

Section for the Performing Arts

World Eurythmy Day

24 September, 2016

Which is the most complex and challenging instrument to tune and to play? It is the instrument that we all share as human beings. The sounding of our instrument may be tuneful or discordant and is affected by many things, including how we respond to our times and our own destiny events.

Integrated with our physical instrument is the etheric body or the life body, giving the possibility for growth and renewal. The etheric formative forces are active in the movements of eurythmy, given by Dr. Rudolf Steiner, and strengthen and support our entire being. Just as eurythmy stimulates the healthy embodiment of etheric forces, allowing the divine world to be active within us, eurythmy also has the potential to heal and to harmonise the environment.

We feel a great need, particularly at this moment in time, to do something healing for the world. In this spirit we would like to encourage the creation of a global eurythmy community for an annual „World Eurythmy Day“.

The intention is that this „World Eurythmy Day“ will begin in the year 2016, and will be celebrated each year on 24 September, the day on which „Eurythmy“ was given its name by Marie Steiner.

How we each contribute to this particular day is entirely our own free choice. We may organize a Eurythmy programme or work with Eurythmy exercises in groups, including for example the „Halleluia“ and „Evoe“. We may also work individually on our own, with the focussed intention of giving an enlivening impulse to the inner self and the outer environment through verses and music. There are many possibilities.

In this way we hope to unite in our effort to bring a healing influence to the environment and to strengthen the etheric forces for the benefit of the earth and future generations.

With best wishes,
Aban Bana and Dilnawaz Bana