



Quality in Life

# Eurythmy Newsletter



## Issue 2, October 2020

# Hi everyone!

I hope you're all still keeping well. I miss seeing you all for Eurythmy every week, but I hope to be seeing some of you for Eurythmy Zoom sessions over the next months.

In the last newsletter I shared the "Star In Us" Exercise that we often end the Eurythmy sessions with. There is also a video of it on the website in the section about Eurythmy. Steven from Mayfield did the Star with Jane who he went for walks with and they sent this lovely picture of Steven having just finished the exercise.



I made some more sound games for this newsletter and there is another exercise that we do a lot, which helps us find peace and inner strength. I hope you enjoy the games and exercises and would love to see your photos or videos of you doing them.

# FIND THE SOUNDS

In this exercise you have to find all 8 words that have the sound "ee" as in "see" in them - remember to listen to the sound of the word and not to look at the way it is spelled. You can draw a line underneath the word when you have found it. If you want to you can write it on the lines underneath.

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bee      lead      friend      head      heart

dream      here      break      earth      be

bear      fire      fear      fare      fair

beak      get      peace      end      well

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# FIND THE RHYMES

In this exercise you have to pair up the words that rhyme. You can do this by drawing a line between them with a coloured pencil or pen. This time it's a little bit harder as the spelling isn't always the same!

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arm

feed

blue

groove

lead

fair

know

calf

break

calm

bear

near

move

mould

here

fake

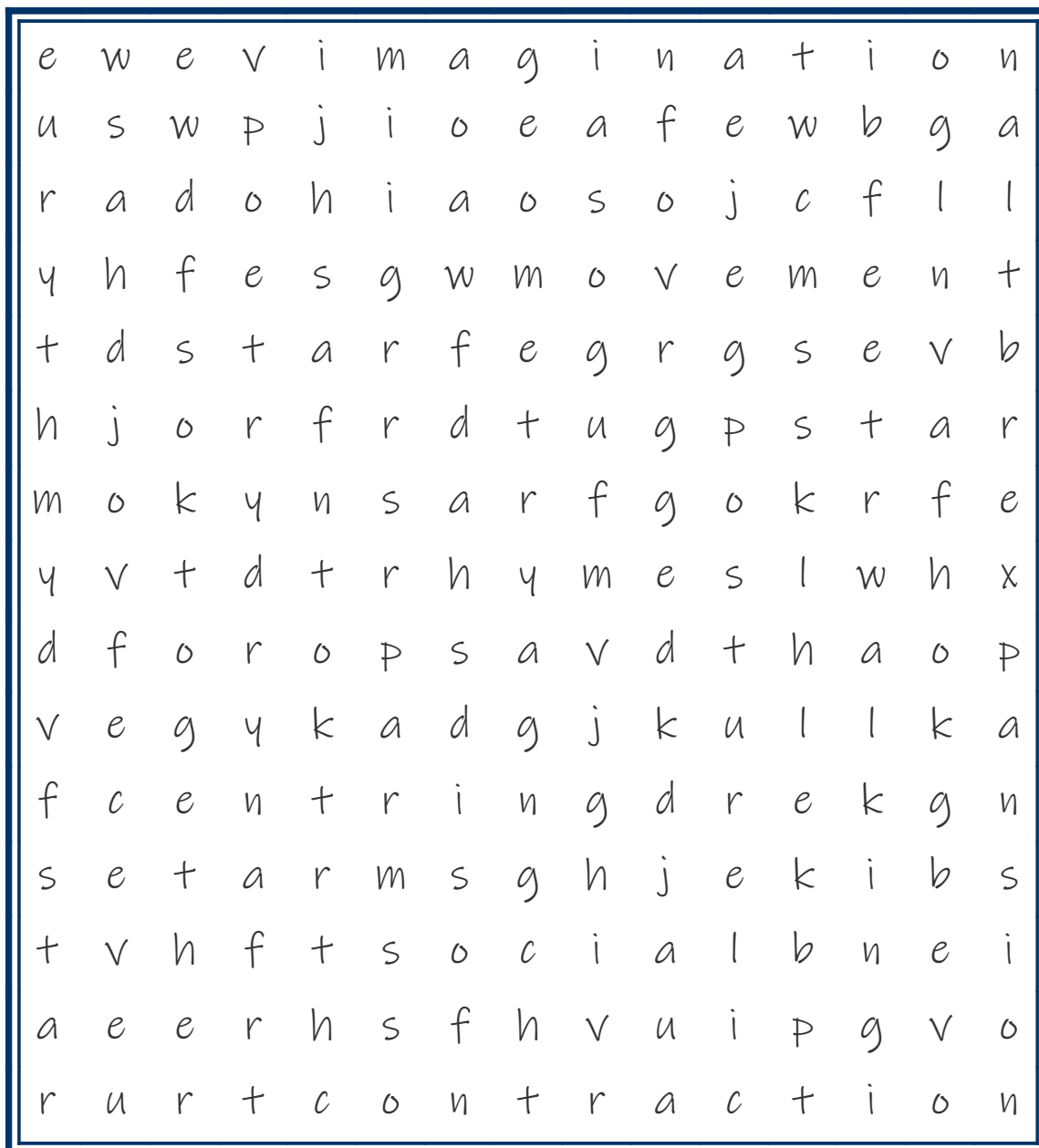
gold

flew

laugh

show

# EURYTHMY WORD SEARCH



## Can you find the following words:

Arms

Centring

Contraction

Eurythmy

Expansion

Feet

Geometry

IAO

Imagination

Movement

Poetry

Posture

Rhymes

Social

Together

Walking

In the last newsletter there was the name of an exercise we often do hidden 3 times. Did you find it? The name of the exercise is **IAO**.

This time there is another word hidden three times, a word which was mentioned a lot in the last newsletter. Can you find all 3 ? If you find them you can ask someone to help you email the answer to me on:

[saraphirqaa-rishi@garvaldedinburgh.org.uk](mailto:saraphirqaa-rishi@garvaldedinburgh.org.uk)

## Eurythmy Exercises

In the last newsletter I wrote about how we start and end the sessions. We start with the "shake, rattle and roll" to release tension and we often end with "The Star in Us". You can still find them both on the Website.



In the sessions we do a lot of different exercises either with the copper rod, copper balls or just with our arms and feet.

Many of you will have done the following exercise with the copper ball that can help us calm down and feel more safe in ourselves.

Here is the verse by Rudolf Steiner that we use:

Quiet I bear within me  
I bear within myself  
Forces to make me strong.  
Now will I be imbued  
With their glowing warmth  
Now will I fill myself  
With my own will's resolve.  
And I will feel the quiet  
Pouring through all my being,  
When by my steadfast striving  
I become strong;  
To find within myself  
The source of strength,  
The strength of inner quiet.

There is a video on the website of me doing the exercise with a copper ball. Most people don't have copper balls at home, but you can use any kind of ball or bean bag you have that fits in your hand or you can even use an apple or an orange instead.

To end, here is a Native American Verse that can help us appreciate what nature brings us:

May the Sun bring you new energy by day,  
May the Moon gently restore you at night,  
May the rain wash away your worries,  
May the breeze blow new strength into your being.  
May you walk gently through the world  
and know its beauty all the days of your life.

*Apache Blessing*

Take care till we see each other again!

**All the best, Saraphir**