and strengthen the bonds which have been quite loose up to now. It would be great, if we could succeed."

Cecilia Teixeira

December 2008

The World Conference was very important for us in Brazil. It gave us the feeling of belonging to a far greater circle and renewed our impulse to work more closely together in our own country. We meet regularly now and exchange our experiences of the conference and our work generally. The many themes, lectures and workshops we experienced at the World Conference will live on for a long time and take months to digest. Up to now we have had no translation of the eurythmy therapy course by Rudolf Steiner but a Portuguese translation should be ready by the end of October. Also the description of the basic elements by Kirchner-Bockholt is being translated. Although there are few eurythmy therapists in Brazil, it is already clear to see that this form of healing is very much wanted. Many thanks and we wish you our blessings for your work with eurythmy therapy.

Cecilia Teixeira

December 2009

We are five eurythmy therapist and each of us works on his/her own in our huge country. For next year we are planning a meeting and professional exchange. Meanwhile we translated „Grundelemente der Heileurythmie“ by Kirchner-Bockholt and „Die Entstehung und Entwicklung der Eurythmie“ into the Portuguese language. For the first time we have got a written basis for our work. At the end of November, the „Heileurythmiekurs“ will be published in Portuguese.

Cecilia Teixeira

December 2010

Here in Brazil we are working very hard to build a eurythmist body between artistic, eurythmy therapy and pedagogical eurythmy, working with the Calendar of the Soul, and Sonata Arpeggione for cello and piano from Schubert. We come from every city in Brazil and work a weekend (Friday afternoon till Sunday at 5 in the afternoon), every month. This is very nice and the results are very good. We are building a very good work as well between the eurythmy therapists. We meet every month on Saturday mornings and work on our doubts, new exercises, questions about our patients etc. We are working as well on the theme of the inner path of a therapist, and the warmth meditation as well as the eurythmic meditations of R. Steiner. We are planning for next year a conference for all the eurythmy therapists in Brazil and the doctors who have done the course. But we still don't know the theme. The work with eurythmy is growing here and we are very positive about it. Very warm greetings from Brazil. *Cecília Teixeira*

December 2011

Interview with Cecília Teixeira

How many eurythmy therapists are there in Brazil?

Five are practicing at present.

How many have completed the eurythmy therapy training?

20 have now graduated. They trained in Europe or Brazil. One lives from eurythmy therapy in Rio, two in Sao Paulo, one in Portlegre and one in Santa Catarina. These five work full time with eurythmy therapy. The others work in schools or with art therapy and try to see one or two patients on the side so they are not really working as eurythmy therapists in my opinion. We meet once a month on a Saturday morning and will now continue into the afternoons. These meetings are attended by all who have an interest in eurythmy therapy. Doctors, therapists and students. Some are qualified, some not.

What do you do in these meetings? I wanted to study the eurythmy therapy course and other related literature but we have a problem as much is still not translated. The eurythmy therapy course will be soon though! We also have plans for a eurythmy therapy training here. Ten or twelve have actually shown interest and these include doctors but it will take time. Things develop slowly here.

The Training Leaders' Group have formed a mandate to tackle questions like: What does one need? What is necessary? What must one consider?

It is great that this is all happening! I feel it is important that things are clear, right from the beginning. Some students have already started their studies with block periods in England and other places but others are not able to leave Brazil.

How is the situation with the doctors there? How many have come forward to study eurythmy therapy?

Six or seven studied with Titia Jonkmans. One doctor from another town is offering eurythmy therapy herself because she can't find anyone else to do it! The doctors in Sao Paulo never give eurythmy therapy prescriptions/indications. We have to make our own 'recipes'.

Could this be the theme of one of your Saturday meetings? The work with doctors?

Yes, that's why we want to meet and share because although the doctors like eurythmy therapy they do not prescribe it. Only two doctors in the Tobias Clinic give prescriptions for eurythmy therapy. A friend of mine is a gynecologist. I always ask her: Where are your patients? She only sends one or two patients even though she has many more. It is very difficult.

How is it in the Waldorf schools?

It is a problem at the moment. One colleague, Marisa, a eurythmy therapist with almost 20 years experience offered to give eurythmy therapy for nothing but the college said no as the children would have to come out of lessons. She then offered to do it in the afternoons but they also declined her offer. It's a strange atmosphere at the moment: We would like to work, but either they cannot prescribe eurythmy therapy or they feel it is too unusual. I think it's still too new, too strange for them. They feel safer sending the children to psychotherapy etc.

Is there a history of other (ancient) forms of medicine in Brazil?

Yes. Herbal medicine, homeopathy.

Is it recognized?

Yes, but anthroposophic medicine is also well known here.

Have you tried to present eurythmy therapy as part of anthroposophic medicine?

Yes.

And nevertheless the medicine is recognized but eurythmy therapy not?

Yes, it still remains virtually unknown to many. We have spoken about this with the doctors who all prescribe anthroposophic medicines but not eurythmy therapy! The patients who come to me all enjoy their sessions and some have been coming for years but still only 2 or 3 doctors send patients. Perhaps we should be saying that you can only call it anthroposophic medicine when eurythmy therapy is part of it!

That is actually the case. One hope is that because there are now eurythmy therapy trainings for doctors in England, Finland, Hungary and Georgia doctors will come with an interest in prescribing eurythmy therapy out of real knowledge and experience. It also rests with us to make our own decisions and to be clearer, also when speaking about what we do with eurythmy therapy with the doctors and others. There is a lot to learn before we can be really clear in our profession. Tasks and inner substance need to be clearly defined, for the doctors and the general public. *To end, I would like to hear about the mood in Brazil? How far from each other are you? I always have the impression of huge jungles, rain forests etc . tell us how it is under such extreme conditions to work?*

I can only speak for myself. I live in Sao Paulo, the largest city in Brazil where there are unbelievably many people all living together. I live in a small house in a small street together with 7 women and we have managed to create a nice mood! In Brazil there it is dangerous. You must always guard yourself. Someone might try to kill you..! The children are sexually awake far too young and there is poverty and crime everywhere, especially in the cities. The mood is tense, people spend a lot of time outside although the obsession with computers and the digital world drives many in. The children are intellectual, watch a lot of television, computer games etc. They often have problems with sleeping. It is hot and pollution is bad. If you clean your car in the morning, it is black again around noon. But people like movements. Often people come to me to ask about meditation, they cannot seem to sit still when meditating, so I give them eurythmy therapy exercises to help them. My clients not only want to get healthy, but they also want to meditate to find there center. Many like dancing and notice that eurythmy therapy is different. Its not just 'dancing'.

When I count up, you are relatively few here with only five actively working with eurythmy therapy. Is this difficult? Do you feel some resignation that things are not „blossoming" like you would like to have? Or do you take canky step after step, just as far as possible at the moment?

Yes, exactly. We have got eurythmy therapy only for 20 years now - that's not very long. We have not even got a book on eurythmy therapy. We are born pioneers. We push aside all confusing thoughts to be able to move forward. The big problem is money. How to live on eurythmy therapy?

Do you have contact with the other anthroposophic therapists?

Yes, but the arts therapies and massage have been here longer than us. They outnumber us so there is no comparison. Actually it is amazing how much things have developed here but eurythmy therapy remains small. We need a training. The art and massage therapists can just start practicing after a shorter time, we need longer.

Have you thought of forming an association which would include you all? Is there one already? Is there an association of doctors in Brazil?

Yes, ABMA (Anthroposophisch-Brasilianische Medizinische Assoziation). *Are therapies included in this?* No, the arts therapists have their own association, 'Aurora'. So do those working in curative education, massage and chirophonetics, too. Only we don't and because we are so few we are integrated in the general Eurythmy Association.

I have one request: Please take a thorough look. In many countries eurythmy therapy is part of the doctors' association. They form a subsection „Anthroposophic Therapies". All anthroposophic therapies are united there. No one has to found an own association, you are close to the doctors, but you have your own area of work. Have you thought of this?

No, but we will.

Many thanks for this conversation Cecilia!

Angelika Jaschke 23 April 2011 World Eurythmy Conference Dornach

December 2012

All the geologists agree: Brazil has an old landscape! Earth movements and shifts, climate change from cold, through warm, to hot and dry have caused a great deal of erosion. The new stratum laid down over the land through all these movements formed the Andes. Brazil is right where the old stratum still survives. This ancient stratum has particularly fertile soil. Whatever you plant there thrives!!! Brazil is a very large and diverse country. If you go to the North it is always very hot; after all the equator is there. The land is sandy and gradually turning to desert under the influence of the deforestation of the Amazon rainforest. It is surrounded by a steppe landscape. In the South there are miles of plateau land with hills and steeply dropping slopes. The Chapada da Diamantina is there, with its huge, beautiful waterfalls. Further south, toward the centre of Brazil, is the glorious mountain landscape of Minas Gerais, rich in noble metals and precious stones. Further south are the beautiful granite mountains, with the Iguazu Falls. In the far South are the remarkable granite rocks which one can hack open to find the most delightful crystals – multicolored agates and crystalline formations. Were we to travel North again along the Atlantic coast, we can see a remarkable geographic phenomenon: on one side the beautiful, blue ocean; on the other the highland chain, where the granite formations have shaped sculpturally expressive mountains, which reach right into the north. All this makes up Brazil's paradisaical landscape. Here in Brazil we do not have a professional association for eurythmy therapy. Instead we are part of the Brazilian Eurythmy Association, which includes all aspects of eurythmy: educational, artistic, social and therapeutic. We call the association ABRE (Associação Brasileira de Eurytmia). Between 2001 and 2004, the ABRE organized a eurythmy therapy training which had twenty graduates, fifteen of them eurythmy therapists, five physicians. Titia Jonkmans und Gertrud Mau were our tutors for eurythmy therapy, while Sheila Grande was responsible for the medical aspect of the training. In 2004, ABRE organized a course with Erika Leiste on eurythmy therapy in schools. Active eurythmy therapists have organized themselves into a group in São Paulo called the IAO Group. The group comes together once a month for intensive meetings and to work together. It still comes under the umbrella of ABRE and is a long way from any possibility of accreditation. Once a year we organize a mini congress for all the eurythmy therapists in Brazil to learn, share our experiences, get up to date and deepen our work.

The aims of our group are:

- to inaugurate a foundation or an association for eurythmy therapy
- to attain accreditation and legal recognition in Brazil for eurythmy therapy
- to start a new eurythmy therapy training course in 2014
- to deepen our knowledge of the needs of the country, through research projects
- to create the necessary conditions for organizing deepening courses in eurythmy therapy in Brazil
- to foster closer relationships with tutors from other countries.
-

Our current situation: There are fifteen active eurythmy therapists in Brazil, for eleven of whom eurythmy therapy is their main occupation, from which they support themselves. Five have other jobs as well. Only two eurythmy therapists are employed by an organization. All the others work independently in various organizations, such as schools, kindergartens, curative education, medical practices and so on.

We work in all fields:

- with children, young people, adults and elderly people
- in psychiatry

- in eurythmy therapy for the eyes or the teeth (some of us)
- with eurythmy therapy in the field of prevention
- therapeutically
- with people suffering from drug dependency and other addictions
- giving courses in the different trainings: rhythmical massage therapy, therapeutic education, medical trainings, biographic counseling and artistic therapy.

The only criterion for joining the IAO group is to have completed a eurythmy therapy training. We have a Google group for our internal communication, but no website. Our national representative mediates information from the Medical Section. We are not recognized by the national health insurance system. This is enough for now! This report is a summary of all that goes on in the tropical country of Brazil.

Juliette Schardt

November 2013

Brazil is a tropical country! It lies between the equator and the Tropic of Capricorn. This is the cause of the extreme climatic conditions right across the country! The equator particularly affects the north of the country. The weather there is very hot, while the seasons vary between rainy and dry. Summer (December–March) is wet, with widespread flooding; whereas in winter (June–September) we have dry, hot weather. The Amazon region, with its rain forests, is in this northern zone. The situation in the south is just the opposite. Here we have all four seasons, including a short, mild winter in June and July. This southern part of Brazil is in the state of Rio Grande do Sul, where the city of Porto Alegre is situated. From north to south there is a wide variety of climate: wet, dry, hot and cold. Eurythmy therapy is largely concentrated in the southern part of the country. In Porto Alegre, right in the south, eurythmy therapists have to work with hot-water bottles. Winter there is very cold, albeit with no snow; however it lasts about two and a half months. As the houses are not heated, you discover what it means to be freezing cold. For days on end, the temperature stays between five and ten degrees centigrade. In Florianópolis, the island paradise in the Atlantic, the climate is similar. Winters are harsh; summers very humid and wet, although alleviated by the wind. Spring and autumn are particularly pleasant thanks to their changeable weather, and prepare us for the extremes of summer and winter. The climate in São Paulo is influenced by mountains rising to over 2,600 feet. It can get really cold in winter, very hot and humid in summer. There are hardly any seasons in Rio de Janeiro. It is very hot and stormy in summer with frequent natural disasters. The extreme humidity makes one feel as if floating in water. Eurythmy therapists often resort to air conditioning. Summer can extend from November till April. For the rest of the year, the climate in Rio de Janeiro is very pleasant, like a kind of permanent spring. The winter months of July and August can be cool in the evenings; but the days are bright, with blue skies and golden sunlight. This year, there were some great events in the world of eurythmy therapy. The first was Angelika Jaschke's visit in April. Fifteen eurythmy therapists and physicians met with her in São Paulo, where she brought us up-to-date on developments and gave us new suggestions for our work, which is closely connected to the Medical Section and the Eurythmy Therapy Forum. We also addressed issues of training and accreditation. Angelika went on to visit some of the eurythmy therapists in their workplaces in different towns. This visit gave us a very positive stimulus for our further work. Then in July we had our eleventh conference on anthroposophic medicine. The theme was health and the quality of life. After each lecture, all the participants did eurythmy therapy together for five minutes. There were also working groups on eurythmy therapy. A leaflet on the Eurythmy Therapy Forum had been translated into Portuguese, and was inserted into the information folder which the conference participants received. Posters on eury-

thmy therapy were also displayed. There are sixteen eurythmy therapists in Brazil! Five are anthroposophic doctors who have completed an additional training. Six eurythmy therapists work full-time in medical centers. The remaining ones work in schools. There are currently many eurythmists and physicians who are interested in eurythmy therapy, including people from Peru, Argentina and Chile. A group is developing plans for a eurythmy therapy training in South America. We hope it may be able to begin in 2015.

Juliette Schardt

December 2014

There are sixteen eurythmy therapists in Brazil, of whom five are anthroposophic doctors with an additional training in eurythmy therapy, and six of whom work full-time in self-employed settings or in therapy centers. Two work with eurythmy therapy in Waldorf schools. We call ourselves the IAO Group, and have an internet forum for communication among ourselves, although as yet unfortunately no website of our own. The group is currently working on a text and logo in order to participate in an existing therapeutic working group. This is known as CIMA (Latin American Multidisciplinary Anthroposophical Committee), and is an interdisciplinary therapy group fostering collaboration between therapists and doctors, and seeking to elaborate a legal framework for anthroposophic therapies. Its website is future highlights include Mareike Kaiser's visit in March 2015, when she will come and work with us, and the ongoing preparations for a eurythmy therapy training in South America.

Culture: Brazil is extremely large, and its different regions were colonized to varying degrees. In the south the immigrant populations tended more toward the European — German, Polish or Italian — this can be seen in place names such as Blumenau. Protestant and Catholic denominations of Christianity are widespread. If you go to Rio Grande do Sul in the interior, the country's southernmost city, you will come across a highly idiosyncratic form of Portuguese (or maybe it is an idiosyncratic form of German): „Macht die Janelen zu, es schuft!!“ — („Close the janelas, it's chuving!!). This means, „Close the windows, it's raining!“ Janelas are windows, chuva means it's raining. No-one from São Paulo, or anywhere else in Brazil, would understand that, you would need to know German and Portuguese. There are old German traditions, such as the Easter Egg Tree, baking cakes, the Oktoberfest, beer, sausage — just what you might find in Germany, and yet very different, because it is after all Brazil!

If you go north to Bahia, you find more Portuguese colonization, and also many black people, whose ancestors were brought from Africa in the horrifying slave trade. It is wonderful to see the strength of this culture in so many different areas of life. The food is quite different than in the South, the skin color mostly darker, and we have adopted African beliefs and rituals. Some people think it is Brazil with samba, capoeira, umbanda, candomblé and macumba! It is also quite wonderful to see how even the Catholic church has been permeated by the colors of the African rituals and by these deep religions.

Of course there is also music, dance and movement — this is Brazil for many people! Be that as it may, in the north there are more native Brazilian Indians and people of Portuguese and Dutch origin. The habits and cadences of speech, its musicality, are also quite different in the north. Musical instruments and literature are different, and musicians improvise in song and poetry in a remarkable way. Percussion is softer than in the south. Little violas, similar to violins but differently made and tuned, and small guitars are characteristic. The music sounds pentatonic. If, however, you want to experience all Brazil's different cultures, religions, movements, cuisine and dances, then you need to visit São Paulo, where Japanese and Chinese culture are also both strongly represented. Brazil is thus a melting pot of very many different peoples. *Juliette Schardt*

December 2015

We have established our internet site in partnership with Brazil's eurythmy association "ABRE" (Associação Brasileira de Eurytmia), publicizing there everything relating to our artistic, pedagogical and therapeutic projects. This is brand new! Here is the link: www.euritmia.org.br

There are 11 of us eurythmy therapists here in Brazil. Slowly, step by step, we are gaining recognition through anthroposophic medicine. Eurythmy therapy is regarded as a complementary therapy. IFAAET would be a solution but we still need time to organize ourselves more! At the last conference on anthroposophic medicine (spring 2015) eurythmy therapy was given more space and we developed an intensive dialogue with doctors. Ursula Heusser gave a course, as did other eurythmy therapists too. We were present in plenary and other discussions, and the flyer issued by the International Eurythmy Therapy Forum, with all our addresses in Brazil, was handed out with the entry tickets for the conference. Each morning we did wake-up eurythmy with all the participants. But we still seek and expect greater quality of collaboration with anthroposophic doctors. We are working with remedial class teachers and with those who give "extra lessons", and also with music therapists. In "extra lessons" both therapists often work together, discussing together how to proceed. The child or adolescent receives a block of these extra lessons and then one of eurythmy therapy, depending on the needs. The same happens with biography work, art therapy and rhythmic massage. This year we have been studying dental eurythmy therapy with Mareike Kaiser, and have been involved with organizing the eurythmy therapy training in Brazil and with the trip to Dornach for the World Eurythmy Therapy Conference in May 2016.

In particular we have been looking at how to facilitate training courses and ensure they are successfully concluded, as well as how to engage more with research and publicizing of our work.

Juliette Schardt

Canada

November 2006

Four eurythmy therapists live in Canada. We have a good working relationship to our doctors. Once a year we meet for a medical conference. In February the theme will be autism. (This report arises out of a conversation with Michael in Arlesheim where he was giving a course on the four ethers. A.Ja.)

Michael Chapitis

December 2007

4 eurythmy therapists work in Canada. They have a good relationship to their doctors. Once a year they meet for a medical therapeutical conference.

Michael Chapitis

December 2009

To the far North of the great continent of America, the atmosphere and climate of Canada is wilder and not so easy going as in the South. The population is ca.33 million and the Anthroposophical Society has around 400 members. Most of the anthroposophic activity takes place in or around Toronto which is also our main financial center. Apart from myself there are two other eurythmy therapists working part-time here. I have a full program working two days a week in each of the two Waldorf schools and the remaining time is spent in the clinic. I am however self-employed. There are no full time posts with provision for pension and insurance here. The clinic has three anthroposophic doctors, one psychotherapist, a rhythmical masseur, two arts therapists and myself as eurythmy therapist. We meet as a therapy team every week and I see 8 to 10 patients a day. The strength needed for this pioneer work comes from my long years of training in Europe, especially Dornach and from the support I receive from Marjorie Spock.

Michael Chapitis

December 2010

Here in Toronto we are 2 eurythmy therapists. In the rest of Canada there are 2 or 3. In Ontario, Canada there are several Waldorf schools, mainly in the Toronto area. Pegasus Remedies is a center for therapies in north Toronto where we have three anthroposophic physicians. There, I work one day a week, seeing 8-10 patients (children and adults) from the doctor's office for a seven week cycle. In the practice, I find that there is a great amount of gratification towards the healing qualities of eurythmy therapy.

Michael Chapitis

December 2011

One can count the number of eurythmy therapists in Canada on one hand. Here in Toronto we are two, I am in my twelfth year. Most of the eurythmy therapy work is taking place through the several Waldorf schools in southern Ontario. I work four days a week in the schools. Fortunately, we also have a center for therapies, 'Pegasus Remedies' in Vaughan, Ontario, which includes three anthroposophic physicians and five therapists. Our weekly meetings begin with eurythmy. We work with the doctor's meditations. The main content of our patient studies is based on the Bolk Institute method (which I would like to write about at a later time). There I work one day a week seeing 10-12 patients through the doctor's office for a seven week

cycle. For the past several years, Pegasus Remedies has been hosting annual medical conferences with international speakers. This past March, Angelika Jaschke visited for a day before returning to Germany, which had a wonderful impact on our work. I find it a great support that Angelika has the capacity in a short time to relay the importance of holding a bigger picture of what we are striving for in the foreground of one's heart.

Michael Chapitis

December 2012

Canada is the second largest country in the world, spreading over 6,000 km between 2 oceans; the east which is on the Atlantic, to the west which is on the Pacific. The largest area of population stretches along the belt of USA. There we have Canada's largest cities. From East to West we have the metropolis of Montreal, Toronto and then Vancouver. Although Canada is officially bilingual, French is spoken mainly in the province of Quebec. The largest stretch of the country goes from the 45th parallel up to the arctic. Besides the prairies, the key features are forest and lakes, including the five Great Lakes. A characteristic of Ontario the „Great Canadian Shield“ (granite and quartz) which joins together at Georgian Bay with the Niagara Escarpment (limestone). This is unique to the world. In the 1920's, the known artists „The Group of Seven“ painted this inspiring landscape. Canada is a multicultural country with many immigrants and continues to be on one of the highest ranks by UNESCO. Besides the watery element, the quality of light is a strong entity of Canada including the large skies and vibrant red (Indian Summer) colors. The third outstanding quality is the open space. In this huge country of Canada, one can count the number of eurythmy therapists on one hand. Here in Toronto we are two, I am in my fourteenth year. Most of the eurythmy therapy work is taking place in the four Waldorf schools in southern Ontario. I work four days a week in the schools. Located at the largest Waldorf school, there is a home for the elderly and a Christian Community and also an anthroposophic therapy center which includes four physicians and five therapists (painting therapy, massage therapy and eurythmy therapy). Our weekly meetings begin with eurythmy. There I work one day a week seeing 10-12 patients through the doctor's office for a seven week cycle. For the past several years, Pegasus Remedies has been hosting annual medical conferences with international speakers.

Michaels Chapitis

November 2013

Canada is the second largest country in the world, spreading over 6,000 km between 2 oceans; the east which is on the Atlantic to the west which is on the Pacific. The largest area of population stretches along the belt of USA. There we have Canada's largest cities. From East to West we have the metropolis of Montreal, Toronto and then Vancouver. Although Canada is officially bilingual, French is spoken mainly in the province of Quebec. The largest stretch of the country goes from the 45th parallel up to the arctic. Besides the prairies, the key features are forest and lakes, including the five Great Lakes. A characteristic of Ontario the "Great Canadian Shield" (granite and quartz) which joins together at Georgian Bay with the Niagara Escarpment (limestone). This is unique to the world. In the 1920's, the well-known artists "The Group of Seven" painted this inspiring landscape. Canada is a multicultural country with many immigrants and continues to be on one of the highest ranks by UNESCO. Besides the watery element, the quality of light is a strong entity of Canada including the large skies and vibrant red (Indian Summer) colors. The third outstanding quality is the open space. In this huge country of Canada, one can count the number of eurythmy therapists on one hand. We are members of ATHENA, (Association of Therapeutic Eurythmist of North America).

Here in Toronto, the rampantly growing population is 3 million, 50% being foreign-born. Here, we are two active eurythmy therapists, I am in my fifteenth year. Most of the eurythmy therapy work is taking place in the four Waldorf schools in southern Ontario. I work four days a week in the schools. Located at the largest Waldorf school, there is a home for the elderly and a Christian Community and also an anthroposophic therapy center which includes four physicians and five therapists (painting therapy, massage therapy and eurythmy therapy). Our weekly meetings begin with eurythmy. The theme of our meetings include the meditations given to doctors, patient study with the method from the Bolk Institute and a regular study which at the moment is 'The Invisible Man'. We are fortunate to have a group like this, I believe it is a rare opportunity to meet in a group with the intention of bringing the anthroposophic impulse in life. I work at Pegasus Remedies one day a week seeing 10-12 patients through the doctor's office for a seven week cycle. For the past several years, Pegasus Remedies has been hosting annual medical conferences. In March of 2014, we are hosting the Bi-annual North American Anthroposophic Medical Conference with international speakers, including eurythmy therapy themes. The title of this conference is 'Healing the Wound'.

Michaels Chapitis

December 2014

In this huge country of Canada, there are five active eurythmy therapists. Here in Toronto we are two, I am in my 15th year. Most of the eurythmy therapy work is taking place in the four Waldorf schools in southern Ontario. I work four days a week in the schools.

Located at the largest Waldorf school, there is a home for the elderly and a Christian Community and also an anthroposophic therapy center which includes three physicians and five therapists (painting therapy, massage therapy and eurythmy therapy). Our weekly meetings begin with eurythmy. There I work one day a week seeing 10-12 patients through the doctor's office for a seven week cycle. For the past several years, Pegasus Remedies has been hosting annual medical conferences with international speakers.

Culture:

Canada is a multicultural country with many immigrants and continues to be on one of the highest ranks by United Nations, one reason being that your personal rights and freedom are protected. One example of multicultural society is the emergency telephone number can respond to 115 languages. Every September, Toronto hosts the International Film Festival (TIFF) which brings many celebrities to the city. Towards Niagara Falls, the so called Niagara Region, Ontario has many acclaimed vineyards, some producing bio dynamic wines which are becoming more and more popular. Ontario produces delicious sun ripened peaches and other fruits. The Native Americans across Canada are striving to stay in touch with their 'roots'. They have many cultural traditions, handicrafts and a history of instinctive medicinal knowledge from the plant world handed down from their elders.

Michaels Chapitis

December 2015

In this huge country of Canada, one can count the number of eurythmy therapists on one hand.

We are members of ATHENA, (Association of Therapeutic Eurythmists of North America), but the membership of IFAAET would be also possible for us.

Here, we are two active eurythmy therapists, I am in my seventeenth year. Most of the eurythmy therapy work is taking place in the four Waldorf schools in southern Ontario. I work four days a week in the schools.

Located at the largest Waldorf school, there is a home for the elderly and a Chris-

tian Community and also an anthroposophic center for therapies which includes two physicians and four therapists (painting therapy, massage therapy and eurythmy therapy). The meetings we hold every two weeks begin with eurythmy. I work at Pegasus Remedies one day a week. For the past several years, Pegasus Remedies has been hosting annual medical conferences with international speakers.

Highlights: Pegasus Therapeutics (Ontario) has a substantial practice of anthroposophic medicine. There are so many patients interested in seeing a doctor, that we are looking for one or two more physicians to join the practice.

Michael Chapitis

Chile

December 2009

The eurythmy training which began here a year ago is in financial difficulties. There are 13 students and we are all keeping our fingers crossed in the hope that they will be able to survive! They only have a small room, 4 by 5 meters which is hardly big enough to move within. However we celebrated the graduation of the students who attended the first year and saw what wonderful work they have achieved recently. Our dream is to begin a eurythmy therapy training to follow the four year basic training. This is sadly only a dream at present! There are two eurythmy therapists' working in Chile (Veronica Ortuzar and Helena Romero) and we are very proud and happy to have them here. We are grateful for the warm support we receive for our pioneering work here and send you all our warm greetings from Santiago.

Carina Vaca Zeller

December 2010

We are a group of anthroposophic doctors who founded a center for anthroposophic medicine 5,5 years ago. There are 9 doctors, 2 psychologists, one nurse and one eurythmy therapist who work together with us. We think that the therapies are very important within the whole treatment, and especially eurythmy therapy is important. Therefore we urgently need a second eurythmy therapist who is interested in collaborating with doctors and who has the courage to travel a long way to Chile where the demand is high and the field of anthroposophy is still small but rapidly growing.

Dr. Carina Vaca Zeller

December 2012

At the end of the world, beneath a night sky filled with stars you could almost touch, under the sovereignty of the Southern Cross, lies Chile — a country which hardly looks at its neighbors. It is cut off in the North by deserts, in the East by the high Andes with its volcanoes, in the South by the South Pole and in the West by the Pacific Ocean. Hence there are no dangerous animals and the climatic zones and landscapes are so different, clothed in the most manifold colors. It is as if God had taken everything left over from the other countries (other than a tropical climate) and packed it all into this long, narrow country. I am still the only eurythmy therapist in Chile; I live in Santiago, the capital city. In Santiago there are many anthroposophic doctors, two therapy centers and a curative education initiative. The International Postgraduate Medical Training has been taking place regularly for some years now. In Chile we are in urgent need of more eurythmy therapy colleagues. There is so much to be done here! The eurythmy therapy training had its first graduation this year. Some of this group of very gifted and committed eurythmists will take up the eurythmy therapy training and find their way into therapy work.

Veronica Ortuzar

November 2013

The Republic of Chile is in the south-west of South America. Weather and climate are influenced by its vast extent, extending over nearly 2,700 miles and 39 degrees of latitude. The country has three different climate zones, and consequently very varied flora and fauna. The Atacama desert in the north is considered the driest in

the world. Little grows there. In contrast to the Atacama, the four wine-growing regions are very fertile, the best area being Maipo, 25 miles south of Santiago. Three separate climate zones — in the south, the center and the north — are responsible for Chile's weather and climate. In the north are many high mountains, some over 19,500 feet high. Temperatures range from around 15° to 25°C; the weather is dry and mild; rainfall is relatively low. The region is one of the driest in the world; in some areas no rain falls for years on end. In the center of the country, on the other hand, the climate is similar to that of the Mediterranean. The region is very fertile and densely populated. Chile's capital, Santiago, with a population of about 5 million, is located in this central region. The weather here varies much more widely than in the other regions. Temperatures vary from around 14°C in June to an average 29°C between December and February. The sparsely populated south is cooler than the central region, with average temperatures of 20°C, and has more rainfall than the rest of the country. I am still the only trained eurythmy therapist in Chile. There is, however, an active group of young doctors who engage enthusiastically with eurythmy therapy. (Please see the report in "Trainings".)

Veronica Ortuzar

December 2014

The first group of seven students from the Chilean eurythmy training graduated in March 2013. They are all working in one or other of the five Waldorf schools, whether in the kindergarten, the lower or the middle school. There are still not enough eurythmy teachers to cover some of the kindergartens or the upper school. Two eurythmy therapists are working in the Colegio Alexander, a recently founded Waldorf school with a special interest in therapeutic education. There are six medical practices waiting for more eurythmy therapists to be trained.

The eurythmy training for doctors and therapists, begun in 2013, will amalgamate next year with the eurythmy therapy training for doctors run by Dr. Merker. This will run over four years in four blocks. Neither the eurythmy training for doctors nor the eurythmy therapy training provide recognized trainings with a diploma, but are solely an extension of anthroposophic studies.

The professional eurythmy training now has a second year with ten students. There will be a new intake at Easter 2015 for which there are already some applicants.

Two small performing groups are enriching anthroposophic cultural life. One of them specializes in ancient Chilean culture and folklore. Real work with eurythmy is just beginning, with little awareness of this new art in schools and anthroposophical organizations. There is currently an opportunity to initiate research through collaboration with the theater and dance academies. We will be supported in this endeavor by two teachers from Europe, Gia van den Akker and Anna de Millas, and by tutors in the Brazilian eurythmy training.

Harlet Trujillo

December 2015

There are two eurythmy therapists in Chile, Veronica Ortúzar and Consuelo Valle-spir.

Two therapists are too few to form a professional association, but one option for us would be membership of IFAAET (International Federation of Anthroposophic Arts and Eurythmy Therapies).

In Santiago de Chile there is a large group of physicians who are studying on the IPMT training in anthroposophic medicine. Then there are various therapy centers with young doctors and a couple of experienced anthroposophic doctors. Only a few know about eurythmy therapy and therefore it is often the case that patients come to us through other patients, diagnosed by a mainstream physician.

In Chile there are only a few anthroposophic arts therapists, psychologists, dentists

and biography counselors, but in various places they do work together. Both of us work within the Waldorf school context, and also with children who have special needs. Then there is the working group of the "Arche Waldorf teacher training seminar", the therapy center and the teachers' seminar in Limache, where the bases for medicine and pedagogy must be established. We are very pleased that three Chilean eurythmists will take up the in-service eurythmy therapy training that is to begin in São Paulo in 2016.

Veronicar Ortuzar

China / Hong Kong

December 2015

Hong Kong You humming city on the Pearl River.
Tradition? – The past? –
You may find it perhaps in the ancient temple,
Incense in the midst of the city,
Or in the busy market place.
And yet – instead of love
Just commerce, for that's good fortune.
Instead of quiet,
Noise, hectic rush
24 hours a day -
Time is money.
Is that what counts today by the Pearl River – freely chosen?
To get away from it all take the Star Ferry – the old ferryboat
And for ten minutes as you cross the harbor
You're in nature for a moment,
Just a brief pause for breath.
The fragrant harbor of the city of incense:
The past - a dream?
Once upon a time...

Hong Kong, you city on the Pearl River:
What is time – day/night? Rhythm?

Ah! – the old bell tower is rhythmic.
Every hour, on the hour it strikes,
Every Sunday at the same time
People are ready for prayer, charity and connection...

Hong Kong, modern city of the East...
And yet, behind its facade...it is rooted in traditions...

Hong Kong
You city between East and West.
The city that never sleeps:
Between past and future
You live FULLY in the PRESENT

Hong Kong means, roughly, "fragrant harbor". It is a charismatic city situated in the tropical region where the Pearl River, once navigated by pirates, flows out into the South China Sea. In 1841 the city was occupied by the British at the time of the first opium war, and in 1843 it was declared a British colony. Thus the British established Hong Kong as a colonial thorn in the flesh of the Chinese, and created a typically British lifestyle in this South China city. A fishing village developed into a mega-city. In 1997 Hong Kong was given back to the Middle Kingdom, and today, for the next fifty years, is regarded as a special administration zone. Hong Kong is anything other than a typical Chinese city – it is much more like a piece of the West relocated to the Far East: a metropolis in which traditional Asia and the ultramodern West meet and mingle.

Hong Kong has a very dense population, which is growing at almost dizzying speed. When the British conquered the territory in 1841, the town had 7,500 inhabitants, whereas now almost 7 million people – the majority Chinese – live packed together

in the smallest space. Many people from Indonesia and the Philippines go there to live and seek their fortune. They work in very modest circumstances to give themselves and their families back home a better living. In stark contrast, Americans, Canadians, Australians and Europeans can be found in the city's wealthy, luxurious financial center.

And yet – and incomprehensibly – although so many people live there, and environmental pollution is a huge challenge for the authorities, Hong Kong is regarded as one of Asia's greenest cities. There are a great many unspoiled, uncultivated hills. And here too, compared with other countries, people live to a very advanced age. And where health is concerned, the old traditions are still alive: young and old perform Qi Gong and Tai Chi each morning in the city's parks before they go to their daily work. People here are also still aware of the benefits of Chinese cuisine: meals are celebrated as a health-giving and enjoyable family event.

Religion

In this great commercial port we find various religions living peacefully alongside and with one another: Buddhism, Taoism, traditional Chinese beliefs, and Confucianism, which was central to life in ancient China. Christianity arrived in Hong Kong with missionaries in the 19th century. There are also Jewish, Islamic, Hindu and Sikh communities here. Hong Kong and its environs have over 600 beautiful temples, some of which are more than 700 years old.

Hong Kong society is one of challenge, competition and achievement. Its youngest members feel this particularly: children and adolescents are overtaxed by a continual pressure to achieve. Increasingly parents feel desperate about their children's schooling, since young people are no longer going along with this ... they go on strike. In other words, we have a great many anxious and depressed children suffering from the most varied kinds of learning difficulty... Parents are faced by the challenge of finding new ways to educate their children.

Necessity is the mother of invention... in Hong Kong therefore there are people who are working together to try to give back to children a little of their lost childhood and help them to grow up healthy. Several private Waldorf-oriented kindergartens have been founded, and three Waldorf initiatives have led to two local Waldorf schools and a kind of international school.

All three school initiatives began in 2013. Their founders were parents who are no longer prepared to subject their children to pressure and competition in local schools. They are not content for these schools to ignore the ancient Chinese roots and wisdom of Confucianism: integrity, wisdom, health, social well being, beauty, understanding and awareness of early childhood years. This is what they seek, and they no longer find it in the modern school system. Hong Kong needs real education. These parents do not wish to relinquish their Chinese culture nor send their children to an international school, nor leave Hong Kong. Together they wish to pursue the path of Waldorf education. They are embracing the dream of cultivating a large Waldorf community rooted in their own Chinese culture. Since the schools began we have been giving eurythmy to children, parents and teachers.

Last year a study group also started: once a week teachers and interested parents meet to study Rudolf Steiner's Curative Education Course. We complement this study with blocks of eurythmy.

"In every new beginning lives a magic"

At present this is how we experience the whole Waldorf movement here and the anthroposophic study group. Eurythmy therapy is also borne on these wings of this new beginning. Many children and also adults attend the little eurythmy therapy studio in the middle of the city where eurythmy therapy is given on two days each week.

Two school initiatives

Eurythmy is something very beautiful for adults with special needs. Blocks of eurythmy lessons have been given since 2011. The center for adults with learning difficulties was founded by an English woman and is located in Hong Kong's commercial

center. It offers adults with special needs the opportunity to learn and work in a protected environment. This is unique in Hong Kong – it is like an oasis for these people. Every Monday afternoon we gather there to engage joyfully in eurythmy together.

Gabriela Kurmann

Columbia

November 2013

At the extreme north-west corner of South America, Columbia is the only country in the sub-continent that has coastlines in both the Atlantic and the Pacific oceans. It lies on the equator, its climate determined by the Passat winds, humidity and its height above sea level. The higher in altitude, the lower the temperatures. Columbia thus has no true seasons. People speak of two rainy seasons with two summer-times in between, which affect the whole country. Daylight is constant round the year, with equal day and night. As it has not so far been possible to study eurythmy here in Columbia, I traveled to Germany where I completed my training at the Alanus University in 2011. After my accreditation placement at Herdecke Hospital, I want to return to Columbia after seven years of study and become active again as a teacher and therapist at the Arca Mundial social pedagogy organisation in Medellín, where I have already worked for eight years. In addition, I hope to be able to treat private patients in collaboration with anthroposophic doctors, and thus make eurythmy therapy known in Columbia as a therapeutic approach. The situation of anthroposophic therapies in Columbia: Seventeen years ago there was an impulse to spread anthroposophic medicine in Columbia, which did not find the anticipated resonance. In 2007, however, two doctors from Cali and Medellín took it up again. Since then, eleven doctors (six from Cali, three from Bogotá and two from Medellín) have been taking part in the International Postgraduate Medical Training in South America. A highlight for us will be that the IPMT will take place in Cali in 2015. It will be for all medical and therapeutic professions. We are currently seeking to build up the medical and therapeutic impulse in the three largest cities of Columbia. In Bogotá there are small initiatives and study groups; in Medellín a study group and the Arca Mundial social pedagogy organization where the work in therapy and education is informed by anthroposophy; in Cali there is the Mercurio Therapy Centre, where anthroposophic physicians and therapists work with art therapy, hygienic eurythmy and Pressel massage. There is also a new initiative for therapeutic education, called Tarapacá, and a training in therapeutic education in collaboration with the Education Section at the Goetheanum. In December this year the first group will graduate. I am very glad that, at the delegates' conference at the Goetheanum on 11 September 2013, Columbia became part of the International Eurythmy Therapy Forum! I hope that the medical and therapy impulse in Columbia will be strengthened thereby!

Libertad Aguilar

December 2015

We already have two anthroposophical associations in Columbia: one that supports anthroposophic medicine and one for anthroposophic psychotherapy.

The first association which is called ADMAC (Asociación para el Desarrollo de la Medicina Antroposofica en Colombia) is open to all health professions. Among its membership are three physicians and a speech therapist from Bogotá, a physician from Pitalito, two physicians from Medellín and five from Cali. So far we have two physicians who are certified by the Goetheanum in Dornach: Luz Myriam Trivino from Cali and Jorge Vega from Medellín.

The second association has four psychologists: three from Medellín and one from Bogotá, who trained in Chile and are accompanied by the physician Luz Myriam Trivino from Cali.

There are no anthroposophic clinics. The physicians work either in private practice or in practices for alternative medicine. There is a therapy initiative in Cali that supports an interdisciplinary approach. Therapists who offer Werbeck singing, Pressel massage, art therapy and anthroposophic medicine want to work together and de-

velop an integrative concept together. Since I want to return to Columbia at the end of this year, eurythmy therapy will also be represented from the beginning of next year. I am very much looking forward to the cooperation and the development of anthroposophic therapies in Columbia, as well as to the opportunity to report from my work directly.

Culture and traditions:

Columbian culture with its religions, music, dances, festivals, traditions and dialects is a colorful mix of traditions from the surviving indigenous cultures and the customs that arrived in Columbia with the Spanish and Portuguese colonizers.

Columbia is also a country of regions. Each region has its very own way of celebrating cultural events. The most important parts or cultural groups that can be distinguished are the "Cachacos" of the "Altiplano cundiboyacense" where people tend to be rather introverted. The "Paisas" in the coffee belt of Antioquia are known to be good merchants. The "Llaneros", who live in the eastern plains, are cheerful and hospitable and they are excellent horsemen. The "Vallunos", in the valley of Cauca, the "Costeños" on the Caribbean Coast, best known for their folklore and love of music and dance, and the "Santandereanos" (around Santander) are famous for their temperament. Columbia has numerous artists: writers, painters, sculptors and architects. Some of them have achieved worldwide acclaim, such as the Nobel Prize winner Gabriel García Márquez with his novel "A Hundred Years of Solitude". One of our famous sculptors is Fernando Botero, known for his monumental human bodies. And multitalented artists such as the painter Pedro Nel Gómez have extended their work to the field of architecture.

The music styles Bambuco (early 20th century), Cumbia (mid- 20th century) and Vallenato (late 20th century) have been recognized as national rhythms. The various genres of folk music in Columbia have been influenced by the Spanish, Indian and African elements that constitute the country's ethnography as well as by other Anglo- and Latin-American streams. All these influences have made Colombian music one of the richest in Latin America.

On first arriving in Europe a Columbian must get used to the fact that people do not necessarily appreciate being kissed on the cheek by strangers, that one is not friends just because one has had a nice chat on the bus, that the bus is gone if one arrives one minute late at the bus stop and that one then might have to wait for an hour, that one has to dress really warm in the winter, that formalities are not just part of the protocol but equivalent to respect and trust. Most of all, Columbians must never forget to hold on to their spontaneity and flexibility if they want to be happy in Europe!

Libertad Aguilar

December 2015

At present I am the only eurythmy therapist in the country, since two other Columbian eurythmy therapists are in Germany: Giovanna Trujillo in Kassel and Paula Moreno in Bonn.

I returned to my country just eight months ago, having completed my Masters in eurythmy therapy at the Alanus University between September 2012 and September 2014.

My hope is that eurythmy therapists from Columbia who are still training, and those who have completed their training, would return to Columbia so that we can form our own professional association. Currently I belong to the association for therapists and anthroposophic physicians in Columbia, called ATMA.

Since I returned to Columbia I was pleased to find that 5 doctors have become or are becoming anthroposophic doctors through the IPMT courses (International Postgraduate Medical Training) that have been held in Latin America.

Besides this, the first IPMT in Cali/Columbia will take place in October 2015, a cause for great pleasure and hope. Many have already registered to take part. It

will be a wonderful meeting since wonderful tutors and lecturers will be coming!! In future this means that really good collaboration can develop between therapists and anthroposophic doctors. Previous excellent collaboration with the physicians Jorge Vega from Medellín and Luz Myrian Triviño from Cali will be furthered and enriched by the IPMT training, for they are very supportive of this shared work and study, and themselves active practitioners of eurythmy therapy.

In the medical study group, which takes place every Wednesday, we are studying Rudolf Steiner's lectures for doctors and medical students, with meditative reflections and guidance for extending the art of medicine. Our dream for Columbia is gradually being realized: creating solid foundations for interdisciplinary work between therapists and anthroposophic doctors.

Libertad Aguilar

Cuba

December 2009

In my soul I feel the global network of eurythmy therapy activity which also takes place in Cuba. This island floating somewhere between Mexico and the USA. Eurythmy therapy began here two years ago when some Parkinson's disease and four breast cancer patients received treatment under the guidance of Dr. Dorothea Oertel, a German doctor living in Mantanzas near Havana. She is helping to train a small group of doctors here and last year we also had the pleasure of working with a eurythmy therapist from Munich, Monica Campion. Cuba is full of warm hearted people. It is also rich in culture but due to the many climatic disturbances it receives perhaps too much sunshine and is prone to hurricanes which cause immense damage. It is also a poor country and many have to struggle for existence. It takes a lot of will and help from the spiritual worlds for initiatives to take root here. At present the University for Science and Medicine in Matanzas is in the process of formally registering a research project: BEZIQUE, which will encompass anthroposophical medicine, bio-dynamic agriculture, and artistic therapies. We meet together with doctors on a weekly basis and international collaboration is also part of the process. It is now possible for us to host eurythmy therapists' from abroad as long as they have their visa in place. This has to be applied for at least three months before travel. The main work is then eurythmy therapy with patients here but also art therapy and other things if possible. Unfortunately until a European 'Cuba fund' is established much of the costs have to be covered by the visitors themselves as we are not able to pay. We welcome you with open arms however! In November 2009 we begin a research project on the metabolic system and related illness. I am already in contact with two eurythmy therapists who wish to take part in this. With the founding of the IPTM in Havana this year we hope to have more anthroposophically trained doctors in our country. Dr. Alfredo Abuim, founder of the Behique Project will take part in the annual international conference for oncology and he will be in Europe in October 2009. Maybe you will meet him! He can tell you more about the situation here in Cuba. Fuertes abrazos.

Miriam Caro

December 2012

The „Ytibo“ project in Matanzas This project is described as „Agro-Ecological Production for a Diabetic Diet“. Its name is „Ytibo“, derived from Ytibocaiobau (Mother Earth) in the language of the original inhabitants of Cuba. The name was given in connection with the „Pacha Mama“, often mentioned by the Bolivian president Evo Morales. This research project involves growing organic medicinal plants (calendula, chamomile and lemon grass), with the aim of producing high-quality natural medicine. At the same time foodstuffs like millet, sesame, manioc, squash, rice and numerous spices are also grown. These are then processed into whole food in the diabetic centre's dietary kitchen. It has become apparent that an organic wholefood diet obviates the need for insulin in mild diabetes; while improvement in the condition of more serious cases is possible. Savings on insulin products amounted in a few years to several tens of thousands of American dollars for the Cuban health system. Quality testing takes place in the research laboratory of Matanzas Medical University and is supervised by the Cuban Health Ministry, as is the dietary kitchen. Growing the herbs and nutritional plants on the farm of Miguel Quinteros, an organic farmer, comes under the Ministry of Agriculture. The work is thus supervised by two ministries. Cuban experts are open to bio-dynamic farming and eager for knowledge, advice and expertise, even from overseas and from different cultural traditions. During my time in Matanzas I have done hygienic eury-

thmy with people with alcohol dependency in a psychiatric self-help group; with people with diabetes; and with patients suffering from Parkinson's disease. In this way I have been able to mediate life-forces. I worked in this agricultural and medicinal project in Matanzas for ten years, seven of them with a permanent residence permit. I am Argentinian with German roots. For family reasons I am living in Hamburg at present.

Miriam Caro

Czech Republic

December 2007

Currently there are 3 eurythmy therapists, 4 students of eurythmy therapy and 9 anthroposophically working doctors in the Czech Republic. The cooperation is much influenced by the eurythmy therapy training in Prague at the moment. 4 eurythmists have had the wish for a long time to learn eurythmy therapy. Studying abroad was not possible because of private or financial reasons, and so we developed with much fun and huge efforts a non-recurrent training course for eurythmy therapy in Prague. Since 2005 we have been working continually and with much concentration on this training which will presumably be finished in 2008. As far as the contents are concerned this training is oriented at the curriculum for the eurythmy therapy training which has been valid since December 2005. In close cooperation with the mandates group and the Eurythmy Therapy Training Center in Dornach we developed a nonrecurring concept for our training situation. Thus the contents of the first two trimesters were taught in Prague, whereas the third trimester was absolved by the 4 students at the Eurythmy Therapy Training Center in Dornach. Responsible for eurythmy therapy are Mrs. Brigida Stockmar (Hamburg, Germany) and Mrs. Hildegard Klima (Trier, Germany), and for the medicine part Mrs. Johanna Boňková (Prague). The training is actively supported by the local anthroposophically working doctors and the eurythmy therapists in the Czech Republic. This way a good and lasting cooperation between the future therapists and the doctors has already come into existence. At the moment the 4 students absolve their big work placement in the Czech Republic and abroad. Now it becomes obvious how needy the eurythmy therapy is in this countries, because from the beginning the students have such a lot of work! They give therapy in the anthroposophic group practice in Prague, in a psychiatric day clinic in the east of the country and in the Waldorf schools and Kindergarten (among others in a Waldorf school for needy children). The overall objective has been to provide some space and ground for this clear impulse of 4 eurythmists to sprout and grow. All the inner and outer circumstances are a clear sign that eurythmy therapy is very necessary in this country! With much gratefulness we look back at the intense joint work, the striving for quality and transparency and the generous help of many people who have been closely connected with our work.

Johanna Boňková

December 2008

In our country eurythmy therapy is still in its infancy. The fact that 4 out of the 7 eurythmy therapists working here were able to attend the World Conference meant a lot to us. The experiences gathered there live on as a constant source of nourishment for us all and strengthen our feeling of ‚belonging‘ to a world movement. Our work has become more intense and we have begun a study of Rudolf Steiners Occult Physiology together with our doctors. The year 2011 is fast approaching and as it marks the 100th anniversary of Rudolf Steiners lecture course here in Prague we hope to mark the occasion with some festivities. We are striving for state recognition for our training and for eurythmy therapy in general. We hope that step by step it will become fully accepted and recognized by the state. Much work is still needed in order to achieve this goal. We wish to thank all who support us in this work.

Elisabeth Dostalová

December 2009

At Easter 2008 we received a present. Four students graduated from the eurythmy therapy training: Hans Giteva, Hana Mandlikova, Karolina Svobodova and Jitka Radova. The training took place here but ended in Dornach. The big practicum took place in the Czech Republic. Responsible for the training were: Frau Hildegard Klima from Trier, Frau Brigida Stockmar from Hamburg and Frau Johanna Bonkova (Doctor) from Prague. Two experienced eurythmy therapists also helped to accompany the students. It was a trial run this year to see if eurythmy therapy could take root in the Czech Republic. Looking back one can only say that the eurythmy therapy 'tree' has definitely grown new leaves and everyone seems happy with what has been achieved. Eurythmy therapy is already fully established in the Waldorf Kindergarten in Prague 3., the Waldorf school in Prague Jinonice with its Upper School in Opatov. The Waldorf school in Prague Ruzyne. The Waldorf school for Special Needs in Opatov and private practice in Prague 10. It is possible for patients of all ages to find a eurythmy therapist and four doctors are also available here. Apart from Prague there are possibilities in Semily in the North and Pribram in the South. Our first steps have been taken and we hope for help from above for the way forward!
Hana Giteva

December 2010

Light bud in the Czech Republic Eurythmy therapy could experience again a wonderful period in the Czech Republic. After 2008 when eurythmy therapy had started, a strong impulse for the whole anthroposophic medicine in the Czech Republic has come into being. There were two working meetings where doctors and eurythmy therapists talked together and where many ideas came up for both working fields. A light bud seems to be in future the IPMT week in Krummau (South Bohemia), where 120 people met at the end of August. For the first time an International Postgraduate Medical Training (IPMT) was held in Central Europe. For the first time it was possible in a small Rosicrucian town in the Czech Republic from August 22 till 29, 2010, to get acquainted with the anthroposophic medicine and get some more insight. Not only a bridge between natural and spiritual sciences has been build at a Moldau lemniscate, but also a bridge between different European countries. Michaela Gloeckler, Reinhard Schwarz, Hans Moravansky, Herwig Judex, Philipp Busche, Jana Koen had been invited as lecturers and many doctors from the Czech Republic, e.g. Lukas Dostal, Petr Milek, Hana Sirotkova, Michaela Wimmerova had taken heart and had helped with giving lectures. As a reaction, a working group consisting of approx. 30 doctors will meet again this year and will get more insight into the anthroposophic medicine during their training in Krummau next year. We eurythmy therapists are allowed to work with them and to introduce eurythmy therapy. The present and the future seem to be happy times. We are very very happy! We would like to invite you in light of the 100th anniversary to come to Prague next year and participate in the conference „Spiritual Medicine“ from 24 till 27 March 2011. We have already got the confirmation from important speakers, e.g. Michaela Gloeckler, Volker Fintelmann, M.G. Sterner, E. Fiedler etc. We are looking forward to meeting you in Prague!

Hana Giteva

December 2011

Eurythmy therapy buds are beginning to open and bloom here! 2011 was a year of great activity and much has happened. Here are a few highlights: Since the meeting IPMT in August 2010 in Krummau – South Bohemia a lot has happened for anthroposophic medicine. In March 2011 a jubilee conference was held in Prague with the title: Spiritual Medicine. This was to commemorate the 100 years anniversary of

Rudolf Steiners' lecture cycle „Occult Physiology“ which was originally given in Prague in 1911. A new association for anthroposophic medicine was established in April with the goal to create a vessel for all aspects of anthroposophic medicine. The work is still in a pioneer phase, but we hope the new association will act in a supporting way as we develop it further. The association council members include two doctors and one eurythmy therapist. Eurythmy therapy is at the center of the new association and is clearly visible to others. In August 2011 we had a meeting of the IPMT in Krummau. We deepened the work of the previous year and attracted a lot of interest in the town. Even the Deputy Mayor expressed her interest. In October 2011 we will begin to give courses in eurythmy therapy for the doctors. A weekend is planned to look at the 5th lecture of the eurythmy therapy course. We are all looking forward to this. In 2012 we are planning many events and I hope that this time next year I will again be able to report on further developments in the work here. With much joy for all that is happening here. Greetings to you all.
Hana Giteva

December 2012

Czech Republic – a paradise where eurythmy therapy is able to ripen as well as the hops do ... With a population of about 10 million, the Czech Republic is a paradise, Bohemia, in Central Europe. It comprises three historic lands – Bohemia, Moravia and Czech Silesia. Czech is the official language, but the three regions have their own traditions and distinct languages. The mountain ranges along the borders give the country its clear topographical structure. It consists of a number of basins surrounded and divided by mountain ranges. In Upper Austria people tend to say: 'I'm driving down into Bohemia' and not 'to Bohemia'. The Czech Republic borders on four countries - Germany to the west, Poland to the north, Slovakia to the east and Austria to the south. The Bohemian Forest lies on the southwestern border of the Czech Republic, the Ore Mountains in the northwest (Klinovec, 1,244 m); the Krkonoše (Giant Mountains) in the north reach a height of 1,602 metres at the Sněžka mountain. Two important rivers 'mark' a flowing T sound on the map of Bohemia. The Vltava runs north to Prague from the south, and to the southeast of the Ore Mountains the Elbe extends to either side. The two rivers meet and merge not far from Prague. Moravia includes part of the Carpathians to the east and the southern part of the Vienna Basin (Lower Moravian Vale). The Beskids and the White Carpathians mark the boundary to Slovakia in the east. The basins are most fruitful lands. Hops are grown in Bohemia (one of the traditional beer-brewing countries), as are wheat, potatoes, etc. Eurythmy developed very fast once the Iron Curtain went and has now become part of many spheres of life. At present seven eurythmy therapists have gained their diploma. Just now we are celebrating the establishment of the Milos Brabinek Academy. The three-year part-time training in anthroposophic medicine started there on 28th September 2012, and eurythmy therapy will be part of this for the whole three years. We are thus able to go through the eurythmy therapy course eurythmically with the people of our country and make Czech physicians more familiar with this therapy. What more can one ask for?

Hana Giteva

November 2013

In Czech Republic the trees are already turning and the sun's warm light lets the colours radiate. Most migratory birds are on their way to the warmth. At the end of September, most of the country's eurythmy therapists meet at the physicians' and therapists' further training course at the Milos Brabinek Academy, which opened last year. We four eurythmy therapists practice eurythmy therapy with doctors and therapists for 4½ hours at each meeting (of which there are six each year)! The en-

thusiasm is such that nine doctors want to the eurythmy therapy training in the Czech!! What joy! There are six eurythmy therapists in Czech Republic, of whom five work together regularly. Then there are the meetings of anthroposophic therapists where we work together intensively every six weeks. More than a year ago we began to share our different therapies with each other, conversationally and practically (eurythmy therapy, biographic counseling, Werbeck singing, Pressel massage). Then came the seven planets; each of us spoke about how they work therapeutically with the different qualities. It was intense and enriching! This year we wish to address the seven life processes. Meditation for inner calm accompanies us continually, from the book by Arthur Zajonc. Before us we have the radiant, brightly-coloured times of the Princess Lécebná eurythmy – that is what it is called in Czech...

Karolina Svobodova

December 2014

There continue to be six eurythmy therapists in the country and nine physicians are training in eurythmy therapy in Unterlengenhardt (Germany). We have a "Therapists' Group" which meets regularly and includes other representatives of AT apart from eurythmy therapists. This year we studied the seven life processes on the basis of a text by Karl Koenig.

The eurythmy therapists are pleased again this year about the gentle, lively and positive development of AM in the Czech Republic. A star gives us hope that we will soon be able to report about preparations for a eurythmy therapy training in the Czech Republic. More on that in our next report :-)

The Czech Republic with its rich cultural life is often referred to as the "heart of Europe". Since the political turnaround, the country's capital Prague has retained the sense of there being a subtle, invisible border between West and East. In the Czech language, Praha means "threshold". This is what it often feels like here....

The Vltava River in Prague sings beautiful tunes from Bedrich Smetana's music cycle 'My Country'. And for five years now anthroposophic medicine has been able to unfold its activity where this river rises, in the UNESCO city of Cesky Krumlov.

Around 200 participants came to this year's IPMT (International Postgraduate Medical Training) meeting in Krumlov. The topic was: Medical aspects in architecture and agriculture; apart from that we also studied the curative education course. The event was so successful that we felt strongly that this kind of deepening must be continued.

The students of the Milos Brabinek Academy, which offers AM training, are now in their third year. Physicians, pharmacists, therapists have a training weekend every six weeks where each student has five lessons of eurythmy therapy. This means that recognition of eurythmy therapy is growing and people begin to ask interesting questions as a result of their direct experience of it.

Both activities – Milos Brabinek Academy and IPMT – are organized in cooperation with the Medical Section in Dornach and the AM association in the Czech Republic.

Hana Giteva

December 2015

Currently, our eurythmy therapist Karolina Svobodova has returned to her eurythmy therapy practice from maternity leave. All six eurythmy therapists in the Czech Republic are therefore now working full-time again: four in Prague, one in Pardubice and one in Semily. We do not meet all that often but are planning to do so in the coming year. We work in a colloquium with other therapists too, where we are further deepening our understanding of the seven processes.

Seven doctors are attending the second year of the eurythmy therapy training in Unterlengenhardt, and have been practicing assiduously with Elisabeth Dostalova in

Prague. Now, in September, many are still sustained by the mood of the IPMT week in Český Krumlov. The theme of "Man, woman and child" was moving for all, and the thoughts that arose about this week will need some time to be assimilated. Over 200 participants attended very fine lectures by Michaela Glöckler, Christian Breme and Wolfgang Gaedeke in August. In June, the Milos Brabinek Academy celebrated the end of the three-year course. Some doctors were certified as anthroposophic physicians while others received a certification of attendance. And now our thoughts are turning to the new eurythmy therapy training in Prague! After a few "resting" years, we hope that it will prove possible to begin a eurythmy therapy training course again at Christmas 2015. The chief mentors for the three years are Kaspar Zett from Dornach and Ursula Heusser from Herdecke. We are pleased that Dr. Wilburg Keller Roth from Basel will guide us in medical study of the eurythmy therapy lectures.

Hana Giteva

Denmark

March 2005

News from Denmark: In autumn we met to discuss the founding of an association and we explored the idea of forming a northern regional one which would include our neighboring countries. We are waiting to hear from Sweden and in the meantime advise all Danish eurythmy therapists to join the Swedish association.

Solvejg Kristensen

October 2005

After several attempts, we have decided not to form an association! We will continue to meet as a study group. At present we are reading the eurythmy therapy course and the medical course (for doctors).. The group is made up of about half the eurythmy therapists in Denmark plus one doctor. This work is enhanced by two practical working days a year for all who are interested. The next one is planned for November with the theme -„Hyperactive children,,. There is little interest for international work as we feel the problems here in Denmark first need solving. Maybe we are at a different stage here with the development of eurythmy therapy than in Central Europe where the initiatives usually come? However news from abroad is of interest to most of us and we respect all the good work done.

Solvejg Kristensen

December 2008

Denmark has 118 eurythmists and 28 eurythmy therapists. Most are working in Waldorf schools or curative education and patients generally have to pay for their treatments. The work together with our anthroposophic doctors is good but there are not enough doctors. We struggle with transport and communication as Denmark has many islands and 7000 kilometers of coastline, record breaking long bridges, wind and water everywhere. Unfortunately, despite roads and bridges, internet and telephone we still have little contact with each other but there is a lot of mutual respect and trust for the independence of each others work. We all greet one another with 'Du' and many carry a deep mistrust against the EU and everything that comes from the State in the form of unintelligible papers and documents with ever new demands and rules and regulations. However, thanks to our beloved Danish Queen we are able to retain a large degree of independence from the EU and even have our own tax system! Denmark is one of the most expensive countries in the world to live in with car tax at 180 % and income tax at 40 - 60 %. Danish people do not like any form of pyramidal hierarchy or power based government even if the center is in Dornach...! This is one of the reasons that we were one of the few countries not represented at the network of the International Eurythmy Therapy Forum presentation during the World Conference. Independence is good but a real 'working together' is better. The idea of not attending at all was not possible for us though and so after hours of difficult discussion some of us did come to the conference. Back at home now, we are working to strengthen our own eurythmy therapy association or forum which we hope will serve to unite us in a non-bureaucratic way, without statutes or unnecessary paper work. Out of the 28 eurythmy therapists here, 10 have already registered in the Forum and more are in process. Two study groups meet regularly in Arhus and Copenhagen. The Arhus group are lucky to have a doctor with them while in Copenhagen it is more a sharing of work and questions. The World Conference continues to live with us all as a consciousness raising impulse which has strengthened our common will towards collegial activity and it remains to be seen how our ideals for freedom and working

together unite. In conclusion I would like to say a few words about the conference. For me personally, it was fantastic! So many meetings with friends from around the world and everyone fighting for a common goal. I feel proud to be part of this world movement and look forward to the next time. *Matthias Gorges*

December 2009

What is there to report since last year? Monarchical states like Denmark move very slowly! Our country is divided by so much water that it is difficult to maintain clear lines of communication and we do not manage to meet on a regular basis. We hope to improve this in the future. In the east on Sjaelland the eurythmy therapists meet with a specific theme every two months, often continuing with the same theme for several meetings. We also meet twice a year with Axel Bloch who is able to offer help and advice. There is currently no doctor in Eastern Denmark. In the west (in Jylland) the eurythmy therapists meet on a monthly basis with Dr. Elizabeth Mueller-Hansen. The depth and intensity of this work can only be envied by colleagues in the east! From the island of Fynen eurythmists come to join this work and it is wonderful that out of the 27 Danish eurythmy therapists, 14 have already registered with the Association. We hope to hold a large conference together next year. That's all for now from the royal land of Denmark! Warmest greetings to you all!

Matthias Gorges

December 2010

In Denmark, the work in the field of eurythmy therapy is affected by the two elements water and air. On the islands you can see how the water acts both as separating regarding the perception of the outer world and connecting regarding the inhabitants of the islands. The element air makes things ephemeral. Things which had already been achieved or decided between colleagues, doctors and patients have to be seized again and again. On the island Sjaelland with the capital Copenhagen a group of 4-6 eurythmy therapists meets - if everything goes smoothly - every 2 months. Since 2009 we have been working on the main topic: the 12 senses. It might well be that this will keep us busy till 2020... Twice a year we work intensively in Copenhagen with our experienced eurythmy therapist colleague Axel Bloch who is able to procure help, new and deep reaching aspects to the „newbies“. For the future we wish to get more courage and strength to build up more contacts to the outside, to organize a further training conference and to collaborate more intensively with our colleagues separated from us by the water.

Matthias Gorges

December 2011

These Danes! Despite bridges and tunnels the connections between the many islands is still difficult and so this years report will be reduced to just one area: Sjaelland. The part of Denmark that includes Copenhagen. The number of eurythmy therapists working there has gone down since last year. Two had to stop for various reasons and the country delegate and author of this report left his post (one of the best in the country) and is moving to Switzerland at the end of December! So there are two vacancies here: A good job and the role of country delegate for Denmark! As the Danes, who like their 'comfort' are not jumping to fill these posts, we would welcome anyone who feels up to the tasks here and who would not mind trying to learn Danish into the bargain! In the good old days we met every two months as a group of seven. This is now reduced to a couple of isolated meetings with only three colleagues attending! The meetings were nevertheless worthwhile. News from other parts of the country, the islands and Jutland or the boarder regions with Ger-

many is unfortunately not available for this report. I don't know what is going on there. It remains to say that we hope colleagues will come and enjoy what Denmark has to offer in the way of culture and good working conditions. One condition is the ability to cope with wind and rain, but whoever has experienced a Danish summer will never want to leave again! (well, almost never..)

Matthias Gorges

December 2015

There are 27 eurythmy therapists in Denmark. As yet we do not have a professional association but we hope soon to be able to arrange a gathering of all eurythmy therapists to discuss founding one.

Currently eurythmy therapists meet in small groups in different regions, some involving doctors, some not. There are seven anthroposophic physicians in the country. Several times a year the professional association of anthroposophic doctors organizes short further training courses to which eurythmy therapists are also invited. Recently we have been studying the theme of "the organs" in this context. There is also a group of doctors and various therapists who meet for School of Spiritual Science study, and have been working on Rudolf Steiner's lectures for young doctors. Most eurythmy therapists in Denmark work either at Waldorf schools or at curative and social therapy institutions, where they collaborate with doctors.

In the capital, Copenhagen, is a therapy center where a physician and a eurythmy therapist collaborate. In a newly opened therapy center, south of Copenhagen, anthroposophic medical treatment, eurythmy therapy and other therapies are likewise offered.

Rolf Kjaer

Estonia

December 2012

Estonia, also known as Maria-Land, is by the sea. The north and west are washed by the waves of Baltic Sea; to the east the border with Russia is marked by the long stretch of Lake Peipus and Lake Worts. If you look at a map of Estonia, you gain the impression that the country lies in the lap of waters. To the south is the border with Latvia. The landscape is largely flat with many lakes, rivers and upland moors. These upland moors are very interesting: nature reserves thousands of years old, with upland moor forests and pools, where the water levels are always higher than in the country's other lakes. The landscape becomes more hilly to the south till you reach the 'highest peak', Suur Munamägi (Big Egg Mountain), 318 meters high. Estonia was graced with beautiful gifts from the last ice age: granite rocks from Scandinavia, scattered all over the country, ranging from small to the size of a house — the drumlin fields, which represent Estonia's main topography. The north-south movements of the ice often left closely packed drumlins, averaging 1½ kilometers long and up to 30 meters high. Carbonaceous shale is mined, for use in the country's power stations. Limestone is found in the north, beneath a very thin layer of humus, while in the south the limestone is covered by strata of sand and clay. The thinness of the humus layer has made it difficult for the inhabitants to grow enough crops to feed themselves. Continuous effort has enabled life in Estonia to progress. The Anthroposophical Society managed to come through all the difficulties and anxieties of the Soviet occupation. The new freedom enabled the Anthroposophical Society to continue its work legally in the nineties. Doctors too have been able to train on a spiritual scientific basis. This has resulted in there being an association of anthroposophic physicians in Estonia with ten members. In Tartu they work together in the Jacob Therapy Center while in Tallinn, and to an extent also in Tartu, anthroposophic doctors are working successfully in the state system. One doctor has a practice in Finland, and two others make short working visits there. For some years, the seven Waldorf schools have had a 'traveling doctor' who visits them periodically. I am particularly glad about this, as the physicians were often able to advise me. The pupils of only one of the Waldorf schools (near Tallinn) have been able to do eurythmy therapy, since I am the sole eurythmy therapist in Estonia. I also work with adults from an increasing circle of acquaintances. We have a longstanding intention to found a therapy center in Tallinn, and are certain that little Estonia is large enough to sustain a second center of anthroposophic medicine.

Katrin Vaik

November 2013

We have four seasons: broadly speaking, three months of summer; three of autumn; four to five months of winter; and one or two months of spring. Thanks to the influence of the Baltic, temperatures are higher than in corresponding latitudes in Asia and America. The average in June is 17°C, in February -8°C. Occasionally it gets very hot, with temperatures reaching a maximum of 35°C. Nearly every winter there are days when outdoor temperatures fall to -20°C or even -30°C, meaning that, according to government regulations, children may not go to school. Temperatures on our many islands, and on the coastal mainland, remain high for longer in autumn — and remain low for longer during spring — because the water maintains temperatures longer than does the land. Estonia is so far north that the year has a light time and a dark time (although it falls short of being polar day and night!). At Saint John's tide, we have eighteen hours of daylight, and the whole night through it is possible to read the newspaper outdoors. By Christmas, on the other hand, there are only six hours of daylight. However, God as usual thinks of

everything and sends us abundant snow in the depths of winter, to brighten our surroundings, even in the dimmest moonlight. The snow lies for up to four or five months of the year. The climate is wet and evaporation does not keep pace with precipitation, so that average humidity over the year is 80%. Such a humid climate makes hot weather difficult to bear, while clothes do not really keep out the cold in winter, which can pinch the cheeks painfully. As the country is surrounded by water on three sides, it is often windy, particularly in autumn and winter. Experiencing these four distinct seasons every year is a blessing — as I can attest, having lived elsewhere. I am the sole eurythmy therapist in Estonia. There are eight anthroposophic physicians here, with whom I often take part in medical courses. The doctor from the Waldorf school in Tartu visits our school in Tallinn and supports me in my work with eurythmy therapy. Most of the doctors, our friends and I have formed a foundation stone meditation group. We work on it in eurythmy, guided by Erika Molin from Jaerna. We also work with doctors and our Christian Community priest on Rudolf Steiner's book on pastoral medicine. Our mentor in this work is Michael Debus of Stuttgart. This year, Angelika Jaschke visited me in Estonia, her first visit. I was able to show her round the wonderful Old Town of Tallinn. She also visited my workplace at the Araküla Waldorf school, where we took the opportunity to discuss the worldwide situation of eurythmy therapy. Her visit meant a lot to me and gave me courage and assurance. This summer, the "old" and "newly-trained" Estonian eurythmists gave the first performance in seventy years on their own initiative, in the context of the East European Conference which took place in Tartu. It had only become possible to work with eurythmy again in 1991. Now there are nine eurythmists in Estonia, who also work together artistically.

Katrin Vaik

December 2014

I am the only eurythmy therapist in Estonia, and we do not have a professional association. There are eight anthroposophic doctors, who studied pastoral medicine this year, which I was able to participate in. One of the doctors comes to our Waldorf school a few times a year and we work together on my patients. The doctors and I travel regularly to Riga in Latvia, where there are training courses for anthroposophic doctors at the university.

Culture:

Estonian culture developed between the culture of east and west. From the 13th century onward it was influenced by the culture of the German rulers of Estonia. However Estonian culture was slowly able to develop.

In 1535, the first book in Estonian was printed. In 1635 the University of Tartu opened. In 1819 the first drama in Estonian was performed. In 1869 there was the first song festival. In 1870 the National Theater opened.

About the turn of the 19th Century, Estonian national culture became more important than Baltic German culture. In 1918, Estonia gained its independence and its culture began to develop more rapidly.

By that time there was an opera and ballet house, a professional theater and a diverse national culture.

From 1940, during the Soviet occupation, artists were compelled to express themselves in the style of Soviet realism. In a counter-movement Estonian artists developed further in exile, thus maintaining an offshoot of our culture. Artists in Soviet Estonia, however, in spite of external pressure, wanted to participate in the modern world, and the avantgarde style, jazz and rock music made their appearance.

At the end of the 20th Century, when Estonia regained its independence, cultural relations with the rest of the world were restored, and Estonian artists were able to share their cultural treasures with the rest of the world.

Our song festivals have been going for 145 years, and I think many people have heard of them. The latest one was this year, when 33,000 singers performed for

audiences of nearly 153,000 people. Song festivals have become famous throughout the world, and our newspapers are already writing about 'song festival tourism'. Among our professional artists there are some very bright stars — opera singers, directors, choirs, ballet dancers, and actors — who perform globally. Arvo Paert, the Estonian composer of spiritual music, is world famous. Many will be aware that the Estonian conductor Tõnu Kaljuste won this year's Grammy Prize with his CD Adam's Lament which includes music by Arvo Paert.

Everything connected with information technology is a part of our time. In Estonia we carry out many everyday tasks on our computers with the aid of ID cards. If you use Skype, you may be interested to know that it was developed in Estonia by Estonians!

Katrin Vaik

December 2015

I am the only eurythmy therapist working in Estonia. Every now and then I meet with the doctors to consult, or for joint further training courses and seminars of various kinds in Estonia, Latvia or Finland. Twice a year a physician visits the Waldorf school where I work, and works with my patients.

A speech formation practitioner also teaches in our Waldorf school, and is undertaking further training as a therapist. We discuss some of the children, whom she is able to help, and we accompany these children together.

This year the group of physicians has been studying R. Steiner's lectures on Occult Physiology. With a group of doctors and interested people we practise the foundation stone meditation in eurythmy, led by Erika Molin from Järna (Sweden).

The doctors are continuing their work on the theme of pastoral medicine. The meetings with Mr. Debus are no longer taking place in Estonia, but in Vienna. The group of Estonian and Latvian doctors who, led by Dr. Reijo Kurppa and Anne-Marie Somero (both from Helsinki), were responsible for the eurythmy therapy training for seven years, received their diplomas in June 2014. Following this we wished to meet each year again for further training, which took place for the first time in August. If I wish to meet my colleagues I have to travel to Finland. Last year it was the other way round – my Finnish colleagues came to Tallinn and held our summer gathering here. I took part and it was a lovely thing to practise eurythmy together. The support of colleagues abroad and of Estonian doctors, is very important for me: it gives me new energy and impulses.

Katrin Napp

Finland

March 2005

Frau Ursula Ziegenbein is again giving us a ET Course in Sylvia-Koti, Lahti from 15th to 17th April 2005. It will be organized by the doctors and is directed towards doctors and eurythmy therapists. Lasse Wenerschou will visit Helsinki again in January 2006.

Anne-Marie Somero

October 2005

In Finland there is still no legal status for eurythmy therapy. In one Waldorf school it has been named as a core subject in the curriculum and is therefore gained recognition and financial support. In private practice it still has no legal or recognized status. All active eurythmy therapists are working in schools or curative education centers and we are all happy that Lasse Wenerschou will be giving a course next January in Helsinki and that Frau Ursula Ziegenbein will be giving us a course next spring.

Anne-Marie Somero

November 2006

Eurythmy therapists working in schools and curative education meet each month to study. There are only three anthroposophic doctors in Finland, which is not enough! This October Erika Leiste will give a course on pedagogical eurythmy and next spring we look forward to Ursula Ziegenbein coming to work with us on the eurythmy therapy course. This will be for doctors and therapists.

Anne-Marie Somero

December 2007

We are very glad that our group of eurythmy therapists has been enlarged by 3 newcomers. They absolved the training course in Moscow. Mrs. Ursula Ziegenbein continued her spring weekend course with doctors and eurythmy therapists in Lahti. This year we got to know Gerhard Weber's tone eurythmy therapy work in two 5-day courses in Tampere. In autumn Erika Leiste and Anna Seydel visited Helsinki and gave advice for eurythmy therapy in schools and for talks about children. Because of the long distances a regular monthly study of the eurythmy therapy course is only possible in Helsinki. We have refrained from inviting foreign guests next year in order to manage to come to the World Eurythmy Therapy Conference. We are so much looking forward to it.

Anne-Marie Somero

December 2008

In Finland we carried the impressions of the World Conference back with us and continue to work with them. Many of us came to the conference and even our doctor Reijo Kurppa was able to attend. We do not have enough anthroposophical doctors here in Finland! For eurythmy therapists the conference has enhanced our practical work with the many lectures and courses which served various individual needs. We live far away from each other here. It was especially moving to meet so many colleagues from the past but also to make new contacts. Thanks to the Festschrift (Conference Booklet) we are now able to continue our research and study what arose out of the conference. We look forward already to the 2nd World Con-

ference in a few years time! A Finish poet once said , Human beings need one another in order to be human'. This we all experienced at the conference.

Anne-Marie Somero

December 2009

As eurythmy therapist in Finland we are all waiting to hear the decision of the government regarding certain restrictions which might be made this winter which will diminish the scope of our work. The idea is that unless we have a state recognized training and are working under the strict guidance of a doctor we (and other alternative medical practitioners) will not be allowed to treat patients with diabetes, cancer, psychological disturbances, special needs, children or people who are not able to look after themselves. Whether this new law will go through parliament is yet to be seen. At present we are all quite isolated from one another and hardly any of us have a doctor to work with. We did however have a course with Gerhard Weber on the tone eurythmy course and we look forward to a course with Erika Molin on eye eurythmy soon.

Anne-Marie Somero

December 2010

People live far from each other in Finland. Last year in a hot week in July we eurythmy therapists met in Tampere in order to enjoy the wonderful lectures of Dr. Armin Husemann. Afterwards we participated in a refreshing course with Pirkko Ollilainen. In Finland, eurythmy therapy is called „Hoitoeurytmia“, which means „nursing eurythmy“. Now we plan to get a new name, „Eurytmiaterapia“. We would like to have a name which is corresponding with the term used worldwide. There are considerations here if we should found a professional association or if we eurythmy therapists should integrate into an association of anthroposophic arts therapists. Up to now we are just a working group within the anthroposophic-medical association. We have decided to consider this question when we meet again in January.

Anne-Marie Somero

December 2011

Interview with Anne-Marie Somero

How many eurythmy therapists are there working in Finland?

We are 26 but only 15 are actively working at present. The others have retired. Most of us work in schools, combining pedagogical and therapeutic eurythmy, or in curative education centers. One works in a clinic where homeopathy and other alternative therapies are practiced. In our region we are seven but we live far away from one another. We see each other very rarely. Before, we were a working group within the Finnish association for anthroposophic medicine and we received a lot of support from this association which included all the professional groups in the country but now they wish to specialize more on building a patients network. The anthroposophic arts therapists have formed an association to which we are invited to join. We decided however to form our own association which we did on 2nd April. The statutes for this have now been submitted but it will take six months until we can proceed.

What leads you to deciding on your own association?

Many felt that eurythmy therapy needs protecting and not everyone should be able to call themselves a eurythmy therapist. The decision was also made for legal reasons. A year ago the government said that all practitioners must have a state recognized training certificate. A petition was started and thousands of signatures collected. This was handed to the leading doctor of the health service department who

is now reconsidering the situation and bringing new requirements. We will be actively promoting further training etc in our newly formed association. In the arts therapists association many outsiders come, e. g. the poolside attendant from the sports center who is only required to complete a couple of short weekend courses. We thought this would throw a bad light on eurythmy therapy in Finland. Another reason for deciding on our own association.

How is eurythmy therapy in Finland?

Ten years ago we used to meet every month to study together but this is no longer the case. We seldom meet now although the new association has called for more regular meetings again. Also, earlier we often had up to three visitors from abroad giving us courses but not any more. However one of the association ideas is to hold 20 further training courses a year!

Yes, you could study and practice together and explore basic eurythmy therapy questions. I would be happy to see this happening all around the world. Do we really understand what we initiate in the etheric when we do eurythmy therapy? Are we really conscious in our practice? What are the basic elements which really make eurythmy therapy work? These questions could be explored together without the need for outside visitors. You could develop a research dialogue. That is something I long for. For example: The question regarding the difference between eurythmy and eurythmy therapy.

It is difficult when colleagues live 400 to 800 kilometers apart but we nevertheless want to combine our forces and work together. Even a weekend conference once a year would be something!

How do you experience the mood in Finland? Does it still have pioneer quality?

We are the first! We'll make it! Recently, in the last few years the mood has been a bit down but the new association is helping to inspire us again. We realize that we have something worth developing here and meeting all the new legal requirements was actually good for us. We are working together again.

How is the situation with eurythmy therapy in the Waldorf schools? How does the government effect this?

Eurythmy therapy is highly valued in the schools. I do only eurythmy therapy as that is what they want. We call it 'extra eurythmy' partly due to state legislation. We are concerned about new legal requirements and this may clear us to continue practicing. In my school I even get state finance as part of my income. In Finland there are many problems with the youth culture so the state pays me what a psychotherapist would earn.

Can I do anything to help you?

Yes, please come and visit us! Give us courage and enthusiasm! That would be good.

Maybe when you get the go ahead for your association?

Yes, then you could also tell us more about **AnthroMed®Eurythmy Therapy**.

Is there anything else that concerns you?

Yes, I find it difficult when students go abroad for their eurythmy therapy training but come back to do their big practicum. I need more contact with the training centres and clearer guidelines as to what is expected from me as a mentor. It would also be good if we were sent some sort of literature for patients. We only have an ancient info booklet for them. Probably out of date now.

Many thanks Anne-Marie for this conversation which we will publish in our newsletter. Hopefully this will give colleagues around the world a picture of your pioneer work in Finland!

This interview was conducted by Angelika Jaschke with Anne-Marie Somero on Tuesday 26 April 2011 in the Medical Section.

December 2012

Finland, the land of a thousand lakes. Finland's surface area is slightly smaller than Germany's. It is one of the most northerly countries in the world, lying between the 60th and 70th degrees of latitude: a third of the country lies within the Arctic Circle. The country extends 720 miles (1160 kilometers) from north to south. The longest border, with Russia, is 789 miles long (1269 kilometers). To the West, Finland shares a border with Norway and a meandering border with Sweden along a river. Finland lies on the Gulf of Bothnia to the west, on the Gulf of Finland to the south. The most prominent feature of the landscape is its wealth of lakes. There are officially 187,888 lakes over 500 square kilometers, of which 56,000 are larger than 1,000 km². The country's largest lake is Saimaa at 4,400 km². There are nearly 100,000 islands on lakes, so it is no wonder that many people have their summer home on their own island. The bedrock in Finland consists predominantly of the pre-cambrian rocks of the Baltic Shield (gneiss, granite and schist). So we stand on solid bedrock. There is very little limestone in the ground. Copper, nickel, zinc, chrome and gold are all found in Finland. Between the many lakes are forests and bogs. There are many fir trees, pines and birches. The earth produces wood and peat. In the forests live elk, bears and wolves. The national animal is the swan. The eurythmy therapy situation: Last autumn we founded the „Suomen eurythmiaterapeutit ry“ professional association, with seventeen members. We will continue to publicize eurythmy therapy with short articles and so on. Most eurythmy therapists work in Waldorf schools, kindergartens or curative education. None of us works solely privately, as we have no therapy centers. As we live very far from each other (125–500 miles or 200–800 km) we decided to meet up twice a year. We work on a case taken from the book by Rudolf Steiner and Ita Wegman *Extending Practical Medicine* — both medically and with eurythmy therapy — in order to immerse ourselves in a clinical picture, to educate ourselves, strengthen ourselves and give each other mutual encouragement.

Anne-Marie Somero

November 2013

Climatically, Finland is somewhere between maritime and continental. The temperature differential between summer and winter is 50°C, in some years as much as 70°–80°C. The temperature can fall to -30° in winter (the lowest recorded is -51°); while in summer it can reach +30° (highest on record: +38°). The climate depends on whether one is in Lapland, in the far north, or by the sea in the south; the distance between the two extremes being nearly 750 miles. Nature must adapt itself to very different conditions during the year! East winds from Siberia bring a great deal of snow in winter and hot weather in summer. The west wind is mild in winter, thanks to the Gulf Stream, and brings rain in summer. The land is covered with snow from the end of October, which does not usually thaw till the beginning of April. The snow lends light to the land even when the sky is dark. In winter the sun only rises briefly above the horizon, whereas in summer it hardly sets. Spring is very short and sudden: within a couple of weeks in May the land turns green. September is true autumn, with gaily colored leaves. Eurythmy therapy: We have 25 eurythmy therapists in Finland just now, of whom some are retired. Seventeen are members of the eurythmy therapy association (Suomen eurythmiaterapeutit ry). For a few years now anthroposophic therapists have been meeting, together with a physician, for one-day conferences. The theme this spring was "Depression and Addiction". Two to three times a year the association organizes a further training weekend. Among other themes we are studying the case histories in Rudolf Steiner's and Ita Wegman's book *Extending Practical Medicine*. We are currently on the fifth of these case histories. At the beginning of April we had the pleasure of welcoming Angelika Jaschke. In addition to the radiant sunlight and blue skies, we

had Angelika's clear, bright ideas and her free and open manner. We were enriched by the seven-step process from the eurythmy sound to the eurythmy therapy sound as medicament, and by exercises for the zodiac and planets. Many thanks, Angelika!

Anne-Marie Somero

December 2014

The best known part of Finnish culture is probably the epic story Kalevala, which had been passed down by word of mouth over long periods of time. These runic songs were written down for the first time in 1835 by Elias Lönnrot, a doctor. They belong to Finland's own cultural heritage, as opposed to much else betraying an influence from the West, mediated by Sweden. Teaching in schools and universities was in Swedish. The Finns lived in the forests or on the land, and farmed, fished or hunted. It was only in 1900, following industrialization, that towns began to be founded, and the first school teaching in Finnish opened in Helsinki.

The two languages are still the official languages of Finland. There are two national churches, protestant and orthodox, the latter of which brought religious and cultural influences from the east.

Kalevala was half spoken, half sung, frequently accompanied by the kantele, the Finnish national instrument, which is made of wood and played by plucking its strings. It is played by young and old, and even, by young people, using electronic amplification.

Finns love nature, and music is close to their hearts. For such a small population, there have been many world-renowned singers, conductors and composers. The literary scene is lively, reading is popular and libraries well-used. Every year some Finnish books are translated, particularly into French.

Nature and the festivals are closely linked, with the Christmas tree, decorated twigs and painted eggs at Easter, and St John's Tide is celebrated out in nature, with birches by the door and a St John's fire on the farm, where people sit round the bright fire all night singing. The towns are emptied, and everyone travels to their hut by a lake in the countryside where they celebrate St John's, beginning with a festive sauna.

The sauna is a very old custom in Finland, still popular. Originally it was a smoke sauna, though nowadays wood is used for heating, or electricity in the towns, and there is no longer any smoke. Sauna was used at births and deaths. It is still used when people are ill as a place of healing which cleanses not just externally but inwardly as well. In earlier times it was seen as a place where rituals took place, and swearing and foul language were forbidden. Each sauna had a particular gnome which protected it. After becoming hot and sweating, water was poured on the hot stones and one struck oneself with bunches of birch leaves, before rolling in the snow or swimming in the lake. People go weekly nowadays to get clean. Meetings are even organized in the sauna.

Our association, Suomen eurytmiaterapeutitry, currently has eighteen eurythmy therapists. We meet every spring for a weekend with other anthroposophic therapists and study a particular theme. Our doctor gives us an introductory presentation.

We eurythmy therapists meet twice a year just among ourselves. We are working on the case studies in Extending Practical Medicine. This autumn Katrin Vaik invited us to join her in Tallinn in Estonia. She is the only eurythmy therapist in the Baltic States of Latvia, Estonia and Lithuania. We are delighted that she is becoming a member of our association. This dark November, Dr. Wilburg Keller-Roth and Ursula JärviBindler are visiting us in Helsinki, where we will work together on the light-bringing vowels. Then in February we have planned a weekend with Dr. Armin von Husemann and Pirkko Ollilainen in Helsinki.

Anne-Marie Somero

December 2015

There are 25 eurythmy therapists in our country. We have a professional association "Suomen eurythmiaterapeutitry" with 22 members and belong to IFAAET. 12 of our members have also acquired the label **AnthroMed®EURYTHMY THERAPY**. Twice a year we hold a one-day conference with our doctor, and likewise twice a year we have a one-day conference with other anthroposophic medical therapists and the doctor.

This year we have been preparing for the world eurythmy therapy conference by reading lecture 7 of the eurythmy therapy course, given on 18.4.1921. In November Dr. Wilburg Keller-Roth gave us the gift of some wonderful lectures on Goethe and the vowels. The same weekend Ursula Jaervi-Bindler brought us illumination with I exercises. Six Baltic doctors and the only eurythmy therapist from Estonia/Tallinn kindly took part in these workshops.

In spring we were fortunate to have a visit from Pirkko Ollilainen from the clinic house Filderklinik. She spoke to us on the theme of "Trauma and heart diseases".
Anne-Marie Somero

France

October 2005

France still has no professional association. OSE has been running for 9 years with president Maryse Rouzes, which works together with eurythmy therapists and is currently engaged in the founding of CHORIAMBE, a French eurythmy therapy training. During the last 7 years the OSE has organized further training courses but it is becoming ever more wanted that a meeting with other international professional associations takes place. We need to work on statutes amongst other things. To this end a new group has been selected: Christian Duchemin, Laurent Schimmel, Marie-Claude Horner, Nelly Gayraud.
Christine Weber-Stoll

December 2008

There are over 40 eurythmy therapists in France but only a few are working full time. Most have another job to fall back on. Therapeutic work can only be carried out from state recognized training and eurythmy therapy has no legal status. It runs under various URSAF names in the area of ‚hygienics‘. So far this has caused no major problems but actually eurythmy therapy may not be practiced in a doctors surgery. There has to be a separate entrance and waiting room. There is also no state recognition as far as finances go, so we are all in financial difficulties. Through a lot of effort more patients have come for eurythmy therapy. There are also courses for doctors, dental eurythmy, translations of the eurythmy therapy lectures etc. The World Conference has also created a strengthened feeling of professional ‚identity‘. The research work of Tanja Baumgartner where she showed the effect of the sounds B and L on plants had a big impact on many people here and a report on this in various ecology magazines should bring even more interest. France suffers under a poor history as regards the eurythmy therapy association. Since the training moved to Switzerland the association has gone into a very quiet phase. There is no newsletter but we do meet twice a year. State recognition is still a big issue but we do hope that this will come about in the form of EU recognition one day.
Christina Nidecker

December 2009

The eurythmy therapy association here in France is now working together with the International Network and for the first time made a financial contribution. Christian Duchemin reports that there are currently around 45 eurythmy therapists in France of which 25 are members of the Association OSE. The others are single ‚fighters‘ in their regions! Twice a year further training courses are held. One with doctors on Mont St. Odile and one this November in Germany. In addition many of us have taken courses in dental eurythmy and a training course for this has been established and will hold its first graduation soon. Eurythmy therapy is active in three of the six Rudolf Steiner Schools here and in the curative education centers in Alsace and Allier. Without the connection to an institute or organization it is just about impossible to find patients for eurythmy therapy. Many of us have a second job in order to make a living. To bridge the gap between what we offer and the demand from patients to work with healing movement is difficult.

For many years I have tried with all my strength to establish and develop the following:

- A training for doctors, meeting once a month over a three year period in Paris.

- Participation in other further training courses for doctors. Publications, translations of lectures and the eurythmy therapy course.
- A website and video and a 5 week theater piece.
- Participation on research projects showing the effect eurythmy has on growing plants. This has met with great interest among our bio-dynamic farmers who have asked for a special course to learn the sound gestures which could help the earth and plant life which they care for.

Another research project which is under way is to bring eurythmy therapy to people outside our circles. This integration of eurythmy therapy in general society is probably being tried in other countries. Together we have more chance of success. Please come forwards and make contact with us.

Christina Nidecker

December 2010

How did the impulse for therapeutic eurythmy develop in France? Can today's demands make us feel gratitude for what each one of us thought, elaborated, gave in order that the being of eurythmy found its way through the tribulations of this present time which advocates other gestures? Each one of us will feel unique in one's own way within all the "possible potential" in participating in the metamorphosis, event and achievement of this therapeutic stream. Within this evolving process, we shall remember the first seed and those who cared for it from far and in this country. Before 1996, some eurythmy therapists trained in England, Holland, Switzerland, worked here and there, in various institutions, schools... In 1996, an association was founded: "OSE" (working for health with eurythmy). This was created in order to support a network for this initiative starting seed. In 1997 a group of six eurythmy therapists coming from different schools gathered together in order to create a French eurythmy therapy training. These therapists have met and worked together for many years and were immensely helped by Thomas Goebel and under the kind guidance of Mr. Sick. At the same time this association has also allowed eurythmy therapists to come together for continuing professional development at weekends around different themes. Sophia and Luckas Habluetzel have greatly contributed and accompanied them for many years. The eurythmy therapists have largely benefited from their vast knowledge and from their kindness. They also found there a place where they could exchange, share, find resources and deepen their knowledge. A newsletter emerged out of this process and is sent twice a year to doctors, organizations, eurythmy therapists and benefactors. Thanks to this newsletter our profession is getting better known on a larger scale. We have therefore the two movements of center/ periphery through our annual meetings on the one hand and the sending out of the newsletter on the other hand. We are gratefully greeting the generosity, knowledge and charisma of all the people who gave their time, strength with so much enthusiasm and perseverance. May they be blessed! In 2004-2005 the association legally took on the professional status. It carries on promoting CPD workshops. Since October 2008, fifteen eurythmists, eight dentists and two doctors have benefited from the dental eurythmy training with Mareike Kaiser and Dr. Haupt. The training ended last June but both eurythmists and dentists decided to carry on and deepen the work with Mareike. We would like to thank her for all the impulses she gave us and look forward to further future work with her. The dental anthroposophical association "I-dentité" has also helped with the development of dental eurythmy in France and welcomed a dental workshop during its congress. In February 2009 the Anthroposophical Society promoted a festival where artistic, pedagogical and therapeutic eurythmy took place. It was a great success for all and Margarete Solstad actively took part in it. The work was carried on and led to another recent meeting with her. Each year eurythmy therapists participate at the annual medical congress organized by the AMAF. In November 2009 it took place at the clinic house Husemannklinik in the

Black Forest area. A clinical diagnosis was devoted to a specific case and was elaborated in the course of three days in different professional groups: doctors, arts therapists, eurythmy therapists. During this congress Angelika Jaschke presented the work and structure of the Medical Section. She managed to convey a sense of belonging to the School of Universal Spiritual Science, the Medical Section, the European network as well as to the International Forum. Her enthusiasm towards challenges and future realizations helped us to make a move and we do hope that we will get more and more active in developing projects. Next November we will have the pleasure to meet again at the anthroposophical congress with dentists, doctors, nurses, eurythmy therapists and arts therapists in Chartres. We shall look at and deepen our work on one of the basic medical lecture in anthroposophy: "The invisible man in us, physiopathological basis for therapy". This work along with all the sharing/meetings there will feed us and give us strength to carry on with our daily activities within our movement, in institutions, medical practices and with our patients. We shall let the spiritual, artistic and therapeutic dimensions of of the cathedral in Chartres resonate within us and with you. *Yolande Marx*

December 2011

Dear friends around the world! It is good to meet one another every year at the conference of Delegates. To share our battles and successes. I will try to give you a picture of how things are in the little country which I pointed to on the world map at the delegates meeting. The one with the French flag! In France we are all trying hard to speak a common language and come together in harmony. A bit like the gestures of eurythmy when they are done together. In Chartres, we held a conference for doctors, nurses, therapists, dentists and care workers. The lecture 'The Invisible Man in us' was taken for study and lectures on the 'School of Chartres' were also looked at. There were many fine moments during the conference and it was wonderful to be in such beautiful surroundings, with the cathedral which we visited each day. In autumn we will return there for a conference on gynecology. Many research projects have started between doctors and eurythmy therapists all over France. In the South (Avignon), Dr. Lalague and Dr. Jouan met with the eurythmy therapist Annick Duval for a weekend with the theme archetypal picture of the vowels and the doctor/therapist relationship. They plan to meet eight times in all. In Alsace three doctors and eurythmists are working on the book 'Occult Physiology'. They read and practice together. This could form the basis for a new therapy training as many doctors are asking for this. Thanks to valuable help we have been able to translate the European Charter of Ethics and the statutes of the International Federation (IFAAET) and the contract for the right to adopt the trademark **AnthroMed®EURYTHMY THERAPY**. We are hoping to adopt this trade mark as soon as possible. In July we registered the name eurythmy therapy and we are waiting for final approval which is due at the end of September. So that's the news for now. All colleagues here stand for and carry eurythmy therapy as well as they can, often under difficult circumstances. Fortunately there is an ever growing interest in the work from doctors, dentists and teachers and the main concern is to provide treatment and a good working climate amongst patients and health care professionals. *Yolande Marx*

December 2012

HEXAGON, surrounded by seas, tides and winds, formed by mountains, Pyrenees, Alps, Vosges, crossed the plain, looking at herself in the Parisian Basin chalky, brooding in her breast the fire of the 'Torbieres', volcanoes .. assembly stones, granite, volcanic rock, limestone, sandstone, carved, built in chapel, church, cathedral .. stones becomes images, memories ... Christianized geology... hexagon or consonant sounding and resonating here and there another voice, or accents re-

vealing the dance, rhythm, melody of elements according to the region .. Eurythmisanant ... In this diversity, a few dedicates to live consonants and vowels, to find the rhythm for everyone to create space and to form it.... distributed from east to west, from north to south, marking the mercury and care given path of the hexagon, to meet despite all adversities, and still hope for anthroposophic medicine, for arts therapies, for therapeutic eurythmy and her recognition from the state. That the trial will comfort our willingness to continue and enhance a fruitful and warm interdisciplinary collaboration around our patients...

Yolande Marx

November 2013

France is characterized by the many currents of air and water which flow through it. It borders on three seas, to north, west and south, through which it receives diverse influences. Mobility and changeability, regulated by the Gulf Stream, make it a temperate country. In the east, the climate is more stable, but colder. France is an aggregation, a subtle riddle; each region has its own climate, where warmth, air and water devise different music and paint a different picture. Here a sky filled with journeying clouds, there completely overcast; here skies telling of eternal summer, there a harbinger of bitter, biting cold. There can be endless rain, or drought that consumes like fire; rich harvests; salt from the sea; ripe grain; vineyards; orchards; bright or dark forests; and the shimmering orange trees and bougainvillea that face toward Africa. Heaven and earth find manifold gifts in this land to celebrate their marriage. There are about 33 eurythmy therapists in France, of whom seven work in Switzerland. Twelve of us work as eurythmy therapists, of whom eight are self-employed and four employed in organizations. Then there are two doctors who are also eurythmy therapists; and two eurythmy therapists who work as psychomotor therapists. One eurythmy therapist works as a curative educator. The OSE professional association (oeuvrons pour la santé par l'eurythmie) has 26 members, of whom eighteen are eurythmists and eight are from other professions (physicians, dentists...). Work with the doctors continues: conferences, case conferences, working together in the therapy center near Paris, training workshops for physicians in the south of France — a rich and fruitful collaboration! Interdisciplinary work with other therapists takes place in different ways in organizations, in medical practices and in conferences.

Our OSE association is working on:

- developing the website
- guidelines for further training to bring it into alignment with the prescribed number of hours to qualify for **AnthroMed®EURYTHMY THERAPY**
- the issue of professional accreditation.

What is most valuable is our sharing and exchange of views; our meetings; the sense of solidarity in how we work together; our belief in eurythmy; and our will to share it with others and have it accredited and declared valid; our relationship with a Europe-wide co-ordination activity, with the International eurythmy therapy Forum and with the IFAEET. It is our wish to place ourselves in the spiritual context represented by **AnthroMed®EURYTHMY THERAPY**. All this gives us direction and perspectives for our deeds.

Yolande Marx

December 2014

We currently have seventeen members in our association. In December 2013, we launched our website for which we had translations made into French. In summer 2014 we applied to join **AnthroMed®EURYTHMY THERAPY**. This year we have had two further training courses, one on the lungs in Allier, the

other in Aveyron with the theme 'Consonants, Zodiac and Substances'.

Culture:

An all-embracing, far-reaching word with many resonances — literature, painting, architecture, music, well-known individuals, schools (such as that of Chartres), streams and epochs... Rural and urban culture, history inscribed in stone, in language, in melodies, folk traditions, dances, costumes, culinary art — human life manifesting differently in each region: from the Celtic west, the Germanic east, the Mediterranean south and the Nordics.

Culture, an immense ocean with rivers, tributaries, influences, pouring from this massive heritage of the languages of the spirit, challenging boundaries, bridging continents, emerging and submerging, always in a process of becoming as it moves between human beings. Culture, a network, a mist wishes to veil your contours; yet the ardour of culture coming into being lies in our hands.

Yolande Marx

December 2015

We already have a professional association in France, O.S.E. (Ouvrons pour la santé par l'eurythmie) and we belong to the IFAAET (International Federation of Anthroposophic Arts and Eurythmy Therapies).

In the autumn of 2014, the eurythmy therapy professional association acquired the label **AnthroMed@EURYTHMY THERAPY**, and about 3 or 4 members are registered as offering **AnthroMed@EURYTHMY THERAPY**. 18 members belong to the French eurythmy therapy association. 18 eurythmy therapists work as freelancers, six work in institutions, and about four members are not currently practicing. There are no doubt other eurythmy therapists in the country who are not members – and who are probably not practicing.

The doctors have decided not to make it officially known that they have something to do with anthroposophic art therapy or eurythmy therapy due to problems they are having with the state medical association in France.

Despite this there is collaboration with them, though this remains an isolated occurrence. For instance Annick Duval does two conferences a year with several doctors, and herself works with two of them. This is very rare in France. Another example is the fact that there is also a doctor with me but he does not send me patients. They only come through their own private initiative; and I consult him for the diagnosis and review. Naturally I have very few, but the ones who come are motivated.

Yes, there is some collaboration: in January 2015 and September 2015 we held meetings with anthroposophic arts therapists, and will do so again in January 2016. We want to get to know each other better. This is just a small beginning, not a national venture, and is not yet official. In further training courses we have considered the consonants and the zodiac, the substances, ether types and the elements. In April 2015 we considered the "heart as organ of circulation". This year we improved the statutes of our professional association as regards internal and ethical regulations.

Much effort has been expended on translations in recent years, often from English into French. We have already procured four translations – Annick Duval is responsible for this.

We would like closer contact with the professional association of arts therapists, also outside of the French Anthroposophical Society, and abroad.

Patricia Couturier

Georgia

October 2005

From 25.08.2005 to 02.09.2005 we have a part time eurythmy therapy training for doctors planned. Nine student doctors and two guest eurythmy therapists have enrolled. The mornings will be devoted to study of the 6th lecture of the eurythmy therapy course and its relevance to practical work with patients. The afternoons will be for study of the 'sounds' given in the 4th lecture. We will explore them through group practice then with individual correction. To conclude we will see how the zodiac forces play into the sound sequences and how the Jupiter line found in the 12 Cosmic Moods Verse corresponds. The doctors will all be given eurythmy therapy exercises for their own development.

Nino Waschakidse

November 2006

We would like to announce that since its beginning, four years ago, the first course to graduate in the eurythmy therapy training for doctors met for a conference. The mornings were taken up with practice of the basic exercises led by Frau Erika Molin (Sweden), and during the second part of the morning, doctors presented case studies, describing the eurythmy therapy treatment which was given. In the afternoon, Dr. Gudrun Merker (Germany) led us through chapters 7 and 8 of the eurythmy therapy course. The week was attended by nine doctors, five of whom were given a certificate allowing them to prescribe eurythmy therapy and even to practice it together with their patients! The week concluded with a festive celebration to which many guests came. There was also a more serious part, in that Pauline Grounds † was remembered. Pauline was one of the founder members of the training. After a festive meal, songs from Georgia and Germany were sung. It is a great joy for Georgia that five doctors are now able to practice eurythmy therapy.

Nino Waschakidse

December 2007

In Georgia eurythmy therapy has started since 1997 within the framework of the supporting association of anthroposophic medicine „Man and Nature“ and the „Therapy House“ Ltd. Patients are being treated, we study the eurythmy therapy course on a weekly basis - both theoretically and practically - together with doctors from the therapy house and other institutions. During the doctors' seminar one parallel eurythmy therapy course was held. After 5 years of regular work the need emerged that doctors who are interested in eurythmy therapy should deepen their knowledge of eurythmy therapy. Among the doctors there were some anthroposophically oriented doctors practicing outside the capital. Because of the huge demand of eurythmy therapist we decided to develop an in-service training for the doctors in Georgia. Foreign trainers were invited: Pauline Grounds (Hamburg), Dr. Gudrun Merker (Pforzheim), Baudewjn Fehres (Den Haag), Erika Molin (Järna), Margret Thiersch (Dornach). Three times per year we studied the eurythmy therapy course. In the meantime I (Nino Waschakidse from Tbilissi) continued the work regularly. The whole training course lasted 4 years, from September 2002 till July 2006, including a work placement. The group consisted of 7 doctors (2 doctors joined later on) and one eurythmy therapist. 5 doctors received a certificate after graduating and writing a diploma thesis. They can prescribe eurythmy therapy now and practice eurythmy therapy exercises with their patients. In autumn 2006, the graduated doctors took the initiative to meet every weekend to do some further training together with eurythmy therapists. Each Saturday 5 trained doctors and 2 eurythmy

therapists come together. They study Dr. Steiner's and Dr. Ita Wegman's „Fundamentals of Therapy“, discuss cases and do the relevant exercises. During the doctors' seminar there are 2 or 3 intensive weeks of eurythmy therapy training. Provision is made for the next intensive training course in spring 2008. In 2006 and 2007 two books were translated into the Georgian language: Rudolf Steiner's „Eurythmy Therapy Course“ and Kirchner-Bockholt's „Fundamental Principles of Curative Eurythmy“.

Nino Waschakidse

December 2008

The World Conference has given a new impulse to our work together with our doctors. We have continued to work with the themes of the conference in our study groups and this has also helped us on a practical level in our work with patients. As before, every Saturday afternoon five doctors who are studying in the eurythmy therapy training course meet together with two qualified eurythmy therapists. Since the war we have many difficulties to face. The Waldorf school in Tbilisi had to take in families who were driven out of their villages after their homes were destroyed and they will probably need to stay long after the winter is over. It has also been difficult in the curative homes to re-establish rhythm and harmony since the war. In our clinic (house of therapies) we have many new patients, many need to be treated for trauma after the terrible experiences they have had. Despite all this our plans for the future remain firm: To continue the work with eurythmy therapy and to strengthen the anthroposophical medical impulse here. At the beginning of October we begin regular meetings in the clinic and we will begin a new eurythmy therapy course for doctors. Five have already applied. As always it is our wish to unite the work of the doctor with eurythmy therapy as best we can. We hope for a fruitful working together.

Nino Waschakidse

December 2009

Eurythmy therapy work began in 1997 under the umbrella group 'Man and Nature' in our therapy house. At present there are five eurythmy therapists in Georgia. Four active mostly in Tbilisi. Eurythmy therapy is practiced in 'Therapy House' (clinic), in schools, in the curative education center Michaelschule and in a community outside to the east of Tbilisi - Kedeli. There are regular meetings between three eurythmy therapists and four doctors who have training in eurythmy therapy. A new course for doctors to learn about eurythmy therapy has also started with nine students attending. The political situation in Georgia is always difficult and the national health system still not fully established. We are trying to get anthroposophic medical therapies accepted by the state and by insurance companies. This would all help to give our profession a firm footing but it is difficult and our courage must not fail!

Nino Waschakidse

December 2010

Currently there are five eurythmy therapists in Georgia. Four of them are working in different professional fields: in the center for therapies, in the clinic, in a curative-educational school and kindergarten, in the Waldorf school and the Waldorf kindergarten, with elderly people and in private practice. The second round of the eurythmy therapy training course is being held within the association „Man and Nature“ and the „Therapy House“. It will last two more years. The economic situation in Georgia is still very difficult. There is no compulsory health insurance company and everybody has to pay for therapy. This is not affordable by all people. Despite

the difficult conditions we should not lose heart!

Nino Waschakidse

December 2011

There are around four million people living here. Half the population live in Tbilisi where most of the anthroposophic work started. There is also a village community in the eastern part of Georgia. At present there are five eurythmy therapists and nine doctors who have studied eurythmy therapy or are studying it now. Four of the five eurythmy therapists are working in various areas: Waldorf schools, curative education (Michaelschule), kindergarten, clinics, geriatrics, village communities and in private practice. Eurythmy therapy is still relatively unknown as a profession but in close liaison with a doctor it is permitted by the state. Georgia has no national health insurance except in the case of emergencies or accidents. Therefore eurythmy therapy has to be carried by the doctors and our own efforts and enthusiasm! The connection to the Medical Section in Dornach is a great support and protection for us here in Georgia. It helps us orientate and fulfill our work. The profession still needs grounding and we feel it important that there are adequate further training courses for us and our doctors. The work together with the doctors is essential we feel. We desperately need more eurythmy therapy colleagues here if we are to develop the work and one day gain state recognition for our profession. We hope very much for this in the not too distant future!

Nino Waschakidse

December 2012

Georgia is in the Middle East, although its inhabitants call it the balcony of Europe. At around 26,900 square miles (69,700 square kilometers), it is roughly the same size as Bavaria. Mountains and foothills cover 87% of the country. The 620 mile long Greater Caucasus mountain range (1,000 kilometers) along Georgia's northern border. Its peaks rise to between sixteen and a half thousand and nineteen and a half thousand feet (5,000–6,000 meters). In the south are the western ridges of the Lesser Caucasus and the edge of the volcanic Armenian highlands. The Colchis plain stretches as far as the Black Sea in the west; in the east the Transcaucasian Depression reaches to the Caspian Sea. Eastern and western Georgia are divided by the Lichi mountain range, which stretches from the north to the south. From the Lesser Caucasus in the south, Georgia's longest river, the Kura (Mt'k'vari in Georgian), flows eastward for 220 miles (351 kilometers). The largest lake is Paravani, 6,800 feet (2073 metres) above sea level, with an area of 14½ square miles (37½ square kilometers). At 7,200 feet (2190 meters) below ground, the Krubera Cave is the deepest known cave in the world. The western part of the Lesser Caucasus consists of folded sedimentary rock and Upper Cretaceous (60–80 million years old); in the central and eastern regions (160 million years old) there is evidence of volcanic activity in the solidified magma permeating the folds. The mountain ranges have been rounded by erosion. The Lesser Caucasus only reached its present height of 10,000–12,000 feet (3,000–3,700 meters) with the formation of the Greater Caucasus. Geologically, the Greater Caucasus is considerably younger at two million years old. Its central part consists of a granite core which descends toward the east. Around the core is a mantle of schist. This formed through metamorphosis of igneous and sedimentary rocks under the influence of heat and pressure. Numerous mineral and hot springs, as well as the frequent earthquakes, show that the mountain forming activity is not yet quite complete; Turkey has been particularly badly affected by these earthquakes over recent years. Seven eurythmists trained in Europe currently work in the capital Tbilisi which has one and a quarter million inhabitants. Four of them have also trained in eurythmy therapy. They practice this special therapeutic art in different fields of work. In the smaller cities of Batumi

(118,297 inhabitants) and Gori (46,680), there are nine anthroposophic doctors who have studied eurythmy therapy. A group graduated this summer. We have planned regular postgraduate courses in eurythmy therapy for all eurythmy therapists and doctors, starting from autumn 2012. Intensive courses with visiting tutors Margret Thiersch and Dr. Gudrun Merker are scheduled for next year (2013). Our aim and concern is to gain official recognition for this special way of healing. Our vision for the future is to continue nurturing a close collaboration between doctors and eurythmy therapists so that it continues to flourish!

Nino Waschakidse

November 2013

The changeable climate of Georgia is influenced by its varied landscape of mountains, rolling uplands and lowlands. Georgia's climate is broadly Mediterranean, but with the changeability mentioned above. Clouds blow in from the west over open sea. Lush green forests, fertile farmland and the bountiful earth characterize Georgia's landscape. Climatically, the Greater Caucasus separates Georgia from the other states of the Commonwealth of Independent States to the north. It protects Georgia from the climatic influences of the dry steppes around the Volga and Don; as well as from the chilly winter incursions from Central Asia. By the same token, the Lesser Caucasus protects the country from the summer heat of Iraq and Iran. Finally, the Black and Caspian seas also provide climate buffers. Through their masses of water they are able to balance and neutralize hot or icy storms and keep them within limits. The climate of the Sioni Basin is sub-tropical. Rainfall is between 47 and 98 inches annually, with more in the south than the north. Winters are generally free of frost, through the influence of the foehn wind when it backs up in the surrounding mountains, the average in January being 4°C. Summers are warm and humid; August is the warmest month, with an average of 28°C. Lush, subtropical vegetation thrives, with palm trees and citrus fruit. As one goes from west to east, precipitation decreases steadily. In the Surami mountain range and the uplands of the upper Kura river, rainfall at between 15 and 23 inches is considerably less than in the Sioni lowlands. The landscape here is affected by continental climatic influences, with hot summers and cold winters. The vegetation consists of grassy steppes and dry forests. Nearer the Caspian Sea, the lowlands of the Kura spread out. Here rainfall is only around 8–12 inches a year. The result is a landscape of steppes, becoming ever dryer toward the east. Finally there is the climate of the Greater Caucasus, which is alpine and conditioned by its latitude, a little to the south of the Alps, and its altitude, somewhat higher than the Alps. There are currently five eurythmy therapists in Georgia's capital Tbilisi. Four work in different professional fields. There is not a professional association yet. There is productive collaboration between eurythmy therapists and doctors, who meet monthly for further training courses with a theoretical and a practical component. A particular theme this year was Mars, iron and the sound E. At the end of June there was a one-week further training course with Dr. Merker for physicians and eurythmy therapists. Our aim remains to achieve official accreditation for eurythmy therapy.

Nino Waschakidse

December 2014

Currently there are seven eurythmists, trained in Europe, in the capital Tbilisi. Four of them are eurythmy therapists applying this special therapy in different fields of practice. There are also some doctors in Georgia, including outside Tbilisi, who have studied eurythmy therapy. Eurythmy therapists and doctors meet monthly, working both theoretically and practically. A particular theme we focused on this year was Venus – copper – the sound A, and Lecture 5 of the eurythmy therapy course. From 21st to 27th June there was a further training course for doc-

tors and eurythmy therapists with Dr. Gudrun Merker.

Angelika Jaschke visited us in Georgia for the first time, between 11th and 19th May; she worked with a group of fifteen people on the zodiac and planets in relation to the first Goetheanum. We also had an exceptional meeting with eurythmists, eurythmy therapists, doctors and an architect in the Anthroposophical Society's house.

Unfortunately we do not yet have a professional association. Our aim is to achieve official recognition for this exceptional therapeutic practice. Our vision for the future is to continue to promote close collaboration between doctors and eurythmy therapists so that it may flourish!

Culture:

The far east of the country, between the Black Sea and the Caspian Sea, was home to special mysteries in which pre-Christian and Christian impulses were united. The ancient Greeks called them ‚georgos‘ which means ‚farmer‘. Georgia is a farming country with nature that is wonderful and enchanted. Georgia is also a country of culture, which always united eastern and western cultural streams.

Around the thirteenth and twelfth centuries before Christ there were two regions here: Colchis in the west and Iberia in the east of the country. They formed the so-called Colchis-Iberian empire with a highly developed culture. Important discoveries, including the archeological finds of the last few decades, reveal the country's remarkable cultural developments, particularly in the art of healing.

„In Colchis we must picture a connection between the Egyptian and Greek mysteries ... here is the fundamental mystery of the area around the Black Sea. The mysteries that developed here wanted to restore the purity of the astral body, and to inaugurate a transition from Asia Minor to Europe, from the Egyptian era to that of Greece and Rome.“ (Hans Gsänger)

The saga of the Argonauts points to these mysteries of Colchis, in which heavenly and earthly realms united. This mystery of the restoration of the Golden River of the astral body was known about in ancient Colchis. To become one with this ‚Golden Fleece‘, to attain a golden soul; such was the lofty ideal of this people.

The site of Colchis was converted to Christianity in the 1st century before Christ by the apostle Andrew the 1st. The eastern part of Georgia was christianized in the 4th century AD by Saint Nino. Christianity was recognized by the first king and queen as the national religion.

Around the sixth century, Buddha worked further here with his disciples — Rudolf Steiner indicates this. At this time thirteen Assyrian abbots founded monasteries in different towns in Georgia and further developed and fostered Christian culture.

Georgian culture reached its height in the 11th and 12th centuries. Architecture became highly developed, and the poet Rustaveli recorded a folk epic called ‚The Man in the Panther Skin‘. Georgia's cultural life was renewed and further developed by artists in the 19th century, especially through the writer and poet Ilia Tchavtchavadze.

When we move forward into the 20th century, we find the first work with eurythmy taking place in the area of Colchis through a small group of spiritually striving individuals.

Nino Waschakidse

December 2015

Five trained eurythmy therapists live in Georgia (3 of whom are currently practicing) and nine doctors who have studied eurythmy therapy. Unfortunately we do not yet have a professional association in Georgia, and membership of IFAEET (International Federation of Anthroposophic Arts and Eurythmy Therapies) would be a good solution.

We collaborate with arts therapists, and regular patient case studies and patient presentations take place once a week, at the therapy center, the Waldorf school

and the social therapy day center.

This year our further professional development sessions took place once a month. Our theme this year was "the Sun" (for years now we have been working our way through all the planets). These studies culminated with a block in June with Mrs. Dr. Merker. The week began with a eurythmy performance on the theme of "the Sun". In the mornings we worked intensively in eurythmy on movements relating to the origins of the zodiac signs.

Next year the eurythmy therapists and doctors plan to prepare the theme of "Mercury". The eurythmists are also working on the planetary seals. They meet regularly once a week.

We very much hope that in the near future our profession can gain official recognition.

Nino Waschakidse

Germany

March 2005

The question of state recognition for eurythmy therapy is being explored together with the art therapy association. This includes the area of job description or professional profile, guidelines and training course standards. We also need to agree to basic concepts for a general arts therapy association. The university Alanus Hochschule is trying to secure state recognition for eurythmy therapy within its degree course program and a training in mentoring and social competence has been developed by Mr. Di Ronco which takes place over three weekend seminars. It is especially developed for eurythmy therapists. The ‚Guidelines‘ document for a eurythmy therapy ‚method‘ has been translated into English making it available for international use. Our job description or professional profile document has now been agreed to throughout Europe and is being aligned with the arts therapists‘ one. Through the umbrella group for anthroposophic medicine in Germany (DAMiD) an attempt has been made to include anthroposophic medicine as part of state funded provision. Liaison work is underway with various private health insurance companies, however the outcome is still unclear. Within the various fields of practice, research and collaboration is active. Responsible for these fields of practice are: eurythmy therapy in schools: Erika Leiste; ET in curative education: Carola Roettig; ET in kindergarten: Elke Neukirch; ET for the elderly: Christoph Peltzer; ET in private practice: Marlene Purucker. A wish for the future would be that ET colleagues from many countries join together to build an active living network of sharing and communication regarding their work and research.

Angelika Jaschke

October 2005

Questions (as freely given inspiration)

1. What is the current political, legal situation? What issues are there and what should the next steps be?
 2. What ET themes or questions are there living in your country? Could you put into words the spiritual intentions?
 3. How is the coordination ET Forum perceived? What is seen as useful, or important? What are the wishes?
-
1. Fortunately for us, a recent legal decision has enabled health insurance companies (within reason) to cover the costs of eurythmy therapy referrals. The umbrella group for anthroposophic medicine (DAMiD) is trying to secure contracts with several companies. All artistic and movement based therapies have joined a state association and are working on obtaining professional (legal) status. The German and Dutch training centers are hoping to adopt the international Bachelor status for eurythmy. Alanus University has also submitted the masters degree program for eurythmy therapy for approval.
 2. Fields of practice for eurythmy therapy in schools and kindergarten and eurythmy therapists working in special curative education hold regular international eurythmy therapy further training courses.
 3. The meaning and importance of the international network for eurythmy therapy is difficult to convey in Germany, even though it is the nucleus of it all! It is also sad that Germany has still not found a country representative which means that I not only have to be the Eurythmy Therapy International Forum Network coordinator but also country representative. I do hope that in the coming year this will be shared by two shoulders! *Angelika Jaschke*

November 2006

Several health insurance companies are working together with the Association DAMID, and with one company a draft contract for 'integrated care' has been agreed. Eurythmy therapy and art therapy are not supported without this contract. A new professional 'statement' is being drafted which will hopefully include all anthroposophic arts therapies. This is being explored on a political level with the trade union **Verdi**. New legislation and statutes are required and general recognition demands a guarantee of quality in the profession. The first meeting between the four recognized training centers and the association recently took place and it will soon be possible to take a Masters Degree in eurythmy therapy at the Alanus Hochschule.

Florian Hoyer

December 2007

The practice field eurythmy therapy in schools has been established for some years, and now eurythmy therapists are getting aware of eurythmy therapy in social pedagogy. The practice fields eurythmy therapy and elder people and eurythmy therapy in the kindergarten start cooperating. For eurythmy therapy in hospitals and in private practice it is more difficult to find some common ground. The eurythmy therapy is actively involved in the umbrella organization of the anthroposophic medicine (DAMiD). Above all it is an effect of the contracts for integrated care, which for the first time have been placed between health insurance companies and therapists. There are still too many eurythmy therapists who are reluctant to affiliate with the association. Nevertheless, it is continually developing into a competent and exclusive contact point for other parties. Additionally, since the very beginning the association is decisively involved in the political activities of all German arts therapists striving towards general recognition and future positioning. An overall professional statement will shortly be available. After that, the political work for a professional law will start.

Florian Hoyer

December 2008

There is reason for concern in Germany in relation to the health service which is becoming ever more part of the private sector. This causes a weakening of the goodwill which used to come naturally from doctors and therapists. In January 2008, 7000 general practitioners went onto the streets of Nuremberg to protest and in September 130000 clinic workers went on strike in Berlin. The political reaction has been weak and new regulations and systems gain strength. New solidarity groups have formed here in order to gain independence (www.artaban.de and www.samarita.de). Great steps have been taken to establish the doctors degree for eurythmy therapy at the university of Alfter. Through this and the Amos Training the profession has gained in strength and recognition. We are working together with the artistic therapists to gain professional recognition for eurythmy therapy and to establish a BAG arts therapy. The inner, more spiritual side also needs our attention and our working together with doctors always needs strengthening in order for anthroposophic medicine to develop and thrive. The World Conference gave us new experiences and contacts which help our work in the world. Since the conference a group has been meeting in Rhineland-Palatinate to study the Urweihnacht (Christmas impulse) and in Munich another group meets with E. Leiste to study IAO and the strength from the four directions of space (vier Himmelsrichtungen). Through this a connection to colleagues around the world is established on an etheric level. May many people join together to create a common strength which will not be ignored. Hopefully international exchange and support for each other has become

more of a possibility since the conference took place.

Barbara Lampe

December 2009

This year I would like to report on the different fields of practice here in Germany. The schools are faced with the dilemma that falling pupil numbers mean less money and so many cannot afford eurythmy therapy. Some try to make it possible for us to maintain our work but the support and understanding is not strong enough and often the post is simply closed. It is not possible for self employed therapists to work in schools in Germany due to legal reasons. Insurance companies will not cover them. We are glad to report however that another conference for eurythmy therapy in schools took place in Munich which was well attended and successful. Also the teacher training courses have asked for eurythmy therapy to be presented to the students so that the teachers have an idea what it is and how it can help later. Those working in private practice are struggling with health insurance companies many of which have joined together and some no longer cover eurythmy therapy or alternative medicine. Fortunately contracts for integrated care have risen and our lawyer Mr. Hesse has had success representing some individual cases. The will of the patients has been helpful in fighting for financial aid from insurance companies for their treatment. The clinics have also had to tighten their belts with the credit crunch but we also suffer due to lack of support from some doctors who favor therapeutic gymnastics above eurythmy therapy. It is difficult to have to keep on defending ones profession and trying to convince people of its worth alongside the work with the patients. Difficult to carry this extra weight. DAMiD is active in the task of constantly presenting and strengthening the awareness for anthroposophic medicine in the hope of ensuring its survival in the future. The pressure coming from the outside demands great strength and much community work in the eurythmy therapy movement. We are fighting on many fronts but at least the demand for eurythmy therapy from the patients side is stronger than ever!

Barbara Lampe

December 2010

Some things have changed within the structures of our professional association. A general assembly in June voted for a board consisting of 12 people. Now we try to practice the delegation method. It's the community's responsibility to get the overview, to identify tasks and delegations and - and this is perhaps the most important task - to receive, to appreciate and to integrate all that which the individuals are doing within their delegated work. Only the individual can get active and only the individual can tap on the community's ideas to get strength for his doing. This relationship of individual and community is comprised in Rudolf Steiner's words „The healthy social life is found when in the mirror of each human soul the whole community is shaped, and when in the community lives the strength of each human soul.“ For two years we have already been working on this topic, together with an adviser (Ch. Czesla from Stuttgart) and considered this idea. Then things became a serious matter and all those who had been present in the process were elected by the general meeting. Every member of this big board has taken on a special task. He or she is responsible for the task, either alone or together with someone else, and he or she has to take care for the development of that specific „project“. We do hope that we will be able to work efficiently in this structure. In the field of practice there is more and more professionalism. The representatives commit themselves both to further training and to legal stabilization. Much is to complain of in all the institutions. Everywhere financial cuts damage the working concepts so much that people do not know how to collaborate on a broader level. Bureaucratic conditions are imposed everywhere, be it in schools, in curative education, in the hospitals.

And they hamper the daily work. The therapeutic support of people in crisis regions is considered as a new task by colleagues. Therapeutical teams had been in Georgia, Haiti and will continue to help in such difficult projects. The commitment of the colleagues despite all difficulties in all fields of practice is to be admired and it gives hope.

Barbara Lampe

December 2011

In Germany the situation surrounding private practice remains tense. Last year a health insurance company canceled the contract with anthroposophic medicine. And now the IKK Hamburg (Classik) has also canceled contracts. They originally made an eight year study of complimentary medicine which resulted in their interest and offer to cover anthroposophic medicine. These setbacks have brought colleagues down to subsistence levels but actually many are saying that they don't want to return to being dependent on state health insurance and are looking for new ways. The association is keeping several irons in the fire. It still has state recognition with the GBA (Gemeinsamer Bundesausschuss). This was granted partly through positive research which took place. Negotiations are also continuing with health insurance companies through DAMiD. The amalgamation of the arts therapists in BAG KT (Bundesarbeitsgemeinschaft Künstlerische Therapien) which includes anthroposophic and non-anthroposophic therapies is making steps towards common legal standards for the profession. Many conferences and courses have been organized within the various fields of practice and there has been much activity and change within the trainings also. The last students of Mr. Wilde in Pforzheim have now completed their studies and the new eurythmy building is available for eurythmy therapy conferences and further training courses. Please contact Mrs. Elisabeth Wilde for further information or to register: 07551-63987 or info@eurythmiebau.de Some good news: In a new kindergarten building in Southern Germany, a special eurythmy therapy room has been integrated into the plans. This is not always the case in Germany!

Barbara Lampe

December 2012

This country lies at the center of Europe, bordered by many other countries and by two seas. It has a shape which, with a little imagination (!!!) and if you screw up your eyes (!!!), looks a little like a torso! Two seas rest on the shoulders of this torso, left and right of the neck, in air and levity, with the brilliancy of the light at your discretion (or one could say inspired by our Scandinavian neighbors). On the left is the North Sea with the East Frisian Islands, very much characterized by ebb and flow. They speak of the „stiff breeze“ which blows in your face, and of squalls which laid waste the land centuries ago. On the other side is the Baltic with its milder climate and home to the old commercial Hanseatic cities. There too is Rügen Island, with the most sunshine in Germany. In the west are many cities where in the past people had gone to earn a living, for instance in mining during the period of industrialization. Rich deposits were brought up into the light of day and then processed. Many people lived close together in the smallest areas, as they still do. If you look east, the landscape broadens out and the population density decreases. There are big industrial zones here too, as well as agricultural areas. Eventually, on the sandy soil of Brandenburg and among its many lakes, we reach the new and old capital city. Is it the heart within the torso? Big cities and little villages, delightful landscapes and dense traffic mark the lower part of the torso, bordered by the massif of the Alps, with their partial mantle of snow. This is where our German- speaking neighbors live. The entire landscape is crisscrossed by rivers and streams, with lakes here and there — they all shaped the landscape, but

played a bigger role in the past than today. What does the eurythmy therapy torso look like? Where millions of years ago the Alpine massif was formed through the interaction of powerful forces, there is a focal point of activity. The special northern light qualities, on the other hand, and the bright summer nights with their sense of ease, are the sources of many different initiatives. The mineral processing in the west, exploiting raw materials and formative forces to the uttermost, might perhaps have been an influence in founding the state-accredited training which has been running for a few years now. And hopefully the east, with its interplay of different and sometimes conflicting qualities, may also reveal its potential! In big organizations or little pioneering endeavors, the work of our eurythmy therapy colleagues is as diverse as the country — and I doubt there will soon be any blank spaces left on the map...

Thilo Riebold

November 2013

- 1) In Germany, there are 561 ordinary plus 31 associate members, a total of 592.
- 2) Yes, an energetic and capable professional association exists, established many years ago.
- 3) Cooperation with the physicians varies regionally, there are intense meetings and work contacts, but more and more colleagues say that doctors prescribe too little therapeutic eurythmy.
- 4) Cooperation with other anthroposophic therapist takes place mainly in hospitals, clinics and schools - in private practice only to a limited degree.
- 5) This year the substantive work was about current issues and problems regarding training and approval.
- 6) We have a new secretary – quite a highlight!

The climatic conditions of the country

Often a "stiff breeze" blows in the northern part of Germany, not only because the country is situated between North Sea and Baltic Sea, competing with each other, but because the Gulf Stream is affecting the climate of our country, too. Who would have imagined that? Despite northern latitudes, the Gulf Stream cossets us with unusually high temperatures.

Facts and figures speak their own language: the coldest place is the summit of the Zugspitze (2962m), with an average annual temperature of minus 5° C, the highest average annual maximum temperature is measured in the Upper Rhine Area with 11° C;. During winter, the monthly average is minus 0.5° C, which is quiet mild, while the average temperature during summer crawls up to 16.9° C. In the transition region between the maritime climate of West Europe and the continental climate in Eastern Europe, our country is in the so-called temperate zone. All four seasons are still tangible and affect not only nature, but also our whole human being (perhaps more in the countryside than in urban areas). In winter it is often said that „the cold comes from Siberia“ - then it's dry, icy cold runs through the streets and around the houses. This season is characterized by marked darkness, misty grey weeks (so-called „November Blues“), the sun only rises at 9:00 even if behind clouds, and snow and ice then quickly paralyze the civilized world. According to the records of the German Weather Service, spring comes earlier by 5 days each decade - but people can hardly wait till it finally arrives. Still, March 21 is the first spring day! The summer also comes on the 21th - in June that is. In recent years, floods repeatedly occurred after periods of heavy rain and caused severe damage. However, on nice days and special climatic conditions – the so-called „Foehn „ – the Bavaria region seem to be „within reach of the Alps!“, and for many people, children and adults, the summer holidays start. The autumn then brings ripe fruit and

joy to the children, flying their colorful kites in the sky. But on the weather maps, single storm depressions show up, dragging across the North Sea to the east, mainly affecting northern and central parts of Germany. North, east, south, west and in between – there are so many different areas in Germany, and the climate is just as varied.

(Author: Thilo Riebold. He had been country representative till June 2013 and was then succeeded by Elke Neukirch.)

December 2014

We have 559 members in our professional association in Germany. Over the last year we have had a series of disputes on methodology in eurythmy therapy leading to a polarisation in the association that urgently needs to be resolved. We have been deepening methodological issues and aspects of the eurythmy therapy course as given by Rudolf Steiner through practice and schooling. This reveals tasks that are coming toward us from the future, including the elaboration of esoteric elements. On the one hand we are challenged to deepen our practice, on the other to develop the next essential stages of consciousness necessary for the implementation of effective therapy.

Eurythmy therapy's healing impulse is unusual in that it is directed towards the whole of humanity. It originates in a suprapersonal spirit which is wholly human, and is metamorphosed so that it can work effectively in individual processes of illness. Eurythmy therapy is placed into the will and the responsibility of the individual. There it reveals a future form of the development of medicine. Superordinate therapeutic collaboration commensurate with this task exists in a rudimentary way in individual organizations; overall there are opportunities in many areas for development in this regard.

Culture:

If we turn our attention now to culture in Germany, we can see that it can no longer be considered outside the context of European culture. The Federal Republic of Germany experiences itself as part of a community of European national cultures that is open-minded toward any impulse or way of life. This fundamentally open attitude is a particular characteristic of the German folk spirit, which unites itself, sometimes closely, sometimes more loosely, with the German folk soul. The folk soul can then embody either more or less national receptivity and openness for development. German idealism was an expression of intense union with the folk spirit. The connection may appear tenuous now but in the intervening years has been even more so.

Idealism no longer plays a role in today's cultural life. The various areas of life, particularly science, art and religion, have lost their connection with the progressive, idealist spirit. Symptoms of decline can be seen all around — art seldom reveals beauty, science less and less morality, and social conditions leave little space for justice and fraternity. Institutionalized Christianity increasingly lacks spiritual presence or power. What now pervades nearly all areas of cultural life is alien to our humanity. The anthroposophic movement will have no end of tasks for the spiritualization of culture and social forms, so that superordinate lawfulness can become an expression of life and bearers of life.

In the course of the externalization of our life much is threatened with derailment. The essential gesture of our time is to exhaust itself in material life, frequently to the point of absurdity. Consumption has become our most popular pastime and our greatest indulgence. It is a particularly degenerate manifestation of unbridled growth. The ambition of one-sided personal fulfillment is paraded in the guise of individual freedom, and aspects of evil are no longer excluded. Prevailing economic attitudes threaten more and more to squeeze the free space needed for artistic initiative. It is rare to find anything uplifting in our culture or that nourishes the soul. Culture vanishes in representations from everyday life and the human soul surren-

ders itself passively to a materialistic view of life, no longer finding the depths needed for a spiritualising of life and for progress in human development. Yet new initiatives are lighting up in this world of self-dramatization, that can lead to personal awakening, to transformation, to pilgrimage. Seeds of a new ecumenism of togetherness and appreciation are forming that will mature toward more justice and concern for the integrity of creation and that incorporates a need for renunciation of consumption. Hope can grow in this soil, creating new forms of life in the shadow of egoism; these can enable respect for the divine in creation and in the other human being as an experienced fact, and so re-found and develop art, culture and science in inwardly experienced appreciation and respect, as the fruit of moral and ethical maxims for life.

Elke Neukirch

December 2015

In Germany there are currently 597 members, including 13 associates and 18 sponsoring members. The financial situation for eurythmy therapists did not improve last year. There is a continuing trend for health insurers to reduce the number of therapy units and even to cancel integrated care contracts. The collaboration with doctors also leaves much scope for further work. Last year, with study of the eurythmy therapy course, we further deepened our work on eurythmy therapy methodology. Various contributions to this work will be published next year in the form of a joint book project.

So far we have not succeeded in reconciling divisions and polarities in the German professional association. A lack of willingness to engage in dialogue and the exclusion of certain members from further training events has caused widespread misunderstanding. Lack of consensus is apparent especially in a failure by the German eurythmy therapy association to distinguish and recognize courses and further training modules. This not only has legal repercussions but also affects working methodology.

The executive council has a task here that is not easy to master. For these steps to succeed in future, national representation tasks within the Medical Section's Eurythmy Therapy Department will be undertaken directly by the executive council from autumn 2015. (Report Elke Neukirch, representative of Germany till summer of 2015)

Thilo Riebold

Great Britain and Ireland

England

March 2005

The Eurythmy Therapy Council (coordination group for the ET Association) met on 6th February. We are a group of seven who meet on a regular basis. At present there are about 80 members in the ET Association. We have a new conference co-ordinator: Catherine Landsley and from the 17th to the 19th of June there will be a large Medical Section Conference in Botton Village Camphill. From the 20th to the 22nd of May 2005 there will be a tone eurythmy course with Eva Maria Rascher in Botton Village. We have a new ET brochure and the ET course by Rudolf Steiner will soon be published in a new edition by Floris Books. The A.H.P.C (Anthroposophic Health Practice Council) is working towards including all anthroposophic therapies under one umbrella group. Charles Reynolds is coordinating this plan.

Daniel Maslen

October 2005

Questions (as freely given inspiration)

1. What is the current political, legal situation? What issues are there and what should the next steps be?
2. What ET themes or questions are there living in your country? Could you put into words the spiritual intentions?
3. How is the coordination ET Forum perceived? What is seen as useful, or important? What are the wishes?

1. The Anthroposophical Health Professions Council (A.H.P.C) continues with its work to create an umbrella group to co-ordinate and represent anthroposophic medicine and all the activities and therapies which arise from it. A draft document including membership criteria application forms etc. has been submitted to the Eurythmy Therapy Council for approval.
2. Our study themes include the 'Human Heart' and 'Documentation'. The next conference is planned for November 5th and 6th in Stroud.
3. The Forum Network is considered to be of great value and we hope that it will continue to be a good base for research, sharing and communication.

Daniel Maslen

November 2006

The new 'overarching body' for anthroposophic medicine will soon be in place. It hopes to include all anthroposophic doctors and therapists working in the country. The training continues to run well in its new location (Stroud / Stourbridge) and on the 18-19 November 2006 there will be a weekend conference and AGM of the association in Kings Langley. The theme is healing forces in zodiac and planets and Udo Hermansdorfer from Ways to Quality has been invited to speak. The London Eurythmy Group will perform Rudolf Steiner's Twelve Cosmic Moods on the Saturday night. You are all warmly welcome to attend. Venue: Rudolf Steiner School, Kings Langley, Hertfordshire, England. Please contact Daniel Maslen for an application Form.

Daniel Maslen

December 2007

The new 'overarching body' CAHSC (Council for Anthroposophic Health and Social Care) is now fully established with lots of members. The eurythmy therapy training is flourishing in its new home Stroud. Last year we had a large conference with the theme „Healing Forces in Planets and Zodiac“. Udo Hermansdorfer spoke and Rudolf Steiner's 12 Moods was performed by the London Stage Group. We were pleased to welcome Angelika Jaschke and Dr. David McGavin as our guests. This year the AGM will be held in a weekend conference in Michael Hall School with the theme „Documentation“. The foundation stone meditation will be performed in eurythmy.

Daniel Maslen

December 2008

Eurythmy therapy is well established here. There are around 70 eurythmy therapists and 50 working mostly in schools, curative education, clinics or private practice. We have an association and a council has recently been formed to act as an umbrella group with the intention of coordinating and looking after all activities arising out of anthroposophical medicine. Doctors and therapists are encouraged to join this central organization which carries the name: CAHSC - Council for Anthroposophical Health and Social Care. Many have registered but there have been problems mainly around money which has slowed the process down. We hope that in the future CAHSC will help to unite us all and to maintain good standards of practice in our work. The eurythmy therapy training continues to flourish with many students, mostly from abroad. We are fortunate to have an excellent group of teachers running the training. For us, the World Conference was a great success and the many meetings and rich content of the presentations and courses will continue to nourish our work for a long time. We would like to thank the preparation group most warmly and look forward to another such conference in the future. Now that autumn is here again we look forward to the annual general meeting of the Eurythmy Therapy Association in November. This year we have invited Ursula Ziegenbein and in the new year Mareike Kaiser will come to give us a course on dental eurythmy. Warmest greetings to you all.

Daniel Maslen

December 2009

We are very happy to report that CAHSC, our organization to co-ordinate all activities connected with anthroposophic medicine is up and running again and many doctors and therapists have registered. The eurythmy therapy training continues to flourish in Stroud. Courses are usually full. We welcomed several guests from abroad this year: Marieke Kaiser and Dr. Haupt from Austria who gave us a course on teeth. Anne-Marie Baeschlin - tone eurythmy. Helpful also for therapists. Our annual general meeting and eurythmy therapy conference took place in Forest Row. Most of the larger Waldorf schools have eurythmy therapy as do our anthroposophic clinics; Park Atwood, St Lukes and Blacktorn Trust. Camphill is well established here and most communities have anthroposophic doctors and eurythmy therapy. We still do not have state recognition at least as far as finances go! Everything is paid for privately. Many work in private practice. CAHSC is already proving helpful in strengthening the profession and giving it a new more professional standing. There are various research projects underway. Eyes and documentation remain active themes here.

Daniel Maslen

December 2010

Annotation (A.J.): There has been a change in the board of the British professional association. Daniel Maslen has passed on his function to John Browning. Due to private reasons, he will be able to act as the representative of England only next year. Ireland will be represented by him as well. However, our contact person in Ireland will be Anne Todman as usual. Eurythmy therapy is deep-seated in the umbrella organisation CAHSC (Council for Anthroposophical Health and Social Care).

Ireland

December 2007

In the Republic of Ireland eurythmy therapy at present relies very much on the Camphill Communities, where most of the support and clientele are concentrated, and we also have two anthroposophic doctors to work with. Outwith Camphill, the therapy seems to often find difficulty being accepted. Is it too alien, or simply as yet unknown? Or are there other reasons for the lack of uptake? E.g. the strong Catholic background in the country generally, which is rather a non-fertile ground for anthroposophy in general, and makes many things an uphill battle, although there is an active Anthroposophical Society here. Maybe as we are only a few therapists, it belongs also to the early days of establishing a new therapy discipline in a country, and Eire is after all, still catching up with the rest of Europe in very many areas. There are currently 4 eurythmy therapists living in the Republic, and one eurythmist doing the therapy training in the UK. She will graduate at Easter 2009. Three of these 4 therapists and the trainee live in Camphill communities. One is not practicing therapy at present, but teaching eurythmy to groups and in classes; the other two practicing therapists work mostly with patients from within Camphill: these are people with special needs, co-workers or their children. An occasional external patient will avail of the therapy, if referred by one of the doctors. The fourth therapist lives in the west, in County Clare, but also works in two Camphill Communities and with a few patients from elsewhere in her area. We try and meet up regularly, but distance and time are a hindering factor in this. The two who live within half an hour's drive from each other meet every week, when they are in the country - one has commitments in Belo Russia, and travels there on a regular basis for a few weeks at a time. Efforts to meet on a wider basis have foundered on difficulties of finding mutually compatible dates, health, and there being a traveling time of 3-4 hours each way separating us. We will persevere with the idea of all meeting for a day, maybe every 2 to 3 months, and hope it will come to fruition soon. We have sometimes met during meeting of the Medical Section of the whole of Ireland, which take place twice a year, and this is always good and fruitful. Another eurythmy therapist will be moving here in January, to Camphill Ballytobin. Hopefully this will enable a larger regular nucleus of working together to establish itself, which may gradually itself have an effect on the wider community beyond the Camphill boundaries in making the therapy known, available and accepted.

Anne Todman

December 2008

There is not a lot of change to report within Ireland, since autumn last year, despite the inspiring International Conference in May, which two of us attended. At this minute we are five therapists here, plus one in training, but this will change, as of these five, one has just arrived in Ireland and will probably only begin working in the new year, and the one with commitments in Belo Russia is planning to go there for a twelve month period from November. That is good news for Belo Russia but it leaves the eurythmy therapy activity in Ireland much as it was a year ago, and over

the past year. The difficulties of working out with a Camphill environment remain, and there has as yet been no new foray into wider circles of uptake. The medical support is thinning, as one doctor is looking to cutback and we are actively searching for further anthroposophic medical input, possibly on a regular visiting basis from the continent. We hope for this from 2009. Regular meetings between the therapists have been interrupted since May due to absence because of other commitments and activities, (for myself: participation in an artistic tour in the UK and Ireland) and then the summer holiday season (this is long in Ireland) and are only now re-establishing themselves. I have really felt their loss. It is so clearly important to meet together, not only for the mutual support in our daily work, but also as a stimulus for ideas and other activities together: further training/learning possibilities etc. and to fan the flame of awareness of the eurythmy therapy activity throughout the world. These cannot be pursued effectively in isolation, and the computer, amazing as it is for communicating, is no replacement for personal encounter. We will endeavor to rectify this in Ireland in the coming months, although there is a close connection with the Association in the UK which meetings feed and nourish us, when we are able to attend.

Anne Todman

December 2009

This year our numbers have doubled, from four to eight, two having just moved here in the last couple of months. It brings great possibilities for the future. The work itself remains centered very much within the Camphill centres, some therapy takes place in the Waldorf schools, and there is a trickle of work outwith those spheres. This remains one of the eternal questions here: how can we make eurythmy therapy more known and more accepted in the local population. Tony Whittle continues to travel regularly back and forth between Ireland and Belo Russia. He has achieved quite some success through working in a particular way with the SMA, LMI, TMU sequence with individuals with cerebral palsy. This is an area we might hear more about from Tony himself in the future. The eight therapist here are widely dispersed in the country and have not met together as a study or working group yet. So far, most input or participation at this level has been in the UK, where we join the therapists in their workshops, conferences etc when possible. Now there is such a group in this country, new possibilities are opening up for us and the challenge will be to establish a creative working together that can be a source of inspiration for us and mutual help in our work. This is of course also an opportunity to be grasped with both hands.

Anne Todman

December 2011

Since 2000 I have been working regularly in Belarus, the country most affected by Chernobyl. I have been involved with Institutions for special needs adults and children. In the last three years I was invited to work in a large rehabilitation center for cerebral palsy in the capital Minsk, specifically with eurythmy therapy. The work in the rehabilitation clinic contrasted strongly with the quite difficult experience in the orphanages and adult institutions. In this flagship clinic, as the staff saw the effectiveness of eurythmy therapy for cerebral palsy, they became open to anthroposophic medicine in general. Two leading doctors from this government institution have attended the IPMT course in St Petersburg for the second year running. The sequence SMA LMI TMU plays a central role in my work with the different kinds of cerebral palsy. Kirchner-Bockholt particularly writes of this sequence "This exercise is like a model from which we can learn a great deal". Initially all the work is so called "passive" eurythmy. (I would prefer an other name as the patient in fact must be very active, although without much outer movement!). Because one is

working with movements which often bear no outer resemblance to the usual gesture, then one must concentrate very hard on the quality of movement. The only way for me is to hold the "figure image" in my mind as a "touchstone". Often my effort is to experience my movement and the patient's as one – especially when working with athetoid spasticity. I have to say it has been a privilege to work in these often deprived situations. Particularly important has been the close working together with very young children and their parents. Time and again the being of the child made sense in the light of the parents. As an anecdotal impression, cerebral palsy seemed to relate to mothers who were in some way carrying the burden of an authoritarian atmosphere around them. I often tell the story of the first time I showed eurythmy therapy at the clinic. It was suggested that I should give a demonstration on 3, 4 and 5 year old children, in a hall in front of a large audience. I explained that the key to eurythmy therapy and cerebral palsy was relaxation and breathing and that such an exposed situation for little children on a first meeting was unlikely to work. We eventually compromised to a small darkened room with only(!) 12 people – all mobiles switched off. The great thing about the SMA sequence and cerebral palsy is that often the improvement in movement is visible during the session. The first child in the demonstration went well. The staff's comment was "That was very nice but we have children who were much more difficult than that!". Partly because their way of working was very physical, at times uncomfortable for the children, the children often became agitated and distressed. We suggested they brought their most difficult child. Her angel and our angel must have done some serious work together because after about 10 minutes this "most difficult" of children fell asleep in front of an audience of 12 quizzical professionals. After this some hearts began to open. A number of us from the Irish region go out to Belarus about 4 times a year for 2 and 3 week working blocks. If anyone, particularly eurythmy therapists, rhythmical masseurs, and physios, would be interested to join us, we would be delighted to hear from you.

Tony Whittle

Great Britain and Ireland

December 2011

The Eurythmy Therapy Association of Great Britain and Ireland spans two countries and has fifty members. The main areas of work continue to be related to institutions: schools, colleges, medical practices and Camphill Communities. Those working solely in private practice are relatively few. Members need to be registered with the Council for Anthroposophic Health and Social Care (CAHSC) – this is an independent cross-professional body which regulates the professions with the focus on protecting the public and setting standards. These are set out in the general document „Code of Practice for Anthroposophic Health Professionals“ and the recently completed „Standards of Competence“ which is specific to eurythmy therapy. These were produced through CAHSC working together with the Association Council and the support and active involvement of Angelika Jaschke. At the moment the regional working groups which have been active for many years are not meeting. We will see what develops from this „pause“ and „rest“! The eurythmy therapy training in Great Britain takes place in Stroud. The current group of students will graduate at Easter 2012, no students are based in the British Isles but come from as far away as Brazil and Australia. A part-time training in eurythmy therapy for doctors has started this year in East Grinstead, Sussex. Two projects which should be mentioned are the research into the effects of eurythmy therapy for the teeth with children and a new pain project in Greenwich which is being built up by a eurythmy therapist and a doctor. Areas we are busy with include: the age profile of our association – only two members are under the age of forty, opportunities for CPD, public visibility - including a website, categories of membership and registration with

AnthroMed@EURYTHMY THERAPY. It is an exciting and challenging phase of development of eurythmy therapy in these Isles.

John Browning

December 2012

Great Britain and Ireland, two large islands with many smaller islands on their western and northern coasts. Water has played, and plays, a large role in the forming of the landscape, whether it be the seas around the islands, the rain falling from the skies or the ice of the glaciers. The older rocks are in the north and west in both Britain and Ireland. England's terrain mostly comprises low hills and plains, especially in central and southern England. In the south-west there are the granite batholiths of the moors and Land's End (these are the deep roots of acid volcanoes) surrounded by sedimentary rocks ; shales, sandstones, slates and limestones. In the south-east there are chalk cliffs with the chalk extending forty miles inland to the rolling Downs of Kent and Sussex. On the east coast there are the flatlands of East Anglia with its glacial tills which have produced its rich loamy soils .The central spine of the Upland Pennines, of mainly carboniferous limestone, stretches from Derbyshire to just south of the scottish border, acting, in the north, as a barrier between Lancashire and Yorkshire. Much of Wales is mountainous, particularly in three main regions: Snowdonia in the north west, the Cambrian mountains in mid Wales and the Brecon Beacons in the south. The mountains assumed their present shape during the last ice age, the Devensian glaciation; evidence of glaciation is conspicuous in the area round Snowdon. All geological periods are represented as outcrop; the influences of sedimentary and igneous competing in the landscape. (Cambria is a Roman word for Wales, and so it is Wales that gave its name to a geological system that is now known throughout the world). The Preselli hills in Pembrokeshire were the source of the bluestone at Stonehenge. Myriad valleys radiate down to the south coast with numerous wonderful waterfalls in them. A lot of coal mining took place in these southern valleys with quarrying for slate in the north west. The coast is a mixture of flat coastal plains, rocky outcrops, cliffs, estuaries and long sandy beaches. Scotland is a mountainous land with a coastline ringed by hundreds of islands. The geomorphology was formed by the action of tectonic plates and subsequent erosion arising from glaciation. The major division of Scotland is the Highland Boundary Fault which separates the land into the ,highland' to the north and west and the ,lowland' to the south and east. There are many peninsulas on the west coast with sea lochs stretching far inland with high hills on their flanks. Lewisian gneiss in the Western Isles, gabbro on Skye, Devonian sandstone on the Orkneys, Quarzite in the Torridons and the hexagonal basalt columns on Staffa are among the sorts of rocks to be found. Peat covers many of the hills, with pools and stagnant water providing wonderful breeding places for midges as the warmer weather and the tourists arrive. Ireland's indented coastline measures about 2,200 miles (3,600 km) including many great bays and sea loughs. Cliffs border a great part of the Atlantic coast, and some of exceptional grandeur rise 2,000 feet (600m) into adjacent mountainous ground. On the north coast of Ireland the hexagonal basalt columns of the Giant's Causeway are similar to those on Staffa. A very large part of Ireland, that known as the central plain, is a huge irregular basin or saucer of carboniferous limestone seldom rising above 100 meters. In the south, the mountainous tracts and uplands of Kerry, Cork and Waterford are formed largely of Old Red sandstone or Devonian rocks. On the west coast there is ,The Burren'' an extensive limestone pavement landscape with its own particular flora. Ireland is, like Scotland, a land of many lakes and rivers. In eurythmy therapy the main event of the year was the annual conference and AGM which was attended by a third of the members of the association. All who came to it were enriched and enlivened through the work with Christiane Rust who works as a eurythmy therapist at the clinic house Ita-Wegman-Klinik. The theme was 'Sound sequences alternat-

ing between the polarities of consonant and vowel and their relation to the intervals". We were very grateful that she came and was prepared to dive into English again and give all the sessions in English! The substance of what she brought stimulated the eurythmy therapists in Stourbridge to continue working with the theme which, in turn, led to the south-west region re-commencing their meetings to share the fruits of this work and is now having study days on tone eurythmy therapy led by Shaina Stoehr. There are not any really new developments to report. Eurythmy therapy continues to be strongly present in the Waldorf schools. The eurythmy therapy training will start with its next group in March and the training for doctors continues. **AnthroMed®**EURYTHMY THERAPY registration should take place through the Council for Anthroposophic Health and Social Care (CAHSC).

John Browning

November 2013

There are approximately sixty people working as eurythmy therapists and of these fifty-two are members of the Eurythmy Therapy Association, which was formed in 1982. The cooperation with doctors and other therapists stretches from weekly meetings of all doctors and therapists at one medical practice to therapists working independently with all sorts of variations between these two examples. The eurythmy therapy training has had its first two blocks with the new group of students who now go to the first of their placements and the training for doctors continues (See separate articles in the newsletter for reports on the trainings). We were once again blessed with Christiane Rust coming to work with us at our annual conference. The theme was `Rhythmical elements between pulse and breath in moving the consonants`. It was a very enriching and enlivening conference which widened our horizons and gave new impulses for our work. This year we will be continuing our exploration of the consonants with Norman Kingeter, a colleague of Christiane's at the clinic house Ita-Wegman-Klinik, and will be exploring lecture four through the four ethers. By the time you read this we will have a website: www.eurythmytherapyassociation.org.uk.

And now to our weather; there is a famous poem by John Masefield which begins: 'I must go down to the sea again, to the lonely sea and the sky,'

The sea has a huge influence on the climate of these islands. Three times a day on BBC radio 4, the `shipping forecast` is read which covers sea areas all around Britain and Ireland as far North as Iceland, to Norway and Denmark in the East and as far South as Spain. The areas have wonderful names such as Viking, Forties, Fitzroy, Dogger, Cromarty, Sole and Rockall.

(<http://www.metoffice.gov.uk/public/weather/marine-shiping-forecast/#?tab=map>)

A maritime climate with all the variety that this can bring!

John Browning

December 2014

As an association our numbers remain fairly constant (around fifty); we are now registered with **AnthroMed®**EURYTHMY THERAPY. At our annual conference just under half the members were present and we were very lucky to be able to explore the four ethers under the enthusiastic guidance of Norman Kingeter from Klinik Arlesheim.

You are in London for the first time, enter the underground railway - commonly known as "the tube" - in the crowded carriage you step on someone's foot and they say "sorry". You are puzzled, you have stepped on their foot, it has to do with space - respecting the space of the other person, not infringing on their space, apologies for an unexpected contact.

This year rather than try to write about all the constituent parts of these islands I will focus more on England. What is conjured up in your mind when you read this one word "England"? Maybe it is any one or more of the following: a rich history of seafaring, creating an empire, a former world power, kings and queens, Stonehenge, the changing of the guard at Buckingham Palace, afternoon tea, the Beatles, Shakespeare – or perhaps it is all those people talking about how the weather is today.

There is the famous English reserve and politeness which goes along with an often acerbic and comic social commentary tradition stretching from the court jester through to the stand up comics and performance poets of today. That rich vein of actors of stage and screen from the Shakespearean stage through to those giants of today such as Judi Dench, Vanessa Redgrave and Michael Caine. The ironies, contradictions and zaniness of life spring to life in the hands of Charlie Chaplin, Monty Python, Morecambe and Wise and the inimitable "Two Ronnies" – for a taste of the latter go to YouTube and look under: "My blackberry is not working".

This flavor of the slightly self-mocking, rejoicing at the idiosyncrasies of life which is such a strong thread in life and the comedy which arises from it. A vivid imagination which can conjure the absurd out of both the everyday and deep-seated tradition. The changing of the Guard at Buckingham Palace and the pageantry of the Household Cavalry, both enjoyed by so many visitors to London metamorphose to the ministry of silly walks through John Cleese of Monty Python and Fawlty Towers fame.

This exploration, this testing of boundaries, finding new contexts comes to vivid expression in the visual arts. JMW Turner, the native Londoner and nineteenth century painter whose paintings from an early age have to do with light. A painting by the twenty-one year old Turner titled "Sun rising in a mist" presaging that theme of light throughout his paintings and which, more and more, became explorations in colour and light with hardly any recognizable form.

In the twentieth century the sculptor Barbara Hepworth explored the space created by breaking through the form in a sculpture to create a new interior space and relation to the light and space around it. Both she and Henry Moore were profoundly influenced by the Yorkshire landscape they grew up in. This sense of space in the dales and moors transformed and renewed in their sculptural journeys. Today their works can be seen in the stunning setting of the outdoor Yorkshire Sculpture Park. A contemporary artist exploring these elements of context and relationship is Andy Goldsworthy as he plays with the natural world. Creating forms with icicles which only last till the sun comes up or sculptures which vanish with the incoming tide. He also makes more permanent sculptures but there always seems to be this playful element present!

Another contemporary artist, Anthony Gormley, creates massive statements in the landscape: the angel of the north greets travelers on the M1 motorway or a whole host of figures on the beach, built to last, greeting the ebb and flow of the tides – a group of figures "Being".

These are "big names" I have mentioned, representative of a very strong scene in the arts. A multiplicity of small galleries, arts festivals, amateur drama groups, performance poetry, storytelling amongst many others. A vivid expression of the fun and joy of exploring the imagination in so many ways!

John Browning

December 2015

The Eurythmy Therapy Association in GB & Ireland has 52 members. 30 of these are currently active in the profession. The majority of these work in schools and educational institutions. Only around 5 members work full-time. Some of the members in Ireland are working as eurythmy therapists, but are not as yet members of the association.

Our professional association is already established, and we are also a member of IFAAET. Those of our members who work in clinics and schools usually work in collaboration with a doctor. With our independent members this can vary. In the south of Ireland members are experiencing a shortage of doctors. Glencraig Camphill in the north has been fortunate to have continuous medical support. In the south, several of the Camphill Communities work with a visiting doctor from Germany who comes twice a year. Our members who have the opportunity to work with other people (usually in clinics and school settings) usually work collaboratively with other AM-therapists. In Ireland, the collaborative work is mainly with rhythmical massage therapists. In collaboration with a professional team of documentary film makers we are currently in the process of creating video clips for our website that illustrate eurythmy therapy to the general public.

Our highlights this year are our eurythmy therapy info-films (see point 5) and the continuous progress of the first English master's degree course for eurythmy therapy carried out by the Alanus University. The students are expected to graduate in May 2016. In Ireland, a medical section conference was convened at the initiative of the therapists in Ireland. Dr. James Dyson was invited to address the theme of the twelve senses. It was well-attended by a diverse group of people, much appreciated for its content as well as its light and lively atmosphere.

And in addition, a request came from the same publication (EuTh Journal) for someone in Ireland to write an article on eurythmy therapy work in the field of curative education. That will be done.

Rebecca Paten

Greece

December 2009

Two eurythmy therapists work in Greece in an absolute pioneer situation. Anthroposophic medicine and eurythmy therapy are little known here but we have a young doctor who is working with anthroposophic medicine and who has interest in eurythmy therapy. There is a social care center near Delphi where eurythmy therapy is practiced. Heike Redelius has been working in Athens as a self employed practitioner since 1991 and Heiko Feiler in Galaxidi. We hope to build our work together and to strengthen eurythmy therapy here in the future. Warmest greetings from Greece!

Heiko Feiler

December 2010

In Greece, the economic situation and the conditions for eurythmy therapists has been deteriorating. I myself had to return to Germany this year because I was not able to earn my living there. People have less and less money and so they do not spend it for private therapies anymore. The only eurythmy therapist lives in Athen and works with some patients. At the moment, there is no sign of any sustainable improvement.

Heiko Feiler

Hungary

March 2005

Eleven students have applied for the eurythmy therapy training. We will begin on 4th July with a three week course lead by Rosselke Zech, Michael Evans, Henrik Szöke, Andreas Worel and others. Further 3 week block periods will take place in autumn and the new year, 2006. In autumn 2004 we submitted with your help a draft curriculum. This had been a long process but is now through! On January 1st it will appear in the medical law of the land! It is however only the first step and only means that eurythmy therapy is registered as one of the possible complementary therapies available. We also submitted a description of anthroposophic medicine. All good but there is still a lot of work to be done to secure the future of our work with a firm footing. We must complete these first steps within one week or we will have to wait another 15 years before we can do so again! So are the laws relating to medical work here in Hungary.

Maria Scheily

October 2005

Questions (as freely given inspiration)

1. What is the current political, legal situation? What issues are there and what should the next steps be?
2. What ET themes or questions are there living in your country? Could you put into words the spiritual intentions?
3. How is the coordination ET Forum perceived? What is seen as useful, or important? What are the wishes?

1. The government has accepted our curriculum which was submitted a year ago! We need this in order to comply with new laws here and are grateful for the help we got from our colleagues abroad.
2. The 3 year part time eurythmy therapy training began in summer with 12 students. All are working in Waldorf schools so our main theme this year will be children of kindergarten and school age. There has been great interest in ET from colleagues working in psychiatry also. Many know about eurythmy therapy here.
3. Apart from the concrete help the network gives us we are grateful for the communication it enables between colleagues far and wide who are also struggling!

Maria Scheily

November 2006

There are three eurythmy therapists in Hungary and a training which is in its second year. The training is carried by both doctors and therapists. The political climate in Hungary is changing rapidly. Three years ago a new curriculum for the training was submitted to the government but we are still awaiting a reply! (Government department disputes)

Maria Scheily

December 2007

At the moment the whole health system is being restructured, and that is of great importance right now. One single insurance is being split into several private health

insurance companies, many hospitals are being closed, many employees are being dismissed and new fees are being introduced. This process is dominating at the moment, and so we have to wait with our question of accreditation until the most urgent questions have been solved. Currently there are 3 eurythmy therapists in Hungary, 12 students absolve their third study year as a work placement, mostly in schools. They will probably stay there. After their graduation in autumn 2008 we plan to found an association for eurythmy therapy.

Maria Scheily

December 2008

Between 24 and 28 October the first diploma week of the new eurythmy therapy training will take place in Budapest with 12 participants who will all present their work. And so we hope that many children who attend the 23 Waldorf schools and 50 or more Waldorf Kindergartens will be able to receive eurythmy therapy when they need it. All the students of this course attended the World Eurythmy Therapy Conference in Dornach and have continued to study what they learned there in small groups. A new initiative for an anthroposophic doctors training has been developed by Henrik Szoeki. He wishes to include therapists in the training in order to strengthen the social connections among therapists.

Maria Scheily

December 2009

In autumn 2008 twelve eurythmy therapy students graduated from the training. Nine have remained in Hungary, mostly returning to their schools teaching but also taking students one to one. Three managed to secure part time eurythmy therapy positions in their schools. One works in a state run psychotherapy unit. The three experienced eurythmy therapists continue to practice in schools, curative education and private practice. We hope that the world economic crisis will not have too bad an effect on our work here. Mareike Kaiser is giving us her teeth eurythmy course in six modules. The third being held in October. In August a post graduate part time anthroposophic doctors' training began. The course is also open to therapists. Already 30 doctors and 35 therapists have enrolled! The course is integrated in the University of Pecs and takes three years to complete.

Maria Scheily

December 2010

In Hungary there are currently 12 eurythmy therapists. At the moment nobody can live on eurythmy therapy exclusively. People who had finished their training last year are still working in schools. There are three schools which employ a part time eurythmy therapist. In some schools the hours of eurythmy therapy are added to the compulsory hours of a school eurythmist. One of them works in a public psychological outreach clinic, one in an anthroposophic curative pedagogical institution. Mostly the eurythmy therapists work with children in pre-school or school age. Adult or elderly people are not very well supported, although there had been eurythmy in a public retirement home every week over years. One year ago the anthroposophic doctors' training started and 30 doctors and 30 therapists study one weekend every month. Within this framework, one eurythmy lesson is given every time. There are two initiatives to found a therapy center. There are plans to hold a eurythmy therapy training for interested doctors after this training. The eurythmy association has changed its statutes and eurythmy therapy is now a section. The obligation for regular further training is contained in it as well. Currently there is a further training course for dental eurythmy therapy being held by Mareike Kaiser. It will be finished in February with the sixth course. *Maria Scheily*

December 2011

Hungary has now got a eurythmy therapy association! The anthroposophic doctors' training which has 30 doctors and some therapists has begun its third and final year. Due to the regular eurythmy therapy lessons and through the summer visits to anthroposophic clinics the interest in eurythmy therapy is growing amongst the doctors. We are all working together towards state recognition. Eurythmy therapy and anthroposophic medicine have already been registered and the training curriculum is being updated. The eurythmy therapy association has applied to use the label **AnthroMed®**-EURYTHMIETHERAPIE and this is in process now. It should help towards official state recognition for the profession. Having completed the 6th module of teeth eurythmy with Mareike Kaiser and Dr. Claus Haupt we are planning an eye eurythmy course in January with Margareth Thiersch.

Maria Scheily

December 2012

Geological features: Measuring 93,032 sq. km, Hungary lies in a basin enclosed by the Carpathian mountains and the Alps. At a rough estimate, Budapest is equidistant from Barcelona, London, Oslo, Stockholm, Helsinki and Moscow. Two big rivers flow through the country: one, the Danube (Duna) from the north-west and the other, the Tisza from the north-east. With their tributaries, like arteries, they bring life and fertility to the land. South-west of Budapest lies the great Lake Balaton, measuring 598 sq. kilometers. The Hungarian Basin is an extensive low-lying plain that arose in primeval times through land subsidence. A volcanic zone formed at its margins, as witnessed by the widespread bauxite strata, where, at deeper levels, crude oil and gas can also be found. The oldest rock stratum consists of mica, slate, granite and red sandstone. At a later period, when the inland Pannonian Sea filled with mud flowing down from the Carpathians and the Alps and gradually dried out, chalk formed, containing manganese ore and dolomite. Hydrothermal processes have also given rise to zinc, copper and lead deposits. Uranium is found in the Mecsek mountains. Hungary has distinctive geothermal attributes: the solid earth layer (lithosphere) is only 24-27 km thick, around 11 km thinner than elsewhere, and thus closer to the magma. For this reason copious warm springs can be found. Of the 219 mineral springs, 211 provide bathing water and 20 also drinking water. 'Hévíz' is the location of the world's only warm lake with a peat bottom. Measuring 4.44 hectares, it is Europe's largest warm lake. A distinctive feature of the lake are the beautiful "Indian red water lilies", *Nymphaea rubra* var. *Longiflora*. The water is rich in calcium, magnesium, sulfur, radon and, due to the peat bottom, organic compounds also. Ten eurythmy therapists work in Hungary, and this year they were granted the quality trademark **AnthroMed®**EURYTHMIETHERAPIE. They continue to work mainly in Waldorf schools, and only two colleagues work exclusively as eurythmy therapists. The first students of the three-year anthroposophic medical training (director: Henrik Szőke) graduated in June 2012. They are now taking their qualifying medical exams at a Hungarian medical university. Five physicians and ten therapists from this training course wish to continue to take part in regular eurythmy courses. The physicians in this group also wish to take the three-year physicians' training in eurythmy therapy. This year we also started the further training course in 'eye eurythmy therapy' with Frau Margret Thiersch, and further courses are due to follow.

Maria Scheily

November 2013

Well, the country's climatic conditions... which surprised us this year the world over... to what extent can they still be described as valid? Hungary being roughly in the middle of Europe, its predominant climate is continental. However it has a very wide palette of manifestations and the weather is very rhapsodical (changeable). It can be quite typically continental: cold and damp in winter, hot and dry in summer. However the weather can change dramatically, as the prevailing winds are from the north-west. The next most common winds are from the southeast, bringing an almost Mediterranean quality to the climate. In recent years extreme "records" of heat, cold and snow have been reached. This summer the thermometer reached 41.5°C; snowfall in the middle of March was unusually heavy; and as in the rest of Europe there were also huge floods — the Danube this spring was at its highest ever. There are currently twelve eurythmy therapists active in Hungary, of whom most continue to work educationally in schools as well. At the moment only one makes a living exclusively from eurythmy therapy. There is a professional association, which officially is an association of the Eurythmy Society. So far ten eurythmy therapists have attained the brand **AnthroMed®EURYTHMIETHERAPIE** through the association. Six months ago the doctors and therapists who had completed the three-year anthroposophic further training led by Dr. Henrik Szöke received their diplomas or certificates of attendance. At least ten physicians have passed the exam for their licence as "Anthroposophic Physician" in a university and may officially use this title. Many therapeutic communities are active, as the participants of this intensive three-year course (three whole days a month of soundly-based further training) really wanted to remain together. One group wished to continue working with eurythmy therapy. Five doctors and ten therapists have therefore begun a three-year course in eurythmy and eurythmy therapy. For the doctors it is valid as a eurythmy therapy course for doctors; while for the therapists it serves as a deepening course in anthroposophic medicine so that they can better practice the therapy in which they were originally trained. The course is planned for five week-ends a year over three years. A new course in anthroposophic medicine led by Dr. Henrik Szöke has already begun with more than thirty participants. Through the questions that eurythmy therapists have put to doctors, but also those that doctors have often put to eurythmy therapists, we now hope to develop collaboration based on trust. There is a wish for the course and the collaboration among therapists, who now know each other better, to become sustainable over the longer term. Thus the new course will also serve as a deepening for previous participants. Joint therapy conferences are also being actively organized. For instance 260 participants attended a conference with Peter Selg in autumn 2012. This year a beginning was made on the theme of the heart; this was a good preparation for the Medical Section's annual conference at the Goetheanum. Margret Thiersch gave a further course in eurythmy therapy for the eyes, followed by another in October.

Maria Scheily

December 2014

There are 12 eurythmy therapists in Hungary at present and we are organized as a profession within the eurythmy association. We have several school doctors who are working with eurythmy therapists; graduates of anthroposophic medical trainings also make contact with eurythmy therapists. There is a eurythmy therapy course for physicians that now enters its third year. Five physicians are taking part in this course. The new course for anthroposophic physicians also has regular eurythmy and eurythmy therapy lessons and some of them are interested again in a eurythmy therapy training. There are therapy groups offering massage, gymnastics, painting and eurythmy therapy in connection with a physician. The anthroposophic medical training is open

to therapists and as a result a strong community has developed over the three years.

In the autumn we had our further training course in eurythmy therapy for eyes, which we would like to continue. There are again several eurythmists who want to study eurythmy therapy and we therefore plan another part-time eurythmy therapy course from the autumn of 2015 onwards which will stretch over three years.

Culture:

Hungary has a busy cultural life with lots of music, theater, poetry and visual arts, which all play an important part in everyday life. Although artists are struggling to survive – we had financial cuts recently again, also in universities – there is a rich artistic life in every field and at a high level.

Up until the early 20th century folk customs were still alive and we therefore have a rich collection and tradition of these popular customs. They have influenced today's applied arts, fashion, interior design and even popular music and dance.

In the early 20th century Kodály and Bartók collected an amazing amount of folk-songs. Bartók alone collected 30,000 songs that have still not all been worked through. Bartók's great achievement (to freely quote Juergen Schriefer) was that he instilled the modern composition techniques and forms with TAO culture (because at the time there still existed a lively and newly emerging folk art). Bartók absorbed the western techniques of Richard Strauss, Debussy, Schoenberg and Webern and created something entirely new and original. At the end of the 20th century he had become one of the most performed composers. Juergen Schriefer compared him with the Green Snake in Goethe's eponymous Tale. The snake absorbs everything that is going on, evil aspects included, digests and transforms them, sacrificing itself in the process. Bartók's last piano concerto, which he composed shortly before his death, is his main gift to humanity. It is like the shiny precious stones in the river made up of the snake's body. Juergen Schriefer thought that, without Bartók, we had no right to play the lyre today.

Kodály sacrificed his talent to education. Today we can say that what he did for the next generation together with the brilliant poet Weöres Sándor was really moral intuition paired with moral technique. It saved the souls of many people in dark times. It meant that children could grow up with plenty of singing, music and wonderful rhythmic and highly spiritual poems. The fact that many rhythmic children's rhymes and folk dances were also fostered in the schools has certainly contributed to a strong movement culture.

In architecture, the school of Makovecz has absorbed much of the folk art, developing it in an original way. His Waldorf kindergarten offers the children a special sense of space and helps them to develop an appreciation of architecture. Like everywhere else in Europe, there is a strong polarization today between the spiritual striving for a high culture and the decline into superficiality and even into aggression and violence.

Art teaching is alive in the 27 Waldorf schools and has partly been absorbed into the culture, for instance in the wonderful mosaics in the corridors of the school in Obuda; or through a former student from Pesthidegkút who is a world-famous conductor now and works with Pierre Boulez. He occasionally conducts the school orchestra. Another former pupil has just received the highest award for architecture. These young people give us hope that they will shape the future through culture!

Maria Scheily

December 2015

There are 12 eurythmy therapists in our country and we have a professional association within the eurythmy organization. There are three school doctors who work in schools with the eurythmy therapists. A large therapy center is being built where several doctors and therapists will collaborate.

This year we focused on school eurythmy therapy, and on the development of a

therapy center. We also gave a public presentation on anthroposophic medicine. A special event this year was the successful conclusion of the three-year eurythmy therapy course for doctors. From autumn onwards a eurythmy therapy course will start with 12 students, who are likely to qualify at Easter 2019.

The second course for doctors will end in the summer, so that roughly 15 more doctors will qualify as anthroposophic physicians. An "Open Day for Anthroposophy" was held, which included eurythmy, medical lectures, exhibitions and performances. Michaela Goeckler gave a major public lecture on anthroposophic medicine to an audience of around 600. She will lecture again at the festive opening of the therapy centre at Michaelmas 2015.

Maria Scheily

Iceland

December 2011

After a five year study in Germany (WittenAnnen/Alanus) I am looking at a very new beginning for myself in the fall of 2012 as the only actively working eurythmy therapist in Iceland. Adding to that, the Waldorf schools are also lacking a eurythmy teacher working throughout the whole school year (eurythmy teachers from abroad come for short periods of time) and I will therefore be working in the field of education and therapy at the two schools in and around Reykjavik. Further work will also be needed in childcare and with mentally disabled individuals. I am looking very much forward to a future cooperation with the Icelandic anthroposophic therapists (education, art and music) and my hope is that within two years the founding of a common professional association will be at sight. I take on this new and exiting life task with a lot of respect and am looking forward to be able to share the process of this work with you in the coming years.

Heiða (Adalheiður) Olafsdóttir

December 2012

Last June after 6 years of studies I arrived back in Iceland. The work is exciting but also challenging, mostly due to the lack of other therapists and doctors. I work in a couple of fields of practice. I give eurythmy lessons in a Waldorf kindergarten (children 4-5 y.o.), a Waldorfschool (class 1-10/ always two classes together) and in a home/farm for people with mental disabilities (once a week), for the school children and the people in the farm I give eurythmy therapy as well as to some private patients every week (all in all about 20 therapy sessions week). At the annual conference in Dornach I decided as one of two eurythmy therapists in Iceland to found a group around an Icelandic therapy orientated initiative. This idea came out of my need for cooperation with other therapists and eventually also doctors in Iceland. During these days I also went to Basel to visit the Munster Dom where I bought postcards of the four evangelists and their four winged figurative symbols. Coming back home I showed the postcards to my young brother who immediately noticed we have the same images on our coins. But how do our heathen images come to relation with the four evangelists. Iceland lies between America and Europe, or better said America and Europe meet in Iceland. The continental plates divide the country through its center in two parts which distance widens with 2 cm every year. Where the two continents pull away from each other there is a lot of turmoil in the earth crust, which cause the known volcanic outbursts and the loved hot springs. So it is described in a simple way, but in reality the island is born out of the sea. Continuously but slowly the oceanic ground of the Mid-Atlantic Ridge reverts and rises, and in my "imagination" America and Europe move at each other in a chafe like manner in a never ending continuous way. Vatnajoekull, Europe's largest glacier in volume, covers 8% of the island. A mountainous desert landscape is given little or no shelter from trees. The elements prevail in Iceland, as can be seen in the gnomes, dwarfs and trolls formed by the lava, these give the island a mystical character. The question about the real location of Atlantis is not certain though Iceland has often been mentioned in that context, for example, by Ita Wegman. Hundreds of years before the official settlement, men lived on the island; these were highly spiritual Christian men (no written proof of this has been found though the combination of different literature show this to be so). Traveling to Iceland about 1000 years ago was a difficult and dangerous undertaking as reflected in the description of "monsters" and natural phenomena in for ex. St. Brendan's Navigator (ca. 570 AC). The settlement of the island officially took place around 870. Around 1200 (the time of the Edda and other treasured literature) it is described in Heim-

skringla how a Norwegian King sent a sorcerer to Iceland with the task to find out if an army could be moved to the island. The sorcerer took the shape of a whale and as he came to Iceland's shores he met four gigantic beings in each quartile of the island in the company of smaller one of their kind. In the east he was met with a mighty dragon, in the north a bird whose wings spread between the fjords mountains, in the west a gigantic bull and in the south a mountainous giant carrying an iron rod in his hand. These were the islands guarding patrons. Today, since 1919 these patrons are on our coat of arms. Much has been left out, but while ending my report, I hope - despite the exuberance in the not so concrete text - you have been able to find some sort of a connection which can bring you further down road of "imagination" and even might have woken your interest for Iceland's "geology"!
Heiða (Adalheiður) Olafsdóttir

November 2013

We are two eurythmy therapists in Iceland, Sigríður Erla Reynisdóttir, Forest Row, England, comes to Iceland every year and works with the eurythmy therapy in a home for disabled people as well as in one of our schools. The preparation for founding an anthroposophical umbrella association for therapists is coming further down the road. In relation to its founding the therapists in Iceland, along with some artists, have come together and organized a healthweek for foreign guests in Skálholt, one of Iceland's historical places (for further information: www.healthweek-s.is). Along with the needed preparations for this project we also plan to work on professional qualifications and content this winter. The dutch doctor Aart van der Stel from the Netherlands has, since I came back last year, guided me in my work as well as most of the anthroposophical institutions here and other therapists. Further work with icelandic doctors is being planned. Our highlight this year is for sure the healthweek 2014 and we look forward to all the fruits this project will bear! Climate in Iceland: In the country of fire and ice the wind whirls through the most beautiful highlands and the darkest lavafields. The weather in Iceland takes its character from the warm Gulfstream and the cold Greenlandstream. The Winters are therefore mild and the summers rather cool. The bright nights, clear air and the deep blue sky give us the energy for the winter. Our winter, on the other hand, is long and in the middle of it we have only a few hours of daylight. All this different light lives in nature and gives it its most amazing pastellike colours. Arising from the cosmic sunstorms we are blessed with the eurythmically moving northern lights. In the last years the global warming has left its footprints through the slowly rising temperatures, this dramatic change is to be seen on melting glaciers, some of them melting completely away. This also causes less snowfall, I clearly remember times from my childhood where we had to drive through snowtunnels as well as the time when we had to travel by ship to be able to go home after the winter holidays because all the mountain roads were closed. Conversely I have also enjoyed lying in the grass in 30 degrees in summertime. As diverse as the weather can be through the year, it can also be like that in one day. I tend to have all my gear with me in the car when I go away because you never know what you might be expecting, maybe it is going to snow, or rain, or the sun will shine... or all of it in one hour! We can also have strong winds in the summer. On cold days with such storms it is a special feeling to dive in a natural hot pool and relax in the heat! The weather is, as such, very often not foreseeable, and has therefore helped make the Icelanders a very flexible folk, always being prepared for change. On this you can mostly count on because we used to, and sometimes still do, have to rely on each other to survive!

Heiða (Adalheiður) Olafsdóttir

December 2014

We are two active eurythmy therapists in Iceland. For two years now we have been working towards the founding of an interdisciplinary professional association for anthroposophic medicine. This year's health week, which was attended by most Icelandic therapists, was a major part of that work. It has proved its value as a further training initiative, especially since it was the first time that several disciplines worked together and we had expert support from Philipp Busche, Angelika Jaschke and Gerhard Böhme. A report on this week is published in the October 2014 issue of the "Goetheanum" journal. Plans are afoot for the next health week in the summer of 2015 (for more details visit www.healthweeks.is). A physician visits us twice a year and we hope that, with the health week in 2015, we will be able to make the young Icelandic physicians aware of anthroposophic medicine. The successful work in the summer has strengthened the Icelandic participation in the Annual Medical Conference in Dornach. This time we were already two therapists in the Main Auditorium of the Goetheanum. We hope there will be even more next year!

Icelandic Culture: Icelandic Culture goes back even further than we are aware of today. There is one aspect that runs like a thread through the centuries: storytelling and reading. Sitting around the fire in the Baðstofa (a communal room, warmed by a fire, where people ate and slept) in the dark winter months, people were busy with craft- and needlework whilst listening to stories and readings. It is said that there were books in every house and that teaching people to read was the task of the priests. Iceland is the home of Norse Mythology; here, these ancient stories were preserved, first as an oral tradition and later also in writing. The Icelandic heroic tales also go back to that era (1000-1200).

Like Iceland's ancient Nordic myths, its 20th and 21st century literature is known all over the world. The writer Halldór Laxness, who won the Nobel Prize, has long been known for his books which include "Iceland's Bell" and "The Atom Station". Einar Kárason (Devil's Island, 1982), Kristín Marja Baldursdóttir (Óreiða á striga [Chaos on Canvas], 2007), Arnaldur Indriðason (Voices, 2003) and Gyrðir Elíasson (The Water People, 2007) are other Icelandic authors. But this is just a small section of the Icelandic world of literature. The arts – music, poetry, sculpture or painting – are also valued highly in Iceland. Icelandic music has a long tradition and people still sing songs from the 14th century, such as the pentatonic songs. The old songs as well as the music of the modern young musicians echo the mysticism and power of Icelandic nature (SigurRós, Björk, SugarCubes, Mugison, Mezzoforte, Ólafur Arnalds, Emilian Torrini, Hilmar Örn Hilmarsson, Stafrænn Hákon and others). Anyone who visits Iceland should definitely see the Icelandic visual art work. Reykjavík has many museums. Since I have not words enough to describe this wealth I let one of Einar Jónsson's pictures speak. But what do ordinary Icelanders do when they are not reading the Edda, looking at the powerful and enormous statues of Ásgrímur Sveinsson or listening to the sounds of SigurRós's "Með suð i eyrum við spilum endalaust" through headphones whilst dreaming away? They love celebrating! There are major music or art festivals and cultural evenings in the summer. We also like to celebrate the Rainbow/Pride movement with a grand parade through town, like a big family party. Festivals that celebrate our ancient culture, the 1st May, fishery, independence etc are held every summer all over the country. The most visited (also by foreign visitors) international event – apart from the Rainbow Festival – is certainly the "Iceland Airwaves Music Festival". But as the days grow shorter, festivities are reduced to traditional family get-togethers and cosy evenings spent by candlelight and with a book.

The following link leads to an article (in German) by Andri Snær Magnason, one of my favourite authors: <http://www.sagenhaftes-island.is/de/das-buch-des-monats/nr/2581.html>

Heiða (Adalheiður) Olafsdóttir

December 2015

There are two of us eurythmy therapists in Iceland. Erla Reynisdóttir, who lives in Forest Row, England, comes twice a year and works with pupils at the Reykjavik Waldorf school. This year the Icelandic therapists responsible for initiating the Health Week founded an association for anthroposophic medicine. This is the first step towards founding an interdisciplinary therapy association.

This year the Health Week took place for the second time. Guests from five countries arrived here at Sólheimar on the 85th anniversary of the founding of "Sólheimar EcoVillage" (which was started by the anthroposophist Sesselja Hreindís Sigmundsdóttir) to take part in the therapy Health Week. There was a good mood and a therapeutic atmosphere throughout the week.

Philipp Busche, an internist from Germany, once again offered medical input with lectures and daily seminars for therapists. We were also supported by Angelika Jaschke (eurythmy therapy and international collaboration in the Medical Section) and Gerhard Boehme, a nurse from Sweden. Dates have already been decided for the next Health Week, which will take place between 10 and 16 July 2016.

The Nordic sagas were especially in our thoughts this summer. Because of a Nordic conference that took place in Dornach at the end of July, an ensemble composed of Danes, Finns, Icelanders, Norwegians and Swedes had formed already two years ago. A large-scale joint theatrical performance was presented, drawing on various disciplines: dance, song, acting, music, eurythmy and acrobatics. The ensemble had 46 members of all ages, young and old, under the direction of Sofie Wränghede (director) from Sweden and Guðjón Árnason (script) from Iceland. With the support and supervision of Waldorf teachers from Laekjarbotnar Waldorf school (Iceland), 18 Icelandic children traveled on tour as ensemble members for three weeks. We gave performances in Dornach, Finland, Iceland, Norway and Sweden.

Heiða (Adalheiður) Olafsdóttir

India

December 2009

It is fortunate that in India many people show interest in eurythmy and eurythmy therapy. I give a lot of courses and am very active. We have a young doctor in Bombay, Dr. Ravi who took part in a course on oncology in the Medical Conference in Dornach recently. In contrast to other countries eurythmy therapy is still very small here and one must remember that India has many other ancient healing forms still very alive, e. g. yoga. However the interest is there and we will keep the work up!

Dilnawaz Bana

December 2010

I am still the only eurythmy therapist in India. I continue to do the often cumbersome work together with my patients in Mumbai and also in other parts of the country. My sister Aban Bana and me give general courses in eurythmy. They are very popular.

Dilnawaz Bana

December 2011

The work with eurythmy therapy is going well here. In June I attended a conference with the anthroposophic doctors in Bangalore. They wanted to learn about eurythmy therapy. Before this I was in Chennai (Madras), where I gave a course in social and hygienic eurythmy for the co-workers of several curative education centers. This was organized by V-EXCEL. In my home town Mumbai I teach in the teachers training course C-SETT which runs for several weeks at a time and in November I will spend a week in Chennai (IPMT) teaching eurythmy therapy to doctors and therapists. In March 2012 I will be giving a course to the bio-dynamic farmers in Kodaikanal, Tamil Nadu.

Dilnawaz Bana

December 2012

India lies in the tropics, around 20° north of the Equator. It is thus hot and humid. The Himalaya is right at the top to the north (the cool head), with a large triangle in the South, surrounded by the ocean. There are thick jungles, a big desert (the Thar) and large agricultural areas. The seven largest rivers are named for Hindu goddesses and correspond to the country's seven classical dance styles. Nature is alive and fertile — the people too. All that they need in order to live grows in India. Below the ground are beautiful jewels, semi-precious stones and minerals. One may truly say that India is a world in miniature and contains everything that is to be found in the wide world beyond. I am still the only eurythmy therapist in India and work with doctors as much as I can. I also have opportunities to work in different trainings, such as the Waldorf teacher training and the International Postgraduate Medical Training organized by Michaela Gloeckler. I also work with teachers and parents at the country's Waldorf schools. In November we are beginning a two-year eurythmy course in Bombay where specific aspects of hygienic eurythmy will be covered, especially for Waldorf parents. Eurythmy therapy will not be part of this short course. I have realized that eurythmy therapy is important for children, but that hygienic eurythmy is even more important for parents and teachers.

Dilnawaz Bana

November 2013

India is in the tropics, about 20° above the equator. In the mountains of the Himalaya in the far north it snows in winter; in the Thar desert to the north-west it is dry and sandy; in the rain forests the humidity is extreme; while in the coastal regions it is really hot. The lofty Himalaya peaks are in the far north (the cool head); in the south is a vast triangle surrounded by sea. There are dense primeval forests, a great desert (the Thar) and large areas of agriculture. Nature is vibrant and fertile. Everything that people need to live grows here. One may truly say that India is a world in itself. During the monsoon, from June to September, it rains nonstop, with occasional floods but also fierce droughts! We remain just two eurythmists or eurythmy therapists: Aban Bana and Dilnawaz Bana. There were two other Indians in eurythmy trainings in Europe, but both had to stop for personal reasons. Our student Sahya Samson from Pune is currently in the second year of the eurythmy training at Peredur in England. We give eurythmy workshops at various seminars and conferences in India, including the International Postgraduate Medical Training, the Khandala Waldorf Seminar, bio-dynamic workshops and the curative education conference. We also offer an intensive eurythmy course, all day long for a fortnight twice a year, at the Tridha Rudolf Steiner School for teachers and other interested people. I do eurythmy therapy with some of the patients of anthroposophic doctors in Mumbai. A group of women, who have taken part in our eurythmy courses for many years, has begun doing certain basic eurythmy exercises with their groups of students, under our supervision and with very good results. The Light Eurythmy Group from Dornach, directed by Thomas Sutter, will visit India in January 2014. They will perform in New Delhi, Hyderabad, Mumbai and Calcutta. At the beginning of this year, London Eurythmy, directed by Hajo Dekker, also visited India, where they performed the Fairytale of the Green Snake and the Beautiful Lily, which was very well received. Eurythmy certainly has a future in India alongside the classical Indian dances Kathak, Manipuri, Kathakali, Mohiniattam, Bharat Natyam, Kuchipudi and Odissi. Group eurythmy is particularly popular.

Dilnawaz Bana

December 2014

Interest in anthroposophy and the related fields of life, including eurythmy and eurythmy therapy, is growing. Together with Aban Bana, I offer courses in the basic elements of eurythmy and hygienic eurythmy. To some physicians in Southern India I teach simple eurythmy therapy exercises. We continue with our work because eurythmy, whether as therapy, art or in teaching, brings light.

Dilnawaz Bana

India from below

If one thinks of India one thinks of Yoga, of Ashrams – of an ancient spiritual culture. But India has another side and that is one to which my path led me: the caste system and the destiny of the “out-caste” or “Dalit”, who were banned from participating in the spiritual-cultural and societal life in India through thousands of years. Even though the system has been outlawed, a person’s name still gives away which caste he or she belongs to, also in modern India, a fact that still leads to social exclusion, especially in rural areas. Emptying latrines without proper tools is, for instance, a job left to the Dalit. People think that it is these people’s karma to have incarnated into that caste and that it is therefore neither bad nor cruel. B.R. Ambedkar, law minister under Gandhi (1891-1956), was convinced that only the renunciation of the Hindu system could lead to social emancipation. He therefore initiated, in 1955, the mass conversion of thousands of Dalit to Buddhism. Today around 10 million people in India avow themselves Buddhists and a number of religious orders have emerged that look after the social and spiritual needs of the Bud-

dhist community on the one hand and the groups of Dalit who mostly live in utter poverty on the other.

On one of my treks in the Himalayas I met a member of such an order who was a pediatrician. He was so impressed with my independence that he asked me to come to Pune and present eurythmy therapy there. In recent years I went there twice every month, giving lectures, offering courses and treating his patients, including children from an orphanage run by the Karuna Trust.

In the courses I gave I was particularly impressed with people's suppleness and lightness – as well as their spiritual openness and intensity. Most of these people are very poor and it soon emerged that one could initiate a popular movement with eurythmy therapy if ... – well, rather if not: people are very interested in keeping their body healthy because they need it to earn and secure a living. The idea that rheumatic diseases (which are surprisingly common considering the tropical climate here) or heart attacks can be prevented through exercise met with great interest. But – having to practice and attending an evening course for weeks – that was asking too much, even of the physician. People want therapies that work fast, like the drugs they are familiar with: taking one is enough. That eurythmy therapy involved a developmental process was a wholly new thought.

The first successes with patients were so convincing, however, that the physician and some religious superiors registered for treatment. One of them, who had studied yoga intensely for 30 years with a master, was deeply impressed with the eurythmy exercises, "this is what yoga really should be like, but it has degenerated".

In the orphanages I treated mostly 11 to 14 year old, biographically and socially traumatized girls. I have developed a treatment process that begins with the individual symptoms and proceeds to the development of new faculties: being able to be within oneself, being allowed to be a "self", to defend oneself, to be autonomous! The work was deeply moving and the results were impressive. An article with many pictures of the treatments will probably be published in the January edition of the Merkurstab.

These people need eurythmy and eurythmy therapy because it nurtures them and I very much hope that more colleagues will have the courage to become active also outside the anthroposophical realm!

Beatrix Hachtel

December 2015

I am still the only eurythmy therapist in India. But we have a young Indian woman from Pune, Sahya Samson, who has completed her eurythmy training at Peredur in England. She is willing to embark on a eurythmy therapy training. We very much hope that she is successful and later comes to

India. Work in eurythmy therapy in India takes place with patients and also a few doctors.

Dilnawaz Bana

Israel

November 2006

Of the 11 eurythmists living in Israel, only six are actually practicing. In the past there was much more collegial work and study together, but now only a small group remains. There is a new initiative to start a eurythmy therapy training but there is still no formal association. However a state fund for alternative medicine includes eurythmy, which means it can be financed by the state. Israel struggles from a lack of manpower, which makes it difficult to build anything up.

Jan Ranck

December 2007

There is still no significant communication nor any formal organization among the 11 resident qualified eurythmy therapists (one in Beer Sheva, 2 in Tel Aviv, 2 in Jerusalem, 3 in the north who still practice in the field and 3 who do not). Katharina Knipping (Nuernberg eurythmy training, Stuttgart therapeutic training), who was the eurythmy therapist for the Waldorf schools in Jerusalem (classes 1-8), Tel Aviv (classes 1-7) and Modiin (classes 1-2) decided to return to Germany this summer. Her work has been taken over in Tel Aviv by Etti Ori (Jerusalem Academy of Eurythmy, Peredur Therapeutic Training) and in Modiin and Jerusalem by Iris Sasson (Ringwood/Peredur). The support of eurythmy therapy by the Waldorf schools in Israel varies. The school in Tel Aviv is outstanding in its recognition of the importance of eurythmy therapy and has plans to create a salaried position, whereas the school in Jerusalem tends to send children to other alternative therapies more readily than supporting the school doctor's recommendation for eurythmy. In the north there are also differences from school to school. The support of eurythmy therapy by the anthroposophic doctors in Israel also varies, but their attitude is in general positive. One of the leading doctors recently died of cancer. Nadav Nachtomi from Kibbutz Harduf in the North, who led 7 students in an unrecognized part time eurythmy training to an „Abschluss“ two years ago, had plans to open a eurythmy therapy training for these and other interested students. He did not receive approval from the Medical Section at the time as (among other reasons) the students did not have recognized diplomas. Michael Leber is reportedly still working with his former students for basic qualification. In the meantime Nadav has widely advertised plans to offer a 5-year part time eurythmy training in connection with courses in Western Medicine offered by the alternative medicine department of a Teacher's Seminar in Tel Aviv, which diploma he claims will be recognized by the national health insurance. He also offers a course beginning this autumn for those who already completed their training, also in conjunction with said courses and seminar. In the most recent notice about the training, no anthroposophic doctor is mentioned, nor is any other eurythmy therapist mentioned as being involved in his initiative.

Jan Ranck

December 2008

Two eurythmists and two eurythmy therapists from Israel attended the World Conference in May thanks to the generous support on the part of the Section Sponsors. On the wave of this impulse, a meeting for eurythmy therapists and anthroposophical doctors is being organized in which reports of the conference will be given. Dr. Meron Barak (Harduf), a long-time supporter of eurythmy therapy in Israel, and the eurythmy therapist Zacharia Wolf (Nazareth) are helping with the organization. This will be the first such conference after a break of many years, and it is hoped that such meetings may take place more regularly in the future. Several years ago a

training in Anthroposophical Medicine was established for Israeli doctors. Nadav Nachtomi carries responsibility for the eurythmy lessons in this seminar. Dr. Avishay Gershony and Dr. Gil Bar-Sela report that his work is very well regarded, and that they would welcome the future establishment of a training in therapeutic eurythmy in Israel, under the condition that the requirements of the Section can be met and the co-operative support of other eurythmy therapists can be established. Of the 11 eurythmy therapists in Israel several are not directly active in the field, and at this time no Israeli is studying in the therapeutic training worldwide.

Jan Ranck

December 2009

There is also good news to report from the Middle East: in March a meeting took place between eurythmy therapists and anthroposophical doctors which will have a continuation in November. The theme for the work, which is to be structured as a mutual research, is therapeutic eurythmy and psycho-pharmaceuticals. In addition, Shulamit Kabra, a eurythmy therapist who has worked for many years in Germany, returned to Jerusalem. Shulamit is also a registered psychiatric nurse. That brings the number of eurythmy therapists to 12, although only 2/3 are active in the profession, not enough to answer the actual need.

Jan Ranck

December 2010

The number of therapeutic eurythmists in Israel rose last year from 11 to 12 and a newly trained eurythmist from Israel began the eurythmy therapy training in England this spring. There are now 8 practicing therapeutic eurythmists and one doing her practicum, as the others are completely occupied in the sphere of pedagogical eurythmy. They often mention, however, the great support which their therapeutic background gives them in their work, in light of the ever growing special needs in children today. Thanks to the energetic initiative of one of the therapeutic eurythmists, this year three of the Waldorf schools instituted a regular salary for eurythmy therapy in the school, at least for a certain number of children. This arrangement makes a big difference in relation to the standard situation, in which the eurythmy therapist is available for the school, but has no guaranteed income, and in which it is often the case that even when a school doctor prescribes eurythmy for a child, the parents cannot afford it (or do not want to). The attempt is also made to increase the school parents' understanding of eurythmy therapy through presentations in parents' meetings and meetings of the eurythmy therapist together with both parents and child. In order to increase the understanding and appreciation for eurythmy therapy among the teachers in Waldorf schools and Kindergartens, the eurythmy lessons in the third year of studies in the Jerusalem Waldorf Teacher Seminar in David Yellin College are focused primarily on introductory experiences in the realm of eurythmy therapy. (This is possible because the teacher of eurythmy in the seminar also happens to be a eurythmy therapist.) An introductory course in eurythmy therapy is also part of the curriculum for the students in the third year of the eurythmy training in the Jerusalem Academy of Eurythmy, and this year it is planned to open this course for students of other pedagogical and therapeutic trainings who are interested in becoming more acquainted with eurythmy therapy. There is also an introductory course one day a week in the North of Israel in which medical lectures and exercises in eurythmy therapy are offered for eurythmists, doctors, anthroposophical therapists, Waldorf teachers and others who are interested. The meetings between eurythmy therapists and anthroposophical doctors which, after a long caesura, were revived in the wave of the World eurythmy therapy Conference (Dornach 2008) have taken place four times. The last three meetings focused on the theme of ADHD. In the meeting in July, six of the students from

the seminar for anthroposophical doctors joined the work, which gave a very positive impulse for the future.

Jan Ranck

December 2011

In 2010- 2011 two introductory courses in eurythmy therapy took place. One was held one day a week under the direction of Nadav Nachtomi and one was a three-week full time intensive course held in the Jerusalem Academy of Eurythmy under the direction of Jan Ranck. In addition, a new group of doctors began the second training course in anthroposophic medicine, in which eurythmy therapy is also introduced. The number of eurythmist therapists in Israel is far too few to meet the many requests, especially from Waldorf schools. Only about one half of the trained eurythmy therapists, of which there are only 12, actually work in the field. These meet three times a year to study together with a group of new and experienced anthroposophic doctors. In the coming year there will also be a number of workshops with eurythmy therapists and doctors visiting from Europe, including Michaela Gloeckler. Such visits, and the untiring efforts of Angelika Jaschke in the realm of newsletter, conference publications and other communications from the Medical Section bring an important enrichment to the work and build the indispensable connection to the world medical movement.

Jan Ranck

December 2012

Israel is a small land (approx. 20770 square kilometers , roughly the size of New Jersey) located on the Mediterranean Sea at the junction of Europe, Asia and Africa. The distance between the massive snow mountains in the north (snow only in winter) to the coloreds and craters in the south is only approx. 400 Kilometers, but the great variety of impressions along the way makes it feel much longer when driving through. As the "middle of the Earth" Israel contains in miniature something from the landscapes of the whole world and more -- in the vicinity of the Dead Sea (the lowest point on earth) the area resembles a moonscape. In fact it is speculated by some that it was from this point which the moon separated from the earth in the beginning of the earth evolution. As far as geology is concerned, Israel is a land in which it is often necessary to dig through uncountable layers of cultural remains before reaching the actual bedrock. The past is so close to the present that dinosaur tracks can be seen just meters away from the Jerusalem Academy of Eurythmy. (It has not yet been ascertained whether their gait was three-fold...) There is also hardly any geographical feature which is not connected with the cultural past. The Carmel Mountain Range in the north is known to contain the cave in which the Prophet Elijah hid; the Jordan, Israel's largest river, is known as the site of the baptism of Jesus of Nazareth; the large fresh- water Sea of Galilee (Lake of Genesaret) is known as the fishing grounds of Christ's disciples; and on the Mount of Olives near Jerusalem there are trees so ancient that they may have been there at the time of Christ's Crucifixion. Returning to the theme of Geology – that is, the stones under ones feet: here there is also both great variety and the inescapable connection with the cultural past. To site only one example: the stone which is in the foundations of the Dome of the Rock on the Temple Mount in the Old City of Jerusalem and is known as the middle of the middle of the earth. According to the Talmud it was the first part of the earth to come into existence (or, as Manfred Schimidt-Brabant related, this is where the first condensations of warmth arose on Old Saturn). Near this place the earth was gathered from which Adam was created. On this stone sacrifices were made by Cain, Abel and Noah. Here Abraham prepared to sacrifice his son Isaac, and Isaac's son Jacob (later known as Israel) dreamt of the Angels climbing down and up from heaven. On this rock King David

planned to build a Temple, which plan was accomplished by his son King Solomon. Here the Holy of Holies was built and inside the Ark of the Covenant was placed. From this rock the Prophet Mohammed is said to have risen to heaven accompanied by the Angel Gabriel, and to have prayed with Abraham, Moses and Jesus. In conclusion: if this is the case with just one stone, perhaps it will be forgiven that the report ends here with a warm recommendation of the (unfortunately untranslated) book by Suchantke, Schmutz, Schad and Fackler "The Middle of the Earth – Israel in the focal point of natural and cultural historic development" - for that is how it is... As to the situation of therapeutic eurythmy in this special country: In December 2012, during a visit by Michaela Gloeckler, there will be a conference for anthroposophical doctors and therapists during which the question whether the time has come to found some sort of legally recognized association will be discussed. As reported previously, therapeutic eurythmy is on the list of therapies partially reimbursed by the national insurance when the patient purchases an additional coverage for alternative medicine. However, such sessions are very badly paid and until now none of the few eurythmy therapists in the country (11, but with several not practicing in the field) has taken up this possibility. The initiative of meetings between anthroposophical doctors and eurythmy therapists is entering its fifth year with a relatively constant attendance of 5 doctors and 5 eurythmists. The current theme is Anxiety and Depression. Quite a few doctors and therapists, among them two eurythmists, attended the medical section conference this autumn and at the next meeting in October impressions of the conference will be shared.

Jan Ranck

November 2013

In Israel the number of therapeutic eurythmists with diplomas remains at 11, whereby only about half practice in the field. Several eurythmists are currently in trainings in various places and we look forward to them joining the work. Some are already active as "interns". There is no professional association, but since 2009 there are meetings three times a year between therapeutic eurythmists and anthroposophical doctors, in which about 12 people (half of them doctors) participate regularly. There is as of yet no formal cooperation with therapists in other fields, whereby recently Dr. Moti Levi and Dr. Meron Barak are attempting to arrange at least annual conferences with the goal of establishing a sort of umbrella organization for anthroposophical medicine. To this purpose Michaela Gloeckler visited for a weekend conference in December 2012 with the theme "Challenges in Working Together". We also thank Dr. Moti Levi for the fact that Eurythmy is included in the list of therapies recognized for insurance coverage under the alternative medicine division of the National Health Insurance, of which division he is the head. Through the initiative of Nadav Nachtomi there were also visits this year by the therapeutic eurythmists Daniel Marston from Switzerland and Ursula Browning from Britain, who each gave a weekend workshop. Daniel addressed the theme of Cancer and Ursula the "8th Lecture" of the Therapeutic Eurythmy Course by Rudolf Steiner. These workshops were attended by doctors, therapeutic eurythmists and therapists from other fields. The climate in Israel is as varied as the geography. On the Coast (e.g. Tel Aviv) the weather is relatively mild in winter and hot and very humid in the summer. In the hills (e.g. Jerusalem) it is drier in general, and cooler in winter, including possible snowfall every few years. It is hot in summer, but as was said, a dry heat. In the south (e.g. Beer Sheva and further) it is a half-desert, with all that implies. In the north one cannot really speak of a "northern" climate - on the coast it is similar to Tel Aviv and inland it is similar to the hills of the middle region around Jerusalem. The lengths of the seasons also vary greatly. Spring begins in February (sometimes even in late January) with blossoming almond trees as the first sign, but is relatively shortly. Summer is very long (usually over 6 months with no rain), autumn is almost unnoticeable, and winter is also relatively short (Novem-

ber until January). Almost all rainfall takes place in the winter with some showers in spring and autumn. This year the rainfall was relatively heavy, but in general Israel has been suffering for several years now from a drought (even in relation to the natural relative dryness of the Middle East region). One can also describe the climate from the perspective of the agriculture: apples in the north, citrus at the coast (although both require irrigation), cacti* in the south. Olive trees thrive everywhere. But without the famous black plastic hoses of the Israeli irrigation system there would be relatively little green, and it is a sign of summer that even in the north everything turns brown. A special feature of the climate in Israel is the "Chamsin". Supposedly occurring 50 days a year (the word "Chamsin" is derived from the word for "fifty"), these are days or sequences of days of very high temperature, extreme dryness, and a sand-filled desert wind from the south. In these times tensions are great (similar to the Swiss "Foehn") and the heavy heat almost unbearable. Often this weather "breaks" with a large drop in temperature and a short rainfall; sometimes, when it is particularly drastic, one day will be a sandstorm and the next day it will snow. The country is in all respects characterized by contrasts and tensions, not only in politics! Not for nothing does the legend claim that Jerusalem lies at the entrance to both heaven and hell...

*A nickname given to Israelis is "Tzabar" (Sabra), a type of cactus. The metaphor relates to its fruit being prickly on the outside and soft and sweet on the inside.
Jan Ranck

December 2014

The number of therapeutic eurythmists in Israel grew by almost 50% this year with the graduation of 5 students from their trainings who intend to become active in the profession. With this addition, there are now 17 therapeutic eurythmists in Israel, although not all are active in the field. There is as of yet no professional association but the second "medical conference" took place this year which is intended to become an annual occurrence. The thrice yearly meeting between therapeutic eurythmists and doctors continued this year with the theme of Anxiety and Depression. One could say that the recent political events unfortunately give good reason for both states of mind. Some good news is the planned visit by Angelika Jaschke in March.

Art and culture: As far as the art and culture of Israel are concerned: as with the geology, one can say that Israel has more or less something of everything. Before and after the establishment of the State in 1949 people came from all over the world, bringing and sustaining their former cultures – including clothing, music, eating habits, etc. Anthroposophy was also brought over with the European immigrants arriving after the second world war. The original residents (both Jews and Arabs) also continued to preserve their „Mediterranean“ Diets and traditions, so that one finds for example several different "traditional" meals accompanying the various festivals. Although the Zionist movement strove to bring the Jewish Volk "back to the land" – and also succeeded quite remarkably, especially with the Kibbutz movement – the Israelis remain world leaders in all aspects of culture, including the "info culture" (i. e. Hi-Tech). With the massive immigration from the former Soviet Union from 1989 onward came not only a wave of gifted scientists but a great push was also given to the already highly developed classical music scene. As a result there are many orchestras and chamber groups of very high quality. This said, many immigrants were not able to find jobs in their field – either because there were more than could be reasonably absorbed or because the field simply did not exist in this country. Therefore one often finds that security personnel standing guard at public institutions are actually „disguised“ opera singers, cardiologists, mining engineers, etc. Both the High Tech and the classical music scenes also happen to be places where very successful „intercultural“ initiatives have had great

success. Although in Israel one naturally associates „intercultural“with Arab/Jewish, the situation is actually much more complicated. Here just a few challenges connected with the many aspects of “intercultural and “multicultural“ existence: Although Judaism is the official national religion (whereby there are three „official national languages – which appear on all road signs!) and therefore Sunday is a normal working day, the other major religions are also respected by the State. This means for example that diplomatic institutions have three free days in the week: Friday out of respect for the Muslims, Saturday out of respect for the Jews and Sunday out of respect for the Christians. And while only the Jewish Festivals are national holidays, university students (for example) from other cultures are allowed to be absent on their respective holidays. There is not only variety in religion and in folks. Also within each of them exist great divides: the European vs. Arabic Jews (termed „Ashkenazi and Spharadi) – not to mention all the other folks represented (Indian Jews, for example); Islamic Arabs and Christian Arabs (in addition to the Jewish Arabs already mentioned), Ultra-orthodox vs. atheistic Jews, not to mention the variety in between (among the Ultra-orthodox alone there are over 70 different streams, and then there are the “Orthodox“, “Conservative“ and “Reform“ movements.) In Israel there are also representatives of pretty much all of the Christian Denominations - this goes much beyond Greek Orthodox vs. Roman Catholic or Catholic vs. Protestant. There are also “christian Jews“... All of these differentiations huddled on one little tiny spot of the world bring great diversity as well as potentials for great divisiveness. In short, here one finds all which makes life richer and with that all which makes life heavier – just like in our eurythmy meditation...

Jan Ranck

December 2015

In Israel there are now 15 eurythmy therapists, of which 12 are active in the field. There is no national association but some of us meet three times a year with some interested doctors.

Unfortunately there is little individual cooperation between the eurythmy therapists and the doctors. This year’s memorable event was the visit of Angelika Jaschke who held a weekend workshop for eurythmy therapists, speech therapy students and doctors and took part in the ceremony in which 4 students of the training course of Nadav Nachtomi received their diplomas

Jan Ranck

Italy

October 2005

Questions (as freely given inspiration)

1. What is the current political, legal situation? What issues are there and what should the next steps be?
2. What ET themes or questions are there living in your country? Could you put into words the spiritual intentions?
3. How is the coordination ET Forum perceived? What is seen as useful, or important? What are the wishes?

1. There is nothing new to report from Dr Giraud, AIPMA Patients Association:
2. Here in Milan, we have been meeting together on a weekly basis to study the eurythmy therapy Course by R Steiner Around 20 doctors and 4 eurythmy therapists take part in this. The eurythmy therapists who attend these meetings are determined to keep them going.
3. At present we experience the importance of the International Forum Network in the following way: „Wake up! This profession is real. It exists and needs to be brought out of isolation into the world,,!

Maria Teresa Fossati

November 2006

From 6-8 October 2006, seven Eurythmy Therapists and four doctors met together with Titia Jonkmans to study the first lecture of the eurythmy therapy Course. The conference was part of AIET (Associazione Italiana di Euritmisti Terapeuti) In Italy eurythmy therapy is practiced in about 10 cities and in Milan, doctors and eurythmists have been studying the eurythmy therapy Course together for three years. The various anthroposophical therapy groups meet together regularly and recently they have been formulating a new statement : 'What is anthroposophical medicine

Maria Teresa Fossati/Monika Margesin

December 2007

In Italy there at present 25 practicing eurythmy therapists. The minority works full-time, the majority is additionally active with educational and hygienic eurythmy. Next year we are going to develop the ethic codex for our profession. On the basis of our cooperation with the anthroposophic doctors and the representatives of all anthroposophic therapies we will organize a conference in January 2008 on „Anorexia“ together with Dr. Ad, Henriette Dekkers and Dr. Ruchgaber. In April 2008 the Consulting Group of the International eurythmy therapy Forum will meet in Milan, Italy.

Maria Teresa Fossati/Monika Margesin

December 2008

More than half the eurythmy therapists living in Italy were able to attend the World Conference in May 2008. The global awareness thus created lives on as a constant source of nourishment and motivation. The publication of the conference reports (Festschrift) will no doubt add to this and help spread the word even further. We were pleased to see several newspaper articles about eurythmy therapy appearing in spring. It is our endeavor to bring as much of our research and achievements in

the field of anthroposophical medicine to the wider public. Out of the 25 eurythmy therapists in Italy only 8 are working full time. The others all have other jobs. Because it is still unclear where eurythmy therapy fits in to the state health system we will hold a big conference in January 2009 together with doctors and therapists with the theme: Professional and State recognition! We eurythmy therapists are making efforts in the field of documentation.

Maria Teresa Fossati

December 2009

Over the past years therapists from many areas have met in Milan and we have spoken about forming an umbrella group to coordinate all our activities. Pressure from the state has also led to this question as it would help to establish our work on a firmer footing. Suitable guidelines and criteria are being drafted at present. New strength came this year in the form of courses given by Anja Meierhans on documentation and Mareike Kaiser on teeth. These were open to both eurythmists and dentists.

Maria Teresa Fossati

December 2010

In Italy, small but regular steps are being made towards further stabilizing and developing the profession. A central topic of our conversations is to secure quality by using **AnthroMed**®. By getting that we expect more acceptance of our profession and a strengthening of the courage and confidence of every single eurythmy therapist. In March the second course on dental eurythmy therapy was held by Dr. Claus Haupt and Mareike Kaiser. Many people participated. In October 2010 an interdisciplinary conference will be held in the ‚Casa di Salute Raphael‘ in Roncegno (Trento). The topic will be „Experiences at the threshold“, lecturers will be Ad and Henriette Dekker and Michaela Gloeckler. It will be organized by SIMA (the association of the anthroposophic doctors in Italy).

Maria Teresa Fossati

December 2011

After the foundation of our Association, AIET, in 2003, the common work among a little group of eurythmy therapists intensified. The interest aroused from eurythmy therapy Forum opened new dimensions and widened our consciousness. Our quietening basic mood was: there is the possibility to be identified by the external world. So we had to translate and work on a great amount of documents: guidelines about the eurythmy therapy method, eurythmy therapy professional image, curriculum concerning the training, documentation of the work, newsletter writings and general communications etc. Some of us were frightened by this, others felt overwhelmed in others arose questions. In our country we had meetings with the representatives of different therapeutic fields and interdisciplinary meetings took place with Ad and Henriette Dekker. In this way we had the possibility to perceive and be part of the work of the anthroposophic medicine in Italy. This year on July we met with IVAA and SIMA (Italian Society for Anthroposophic Medicine) representatives at the presence of Michaela Gloeckler. New ideas and new prospects were also taken from the 2008-meeting in Milan between the advisory committee and the Italian eurythmy therapists. We had regular training lessons: with Titia Jonkmans for eurythmy therapists and doctors; we worked with Anja Meierhans for the documentation and with Mareike Kaiser and Dr. Claus Haupt at the eurythmy therapy for teeth. The presence of many dentists and deontologists pleasantly widened the number of the people attending the courses. The possibility to obtain the **AnthroMed** quality label brought to AIET some new members who

gave their concrete support. All this is the result of the effort of many people and we would like to thank them all!

Maria Teresa Fossati

December 2012

This year small but significant steps have created the space for some important events in the country. In June, the 6th course of eurythmy therapy for teeth with Mareike Kaiser took place in Milan, well attended by eurythmy therapists and dentists. Angelika Jaschke was with us. She told us of the extensive work of the HE-Forum, as part of the Medical Section. The soul space expanded space and the audience felt intensely connected to this great task. We prepared to request the **Anthro-Med@HEILEURYTHMIE** - quality mark: we got the national trademark protection for our professional association, AIET. We will celebrate '100-years-eurythmy' from 6 - 9 December 2012 in Milan, within the annual meeting of the Anthroposophical Society, with demonstrations from the soul calendar and an evening performance from the pupils of the Waldorf school in Palermo. Where do we live? But here: Italia, come sei bella! A petite figure dancing in pure balance in the blue Mediterranean. As you can see on the map. The head of the country is surrounded by the snow-covered tops of the Alps. The width of the Lombard plains of the Po, in the cities of the north, is home of the most eurythmy therapists (about 13). The body of the peninsula, supported by the „backbone“ of the Apennine Mountains, extends boldly into the Mediterranean, only few colleagues operate there. In Bologna, a steady job is hold by one eurythmy therapist and Rome is supplied monthly with eurythmy therapy. In the top of the “boot”, the mountainous Sicily, with its fiery and powerful explosions, the Etna, a „fresh-baked“ colleague works. So now three German colleagues together a „roman“, who lives in the heel of the boot, are holding the guard at the borders of the country, in the Aosta Valley (north-west of the Alps) in Sardinia and Sicily. The distance between Aosta and Palermo, about 1,200 km, is bypassed. The possibility of holding together is given.

Maria Teresa Fossati

November 2013

Italy, long and narrow, stretches for about 1300km towards the south east into the blue of the Mediterranean Sea. It is equidistant from the North Pole and the Equator; for this reason the climatic conditions are generally mild whilst still having marked differences between the climates of the Alps, the plains of the North East and the coastal areas of the Mediterranean. The Alps, which are the highest mountain range in Europe, extend in a semi-circle from west to east, and the Apennines from north to south-east. The former mountain range creates a natural protection against the cold winds from the north and north-east. When the wind blows over the highest peaks and reaches Italy, it is called the tramontane and it brings dry weather, clear skies and good visibility. The Southern areas, North Africa and the Sahara desert send hot winds known as the Sirocco. The Apennines are a barrier against the wet Atlantic winds which blow horizontally from east to west and are called Westerly or Zephyrus. Across ways from east to west blows the wind known as Easterly; this brings cool, wet winds with rain and water spouts. On the other hand the sun shines throughout Italy. The air is blessed with a special light. 'L'aria' of Italy brings breadth and levity with its delicate, molding action; it envelops all nature and the earth, making sensory perceptions join seamlessly with the emotions of the soul. eurythmy therapy in Italy. At the moment there are 22 eurythmy therapists working in Italy; 15 of them constitute the professional association AIET (Italian Association of eurythmy therapy), founded in 2003. The quality trademark for anthroposophic medicine **AnthroMed@HEILEURYTHMIE** will be available this year in Italy also. This is the event of the year. As well as this, the meeting be-

tween doctors and representatives of the various anthroposophical practices (eurythmy therapy, art therapy, rhythmical massage, psychotherapy, curative education, pharmacology) and patients' representatives, in November 2012 brought to a public lecture the theme of 'the rhythms of sleeping and waking.' In June 2013 in Milan, Mareike Kaiser held the 7th course of eurythmy therapy for dental problems, with the participation of dentists and orthodontists. Several eurythmy therapists and 3 doctors, who have participated in the courses of eurythmy therapy held by doctor Gudrun Merker in Germany, meet twice a year in Milan to deepen their knowledge of the eurythmy therapy Course held by Rudolf Steiner. However in Palermo, Sicily, the work of a eurythmy therapist and 5 doctors on this same subject for the last two years have now come to a close. We look with confidence towards the future.
Maria Teresa Fossati

December 2014

Twenty-five eurythmy therapists are working in Italy at present; fifteen of them have joined the professional association AIET (Associazione Italiana di Eiritmia Terapeutica, since 2003). We keep in contact with the physicians and therapists in AM with multidisciplinary meetings that take place two or three times per year. In January 2014 we had a conference entitled "Pedagogia curativa e socioterapia". From 2 to 5 October 2014 the international dentists' conference ("eurythmy therapy and Dentistry") will take place in Casa Raphael in Roncegno (Trento). Mareike Kaiser will be the speaker for eurythmy therapy. The conference will be organized by the Association of Anthroposophical Physicians in Germany, under the patronage of SIMA (Società Italiana di Medicina Antroposofica). Setting up a website for our association (www.euritmiaterapeutica.it) was one of the highlights this year.

About our culture: Italy's "Aria", the colors, the beautiful form (dancing in the blue Mediterranean); the gentle transitions in the landscape. - Giotto and the life of St Francis of Assisi, painted against a blue background - the Renaissance painters: Raphael's Madonnas (the lovely faces ... beautiful postures ... simply magical) - Leonardo, an artist of every field, listening to the creative forces of nature ... the "Last Supper" - Michelangelo, the painter and sculptor: sibyls (out of the earthly forces, the chasms of the human soul) and prophets (consciousness). These are some impressions: a great past ... and the future? The language created by this culture first appears in its written form (in its first attempts to break away from Latin) in Palermo (Sicily), at the court of Frederic II and his Provençal troubadours who sing in praise of the "rose". St Francis with his great power of love and compassion, turns his gaze outward to nature in a spirit of fraternity: "The Canticle of the Sun". In 13th century Florence the "volgare italiano" reaches its zenith with Dante's "Divine Comedy" and thus the Italian language celebrates its birth, as the first in Europe. The "Vita Nuova", one of the most beautiful sonnets, reveals the depths of Dante's soul: his love for Beatrice, who leads him into paradise. In Bologna, the poets of the "Dolce Stil Nuovo" and the "Fedeli d'Amore" praise the "donna angelicata". The language, under the influence of the "eternal feminine", turns melodic, poetic, weaving its way into the fine lines of the landscape. „Il Canzoniere" by Petrarcha (from 1335) is one of the masterpieces of European poetry. The "donna angelicata" assumes more earthly contours which gradually begin to dominated from then on. The folk soul inspires the individual sentient soul in different ways at various times, first at the soul level. Renaissance In Florence, the cultural and artistic life is enlivened at the courts of Cosimo and Lorenzo de Medici, thanks to the rejuvenating impulse of Greek Culture, and from here it spreads across all of Europe. The "Platonic Academy" is founded. The prevailing element that permeated Italian culture at that time was the "beauty" which radiated out from forms and colors. "Around 1550 the folk spirit descended deeply and began to exert its influence so that, in the individual, we find its imprint, and an element appears that we know as Italianate." R. Steiner. Fraternity is the inner ideal of the sentient soul. Rudolf

Steiner mentioned that it was Dante's specific task to bring about the renewal of the social life. Since that was not possible, his forces were bundled in his artistic activity. Apart from Dante, as the typical representative of Italy, he also referred to Tommaso Campanella who had an intimate connection with Rosicrucianism and who was one of the greatest Renaissance philosophers. In "La Città del Sole" he developed impulses for a future social transformation ... (A prescience of the threefold social organism?) The consciousness soul emerges from an artistic sentient foundation. In the 1950s and 1960s, after the zero point of World War II, Adriano Olivetti, an entrepreneur (typewriter L22), who was strongly inspired by Rudolf Steiner, initiated plans to reform the entire economic, cultural and social life. The dynamics of integration pursued in European politics today are often only economical or administrative. Cultural differences are not taken into account. When the integrative power of the family abates and social structures are called into question, one would wish that each country in Europe could experience a re-enlivening of its cultural roots and the conscious search for its own spiritual identity with its enormous power of integration. Within the choir of European countries Italy has the task of bringing the soul quality of brotherliness to realization, in beauty.

Maria Teresa Fossati

December 2015

In Italy we have 25 eurythmy therapists and 14 of them are members of AIET, our professional association. In June 2015, during the last general meeting, Maria Teresa Fossati didn't run for the election of the association council after 14 years of work.

We want to thank Maria Teresa for her engagement in the eurythmy therapy and especially for her interest in international relationships.

Barbara Tapfer was elected as 3rd member of the council, beside Ivana Marinato and Barbara Lucheschi.

Our engagement is wildly spread from Northern to Southern Italy, even if it seems more intense in the North East or in the North West. Many of us are working in schools, kindergartens or independent practice. At "Casa Raphael", in Roncegno, eurythmy therapy is active in the clinical field.

The cooperation with doctors is more or less intense in different places, but from a brainstorm we realized the importance to renew our way of working with them.

We have a good collaboration with the dentists in the courses for dental eurythmy therapy with Mareike Kaiser and Claus Haupt. We are very glad we started a new cycle of dental eurythmy therapy in June 2015.

By October we will organize a course in eurythmy therapy for eyes with Mrs. Dr. Hammer and Ursula Stiefvater.

We actively attend the meetings with doctors and other therapists in the anthroposophical field, where we look at the respective situations, discuss and try to resolve the problems and organize conferences.

Monika Margesin

Japan

March 2005

We had a regional meeting where, alongside study and practical exercises we worked on documentation for eurythmy therapy . We also translated „Documentation and Research“ by Dr Doerte Hilgard into Japanese. Apart from this we put a lot of energy into the preparation for the IPMT (International Postgraduate Medical Training of the Medical Section.) This is of great importance to us, as there is only one anthroposophical doctor in Japan at present! We expect 35 doctors and 15 therapists (chemists and nurses etc) to take part in this new training course.

Kimiko Ishikawa

October 2005

Questions (as freely given inspiration)

1. What is the current political, legal situation? What issues are there and what should the next steps be?
2. What ET themes or questions are there living in your country? Could you put into words the spiritual intentions?
3. How is the coordination ET Forum perceived? What is seen as useful, or important? What are the wishes?

1. In Japan anthroposophic medicine is still relatively unknown.
2. We study the eurythmy therapy Course in its new edition. We have also been exploring etheric forces in their picture forming reality alongside work with doctors on concrete case studies of illness. In future we want to look at the 'indications' given.
3. We have read this Newsletter with great enthusiasm in the past and hope that this sort of international dialogue continues to thrive in the future.

Kimiko Ishikawa

November 2006

During the annual meeting 2006 the idea of founding a eurythmy therapy Association was discussed for the first time. This will be our main theme this year. We continue our work with the eurythmy therapy Course and together with the doctors we look at 'case studies'. Last year a translation of the eurythmy therapy Course began and we have taken up the theme: documentation.

Kimiko Ishikawa

December 2007

We meet twice per year regularly. Currently we are working intensively at the method of working on case studies, we try to develop eurythmy therapy movement diagnosis and the way of writing the documentation. Furthermore, we are in the process of drafting a new brochure and continue the translation of the eurythmy therapy Course. We formed a renewed, enlarged eurythmy therapy working group together with the doctors with whom we study the eurythmy therapy Course, talk about cases and exercise eurythmy therapy intensively. This group consists of more than 20 doctors and 5 eurythmy therapists. The doctors who will finish the IPMT programme next year are very engaged. Our visit to the Parliament was successful. The anthroposophic medicine is not well known in the public. This visit took place because of one person who was interested in the transcendental phenomena in hu-

man beings. She had heard a lecture on cancer which had been held by a doctor from Poland. Our government does not set high value on complementary medicine, however the health insurance companies refund costs for Chinese medicine and acupuncture to some extent. The problem with the anthroposophic medicine is that it is not so easy to import the medicine. Sometimes the doctors wait more than 3 months for medicine from Switzerland. (Hopefully the patients stay such long...!?) During the IPMT Michaela Gloeckler therefore talked about the importance of eurythmy therapy because we can start right away (without having to wait for a long time). This led me to start working on eurythmy therapy together with the doctors and more than 20 doctors participated - as I had reported. There are still many obstacles, but I am really glad that we advance step by step.

Kimiko Ishikawa
December 2008

In July we met together and shared our experiences of the World Conference. We all agreed that it had left a lasting impression on us and we would like to thank all those who made the conference possible. We found the meeting of 800 eurythmy therapists a great event which filled us all with warmth and enthusiasm. It also filled the Goetheanum with new life. We were able to carry this strength back home with us and to apply it to the work with our patients and children. The rich content of the many courses and lectures has helped to fill our work with new energy and depth and we see ever more what an effective and powerful therapy we have. The work together with our doctors has also gained strength. We are trying to found an association and are translating the 'Guidelines' and 'Professional Profile' documents into Japanese. Also "eurythmy therapy in Curative Education/ Schools" is being translated. Around 7 to 8 years have passed since eurythmy therapy began here and the conference made it clear to us that we need to move on to a new phase now. How this will be is open and we remain enthusiastic!

Kimiko Ishikawa

December 2009

At present there are 10 eurythmy therapists working in Japan. The whole country from north to south is now covered. Most of us work 2 to 3 days a week together with a doctor in private practice. Many also work in Waldorf schools. The World eurythmy therapy Conference in Dornach helped the interest in eurythmy therapy greatly here. 25 Japanese doctors attended the conference and we notice they now refer many more patients to us. There is also more interest coming from the schools. The five year IPMT doctors' training in Dornach has helped the situation here as well. We are active translating the 'Guidelines for eurythmy therapy' which the Forum Network produced. We hope to be able to adapt this to our situation in order to strengthen the profession here. The Curative Education Association has reformed this year with a new training Course. The small group of pharmacists have also started a new training course since the last IPMT. The Doctors' Association produces a newsletter which comes out four times a year and there are numerous lectures, courses and workshops taking place. We have the feeling that the work is growing ever stronger here. We are looking into ways of coordinating everyone and forming an umbrella group to cover doctor, eurythmy therapy, curative education, pharmacy, art therapy and more.

Kimiko Ishikawa

December 2010

Over the last years, we have met regularly twice a year. This August we decided to work at our meeting on the topic eurythmy therapy. Above all, we tried to explore how eurythmy therapy could play an important role in pedagogy, with growing chil-

dren. We also explored the possibilities of eurythmy therapy for adults, where it could add not only preventively to the health of everybody but also in the function of social hygiene for the society. The Network eurythmy therapy Japan celebrates its 10th year after its foundation. Meanwhile the activities of our network have changed a lot. The first years were dedicated to extending our activities, our working possibilities. Then we took over the initiative to organize the IPMT. Over 70 doctors meanwhile participated. And now we feel that our network will enter a new phase, where a new idea and a new form will be necessary because we should/want to demonstrate our responsibility as therapists representing anthroposophic medicine. On the other side, we would like to deepen our considerations as regards the content of our work in correspondence with this new form. So we envisaged three topics: 1. schooling of our observation skills through case discussions, 2. working on different disease patterns, 3. deepening the quality of sounds being our means of therapy. By the end of this year, the brochures about eurythmy therapy and the „eurythmy therapy guidelines“, translated into Japanese, will be printed. We do hope this will induce us to make the next step further.

Kimiko Ishikawa

December 2011

Firstly I would like to thank everyone for the response I received since Angelika sent my email to you all. The many Halleluiah and „I think Speech“ exercises you made for us. Also, thanks to colleagues in Norway who included us when they did eurythmy for the people of Meloy. Six months have passed since the Fukushima disaster and only one third of the rubble has been cleared from the area so far. Also only 20% of the people there have found work and the radiation levels are high in many parts of the country. Tokyo included. Many mothers are concerned about their children's health in the future, so the situation is still serious and critical. It is exactly 66 years (2 times 33) since Hiroshima and the burning question is: "What do we need to learn in order to find a new orientation for the future"? Many believe that it will only be possible to rebuild things in Japan if we also change our way of thinking. How much strength has it taken us to arrive at a "comfortable" life style? Eg with the computer and household gadgets that control everything for us (e.g. the latest televisions which switch themselves off when we sleep etc). Our individual ego forces are driven away. In our big cities life is full of stress and hectic and there is no time for peaceful reflexion or an inner life as we used to have. The question arises, should this outer material richness not be transformed to an inner more spiritual quality? On the 19th September a big demonstration involving 60.000 people marched the streets and ten million signatures have been gathered in opposition to nuclear power stations. Before there was little interest but now millions are actively protesting and consciousness has been raised. One has the feeling that out of the depths of the Japanese soul a new will has arisen a Christ filled will to rebuild society and the national/ folk identity. Since the 3rd November doctors and nurses, therapists and teachers have all been working together as a crisis team to help the many traumatized adults and children affected by the disaster. One doctor has even promised to distribute 2800 bottles of Solum Oil to the people of Fukushima. This is a gift from Wala. We met as eurythmy therapy colleagues in august to share our observations of the children and adult patients affected. We noticed that the ability to imitate is weaker amongst the children and with both, the etheric sheath is damaged. Even in Tokyo many are affected and we hope that our work will be of benefit to the whole environment not just the patients we treat. Eurythmy radiates out and works between the microcosm and the macrocosm. This gives us a great feeling of responsibility and hopefully, through our work, courage, and strength of the 'middle' can be given in a Christ filled way. The Christ ego awakened in the human ego so that the right steps are taken in the future. We now plan to meet with the artistic and pedagogical eurythmists to look at various questions, e.g.: What actually is

the Etheric? To close, I would like to thank you all again for your loving thoughts which have helped support us and keep us upright and whole in this difficult time.
Kimiko Ishikawa

December 2012

This year we were meant to describe the landscape in which we work, but I had a sense that I ought to write about the situation here following the events of 3 March 2011! I therefore decided to write about the "present landscape" after the great catastrophe of the earthquake, tsunami and the accident at Fukushima nuclear power station. Almost 16,000 people lost their lives in the wake of this catastrophe, and 3,000 are still missing. 340,000 people took refuge in other locations. The landscape of Japan has altered a great deal since 3 March 2011. The beautiful coastal landscape was simply wiped off the map. At Ojika peninsula, in Tohoku (North-East Japan) the land shifted 5.3 m eastwards – that is, towards the sea – and sank by 1.2 m. Rebuilding the region where over 500 kilometers of coastal region were swept away by the flood is a long, slow process. The harbor, for instance, has gradually been rebuilt but no specific plans yet exist for rebuilding destroyed towns. Much therefore remains at a standstill and many people live in temporary accommodation. The mighty tsunami wave left 18,000 tonnes of ruins and wreckage behind, of which only 30% has so far been removed. 21,500 hectares of agricultural land have been damaged, and again only 30% of this has been re-cultivated. Wild birds can however be seen again in the re-cultivated areas, and people are trying to grow such things as cotton, which can also grow well in salt-contaminated soil. The four Fukushima reactors still appear just as they did a year and a half ago since, due to continuing high radiation levels, work is greatly hampered. If there should be any interruption to the cold water coolant supply (e.g. if the cooling system stopped functioning) there is still the risk of a hydrogen explosion. Reactors 1 to 3 are still emitting radiation. Reactor 1, in particular, remains in an unpredictable condition. Outside Fukushima railway station, 0.6-0.8 micro- Sievelts per hour are being recorded, which is around 20 to 30 times more than in other regions. Radiation-contaminated water flows 3000 kilometers out into the Pacific Ocean from Japan, and there sinks to the ocean floor. Complex radiation contamination affects soil, forests and rivers. People whom I often visit in Ichinoseki City, where I do eurythmy therapy and preventive eurythmy, say that whereas formerly the woods and mountains were like a gift of nature, now they can no longer pick apples or pears there, or gather chestnuts. "Nature," they say, "has become our adversary." Mothers were very anxious and many families evacuated to a radiation-free area. There are a great many families where the mother and children move away from Fukushima while the father stays put to continue earning a living – and thus families are separated. In other cases, children and mothers drive out to radiation-free regions every weekend to avoid radiation, and recuperate from their worries. A trial on thyroid conditions found that 36% of children have cysts and lumps. Since March this year, demonstrations are being held every Friday outside the Prime Minister's official residence about everything relating to this situation. On 29 June 2012, 170,000 people demonstrated on the streets when the Ohi Reactor started up again. Finally, briefly, people often tell me that, through the eurythmy practiced regularly in affected areas, they have found themselves again, or can overcome anxiety and find new courage for life. And we eurythmists and eurythmy therapists are planning a gathering next February to exchange thoughts on the theme, "How can we protect and strengthen our etheric forces?" We hope we can find in the etheric sphere the source of our shared work and community, so that we can make a contribution to the current situation in Japan.

Kimiko Ishikawa

November 2013

Having written little last year on the real landscape of Japan, I will write a bit more this time. There are four main islands, and a whole series of others, extending more than 1800 miles from north to south in a long, narrow arc on the 25th degree of latitude. The climate of Japan thus varies widely between north and south. In Hokkaido in the north it is cool and temperate; in the south subtropical. While one is sunbathing in the south, others may be skiing up north. Japan is surrounded by the sea. The prevalent warm and cool currents, along with seasonal winds, provide the conditions for four clearly distinct seasons. In the bulk of Japan summer brings humid monsoon weather with south-east winds from the Pacific, whereas in winter north-westerlies from the Eurasian continent predominate. The loveliest times are spring and autumn, when visitors from overseas like to come. It is very mild in spring, when the famous cherry blossom appears. In autumn the vivid reds and yellows of the foliage in the mountains entice us. We have always lived closely with nature and its four seasons. There are thus many festivals connected with events in nature and with the seasons. This applies to art too: for instance one must always include in haikus a word that indicates the season. Apart from the four seasons that characterize our climate, we have here in Japan characteristic forces of nature, which inflict huge natural disasters on the country, such as typhoons, volcanic eruptions and, as we are all aware, earthquakes and tsunamis. Although these natural events continue to take many human lives, we still love our nature dearly and feel connected to it. However it needs also to be mentioned that recent natural disasters are not only "natural disasters", but rather disasters brought about by human beings. For instance, global warming has raised average temperatures beyond previous levels, a process that seems more extreme in Japan than elsewhere. Summers become hotter every year, with the result that in the south this year temperatures in excess of 40°C have been recorded for the first time. When I was young, it never reached more than 32°, whereas now there is nothing unusual about temperatures above 35° around Tokyo. In recent times, the results of this global warming have included torrential, localized downpours in many regions of Japan. Today, for instance, the eighteenth typhoon passed through the Japanese islands, bringing 12 inches of rain in 24 hours to the Kyoto Prefecture. Such massive rainfall comes only every fifty to sixty years. The consequences included rivers breaking their banks, great landslides and flooded houses. 270,000 people were warned to seek refuge. We are thus in a situation where we must decide whether or not we are able and have the will to do something for the situation, and if so where and what. As far as concerns the situation of eurythmy therapy in Japan, we have thirteen eurythmy therapists at present. Four people have completed the training in the last year and have joined us. Two of them work in the Waldorf school. The professional association is still in the preparatory phase. Hopefully we can deepen our considerations of this next year at the annual meeting. This year we had two conferences with eurythmists and arts therapists. One conference, a symposium, was organized by some of us and eurythmists. It concerned eurythmy and etheric forces, with the sub-title "How can we protect and strengthen our life-forces?" To this end we invited Michael Debus, so that we could learn to know the deeper layers of the etheric forces of eurythmy in order actively to respond to the needs of society with eurythmy, particularly now when Japan is in such need of strengthening its etheric forces after the nuclear disaster of 11 March 2012. In May some of us organized a conference in collaboration with arts therapists, where Michaela Gloeckler spoke about art and art therapy. The theme was how to find and strengthen our center, when some of us have lost our direction and where the future seems uncertain and without prospect after 11 March 2012. There were nearly 300 participants. The two conferences made a deep impression on those who took part. We felt they gave us courage to go beyond being mere observers and to find our way into deeds. *Kimiko Ishikawa*

December 2014

Fourteen eurythmy therapists work in Japan, one is in training. There is no professional association yet but we have discussed the possibility of a foundation in our meetings over the last two years. Although it could only be a non-registered association, we wish for this kind of professional organization because it would help change our awareness and that of society. Nine of our eurythmy therapists are working with physicians. And because the physicians' association (which is not registered yet either) acts as an umbrella organization we eurythmy therapists, the arts therapists and the pharmacists are included in that. The representative of each of these professional groups participates in the monthly Skype conference of the physicians' association. Each professional group has one vote when there are decisions to be taken. Collaboration with the arts therapists varies. One of us, for instance, has been offering a regular course together with an arts therapist and a music therapists and this has proved very popular. The participants thought they experienced themselves as more harmonious as a result. Apart from that, some of us work in hospitals and some in therapy centers together with arts therapists. At this year's meeting we had intensive discussions on founding an association, joining **AnthroMed®EURYTHMY THERAPY** and IFAAET, setting up homepages and CPD 21 hours. Apart from that we worked on neurological diseases and curative educational cases in our March and August meetings. In December Rudolf Steiner's Curative Education Course will be published in Japanese!

Culture: The arts in Japan, especially the traditional ones, are known in Europe and other parts of the world, too, such as the tea ceremony, Ikebana (the art of arranging flowers), ink painting, Ukiyoe (such as Hokusai or Hiroshige), temple art and Japanese Zen gardens, Japanese swordsmithing, Nô- and Kabuki theater, the 17-syllable Haikus, calligraphy, lacquer ware and various movement arts such as Sumo wrestling, Judo, Kendo, Karate etc. In addition, Japanese food was declared intangible cultural heritage this year. Many of our festivals have Buddhist or Shinto roots, such as New Year or the Festival of the Dead in August. It is interesting that we celebrate births in Shinto style and funerals the Buddhist way. (And young women like Christian weddings!) So, Japan has, on the one hand, many old cultures with their manifold artistic forms of expression, from architecture and gardening through Nô-theatre to Haiku and Sushi. On the other hand it has Manga, Nintendo (Gameboy) and a lot of technology that people associate with Japan. One could say, or so I feel, that the Japanese have always carried contrasts within them. In Tokyo you see Shinto shrine gates on top of ultramodern high-rise buildings. This is what our soul is like: it swings between the old tradition, morality and the individualism that came from Europe and America, which we have, however, not yet been able to internalize. These polarities are sometimes also expressed in the form of point and circle. Incidentally, our languages, or letters, all color and affect each other. We can say that our culture focuses strongly on the surrounding. In stone gardens, for instance, which have evolved from Zen Buddhism, or in a Haiku which has only seventeen syllables, the surrounding space is much more important than the actual physically-perceptible stone or words as such. The Nô play that Berthold Brecht translated into German has the same kind of peripheral awareness, as you can see in the subtle expression of the Nô movement. The question is therefore: where do we find our point (our center)? For us Japanese it is really not easy to find our center. The events of 11 March, the nuclear accident in Fukushima, should have made us awake to our middle, but it seems that we have not fully woken up there. Eurythmy as an art of the 'I' can give us many answers to that question.

Kimiko Ishikawa

December 2015

There are 14 eurythmy therapists in Japan, and we are very pleased to report that on Easter Sunday, 5 April, the "eurythmy therapy Association of Japan" was founded as the 15th professional association in the "eurythmy therapy Forum". We are very grateful to Angelika Jaschke, who lovingly (and patiently!) supported us up to the moment of founding, and are very pleased that she also attended the founding ceremony. On this occasion we also acquired the **AnthroMed®**EURYTHMY THERAPY brand license. We started our ceremony with "Halleluja", the "warmth meditation" and the archetypal forms of the First Goetheanum in eurythmy, which Angelika introduced us to.

Before I report on collaboration with doctors and arts therapists I would like to write about the Japanese anthroposophic medical association, which has 50 ordinary members. There are six certified anthroposophic doctors and around 35 trained doctors who have completed the five-year IPMT (International Postgraduate Medical Training) programme. They are planning to found a registered association of anthroposophic physicians in November.

The IPMT has been taking place in Japan since 2004, and so far nine IPMT courses have been organized. In each, a eurythmy session has been established in the mornings, and art therapy and eurythmy therapy in the afternoons. Thus eurythmy therapy is familiar especially to the physicians and other therapeutic practitioners. Nine eurythmy therapists collaborate with the doctors, two work in the Waldorf school, and one in the social pedagogy institute.

In Japan, professions supporting doctors – therapists, nurses or pharmacists – often attend the IPMT and this gives us a good opportunity to communicate with one another. We therefore find it easier to find a common language for our therapy orientation, and this nurtures collaboration between doctors and therapists, and makes it easier.

On 31 March an anthroposophic "clinic" was opened (not a hospital, more a therapy centre). This is the first clinic outside German-speaking countries to gain the **AnthroMed®**CLINIC NETWORK label. Four doctors who have either fully or partly completed the IPMT, two nurses and two pharmacists are working there now; and music therapy, eurythmy therapy, light therapy and curative education are offered there.

This year, in preparation for the founding of the professional association, we concerned ourselves with the following themes and questions: as professional association, how do we take responsibility for the social context, and how do we represent our eurythmy therapy profession in the public domain? And how can we integrate eurythmy therapy into Japanese society since our profession is not officially recognized? We also spent much time discussing further training courses, and the development of our website.

In August we had four days of work and study during which we prepared the forthcoming world eurythmy therapy conference. Once again we began with the archetypal form of the Goetheanum, then a Whitsun verse in Japanese, and studied lecture 9 (lecture 7 of the eurythmy therapy Course) which proved to be very hard work!

Then I would also like to report on other anthroposophic work in Japan, on how eurythmy therapy stands in relation to the Anthroposophical Society, how interdisciplinary work is going in Japan, and which anthroposophic institutions exist etc.. Since 2006, when the national Society split, there is no longer a national Society in Japan. We have four branches of the Anthroposophical Society. But just a year ago, a new initiative arose to rebuild the national Society, or rather to discuss interdisciplinary work in Japan. Over 50 people gathered, coming from southern and northern Japan, and also from almost all professional groups – such as education, agriculture, art and medicine etc. – thus showing the need for close collaboration between active anthroposophic groups here. Since 3.11 (Fukushima events) this need

seems to me to be becoming ever more visible.

In recent years, work in the diverse professional groups has been growing. Each group founds its own association. And collaboration between the various professions, e. g. between therapy professions and pedagogues, has also increased. These two professional groups for instance have already held a joint conference. There are eight Waldorf schools and 50 Waldorf kindergartens including associate institutions. One Waldorf teacher said that even just five years ago no one asked about collaboration between the different Waldorf schools. But growing collaboration has become apparent through the AWTC (Asian Waldorf Teachers Conference) which was held in Japan this year, and was attended by over 400 participants from 16 countries.

Since we were given the opportunity to write at greater length about our country, I will say something here about Japanese culture. In the last journal I wrote that our culture is oriented to the periphery like a Buddhist stone garden, where the space around the stones is more important than the stones themselves. This time I would like to give another example.

The following sentence is the prologue to a very well-known essay, "Makurano Sohshi" "Haru wa akebono" "Spring – dawn."

This sentence was written at the beginning of the 11th century by an essayist Seishoh Nagon, and has been translated as follows by the Japanologist Ivan Morries: In springtime it is dawn that is most beautiful.

It shows the clear difference of thinking between East and West. (Although it originates in the 11th century, the tendency remains more or less the same.) This reminded me of what R. Steiner meant when he said, "Seek the meaning that lies between the sensory nature with which one word ends and the other begins: the spirit which you wish to express." I asked myself whether our language does not compel us to seek the inaudible spirit between words. Our language in fact consists entirely of after-sounded phonemes. It also seems to me that the Japanese language, as described in lecture 9 of GA 313, has not yet been absorbed and consolidated on the Earth!?

One of the most ancient terms for the "I" is "Ah". We find this Ah sound, one of the commonest in Japanese, in many words describing nature, such as "Yama" (mountain), "Kawa" (river) or "Hana" (flower). It figures in the human being in "Atama" (Head), "Karada" (body) and "Harawata" (intestines). In poetry there are haiku verses that consist entirely of "ah" sounds.

Ah is a sound that makes an opening gesture, in which we have a devotional stance to the world, and even feel at one with it. "In Ah we experience the human being as drawn forth from, and formed, by the cosmos".

I have written about the Japanese language here, but since eurhythmy is visible speech I hope that this will allow readers to sense something of the Japanese folk soul and national consciousness so closely connected with language.

A little about politics: As you will know, on 31 August nuclear power stations went fully operational again in Japan despite the fact that we have managed our electricity supply without them since 2011. This nuclear power station is in Kyushu, in southern Japan. Immediately after it started work again, the volcano Sakurajima, close by in the Kyushu district, exploded. This was the direct reply (or rage) of nature to an inhuman act. The current prime minister Shinzo is however also trying to introduce a new security law, contrary to the Japanese constitution, that seeks to justify collective self-defence. Many people, such as young mothers, are actively opposing this, and in particular the younger generation: groups such as "SEALDs" (Students Emergency Action for Liberal Democracies), who are leading the counter-movement against these security laws. Demonstrations have been organized in front of the parliament buildings and in large cities. Just a few years ago people used to be wary of taking part in demonstrations, but it is now no longer unusual to do so.

It seems to me that we are now finding it necessary to stand up and campaign ac-

tively. (The modern word for “I” is “Watashi”, which has an “i” at the end!) It is our hope that we can strengthen I consciousness with active intentionality and the tangible experience of spiritual content, and thus cultivate the development of the consciousness soul.

Kimiko Ishikawa

Netherlands

October 2005

At present the eurythmy therapy world in Holland is waiting with great anticipation for the government decision regarding "Consumentenbondes" (consumer bond). This is the second time that we have had to present eurythmy therapy for assessment to see if it can be included in state funded complimentary medicine. Last years experience was that we failed to reach their criteria in 8 out of 10 points! While all this is happening the government is bringing about all sorts of changes, some of which may effect eurythmy therapy and anthroposophic medicine. We will know more after 1st January 2006 A major theme in Holland at present is „ Being aware in the present moment „and „Therapeutic practice in light of the mysteries“. We will soon have a Medical Section Conference with these themes where there will also be workshops and practical courses available. We would like to thank the coordinator of the Forum Network for all that it has so far given us. It has already been of great use to us in the past year.

Alfred Busch

November 2006

Irene Pouwels reported that there is trouble with state funding but that a new patient initiative for private health insurance is underway and already proving to be successful.

Liesbeth Hermelijn

December 2007

The Dutch Association for eurythmy therapy will celebrate its 40th anniversary in 2008. It has been growing continually and it is a horizontal and open organization. All practicing eurythmy therapists are members. We are working on improving the quality together with the other anthroposophic professions. We are part of an organization representing the whole anthroposophic health care. Together we try to get officially accredited by the government and the health insurance companies. And we are working on deepening our knowledge of eurythmy therapy by organizing further training courses within the association. The liaison with the Dutch department of the Medical Section enables us to study the eurythmy therapy Course together with the doctors on a regular basis. The annual study day of all anthroposophic medical professions gives the opportunity to get to know the therapists of other professions. The Section for the Art of Eurythmy, Speech, Drama and Music organizes an annual meeting of graduates and a weekend with Werner Barfod to work on anthropological themes linked with eurythmy. The eurythmy therapy Forum of the Medical Section in Dornach informs us about developments around the world. The board of the Association has formed several commissions responsible for specialized fields: further training, registration, disciplinary code. Once a year they inform the members about their work. We discuss open questions and take efforts to take decisions unanimously.

Liesbeth Hermelijn

December 2009

We have 67 eurythmy therapists, 30 of which are active in various situations. The work is therefore carried by many. A research group is looking at the question of eurythmy therapy for hay fever. Mentoring one another has begun in that we will all visit each other and written reports will be made in order to maintain quality con-

trol. So far this has gone well. We do not actually watch therapy sessions but speak to each other and to others in the place of work. The use of questionnaires has also been incorporated into the process in order to establish a clear picture. The Association requires us all to attend further training courses and conferences on a regular basis. Apart from this we are looking at the question: Eurythmy and meditation, how do they relate to one another?

Irene Pouwelse

December 2010

Nowadays in The Netherlands we have discussion with several insurance companies, as it became clear that our anthroposophical co-ordinating association has no legal status and consequently the therapists have no longer legal protection. This is not right, because in our country all professional associations do have a legal status, but it takes a lot of time before things are cleared up. This year many therapists were dismissed in schools and institutions. Some of them were asked to continue their work, but now on freelance basis, without an appointment. On this basis the therapists bear much more their own risk. The research project 'Eurythmy therapy in case of hay fever' has been extended in its second year by starting a cooperation with the Alanus Hochschule. Next November a symposium will be held at the Hogeschool Leiden. This year we have started in our association a pilot visitation (mutual practice visits with standardized questionnaires). We will continue with this on the basis of the gained experience, by which we will have realized the obligation to establish visitation in three years. Next year we examine the necessary conditions to be able to have an education for eurythmy therapy in the future again in the Netherlands. Our website has been renewed and you are all invited to take a look at it: www.nvet.nl

Further on our agenda:

- How to go on with **AnthroMed®**EURYTHMY THERAPY
- Thoughts on the international federation IFAAT (association of AM-Therapeutics based on artistic basic training).

The refresher courses are being visited very well and we work almost every month very diligently with each other and with invited doctors. Dutch greetings

Irene Pouwelse

December 2011

Our group consisting of roughly 60 eurythmy therapists is active in schools, hospitals, institutions, kindergarten and rest-homes. But everywhere decreasing budgets intervene now and I believe that it will be more and more important to cooperate internationally, just like the International eurythmy therapy Forum is aiming for. There has been contact with the International eurythmy therapy Forum and our management since the beginning of Forum 2001. In our country we have discussed and worked with a lot of the same items the Forum faces. A lot of things were set in motion due to social obligations, which we tried to meet without neglecting our own values. So a lot has happened in the last ten years. It remained possible for patients to stay with most insurance companies and be eligible for financial compensation. For our members we organized refresher courses during weekend seminars; binding acts for registered and non-registered members; new regulations, new brochures; research concerning hay-fever/TSRMA (in conjunction with the university of Leiden and Alanus university readerships), further research concerning cancer and depression; and for the upcoming year the collaboration with **AnthroMed®**EURYTHMY THERAPY. Starting next year registered members will be subject to involuntary visitation, meaning that they are obliged to visit other members during work; the two year pilot regarding this just finished. For the next time I hope to find a representative for the different working fields. In this way we hope to

create a solid foundation for our profession in the upcoming years.

Irene Pouwelse

December 2012

Half of the Netherlands lies below sea level (and is actually withdrawn from the sea). When you draw a line from Knokke (Belgium) to Hamburg (Germany) left of it lies under sea level (NAP, Normal Amsterdam Water Level), which means that this part would be flooded at high tide if there were no dykes (and water was not pumped away continuously). This part mostly consists of clay soil. The part right from the line is mostly sandy (or peaty) soil. The highest point of our country is the 'Vaalserberg' in the very south-east, 322.7 meter above NAP. The lowest point is in Nieuwerkerk aan de IJssel, 6.76 meter below NAP, in the west part, about 30 km behind the dunes of The Hague. On many places in the Netherlands, both in the west (low) part and in the east (high) part, peat has been dug in the past to use as fuel. Most of it is gone now. Our country lies in the center of a delta area where three rivers flow into the North Sea: Rhine, Meuse and Scheldt. Situated along the sea our country has a moderate maritime climate with almost always wind and clouds. "Dutchmen like the wind in their hair." "Cycling (in Dutch: fietsen) against the wind makes you strong". Even in the sky there is a lot of water, by which the famous Dutch skies arise. „Thanks to the wide horizon without mountains we bear to live together with so many people" once said one of our anthroposophical doctors. The social awareness is often strongly present. When we try to compare the character of our country with its inhabitants we can notice the following: - the soil is soft and offers our feet little footing: many people have flat feet - because of all the water many children have to visit the otolaryngologist because of inflammations of ear, throat and lungs; our family doctor calls it "a reclaim problem". Also because of all the water rheumatism is widespread. We are perhaps not rooted very strong and have a lot of interaction with the environment. However in thinking a lot is possible, like the wide skies; not much boundary, could make us chaotic or fleeting, but also creating new things. In eurythmic movements the feet are often a weak point, the forms however flowing. The inter-space between the eurythmists is experienced as important and this is often trained intentionally. I think there is a lot of creativity; many small groups work with each other. We need to go on faithfully and steadfast to give it "hands and feet". An instruction of Rudolf Steiner for Dutch eurythmists is the following: In speech there are short vowels like à,ò,ì,ù, which you can form with bowed arms or hands, by which the lightness of the speech can be expressed better. However this demands an alert consciousness to elaborate it exactly. This year we got **AnthroMed@EURYTHMY THERAPY**, the label for the Antroposophic Medicine. Our research work on cancer and depression in cooperation with Leiden University has reached the practical stage. We are going to work with our programme and try to find out if it works and if it should be applied. We are looking for more representatives of the fields of practice. This year we are much concerned about our registration with the health insurances. They think that we have to take more training in the field of medical knowledge in order to be able to keep our accreditation. We do hope that we can make the best of that.

Irene Pouwelse

November 2013

Our professional association has 74 members, of whom 56 are registered as fully active in the profession. Collaboration with doctors takes place both individually in the workplace, and during various meetings that are arranged during the year. These are organized by the association and follow different themes, such as child and adolescent psychiatry, dementia, cancer, eye diseases and eurythmy therapy in

schools. The Medical Section in Holland organizes conferences in spring and autumn for all those engaged in the field of anthroposophic health care. Class holders in Leiden have initiated a project where physicians and therapists try to develop treatment plans for illnesses including depression, cancer, hay fever, and contact disorders in children. Our work in the professional association this year focused mainly on practical matters, such as accreditation by health insurance providers, which are demanding accredited verification of basic medical knowledge. We have also been working on the question of how training in the Netherlands would need to develop in future, as we are concerned about the next generation of eurythmy therapists. Our country is close to the sea and partly below sea level. Winds from all directions are happy to waft their way to and from the mainland. They do not usually come alone, but bring wonderful gifts of clouds in all shapes, sizes and colors. Many of these cloud formations weep tears of joy when they find their way back to the coast again, while others mourn the surge of the waves (or is it the other way round?) In short, it rains a lot here, but the splendid winds soon dry us again. We have headwinds to strengthen us and tailwinds to make us go even faster than most Dutch people on their bikes. We have a temperate maritime climate, often with many changes of weather all in the same day. The land being so flat (apart from modest elevations round Utrecht and in Limburg in the south), there are big skies. The often humid air brings a continually changing play of colors. Maybe this changeability and breadth of horizon contribute to tolerance and social awareness. On the other hand, it can sometimes be challenging to stick to decisions that have been made. New creations quickly fade into the background.

Irene Pouwelse

December 2014

We are a professional group with 72 members, 53 of whom are registered as active therapists. Our association, NVET (Nederlandse Vereniging voor Eurythmietherapie), is also a member of NVAZ, an umbrella organization for all AM professions in the Netherlands. Cooperation with physicians is generally good, but affected by the time pressures physicians are under. In the various therapy centers, the different therapists often work together. This year our association focused mainly on how to prevent the imminent exodus due to aging. The basic eurythmy training in the Netherlands (our foundation) is going through difficult times of relocation and low application numbers. How can we strengthen our profession in this country through training and make it more accessible? Another big question is the expensive and work-intensive one-year course that aims to convey basic medical knowledge or, rather, to provide the diploma needed to convince the insurers who will not pay for treatment without such evidence of qualification. We have been able to work on various topics in the further training courses. Sebastian Junghans joined us again to help us deepen our work with school children. Open study groups have been established which focus on eurythmy therapy for eyes and teeth. One of our highlights this year was the International Congress in Leiden, where all those active in the field of AM were encouraged to ask questions (do research). Last year we focused on the climate and, in this context, I would like to mention the strong influence of the air, which moves over this flat country, evoking a magical interplay of colors. It is similar with our culture: the Dutch love running, swimming or skating in large groups, covering large distances. In the summer they have beach races over several days and in the winter the "Eleven-Cities Tour". The Dutch move swiftly as ants on public transport (even with bikes!) and they are always cheerful. Their sense of humor often saves the day when inner torments threaten to take over. This is why cabaret and musicals are cultural highlights (the musical 'Soldaat van Oranje' has been sold out for four years and has been extended until June 2015). Everyone enjoys the yearly festivals and they are celebrated extensively: the King's Festival at the end of April and St Nicholas in early December (My goodness! How people

warm up when they feel called upon to defend this festival!) The Dutch know how to organize improvised markets and festivals. They love meeting up spontaneously and informally for a 'kopje Koffie'. The houses are often narrow but they have big windows! What is inside is outside and it is easy to make contact or exchange a few words. One could call it a culture of talking: about anything and anyone; and what was said yesterday may sound quite different today. Just as air is everywhere, so everyone should know about everything. Our bread is also quite airy and people cook dishes from all directions of the wind. In the arts, Dutch painters such as Rembrandt and Van Gogh have achieved highest international acclaim. Light and color are very important in their work. But modern dance is also important in Holland. We look forward to the itinerant exhibition "Rudolf Steiner. The Alchemy of the Everyday" which will be shown in Rotterdam (until 11 January 2015). And we hope that eurythmy can become part of everyday life. Dutch people love movement and they love change!

Irene Pouwelse

December 2015

As of September 2015, 74 eurythmy therapists belong to the professional association (7 honorary members, 17 common members, and the other 50 registered members). Our professional association NVET (Nederlandse Vereniging voor Eurythmietherapie) has been engaged in diverse tasks since 1968. Alongside the executive council and the secretariat we have established various commissions to protect our professional standards and quality, and to try to gain official recognition for this.

Because of increasing quality regulations imposed by health insurers, a visitation commission has been formed to organize reciprocal visits to our workplaces at certain intervals and to work through a list of questions together. This allows us to see our own situation through the eyes of colleagues, and resulting conversations can lead to improvements (interview).

As a professional association we are actively connected with the NVAZ (umbrella association of all anthroposophic medical professions in Holland). At the international level we are a new member of IFAAET (International Federation of Anthroposophic Arts and Eurythmy Therapies).

This year a core group formed and will seek to support a new initiative for a eurythmy therapy training course in collaboration with the Alanus University.

Many colleagues have gained the required state-accredited testimony of basic medical knowledge as required by health insurers; a good number of them with distinction.

Parallel to this, several further training courses took place.

The course in eurythmy therapy run by Doris ten Brink took place shortly before the summer holidays, and led to a successful deepening of expertise.

The AAG (Academy of Anthroposophic Healthcare) which provides practical courses for several medical profession groups, is for the first time supporting collaborative work - ongoing for many years - between doctors and eurythmy therapists. The theme of the course will be "drug dependency".

We are grateful for the support of the ARCIM Institute in relation to the international patient study, and facilitation of a patient pilot study at Leiden University, which will begin in autumn 2015.

Manja Wodowoz de Boon

New Zealand

December 2009

For many years there have been no organized meetings or conferences for eurythmy/eurythmy therapy here but in February 2009 we held a large conference for all to attend. This was a success and it was good to meet again over several days exchanging experience and learning from one another. Due to the huge distances which separate us in New Zealand we made the decision to hold the conference for all eurythmists over a three day period and we made sure that there was space for pedagogy, therapy and artistic work to be covered. We found it good that we could all meet together, not only those working in one particular field of eurythmy work. New Zealand has around 30 eurythmists and 22 attended the conference.

During the conference the following decisions were made:

- a) To meet every year for a big conference. The next will be in Auckland in February 2010
- b) To explore the need for a Eurythmy Association. Is it wanted/needed now?
- c) A small group is looking in to the possibility of starting a eurythmy therapy Training in New Zealand
- d) In February Angelika Jaschke will visit us. She will come to the big conference and address the question of an Association / Training.

Another thing which we are working on at present is documenting for state requirements and eurythmy as a subject in the Waldorf school. We are drafting a curriculum which will be used to fulfill government requirements. They are interested in what they call 'key competencies'. Our documentation has to be in words that they can understand. In curative education new therapy guidelines have also been drawn up and diagnostic tools refined and developed. At various anthroposophic conferences including the Kolisko Conferences many of us take part, some giving eurythmy courses or speaking about our work. We have also given eurythmy performances at these conferences. We are happy to report that the foundation stone group is going strong and gives regular performances. In July next year we will perform the foundation stone meditation five times at the Annual General Meeting Conference of the Anthroposophic Society here in New Zealand. A truly spiritual, earthly milestone!!

Alfred Busch

December 2010

New Zealand, Aotearoa. Land of the long white cloud One of the main points of last years Therapeutic Eurythmy life in New Zealand was the Yearly Conference with all Eurythmists. The Conference was attended by guest speaker and course leader Angelika Jaschke from the eurythmy therapy Forum/Network. Next to all practical questions and daily matters we worked on foundation exercises concerning pedagogical art in teaching and therapy in relation to the principles how to work with the consonants as researched by Broder von Laue. We also considered urgent questions concerning the issue of wanting to form a Eurythmy Association in New Zealand. Angelika advised us, out of her long experience regarding that topic. In the course of the year we had three meetings with the initiative group of the „Southpacific Therapeutic Eurythmy Training“ in order to carry on with molding and practically shaping the form of an eventual one time eurythmy therapy training in NZ. The intention to go ahead with the training has been reaffirmed and official contact with the accreditation authorities in Dornach have been taken up. Lots of work still need to be done in 2011 in order to be ready by the change of the year 2011/12. During the NZ Kolisko Conference eurythmists were busy contributing in workshops and performances. During the annual anthroposophical conference of

2010 the Michael verse from Steiner was shown daily!

Alfred Busch

December 2011

Breakthrough in university entrance for Waldorf students! Almost everywhere Waldorf schools are faced with the same problem: How to meet state exam requirements and yet remain true to the curriculum? In New Zealand a solution has been found. The Waldorf schools have submitted the 'Waldorf school Certificate' to the New Zealand State Authority (NZGA). This means that the Waldorf Curriculum forms part of the exam requirements for University entrance. This is not only a breakthrough for New Zealand but could also help others around the world when they see that the Waldorf certificate is accepted by universities here. It also forms a protection and strengthens the curriculum. New Zealand has a varied mixture of people with a high percentage of Maoris and Island folk so we are multi-cultural and open minded when it comes to new initiatives and ideas. Hopefully others around the world will also benefit from new social forms which are developed here in New Zealand. This report was put together with the help of Jane Patterson, Michael Park School, Auckland. Link: www.rudolfsteinerfederation.org.nz Report No.: 111006-01DE Date: 6th October 2011

Alfred Busch

December 2012

Around 200 million years ago, New Zealand (at that time just South Island, which was of much greater extent than it is today) belonged – along with Antarctica and Australia – to the primeval continent of Gondwana. About 85 million years ago, the Antarctic and subsequently the Australian plates split off. A separate flora and fauna developed in New Zealand, and broad, low-lying swamps formed, producing the great coal deposits of today. After a quiet phase, low-lying shelves rose up from the sea about 35 million years ago and formed today's North Island. Today, New Zealand is situated where the Australian and Pacific plates meet. Although the two plates are not moving frontally towards each other, they exert a great influence on the country. Two forces emerge, with frontal and transverse actions. The frontal force forms shifts and faults that exert pressure on diverse rock strata and thus continually raise the ground level. The second, transverse, force - by means of which the Pacific Plate is still today pushing itself under the Australian plate - leads to frequent earthquakes in the country, some of which have radical effects on the landscape and also represent a continual threat to the population. (In Hawkes Bay we often wake up at night to find the house swaying back and forth or juddering like the washing machine on spin cycle.) The countries that border the Pacific plate belong to the Pacific Ring of Fire. New Zealand has some of the world's most active volcanoes, concentrated for the most part at the center of North Island., in the Taupo region. Mount Ruhapehu recently erupted for the first time in 130 years, sending an ash-cloud in the direction of Hawkes Bay. Besides the volcanoes, the powers of the earth are apparent in 67 thermal springs or geysers that lie along the Pacific Ring of Fire, and have been developed and used for hundreds of years as bathing places. Thus the mountainous regions of North Island are of volcanic rock while flatter areas (such as Hawkes Bay) are formed of sedimentary deposits (sandstone/limestone). South Island is chiefly characterized by alpine fold mountains and glaciation. The bedrock is granite, gneiss, greywacke and mica schist. Here too the flatter areas are primarily sandstone. One of the few volcanic regions in South Island lies close to Christchurch. No one was expecting the severe eruption and volcanic activity last year which you will no doubt have read about in the media. New Zealand is a country rich in natural deposits: coal, gold (prospecting is again underway), silver, platinum and all possible minerals. It is a miracle that one

actually feels so safe in a country exposed daily to the potential risk of natural catastrophes. The houses are built to withstand earthquakes, and the nearest volcano is usually a long way off. On North Island, sandstone makes it hard to get a foothold, but all in all we live and work as people do anywhere. The 12 eurythmy therapists are scattered across the country, most of them in big cities like Auckland and Wellington. 5 of them are here in Hawkes Bay, and a student on our eurythmy therapy training course will practice as a eurythmy therapist in Christchurch where – after the traumatic experience of the earthquake, and its still continuing after-effects – she will no doubt be very much needed.

Heike Houben

November 2013

From the European point of view, New Zealand seems like a south pacific island paradise, which implies endless hours of sun, heat and warm winters. Living here means in the first instance to live on an island. We are located in the southern hemisphere within the temperate zone and the island-like character manifests itself in a relatively small difference between summer and winter and in big parts of the country a rather high amount of rainfall. Above all it is mostly windy. The high north is plagued by tropical storms from time to time. Because of its closeness to the Antarctic, the very south can be distinctly cold. The traveler can visit some glaciers and the cold wind from the south leads to considerable chilling even on the northern island. Nonetheless there are dry periods lasting for weeks, during which those the generally green country turns into a yellow desert. When it rains, the rain is intense and it feels like the water comes from everywhere. Even from below. The oceanic climate keeps the temperatures in the coastal areas above zero even in winters, so that avocados, palms and other subtropical plants are able to grow. Most sunny is the east coast with 2200 hours of sunshine per year! (e. g. Hawkes Bay, where we live) However the temperature rarely climbs above 30 degrees and the nights stay chilly. Winter and summer merge quickly. In spring, the blossoms flourish from one day to the other and then a feeling of summer arises. So in autumn too: the leaves change their color only on imported trees. The natives are evergreen. Flowers blossom during the whole year. Because of the high pressure areas one can have days of 20 degrees and more in wintertime. Then you will see the children wearing t-shirts... 11 Eurythmy Therapists live and work in this climate. Not all of them currently in their profession. We did not have an annual meeting last year (which happens always together with the Eurythmists) because the eurythmy therapy Training takes too much time and effort of everybody involved and some of the New Zealand Eurythmists are students of the Training. Whoever has got some time and energy left, got together to work on the foundation stone for the annual conference of the Anthroposophical Society in Auckland in October. Our eurythmy therapy Training will have its 5th and last training block in January 2014. We are glad to welcome Broder von Laue from Oeschelbronn, Germany, for this block who will give lectures about cancer illnesses. Angelika Jaschke from Forum eurythmy therapy/Medical Section will work with our students on fundamentals of eurythmy therapy, attend the diploma presentations and present the diplomas. Our students are now busy with their practical training, which happens mainly in the surroundings of their workplaces. In this context we miss badly the closeness to the anthroposophical clinics in Europe. The interest in such a placement would be high.

Heike Houben

December 2014

Just like New Zealand's diverse scenery, with the sand dunes of the Far North, the volcanic hills of the Central North Island High Plateaus and the cold rainforests of the South Island West Coast, New Zealand's cultural landscape is equally manifold. Maori were the first settlers. It is assumed, they came in waves from Polynesia and settled in 'Aotearoa', the 'Land of the long White Cloud', around the 13th century. Some tribes peaceful but some fierce warriors took possession of the land, mostly along the coasts. They displayed their artistic abilities through intricate woodcarvings and expert treatment of 'Pounamu' or New Zealand jade. Although they had only stone and bone tools initially, they adorned their meetinghouses with elaborate woodcarvings, where they danced, sang and practiced the art of story telling as a means to preserve their past, as they had no written script. They also carried their artistry into their daily lives. The weaving of mats, baskets, nets and cloaks made from New Zealand flax, adorned with bird feathers of all kinds was a highly developed and valued skill. Another artform of 'Ta Moko' or Maori tattoo is a facial or body tattoo which shows the status of a person and tells of the ancestral history or 'whakapapa', which is immensely important for all Maori. Maori find their identity and roots in their family history; it gives them dignity and grounding – 'mana'. Together with the connection to their land, this results in a unity of body and spirit. Maori live in a deep spiritual connection with their ancestors, who even today are always 'invited' to take part in every important meeting or festival. This connection can also be felt in their language, which, like many indigenous languages, is rich in vowels. The word for 'love', for example, is 'Aroha', can also be translated as 'creative breath of god'. The colonization of New Zealand by Europeans started relatively late. Although the Dutch explorer Abel Tasman reached New Zealand in 1642, settlement only began after English explorer and navigator Captain James Cook 're-discovered' New Zealand in 1769. From the beginning of the 19th century a number of immigration waves swept over the country, variously dominated by different European nations. Before that point in time, the Maori were most likely the last large population of indigenous people, who lived without any influence and contact from the outside world. Over the last 200 years many different nationalities chose New Zealand as their new home, although the British were responsible for the organized colonization. Traditionally the majority of the population has been European. The second largest group are Maori closely followed by people of Polynesian decent, such as Samoa, Tonga or Fiji. Nowadays many different nationalities call New Zealand their home and the English have recently been replaced by Indians and people of Chinese decent as the largest immigrant populations. That's why we celebrate 'Matariki', the return of the Pleiades as the Pacific New Year, as well as the Chinese New Year and the Hindu-Indian festival of Light, Diwali. The richness of cultures creates a unique breeding ground of cultural cross-fertilization, which frequently leads into new and interesting territory. Such a journey into new territory also lies ahead of 12 fledgling eurythmy therapists who graduated in January 2014 from first South Pacific eurythmy therapy training. One doctor and 11 eurythmists from New Zealand, Australia, and Japan completed the training under the leadership and guidance of Patrise Orange, Uta Stoll-Kuwilsky, Alfred Bosch and all New Zealand anthroposophical doctors. Angelika Jaschke was able to participate in the final parts of the training and brought with her the 'Goetheanum Eurythmie' and the diplomas from Dornach. In addition she intensively worked with the question – How does sound become medicine? Broder von Laue shared in the last week of the training his insights in the treatment of cancer patients. In addition he gave a series of seminars and lectures for example about Steiner's 'Meditations for Young Doctors', the work in the First class, he took part in the New Zealand class conference and gave lectures at the conference of the medical section which many therapist could attend. We are now 17 eurythmy therapists in New Zealand and are in the process of forming a professional association. Close contacts with our Australian colleagues,

which were established during the training, will certainly result in a fruitful cooperation and also interesting opportunities for further learning and development in near future.

In closing
Te aroha
Te Whakapono
Me te rangimarie
Tatou tatou e

Love, faith and peace be amongst us all
Brigitte Fischer, former student

December 2015

There are 17 eurythmy therapists in New Zealand plus 1 new one. We have no further information yet.

We have founded our own professional association ETANZA (eurythmy therapy Association of New Zealand and Australia) in November 2014 and are now members in the **AnthroMed®EURYTHMY THERAPY**. There are only few anthroposophical doctors in New Zealand and they live in the big cities like Auckland, Wellington and Christchurch. So there are lots of places without any connection.

We have no cooperation with other anthroposophic therapists. In the Hawkes Bay we meet regularly with all anthroposophic therapist for professional development and studies.

This year we have mainly been focusing on the founding of the association and **AnthroMed®EURYTHMY THERAPY** membership. Besides the **AnthroMed®EURYTHMY THERAPY** membership we had a great Kolisko Conference in July about Trauma in Childhood with Michaela Gloeckler and Christoph Wiechert, where we held our first AGM.

Heike Houben

Norway

November 2006

There are around 20 Eurythmy Therapists active in Norway. Most working in schools and curative 5 education. There is sadly hardly any contact with each other. Few conferences or meetings and most people simply work in isolation! An attempt is being made to collect addresses and to form some sort of internal point of contact. Unfortunately there is no delegate from Norway for the International Forum-Network.

Friedrun Plementas

December 2007

In Norway we have got this special situation that eurythmy therapy is mostly practiced in the numerous schools (at present 33). There is no active association for eurythmy therapy yet, however we strive for working in this direction and improving the contact between the therapists. Therefore I am still the interim contact person for the coordinator.

Friedrun Plementas

December 2008

In September a conference was held in Oslo for doctors and therapists with lectures by Dr Volker Fintelmann from Hamburg on the topic: The four bodies. Twelve eurythmy therapists attended. One highlight of the conference was the work together with Erika Molin from Sweden on the theme: Vowels and Consonants. Unfortunately we have not been able to find a new country representative yet!

Friedrun Plementas

December 2009

The majority of eurythmy therapists here are working in Waldorf schools despite falling pupil numbers and fewer teaching posts. Some of us have explored the option of going into private practice which brings about questions concerning payment, insurance, working together with doctors and other therapists etc. We still do not have an association but will open a website soon. For Autumn 2010 we have planned a conference with Volker Fintelmann from Hamburg. The last big conference took place in Oslo in September 2009.

Friedrun Plementas

December 2010

There are plans to consider again - be it in smaller or bigger groups - the foundation of an association of eurythmy therapists and to start or foster the collaboration with the (small group of) anthroposophically working doctors in Norway.

Friedrun Plementas

December 2012

A brief sketch of Norway's geology (Bente Katja Bø): "Norge" means the 'path or way to the North' – and this path unwinds deep into northern lands. If you cross the Arctic Circle and enter the Arctic, a further third of the country still stretches northwards before you. The coast is as long as the country, very indented and the longest coastline in the world. Grey-blue, cold Atlantic ocean hammers incessantly

against beaches and islands, cliffs and mountains. Norway has a blue tinge. Over the infertile landscape rises an ice-blue sky, which is reflected in thousands of lakes like clear, blue eyes. The eyes of the people are usually blue too. Blue is the prevailing soul color here. The mountains rear up in mighty, mineral form, range upon range of blue mountains receding ever further into the distance ("blåne bak blåne"). The forest cathedrals of dark evergreens hem the feet of the mountains and ascend a few hundred meters; but crag and mountain dominate the landscape. As schoolchildren we learned that only 2% of Norway is cultivated land. Large parts of Norway are mountain types originating in the earth's primeval eras: Precambrian, dating back 2,800 million years. They are called 'primary formations'. The most ancient of these primeval mountains are found in the Arctic North, the Finnmark area, in the Lofoten and Vesterålen islands - mountainous islands in the Atlantic, North of the Arctic Circle - and in the West of the mainland. Mountain peaks rise sheer from the ocean's surface, some of them over 1000 meters high. Gneiss is as ancient as the land itself, and a major constituent of the primary formations. Other types of mountain, such as granite, arrived in later geological epochs. There is a wealth of minerals. Iron ore, copper ore, iron pyrite, silver and gold have been mined from deep within the dark bowels of the mountains. The glaciers of the Ice Age have carved deep incisions into the mountains and left behind deeply shelving inclines and peaks. When the ice melted, there were radical geological consequences: long moraine ridges formed, as nature's own stone fences. Jotunheimen is a large mountain mass in southern Norway. In times of ancient Nordic culture, trolls were said to live in the 'Home' of the 'Jotun' or giants. You can still feel and experience something of this if you go there. Trolls appear in every crag and mountain. Heavy rock is piled on heavy rock. The ways are steep, hard-going, desolate and infertile. "Troll, be sufficient to yourself!" said Henrik Ibsen. The challenge to us today, though is: To become oneself but not be sufficient to oneself alone!

Eurythmy therapy (Simone Wantz):

There is, no doubt, most going on in and around Oslo, but eurythmy therapy is also alive and well further south in Stavanger, Haugesund and Tönsberg; then in the west in Bergen; and north of Oslo in Hamar and Kapp; and, at times, also around Trondheim.

Of the 40 names and addresses on the list of Norwegian eurythmy therapists, around 20 (as far as we can tell) give a few sessions of eurythmy therapy each week – chiefly in schools and curative homes. As far as we know, 7 eurythmy therapists work between half- and full-time as eurythmy therapists. Recently some have also tried working freelance a little. The shared work that began in 2011 is continuing. We meet on four Saturdays each year for shared practice, encounter and dialogue. A "core" of 6-8 people has formed, and we hope that this work will grow (we need each other!). We are still pursuing attempts to gain official recognition from the NNH (association of Norwegian natural therapists), and new questions have arisen as we do so: NNH expects its members to take a basic training in naturopathy. This would mean being a naturopath who works with eurythmy therapy. A weekend celebration of "100 years of the eurythmy movement" was held in Oslo in May 2012. It was a wonderful celebration, at which eurythmy therapy was also presented in the form of an introduction, courses, discussions and presentation of a research study. A question often heard there was, "Why isn't eurythmy therapy better known in Norway?" We hope that young, enthusiastic people will join us and use their energy to help further. May joy and love for eurythmy therapy, and courage and will, strengthen our path here in the north and carry us on in to the future.

Simone Wantz

November 2013

Light, strong nature forces and great climatic variations. Norway is on the same latitude as Alaska, Greenland and Siberia. Compared with those countries, however, Norway enjoys a much milder climate, thanks to the interplay of warm ocean currents and wind systems. The climate is influenced by the Gulf Stream, the great differences in altitude and the extreme length of the country from north to south. Temperatures and weather are very varied and conditioned by the great contrasts within the geographical conditions. In the west, for instance, there is much rain. Low pressure, wind and rain come straight off the sea and give the country a mild, humid climate. In the interior, by contrast, the climate tends to be dry. Norway is a land of light! North of the Arctic Circle, the midnight sun shines during the summer months, whereas the landscape in winter gleams silently in deep blue tones. This is not so apparent further south, although one can still enjoy the wonderful, bright summer nights — whereas in winter the hours of daylight can be counted on the fingers of one hand. Nevertheless winter can also be experienced as bright: sunshine on snow; huge starry skies on clear, cold winter nights, appearing close enough to touch; the surging colors of the Northern Lights. Transitions between light and dark often reveal wonderful color compositions and nature moods. The four seasons are quite distinct. It seems to me that the “wholeness” of the year can be strongly experienced here in the north. Spring begins with rapidly increasing light, reflected in the snow and shining brightly. When all the snow has melted nature begins to open up, at first delicately, then in an overwhelming splendor of blossoms. Rivers carry down the melt-water which can lead to flooding. This year there were once again severe floods in the east of the mountains, which led to destruction in populated areas. Differences in temperature are wide. At the beginning of June there was a week of unusually hot weather with a temperature of 30.7°C — possibly the warmest in the whole of Europe? Summer brings long, light-filled days with relatively low humidity; temperatures in July and August are 20°–25°, sometimes as high as 30°C. The warmest and most stable summer weather is to the east of the mountains, in the south of the country, although this can change rapidly with the whole country having a cool, wet summer. Autumn brings ripe berries and mushrooms. The countryside gleams in clear, golden light. Temperatures drop and migrating birds wend their way southwards. Winter brings a paradise of snow to part of the country. It can get very cold, depending which part of the country you are in. In coastal areas, however, the climate is mild, with much wind and rain. Unfortunately climate change has left its mark here in the north too. Average temperatures are gradually rising, and there is less snow and ice, while glaciers are in retreat. The “climate of eurythmy therapy” is also changeable. In the west (Bergen, Stavanger and Haugesund), some of the eurythmists and eurythmy therapists have begun to take an interest in one another and are creating a warm atmosphere of collaboration. They meet regularly to work together. I have a list of addresses of 36 people, of whom around twenty are working with eurythmy therapy, mostly part-time in schools. Nearly all of us are members of the eurythmy association in Norway. Some are also members of a professional association in central Europe or Sweden. The time does not seem ripe yet to found a professional association here. Nevertheless, I very much hope that stronger collaboration will be able to grow among us here in the north, including with the doctors. A further training course with Shaina Stoehr took place in Oslo in January 2013. We continue to meet three times a year on Saturdays to share experiences and practice together. We achieved accreditation from the Association of Norwegian Natural Therapists at the end of 2012. Eurythmy therapy is now on their list of therapies and has been recognized by the Department of Health. However one must apply individually for membership and fulfill certain criteria, including a course of study of the provisions of Norwegian law relating to the health service. It is to be hoped that some colleagues will do this, as it offers an opportunity for eurythmy therapy to become

better known. We are still at the beginning of our work.

Simone Wantz

December 2014

Norway has 40 eurythmy therapists at present. There is no professional organization. Most of us have joined the eurythmists' association in Norway and some have become members of the Swedish eurythmy therapy association. Cooperation with physicians and other therapists varies. We don't have many anthroposophic physicians in Norway. Distances are often long. The schools or centers for social pedagogy that have therapists are working together. There is class work in medicine, therapy and agriculture. People meet twice yearly to deepen their work and eurythmy therapy is also practiced at these meetings. In September, Lasse Wenner-schou will come to Oslo to give a weekend workshop. We are looking forward to that!

Culture: Are we not more cosmopolitan today rather than members of one nation? Norwegian art and cultural life has also become international. And still: nature is big! The seasons of the year are very distinct. There is plenty of land, uncultivated land. People feel close to nature and spend much time in nature. Many have "chalets" in the mountains, in the forest or on the coast where they spend their free time. In winter they do winter sports. In the cities one sees people in skiing outfits, skiers on their back, hopping on the tram to get out into nature after work. All this in a modern world – with a wealth that is not easy to cope with. We have folk music with nature sounds, the Hardanger fiddle, the Dream Song, folktales, the Viking culture... Our folktales constitute a wonderful world full of wisdom and humor. Because of their strong connection with nature many people can also relate to elemental beings. The painter Theodor Kittelsen (1857 – 1914) painted elementals in nature, especially trolls: trolls in the waterfall, trolls in rocks – he may well have experienced them in reality. I suppose trolls only exist in Norway? Living by the coast and going to sea have made people open-minded and far-sighted, qualities that already drove the Vikings to set off for their conquests and, later, individuals such as Nansen, Amundsen and Heyerdahl. They still inspire people today. May 17 is a national holiday that commemorates the day when Norway's constitution was signed in 1814, bringing loyalty and the vote for simple people. It is a folk festival, a spring festival and a festival for children! Nature has finally woken up; people are happy and celebrate in their beautiful embroidered traditional costumes, which they also wear for other festive occasions such as confirmations and weddings. Independence, freedom, individualism have always been important. Norway was a land of simple people, cottagers and farmers. There was hardly any aristocracy. People deal with each other in simple, informal ways. Everyone is on first-name terms. There are neither titles nor rank. All are equal, even the King is seen as a "man of the people". In the olden days people used to live on their own farms, far away even from their nearest neighbours. There were no villages. The Norwegian culture was shaped by individuals, quietly and earnestly. It is interesting that there are more than thirty Rudolf Steiner Schools – in a population of 5 million! Being Swiss, I was always amazed by the amount of space Norway has, at all the things that are possible, at the fact that one can breathe more freely on this "Nordic path". Norwegian art, painting, poetry often have something melancholic. There is not much humor. A few well-known names in the world of art are Munch, Grieg, Ibsen with Peer Gynt and Nora, Hamsun Many could and should be mentioned. Some 20th century poets and writers have made a connection with anthroposophy. Andre Bjerke, Ingeborg Möller, Jens Bjørneboe, Alf Larsen, Olav Aukrust were voices one heard in interesting public debates on spiritual life, art and culture. One of the eminent writers and poets today is Jon Fosse. A wonderful Norwegian custom is called "Dugnadsånd", which means something like team spirit. Despite or maybe because

of their autonomy, people like to get together and manage to get a lot of work done in a short time. And trust – against all odds, people still have trust: in one another, in the government, in life. They foster a culture of trust!

Simone Wantz

December 2015

There are 38 names on my list of eurythmy therapists, although some of them are not actively working with eurythmy therapy.

There is no professional forum for eurythmy therapists. But some of us are members of the Norwegian forum for eurythmy and also, some are members of the forum for eurythmy therapy in Sweden.

The working together with medical doctors as well as with other therapists differs a lot. Anthroposophical doctors are few and it is far to get to them. However, in social pedagogical institutions and in some Waldorf schools with active therapists, doctors and therapists do co-operate.

In Norway there is a Medical Section within the School of Spiritual Science, meeting twice a year. Eurythmy therapy is always being practiced at these sessions.

Angelika Jaschke came to Oslo in February. Her weekend visit inspired our work indeed! To move the original cosmical forms of the 1st Goetheanum was a very wonderful experience, in which several eurythmists took part. THANK YOU!

We are also trying to meet two or three times a year, on a Saturday, in order to practice together.

Simone Wantz

Peru

October 2005

Mrs. Spittler has announced, after many years service in Peru that she will be moving back to Europe. She is willing to answer any questions regarding eurythmy therapy in Peru under: espittler@Lagunaseca.com.pe

Esthi Herdin Spittler

Philippines

November 2006

In April we hosted the Kolisko Conference which brought anthroposophy and Waldorf education to people's awareness. At the same time the International Postgraduate Training (Medical Section) took place. During the conference a wish to form a Doctors Practice arose, and 15 doctors showed their interest. However only 7 attended a recent meeting to discuss the idea. I am kept busy, partly because I am the only eurythmy therapist here and also because I have decided to study speech formation. Michael Burton, speech artist from New Zealand will teach me the basic elements in 3 month block periods. I am looking for sponsorship for this work. This evening the second doctors meeting will take place. The mood remains one of optimism. I would be grateful to receive the report of the September meeting. Through such reports I am able to keep in touch with my colleagues abroad.
Grace Zozobrado

December 2007

The Kolisko Conference in 2006 (which was back-to-back with the IPMT) brought such high spirits that encouraged the doctors who have been participating in the IPMT's to open an integrative clinic - the Raphael Clinic - in the Institute for Steiner's Ideas in Practice (ISIP). Currently offered there are anthroposophic medicine, eurythmy therapy, biography counseling, traditional Chinese medicine, nutrition counseling, Reiki and Craniosacral therapy. We thus have 3 anthroposophic clinics now in Manila. One doctor practices in the province. The IPMT has been a forum for continuing education for the medical and allied professionals. Out of it has arisen the art-biography training that is under the supervision of Marah Evans. The doctors strive to come together for group study and our last get-together was for the visit of Dr. Peter Gruenewald (U.K.) who shared with us his constitutional remedies and heart-spheres exercises. Currently, I am still the only therapeutic eurythmist in the country. Most of my work is in the Manila Waldorf school setting, trying to support the children who have various difficulties (behavioral and learning problems). My current challenge is teaching eurythmy to groups since I do not feel trained enough for this (I realize that I reach the limits of what to share rather early). Still, because there is no one else, I have found myself giving introductory courses at ISIP and for corporate groups. Faced with this situation, I felt the need to ask Ms. Anna Marie Ehrlich if she would consider taking me in for the eurythmy therapy training (explaining that technically I am not qualified since I only did the first three years of the basic eurythmy training). She has kindly replied that I will know before Christmas if this is possible. The work is fulfilling. It is also very tiring! Having no colleagues with whom I can share notes sometimes brings me to moments of deep questioning, sometimes to doubting if I am still really effective. Having no eurythmy room where one can work in silence is also a major problem. Still, I try to see my work in the context of the bigger struggle to spread holistic health and education in a third world country suffering from rampant graft and corruption. When I see how much needs to be done, I am happy to give my little share.
Grace Zozobrado

December 2008

The Philippine Association of Anthroposophic Health Practitioners has scheduled a follow-up of the last IPMT we had in April 2008. The intention is to give a 3-day seminar which will deepen the initial encounter of the new doctors with anthropo-

sophic medicine. The more senior doctors meet regularly twice a month to study together. From May 2-8, 2009 the Philippines will be sponsoring the Asia-Pacific Anthroposophic Conference and the Asia-Pacific Waldorf Teachers' Conference. For myself, I have been mainly busy with eurythmy therapy at the Manila Waldorf school. This year I have taken on the additional challenge of working also with the high school students. Right now, I am here in Mindanao to do a series of workshops (together with Michael Burton, a visiting speech formation person and actor from New Zealand). So far we have worked with three different groups: health workers, a mixed group of NGO workers and teachers, and workers in a machine shop. The openness with which the participants have worked with eurythmy and speech has been heart-warming. Over the next three days, we will be working with still other groups in another city. In a country where poverty and an endless stream of calamities (natural as well as man-made) are very much a part of life, it is a constant challenge to be working as an anthroposophic doctor and eurythmy therapist. Every so often I need to remind myself „one does not live by bread alone.“

Grace Zozobrado

December 2010

A land of joy and pain – this is how I would describe my land, the Philippines. Nature is generous – a seed sown anyday will grow. The biodiversity of our seas is unmatched. Even in the rainy season the sun almost always greets us with its warmth. But nature also shows us her might in the many typhoons we have (at least 20 in a year), in the grumbling of the ground beneath our feet during earthquakes, in the fury of a volcanic eruption, in the suddenness of a mudslide. At home, we have the promise of the future in our young population but we need to desperately shield our children from incredible consumerism and the almost magnetic hold of media. At home, we are rich but also poor; we are often laughing and light-hearted (always finding occasions to celebrate with family and friends) but often grimace too in the face of widespread corruption. Yes, a land of polarities. First-time visitors are appalled by the dense smog in the metropolis, the endless traffic jams, the noise of the karaoke bars, and the roosters that crow all day. But they quickly see the other side – the sun-ripened mangoes, bananas, pineapples and other tropical fruits, the beautiful white-sand beaches, warm sea water, and friendly people. As for me, working as an anthroposophic doctor and eurythmy therapist, I try to work with what I have: the narrow range of available anthroposophic medical remedies, our local healing plants and, when needed, conventional medicines. The powerful beings of the vowels and consonants have carried me and my patients through the years (it is incredible how Filipinos respond with such openness to eurythmy and how the universality of the sounds can be truly experienced by just simple exercises). Raising consciousness about the value of healthy food, the importance of an education which raises children to become free and responsible adults, and the need to look at our environment as being part of ourselves has become part of my task. Now that my husband and I have moved to another island (Palawan) where we want to start bio-dynamic farming, I have also been involved in land search, going to the different government agencies to get documents approved, as well as planting seeds. There is much to do at home. It is good so. And when I think about all the other people in the healing professions around the world, working in various fields and under different circumstances, I know that I am where I want and need to be.

Dr. Grace Zozobrado

December 2011

I have been working as anthroposophic doctor and eurythmy therapist in the Philippines (since I returned from training in Germany in 2003) for 8 years now. Time

has gone by very quickly and it has brought with it a lot of experience, insights, questions, new areas of concern, other fields of involvement, as well as other places of activity. I first joined the Manila Waldorf school upon returning home. At that time, the school was in a very critical phase in its development, and I found myself immediately involved with trying to keep the striving initiative from closing down! Along with this was the everyday challenge of finding my way to concretely being able to work as school doctor and eurythmy therapist. Since both fields were new for me, and I had nobody to mentor me, I had to struggle with just trying to apply to the situation that I found myself in that which I had learned under a total different setting. It was a really big challenge and I became extremely grateful for the practicum months in the Engelberg Waldorf school (under the mentor-ship of Sebastian Junghans) when I was given the free space to work independently and learn on-the-job. Soon the work involved helping out in Waldorf teacher training and adult education, not just in the school but also in institutions in the provinces. I was aware that it was important that people, especially teachers, understood the value of healthy education and the role that eurythmy played to contribute to this. The Kolisko Conference in Manila in 2006 brought in a momentum that gave several friends and colleagues the push to start something new. The Institute for Steiner's Ideas in Practice was born, and in the building offered by the owner (Reimon Gutierrez) medical colleagues and I opened the Raphael Clinic. The Mikael Playgarden also found its home. These two initiatives encountered complex challenges, and took on new directions in a short time. Anthroposophic medicine is picking up in the Philippines with growing interest promoted through the International Postgraduate Medical Training (IPMT). The day is always started with eurythmy. Here my goal is to help the participants come to a personal experience with the basic exercises in order to empower them not only to feel confident enough to actually prescribe the exercises but to actually do them with their patients. In 2009, my husband Walter and I decided to move to the island of Palawan, one hour flight away from Manila. Determined to support the urgently needed exodus of people from the giant metropolis, we prayed for guidance in choosing where we would be lead (in an archipelago of 7,100 islands, this was not a simple decision we had to make). In the meantime, we have founded Koberwitz 1924 Incorporated, a non-stock, non-profit organization which aims to promote healthy nutrition, bio-dynamic agriculture, anthroposophic medicine, and Waldorf education. We now have a small kindergarten, „Karawatan“ (from the native word for „playground“) and bought a small piece of land. Two months ago, I opened Clinica Sophia, and hope that through this I can introduce more people to the idea that health and education, the earth and humanity, are all interrelated, and that finding the connection to the spiritual is key to realizing our full potential. There is much work to be done. We have just begun.

Dr. Grace Zozobrado

December 2012

The Philippines is an archipelago, with 7100 islands. Not all of them are inhabited, since some should actually be called „islets“ because of their extremely small size (a tent of a modern day Robinson Crusoe would be all that would fit!). In the olden times the Philippines was referred to as the Pearl of the Orient. Discovered in 1521 by Magellan, who was in search of the Spice Islands, the country was named after the Spanish king, Philip. The land itself is divided into three sociopolitical areas, which would closely be equivalent to the thinking pole in the north, a feeling middle area (where the language is also more of a singing character), and a will pole in the south, which is also where the Muslim population is mainly living. The soil is rich, and depending on type of plants, agriculture is possible the whole year through. We grow rice, corn, sugarcane, coconuts, coffee, cacao, bananas, and vegetables. We say that we can put a seed into the earth on any day, and it will grow in a few days. Unfortunately, the Green Revolution of the 60's has destroyed vast areas of

the country. And majority of the farmers have forgotten what it was like when there were no fertilizers and pesticides. Only a few decades ago, the Philippines hosted many agricultural technicians from the neighboring Asian countries. They studied at the University of the Philippines College of Agriculture in Los Banos, and did researches at the International Rice Research Institute. Returning home, they made their countries into the agricultural wonders that they are now. Sadly the Philippines is now several decades behind in capacity. For instance, we even import rice from Thailand! On the sunny side of things, the recent years have been bringing positive changes. With the start of the administration of President Benigno Aquino, the people are hopeful again that development will benefit the great majority, who belong to the less fortunate. The Philippines are also blessed with mineral resources: gold, copper, manganese. And on the island of Romblon (which has been identified by geomancy expert, Marco Pogacnik, as the heart chakra of the Philippines), there is marble. With the Pacific Ocean to the East and the China Sea (now called West Philippine Sea) to the west, the country has rich fishing grounds. Wet markets with an incredible assortment of fish and other seafood draw locals and tourists alike. And when one speaks of land resources, one will have to mention the current unstable situation in the Spratly Islands/ Scarborough Shoals. Claimed by China, the Philippines, Vietnam, Brunei and Taiwan, these group of islands sprawled over a huge area to the west of the Philippines is where 60% of the ships of the world pass. Rich fishing grounds and oil fields have now made this important cross-road an area of conflict. We can only pray that there will be no escalation of the militarization in the area and that cooperation among the claimant lands will instead be the basis for future activities. Yes, a country blessed by sun and wind and sea, but which has seen much devastation due to short-sighted and materialistic practices (which have resulted in landslides, flooding, deforestation, and unsustainable mega-cities) the Philippines is now waking up to the harsh realities. It can only be hoped that the pain of the past, which has now given rise to a growing consciousness, will move the country to act wisely now to ensure the future. *Dr. Grace Zozobrado*

November 2013

The Philippines: an archipelago of over 7000 islands in the Far East, between the West Philippine Sea (previously called the China Sea) and the Pacific Ocean, above the Equator and below the Tropic of Cancer (around latitude 8-20). Years ago, any Filipino, even a school child, would have been able to describe the country's weather as simply 2 seasons: wet from about June to November and dry from about March to May. Humid throughout the year, like in the tropical section of a botanical garden in Europe. The typical typhoon (we used to have an average of 20 per year) during the rainy season would usually build up in the Pacific, gain momentum as it traveled westward towards our country, first hitting the easternmost island of Samar, devastating the coconut plantations of the Bicol Region, causing havoc in Southern Luzon before leaving the country's area of responsibility and moving on towards Taiwan. These typhoons meant people losing their poorly-built homes, as well as crops and livestock. Some towns would then be cut off for a few days till the floodwater subsided. The Filipinos took these natural calamities in their stride, and many prepared for the upcoming rainy season by putting tires and rocks on their roofs so that the winds would not blow away the galvanized iron sheets, or preparing basins to catch rainwater that would drip into their homes. They had candles and matches on standby for the power failures during these times. Into the classical picture have come climate change and the immense growth of mega-cities. Man-made calamities of mass proportions have made many shake their heads in desperation. Huge sections of Metro Manila now get flooded with just an hour-long downpour since many of the canals of the sewerage system are covered with plastic and massive development of business and residential areas has concreted the

metropolis, leaving no more places for run-off. In the provinces, widespread deforestation and mining have caused landslides that cause deaths by the hundreds, and force families by the thousands into temporary shelters, sometimes for many months. The seas are getting over-fished as spawning seasons are not respected and fishing goes on throughout the year. On the whole, the weather has become terribly unpredictable and this has caused huge problems. Perhaps the string of widespread calamities in the last few years will slowly wake up more and more Filipinos to think of the environment as not "outside themselves" but as being "part of themselves." In a land which is naturally blessed by sunshine and water, this is not so easy for the Filipino. The time has come to wake up though! What needs to be done cannot wait for tomorrow. Some cities in Metro Manila are beginning: plastic bags are no longer allowed and each must bring a recyclable bag to the supermarket. People are rallying against mining, coastal residents helping to patrol against illegal fishing methods, organizations participating in mangrove reforestation programs. Small steps that bring back hope. Small steps for the future. And part of this future is anthroposophic medicine, which is interesting more doctors as well as paramedical professionals and private individuals. We had a successful IPMT last April, with "cancer" as theme. There is now a core group which hopes to create an anthroposophic pharmacy for the Philippine as well as Asian market. Another group is focused at strengthening the grass-root/community-based initiatives which promote holistic health, including use of local herbal plants. As for eurythmy therapy, I continue to do sessions in 2-week blocks at the Manila Waldorf school. For the first time, the Acacia Waldorf school has also requested this support this year. Another school has also asked for help. Workshops and sharings to parents and teachers, as well as the greater public, have also been done. My clinical practice continues too, though now on a more limited scope.

Grace Zozobrado

December 2014

I am currently still the only Filipino eurythmy therapist working in the country. Lynn Laset, who is doing her eurythmy/ teacher training in Cape Town has also began her eurythmy therapy training there. I so look forward to having a colleague here soon! Tanya Baumgartner has come several times and given training to a group of interested Filipinos. She has also seen patients. Working with the doctors has been mainly during the IPMT's which we have held regularly for many years now. These conferences have been well-attended and the participants (we open the conference to all who are interested, even non-medical people) have shown an amazing openness to the eurythmy therapy sessions which always start the day. Some colleagues also make phone inquiries about what they themselves can do for their patients. Working with arts therapists is also unfolding. The positive development is the seemingly great help that the eurythmy therapy sessions have on the children at the Manila Waldorf school and at the Acacia Waldorf school. I now do 2 blocks (of 2-weeks each)/year in these schools. I have also done sessions in a school handling children with special needs (one of the Catholic nuns running the school has been studying Waldorf education for several years now, and has also joined out IPMT's). As for my own practice in Palawan (the island where I now live), this is very limited. The Philippine Association of Anthroposophic Health Professionals is working towards accreditation at the national level. As part of the team, I am in charge of eurythmy therapy. As for Philippine culture: very varied! The Philippines is an archipelago of 7100 islands. Discovered by Magellan in 1521, the country was a Spanish colony for 3 centuries, hence we have many Spanish words in our language, we tell time and count in Spanish, and many of our names are Spanish. And Spain of course brought Christianity and cacao to our shores. We were eventually sold to the United States and this began the era of our country's Americanization. English is the official language in government, in business, in colleges and universities. It is a

language that allows us to be able to communicate with each other despite our many dialects. Decades ago, many of our professionals (especially doctors and nurses) left for better working opportunities in the United States, and many prominent American hospitals have Filipinos in key positions. We have a sizable and very influential Chinese community that dominates the financial sector. Chinese influence is strongly evident in our food—spring rolls and noodles belong to our tables. In the South the Muslim community has continued to nourish its traditions. We also have many tribes, which are striving to survive despite the strong inroads of civilization into their communities in the hinterlands. Yes, a very colorful country indeed, and our tourism industry slogan goes: „It's more fun to be in the Philippines!“ Come and visit!

Grace Zozobrado

December 2015

Since my return to the Philippines in 2003, after my training in Germany, I remain the only eurythmy therapist in the country. This has meant doing eurythmy therapy with students in the Waldorf schools, giving introductory eurythmy courses to the public or in the context of teacher trainings, and doing individual sessions with my patients and those of medical colleagues. It is with great anticipation that I look forward to Geralyn Laset's coming home in 2017, after she finishes her training in South Africa. She and her husband, an anthroposophic physician, plan to put up a Camphill initiative. Having someone with whom I can practice, share experiences and work on questions together will soon no longer only be a wish, but also a reality.

The preliminary work towards achieving accreditation of anthroposophic medicine and its affiliated therapeutic modalities has begun. Meetings with the Philippine Institute for Traditional and Alternative Health Care are ongoing.

There has been a growing interest in anthroposophic medicine in the country, with our International Postgraduate Medical Trainings achieving quite a depth. There are about 40-50 participants each year, with several already coming to the IPMT over consecutive years. Those of us who participate truly get nourished by the days we spend together, deepening our understanding of certain topics (this year it was embryology), as well as getting strengthened by the knowledge that we are united by our common vision to bring holistic healing to our people, the majority of whom are under the poverty line. The last IPMT was attended by medical students, and having them join us in our discussions, as well as seeing them open up more and more to the new concepts that they were meeting was a joy! Since several participants are also faculty members of medical colleges, the challenge of introducing anthroposophic medicine to the future doctors of our country is slowly being met. What is also interesting about these conferences is that they have, in the last few years, been taking place in the retirement home of the catholic sisters of the St. Paul congregation. Many of these nuns were once active in the nursing and teaching professions, since their congregation runs many hospitals and universities in the Philippines. The IPMT this year was opened by an elderly sister who warmly welcomed us into their home, reminded us of the house rules, and invited us to the masses celebrated in their beautiful chapel. The openness of the Catholic Church in the Philippines towards initiatives arising out of anthroposophy has been remarkable (we have a Masters Program in Waldorf Education at the St. Scholastica's University in Manila). The IPMT provides me the forum to answer questions from medical colleagues who are starting to include eurythmy therapy exercises in their patients' therapeutic regimens. With one of these colleagues, who runs a community-based health clinic in the southern part of the country, I have had greater partnership. I have been able to work with some of the patients with whom she has done eurythmy therapy, as well as with the health-workers who operate the clinic with her. Their work has spread to include a School for Life through which they are helping

out-of-school youth learn basic skills that will provide them with a sense of meaning and purpose.

With other arts therapists, the work has been in the field of rehabilitation. In the aftermath of Typhoon Haiyan, which struck the country in November 2013, we have been involved in emergency pedagogy in different places affected by this super-typhoon (one of the strongest ever recorded in the world) that left thousands of people dead and countless families homeless. The Friends of Waldorf Education gave us an introductory course on the basics of trauma response. They were instrumental in making us aware that those of us in the different anthroposophic initiatives already have a lot that we can share with people affected by crisis situations. We have created a pedagogical response team, and have been involved in the recovery efforts in different places. The simple things we do with the children and adults clay-work, games, painting, singing, story-telling, eurythmy, foot bath and compresses, sharing about childcare and nutrition, creating a playground, bring a spark of hope into the lives of people so deeply devastated. For some, these activities bring them to their first experience of being able to shed tears as they share the hours of terror during the actual storm, and the agony of loss of many family members. In the island of Leyte, Waldorf education is beginning to take root, carried by people who have themselves been victims of Haiyan.

Natural catastrophes are part of our lives in the Philippines. Complicating the matter even more are the man-made crises situations. There is widespread corruption constantly being exposed, involving millions of pesos and people in government and the private sector who create puppet projects that drain the country's resources. The current administration is trying its best to change this by showing that it can run after the rich and powerful that commit these crimes. But now we stand at another crossroad, as the presidential election of 2016 draws closer. Will the efforts currently being done to steer the country towards positive development be able to continue? Contenders to the highest post include a lady-senator who was a foundling. The issue of her being an adopted child is being levied against her. Another is the vice-president, who has constantly been in the papers in the last few months, as his extensive shady dealings have been unearthed.

Of course at the international level, we are also beset by the conflict in the South China Sea. The Philippines, Vietnam, China, Brunei, Taiwan, and Malaysia are claiming their rights of sovereignty over this important marine area which is rich in natural gas, oil, minerals and fish, and through which 60 % of the world's ships pass. There is escalating aggression that could lead to a war. Attempts are being done to achieve an amicable solution of partnership and cooperation. Having moved to the island of Palawan, which is just east of the South China Sea, we can say that the conflict is at our doorstep.

Amidst all these, the anthroposophic group in the Philippines, the Waldorf schools, the Philippine Association of Anthroposophic Health Professionals, the Anthroposophia Wellness Foundation Inc., Rudolf Steiner Education in the Philippines, as well as other allied initiatives continue their work trying to be catalysts of change. In this country in the Pacific Rim of Fire, there is a lot of work that needs to be done. The challenge is to get our act together despite the fact that the seas separate our land into 7100 islands and we have 19 regional languages and many more dialects.

I remain hopeful!

Grace Zozobrado

Poland

November 2013

We are three eurythmy therapists in Poland. Our work is just beginning. And the cooperation with doctors, too. In Poland we have a moderate climate due to the combination of damp Atlantic air and tropical air deep from the Eurasian continent. Thus the weather in Poland is quite volatile. Damp air from the northern part of the Atlantic also causes many colds and cool weather in summer and mild and foggy weather in winter. The dry polar air from Russia, reaching Poland mainly in winter, often brings frosty weather - but in summer it can bring a lot of heat.

Beata Kosowicz

December 2014

There are two eurythmy therapists in Poland who work in Krakau and Warsaw. Because there are just the two of us we have no association. Cooperation with the physicians is not so intensive yet but they recommend eurythmy therapy and send patients to us. Most of our patients come from Waldorf schools and the Waldorf kindergarten. Cooperation with other AM therapists? – We do not have that yet. AM therapy is really very much at the beginning still.

Polish Culture Polish traditions reflect the century-old dialogue and mutual penetration of cultures. In Polish cities one finds a whole range of European styles. History has not treated Poland's architectural monuments very well, but many have nevertheless been preserved: castles, churches and palaces which are often unique in the area and also in Europe. Often, much has been invested in restoring or rebuilding them after the war (for instance the old town and the royal castle in Warsaw, the historic districts of Danzig and Wroclaw). Kazimierz on the river Weichsel is an example of a well preserved medieval small town, while Krakau is one of the best preserved Gothic/Renaissance towns in Europe. The visual arts have also developed under various international influences. The works of Jan Matejko, whose monumental paintings depict important events from Polish history, are impressive examples of the genre of history painting. The young Poland movement represents the birth of modern art in this country. Among its most important protagonists are the symbolists Jacek Malczewski, Stanislaw Wyspianski and Jozef Mehoffer, as well as the representatives of the impressionist school. The 20th century has produced numerous masters of the avantgarde. The works of Tadeusz Makowski evolved from Cubism, those of Wladyslaw Strzeminski and Henryk Stazewski from Constructivism. The beginnings of literature written in the Polish language go back to the 16th century when some renaissance authors broke away from Latin and began to write in Polish. With his poetry, funny poems and elegies Jan Kochanowske is one of the eminent representatives of the European Renaissance. In the periods of baroque and classicism, Poland's literature held the multinational country together. In the nineteenth century, when Poland had lost its independence, the great romantic writers emerged: Adam Mickiewicz, Juliusz Slowacki and Zygmunt Krasinski became the spiritual leaders in a state-less nation whose rebirth they predicted. The majority of the greatest literary works of the first half of the twentieth century were born out of the dialogue between the cultures or were the result of avantgardist experiments. The "borderland tradition" is a particular phenomenon of eastern Poland, with its centers in Vulnius and Lviv. These frontier regions have a strong Jewish tradition: it was here that Hasidism was born, the mystic branch of Judaism. The regions in the east were a cultural phenomenon, a melting pot of more than a dozen nationalities, the birth place of a multinational and multicultural art and of the works of Bruno Schulz, Boleslaw Lesmian and Jozef Czechowicz. As a

result of the political situation which made uncensored publishing in the country impossible, Polish literature was also written in exile after World War II. The works of Gombrowicz, Miłosz and Mrożek first appeared in "Kultura", the Paris journal for Polish emigrants. Among the most important writers of the second half of the twentieth century are Zbigniew Herbert, Tadeusz Rozewicz, Czesław Miłosz (Nobel Prize in 1980) and Wisława Szymborska (Nobel Prize in 1996). The works of Hanna Krall and Ryszard Kapuscinski have been translated into many languages. Polish romanticism and its effect on Polish literature are neither complete nor fully comprehensible without some knowledge of Polish history. The romantic music of Fryderyk Chopin which draws from Polish tradition and folklore is accessible to many, on the other hand. Karol Szymanowski, Mieczysław Karłowicz and Witold Lutosławski also reverted to the roots of traditional Polish music, recreating them in many innovative ways.

Beata Kosowicz

December 2015

Currently there are two eurythmy therapists in Poland. There is no professional association as yet.

Both of us also work as eurythmists in Waldorf schools and Waldorf kindergartens.

Our patients mainly come from these kindergartens and schools.

Collaboration with doctors and other therapists is gradually developing. The doctors often recommend eurythmy therapy and send us patients. I hope that in future we will succeed in meeting and working regularly with painting therapists and doctors.

Beata Kosowicz

Portugal

December 2009

Eurythmy therapy is practiced in two places in Portugal: Lisbon and S. Romao, Sierra da Estrela (middle, northern Portugal). This year it will also begin in Lagos, Algarve. We have two anthroposophic doctors: Dr. Manuela Tavares and Dr. Mauro Menuzzi. They both practice in Lisbon in the clinic - Consultorio Rafael where there is also massage, art therapy, biography work and eurythmy therapy. Marije Grommers from Holland has been with us for 12 years. The first seven years she spent at the clinic Casa de Santa Isabel and for the past five she has been in Lisbon at Consultorio Rafael. This autumn she begins work together with Dr. Mauro Menuzzi at the Waldorf kindergarten and school; here in Lisbon. Casa de Santa Isabel is a curative home for children, young people and adults with varying degrees of mental health disorder. Dr. Mauro Menuzzi is the consulting doctor and comes once a month to visit Casa de Santa Isabel. Maria Fernanda Wessling has also worked with eurythmy therapy here since Easter of this year. She worked with both patients and co-workers until the summer break. *Fernanda Wessling*

December 2010

Annotation (A.J.): Out of yet unknown reasons, a big fire broke out in the middle of the country between Lisboa and Porto, at the foot of the highest hills in Portugal, in one of the houses of the curative pedagogical Camphill village Sao Romao in Seia at the beginning of October. Two people died. It's the home of our representative Fernanda Wessling. Now she is very busy with existential questions. But she would like to give her warm regards to the worldwide community of eurythmy therapists. *Fernanda Wessling*

December 2011

Eurythmy therapy is at the moment practiced in two places in Portugal: in Lisbon, in the private practice of our two anthroposophic doctors – Dra. Manuela Tavares and Dr. Mauro Menuzzi, and in S. Romão in Casa de Santa Isabel a therapeutic community for people in need of special care. As mentioned before, Dr. Mauro Menuzzi is also the med. pract. responsible for the medical and therapeutic work in Casa de Santa Isabel, which he visits once a month. Marije Grommers moved to Madrid in the Summer of 2010, but this year a Brazilian eurythmist and eurythmy therapist living in England has come for about 7 weeks and worked in the various kindergartens of Lisbon and with patients of our anthroposophic doctors in their practice, and this arrangement is going to carry on. Maria Fernanda Wessling is carrying on her full-time work in the above mentioned therapeutic community, with mostly people with special needs, but also, when necessary, with co-workers. *Fernanda Wessling*

December 2012

Although Portugal is a small country, the geology is very diversified, and one can even say that most types of rock can be found here. Along the coast there is sand, fine yellow sand, sandstone and sediment rocks, but granite can be easily found, and in some areas granite interspersed with marble. In the middle and middle south we can find clay soils and big marble areas – not so long ago white marble was quarried in Alentejo and sold to Italy, where it was then again sold as “Carrara” marble, due to its high quality! In the middle north and the north one finds granite and slate, sometimes quite near each other! In the Islands – Madeira, Azores, one

also finds a lot of basalt stone, due to past volcanic activity. Casa de Santa Isabel is built at about 550 meters above sea level, on the north side of our highest mountain range – Serra da Estrela. Despite big slate areas, granite is predominant, and where I live and work, granite is very present, which makes for light and not so rich soil. From the point of view of the work, the number of eurythmy therapists has had a 100% increase – we are now 2, since the beginning of September, which of course is very promising. Pamela Lippke, from Germany is taking a sabbatical year and has joined our community for the equivalent time. We shall continue working with our special (needs) people, and colleagues, whenever necessary.
Fernanda Wessling

November 2013

Portugal used to have 4 very distinct seasons – spring was mild and often wet, summer very hot and dry, autumn again mild to cooler and wet, and winter sometimes quite cold and very rainy. Usually the northeast part of the country would have abundant snow during winter, the same to be said for our highest mountain Serra da Estrela. Now the situation is somewhat changed – winters can be and have been very dry, and sometimes too sunny, and summers are getting hotter, as we could verify this year – temperatures went up to 46°C in the interior part of the country. One can also say that there is a very big difference between the temperature in coastal areas where it is usually milder and fresher, and the interior where extreme hot or cold can be felt. Spring and autumn are getting less expressive, as time goes on – signs of the times? As far as I can be sure, I am the only eurythmy therapist living and working full time in Portugal, with two other colleagues coming for periods during the year to different parts of the country; therefore there is no professional association in Portugal. Despite this, as I live and work in a therapeutic community, I am privileged to work with an anthroposophic doctor, and this is a very good situation with excellent collaboration and team work. In the community itself, chiropnetics, therapeutic baths and Hauschka “injunctions” are also practiced, and here again we work together. This year I shall dedicate special attention to the 5th lecture of the eurythmy therapy lecture course and its direct use with our “population”. Living and working in this way brings many highlights throughout the year – and one of them is the visible overcoming of difficulties or the enthusiasm shown by many of our “companheiros” when I tell them that they will soon be working with me again!

Fernanda Wessling

December 2014

As far as I can be sure, and as in the previous years, I am the only eurythmy therapist living and working full time in Portugal, with two other colleagues coming for periods during the year, to different parts of the country, therefore there is no professional association in Portugal. Despite this, as I live and work in a therapeutic community, I am privileged to work with an anthroposophic doctor, and this is a very good situation with excellent collaboration and team work. In the community itself there is also practiced chiropnetics, therapeutic baths and Hauschka “injunctions”, and here again we work together. This year I would like to carry on working with the 5th lecture of the eurythmy therapy lecture course and its direct use with our “population”. Living and working in this way brings many highlights throughout the year – and one of them is the visible overcoming of difficulties or the enthusiasm shown by many of our “companheiros” when I tell them that they will soon be working with me again! **Culture:** Let us try a few brushstrokes. In 1974, the peaceful “Carnation Revolution” toppled a long fascist dictatorship, under which the official cultural politics was often summarized, somewhat ironically, as “FuFaFa”, or Football, Fátima, and Fado. Today, 40 years later, the first two, still

have wide influence. Football mania is spreading everywhere, not only here. Fátima stands for an apparition of the Virgin Mary in 1917, largely celebrated in the Roman Catholic church which is still very influential today. Fado is originally a sung melancholic popular music, in two versions from Lisbon and Coimbra and showing arabic, and medieval troubadour, influences. During the fascist dictatorship, Fado stood for a neo-nationalistic folklore agenda with strong government support, but has since then seen an astonishing renaissance. The word Fado represents today a thoroughly Portuguese style of music, with plenty of vitality and new talents, quite popular, even abroad, thanks to singers like Mariza, Ana Moura, Dulce Pontes, Cristina Branco, Carlos do Carmo and many others. Many new Fado songs reinterpret the rich tradition, while others absorb African, Brazilian, Jazz and other tendencies. – A similar description can be made of contemporary popular music in a more general sense: a broad stream of creativity draws freely and without inhibition on the sources of folk music, while, in many cases, blending freely with inspirations from overseas and international currents. Music is spread easily through the modern media, and also through large summer festivals. – We also have folk dance festivals during the summer, and they attract a large number of young people. A poetic sense, deep feelings, and an interest in other cultures, are qualities we find time and again in many artistic manifestations. Portuguese contemporary literature produces mainly poetry and novels, and in 1998 the late José Saramago won the Nobel prize. Some Portuguese architects are world class; the colleagues and friends Álvaro Siza Vieira and Eduardo Souto de Moura, from Porto, were awarded the Pritzker price in 1992 and 2011, respectively. Also among painters and sculptors, we find names of international renown. However, it must be said that these remarkable achievements are somewhat isolated and do not stand for a good general level of artistic production.

Fernanda Wessling

December 2015

I am still the only Portuguese eurythmy therapist working in the country. Fortunately there are two anthroposophic doctors resident and practicing in Lisbon and one of them comes to our community once a month. The working together is very good and harmonious. In our community I have a colleague working with chiropneumatics, two working with therapeutic baths and another with the Bowen therapy.

Life has been challenging since the financial crash and the arrival of the troika with all its impositions, but amazingly enough the so called social sector, i.e. the non-profit organizations that work with special needs people or orphans or other fringes of society have been somewhat spared, so we can carry on our work, despite rising prices and no increase of government contributions.

The highlight of my work has been and continues to be the appreciation our people with special needs show for the work with eurythmy therapy. Some of them even ask when they can come to me again for another block, and together with the gratitude I feel to live and work in such a beautiful and varied country and in such a special community gives me the strength to carry on!

Fernanda Wessling

Romania

November 2006

Warmest greetings from Nalu Enache and Constantin Gruia !
Constantin Gruia

December 2007

We, Gruia and Ioan (Nelu), the two practicing eurythmy therapists in the two curative centers of Romania, „Corabia,, - Bucuresti and Simeria, send our best regards to all participants of the delegates meeting. We hope that we will meet sometimes in the next future, because we both will participate in the first World Eurythmy Therapy Conference in May 2008. We work with individual children in eurythmy therapy, without medical support (because we don't have this kind of support in our country) and in Bukarest after 14.00 pm, when there is a free space (a free classroom). We also have classes (educational eurythmy) with a few groups, because the children want this very much. Nelu also teaches eurythmy to kindergarten teachers, when they have the meetings for preparing (block seminars during their holidays). And me, Constantin, three times a year I exercise eurythmy therapy with the doctors who participate in the anthroposophic medicine conferences. We are glad to be able to help our colleagues in the neighboring countries during their curative education conferences: Nelu goes to the Orfeu Center of Curative Education in Chisinau, Moldavia, and I go to Varna, Bulgaria (this time on October 27, 2007).
Constantin Gruia

December 2009

Warmest greetings from the two of us here in curative education in Rumania! Our work is thriving and we hear positive feedback from children, parents, colleagues and the government! Since 2008 eurythmy therapy has been state recognized here, at least as far as curative education is concerned. Next week there will be a festive opening of the Corabia Center school year in Budapest. We are busy at present painting the walls with beautiful Lazur color. There will also be a further training course before term begins.
Constantin Gruia

December 2010

In Romania we are still two people working in the field of eurythmy therapy. Nelu works mostly in the school in Simeria and me in Bukarest. It is still allowed to give some children eurythmy therapy treatment. However, of late it has been prohibited by the government. In order to be allowed again, I enrolled in the university of Bukarest in September 2010 and started to study psychology. I would rather prefer to do the bachelor diploma in eurythmy therapy in Germany. Being 59 years old, I am currently a teacher, a eurythmy therapist and a student. There are 60 pupils with special needs, who visit the ten classes of the Corabia School (Corabia-Arche). The classes 1-7 get eurythmy therapy and the classes 8-10 get hygienic therapy once a week. I appreciate it a lot that I can work together with a doctor and a nurse at our school. And it is very satisfying that they could get integrated into the work of colleagues, therapists and pedagogues. The continuing reflection on children is very helpful in our work. Especially during the last two years, when we worked with the meditative reflection on children. We would like to thank Angelika Jaschke for giving us some guidance for that. *Constantin Gruia*

December 2011

In October 2011 curative education will celebrate 20 years activity in Romania/Simeria. There will be a festive occasion to mark this event. The Corabia School in Bucharest also celebrates its 15 year anniversary. We are still only two eurythmy therapists here and both working in curative education. The Corabia school is having a hard time at the moment, in the eyes of the state it is connected to a special needs school but is fighting tooth and nail to win independent status. The school has 54 children in need of special care in ten classes. Classes 1-8 receive eurythmy therapy and classes 1-5 hygienic eurythmy. This year I have been grateful for the work together with the school doctor and a care worker.

Constantin Gruia

December 2012

Romania, a country in southeast Europe, is also known as Subcarpathia. The Carpathians developed as limestone and sand deposits at the bottom of a vast ocean in the Tertiary Period. Present-day Romania is bordered to the west, north and northeast by these tall, steep mountains. The lowlands are to the south. Mineral resources consist in tremendous salt deposits in caves the size of vast cathedrals open to visitors. Oil, gold, silver, copper, lead and aluminum ores (bauxite) are mined today. They developed due to volcanic changes. These riches are to be found mainly in the southern Apuseni mountains, the western Carpathians. Apuseni translates as 'where the sun sets'. A great, fruitful lowland region lies to the south. The Danube, Europe's biggest river, runs to the Black Sea in the southeast of Romania. The Danube Delta is a World Cultural Heritage region famous for numerous birds of many different species. The climate is very hot in the summer months and very cold, with much snow, in winter. There are still the two of us representing eurythmy therapy. Nelu continues with her work in Simeria. Family reasons forced me to discontinue my work at the Corabia school in Bucharest, the capital city. I am now living in the country, outside of Bucharest. Time will show where or how and when I can take up eurythmy therapy again. Every now and then I am able to visit 'my' Corabia school. They are carrying on as usual – with great difficulty. We are always struggling to survive there. I continue to be in touch with Prietena, the workshop for adults with special needs, sharing ideas with them. Let us hope that this momentary break from eurythmy therapy will give me real strength and health in future.

Constantin Gruia

November 2013

Climatic conditions in Romania are very varied. Overall, the country belongs to a temperate climatic zone in the region of the westerly wind zone. Through the natural barrier of the Carpathians, however, the different parts of the country are climatically very different from each other. West of the Carpathian arc, in Siebenbürgen, a maritime climate of Atlantic winds predominates. The Carpathian mountains, which rise to over 9000 feet, prevent the Atlantic air masses from reaching the south and east of the country. East of the Carpathians, in Moldavia, a continental climate prevails and the region is characterised by cold airflows from the Ukraine. South of the Carpathians, in Wallachia, there are mediterranean influences and average temperatures vary, depending on the part of the country. Temperatures can drop as low as -38°C in winter, with considerable snow and ice; whereas in summer it can become very hot in the mediterranean regions, and temperatures up to 45°C are not unusual. The north-west has more rain and storms, while the south-east has only a little rainfall. The Black Sea coast has 2286 hours of sunshine annually, the mountain regions only 1500. Bucharest is in the south – the 1.9 million inhabi-

tants enjoy and/or suffer under the summer heat and winter's heavy snows. Nelu and I are still the only eurythmy therapists in Romania. HOWEVER — we are both no longer active as full-time eurythmy therapists. The government now insists that practitioners complete a course of study in psychology: we may no longer work with people as eurythmy therapists. Nelu has left the therapeutic educational establishment in Simeria and is studying psychology. I now live about 280 miles southwest of Bucharest in a small village in the southern Carpathians and work as a carer in families. The nearest town, Tergu-Jiu, is nearly twenty miles away and has a large state special school with three hundred children and eighty teachers (it is not run on anthroposophic principles). I work here unpaid in classes 1–10. I teach eurythmy in seven of the classes and do eurythmy therapy with some pupils. Otherwise, I work with the teachers, who are very interested in anthroposophic therapeutic education, in eurythmy and in eurythmy therapy. I am frequently asked to give lectures. This state special school has begun working in partnership with the anthroposophic special school in Simeria; the teachers visit each other in spite of the distance between the two schools. The regional education minister often asks me about this kind of future-oriented, complementary education. Otherwise I do hygienic eurythmy, also unpaid, with adults between fourteen and eighteen in a social therapy organization. I also provide eurythmy therapy for a young man with autism.

Constantin Gruia

December 2014

I was asked by Constantin Gruia to write a report on the present situation in Romania and on the country's culture. The professional difficulties we are facing today in Romania have been described in Journal No 11 and nothing much has changed politically since then. Nelu is again active as a eurythmist and eurythmy therapist in curative education at the Centrul de Pedagogie Curativa – Simeria in Simeria. Constantin is working within the integration concept at five different state grammar schools as an itinerant learning support teacher for maths and Romanian language, helping individual pupils of classes 1 to 8. He only practices hygienic eurythmy during the holidays with disabled youngsters. Constantin and Nelu have arranged that Nelu will be the representative for Romania because Constantin cannot take this on for the time being for personal reasons in his rural surroundings.

Culture: Romania's culture has evolved from ancient Roman, Byzantine, Slavic, Greek, Turkish and Hungarian influences. Romanian literature, with its Cyrillic alphabet, did not evolve until the 16th century. In the 18th century, literature was under the influence of Greek culture. With the European enlightenment national feelings grew stronger among writers and they developed their own linguistic style. We see this in the writings of Mihai Eminescu. In the 20th century social topics predominated, particularly in the work of Liviu Rebreanu and Camil Petrescu. Some famous writers and poets left Romania for political reasons and became active all over the world: Eugen Ionescu, Tristan Tzara, Emil Cioran and Herta Müller, to name but a few. The music of Romania is strongly rooted in the past. Sacred compositions of the Byzantine school and traditional folklore still determine Romania's musical life today. Folk songs and dances are an important part of the country's culture. George Enescu was the teacher of Yehudi Menuhin and the great conductor Sergiu Celibidache worked in Berlin and Munich. One of our famous composers is Ciprian Porumbescu. Painting emerged in the Middle Ages out of the interplay of Central European Gothic art and late-Byzantine influences. Just think of the wonderful frescos in the monasteries that we often see on art postcards in the West. During the Renaissance a transition took place from religious to secular motifs (landscapes, for instance) and from representational to naïve painting. The world-famous modern sculptor Constantin Brancusi should also be mentioned here. Romania's architecture is inspired by antiquity. The Dacian fortresses can still be

imagined or visited. Across the centuries, the building activity continued, influenced by Byzantine church cupolas and Polish models. From the 17th century onwards, Romania developed its own traditional architecture, but many buildings today still feature gothic and byzantine elements. Everyday Romanian culture is strongly influenced by the Greek-orthodox church. The religious scholar Mircea Eliade worked far beyond the boundaries of his country.

Irmgard Sodenkamp

Russia

March 2005

The total number of specialists in Russia at present are: Five active eurythmy therapists. Four in Moscow and one in St Petersburg -Margarita Denisowa who completed her ET training in England. A professional ET association is still to be established but we do have the following:

1. The eurythmy therapy training in Moscow - Margarit Hirsch
2. The educational eurythmy training, Moscow - Erika Molin
3. A financial support fund- TE Moscow. In September 2004 we met three times to discuss accreditation and other legal matters for ET.

Report from the training:

- a) Between June 2004 and March 2005 two intensive training blocks took place. This work is carried out each month by the students in Moscow and St Petersburg according to their respective local curriculum. On 13th June 2005 the school year begins here and at present there are 27 students (doctors and eurythmists) coming from four different countries: Belgium, Russia, The Ukraine and Finland and in June a student from Austria will join. The teaching faculty is organized by M. Denisowa from St. Petersburg.
- b) The eurythmy therapy training will be involved in a meeting with members of IVAA and Dr. Michaela Gloeckler in Moscow, May 2005.
- c) The school faces financial problems as it receives hardly any money from anthroposophic funds.

Report from TE Management Fund Moscow:

- a) The finance for the school is secured for the coming year.
- b) The publication of the ET course by Rudolf Steiner is under way and is expected to be available by the end of the summer. The legal situation in our country is getting worse with regard to education/training and medical care. This is also a state problem as the necessary structures fail and the political climate means that many private initiatives are closing and sponsorship money is no longer available.

Tatiana Strizhak

October 2005

Questions (as freely given inspiration)

1. What is the current political, legal situation? What issues are there and what should the next steps be?
2. What ET themes or questions are there living in your country? Could you put into words the spiritual intentions?
3. How is the coordination ET Forum perceived? What is seen as useful, or important? What are the wishes?

1. On 4.7.2005 the Association of Qualified Eurythmy Therapists in Russia was founded! We already have five members (the total number of qualified eurythmy therapists active in Russia is 6) The association secretary is Mrs. Tatiana Ermolaeva. Goals of the association include: a) Promoting eurythmy therapy as a therapeutic profession, b) Obtaining state recognition for the profession, c) Representation of eurythmy therapy through state and private organizations. The eurythmy therapy training will take part in a three day conference in Moscow with over 50 representatives of anthroposophic medicine from all over Russia. Dr. M. Gloeckler and representatives from the executive committee IVAA will also attend. In May 2005 a survey was taken

to look into the legal status of anthroposophic medicine. This included eurythmy therapy and it led to the overwhelming conclusion that we need to put ourselves on a firmer legal footing. For eurythmy therapy we need to differentiate strictly between eurythmy as a therapy, in education or as a stage art.

2. Practical themes: Early years and school age children. Special education. Patients at risk. Cancer etc.. b) Importance of awareness of the inner and outer aspects of our work, e. g. legalities, content and outer criteria. The need for clear guidelines in training so that both the inner and outer criteria and standards are met. c) The students of the educational eurythmy course have also completed a hygienic eurythmy course. d) In July 2005 the second year of the eurythmy therapy training began.
3. Of the greatest importance for us is information sharing and to receive news of new initiatives from colleagues abroad. Otherwise we lead a life of isolation here!

Tatiana Strizhak

October 2005

Questions (as freely given inspiration)

1. What is the current political, legal situation? What issues are there and what should the next steps be?
2. What ET themes or questions are there living in your country? Could you put into words the spiritual intentions?
3. How is the coordination ET Forum perceived? What is seen as useful, or important? What are the wishes?

1. The situation here is unstable and a license for our methods (profession) is still not in sight. There are very few adult clients. Eurythmy therapy is wanted in the Waldorf schools although most schools are not state supported so the economic situation is difficult. Parents are stretched to the limit. School fees in Moscow can reach 400\$ which makes it impossible to pay extra for a therapy. Our next step should be the founding of an association which would help us in our difficult conditions. A professional association would also help to maintain good standards in our work.
2. The main theme is formulation of a job description or professional profile for eurythmy therapy. Eurythmy therapy should be a major spiritual force in a society that is ill. Anthroposophy is needed as a healing art here and eurythmy therapy can send healing forces into the world. In return it gains strength for its own development.
3. We need support from our colleagues in the west and I believe we should foster a living dialogue together. We are many, all working from a common impulse and we in Russia also have much to share and are ready to take on more responsibility.

Vladimir Simonov

November 2006

The political situation is very unstable. The two government departments responsible for education and health are in difficulties due to government reforms. The legal system is changing and new laws concerning non profit making organizations creates problems for the Waldorf schools and eurythmy trainings. On top of this, tax increases are forcing salary rises and putting even more financial pressure on centers which are threatened with closure by the state. Moscow has a eurythmy therapy training and 20 students are expected to graduate in January 2007. The

training is fully recognized by the Goetheanum. A big 'Thank you' goes out to all our friends from Holland, Great Britain and Germany for their fund-raising efforts for a new Russian publication of the eurythmy therapy course which is planned for December 2006.

Tatiana Strizhak

December 2007

Training

In January 2007 19 students of the Moscow training center (director: Margrit Hitsch) graduated in eurythmy therapy. 10 eurythmists acquired a diploma of the Medical Section and are qualified eurythmy therapists now. 9 doctors received a certificate on eurythmy therapy training and are now entitled to practice eurythmy therapy within their practice. The first graduates among our national experts can be seen as a milestone in the development of eurythmy therapy in our country. In July 2007 the regular block seminar „Courses for eurythmy therapy in schools“ was held in Moscow. It was led by Mrs. U. Ziegenbein und Mrs. Dr. Studer-Senn.

Starting a career

4 eurythmy graduates from the school for eurythmy therapy work in their home countries (Finland, Ukraine). Six Russian graduates are mostly active in Waldorf in-dergarten, Waldorf schools and anthroposophically oriented curative educational institutions (Moscow, St. Petersburg, Rostov-am-Don, Syktyvkar). Many cooperate with doctors trained at the Moscow school. In summer eurythmy graduates participated for the first time in a IPMT course near St. Petersburg and two of them could participate in a course in eye eurythmy therapy in Dornach, thanks to Mrs. Thiersch's support.

Post-graduate training

All colleagues agree that professional knowledge and skills have to be deepened and improved continually. We are therefore considering the development of a post-graduate programme geared at the needs of eurythmy therapists and meeting the standards of the Section. A first block seminar (led by Margrit Hitsch) could take place after the World Eurythmy Therapy Conference in May 2008 in Dornach.

Association of Accredited Eurythmy Therapists in Russia

In July 2007 the revised form of the statutes of the association (which was founded in 2005) was approved. It will enable a better coordination of the activities of the association in regard of the new generation of experts (eurythmy therapists and doctors).

Publications on eurythmy therapy

The following article was published in Russian: „Therapeutic Eurythmy – Movement Therapy for Children with Attention Deficit Hyperactivity Disorder (ADHD): A Pilot Study“. Authors: M. Majorek, T. Tüchelmann, P. Heusser.

Miscellaneous

In January 2008 a 5-day introductory seminar on eurythmy therapy for doctors will be held at WALA-R (Moscow), led by L. Shpak, T. Strizhak. In summer 2007 the St. Georg School for Curative Pedagogy (Moscow) was officially accredited as a training institute by the Department for Education. The accredited curriculum includes among others eurythmy therapy. There is only one institute which got such a license, but is an important precedent. Possibly this will be a way other curative educational institutions in this country could go as well. In order to enable Russian experts to practice their profession - both in anthroposophic and in governmental institutions - it is still necessary to find ways and means to achieve the official recognition of the profession „eurythmy therapist“. The Russian translation of the main work (GA 315) is ready for printing. In October 2007 the number of active eurythmy therapists in Russia adds up to 12.

Tatiana Strizhak

December 2008

Half a year has passed since the first World Eurythmy Therapy Conference. Enough time to forget a lot of the impressions made there due to our hectic working life. However the memories remain vivid and lively because we know how important the conference was for anthroposophic medicine and our work. Lectures with the widest of themes. Courses and workshops given by experts in their fields and the amazing meetings with friends and colleagues from all over the world. It was a chance for beginners to learn from those with more experience and all in all the conference in May was a great success. 30 countries were represented and many new contacts made. Indeed the conference has left a lasting impression here in Russia as it lives on nourishing our work with new impulse and initiative.

Tatiana Strizhak

December 2009

There are now 24 qualified eurythmy therapists in Russia. Most are working in Moscow and St. Petersburg, others are in Yaroslavl, Syktyvkar, Roson-na-donu and Ryazan. The eurythmy therapy association has nine members. In February 2009 further training courses were held. The first course took place in Moscow and was lead by Veronila Ryser. The participants were 2009 graduates. The course was a good preparation to the students as they embarked on the first year of their new work. The second course was held in St. Petersburg lead by Margrit Hitsch.

It focused on two themes:

- 1) To find a deeper understanding of the inner nature of the 'sounds' and to explore why certain sounds are given for certain illnesses.
- 2) The basic elements of tone eurythmy.

Eurythmy therapists and doctors attended the course from Russia, Ukraine and Finland.

Criteria for Practice:

State recognition of eurythmy therapy as a valid form of therapy has still not been achieved which means that we are limited to working within anthroposophic institutions. Waldorf schools, Waldorf kindergartens, curative education and anthroposophic clinics.

Many colleagues report a fall in patient numbers especially amongst adults during the past year. Probably due to the credit crunch. The number of children being treated remains stable but parents can no longer pay the full amount.

One exception is the curative education school in Moscow - St. Georgs School where five years ago state recognition was granted. The training course has a position for a eurythmy therapist which is paid for by the state but this is the only place where this has been achieved in the whole country.

Publications:

The translation of M. Kirchner-Bockholt 'Fundamental Principles of Curative Eurythmy' will hopefully be published at the end of 2009. The book will contain a biography of the author which Angelika Jaschke has written.

Tatiana Strizhak

December 2010

In Russia there are 24 eurythmy therapists with diplomas. The association of graduated eurythmy therapists in Russia still consists of nine persons. Further training: Two eurythmy therapy further training courses were held in St. Petersburg in summer 2010: June 20 - 29. Topics: fear, trauma, immunity, diabetes. Course leader: Titia Jonkmans. Participants were eurythmy therapists and doctors. June 30 - July 4. Topics: sound eurythmy, 12 moods. Course leader: Margrit Hitsch. Participants were, apart from eurythmy therapists, also our colleagues from the pedagogical

and art eurythmy. Specialist literature: In summer 2010, the Russian translation of Margarete Kirchner-Bockholts book „Fundamental Principles of Curative Eurythmy“ was published. This book contains an epilog written by Angelika Jaschke giving us an understanding of Margarete Kirchner-Bockholt’s life and the work in the context of the development of the anthroposophic movement. Three books are currently in preparation and will be published at the beginning of 2011:

- Hans-Broder von Laue, Elke von Laue, Zur Physiologie der Heileurythmie.
- Julia Bort, Heil-Eurythmie mit Seelenpflegebedürftigen Kindern.
- Elisabeth Baumann, Aus der Praxis der Heileurythmie.

Tatiana Strizhak

December 2011

There are 24 qualified eurythmy therapists here but only 9 have joined the association. This probably has two reasons: One, that deep in the Russian soul and since Soviet times there lives a resistance to any form of membership. There is a fear of losing ones individual freedom. The other reason may be the fact that eurythmy therapy has still to win state recognition and alternative groups are still frowned upon by the state. Some also see no sense in joining unless there are clear practical advantages for their work.

Further training courses in eurythmy therapy are held in two places:

1. Moscow, 2nd - 6th June with Pia Wohlhauser to the theme: ‘Eurythmy therapy in curative education’ “We are interested in the basic exercises given by Rudolf Steiner for pedagogy e. g.: I and you, peace dance, energy dance, spiral, alliteration etc. Out of this we have explored the eurythmy therapy exercises which correspond to and balance the temperaments. We also work with color eurythmy and especially the color meditation given by Rudolf Steiner for curative education: Center and periphery in a circle, blue - yellow, I am in God, God is in me. Marina Romanova, eurythmy therapist.
2. St Petersburg, 28th - 30th June with Margrit Hitsch to the theme: Consonants and vowels in eurythmy therapy. The participants were lead from the eurythmy sounds to the illness or condition in a methodical way. One participant said: The task was to ‘see’ a specific medical condition/illness ‘through’ the prism of the ‘sounds’. As example for practice the sound Ee was taken (German I). How and where can this sound be experienced? How does one form the transition from the sound to the particularities of the illness/condition? We looked at Parkinson’s disease, multiple sclerosis, disease of the vertebrae and tumors. We anticipate a continuation of this work next year.

Eurythmy therapy in Russian:

In summer 2011 a Russian translation of the book ‘Eurythmy therapy with children in need of special care’ by Julia Bort was published. We would like to thank Angelika Jaschke for her introductory words in the Russian edition.

Further translations are on the way:

H B von Laue: ‘Physiology of eurythmy therapy’, E Baumann, ‘From the Practice of Eurythmy Therapy’ and ‘Eurythmy Therapy and Hygenic Eurythmy’ by V P Heusser (Persephone, vol 9)

Tatiana Strizhak

December 2012

Plains – endless plains – are the key image, and over them the arching dome of the heavens (cf. GA 158, 14 November 1914). European Russia consists of the low-lying Russian plains (the world’s second largest plains). These lie on the Russian

plate which is formed largely of granite, and is divided into three regions: the northern, southern and central zones.

a) As in neighboring Finland, the northern zone is bejeweled with numerous lake. One feels the action of water here. This zone boasts most forest, and nature is still wild and intact in places. This northern region is characterized by a special relationship with the winter season: it reminds us of nature's 'day' – its wakeful state, the sphere of human thinking. (Eurythmists live and work in Saint Petersburg and Syktyvkar.)

b) The south: warm seas (the Black Sea etc.), the Caucasus and the endless steppe – a treeless plain. This zone is closer in feel to the summer, nature's 'night', and reminds one more of human sleep, the sphere of metabolism and the will. Where there is much moisture, the rich, black earth continually renews itself – the prerequisite for vegetation and agriculture. In areas of little moisture, aridity prevails in extensive, withered plains. (Eurythmists at Rostov-on-Don and in neighboring Ukraine.)

c) In central Russia the opposite kind of terrain is found in the forested steppe: forests alternate with fields, plains with regions of high ground. Rivers cut their way through the wave-shaped relief of this zone and connect its different areas. Here, analogous to the human rhythmic system, Europe's biggest river (the Volga) forms. Fields are not as fertile as in the south. (Eurythmists in Moscow, Yaroslavl and Samara.) Thus the personality qualities and traits which develop naturally to some extent in these different zones need to be enhanced and extended by consciously cultivated powers: by will in the north, by thinking (form) in the south and by the powers of the I in the central region. The Ural mountains mark the boundary between European Russia and Asia. Further east the marshy plains give way to an extended peak district. In the midst of the never-ending Siberian taiga lies a freshwater sea (Lake Baikal). The development of Siberia still lies in the lap of the future. In Asian Russia the rivers flow northwards, leading the population away from the area of contact with Asia's ancient culture. In European Russia, by contrast, the rivers mostly flow in a southerly direction, and for centuries have brought western culture into the country, connecting Scandinavia with Byzantium ("The Varangians' route to the Greeks").

News from eurythmy therapy work in Russia: reports from seminar students

1. In January 2012, Rudolf Steiner's "12 moods" were performed (as part of the fourth Russian Eurythmy Festival"). The performance marked the conclusion of 2 years of collaborative work by a group of Russian and Ukrainian eurythmists of diverse disciplines. Realized under the direction of Margrit Hitsch, the distinctive aspect of this project is the fact that here, for the first time after a long interval, the "12 moods" are founded on correspondences between the vowels and the planets. This is what Rudolf Steiner originally intended for this piece, and it is thanks to Tatiana Kisseleff that these correspondences have been rediscovered.

2. Between 3 and 9 June 2012, Mareike Kaiser in Moscow gave the first seminar in dental eurythmy, on the theme of 'Exercises for anomalous bite'. Follow-up seminars will take place this winter with Dr. Haupt, who will explain the medical aspects of this condition, and then in the summer again with M. Kaiser, on the theme of "Exercises for anomalous bite in cases of misaligned teeth". Astonishingly, extremely gentle, flowing motions are needed to act on the teeth - which are, after all, the hardest substance in our organism. We very much enjoyed practicing these movements, and felt how our teeth responded to them.

3. Between 18 and 21 July 2012, a seminar on "Social Eurythmy" led by Rachel Maeder from Ittigen took place in Moscow. The participants were eurythmists, physicians and Waldorf teachers. Rachel shared her experiences in old people's homes, industrial workplaces involving repetitive monotony, and with office em-

ployees. It became apparent how one can introduce people to eurythmy who, due to the nature of their work, look with some skepticism on such things as the art of movement and anthroposophy. She showed how their interest in each other, in movement and in the world can be kindled.

4. The book compiled by H. B. and E. E. von Laue, entitled "Zur Physiologie der Heileurythmie" ("The physiology of eurythmy therapy") has now been published in Russian. The book contains Rudolf Steiner's lecture "The Invisible Man in Us".

This report is based on ideas by G. Kavtaradze and contributions by O. Rozanova, M. Romanova and M. Sazanova.

November 2013

There are around 24 trained eurythmy therapists, nine of whom are members of the association. Climate: The greater part of the interior is more than 250 miles (up to 1500 miles in some parts!) from the sea with its mitigating effects on climate; warm air masses from the Indian Ocean are unable to breach the mountain barriers in the south of Russia. In Russia, therefore, there are really only two clearly defined seasons: summer and winter. Spring and autumn are brief periods marked by abrupt switches from very low to very high temperatures and vice versa. Further east a harsh, continental climate predominates. The country's (and the world's!) widest temperature differential is 117°C. On the other hand, the grim local frosts of Siberia are more bearable, because of the dry air, than in Moscow with its greater humidity. Only in a narrow strip along the Black Sea coast does Russia have any sub-tropical climate; the greater part of this region is in a temperate climate zone. Yet here too a harsh climate dominates: thus Vladivostok in the far east, on the same latitude as the French Riviera, has average January temperatures of -14°C; in many parts average annual temperatures remain below zero. It is thus understandable that, in Sweden, the war waged against the Russian Tsar Peter the Great in the eastern part of the country is known in the vernacular as the "war with the north country". This traditional image of Russia is possibly based on the old myth of hyperborea. The country has an impressive variety of climate: in summer the north gleams with white nights; 60% of the surface area is permafrost, while in Kalmykia and the Volga lowlands summer brings droughts that go on for months, with scorching hot winds from the steppes. According to Rudolf Steiner, the bearer of the folk soul for the Italians is the air, for the Germans it is warmth, whereas for the Russians it is the light reflected by the earth (CW 181, 30.3.1918). This may show a connection on the one hand with the low sensitivity to cold ascribed to Russians; on the other hand with a sense for spiritual, super-sensible community which so easily awakens in Russia's widths, and which can come to expression either in inner commonality or mere herd instinct. In any case, the climatic contrasts of the environment confront the human being with a task, as described by Johann Gottfried Herder: "Never mind how climate works — every human being, every animal, every plant has its own climate; for each one takes in outer influences according to their inclination and processes them organically."

Eurythmy therapy news; reports by participants in seminars M. Romanova, eurythmy therapist: Mareike Kaiser gave a second seminar on eurythmy therapy for the teeth. We repeated some exercises for malocclusion, then concentrated on the placement of teeth in detail. Each tooth is connected to a particular planet and zodiac sign. It was astonishing to realize that the whole cosmos is reflected in our teeth. The seminar made it clear anew that one can find the part (the teeth) in the whole (the human being as such). M. Denisova, eurythmy therapist: from 10–17 July 2013 the first seminar with Margret and Thorwald Thiersch took place in Saint Petersburg. We worked on long-sightedness, shortsightedness, divergent and convergent squint, cataract, glaucoma and so on. The eurythmy therapists and physicians taking part were impressed by the professionalism of the tutors, the particular qualities of the tones and gestures and the subtle yet deep effect of the eurythmy.

The course is planned to continue in June 2014. The participants returned home to their patients inspired by the new therapeutic impulses from this seminar. T. Guseva, physician: a seminar on social eurythmy, facilitated by Rachel Maeder from Ittigen, took place in Moscow from 28–31 August 2013. As in last year's seminar, the participants came from different backgrounds: eurythmy therapy, artistic eurythmy, Waldorf education, doctors and parents. During the closing review, it became apparent how important the seminar had been for all those taking part. Some of the feedback: "My horizon has broadened." "Now I know I'm on the right track." "Many of the exercises that we learned in the seminar have been a great help in my work." This speaks for itself.

New publications The Practice of Eurythmy Therapy by Elisabeth Baumann has been published in a Russian translation. It includes an afterword by Angelika Jaschke entitled "Elisabeth Baumann-Dollfus, Eurythmist and Eurythmy Therapist: a Biographic Sketch". *Tatiana Strizhak*

December 2014

In January 2014 a three-day eurythmy therapy conference took place in Moscow. We had group work in the mornings and afternoons and ended the days artistically with eurythmy performed by Waldorf students and trained eurythmists. Organizer: T. Khasieva. In July 2014 the third workshop on "eurythmy therapy for the eyes" was held in St Petersburg, led by Margret Thiersch and accompanied by lectures on the anatomy of the eye (Thorwald Thiersch) and eye diseases (Dr Koshechkin M.D. and Dr Sivolapov M.D.). Organized by M. Denisova. Dr T. Guseva M.D.: in August 2014 we had a three-day seminar in Moscow with R. Maeder (Ittigen, Switzerland). Our topic was "Using hygienic eurythmy and tone eurythmy to support the immune system and stress resilience in people who have little exercise but are exposed to demanding life rhythms and ongoing stress." It was particularly valuable to look at the importance of the exercises from various angles: looking at the exercise "love E" under hygienic and well as social aspects, for instance. The zodiac and planet exercises met with just as much interest. Among the participants were eurythmists, physicians and teachers. In August 2014 the annual general meeting of the association of qualified eurythmy therapists in Russia was held in St Petersburg.

New books The first volume of Goethe's Scientific Writings (Morphology) came out in Russian. It presents the principles and logic of the metamorphosis doctrine which are of fundamental importance for eurythmy therapists. Goethe's work is also explained in the introductions written by Rudolf Steiner (GA 1).

Russian culture: The separation of the Orthodox and Catholic churches, prepared by Pope Nicholas I, made it possible for the Russian People to find its own identity: Christianity, which had been taken over from Eastern Europe (988), from Byzantium, preserved in the Russian people a pure sense of a spiritual community and a semi-mystical soul disposition. The social structure brought by the Varangians (Vikings from the eastern Baltic) from Scandinavia prepared the ground, on which the sacred music and literature could grow, as well as the white stone buildings, with their icon paintings, that are embedded in endless green spaces. In its early phase (Southern and Kiev School) the latter remained rooted in the Byzantine style. Of the two subsequent schools, the Northern variety (Novgorod style and Theophanes the Greek) developed a radiant expressive power, full of contrasts, and created the central school (Andrei Rublev and Dionysius) with its harmonious, contemplative images. The central perspective that allows the soul to detach itself from the golden background of eternity is almost absent here – instead of the transparency of space, known from western cultures, the inverted perspective illustrates the inner cleansing of feelings, thus representing a kind of alchemy of the soul. The Mongol invasions and subsequent oppression that lasted from the 13th to the 15th century did not stop the development described but made it more difficult and imposed the despotic traits of eastern societal forms on the political life of the time.

There was no reformation in Russia and the secularization of the religious culture only became possible in the 18th century with the reform introduced by Czar Peter the Great: foreign scholars (mostly from Germany) entered the stage; independent Russian streams evolved in science (Mikhail Lomonosov), culture, music and painting – Pushkin, Tolstoy, Dostoevsky, Tchaikovsky and many other names come to mind. Numerous ethnic groups that had been absorbed into the Russian Empire participated more or less harmoniously in this cultural evolution. The emerging boom in the sciences, philosophy and arts (Dmitri Mendeleev, Vladimir Solovyov, Andrei Bely, Wassily Kandinsky et al.) was prevented in 1917 by the Bolshevik dictatorship which the country was not able to shake off until the 1990s. The liberation was prepared by works of dissenting writers (Aleksandr Solzhenitsyn) and the new uncensored Russian chansons. Russia's inhumane suffering in the twentieth century reflects the end of a thousand-year cycle of spiritual development and the historical task that lies ahead of us now: that of forming an orchestra out of the cultures of western, central and eastern Europe that will balance out – karmically – the cultural abyss which has opened up in the ninth century.

Tatiana Strizhak

December 2015

There are 27 eurythmy therapists in our country. The professional association has only nine members, though we hope more will soon join. Our discussions are largely focussed on the development of shared goals in our work, and on a common orientation and view of our profession in the future. This is a key task if you think of the large distances between cities where our eurythmists are working, as well as the limitations imposed on their work.

In Russia, anthroposophic medicine has not yet been officially recognized. The same applies to therapeutic eurythmy which functions as a non-medical adjunct to, and augmentation of, anthroposophic medicine. This means that the eurythmy therapy diploma does not entitle practitioners to work in mainstream medicine. In some cities (Moscow, Saint Petersburg, Rostov on the Don and Samara) there are therapy centers that were opened as institutes for homeopathic medicine, and here anthroposophic doctors can refer their patients to eurythmy therapists. At present, however, legislation is being prepared that would exclude homeopathy from state-recognized medicine. If this happens, it would make the work of eurythmy therapists even more difficult, further limiting the already small scope of their activity.

Collaboration with other anthroposophic artistic therapists is limited, but happens during diverse introductory or further training seminars, roughly along IPMT (International Postgraduate Medical Training) lines. From 12. to 21.6.2015, a third course on eye eurythmy therapy took place with Margaret and Thorwald Thiersch. Eurythmy therapists (from Russia, America and Switzerland) and doctors took part. Participants received a certificate. These three courses were regarded as an important event and offered participants new foundations for treating visual disturbances and eye diseases. Those taking part also warmly thanked Margarita Denisova for organizing the courses. The eye seminar in St. Petersburg was followed by a two-day event with Angelika Jaschke (21-22.6.2015). Among other things we spoke about the place of eurythmy therapy in the modern world. Another focus was on devising introductory exercises on the theme of "Eurythmy and the cosmic forms of the first Goetheanum". Besides the eurythmy therapists, also graduates of the Petersburg school of artistic eurythmy (directed by Ruth Barkhoff and Olga Rozanova) took part in this 2 day event. We were pleased at the good contact and collaboration between the young graduates and the already practicing eurythmy therapists, which made this event into an important milestone for the community of Russian eurythmists.

Tatiana Strizhak

Sardinia

October 2005

Mrs. Kreuzmann reports: There are only a few anthroposophic doctors here on Sardinia. One cannot make a living through private practice. Korinna Kreuzmann offers to cover for colleagues in the German speaking world.

Korinna Kreuzmann

Slovenia

December 2008

Unfortunately I am the only eurythmy therapist in Slovenia, which is not easy for me. I would dearly love to have the possibility of sharing with colleagues! Part of my work with eurythmy therapy is carried out in a Waldorf school in Italy. I hope that in the coming year I will be able to give more news from my own country. My colleague from Croatia has found a connection to Austria. It was good to meet so many friends at the World Conference. At least it reassured me that although I am alone here I still belong to a worldwide community of professionals!

Barbara Berden Skula

December 2009

I'm still the only eurythmy therapist in Slovenia... I still work in Italy, like before. At the end of the summer I held a course of eurythmy and therapy for the people from Slovenia. There is a man, who gives courses about anthroposophy and eurythmy therapy, although he didn't study eurythmy. We had some contact this year, I helped him to write some sentences about eurythmy in his book and then he invited me to do a eurythmy course. We did a good course together and I m thinking now in which way and how I can offer such a course again. I m still searching the way... That is all I can say this year. I would like to remind you also, that I don't represent Croatia. Eurythmists from Croatia decided to stay under Austria!

Barbara Berden Skula

December 2011

My great wish is to spread eurythmy therapy in Slovenia and to work mainly in the field. Where can I find the necessary spirit of enterprise? And where to meet mates and doctors working with me for this purpose? That's what I sometimes ask myself. I have been a pedagogic eurythmist for many years in the Waldorf school in Sagrado (IT) and I'm working with a team devoted to bio-dynamic agriculture in Trieste (IT). There are persons who ask for eurythmy therapy. For a long time I have taught eurythmy in the kindergarten in Ljubljana. Here in Ljubljana/Slovenia I have from time to time the opportunity to perform poems in an eurythmic way during evening shows. Hoping to give more chances to eurythmy therapy, dear mates, I want to send you my best regards from the deep of my heart.

Barbara Berden Skula

South Africa

November 2006

We are five eurythmy therapists in the country. One in Johannesburg, at the Michael Mount Waldorf school (1400 km from Cape Town) two in Cape Town-running around between the various Waldorf schools. One in Camphill Hermanus (120km from Cape Town) and one pensioner who lives in Cape Town. There is a wonderful working relationship and exchange between us all. The Roseway Waldorf school near Durban (800 km from Johannesburg) desperately needs a eurythmy therapist. In Camphill, we all enjoy receiving guests for short periods who come to share their expertise! That is all from us here in South Africa.!

Christiane Wigand

December 2007

South Africa is 3 times bigger than Germany - with only half the number of inhabitants of Germany. Johannesburg lies 1400 km away from Cape Town, Durban is 800 km away from Johannesburg. So the country is very big - and the eurythmy therapists are very far from one another: One working in Johannesburg at the Michael Mount Waldorf school, two in Cape Town at various different Waldorf schools, one retired, but very young at heart, and two in Hermanus, 120 km east of Cape Town around Camphill and the Waldorfschool in Stellenbosch. Cape Town has a eurythmy training, which fights for its existence - successfully! Thanks to donors from Germany and Switzerland - and tries to receive accreditation from the government like the anthroposophic Teacher Training Center. It is a big struggle for us to make it financially, especially if one has own children (high school-fees!). Over half the moneys of SA „sit“ in Jo`burg - the rest of the country shares the remaining... On the other hand there are only two different types of South Africans: the ones who live in the Cape Peninsula and the others who want to live there! The country, its natural beauty, is ever again stunning!

Christiane Wigand

December 2008

Personally the conference brought renewed strength and confidence to my work. Since returning from the conference the school has seen the necessity of nearly doubling my hours of therapy work. Julia O' Leary and I meet weekly as colleagues, and much of our shared work has sprung directly from the conference. The 4 South African's who attended the conference recently gave a days report back to the rest of our colleagues. The next day followed the National Eurythmy Conference (3rd, 4th October). Where 18 Eurythmists came together (our largest number in many years!), where the theme largely evolved around therapeutic eurythmy - consonant studies, 2 therapeutic sequences (as pictures of the illnesses they are prescribed for) and the 12 soul exercises from the 5th lecture. The artistic eurythmists greatly appreciated this sharing and the necessity and depth that the therapeutic work addresses. At the world conference it was mooted that Titia Jonkermann visit South Africa to support our work here. Titia has now agreed to come in the winter holiday - our summer, and give us 10 a workshop. This is invaluable to us and we have prepared our questions but between 5 of us we must fund-raise R1 200, €120. This is a huge task for us and we ask for help and suggestions. (Caroline Hurner)

Christiane Wigand

December 2009

There is some good news from us: a group from Cape Town and Hermanus have started working together regularly. As we are all heavily involved in our work at Waldorf schools and Camphill homes, the most important objective is to strengthen and inspire ourselves with our meetings. We have started with the letter "F", we are reading quotes from Rudolf Steiner about "warmth", we are practicing together and giving each other the opportunity to try out exercises that we might be doing in courses or groups. It is difficult to include our colleagues from Johannesburg (1200 km away), Durban (1600 km away), and Namibia (2000 km away) and we are looking forward to, maybe, meeting up with them at our annual Eurythmy Conference in the beginning of October in Cape Town. It has been very uplifting and helpful to have had Titia Jonkmans with us, who came for a course in March/April and accompanied some of us in their work with children and their parents. Next year she will be coming again, and we are looking forward to our common working. Titia went to Dornach to be our delegate within the eurythmy therapy network this year, since she has made a strong connection and commitment with us. We thank her for all her help!

Christiane Wigand

December 2010

Since our last meeting a year ago we have really been trying to meet once every term in Cape Town - in spite of time constraints and other commitments of everyone. Even if some of us did not make it in the end there is a strong wish amongst us to carry on together. I feel there is a seed that will hopefully be able to grow within the future! The themes we worked through - according to individual needs expressed - were:

- fear and anxiety (We shared exercises for children and adults), warmth as a tool of „Michael“, with prepared contributions and common eurythmy,
- the sound „F“ , its complexity in its colors and in its application.

Titia Jonkmans has been paying us a second visit in September 2010, as we met in Dornach at the Medical Conference. She has again been visiting different schools, and this time also the Camphill School in Hermanus. She looked at some of our children in detail and gave us valuable advice. We are very grateful for all her input and her personal guidance! Thank you for the interest in the international community! With best wishes to everybody!

Christiane Wigand

December 2011

„Good news from South Africa! We eurythmy therapists have been meeting once a term, working on individual sounds, aspects, colors, applications - deepening their movements qualities. We shared some case studies, helping each other to distinguish the important from the unimportant, and we carried together guidelines of working with nursery school children. Everyone of us is more integrated now into their workplace, and our work is much more recognized. Also among each other is a far better communication and collegial atmosphere. The School of Spiritual Science for Speaking and Musical Arts has been formed in Cape Town, (the pedagogical one is working for years already), and we are wondering, if we could form some working within the medical School of Spiritual Science, seeing that we have two nurses, who do rhythmical massage and a doctor. About ten eurythmists have voiced their interest for a eurythmy therapy training. We thank the Medical Section in Dornach for their amazing support for two of us to come to the international annual Confer-

ence of the Medical Section, and Angelika for encouraging us all along! Next year Angelika is planning to come and visit and work with us!

Christiane Wigand

December 2012

"There is no separation between that which is shaped and formed by the human spirit and that which is shaped by the divine spirit of nature –there IS only divine consciousness." This saying by the original inhabitants of South Africa, the San and Khoi-Khoi, reveals the wisdom that was once present. The Cape Peninsula with its famous Table Mountain was the "Land of the Setting Sun", and native people paid homage on every eve of the summer solstice (21.December) with a pilgrimage to it.

Geology:

Table Mountain is one of the oldest mountains on earth, six times older than the Himalayas in India and five times older than the Rocky Mountains in America. It's story begins 800 million years ago, when sandstone began to form under water. Magma rose from the Earth's core and formed hard granite. Around 300 million years ago the mountain was still at sea level. Ice sheets flattened the layers of sandstone, which is today the Table Top. When the continents split apart, pressures built up in the earth's crust. The layers of rock ascended, slowly becoming the one kilometer high mountain we know today. Between the Atlantic Ocean and False Bay, where all the suburbs have been built, lies drift sand, filled up by the early settlers to inhibit Table Mountain to become an island again. That is where we live and work.

Some facts:

In the wider context of Cape Town there are ten Waldorf schools, one Christian Community, a house of the Anthroposophical Society (Sophia House), more than 20 nursery schools in Townships, one Waldorf teacher training and one eurythmy training. Outside Hermanus (120 km east of Cape Town) there are two Camphill Communities (a farm and a school) and 35 km up the Westcoast of Cape Town is another one. On Whitsun Sunday there was a one hour workshop in Sophia House in Cape Town on the "Halleluiah", led by Cobie Roelvert, a eurythmist in Cape Town, culminating in a common doing with the world community at 1 o'clock!

Eurythmy therapy.

In the last year the eurythmy therapists in the Western Cape have established to meet regularly once a term. In February we welcomed Angelika Jaschke in our midst – at a time when Elizabeth Kotzuba's cancer had progressed already thus far that she could no longer take part. (She died in Cape Town shortly before our delegates meeting.) Angelika experienced everyone of us in his/her work, and we practised together around the 7 eurythmy meditations. It was a very harmonious encounter. There are quite a number (about 10) of eurythmists interested in the eurythmy therapy training, and Angelika encouraged us to prepare and to start a training course. A group of three colleagues has formed and is planning to give six block courses over three years, starting around Easter 2013.- In January there will be a week's course for anthroposophical medicine for doctors and health practitioners who are interested, because we will need this cooperation as eurythmy therapists. Michaela Gloeckler has offered her support and is coming out! We will be dependent on anthroposophic doctors from around the world for our eurythmy therapy training and ask also here for financial help! For every support we will be grateful.

Stephen Lloyd, Julia O'Leary,

Christiane Wigand

November 2013

South Africa has about 5 different climate zones: in the north, at the border to Zimbabwe, summers and winters are extremely dry and hot; in the highlands of Johannesburg, originally a landscape of steppe, 1600 m altitude (!), there are winter drought and summer rains. At the east coast of South Africa, where the sun rises 2 hours earlier than in Cape Town, reigns sub-tropical climate with cool, sometimes misty winter days; whereas in summer, which is very hot and humid, it is the warmest and most fruitful part of South Africa (the land of mangoes, pineapples and sugar canes). In the Little and Great Karoo, a huge semi-desert, it is very dry and windy, particularly in the late afternoon, and the difference between day and night temperatures can be more than 25 degrees C. In the south west of the country, in the Western Cape, the summers are warm and dry; winter on the other hand is often very stormy, rainy, cold and unwelcoming. (Just now, as I am writing this report, the wind races vigorously outside the window, and the room does not become warm in spite of a lit fireplace...) We are 6 ½ eurythmy therapists in this immense country, (which is more than 3 times the size of Germany, with a coastline of 2500km, but is inhabited by only two thirds of people in Germany): one in Durban, one in Johannesburg, all the others in the Western Cape. Our common meetings fell by the wayside again, because some of us have supported Julia O'Leary's initiative and started a one-off eurythmy therapy training in Cape Town. All doctors for the training are flown in: from Australia, Holland, Germany, Durban... (WE DESPERATELY NEED AN ANTHROPOSOPHIC DOCTOR!) Two modules have already taken place this year, and modules three and four will commence in 2014. In Cape Town there are 2 rhythmical massage therapists, one arts therapist, in Durban a nurse, in the Eastern Cape (1200km away from Cape Town) an anthroposophic Doctor and in Hermanus (120 km east of Cape Town) an old and very loving music therapist from England. In connection with the eurythmy therapy training we worked very intensely on the eurythmy figures, especially with Dr. Hans Broder von Laue alongside the book about eurythmy therapy that he has written together with his wife. It has been a very intense practising together with our eurythmy therapy students!
Christiane Wigand

December 2014

We are approximately 7 eurythmy therapists in the country. Our biggest challenge in the past year and the year ahead is our Southern Cross Eurythmy Therapy Training in Cape Town. Since we have no doctors here who are able to support it, we have to invite doctors from all over the world to help us. Without the never ending energy of Julia O'Leary, who overcomes all hindrances and challenges, it would not be able to happen!

Culture: The 11 official languages in South Africa (Zulu, Xhosa, Venda, Shangaan, Northern Sotho, Southern Sotho, Pedi, Tswana Swazi, Afrikaans and English) can already tell how many different cultures live together here. Until today witchcraft and shamanism is deeply rooted, not only in rural, but also in urban areas and townships. What we would call superstition still plays a big role, right into every day life circumstances: when a spider crawls down the window sill on her own thread, the inhabitant of the house knows that a surprise visitor would come. We know the story of an old Zulu man, who knew beforehand when and how he would die, thus preparing his family and organizing all his dealings well in time. He also knew, when relatives would come home from the big city and stood on watch to welcome them at home. There is also still a very strong connections to the "ancestors", the dead. Since one does not want to irritate them, because one gets punished by strokes of destiny, one tries to live according to their beliefs as a follower. If a young man leaves his home and goes to the big city, the grandfather will be able to tell him in details from his dreams, what to expect, where to be cautious and when

to be trusting. Other young people know, that they must always surprise their old aunt, when they come to visit, because otherwise she will prepare a "muti" (a medicine made out of human organs) to kill them. If one wants to build up a successful business, one has to bury a baby in the foundations of the house. And if a man with AIDS would rape a virgin or a child, he would be cured from his disease. One can imagine, how many and enormous fears live in people under these circumstances, especially in women! In the meantime there are big campaigns to clarify these rumors, but it is not easy to just disperse them... The Afrikaans culture, Dutch people originally, keep a very strong family culture on the background of their christian, church bound religion. They are mostly good electricians, engineers, mechanics and help the country build and maintain a good infrastructure. The coloreds, former descendants of white and black people or malays, bushmen or hottentots, create nowadays their own culture, especially in the Western Cape. They speak their very own Afrikaans, with a broad accent, are mostly christian or moslem and live strongly in their social surrounding. Many of them work as farm-workers, or in municipalities or offices. Also in political functions or in education you will find them. Since the good influence of the churches is in decline, their young people are often endangered through drugs, alcohol, or groups, who vandalize. (In the meantime not only copper cables for telephone lines get stolen, but also train tracks – with disastrous effects for society and economy of the country...) The English culture is maybe the most conscious and far reaching one in South Africa. These people, though diplomacy and flexibility, manage to hold extremes together, to connect and work things out, and create a lot of good and positive. The biggest problem, like in the entire world as well, is the mere following of own interests and the tension between poor and rich. The development of individual initiative and the igniting of morality and conscience belongs to the biggest tasks of Waldorf pedagogy, Waldorf teacher training – and us eurythmists and eurythmy therapists!
Christiane Wigand

December 2015

The formal training of eurythmy therapy is over. The courses of this part time training, given in 3 years, have finished in July. The students will go into their big practicums now and have their final week next year after the International Eurythmy Therapy Conference with one more course about addictions. Julia O'Leary is the only one left from the trainers, holding up the flag to finish it. From the 7 students, who started the training, are only 3 are completing it. (One of them will go to the Philippines!)

Julia brought wonderful lecturers into South Africa this year again: there was James Dyson from England speaking about psychiatry, Judith Tabberner, our South African anthroposophic nurse, lecturing on gynecology and Ursula Browning accompanying her with eurythmy therapy exercises and also doing baby eurythmy.

We still have never met all eurythmy therapists in this vast country. We are 7, but we live far apart and life circumstances are ever changing. Stephen Lloyd from Hermanus died in November 2014, who had also helped teaching in the Southern Cross Eurythmy Therapy Training. Another one has taken on a new job, because the financial security was lacking. We will have the 4th IPMT near Cape Town in December 2015 with Michaela Gloeckler. And a Medical Section Group is meeting 4 times annually, consisting of therapists and interested anthroposophists. We are URGENTLY needing an anthroposophic doctor for the 7 Waldorf schools in and around Cape Town and (soon) 5 eurythmy therapists!

Christiane Wigand

South Korea

December 2010

During the last ten years, the anthroposophic movement in Korea has been developed in a very active way. Different initiatives came up in different working fields and developed a solid basis: Waldorf kindergartens, Waldorf schools, curative education schools, agriculture and anthroposophic therapy. Anthroposophic painting and music therapy is offered in the „Center for Anthroposophy in Korea“. Of late some doctors are interested in anthroposophic medicine due to information by the „Center for Anthroposophy in Korea“ (www.steinercenter.org). Since 2004, there has been an intense exchange of information with the clinic Havelhoehe (Germany) due to the usage of mistletoe therapy and some doctors' interest in anthroposophic medicine. After some years of fast technical development in Korea, many Koreans are now looking for their genuine spiritual origins, and so they can unbiasedly turn to anthroposophy. A big Korean audience enthusiastically followed the eurythmy presentations of the „Junge Buehne“/DE (www.jungebuehne.net) in April 2010. The tour lasted two weeks and they visited several cities of South Korea. They gave 24 presentations and over 7.500 people came to enjoy this special and new art. Meanwhile there are ten trained Korean eurythmists who studied in the USA, in Switzerland and in Germany, as well as two eurythmy therapists. Me and my sister (Young Sim Chang) have changed our life direction towards eurythmy therapy after the big tour in Korea and in September 2010 we started our eurythmy therapy training. We look into the future with great expectations due to the project for an anthroposophic therapy center in Korea.

Eun SimJang

December 2011

In March 2012 a new Waldorf school will open in South Korea. It will be the 7th here. Through a parent initiative the school will begin with classes 1 - 4 and around 40 children. The Anthroposophical Society has supported the school for the last 7 years with a kindergarten initiative. After my practicum in Herdecke clinic, Germany I will return to work in this new school and also help build up a therapy center with art therapy, eurythmy therapy and music therapy. Korea was divided after the civil war of 1950-1953 into two countries: North and South Korea and today it is still politically very unstable. At the same time, many people are looking for their spiritual origins and it is not hard to imagine why the anthroposophic movement has grown so much over the past ten years. Over 100 Waldorf kindergartens, by 2012, seven Waldorf schools, bio-dynamic farms, several eurythmy groups and many other small initiatives have all been established here. At first help came from abroad but now we are more independent. Parents have been especially active having realized how bad the state education is they decided to try to 'save' their children. Those who are connected to anthroposophy know what a valuable social and cultural force it is for South Korea. I am very grateful for the 12 years I spent in Europe. The end of this 'journey' brought me to study eurythmy therapy. Afterwards I will return to my home country South Korea.

Eun Sim Jang

December 2012

South Korea lies between China and Japan, on the corner of Eastern Asia. The country is a peninsula, joined at one end to the northern continent, stretching out into the Pacific at the other. The country has been separated North and South Korea since the civil war of 1950. The demilitarized zone is the political but also now

the historically actual border between the two. Nevertheless, mountains in the north and East of Korea connect the whole country. Many rivers flow westward, where there are broad stretches of coast with coves and inlets and many small islands. Seoul, South Korea's capital, is in the Western central part of Korea as a whole. A large river, the Han, flows through the middle of Seoul. State education in the country is very much geared to the intellect. Hence Waldorf education began in 1995 with energy and enthusiasm; there are now more than a hundred Waldorf kindergartens and six Waldorf schools. There are three teacher trainings. Tutors come to us from different countries and we organize the trainings together. More than twenty teachers have now been trained – in Germany, Britain, America, New Zealand and Canada. They work in kindergartens and schools in different regions. Five eurythmists and three eurythmy therapists work in Waldorf schools. The anthroposophic arts therapists have to struggle, but are busy in their fields of activity with much zip and verve. Perhaps we might be able to cooperate one day.

Eun Sim Jang

November 2013

There are three eurythmy therapists in Korea. One of my colleagues is self-employed, while the other is seriously ill at present. I myself work as a class teacher and eurythmy therapist in a Waldorf school. We would like to work together often, but circumstances are such that this is difficult to achieve. We would also like to work with other therapists working in different parts of Korea. So we know what we want, but are also aware of the limited opportunities. Each of us is busy in our own little area, and eventually we will come together. If one is working as a eurythmy therapist, and is unable to receive feedback from other colleagues, the question arises as to how to maintain the pure quality of the work. So it is enormously important to keep in contact with colleagues around the world. In spite of a particularly hot summer, the Waldorf school movement was able to pursue its intentions, particularly in class teacher training and the education seminar. The need for Waldorf education in Korea is growing. Careful attention needs to be given to the way in which people experience the transition into Waldorf education. State education is currently very intellectual. There is a grave concern that young people, who are the future of the country, are only being developed one-sidedly and not as a whole human being. In this respect Waldorf education offers something unique compared with public education. In a similar spirit, the small eurythmy therapy movement is also concerned to promote the positive development of children. Climate: The winds are the protagonists in our climatic merry-go-round. There are four distinct seasons in South Korea, except in a few sub-tropical valleys on the south coast. Spring is mild and often sunny. At this time of year the winds bring us fine, yellow dust from the Gobi Desert. In summer the winds bring very hot, humid air from the Philippines. It is also the season for monsoons. The country experiences heavy rainfall at this time. Rainy days alternate with wonderful, sunny days. Then comes high summer which is very hot, bringing extreme humidity of 80–95%, which can often be very tiring. Autumn begins in the middle of September, when the wind blows out of the north-west again. It is dry and sunny with temperatures gradually falling. Winter in our country, by contrast, is particularly cold and dry, but every year there is snow. An unusual climatic situation occurs every so often in January, with marked fluctuations in temperature: three cold days alternate with four somewhat milder days.

Eun Sim Jang

December 2014

We only have three eurythmy therapists in South Korea, one of them is ill. My other colleague and I are working in different Waldorf schools in Seoul which are a hun-

dred kilometers apart. My school carried out a successful art therapy project, organized by a sponsor in the Province. The parents wanted more art therapy for their children beyond this. Yes, eurythmy therapy is alive! And a new art therapy circle is being set up in our school. We still have no school doctor who could support art therapy properly. But we have a traditional Asian physician. A terrible accident has cast its shadow over life in Korea this year. On 16 April 2014, a ferry, traveling from Incheon to Jeju, sank near the island of Jindo with more than 400 passengers on board. Almost all of them drowned. Among the victims were 300 high school students who had been on a school excursion. Korea is still in a state of trauma as a result of this accident. Many Koreans have gathered in political action groups or meetings on Palace Square in Seoul right next to the "Blue House". The government refused to conduct a thorough investigation into the accident. What is even worse is that the politicians have no real interest. The father of one girl who drowned went on hunger strike for 46 days. More than 5000 Koreans participated in this strike. The families affected by the accident demand to see the investigation documents because they want to find out the truth. They have also started a petition which has been signed by 5 million people so far. Some colleagues in Korean Waldorf schools have joined the initiative. The children in my class wrote a letter to the affected families. One colleague in my school said, "If those who are not victims get angrier at the injustice, justice is on their side." In this situation we ask ourselves how we can make a contribution with our therapies. The students who were on the boat and were saved and those who had to witness the tragedy directly are still suffering. The Korean thanksgiving festival, according to the lunar calendar on 15 August, will this year be celebrated from 8 to 10 September. During this festival all families come together to celebrate and commemorate their ancestors. But the Koreans are not in the mood for celebrating this time because of the ferry disaster. The affected families are still camping out on Palace Square in Seoul. Five months have passed since the tragedy. Ten pupils and two teachers who were on the ferry are still unaccounted for. Is it generally known that Korean babies are born with a round blue birthmark on their body? It usually appears on the buttocks or lower back. People say it is a greeting of the Gods for the child's journey to earth – in other words: a seal. It is also known as "Mongolian spot". So, the baby always knows where it "has landed". For us Koreans, who are still forced to live in a torn country, this spot is something deeply uniting. In Korea new modern influences live alongside old traditions. We experience this strongly in Seoul. You turn your gaze from an old palace slightly to the left or right and you see a variety of modern, mostly high-rise, buildings. Everyday life is dominated by state-of-the-art technologies: even young children always have their mobiles on them. On the underground, everyone holds a gadget: a mobile phone, iPhone, tablet. People no longer chat quietly with each other on the underground. But there was a time when Koreans had their own, distinguished high culture which came to expression in (mask) dances, drumming and ceramics. The rise of Korea's high culture took place in the era of the "Three Kingdoms" (57 BC to 668 AD). It is unthinkable without the inspirations and influences it received from China. But the country also has its own independent traditions that have shamanic and Altaic roots.

Eun Sim Jang

December 2015

There are two eurythmy therapists in our country. We do not have a professional association yet; there are a few members of IFAAET (International Federation of Anthroposophic Arts and Eurythmy Therapies). So far we don't have an anthroposophic doctor but are working with physicians who practice traditional Korean medicine. One doctor is working with me. There is a painting therapist in my school, and together we work with children. Recently I met a music therapist who gained experience in Germany, and we plan to work together now. We are at

present studying the theme of "restlessness in children". There are many children who suffer from media addiction. The question is, how can one help such children through eurythmy therapy or artistic therapy?

Korea's mountains are everywhere, covering 70 percent of the country. From Bakedu (2744 m) at the Manchurian border a high chain of mountains runs along the East coast to Siri Mountain (1915 m) in the far South. This chain, 1625 km in length, is regarded as the "spine" of the peninsula, and Koreans call it „Baekdudey-gan", which means "Light Ray of Baekdu". From the vertebrae of this Korean spine various "ribs" extend westwards.

The land mass is regarded as stable although it is little more than 200 km away from volcanic Japan. The only mountains of volcanic origin in Korea are Baekdu in North Korea and Halla on Jeju Island, which lies 90 km off the South coast. This is the last offshoot of the range that crosses from the North China continent to the islands of Japan.

Fairly soon after the Korean war, South Koreans recognized the value of their country's beautiful landscape, and gradually placed some regions under environmental protection. In 1967, Siri San (the syllable "san" means mountain) was declared the first national park. There are now 15 such national parks in mountain regions, four maritime and coast national parks, and one historical national park (Gyeongju). Since the peninsula is only a small appendage to the vast Asiatic-Siberian continent, the North's climate is influenced by that continent, while that of the South is affected by the Yellow Sea, the mountainous East coast and the warm currents of the Sea of Japan. Climate and temperature vary from region to region. Korea lies in the East Asia monsoon belt. In winter, a high pressure area forms over Siberia, whereas a depression hangs over the Pacific. This means that cold winds blow from the northwest. In the summer, by contrast, an area of high pressure forms over the Pacific. By then the high over Siberia has waned, and the sea air from the South and southeast presses in towards the continent, bringing much humidity with it. In June and July we have the rainy season.

Korea can look back to an eventful history of around 4,300 years, the origins of which are sunk in mythic darkness. In an early account of Korean history, the „Samgukyusa", an attempt is made to illumine this obscurity with the following legend:

"In ancient times lived Hwan-In, the heavenly ruler. He had a son named Hwanung. One day, when the boy expressed a desire to descend from the heavens and live amongst humankind, his father chose the peak of Mount Tabaek as favourable for this undertaking. With 3000 followers Hwanung descended from heaven and took up residence on Mount Tabaek under a sandalwood palm. He named the place Sinsi, which means the City of God. He himself took the title of Hwanung Cheonwang, which means, roughly, "Hwanung heavenly king". He commanded his ministers for wind, rain and clouds to instruct human beings in 360 arts. These included agriculture, medicine and ethics. A book of laws was also created.

At that time a female bear and a tiger were living together in a cave. They begged Hwanung to help them to take human form. Taking mercy on them, the king gave each a bundle of wormwood and 20 cloves of garlic and said, "If you eat this, and see no sunlight for 100 days, you will become human." The bear and the tiger withdrew into the cave. When the required time had passed, the bear, who had followed these instructions, was transformed into a woman. But the disobedient tiger remained as he was. But since the woman could not find a husband, she went to the sandalwood tree and asked for a child. Hwanung hearkened to her and knew her. When she gave birth to a son, she called him Dangun Wanggeom, King of the Sandalwood."

This all took place in 2333 BC. Every child in Korea knows this date, and the name of the Father Founder of Korea, Dangun. But the country was not yet called Korea. The "King of the Sandalwood" called his kingdom Asadal ("Morning Sun"). Until

quite recent times, a calendar based on the date of Dangun's birth was still officially recognized.

What are modern Koreans like? What are they concerned with? Today they are very strongly connected to a technical world. Even small children in kindergarten are given smart-phones and play with them continually. Most adults think that the sooner they know how to use them the more intelligent they will become. One thing that depresses them is the political situation in their still divided country. This exerts both a conscious and unconscious effect upon them in their daily life. It makes them feel powerless. It is scarcely discernible today that Koreans were once warriors fighting evil.

How did the anthroposophic movement begin in South Korea? In the 90s, teachers and pedagogues of all persuasions wanted to oppose the power of the state – a campaign that had originated in the 80s freedom movement. In those days the South Koreans were also ruled by a dictatorship. Waldorf education was recognized by pioneers of the freedom movement as an innovative solution.

Since the turn of the millennium the Waldorf movement began to be a reality in Korea. First kindergartens were founded, and one year later parents wanted to start a Waldorf school. Over 10 Waldorf schools began in various regions of Korea. One school works with children with special needs, and is trying to forge connections with the Camphill movement.

Various training centers offer Waldorf training courses in the summer and winter holidays. Recently, "The Association of Waldorf Teachers in Korea" has been working actively to create an umbrella association of all schools there and to nurture mutual support. To help the "difficult" children we share and discuss our experiences and our efforts, and art therapy plays an important role here.

Eun Sim Jang

Spain

December 2007

In Spain there are 13 eurythmists, and 7 of them are eurythmy therapists, one is a doctor. Katja Baumhauer - Teneriffa (does not work at the moment, maternity leave), Ysis Escobar – Lanzarote, Leonor Montes – Madrid, Olga de Jenaro – Madrid, Jose Maria Sánchez- Barcelona, Chema García - Biscaya, Brigitte Ley – Palma de Mallorca, Dr. Cristina Silva Montero de Castro – Barcelona. The economic situation is very difficult, nobody is able to live on eurythmy therapy alone. Everybody works as a eurythmy teacher at school or gives private courses (lay courses). Both the anthroposophic medicine and the corresponding therapies have to be paid by the patients themselves. Therefore the patients usually do not continue the therapy. The doctors using anthroposophic medicine and having been trained in Germany, Switzerland etc. know the eurythmy therapy, but there are doctors as well who work with this medicine and know Weleda and Wala, but they do not know the therapies very well. Currently there is a training for anthroposophic doctors in Madrid - I am responsible for the eurythmy therapy courses for the doctors. In Spain the anthroposophic medicine is met with much interest, at least in some fields. The patients come for therapies if the doctors recommend them. Even in Waldorf schools where there is no eurythmy therapy the children come for therapy if the doctors recommend it. Fortunately it is a very effective therapy. The patients pass their positive experiences to others and thus we get new patients. Cooperating with the doctors is not always easy. It is not always possible that they have eurythmy therapists next to them and can cooperate with them. In my case, however, it works quite well and I have been cooperating with doctors for several years now. It is not common that practice and therapy are at the same place. Patients have to go to different places when they want to see the doctor or visit the therapist. There is one project for anthroposophic medicine with 50 beds for pediatrics, child birth and oncology near Madrid. This project is managed by a general practitioner, a paediatricist and by me. After its realization this project will give the anthroposophic medicine and the artistic therapies some momentum and will help to spread it. There is a small group of eurythmy therapists who meet 4 or 5 times per year. In this group we work together with an other eurythmist from Portugal, Marije Grommers. She is the only one in Portugal. In Spain we receive between 35 and 30 euros per session.

Leonor Montes

December 2008

This year, we eurythmy therapists did not manage to meet together at all. Ysis Escobar is no longer on Lanzarote but someone new has come to Barcelona. Her name is Sara Pena, she is Brazilian and she made her practicum with me. The eurythmy therapists suffer under financial difficulties here and are often forced to work with pedagogical eurythmy. In Spain we have long summer holidays, from the beginning of July until September with temperatures reaching 40 degrees. During this time we have little chance to work as most of our patients are on holiday. This means that we actually only work seven months a year. In Spain several languages are spoken: Catalan, Bask and Gallic. In the schools children learn all these languages so we are confronted with a complex problem as eurythmy teachers, lots of extra 'sounds' to master. The anthroposophical doctors training is running and around 13 doctors have already completed the training which is a great help for eurythmy therapy and for anthroposophic therapies in general.

Leonor Montes

December 2009

We still have nine eurythmy therapists in Spain. Three in Barcelona, two in Madrid, one in Lanzarote and one in Mallorca. There is no eurythmy therapy training here and we do not expect the group to grow very fast! There is a eurythmy training on the Canary Islands and it may be that someone there will decide to specialize in eurythmy therapy later. In October the anthroposophic doctors' training will begin in Barcelona. There is a good chance that through this the doctors will become familiar with artistic therapies including eurythmy. Most of us are self employed here or work in Waldorf schools or offer lay courses. The economic crises has hit us badly and many patients have to reduce their budget for private therapy. Many wish to reduce the number of sessions they receive. The themes we are working on are: What should the Michael age offer to the times we live in where fear and uncertainty are so prevalent (swine flu, BSE, etc.). What is it that we can offer in order to balance the predominance of the head forces (nerve sense system) today? We are also concerned that many eurythmy therapists have to work alone without the guidance of a doctor. We are planning a meeting between doctors and therapists from Spain and Portugal soon. There is no anthroposophic home for the elderly in Spain. We therefore have no access to them unless a private arrangement is made. The other alternative is to integrate ourselves in state run homes and try to see that the elderly people do not only watch television all day!

Leonor Montes

December 2010

Currently, a big pedagogical movement is coming into being in Spain and many kindergartens and Waldorf schools are founded. The eurythmists who had already been employed by the schools cannot do all the work alone. So almost all eurythmists and eurythmy therapists are needed for the work in schools. So the therapeutic work is not the only way of eurythmy we can concentrate on. Currently we are ten eurythmy therapists, because one has moved from Portugal to Spain and two are getting trained in England and Germany. In Barcelona we have got a training for anthroposophic doctors and this is already in its second year. The economic instability in Spain has affected the therapies. There are new patients, but much less than the last years. Because of so much work we have to do (e.g. teaching, writing reports, teachers' conferences etc.) we barely find some time to meet. Therefore we hope that the next International Eurythmy Conference at Easter 2011 in Dornach will be a good and convenient meeting place for us.

Leonor Montes

December 2011

There are currently nine eurythmists working in Spain and a tenth has just finished her training and will join us soon. Some of us had the opportunity of attending the World Eurythmy Conference in Dornach and although most of us work in schools we see the value of eurythmy therapy for our work with adults and children. Not all eurythmy therapists have the support of a doctor but the value of this is becoming more apparent. Doctors here realize that their patients benefit from alternative medicine and especially eurythmy therapy. This year twelve doctors took a training in anthroposophic medicine in Barcelona. In Spain there are still many regions where there is neither a doctor nor a eurythmy therapist. Especially in the south. Most are concentrated in Barcelona and Madrid. In Spain, Waldorf education and bio-dynamic agriculture have expanded greatly in the last seven years and we are all hoping that this will be the case for anthroposophic medicine too. The challenge at the moment is especially an economic one as everything has to be paid for privately. *Leonor Montes*

December 2012

Spain has an area of roughly 195,000 square miles (504,645 square kilometers), and 37,190,000 inhabitants. Spain is bordered on three sides by the sea: the Atlantic Ocean, the Bay of Biscay and the Mediterranean. The Balearic Islands are in the Mediterranean; the Canaries in the Atlantic. Because of the vast plateau that is the Meseta Central, Spain has an average height of 2165 feet (660 meters). At around 2130 feet (650 meters) above sea level, Madrid is the highest capital city in Europe. Although eurythmy therapists are mostly in the cities of Madrid and Barcelona, which have three or four each, others are spread out in different regions. The largest 'daughter' movement of anthroposophy in Spain is still Waldorf education, and nearly all eurythmy therapists work in schools as eurythmy teachers in addition to their therapeutic work. An anthroposophic doctors' training course concluded in Barcelona; while in Madrid a new course begins this year. Because of the financial crisis in Spain, eurythmy therapists are not having an easy time; nevertheless we continue to work with enthusiasm, and always with good results.

Leonor Montes

November 2013

There are eight eurythmy therapists in Spain. We are currently working towards founding a professional association and have had our first meeting to this end. Collaboration with doctors is improving all the time. There are also good working relationships with other anthroposophic therapists, including arts therapists, biographic counselors, rhythmical massage therapists and nurses, all of whom are working together. We are currently studying lecture 5 of Rudolf Steiner's eurythmy therapy course, and also with the theme of polarity as the starting point for diagnosis. Eurythmy therapists in Spain held their first meeting together in a clinic in Barcelona, on 1 and 2 June 2013, attended by six eurythmy therapists from Spain and a colleague from Sweden. It was a good beginning! With great enthusiasm, Renée Reder facilitated our work which included Rudolf Steiner's twelve exercises given in lecture 5. We also worked on the theme of polarity as the starting point for diagnosis. "Many thanks, Renée, for your generosity and help!" There was also time for sharing our experiences together which gave us the opportunity to get to know each others' daily reality. We agreed to meet regularly, at least once a year, and to establish an association for eurythmy therapy. Climate: Because of the size of the country, the climate is very varied. Just to remind you: Spain is surrounded on all sides by the sea and is connected to the European mainland only by the mountain range of the Pyrenees. The different seas have specific effects on the climates of the different regions. At the northern Atlantic coast, in Galicia, the Basque country, Navarre and so on, rainfall occurs during the mild winter months. Summer is also very mild. In Catalonia, the Balearic Islands, Valencia, Andalusia and the city of Barcelona, the climate is Mediterranean. Rain falls mainly in Spring and Autumn; at the beginning of September even in occasional cloudbursts. Temperatures in winter are mild, whereas in summer it is hot, sometimes with high humidity. In the interior and in Andalusia, a Mediterranean climate predominates, with rainfall also mainly in spring and autumn. Summer is hot, winter cold. Daily temperature variations can be as much as 25°C. The mountain climate at high altitude in the Pyrenees, the Central System and the Iberian System brings long, cold winters and brief, cool summers. Mixed maritime and continental climates predominate in the center of the Iberian peninsula, where the capital, Madrid, is located. Winters are very cold with regular snowfall and heavy rainfall. Summer, however, is very hot. On the Canary Islands, the climate is subtropical, with mild temperatures between 18° and 24°C over nearly the whole year. There is hardly any winter at all. Rainfall varies considerably according to the different areas of the islands.

Marije Grommers und José Maria Sanchez

December 2014

We are nine eurythmy therapists in Spain. We are in the process of building up a professional association. Each eurythmy therapist has a connection with the physicians. Not all cooperate with other therapists; relationships are as individual as with the physicians. I, for instance, work in a doctor's practice, where physicians, massage therapists, arts therapists and biography counselors meet once a month. We are working on lecture five of the curative education Course. The foundation of our professional association and in September a eurythmy training will start in Madrid with 23 students.

Spanish culture: At Easter there are religious processions where people walk through the towns with torches. On Palm Sunday and Easter Sunday various fraternities and communities take the Mary and Jesus statues out of the churches and carry them through the streets in processions that go on for hours. The sackcloth, ancient hoods and rhythmic drumming in the light of the torches evoke religious feelings. Spring festivals: the "Fallas". The arrival of spring is celebrated most extensively in Valencia, a city on the Mediterranean. People set fire to the "fallas" – giant and elaborate group sculptures that often caricature local politicians or current topics. Seville celebrated "La feria de Sevilla" in spring with people dancing flamenco day and night. For San Fermin in Pamplona, the bulls are released early in the morning and people run through the streets in front of, beside and behind them until they reach the big arena where the bull fighting takes place. In December we celebrate Christmas Eve. On New Year's Eve we eat 12 grapes – one with each stroke of the clock. And on the eve of the 6th January, Three Kings Day, children receive their presents. Carnival is celebrated all over Spain, but particularly in the South and on the Canary Islands. The most beautiful festivals are in Santa Cruz on Tenerife.

Leonor Montes

December 2015

Eight eurythmy therapists are working in Spain at present: Katja in Teneriffe, Marije, Jose and Sara in Barcelona, Chema in Vitoria, Leonor, Olga and Raphaela in Madrid. Three years ago we organized a first study meeting in Barcelona, and worked with Renee Reder on the exercises of lecture 5.

The following year we met in Madrid and worked on founding a professional association. Two colleagues expressed their willingness to draft the statutes. Unfortunately we did not manage a gathering last year since we simply could not agree on a date that suited all. But next course year it should be possible for us to register the association. In the meantime there is a fair number of anthroposophic physicians in Spain since further professional development courses have been running in Madrid for years, and now also in Barcelona. These are well attended. Collaboration with a few doctors works very well, though others no doubt still have too little experience of eurythmy therapy.

Since, alongside giving eurythmy therapy, almost all of us work at Waldorf schools as teachers or are also working in the new eurythmy training course, we simply do not have the time to engage more with the doctors. Thus many patients are self-referred, in which case we ask them to bring a medical diagnosis with them.

There is some collaboration with other therapists, for instance with biographical counselors, as well as with support teachers, painting therapists and reflexologists. We are making keen efforts to ensure that a project meeting can take place this year, also with a view to founding a professional association.

Leonor Montes

Sweden

March 2005

The eurythmy therapy association hosted an exciting course with Jane Schwab and John Murphy this winter. It was given in two blocks and the theme was documentation. In January Anne Marie Baeschlin gave us a course in tone eurythmy therapy which enjoyed good attendance by our standards. Many ET students also came. The theme was obesity and mineral deposits. In April we will have an eye ET course with Erika Molin. Apart from all this there is an initiative to all work together and form a collective group which will include: Anthroposophical doctors, nurses, psychotherapists, eurythmy therapists, physiotherapists and arts therapists. At present we are working on the statutes. It will be an important step for our various work possibilities. Concerning anthroposophic medicine and remedies and state permission for them (EU guidelines) we await decisions which will be made this autumn.

Annica Alvenang

October 2005

The Vidar-Klinik celebrates its 20 years anniversary and we are all looking forward to this!

Annica Alvenang

November 2006

Jane Schwab reported that the Vidar-Klinik has agreed a new contract with the region of Stockholm which enables anthroposophic therapies to be state funded. Patients only have to contribute around 7 euros towards their treatment. However, this only applies to out-patients of the Vidar-Klinik. This may change in time. (See the Internal Newsletter 2006) In September a new branch of the clinic opened in Stockholm and an over-arching body SAMT is in progress. We are discussing the statutes for this now.

Annica Alvenang

December 2007

Sweden is 1574 km long from North to South and approx. 300 km broad on the average. This big area is only sparsely populated with 9 million inhabitants, i. e. 15 till 55 persons per square kilometer. Not even the capital Stockholm with its two million inhabitants is more densely populated than 266 persons per square kilometer. 1/6 of the country is situated above the polar circle. The coast line is 7,000 km long. There are 100,000 lakes in this country, and the lake Vänern ist the biggest in Western Europe. Stockholm's archipelago consists of 24,000 islands. In June our coordinator Angelika Jaschke visited one of those islands together with the adviser group of the Forum. In Sweden eurythmy therapy has been existing for 55 years. Most of the eurythmy therapists work in Waldorf schools and in curative education/social therapy. Some of them are employed as eurythmy therapists, others also give eurythmy lessons and other things. Some of them have private patients. Usually the patients have to pay for the treatment themselves. There is no health insurance company paying for that. There is one anthroposophic hospital, the Vidar-Klinik, for all Scandinavian Countries. Only there the treatment costs for eurythmy therapy are paid for. The same is true for the new branch in Norrköping which has started recently. There are three therapy centers - two in Goeteborg and one in Stockholm. The association for eurythmy therapy which has existed for 13

years is only a representation of interests. Its main activity is the organization of different courses. Last year a big event was a course on tone eurythmy with Gerhard Weber which lasted several days. Eurythmy therapists from Norway participated as well. Furthermore a course on eye eurythmy therapy with Erika Molin was held and the doctors' association LAOM organized a conference on school eurythmy therapy together with eurythmy therapists and other therapists from the schools. 11 persons, some of them from Norway and Denmark, participate in the eurythmy therapy training.

Special events this year were:

1. In November and May two courses were held by Dr. Helmut Kiene and Dr. Gunver Kienle. On the basis of case studies presented by participants a documentation was started which will lead to a scientific publication. A report on eurythmy therapy will be included.
2. After some years of preparation the Swedish Association for Anthroposophic Medicine (SAM) will be founded in June.
3. In November the introductory courses in anthroposophic medicine 2007 - 2009 for doctors will start, led by Dr. Ursula Flatters and Dr. Michaela Gloeckler. The courses are internationally recognized by conventional medicine authorities.

Jane Schwab

December 2008

World Conference: 31 eurythmy therapists from Sweden took part in the conference at the Goetheanum. We were 12 who performed the foundation stone in Swedish. From the stage in the great hall it was awe inspiring to look out on the audience realizing that they were colleagues from all around the world. The fruits of the conference continue to ripen here in ongoing workshops where we share each other's experiences from the conference and practice the exercises together. Eurythmy therapy training: 8 students have now begun their final practicum and will graduate in June 2009. Future courses: We look forward to 30 April - 3 May. Lasse Wennerschou together with Gerhard Weber will give courses on eurythmy therapy in speech and music.

Jane Schwab

December 2009

Eurythmy therapy training: Nine eurythmy therapy students, most of whom have taught eurythmy for many years in schools, completed their studies and received their diplomas in June 2009. Courses: The eurythmy therapy association arranged the following courses: Musical and speech eurythmy therapy, intervals and consonants: thirty-six colleagues partook in four intensive days in April/May with Lasse Wennerschou and Gerhard Weber. Deepening of eurythmy therapy ground elements with exercises from the fifth lecture: twelve participants enjoyed three inspiring days in June with Titia Jonkmans. Employment situation: Generally, available eurythmy therapy positions have been reduced in several branches. In a discussion at the above mentioned course in May, colleagues cited their personal situations: examples from Waldorf schools: one full time to 50%, one 50% to 0%, one 75% to 50% etc. Examples from special needs schools: 3 full time positions to 0%, one full time to 50%. In every case the colleagues asserted that the reduction was due to economic difficulties. All therapists at the anthroposophical hospital Vidar-Klinik, i. e. not only eurythmy therapists, have been warned that there are severe economic problems and therefore a reduction in manpower might be necessary. Two other trends are affecting our work. Firstly, there is less contact with physicians so that fewer prescriptions for eurythmy therapy are being written. Colleagues are asking "How do we manage with fewer prescriptions?" Secondly,

administrators are asking for more groups and less individual treatment. This applies even at Vidar-Klinik, where in fact, physicians prescribe group eurythmy (different diagnoses together in one group). Colleagues are asking "How then do I distinguish between eurythmy, hygienic eurythmy and medical eurythmy therapy? How then do I represent my profession so that patients know what they are getting?"

Jane Schwab

December 2010

For the first time a hearing took place with a government official investigating the position of complementary/alternative medical therapies in Sweden today. 30 different professions were represented. The aim was to eventually create guidelines in the future to distinguish between complementary and school medicine requirements and limitations regarding therapies. Another aim was eventually to develop unified standards for ethics and quality assurance for patients. Anthroposophic medicine was represented by a eurythmy therapist and an arts therapist. The hospital Vidarkliniken has been given further the right to continue. It has been reorganized to work more closely in teams with clearer profiles around specific diagnoses. The therapists there have all retained their jobs. The eurythmy therapy association is pleased to have two new, younger colleagues on the board in their monthly meetings. Since it appears that eurythmy therapy has been reduced in schools and it appears harder for therapists to find work together with doctors, the board plans to do a survey by telephone to the members. The goal is to find out more concretely, for instance, how many are actually working; how does their working situation look like; if there is work together with doctors and if there is a change in patient flow and needs. The eurythmy therapy training is having a pause this coming year after 9 colleagues received ceremoniously their diplomas last June. In this pause the training will work with the curriculum towards getting an accreditation. Recently Mareike Kaiser gave the first course in dental eurythmy therapy in which 20 members partook with enthusiasm. We are looking forward towards Titia Jonkmans who will give a course in November on psychiatry. *Jane Schwab*

December 2011

The eurythmy therapy association, founded in 1994, has today over 70 members of which about 1/3 are active. 6- 9 board members meet regularly once a month. Developments in the International Eurythmy Therapy Forum are part of the information that is sent regularly to colleagues in Sweden and also in Norway and Finland. Looking back over the past 10 years, that which characterizes the activity of the association are many courses for furthering professional development. Especially memorable were the courses with guest course leaders from other countries: 2003 for children from preschool to high school given by Gertraud Mau, Boudewijn Fehres and Sebastian Junghans; 2001 and 2003 courses in music eurythmy therapy with Annemarie Bäschlin; 2007 and 2009 with Lasse Wennershov and Gerhard Weber; 2009 and 2010 courses with Titia Jonkmans and recently 2010 and 2011 courses for teeth anomalies with Mareike Kaiser. Internally there have been regular courses in eye eurythmy therapy with Erika Molin and several courses in documentation with Jane Schwab and John Murphy. The eurythmy therapy training, grounded in 1991, has currently 9 students. Important events: 2007 the umbrella organization for Anthroposophic Medicine in Sweden (SAMT) was founded – a fruit of many years interdisciplinary meetings with doctors and therapists; the World Eurythmy Therapy Conference in Dornach 2008, to which many came from Sweden. Research in eurythmy therapy: 2010 Annica Alvenäng and Elisabeth Broager Groen received eurythmy therapy Masters Degrees at Alanus University. Recently 2011 a case report was published: Schwab JH, Murphy JB, Anderson P, Lunde G, Kiene H, Hamre HJ,

Kienle GS: Eurythmy therapy in anxiety. Case report. *Alternative therapies*. 2001, 17 (4): 58-65. For further information see this newsletter under the heading 'Research'. Looking forwards into the coming year, the main task for the Swedish association is to work towards qualifying for the international label **AnthroMed®**EURYTHMY THERAPY.

Jane Schwab

December 2012

Just beneath the surface, most of Sweden's ground consists of primeval solid rock i. e. 'bedrock'. The dominant rock types are granite and gneiss. The ground contains also elements of rock such as sandstone and shale that have been formed by sediment deposits at the bottom of a primeval sea. The bedrock was eroded to a nearly flat disc or shield 600 million years ago. In northern and central Sweden, the primeval bedrock shield borders against a mountain chain, which consists of both bedrock and younger sedimentary rocks. Movements in the earth's crust giving cracks in the bedrock, so called 'faults', have created everywhere hills and valleys. Lake Vättern with its surrounding hills resulted from such faults. The most recent ice age, more than any other force, shaped our landscape. During many thousand years, an ice cover up to 2 km thick, moved with colossal weight and power over the surface. Mountain peaks were ground down and rounded. Cracks in the bedrock were dug out by the ice causing large U-shaped valleys. Throughout the country one can find: firstly, hillsides polished into rounded forms; secondly, long ridges of rounded stones i. e. 'eskers' left by the retreating ice; thirdly, unsorted material from block to sand grains i. e. 'moraine', which is the most common soil type. The melting ice placed a large part of what is now Sweden under water. Gradually the water level stabilized and the country rose slowly out of the sea and still continues to do so in many places. Thus a large part of the landscape has been sea bed and later seashore, on which the moraine was washed out by the waves.

- Eurythmy research: Annica Alvenäng MA, Elisabeth Broager Grön MA expand their research in Vidarkliniken on eurythmy therapy in the treatment of cancer, respectively exhaustion. Jane Schwab is in the last phase of the MA degree with Plymouth University on the theme of documentation.
- Eurythmy therapy training: 9 students from Scandinavian countries have finished the second block of classes in August. The next step will be doing their first auscultation.
- The Swedish eurythmy therapy Association (LEF) elected a new president, Tiina Niskanen. Annica Alvenäng and Margareta Dahlström will continue this year supporting the council. Sidsel Enderud has become a new council member. Altogether, we are 8 council members.
- The council has concerns about the conditions for eurythmy therapists working in schools, since there is less and less possibility to work. guidelines were adopted by LEF General Assembly in June without changing the statutes. The next step is to further clarify requirements necessary to apply for the label.
- Further education courses: Pirkko Ollilainen gave last May a well-attended course on anxiety, stress, fear, and fatigue. Now in October she continues.
- Vidarkliniken was accredited in June with the **AnthroMed®**EURYTHMY THERAPY label.
- The right to use anthroposophic medicine in Sweden is still not clarified with the government; however an experienced lawyer is working on it together with a team of experts.

Jane Schwab

November 2013

In spite of its northerly latitude, Sweden enjoys a temperate, continental climate with all four seasons as in Europe. The Gulf stream, after its journey across the Atlantic, brings warmth and mitigates the temperature differences all year round. Agricultural landscapes with green fields and fruit trees are to be seen in between vast areas of forest. The weather differs according to where one lives in Sweden – whether far north towards the polar circle or south towards Germany. In the north, harsh winds can blow in the desolate mountain regions of Lapland, and winter brings long periods of terrible cold. However, in the south west, for example Gothenburg, maritime conditions can give pleasant summers and mild winters. Similarly the Baltic Sea softens the climate around Stockholm. On the whole, weather systems come from the British Isles in the south west, and draw north east over the country towards Russia. The quality of light, changing dramatically with the seasons and mirrored in the soul, impacts on daily life everywhere in Sweden. Now in autumn, the light-filled clouds shift their ethereal colors during the protracted sunrise and sunset.

Eurythmy therapy:

- Fewer jobs are available in schools, in curative education and social therapy, often due to drastically reduced government spending on education, healthcare and culture.
- A course with Thilo Rhiibold on eurythmy/eurythmy therapy with the elderly was well attended.
- The right to use the international trademark **AnthroMed®** EURYTHMY THERAPY has been granted to the Swedish eurythmy therapy association and its members.
- Nine students from the eurythmy therapy training have started their six month placement.
- At the Vidarkliniken a new qualitative research project on eurythmy therapy is starting for patients with burnout syndrome and cancer. Annica Alvenäng and Elisabeth Broager Grön, both with Masters in eurythmy therapy, will continue with the same themes as previously in their MA studies.

Jane Schwab

December 2014

We are 70 eurythmy therapists in Sweden. And yes, we have the eurythmy therapy association in Sweden (LEF) We work together with doctors at Vidarkliniken, in the eurythmy therapy Training, in inter-professional courses given by the umbrella organization SAMT (Swedish Association for Anthroposophic Medicine and Therapies), in therapy centers, private practices, in some curative education and social therapy institutes. In the schools it varies - often too little contact. At LEF meetings eurythmy therapists often rapport that there is a lack of contact with doctors. We are working together with other therapists within the anthroposophic medicine, in therapy meetings about patients mainly at Vidarkliniken, often in therapy centers and sometimes in the schools. These meetings are experienced as very helpful. We have been working on school eurythmy therapy for children with reading, writing and speech difficulties, inner and outer unrest and stress. Trauma in children and adults. Highlights were that 7 eurythmy therapy students from Sweden, Finland and Denmark in the Swedish eurythmy therapy training (Läkeeurhythmiutbildningen i Sverige) received their diploma from the Medical Section as represented by Angelika Jaschke, a course with Bowdewijn Fehres in November 2013 about eurythmy therapy in schools. The eurythmy therapy association in Sweden (LEF) celebrated this year in May its 20th birthday! For this

occasion there was a course about trauma with Pirkko Ollilainen including lectures from doctors Ursula Flatters and Stefano Sylvani.

Culture: Sweden is a long, narrow land bordered on the east by the Baltic Sea and Finland, in the south by the North Sea and Denmark, in the west by the mountains near Norway. Large expanses are sparsely populated, consisting of forests, lakes and rivers formed during the glacial ice age. When lecturing in Sweden, Rudolf Steiner described that a mood is still strong in nature of elemental beings, of Nordic mythology and its gods. As a naturalized Swede from Canada, I can only attempt to describe here a few personal impressions. Some aspects of Swedish modern culture life such as in literature, film, music, and design, may be found worldwide. In literature the international Nobel Prize is awarded each year to an outstanding writer or poet as well as cutting edge research in science and economy. It is celebrated in December with a great banquet presided over by the Swedish Royal Family. When visiting Sweden as a tourist, it might strike you, how well many Swedes speak English. The modern culture life absorbs a great deal of American culture, for instance many films shown here come from America and are not dubbed. Sweden's film makers have recently produced several internationally acclaimed films for example the "Millennium Trilogy" based on the author Stig Larsson's books, which have become international best sellers. Sweden has probably the most outdoor festivals for pop music in all of Europe. In the 60's the Abba group won international renown. Nowadays teenagers flock to performances of the FOO, an up and coming music group. In design, Ikea stores were founded on the grassroots principle of designing furniture for families at an affordable price. Their designers search for innovative ways of combining qualities of lightness and functionality with fantasy. Sweden has also many inventors, for instance a computer game such as Minecraft, is now sold all over the world. The cultural life and customs is changing. Swedish people were once mainly a seafaring and agricultural folk. At that time there was a natural need and custom for people to take care of each other. Today however, Sweden experiences the same trend as in many other countries that the countryside is becoming depleted of cultural life and the cities are getting overcrowded. The difference in income and fortune between rich and poor, as in USA and Europe, had decreased from 1940 to 1980 but nowadays, since 1980, it is again increasing drastically. A class-divided population is again being reinforced. Situated on top of the globe, Sweden has a bird's eye view to observe what is going on in the rest of the world. Dramatic events in the world today constitute a good part of the daily media coverage from the main networks. This has consequences. Just as previously with Iraq refugees, Sweden has now opened to immigration for Syrian refugees to an extent unparalleled by other European countries. It seems the humanitarian impulse to help out, lives strongly in a good part of the population.

Jane Schwab

December 2015

The eurythmy therapy association has 62 members in Sweden, 5 in Norway. About half are pensioned. The collaboration with doctors looks different in different situations and is difficult to generalize.

In some Waldorf schools it is regular; in social therapy and curative education not so often; in private practice it is seldom; at the hospital it is very good; in the therapy centers it is very different.

About the cooperation with other AM-therapists: There is team cooperation in patient discussions at the hospital, and often in Waldorf schools and therapy centers. There are one or two inter-professional courses arranged each year by our umbrella organization (SAMT). This year we were engaged in medical use and practice of meditation, as well as sharing meditations typical for different medical professions i.e. for doctors, nurses, arts therapists and eurythmy therapists.

A lot of energy was also expended by anthroposophic medical professionals follow-

ing the public debate and storm that arose in the media about the right to use anthroposophic medicines (AM) in Sweden. This right is judicially threatened following EU's demand that the Swedish parliament must find a permanent solution to regulate AM.

For the last 30 years AM was principally forbidden, but allowed a temporary exemption which was renewed every year. What is happening today in the media resembles perhaps a paradigm combat between a more materialistic view and a view of man that includes spiritual dimensions.

An inter-professional course on meditation and contemplation for medical professions attended by more than 60 people was a highlight.

Jane Schwab

Switzerland

March 2005

Since meeting with them last year, the executive committee of the professional council is doing everything it can for the recognition of eurythmy therapy. As guests we attended the meeting of the KSKV (conference of artistic therapy Switzerland). This includes nine associations and over 1000 members! A newly formed group will now arise out of this. The working group: IGA includes the various training centers. The goal is to enhance quality and the monitoring of professional standards. Norman Kingeter, member of the executive committee and responsible for eurythmy therapy in schools is at present researching how many eurythmy therapy posts there still are in all the Rudolf Steiner Schools around the country. The wider situation of medical provision is not looking too good in Switzerland at the moment although there is a public protest calling for a 'Yes' vote to complimentary medicine in parliament. The goals of this initiative include: Freedom of choice for patients, more freedom for doctors and therapists, general acceptance of complimentary medicine, also in research and development including the area of finance, medical insurance etc. So far around 70.000 signatures have been collected. The target is 100.000. The success of this appeal is of great importance the future of eurythmy therapy. On the 18th of February 2005 Mrs. Ch. Weber-Stoll and Anne Lambercy went to Paris to meet colleagues there. They looked at the situation in France and tried to see if a professional association could come about there.

Christine Weber-Stoll

October 2005

On 3th July new laws were passed which effect complimentary medicine and its funding. Luckily for us this alters nothing as eurythmy therapy is anyway paid for by a supplementary insurance. Unfortunately however, not all patients have this insurance and must therefore pay themselves. Already before these new decisions were made a public survey was carried out and 130.000 signatures collected in support of complimentary medicine. This petition handed in to the government in Bern on 15th September and we await further developments arising out of this petition. The eurythmy therapy association, through a clear majority vote is now part of KSKV - Konferenz der Schweizer Kunsttherapieverbände (Swiss art therapy association). This involved some changes and we are now working to get recognition for eurythmy therapy through our state organization DAMiD. Over 1000 people are involved with this. We hope to establish a higher level of qualification (subject testing) by 2008. Hopefully we will have students by then who have achieved this. An agreed job description (professional profile) is now drafted and has been submitted. The executive committee of the association here has a few questions for clarification to the Forum e. g. regarding the definition of areas of work and finances, e.g. -should our association members contributions be used to help finance the Forum?

Christine Weber-Stoll

November 2006

The association is working on a final draft for a recognized group which will include all anthroposophic therapies. Eurythmy therapy will be called movement therapy and will be an HPF study option (Hoehere Fachpruefung Abschluss). The exam will be set by the association, which brings up certain questions:

- How does one attain an adult training title?
- Who is actually qualified to set the exam?
- Will the State intervene?

New legislation is planned for 2008 in relation to registration etc. and each Swiss Canton may decide differently. 'Icy winds are blowing!' Many differing opinions.
Christine Weber-Stoll

December 2007

In Switzerland the establishment of an „advanced professional examination“ (HFP) is of most importance. This examination is meant to be taken after a basic training and some years of professional experience. It is not obligatory and does not replace a professional accreditation, but it is a governmentally regulated quality assurance. There are two associations which want to develop an „advanced professional examination“ which could be considered by us. On the one hand it is the „Conference of Swiss Art Therapy Associations“ (KSKV), which is developing a HFP for arts therapists, and on the other hand the association Xund (a consortium of different complementary therapies) which is developing a HFP for complementary therapists. Members of the KSKV are also the anthroposophic art therapy associations. This induced us to become a member, too. However, there are only a limited number of subgroups in the KSKV, and therefore our title would have been „Arts Therapist Specialized in Dance and Movement“. On June 16, 2007, we invited our members to participate in an information event and exchange their experiences. This led to the wish for an extraordinary general meeting and the taking of a decision. The board of the Association seized this suggestion and convened an extraordinary general meeting with voting on September 15, 2007. First the two associations were presented during this general meeting. At the end participants could vote and the decision was taken to leave the KSKV and join the Association Xund. The Association Xund has already prepared the examinations and the equivalence procedure, and so we could start with the HFP already next year. However, the Federal Office suspended the process until the referendum „Yes for Complementary Medicine!“. The whole process was not easy at all and the main question, if eurythmy therapy is an art therapy or not, led to some kind of polarization. Now we are looking forward to a constructive cooperation with all members and the cooperating doctors. There are some organizations in Switzerland we are liaising with: The doctors' association VAOAS (Association of Anthroposophically Oriented Doctors in Switzerland), the patients' association Anthrosana (Association for Anthroposophic Health Care), the consortium of all initiatives of AM SIAM (Swiss Initiative Anthroposophic Medicine).

Christine Weber-Stoll

December 2008

At present, out of the 241 trained eurythmy therapists in Switzerland, 179 are actually working. The Swiss National Council has recently decided to support the initiative ‚Yes to complementary medicine‘. Further steps will be made in the new year towards integration in the national movement for complementary medicine which will enable us to step out of the umbrella group for artistic therapies. This was decided in the members meeting of the HEBV (eurythmy therapy association) in September 2007. This transition into the umbrella group Xund has meant twice as many meetings for the members of our executive committee as there is a lot of new documentation to work through. The most lengthy one being the guidelines to method (Leitlinie zur Methode). The higher exam level (Hoehere Fachpruefung) - HFP - is being taken. Two colleagues have already completed the first part of this and several letters had to be sent out to our members in order to keep them informed of the many new terms and ideas which this contains. There was also an information sharing event in Bern to which an official from the government educational department was invited. In order to fully understand these new steps one needs to remember that in Switzerland a fully functioning dual system in education

and training already exists and we are fortunate that there is a healthy balance between the academic and practical in the country, both hold equal value. It is an honor to be a part of this cultural heritage and to be included in the life stream of the working people here. There is a growing resistance to anything which speaks against this like the Bologna treaty which we find far too academic and which causes a weakening of our ideals especially in the area of quality in the training centers. Our association work with the umbrella group Xund is going well and the first pilot tests for a future HFP (advanced level qualification) have taken place and in autumn pilot projects for the practical training will begin. Much work has been done and we are involved in a political lobby in the state health department. Something which until now has not occurred in our anthroposophic circles. A representative from the Canton said to us recently „Your problem is that you are alone in what you do and have no lobby“. This has now changed due to the support of Xund with its c. 80.000 members. How good it is to be able to present eurythmy therapy to the public! This was felt by two colleagues who took part in an information sharing event together with 20 other complimentary therapies in Zurich on 9 September. There were no problems relating to one another, indeed a wonderful mood of respect and tolerance was experienced. Also the way we were received by the public who are really seeking our form of therapy was heart warming. Colleagues in the Basel area are planning a similar event on 1 November and feel inspired by the enthusiastic response felt in Zurich!

Christine Weber-Stoll

December 2009

On November 22nd, 2009, the Swiss professional association for eurythmy therapy will be 40 years old – but the load of work on our shoulders has been so immense that we on the council have hardly had time to even think of celebrating this occasion appropriately. For example, within the past year we have had to move our office in Dornach twice, and within a 6 month period 3 of the 6 council members resigned, leaving a heavier load of responsibility and work on less shoulders. Fortunately, a fourth colleague has joined us and we have been able to take important steps forward. In fact, we can now offer an „inside view“ of our work, as we now have our own web-site on the internet (take a look! www.heileurythmie.ch). Also, by the end of October we will be able to present our members – and the public – with an informative, colorful brochure about eurythmy therapy. This will be a great help for the constantly increasing work of presenting our profession in a proper way to the wider public. A very positive event for all persons working in therapeutic professions took place on May 17th, when 67% of Swiss voters approved a public initiative („Yes! To complementary medicine“). The constitution of Switzerland has thus been changed and now states that complementary and „school“ medicine must be dealt with on an equal basis. To develop this new status in detail will require much effort on the part of all parties concerned, but this amazing success on the political level has already begun to encourage activities in this direction within Europe and will have an impact world-wide in the future.

Daniel Marston

December 2010

An eventful year, here viewed from the perspective of the three-fold social order: The economic sphere: Here we are in a very privileged position, as almost all medical insurance companies refund a good percentage of our patients' eurythmy therapy costs (through supplemental insurance arrangements) and accept our fees (140 Swiss francs per 60 minutes). In order to be acknowledged by the insurance companies, each colleague must be accepted by as many as three different „quality control“ groups by documenting one's yearly further training hours (minimum 20)

and paying a service charge that can be as much as 570 Swiss francs. Unfortunately, our doctors still do not prescribe enough eurythmy therapy, and, as is the case most everywhere, the prescriptions they do write come about because the patients themselves have asked for eurythmy therapy. The sphere of rights: In the annual meeting of our professional group (HEBV-CH) the members approved a significant number of changes in the by-laws, all of which will lighten the work-load of the board and help improve the functioning of the organization as a whole. Our homepage is worth looking at. As members of a large alliance of complementary therapists in Switzerland (DvXund) we are taking important steps toward achieving a national recognition for eurythmy therapy as a profession. Seven of our HEBV members have passed the „passerelle“ (bridge) exams which give them a nationwide acceptance with a „branch“ diploma in complementary therapy. These exams are organized by a still larger alliance of all players in the area of complementary therapy (OdA KTTC, short for „organization of complementary therapy in the professional world“). A state professional examination in complementary therapy is being planned through the cooperation of the OdA KTTC and the state authorities in Berne. At present the HEBV-CH and the eurythmy therapy training in Dornach differ on the question of professional accreditation. The training will be offering modules for both titles, art therapy and complementary therapy, whereas, according to the Swiss authorities, the responsible professional association must decide on the one or the other title, not both. As a first step toward receiving the international quality label **AnthroMed**®HEILEURYTHMIE the HEBV Vorstand has begun registration procedures to receive a trademark protection for our profession here on the national level. Within the HEBV itself we see clearly the signs of a demographic change. With 160 active and 60 passive members our numbers are relatively stable, but we must encourage more young people to choose work in this field. The sphere of spiritual activity: Our professional association is making efforts to offer more and variegated possibilities for further education within the field, and has taken over the responsibility for organizing the regional courses in the Basel-Dornach area, courses which had been offered regularly but on a different basis for the last three decades. A private initiative with great potential for eurythmy therapy is the establishment of an internet website through HEBV member Carlo Janowski, Arlesheim, designed to enable and encourage a free exchange of information and discourse among all colleagues worldwide: www.heileurythmie-portal.org The site is organized for German and English, translations into English are in preparation. Two substantial questions accompany us always: Where are the colleagues who are willing to help carry the work-load of the HEBV board and thus strengthen the association? Why is it that so few of our experienced colleagues are willing to bring their enthusiasm and initiative into the increasingly important task of presenting our profession to the wider public?

Daniel Marston

December 2012

Geographical and geological Aspects

With 41,285 square kilometers a small country, Switzerland shares borders with the other European alpine countries France to the west, Austria to the east, and Italy to the south. The alpine range, 1200 Kilometers long, divides middle Europe between north and south. The Alps developed in a process stretching over 135 million years, beginning from the Jurassic to Cretaceous periods, the study of which can give deep insights into the very beginnings of the hardening process of the once very malleable surface of the earth. The first upward enfolding of the alpine range began more than 30 million years ago, creating the northern limestone and the southern dolomite structures. In a very early epoch the whole alpine area was covered by an ocean, which explains the large percentage of limestone deposits. On hiking trips one can often find manifold varieties of fossils. Mont Blanc, just across the border

to France (and Italy), is with its 4810 Meters, the highest peak in Europe (excluding the Caucasus). The Dufour peak (4634 Meters) in the canton of Wallis is the highest in Switzerland itself, although the Matterhorn (4478 Meters) with its characteristic form is the most distinctive and well-known Swiss alpine landmark and the most beautiful and most often photographed mountain in the world. The ice-ages and the subsequent melting of the glaciers approximately 10,000 years ago carved the landscape of the alpine countries with their deeply cut valleys, rivers and lakes. Large forests, meadows and pastures and the fields of the midlands predominate the landscape of present-day Switzerland. New Developments for eurythmy therapy: In this alpine land with 4 (!) official languages, 216 eurythmy therapists of various nationalities support the developmental work of eurythmy therapy through their membership in the Swiss professional association (HEBV). In addition there are a number of active colleagues working here who are not affiliated with the HEBV. At the annual meeting in April two more colleagues joined the board of HEBV, a very fortunate development, as the work load can now be carried on four pairs of shoulders instead of just two. The restructured eurythmy therapy training in Switzerland began a new course this summer with 13 students from Taiwan, Georgia, Romania, Poland, France, Germany and Switzerland. This is the second course being offered on the new part-time basis. We are very fortunate here to have a great variety of further education courses every year. Most of these are conducted in German, but there are also regional working groups in the French-speaking part of the country. The Tessin, where Italian is spoken, still seems somewhat cut off from this stream of activity, perhaps through its geographical situation, located as it is on the southern side of the Alps. The results of the questionnaire from the Eurythmy Therapy Forum show two problem areas for Switzerland. First, the cooperation between anthroposophical doctors and therapists is unsatisfactory, as too few patients receive eurythmy therapy prescribed from their physicians. Closely connected to this is the question of how eurythmy therapy can establish its proper position within the very broad field of other complementary therapies and art therapies being actively introduced throughout the country. In general, very few colleagues are able to earn their living exclusively with eurythmy therapy here; most must be very flexible and ready to travel to varying work locations. In the meantime, several anthroposophical professions have already achieved an official status in their fields (i. e. art therapy, special education, pedagogy) and are now regulated nationally. On the other hand, health insurance companies are now becoming more and more restrictive in their payment for all our anthroposophic therapies. To meet this challenge, the HEBV is preparing a dossier to present eurythmy therapy properly as a method, which will soon be sent to all insurance companies. In the face of all these challenges, we are very pleased that as of September 2012 every HEBV member can now receive the quality label **AnthroMed@HEILEURYTHMIE**, through which she or he can show their work as belonging to and being an essential part of the anthroposophic medical movement as a whole.

Gabriele Lang

November 2013

The climate in Switzerland is mainly defined by the characteristic streaming of air masses from the Atlantic. The predominant west winds bring humid, mild ocean air that has a cooling influence in summer and a warming influence in winter. The Alps build a climatic barrier between the north and south of Switzerland. North of the Alps in the Swiss Midlands the climate is mild with moderate temperatures averaging 23 degrees Celsius in the Summer. The South is strongly influenced by the Mediterranean and has much milder Winters than in the North. The inner alpine valleys have a special climate of their own, protected as they are from wet weather both from the north as well as from the south. Thus in valleys such as Wallis, Engadin and Tessin the sun shines longer and more intensely than in other parts of

the country, bringing much dryer conditions. Winter snows begin toward the end of October and remain into April. In June, July and the beginning of August this year we had much more rain and storms than usual. This led to floods in some valleys, of an intensity one had not experienced in the previous decades. Many landslides occurred, and pictures of gushing brown water masses showed the power of untamed nature. Yet the mountain inhabitants are acquainted with these re-occurring dangers and know how to live with them. The rest of the Summer was very sunny and wonderfully warm. A rain-blessed land, lusciously green in Summer with snow-white frosting in Winter – but unfortunately fewer and fewer eurythmy therapists find work here. At the moment we have 158 active and 48 passive members in our professional association. A small number of other colleagues, who are not members, are also working in the profession. At the beginning of the year our very active representative for those working in private practices, Dragica Marcus, launched a questionnaire to gather information about the financial situation and degree of satisfaction within the membership. A third question dealt with the status of their cooperation with doctors. The results (nearly 30% responded) were saddening. The average age of our members is 57, which shows a clear aging tendency. Only 3 active members are younger than 40. Private practices have an average of only 5 – 10 patients per week. Eurythmy therapists in institutions (20%), must reckon with a weekly load of as many as 36 or more sessions (if 100% employed). The number of colleagues working successfully in private practice is negligible. The extra costs for accreditation (further education, membership dues, recognition by insurance companies, etc.) amount to a minimum of CHF 1000 per year. The majority of our colleagues earn less than CHF 10,000 per year with eurythmy therapy and are mostly dependent on other fields of work for income. Almost all would gladly take more patients, but very few anthroposophic doctors prescribe eurythmy therapy. Thus one must make great efforts independently to find patients. We thus were very pleased that the professional group of anthroposophic oriented doctors in Switzerland had the impulse to invite us in April to their annual meeting on the theme of mutual cooperation between our doctors and eurythmy therapists. Dragica Marcus was able to present the results of the questionnaire there, and a good number of eurythmy therapists used the occasion to enter into a dialogue with the doctors. Among the doctors there are many who find it difficult to make a connection to eurythmy therapy and therefore do not prescribe it. We do, of course, have a number of very enthusiastic doctors with a heart-felt connection to eurythmy therapy, who offer further education courses and supervision sessions or lead local work study groups with eurythmy therapists. Still the most important thing for the furtherance of our profession would certainly be to increase the rate of patient prescriptions. The vitally necessary dialogue with health insurance companies has been taken up actively by our vice president, Theodor Hundhammer. The very attractive information booklet about eurythmy therapy that he and several other colleagues prepared last year is being actively presented to all insurance company representatives who deal with our members and their patients. Our annual meeting and conference this year crowned a three-year cooperation with our very experienced colleague from the Filderklinik, Pirko Olliainen, and Dr. Olaf Koob from Berlin. The themes were: Illnesses of the heart (2011), kidney and liver (2012), lungs/respiratory system (2013). An average of 50 participants came each year and were very appreciative of this trilogy. The process of professional accreditation within the Swiss state system goes forward, and we assume that in the autumn of 2014 our colleagues will be able to take the first official examinations for a diploma in complementary therapy. For the future of our profession in the next 10 years we see the necessity to make eurythmy therapy better known beyond the borders of the anthroposophical community. More and more people must be able to discover this new therapy form as belonging to them and becoming a part of their lives. This will only happen if enough younger, open-minded eurythmy therapists and doctors find their place in this country, to actively work together for and with their patients with

the goal of reaching out with enthusiasm to a wider public.

Gabriele Lang

December 2014

The eurythmy therapy association in Switzerland has 166 members today. Over and above that there are an unknown number of colleagues who live and work here. Before the summer holidays the executive council was finally ready to submit to the Swiss authorities the documents necessary to obtain accreditation for eurythmy therapy as a method. Now we hope that we will have achieved state recognition within the newly created sector of complementary therapy by the spring of 2015. It has been a long and difficult journey. We have problems finding young people to join the executive council. Our membership is aging and the younger colleagues are busy building up their own practice, they start a family or feel unable to take on such a task. At our meeting this year we took a brave new step in that we took up the recurring topic of cooperation between physicians and eurythmy therapists in the form of a panel discussion. The conversation, which was moderated by Angelika Jaschke, showed that the cooperation between the two professions, which Rudolf Steiner demanded, continues to be a challenge for anyone involved. Among other things, we looked at whether it is damaging to the reputation and quality of eurythmy therapy when a self-employed eurythmy therapist offers other specialties apart from eurythmy therapy and eurythmy, such as coaching, biography work, nutritional consulting etc. Opinions differed on this question. Our future vision is connected with the big question, "how will we go on?" Will we manage to get away from traditional patterns of thinking, feeling and behaving? Will we be able to become authentic, independently thinking individualists in eurythmy therapy and evolve personally along with it and through it?

Culture: What is special about Swiss culture is its official multilingualism: German, French, Italian and Rhaeto-Romanic appear in a great number of local dialects. Most Swiss people speak more than one language. The country used to have a more rural community life with a great number of festivals. In the mountainous regions, the cattle is driven up to Alpine pastures in the spring and down again in the autumn. There are numerous traditional costume or folk music associations, each with their own annual festival. Yodelling is typical of the high mountains; it is a special voice and singing technique and goes together with alphorn blowing. Both can be heard across wide distances. The Christian church festivals can also be mentioned in this context. Carnival is another special tradition. It is celebrated just before lent and used to mark the end of winter in the old cultures. People used to walk through the streets dressed up in costumes and masks, making a lot of noise to drive away evil spirits. The fifth season, as it is called, is celebrated in different ways depending on the region and is based on ancient local traditions. In the towns, the cultural scene is rich with music, painting, sculpture and dance. The big cities Basel, Zurich and Bern each boast a number of good museums. Basel, which is situated where three countries meet (Switzerland, Germany and France), is an important trade fair city attracting international crowds every year. The watch and jewellery fairs are world famous as is the art fair and the trade fair MUBA. Greater Basel, which stretches along the banks of the Rhine, is also an economic center for large-scale chemical and pharmaceutical industries. The companies Roche, Novartis and Syngenta are based there. Switzerland, with the Goetheanum building close to Basel, is of course also the headquarters of the anthroposophic movement. Spiritual and cultural impulses radiate out from here and bring people from all over the world to this small country.

Gabriele Lang

December 2015

As of 15 September 2015, the Swiss eurythmy therapy professional association has around 165 active and 47 passive members. But there are a number of unknown eurythmy therapists in the country beside these. HEBV-CH is one of the founding members of IFAAET.

HEBV-CH has good contact with the Swiss association of anthroposophically oriented physicians - VAOAS. There are also regional working groups led by doctors. On 20.8.2015 an information meeting took place between the professional associations for eurythmy therapy, art therapy and rhythmic massage and the executive council of VAOAS. This concerned questions surrounding professional policy developments and the need to update and revise training courses.

We have a working group for anthroposophic therapies, which meets twice a year to exchange information. In addition there are three regional cross-methodology working groups. There is good collaboration between the associations for eurythmy therapy and rhythmic massage, since both of these are seeking state recognition as complementary therapies.

On 17 April 2015 the annual general meeting of the Swiss eurythmy therapy professional association took place, followed by the two-day annual conference. Continuing last year's theme on the "Harmony between medicine and eurythmy therapy" we considered the theme of "Back disorders and the image gestures of bamboo and horsetail"

The study was led by the eurythmy therapist Pirkko Ollileinen, the Goethean botanist Ruth Mander and the physician Insa Sikken.

At Whitsun 2015 we once again submitted our revised methodology application and now, shortly before the summer break, are close to obtaining our state recognition for eurythmy therapy as a complementary therapy. The experts have looked through the dossier again, and we await their official decision.

Gabriele Lang

Taiwan

December 2014

Before going into the culture theme of Taiwan, let's know a little bit the geography of Taiwan first. Taiwan is an island in East Asia, bordering the East China Sea, Philippine Sea, South China Sea, and Taiwan Strait, north of the Philippines, off the southeastern coast of China. The island of Taiwan was formed approximately 4 to 5 million years ago at a complex convergent boundary between the Philippine Sea Plate and the Eurasian Plate. The total area of the current jurisdiction of the Republic of China is 36,193 km², slightly smaller than Switzerland. The estimated population is around 23 million. Taiwan was historically called Formosa, from Portuguese, which means „Beautiful Island“. Taiwan Island makes up 99% of the territory of the Republic of China (ROC), after the ROC lost its mainland China territory in the Chinese Civil War and fled to the island in 1949, and the country itself is commonly referred to as simply „Taiwan“. The official language of Taiwan is Mandarin Chinese, but because many Taiwanese are of southern Fujianese descent, Min-nan (the Southern Min dialect, or Holo) is also widely spoken. The smaller groups of Hakka people and aborigines have also preserved their own languages. Many elderly people can also speak some Japanese, as they were subjected to Japanese education during the Japanese occupation from 1895 to 1945. The most popular foreign language in Taiwan is English, which is part of the regular school curriculum. The culture of Taiwan is a blend of the dominant 9,000 year old ancient Han Chinese culture, Confucianist culture, Taoist culture, Buddhist culture and some Taiwanese aborigines' cultures together with some influences from Japanese culture and minor influences from American culture, which are often perceived in both traditional and modern understandings. The teachings of Confucius describe the position of the individual in society. There is a need to belong to a group larger than themselves, be it their family, school, work group, or country. Taiwanese treat people with respect and dignity regardless of personal feelings. In order to maintain a sense of harmony, they try to act with decorum at all times and not to cause anyone feeling embarrassed. At times, Taiwanese people are willing to subjugate their own feelings for the good of the group. The scholarly meritocracy was also based on mastery of the Confucian classics. This had important influence on the whole society and education system. In public school system, Taiwanese are focusing mostly on academic development and relying on test scores to evaluate students performance. It not only brings a lot of pressure to students but also ignore the balance of children development. Waldorf education was publicly introduced to Taiwan in 1994 through the National Kindergarten Conference in Yilan City. Meanwhile, the first Waldorf kindergarten started in Tai-Chung City in 1995 with help from Australia. Since then several Waldorf schools, kindergartens and learning groups have been established. Along with the blooming of Waldorf education in Taiwan, there are now more needs for eurythmy teaching. Now, there are seven Taiwanese eurythmists in Taiwan, six of them are involved in eurythmy teaching in the schools. One of them also has a eurythmy therapy diploma. However, eurythmy therapy is still quite new in Waldorf schools and anthroposophy groups. One of Waldorf schools in Taichung City started to provide after-school eurythmy therapy to some students from the fall of 2013. This gives me the chance to do two month eurythmy therapy practice in Taiwan with the mentor, Zoran Zovko from Croatia, in order to achieve my eurythmy therapy diploma. Although there was only 8 weeks, there are some positive improvements of students as well as feedback from teachers and parents. Besides, I have been informed that some eurythmy therapists visit from Japan, Australia and Europe. In 2014, there are several Taiwanese doctors and other type of therapists going through five year IPMT training in Taiwan. In the future, I hope we can gradually build up an inter-disciplinary team to work together

to enrich experiences.

Shin-Huei Tseng

December 2015

I finished my eurythmy therapy training at the Goetheanum in Switzerland in 2014. I had the opportunity to do a longer internship in the special school in Switzerland to get more eurythmy therapy experiences. Currently, there are two eurythmy therapists living in Taiwan. One is called Diipalii Ding, the first Taiwanese eurythmy therapist, upper-class teacher and teaching eurythmy in the Ci-xin Waldorf school. She finished her therapeutic eurythmy training in Copake in New York in 2010 and has been teaching eurythmy courses in the Taiwan International Postgraduate Medical Trainings since 2011. She is also the leader of the eurythmy therapy section in Taiwan Anthroposophic Medicine and Health Care Platform (TAMHCP) founded in July 2014. I am the other member of the eurythmy therapy section. We will work together to build up the Taiwan eurythmy therapy foundation in the future.

Zoran Zovko from Croatia is the other eurythmy therapist living in Taiwan since 2013. He is teaching eurythmy and providing after-school eurythmy therapy in the Haishan Waldorf school. Zoran was also my mentor while I was undertaking eurythmy therapy internship in Taiwan in the spring of 2014.

When I was doing the internship in the Camphill Schulgemeinschaft Föhrenbühl and Haishan Waldorf school, I had the opportunity to join interdisciplinary conferences and individual education programs. The Haishan Waldorf school organized a child case study. In the first meeting, participants included two doctors, one nurse, one arts therapist, one psychology counselor, teachers and two eurythmy therapists. Some of them have participated in the IPMT over consecutive years. The class teacher would report the observation of a child and the biography of the child which was written by the parents. Later, we would discuss our own points of view and offer therapy suggestions from different professional angles, including medical, nutritional, school and family life. In group discussion, we shared the knowledge and learn from each other, especially anthroposophical medicine views and experiences. I was touched and excited by what the school had achieved. That is a holistic approach. I could feel that the child is taken good care of by different forces in that moment.

In order to know the development of anthroposophic medicine in Taiwan, I participated in the IPMT in August 2015. That was the second time that I have participated in such a big anthroposophy conference in Taiwan. Last time, it was the Taiwan Kolisko Conference back in 2006. At that time, there were more than 300 people participating in the conference; many of whom were professionals in care services in Taiwan but were encountering anthroposophy for the first time.

In 2015, the IPMT started the second round of a five-year training. There were 130 participants: 30 physicians including Western medicine, Chinese medicine, dentists, as well as others including pharmacists, nurses, rhythmic masseurs, therapists, teachers, and parents. There were several participants who had already come to the IPMT over a few years. From the discussion, I could find them gradually practicing anthroposophic concepts in their work and life. They are still eager to get more knowledge of Anthroposophy. Most of them are willing to devote themselves to bring anthroposophic medicine impulses to their professionals and surrounding. The main therapeutic theme of the 2015 IPMT was "ADHD and Autism Spectrum Disorders". We were very enthusiastic discussing the lectures and had a mother who also participated in the training to share the story of her child with Autism Spectrum. At that moment, I could strongly feel there are certain demands of eurythmy therapy as well as hygienic eurythmy in the education site.

In the past year, TAMHCP has organized an anthroposophic medicine interdisciplinary team who was invited to give lectures and workshops for teachers and par-

ents. Meanwhile, there are four child studies being handled by eurythmy therapy and made good progress according to the feedback. Next year, there will be eight Waldorf schools cooperating with TAMHCP and will invite our anthroposophic medicine interdisciplinary team to those Waldorf schools to examine the children and cooperate with the teachers to do case studies. That is really a big step of anthroposophic medicine movement in Taiwan. We are looking forward that the interdisciplinary team will work together and accumulate precious experiences. So that, we can provide our children with good care and lead them to a healthy life.

The IPMT eurythmy lectures in the morning were special moments during the whole training. 130 participants gathered on the outdoor sports field to do eurythmy exercises. We have learned the gestures of vowels and consonants, how consonants speak, and how consonants relate to four elements (earth, water, air, fire). I could feel everyone so concentrated on listening, moving and sensing his/her own body, even though some participants were new to eurythmy and we were doing the exercises outdoor. There was such a sense of good energy permeating during the eurythmy section.

The first Anthroposophic Medical Center in Taiwan has opened in 2015, conducted by Chinese Traditional Medicine Dr. TzuMiao Hsu. The clinic is combined with Western medicine and Chinese Traditional medicine. The new medical center consists of an anthroposophic therapy center which a eurythmy therapy room, art therapy room, nursing care room, rhythmic massage room, music therapy room, dispersion oil bath etc. Zoran Zovko will give eurythmy therapies and the other eurythmist will support the hygienic eurythmy courses and Zoran Zovko giving eurythmy therapies. This clinic will provide the services for the adults and children.

In November 2015, there will be a therapeutic eurythmy course given to doctors and eurythmists. Cynthia Hoven, an eurythmy therapist, has been invited by a eurythmy study group to give a 5-day course. We hope that this introductory course will give the fundamental idea and self-experience towards eurythmy therapy for all participants.

In the future, we hope that more doctors will complete the practical anthroposophic medicine work under mentor-ship after they finished 5-year IPMT fundamental study. More doctors are interested in understanding the practice of eurythmy therapy. TAMHCP can organize eurythmy therapy courses or trainings for doctors and eurythmists. So, doctors and eurythmy therapists can grow together. They can collaborate with each other as well as with other therapists, teachers and parents to develop a more holistic health environment in the country. We hope that the development is growing on solid health grounds, like a small plant strongly growing toward the sky, the light, freely and happily expanding its branches.

Shin-Huei Tseng

Thailand

December 2010

Personal: I have been living in Thailand for more than 9 years now, doing eurythmy therapy for some 6 years. Born in the north of Germany I have been trained as a eurythmist in Witten-Annen. After some teaching experience in Bielefeld/Germany I did the eurythmy therapy training in the Netherlands (trainers: Gertrud Mau, Ellen van Dam, Carolien Geeretsen and Boudewijn Feeres) in the late 80s. I stayed working in the Netherlands at the curative institute "Zonnehuizen Veldheim & Stenia" where I resigned early 2001 with a "burnout syndrome". At that time I decided to take a longer time-out in Thailand. I did not get in touch with the local Waldorf community until early 2004. From that time I taught eurythmy to adults in the local Waldorf schools, became adviser to the project "Bilingual Waldorf inspired Education at the Schools for the Deaf in Thailand" (and similar projects) and started working as a freelance therapist. This happened naturally within the group of people which has in one or the other way connections to the Waldorf community.

Thai Society: Thailand is a developing country with a clear separation of society in two sections:

1. The majority - people with little or no income, which is mostly the rural population... in general low educated.
2. The minority - people with enough (or a lot of) income who mostly live in the cities... well-educated. The separation between these groups goes through all sectors and services of society.

Education: Group 1: more or less free government schools with often questionable qualification and motivation of the teachers. Group 2: moderately up to very expensive private schools, well trained and motivated teachers.

Healthcare: Group 1: Free BASIC healthcare through government hospitals (often long queues, overworked doctors and nurses, limited budget for complicated cases). Group 2: moderately expensive up to luxurious private hospitals (which will do everything for you as long as you can pay them).

Public Transport (in Bangkok): Group 1: Cheap or free, often worn-out non-air-conditioned buses. Group 2: Comfortable air-conditioned buses, elevated electrical trains, underground, own car.

Waldorf Community: Thailand has a loosely organized community of people which is interested in Waldorf education and various anthroposophical initiatives like curative education, art therapy or bio-dynamic agriculture, whose members come mostly out of the middle class. There are connections to Buddhist organizations, and especially for educational questions to individual government officials and university lecturers. At this moment Thailand has 2 Waldorf schools one bigger kindergarten in Bangkok and some 5 – 7 kindergartens in the provinces. There are 2 initiatives to open schools. There is one small school for children with special needs, a big kindergarten (about 250 Children) under the management of a Buddhist organization.

Eurythmy therapy: When, early 2004, I started working in anthroposophic context again my first patients were members of the Waldorf community or close friends. A therapy room was rented quite centrally located at Baanrak Waldorf kindergarten and due to Bangkok traffic jam I only worked on Saturday and Sunday. The group of patients was quite mixed: Adult and children with different kinds of problems: 2 educated ladies in their early 50s with various stress symptoms (exhaustion, depressive symptoms) and on the edge to decide how to go on with their professional life, a young lady, early 30's with migraine, a 9 years old boy with CP with concentration problems and movement problems the 2 children of a Waldorf teacher with hyperthyroid. These people saw me once or twice a week (on Saturdays and Sundays) mostly for one hour and got exercises to practice at home.

Because there was and is no anthroposophic doctor in Thailand I had to work on my own, being aware that people with serious conditions who come and see me are also under the care of a professional physician. Many members of this first group of patients stayed with me for a couple of years, one even (the boy with CP) until today. But slowly the group of patients changed, the people with special needs, which I have been working with in the Netherlands came back, in place of "regular" patients. At this moment I'm working more than 80% with children or young adults with special needs at 2 places. 2 days in the rented therapy room in Baanrak kindergarten and Wednesday afternoon and Thursday morning at Tonrak School for children with special needs. Half of the patients is in one or the other way diagnosed with autism. The remaining group are diagnosed with various kinds of development disorders or problems. I focus in my work with the children and young people mostly on the six types of disorders of the course for curative education and eurythmy therapy how Steiner develops it in the course for eurythmy therapy basic exercises like IAO, "Zappeljambus", "Phlegmatikertrochäus", Geschicklichkeits-E, Great Vowel Exercises, RLSI and MNBPAU etc. in variations and individual adaptations are part of the main-practice with many of my patients. Beside doing eurythmy therapy with the children parents often need advice about educational problems.

Hermann Wessels

December 2011

When there are no red and yellow shirts quarreling with each other. When life is not in chaos through huge floods, then I also do therapeutic eurythmy. I work mostly with autistic children and young adult. Since about 6 months I work with groups of children with behavior-problems (Restlessness, lack of ability to listen, constant talking, frequent quarreling) at an alternative school..... an interesting and challenging task.

Hermann Wessels

December 2012

This year no big flood and no riots. But actually nothing has changed. It's only a question of time when in one or the other way the difficulties come back..... Therapeutic eurythmy work is going on; I even got in touch with an interested doctor.

Hermann Wessels

November 2013

Climate in Thailand: The climate in Thailand is hot, hot, with or without rain. There are three seasons but they really are just variations of hot. The cool, dry and bright season is 3 months, from December to February. During this time lots of tourists are visiting Thailand, because it is not that terribly hot. The hot, blinding and scorching season, from March to May. Tourists gather for water fights for Thai New Year on the 13th April, which is traditionally the hottest day of the year. Creating drought, the hot season is a challenging time for agriculture. The dark, rainy season goes from May to November. In the first two months, it rains a bit hesitantly, to then become increasingly heavy from August to October. This can lead, in extreme situations, such as in 2011, to flooding of wide parts of the country. The main working time of the peasants, through the cultivation of rice, is the rainy season. The monks move back into the temple to meditation and studies. Devoted people bring candles to brighten the darkness of the season. Thai weather doesn't know fast changes in temperature. Storms and drastic drops in temperature are rare. There are smooth transitions from one season to another. As a eurythmist in Thailand we appreciate the blessings of an air-conditioned room in all seasons. Also

rooms in which a natural or mechanical cool breeze is blowing, such as open pavilions or rooms with fans and windows wide open, are welcome for our work... And the eurythmy therapy? Not much in my work has changed during the last year. I still work with a small number of long-term patients. There is now a slowly increasing trend towards younger children with learning disabilities and behavioral problems.

Hermann Wessels

December 2014

In my work as eurythmy therapist it has been possible to set up a still limited but gratifying cooperation with physicians, which can hopefully be extended in future years. There is a small medical-therapeutic study group. Because of my background in curative education my work as eurythmy therapist is predominantly with children and young people with developmental problems. In the Thai language the way one refers to oneself – how one says 'I' – reflects the character of culture and society. The most common forms of saying 'I' in Thai are summarized below: As the first and most important reference to themselves Thai people use their own nickname. (Thai people only use their official names in formal situations; family members, colleagues and friends only use nicknames). Where, in English, we would say "I'm going home now" a Thai person with the nickname Tob would say "Tob is going home now". If, in a given situation, Tob is the younger one, he could also say, "Nong is going home now". (Nong = the younger person in this situation). If he is the older person he would refer to himself as "Pi". Some job designations (such as teacher or physician) and most words that express kinship (father, mother, uncle etc.) can be used instead of 'I'. If Tob is a teacher he will say to his pupils, "The teacher is going home now". An uncle will say to his nephews and nieces, "Uncle is going home now". For a man, the word that comes closest to our word 'I' is "pom"; for a woman it is "ditschan". Both words are used if the speaker wants to emphasize his or her intentions; excessive use is considered impolite. The Thai language reflects an image of the 'I' that is always experienced within a social context. It is hardly ever a totally individualized 'I', but always seen in relation to its surroundings. (The Thai words are rendered freely in English) *Hermann Wessels*

December 2015

The last year didn't bring new developments for the eurythmy therapy work in Thailand. The beginning cooperation with some doctors (participants from IPMT) has been going on in an enjoyable way.

The future holds some new opportunities, because since early September 2015 Mr. Chanok Pinsuwan (eurythmy therapist of Thai origin) and his wife Katja (eurythmist) moved to Thailand and will settle down in Chiang Mai.

Joined discussions about patients and practice of elements of eurythmy therapy are planned in the future.

Hermann Wessels

Ukraine

December 2010

In Ukraine, there are three people who got trained as eurythmy therapists in Dornach (Switzerland) and Stuttgart (Germany) and one eurythmist (Soja Voskresenskaja) who is working at a Waldorf school in Kiev. I myself am a doctor and use eurythmy therapy in my work with children. In Odessa there are two eurythmy therapists. Julia Giltsova is active within the Christian Community and Elena Suchova works in a private practice. There are also four people working in private practice in three other towns. Of course, we have many questions. We contact each other actively and have decided to organize several meetings in different towns in order to talk about our work and deepen it.

Dr. Tatjana Gontscharenko

December 2012

From Ukraine: to our great joy, the first part of the planned three-year eurythmy therapy training took place in Kiev on the 10th of September. All sixteen students had completed their basic eurythmy training in Kiev over the last ten years. There was a lot of preparation and the result was very beautiful. The following eurythmy therapists are currently working in Ukraine: Zoya Mazur in Kiev — eurythmy therapist in a therapy center and the Waldorf school; Tatyana Goncharenko in Dnipropetrovsk — doctor and eurythmy therapist at the Waldorf school, with her main focus on children with challenging behaviors, attention deficit hyperactivity disorder and all kinds of partial achievement deficits; Julia Jiltzova in Odessa: in private practice and at a therapy center. Geographically, Ukraine is a European country between Poland, Hungary, Rumania and Russia. In the west of the country are the Carpathian Mountains with their limestone formations, running from the north-west to the south-east. In the center we stand on granite and iron, and there is coal mining. In the south, the Crimean peninsula pushes out into the Black Sea. All three cities where eurythmy therapy has found a home lie on the Dnieper, Ukraine's greatest river: Kiev in the north; Dnipropetrovsk in the center; and Odessa in the south — the city on the sea.

Tatjana Gontscharenko

November 2013

This year there are three active eurythmy therapists, in Odessa, Dnipropetrovsk and Kiev. We are self-employed, working with children at Waldorf schools and patients at the medical center. We are busy with our patients, as both children and adults value eurythmy therapy highly. We frequently work with the doctors and have a good working relationship. Themes for our work together this year included digestion and the different constitutions. We are taking illness and therapy as the basis for our study. We also have contact with other therapists where at all possible. A three-year eurythmy therapy training began in Kiev in autumn 2012, with sixteen students. We are delighted at this and are very grateful to our colleagues from Switzerland, Gunna Gusewski and Veronika Rieser. They are helping us shape the training according to the guidelines of the International Council of Eurythmy Therapy Trainers at the Medical Section and in collaboration with the Mandate Group for New Initiatives. Our climate in the Ukraine ranges from temperate and continental to semi-subtropical. In the west and the north-east there are cold winters and hot summers. In the western part, warm winds waft in from the Mediterranean, while in the east there are cold winds from Siberia. In hot, dry summers there can also be sandstorms in the steppes. Instead of forests, we have the wide-

open, extensive, flat steppes. Nikolai Gogol has described them very beautifully. They are also famous for their fertile soil. In the south the climate is warmer and more rainy than in the interior. The Crimean peninsula has a humid semi-subtropical climate. Generally the country is broad, beautiful and peaceful. Water and earth, sun and air are united harmoniously. There are many spas. The people tend to be plump and beautiful.

Tatjana Gontscharenko

December 2014

We are four eurythmy therapists – trained in Germany and Switzerland – and about 20 students who are doing the eurythmy therapy training in Kiev. We work in Odessa, Dnepropetrovsk, Kiev. We live and work in schools and in private practice, and we pray for peace and liberty. We are pleased about research projects into eurythmy therapy. Since the big Russia has set upon Ukraine with armies, economic measures and propaganda we have no certainty in life. There is war in the country – Russian soldiers are firing at children and their parents, at old people and prisoners of war. Do our colleagues know that an oncological hospital in Donetsk was bombed with Russian weapons? That Russian officers kill those wounded in the war? My feelings today – pain, suffering, worries, fear for our future, for our lives... It is not easy to write about our culture in this situation. Ukraine has one of the oldest universities in Europe, in Chernivtsi. Christianity came to us from Byzantium and Greece. Our people live and guard the Christian sanctuary. Since the ninth century there have been churches and monasteries in Kiev – In western Ukraine they are like pearls in the mountains, wooden churches. A treasure has emerged in our steppe: Ukrainian Baroque. Lviv produced the first printed books of the Slavic region: Cyril and Methodius worked diligently with one of the first printing presses in a Ukrainian monastery. The Ukrainian nobleman and writer Nikolai Gogol was born near Poltava. He described everything that is expressed in the Ukrainian soul, all the natural treasures Ukraine has, in his writings "The Fair at Sorochyntsi" or "Evenings on a Farm near Dikanka". Our people have a gift for language, music and art. Our great poet and writer, Taras Shevchenko, was also an excellent painter. Folk ornaments, folk dances and folk-songs are still alive in Ukraine. The Cossacks were a military outpost of Ukrainians – we have always lived on the border between east and west and others have always usurped our country. But today it is really a matter of life and death. Putin is building a road into my country through the Crimea – he breaks all the laws and therefore we do not want to agree with his totalitarian regime. In my town, surgeons are working day and night – so many soldiers are wounded, every half hour transports arrive with corpses. ... That is our culture now. We used to sing folk-songs on Maidan Square in Kiev. We thank all our friends in the world who support us with their good thoughts!

Tatjana Gontscharenko

December 2015

We still do not have a professional association yet in the country. We are four eurythmy therapists working in three big cities in Ukraine. In the capital, Kiev, one colleague is working at the therapy center with a doctor and a painting therapist. The last year of the eurythmy therapy training course is also running in Kiev, with around 20 students.

I am a physician and eurythmy therapist in Dnepropetrovsk, working in private practice and at a Waldorf school. In Odessa two colleagues work in private practice. We will be pleased to join IFAAET: it will give us a certain position, and is very important for our further development. Unfortunately we meet very rarely to study together – our country is still at war. We hope that our younger colleagues will bring more activity next year. *Tatjana Gontscharenko*

USA

March 2005

Here are a few lines of what ATHENA (Association for Therapeutic Eurythmy in North America, including Canada) is working on: At this time of the year we have about 30 members including therapeutic eurythmists, doctors, school representatives and associative members. ATHENA strives to have a therapeutic eurythmy conference at least every two years, informs and encourage members and eurythmists at large to attend the Medical Section and Artemisia meetings held once a year. One of ATHENA's major goals is to obtain a substantial grant to support individual therapeutic eurythmists to give courses, lessons, workshops together with doctors, supporting existing therapeutic eurythmy programs for schools. ATHENA's hope is to have four newsletters going out to members during the year, being "visible" on different web sites, to create a new brochure and maintain a connection to other anthroposophical health organizations including the Medical Section and Artemisia. Other issues that are ongoing for the American/Canadian therapeutic eurythmists are: how to earn a decent living, health insurance (as independent contractor), proper therapy space, the work with an anthroposophical physician, to have the finances to attend eurythmy therapy conferences in USA, Canada and Europe for further education. ATHENA tries to assist in finding placement for practicums when requested and furthermore we answer and deal with concerns from our members at our monthly conference calls. Best wishes for all your good work!

Susanne Zipperlen

October 2005

The executive council member Cynthia Gelder reports: In the summer the council received a large sum of money which has been divided between eurythmy therapy in the schools and to fund conferences and workshops. This legacy was welcomed with enthusiasm but for the association it involves a lot of extra administrative work. We would like to know if other countries already have guidelines for eurythmy therapy in schools. We are always looking for work for our eurythmy therapists and this often brings about frustration and worry as work is scarce. Warmest greetings to you all!

Susanne Zipperlen

Mai 2006

There is a major concern in regards to full time jobs for the therapeutic eurythmist in North America. There are only a few (2 or 3) who are hired 100% to do only therapeutic eurythmy (no class teaching) and that is in the Waldorf schools. We struggle to find sufficient ways for public outreach and fund-raising. One of our biggest concerns is that of accreditation with a university so that we are fully accepted in the external world as a recognized therapy and also to find health insurance policy for the therapeutic eurythmist who is working independently. We would like to encourage an ongoing dialogue and a working together with the anthroposophical physicians for better understanding of eurythmy as an important and valuable therapy.

One of our needs is to keep open communication and receive information with the international community of therapeutic eurythmists. We are very happy to be able to give grants to therapeutic eurythmists and Waldorf schools to support all those children who need to find their way into our world today. We are having ideas of creating fruitful regional workshops/weekend retreats together and share in the

newsletter national and international news. One of our biggest challenge is to find board members to join ATHENA- so many of the therapeutic eurythmist are having a struggle in the face of demands to make a living.

Warmest Greetings to all colleagues,

On behalf of the ATHENA board members, *Cynthia Gelder and Susanne Zipperlen*

November 2006

USA – California

In Fair Oaks there are three eurythmy therapists working. Fair Oaks is 20km from Sacramento, the main city in California. It is also the center for anthroposophical activities on the West Coast, with five Waldorf schools, a teacher training course, Christian Community, bio-dynamic agriculture and a eurythmy training. Alongside the good contact that we have to the association in Chicago we try to maintain our link to all the other anthroposophical centres in the USA.

Nancy McMahon

November 2006

USA – East Coast

We are working to improve our liaison with doctors at present. The importance of location, availability, knowledge (of eurythmy) and interest in eurythmy therapy from the doctors side is under discussion. In spring 2007 we will look at these questions in a conference for doctors and therapists. The conference theme is imagination, inspiration, and intuition. These are the spiritual forces which can help to carry the working together of doctor and therapist. ATHENA members and therapeutic eurythmists are looking forward to meeting Angelika Jaschke who will visit the east coast in early spring!

Susanne Zipperlen

December 2007

USA – California

In Fair Oaks there are 3 eurythmy therapists working. Fair Oaks is 20 km from Sacramento, the capital of California. It is also the center for anthroposophic activities on the West Coast with 5 recognized Waldorf schools, 3 Charter or State Magnet Waldorf Methods Schools, a teacher training seminar, bio-dynamic agriculture, an accredited eurythmy training and a Christian Community.

Nancy McMahon

December 2007

USA- East Coast

Dear therapeutics eurythmists, here is a short sharing of what has taken place in North America (to our knowledge) since the last newsletter. The Association for Therapeutic Eurythmy in North America (ATHENA) enjoyed seeing the membership growing this year to nearly 70 members including Waldorf schools, physicians and friends! In the spring Seth Morrison and Anna Ree's therapeutic eurythmy training in New York successfully graduated another set of eurythmy therapists since its beginning. To this event Angelika Jaschke came and visited the training, as well as meeting with eurythmy therapists on the East Coast, which was much appreciated! ATHENA held a eurythmy therapy conference at Kimberton Hills Camphill Village, Pennsylvania in April. The theme was „Imagination, Inspiration and Intuition“ led by Seth Morrison, Anna Ree and Dr. Peter Hinderberger. It was very inspiring to all who attended. ATHENA received another generous grant from Waldorf Educational Foundation of \$ 15,000 and the three categories which are offered this year are:

Educational Workshops for the eurythmy therapist and physician to work together to give a lecture demonstration to teachers, parents and the larger community; Matching Grant category gives the opportunity for the Waldorf school to start budgeting for getting a eurythmy therapist in a (hopefully in the soon future) full time position; AND the third but not the least.....the category to apply for financial travel support to go to the International World Eurythmy Therapy Conference 2008!!! ATHENA has also received another grant from Mid-State Gift Sharing Foundation which will be used for continuing our now extended and beautified newsletter. In July a National Medical Conference for therapists and physicians was held in Portland, Oregon and the next year it will take place in South Carolina. A new feature in our development to communicate to a larger community has been to start a web forum to which anyone can enter and ask questions, give announcements, share information. You can of course have look at the web forum yourself! Here is the internet address: athenaeurythmy.co.nr Sending you all warm greetings, Susanne Zipperlen, on behalf of ATHENA.

Susanne Zipperlen

December 2008

We send best wishes from North America! Over 30 eurythmy therapists from here were able to attend the World Eurythmy Therapy Conference in Dornach last spring. That was an incredible experience for us on many different levels. The depth and quality of the lectures and workshop contributions was astonishing (and I will say more about this in a moment). There were many meetings with dear friends and colleagues from all over the world. We are now a world movement! The conference was truly a celebration of eurythmy therapy and eurythmy therapists too. We want to express our gratitude to those who had the foresight to plan this conference and had the will to carry it out! Now I will say a few words about the work in North America. TETNA, our eurythmy therapy Training in North America began with a new group of students this past summer! ATHENA, the Association for Eurythmy Therapists in North America received another grant from the Glenmede Foundation to support eurythmy therapy in the Waldorf schools here. Last year grant monies from Glenmede and other sources helped towards attendance at the Dornach conference. These funds offer seed money for new eurythmy therapy programs for Waldorf schools, payment for lecture/demonstrations for parent communities and help toward funding national conferences. We have invited Rachel Ross to work with us this coming Easter. She is active as eurythmy therapist internationally - training and working with remedial educators. She is very experienced with observation of children's conditions. Through the workshops we attended during the Dornach conference we have collected a list of colleagues we would like to invite to work with us here! This rich source of inspiration will deepen and strengthen our work over the next years. Together with the anthroposophic physicians in this country we will be co-sponsoring a conference with Dr. Broder and Elke von Laue (time and place are under consideration). We are excited about that, and also about the translation of their book "Zur Physiologie der Heileurythmie" into English. We imagine this to be the first of the invitations to colleagues around the world to come to us here - so many more North American colleagues can experience their work. We hope to be able to maintain the communication with you all that proved so enlivening in Dornach!

Submitted by Jeanne Simon-MacDonald for the colleagues in North America

December 2009

Warm best wishes to you all from North America! Our association is called ATHENA - Association for Therapeutic Eurythmy in North America. We try to stay in touch with and represent members in both the USA and Canada. Last April we organized

a conference with Rachel Ross – who is a eurythmy therapist and also trained in remedial education. She offered her conference twice – once on the East Coast, and again on the West Coast of the US. We worked with her on the constitutional types and considered the 'reflexes' so important for the work of our remedial colleagues. This was a very lively and inspiring conference, bringing both new understanding of children and many new exercises for our work with them. On a different note: ATHENA has for many years received grant money to support eurythmy therapy in Waldorf schools. Through this we have made contributions towards new eurythmy therapy programs, towards mentoring and also towards professional development. Due to the economic recession, we have not received any funding for this coming year. A number of Waldorf schools here have cut back on eurythmy and therapeutic eurythmy programs for this same reason, which is a concern for us. The arrival of the English copies of the documentation from the World Therapeutic Eurythmy Conference last winter confirmed that we are an international association of colleagues. It has been inspiring to read the lectures, and other articles and workshop reports from the conference. This booklet has made it possible for colleagues, who were not present, to also take part in some way. Because we wanted the physicians engaged with anthroposophic medicine in this country to share in the riches from our conference, we prepared copies of the lectures to send to those we thought would be interested. Following on from the conference - Dr. Broder and Elke von Laue will come and work with us here in the US, in summer 2010, on themes from their book 'Zur Physiologie der Heileurythmie' (The English translation will be ready soon). To our great delight the physicians connected to anthroposophic medicine here will co-sponsor this conference!

Jeanne Simon-MacDonald

December 2010

It has been an important year for us here in the US and Canada. As colleagues are losing work due to the critical financial situation in the schools and institutions here, ATHENA brought several projects to completion that we hope will help strengthen therapeutic eurythmy here. We created a new ATHENA brochure, which is available to association members. Our website will be ready soon, www.therapeuticeurythmy.org, and we can be reached now at ATHENAcorrespondence@gmail.com. We intend to align ourselves more closely with our colleagues in Europe around questions of professional standards for association members. We imagine a process lasting several years to assess how best to do this and what the continuing education qualifications for members will be. ATHENA is supported by grants each year. Without these grants our work would not be possible. We use these funds to support our conferences, or to help start new therapeutic eurythmy programs in schools. This past August we sponsored a conference together with the anthroposophic doctors and therapists on this continent focused on the work of Dr. Broder and Elke von Laue: *The Etheric Body and the Polarity of the Upper and Lower Human Being*. Their book „A Physiology of Eurythmy Therapy“ has been translated into English and was available for conference participants. Medical colleagues gathered from all over North America for the conference. Doctors and therapists focused on therapeutic eurythmy from the particular perspective of each of their disciplines. The von Laue's selfless devotion to anthroposophic medicine and their deep understanding of therapeutic eurythmy brought new insights and inspiration to all who attended. Their strong focus on what Rudolf Steiner said was so impressive. Each morning a lecture from Dr. Broder von Laue was followed by work on therapeutic eurythmy with Elke von Laue. In the afternoons the therapeutic eurythmists worked with Elke von Laue on our own. We gained many new perspectives on the sounds and the figures, and on exercises we have been doing for years. One inspiration: we must have the courage to do less and do it deeply and slowly. Also, the value of the rest took on a new dimension – we practiced resting not only at the end of a session,

but during a session. We are so grateful that they came to work with us and will see now that we keep their work alive here in North America.

Looking ahead:

- A group of 12 colleagues are working towards graduation from the Therapeutic Eurythmy Training of North America in February 2011.
- We look forward to welcoming Angelika Jaschke to a gathering with us around that time.
- Mareike Kaiser will come next summer, 2011, to bring the first part of her training on dental eurythmy to colleagues here.

Jeanne Simon-MacDonald

December 2011

Over the past 10 years many more eurythmy therapists are working in North America but still very few have full time work as such. Interest in eurythmy therapy in Waldorf schools has grown and despite budget shortfalls, many schools find ways to keep eurythmy therapy in their programs, at least part time. Over the years, grants from ATHENA have helped schools build and maintain eurythmy therapy programs. We also have several clinics that employ eurythmy therapists. Eurythmy therapy courses are now part of the anthroposophic medical training for doctors. Young doctors have shown a growing interest in eurythmy therapy. This February we were happy to welcome the 12 graduates of the training for eurythmy therapy in North America into the profession! Most of them will be staying in North America, though some will be returning to their native lands. A meeting was held with Angelika Jaschke and board members of ATHENA (Association for Therapeutic Eurythmy in North America) in which questions about our work here were discussed. We would like to strengthen our support of the training by working more closely with them, providing a wider base of practicum possibilities and mentoring. Another initiative that has been affirmed by our members this summer is to proceed with the **AnthroMed®** EURYTHMY THERAPY application process. New ideas as to how we can create opportunities for professional exchange (Intervision) and support each other in furthering the quality of our work, are already arising through this process. ATHENA has worked on and completed a new brochure that was distributed to members last summer. A website was created to establish an informative internet presence and to provide a directory of practitioners and their locations. Please take a look: www.therapeuticeurythmy.org! Feedback is welcome. Our email address is: ATHENAcorrespondence@gmail.com. We have been grateful to receive grant monies this year in spite of the economic downturn, from The Rudolf Steiner Charitable Trust, The Camphill Foundation and the Glenmede Foundation. This and donations from generous individuals has made support possible not only for beginning eurythmy therapy programs in schools, but includes mentoring, conferences and this year's dental training with Mareike Kaiser. There were 19 participants from all over North America participating in the first part of the dental training this summer, graciously hosted by the Camphill Community of Kimberton Hills. Mareike led us with clarity and confidence throughout the week. With the teeth, one can visibly document the effects of eurythmy therapy. This holds great possibilities for future research and recognition, especially in North America, where these aspects are highly valued. We worked mainly on basic anomalies such as overbite and underbite, exploring appropriate avenues for treatment. It was impressive to experience how one of the hardest human substances can be profoundly influenced by the most delicate of movements. This is also of importance in our geographic area, where such a concept is very foreign.

Maria Ebersole

December 2012

Over the past year there has been a great deal of activity to strengthen our profession in North America. ATHENA has been stable and consistently active for several years. Our membership is currently 56 full members, we have many associate members and school members as well. We are fortunate to have support, not only from the Rudolf Steiner Charitable Trust, but also from the WEF/Glenmede Trust and the Camphill Foundation. An appeal has gone out to specific donors to support a 'Children/ families in need Fund' for therapeutic eurythmy. In August the step was taken to apply for the **AnthroMed®**EURYTHMY THERAPY trademark for our members, an expression of the growing consciousness of the global dimensions of anthroposophic medicine, and our role as representatives within it. The aspect of agreeing on goals for ourselves regarding professional development has been inspiring: Mutual support thrives as colleagues meet in a growing number of local study groups in the different geographic regions, larger workshops and offerings through ATHENA or related organizations are offered consistently and business or tax seminars can also be pursued. Our wish is that this step will strengthen the quality of each practitioner and the therapeutic eurythmy overall, thereby ensuring its place among the healing arts and the anthroposophical medical work worldwide. This August, the second year of the eurythmy training for dental anomalies was attended by 20 eurythmists. It was an inspiring week full of rich collegial working together. The addition of dentist Claus Haupt as presenter this year broadened the scope of content. His detailed lectures on the development of the teeth and the relationship to the formative forces deepened the work with specific eurythmy exercises brought by Mareike Kaiser. This year included a few actual case studies of children in the community so we could work with a living picture of an anomaly. We observed and studied tooth impression molds to learn the characteristics of various bite situations. One participant presented her case studies from the previous school year as one step toward receiving official certification in dental eurythmy from Dornach. Other participants will be preparing presentations during the coming year. In collaboration with the anthroposophic physicians and therapists, ATHENA also organized a lecture/demonstration in Spring Valley on dental therapeutic eurythmy, which was attended by over 50 people. We continue to strengthen our connection to and support of the therapeutic eurythmy training in North America TETNA. Placement places for the current students are being worked on. The situation remains that it is very challenging to make a living solely as a therapeutic eurythmy practitioner. There are currently only a few members who manage this. They live in areas where there are multiple anthroposophic institutions and established physicians who can refer patients. Others must rely on a combination of jobs in different fields. The question of health insurance is a challenge for those that have several part-time positions. This year two new ATHENA Board members have joined, who live and work on the west coast. We see this as an opportunity to span this large continent with consciousness and mutual support.

ATHENA-Website: www.therapeuticeurythmy.org

Maria Ebersole

November 2013

North America proudly display several mountain chains running north-south. The Rocky Mountains and the Coastal Ranges in the west and the Appalachians in the east, to name only the largest. In the middle there lies a plain, quite flat, that is green in the east but which becomes dry and desert-like as you come more west. The weather of North America is an often dramatic play of forces. A main role in this is played by a low pressure area, which is settled over the midland plains. It pulls the cold, dry air from the north-west and from the south-east it invites warm, moist air. These two meet in a wild spiral dance, which bears the infamous twisters

(tornados). Another main player is the hot air which rises up from the equator, then divides to the north and south and descends again into the so called "Horse Latitudes". These are bands, hundreds of miles in width, that shift according to the seasons. They give rise to deserts when they come down upon the land, such as in Mexico and the southern crews of California through Texas. The waters of the Gulf of Mexico also are graced by this heat and besides evaporating and sending the warm, moist air to the flat midlands, they also flow in a warm stream up along the east coast. In the Caribbean, near Bermuda, there is another important actor - a consistent high pressure system which plays with the warm, moist element. "Their children" are often violent storms, hurricanes, which have caused much destruction on the east coast. On the west coast, the pacific water remains cooler and receives the attentions of a current from Japan, which ensures an almost constant rainfall in the Northern coastal area of Oregon and Washington. The rain that comes to the west coast, however, is caught by the mountains and is not allowed to pass. So you can experience verdant green and stone-dry desert within a short car drive of one another. In therapeutic eurythmy in North America, there has also been much east-west movement. The professional organization (ATHENA) now also has members on the west coast who are working with gusto. Our hope is that our work can gain strength there as well as that our whole continent can be enthused for our wonderful profession. We now have 65 full members. We are very happy to receive our official certification from **AnthroMed®** EURYTHMY THERAPY. This fall the trademark will be distributed to our full members. Our newsletter continues to be distributed regularly and we have had excellent feedback from members as well as doctors. This is something that nourishes and strengthens our connections. Last summer we had the second visit by Mareike Kaiser along with the anthroposophic dentist, Claus Haupt. This work in the teeth was greatly appreciated by our members and throughout this year much work was done in translating notes as well as putting that experience into practice with patients. This year, instead of one large conference, we had three smaller, regional ones. One in Sacramento, California, one up in Barrie, Ontario, Canada and the third in Baltimore, Maryland on the east coast. The theme was developmental causes, dealing with primitive reflexes from a therapeutic eurythmy approach for example. Our fruitful collaboration continues with our colleagues in the anthroposophical medical field through AAMTA, our umbrella organization. A conference is planned for March of 2014 in Toronto, Canada, in which we will work on "Healing the wound", the stages of healing common to all of our professions. We've begun this year with on-line courses for professional development and exchange. Our website continues to be perfected to better serve as a source of information and hopefully as a means of professional exchange for our members.

Maria Ebersole

December 2014

There are 77 full members, 38 schools, and 18 associate members (physicians, members abroad, retired members). The association for North America (USA and Canada) is ATHENA. The collaboration with physicians is very individual. Due to the size of this continent, in many regions one can find either an anthroposophical doctor or a therapeutic eurythmist. In some regions where you can find both, there is often times good collaboration. The collaboration amongst other anthroposophical therapists also varies. Often times, anthroposophical arts therapists, eurythmy therapists and Waldorf teachers co-create summer intensives for professional development. In Camphill Villages, all anthroposophical therapists work closely together. In individual practices, this kind of collaboration is more difficult. In 2013, we had three regional conferences in preparation for a national conference in 2014.

The topic was child - development and developmental challenges in our time, differentiated in the following way:

- ATHENA East Coast Regional Workshop with Joye Newman "Understanding Sensory, Visual, and Perceptual Motor Development in Mainstream Language and How It Corresponds to Therapeutic Eurythmy"
- West Coast Regional Conference: "Meeting the Challenge Of Developmental Issues with Therapeutic Eurythmy"
- In Toronto: "Sensory – Motor Development and Integration of Primitive Reflexes in the Child's First Year"

In addition, a small regional online conference was held in the Midwest. In February 2014 the national conference took place in Fair Oaks "Why & How Therapeutic Eurythmy Can be Most Effective. Working with Developmental Processes and Issues of our Time". In conjunction with the Western Waldorf Educators Conference on "Technology and Health" at Rudolf Steiner College, Fair Oaks, CA. Since March 2014, ATHENA has been offering online conferences to different topics. The first online conference was about therapeutic eurythmy in the kindergarten in context of the development of the lower senses. During this conference, it became obvious that it would be interesting to study the senses and how they are related to child development through all the grades.

The following conferences took up this interest:

- In May 2014, we studied the development of the sense of life and the corresponding middle sense, the sense of taste and for the higher senses, the sense of word.
- In September 2014, we continued this work by exploring the sense of movement, sense of sight and the sense of thought, disturbances of these senses and what we can do with eurythmy therapy.
- The last trilogy of senses, the sense of balance, the sense of warmth and the sense of ego will be studied in January 2015.

For the annual conference 2015 we will work on the topic of "Anxiety".

One of the highlights this year was the annual conference in Fair Oaks about child development and the challenges of our time in context of technology and health with Dr. Michaela Gloeckler and Dr. Susan Johnson. The conference took place in Fair Oaks in collaboration with the teacher training and this provided the ground for fruitful conversations and meetings with colleagues.

The culture: The culture in North America is twofold. On the one hand there is the ubiquitous aspect of the commercial and media presence that is known, branded, recognized and labeled over the entire world. This has the quality of sameness, wherever you encounter it. The other aspect is the one of diversity, complexity and cultural layering. Beginning with the original cultural heritage of the Native Americans, very connected to the forces of nature; the European immigrants later brought manifold elements of their cultures of origin to North America. Some held tightly on to these roots and are much more traditional than the folks in the "old country" are today! Others revel in the releasing of the binding traditions and can swim in whatever new cultural/ religious current they choose. Over time, many immigrants from different countries and cultures have colored this continent and in some way everyone has roots somewhere else. This often times leads to friendliness towards strangers and an open mindedness to new ideas, which is unusual and beneficial if one wants to introduce something as unusual as eurythmy therapy.
Maria Ebersole

December 2015

There are 77 eurythmy therapists in this country and 21 associated members of ATHENA (physicians, retired members and members abroad).

We still do not yet have an association in North America. ATHENA is the Association of Therapeutic Eurythmists in North America.

Given the size of this continent and the ratio of anthroposophically trained physicians to eurythmy therapists, it is impossible in some regions to collaborate. Although, in some cases, therapeutic eurythmists and anthroposophic physicians work together even over longer distances through phone or Skype conferences.

In Waldorf schools, and Camphill Villages, there exists the possibility that arts therapists or speech therapists or extra lesson teachers collaborate with eurythmy therapists.

This year, the Annual Eurythmy Therapy Conference with the theme of "How to address Stress and Anxiety with eurythmy therapy" was held in Chicago. The keynote speaker was Dr. Ross Rentea.

Highlights:

The Chicago Conference with 21 participants was definitely a highlight.

There will be an online conference with the theme of "Independent Practice" coming up this autumn.

Andrea Marquardt-Preiss