

Curative Eurythmy

The movement therapy of the Anthroposophical Medicine

Curative Eurythmy is a *movement therapy* which has been in use effectively since over 88 years. Besides its manifold applications in respect of acute, chronic or degenerative illnesses its therapeutic approach can also be used beneficently to strengthen one's vitality and for rehabilitation.

Curative Eurythmy is one of a spectrum of therapies which stem from an anthroposophical augmented medicine, which observes and includes besides the natural-scientific and physiological approach, also the level of the soul, and also the spiritual dimension of the personality.

Thus this discipline speaks equally the consciousness, as to the empathy, as to the will endowed 'Whole Human being'.

Therapeutic Effects

Curative Eurythmy works in a *specific* manner deeply into the function of individual organs and systems, strengthening them, regulating their life and thus giving fresh impulses to the whole organism. The effect can become active even in subconscious regions where the forces of life and one's general vitality are at home. There the eurhythmic movements work to re-enliven the organs' functions and their powers of self-regeneration and healing. The exercises thus bring health and order right into the constitution, into the depths of the physical body.

Therapeutic Approach

Curative Eurythmy gets its impulses from those creative forces which build up our organism. These formative forces show themselves also in language and music. Every vowel and consonant, every tone or interval, indeed, every element of language or music can be translated into movement through their archetypal dynamic gesture.

Every sound and in consequence every eurhythmic movement relates in a specific way to the living processes within our organism. In as much as our state of soul expresses itself outwardly in mimic and gestures, so in reverse, curative eurhythmic movements work from the outside into our innermost being, stimulating rhythmical resonance and shaping and molding our organic processes in a formative and structuring manner.

Therapeutic Process

Curative Eurythmy is individually given in a one to one basis in. Each session lasts for approximately 30minutes, followed by half an hour's quiet rest. Like any medicine, this therapy works through regular repetition, at intervals with the therapist and in between at home.

Curative Eurythmy is used to treat conditions of the nervous system, illnesses of heart and circulation, as well as of the metabolic system or the joints and limbs. As well as being used in general medical practice this therapeutic approach has proved to be very helpful in psychosomatic or psychiatric situations. It is equally valid for adults as it is for adolescents or children.

Curative Eurythmists have gained their diploma in full time education lasting at least

six years in which they have not only learned the medical knowledge as basis for this work, but practiced their perceptive skills and intuitive competence with the help of Eurythmy exercises.

Curative Eurythmy and Scientific Research

Most recent scientific research in Neuro-Physiology (investigations of the function of the brain), in Chrono-Biology (research in bio-rhythms), in Cardiology and other Ares show convincingly the effectiveness of Curative Eurythmy. Extensive investigations into the therapeutic value of Curative Eurythmy have been published by 'Johanneum Research' with the internationally known scientist Prof. Dr. M. Moser, as well as by the German Cardiologist Dr. G. Hidebrandt.

Further, much evidence can be found that new and manifold connections develop in the synapses of the brain through general Eurythmy and special curative eurhythmic movements. This demonstrates that formative processes can be stimulated even within the physiology of the nervous system.

Further advice and publications on Curative Eurythmy or anthroposophical augmented medicine can be found (in German) at:

www.heileurythmie.de

www.berufsverband-heileurythmie.de

www.gesundheitaktiv-heilkunst.de

There is information about general anthroposophical medicine with an English language link at:

www.anthroposophical-medicine.org