

**Tab.1: Indications for body related meditations and verses in neurological illnesses**

\*S = page, no page = number of history..

Exercise	Indication/ therapy aim	year	source*
IAO		?	(4, S.282)
		1904	(4, S.434-435)
		1912	(30, S.18)
	MS	1920	(6, A17)
	For headaches/ Snap the membership together	1921	(5, S.24-28)
1. Rose lights up: left half of the head <i>Your warmth warms me through</i> 2. Rose lights up: right half of the head <i>Your light shines through me</i> 3. Rose lights up: left hand <i>Your vigour streams through me</i> 4. Rose lights up: right hand <i>Your ray strengthens me</i> 5. Rose lights up: left foot <i>I am in your sphere</i>	Migraine		(17, S.186)
'Vigorously picture a bunch of blooming red roses	Migraine		(25/91)
'Through me powerful flow / Flow invigorating, streaming/ Streaming from below upwards / Above in spirit strengthen Strengthen through the source of life / The life source that descends Descends from the sun's rays / Through me'	Migraine		(17, S.187)
'Light around me / May light fill me / May light strengthen me / May light free me / May light anchor me / In myself / I ' German poem said in reverse	Nervousness	1911/ 1912	(17, S.150)
Stand upright with the arms stretched horizontally: <i>I think Speech</i> The feet slightly apart, the hands raised to level of larynx: <i>I speak</i> Feet widespread, hands at the level of the heart: <i>I have spoken</i> Feet even wider, arms raised in a similar angle above: <i>I seek for myself in the Spirit</i> Feet slightly narrower than 3 <sup>rd</sup> position, hands at level of top of the head: <i>I feel myself within myself</i> Feet together, arms vertical: <i>I am on the way to the Spirit, to my Self</i> Stand upright with the arms stretched horizontally: <i>I think Speech</i> The feet slightly apart, the hands raised to level of larynx: <i>I speak</i> Feet widespread, hands at the level of the heart: <i>I have spoken</i> Feet even wider, arms raised in a similar angle above: <i>I seek for myself in the Spirit</i> Feet slightly narrower than 3 <sup>rd</sup> position, hands at level of top of the head: <i>I feel myself within myself</i> Feet together, arms vertical: <i>I am on the way to the Spirit, to my Self</i>	Harmonising the Soul, Eurythmy therapeutic	1912  1924	(30, S.14)  (3, S.247-250)
Feel the left foot: <i>My I carries me</i> Feel the right foot: <i>My I holds me</i> Feel the left hand: <i>My I protects itself</i> Feel the right hand: <i>My I guards itself</i> <i>Carrying force / Holding force / Protection and safeguard / I gather/ from four/ into one/ in my heart</i>	Strengthen vitality	?	(17, S.183) (6/ A24)
Feel in the feet: <i>My strength of life</i>	Sleep disturbance	1906	(26/ A31)
<i>Be, oh, my heart/ you carrier of my soul/ Be a shelter for my divine being / Which as a Guide lives by me / Spreading Light / Bringing Warmth/ Through Time and Eternity</i>	Exhaustion, Headaches Sleeplessness	1924	(27/ 9)
<i>I feel weight in my right arm</i> <i>I feel weight in my left arm</i> <i>I feel weight in my right leg</i> <i>I feel weight in my left leg</i> <i>I feel weight in my whole body</i>	Exhaustion	1922	(27/ 31)
<i>My weakness flows into the Earth, my strength rises up</i>	Exhaustion,	1923	(27/ 32)

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My right leg says: 'You are' / My left leg says: 'I am' / My right temple says: 'your Spirit guides you' / My left arm says: 'Be strong' / My right arm says: 'I will' / My left temple says: 'Your Spirit will strengthen you' / So I anchor myself. <i>'Greenish blue/ The blue / Rose / The red / they exchange / In the cosmic word / Fire /and Water'</i>	Difficulties to sleep, Anxiety, Heart/circulatory irregularities.		(25/ 89)
Imagine a posy of roses	Sleeplessness		(25/ 90)
<i>'I feel in my head/Warm power of Love / I feel in my heart / Radiant power of thought / The warm power of love / unites with the radiant power of thought / This strengthens my hands / In human deeds for the Good / I feel myself.'</i>	Poor stamina Nervousness		(27/ 102)
One imagines being surrounded by a blue aura. Then meditate: <i>The outer layer of my aura condenses. / it surrounds me with an impenetrable cup/ no unclean, impure thoughts or feelings can enter it./ It is open solely to divine wisdom.</i> Other version: One imagines being clothed in a blue Mary- Cloak speckled with golden stars: <i>The outer layer of my aura condenses. / It surrounds me like an impenetrable wall/ against all outer influences and thoughts. / It is open only to divine wisdom.</i>	Protection (Hilma Walter: coming to terms with shocking experiences)	1909	(17, S.37) (6/A8 und A8a)
Lips pressed together imagining a stream from the heart going up and down: <i>'I will develop all my might'</i>	Anxiousness bloatedness		(25/ 118)
Live into an imagination of becoming hot: <i>'I am all hot'</i>	Anxiety Sclerosis of the liver		(26/93)
Repeatedly read a book like Theosophy to strengthen the will: work selflessly.	(Much anxiety as a child) Shaking by the least upset.		(27/ 137)
<i>'The Spirits of the Sun give me/ Power for my arms. Strength for my legs / Thinking for my head'</i> (evening) In the morning repeat but reverse sequence.	whistling in the head, anxiety felt in the stomach.		(27/ 153)
<i>'I tense my feet'</i>	Anxiety, dizziness		(26/ 84)
<i>„My eyes begin to ray/ Like the sun/ I feel the sun/ I feel the sun in my head“ (morgens)</i> <i>„I send/ In my feet/A stronger stream of power/Of my deepest of my heart/ And I feel so/That I am strong“ (abends)</i> ruhig bleiben, mit einem Ruck aufstehen <i>“My I in/ My eyes is awakened”</i>	Anxiety Weakness of the eyes	1924	(27/ 122)
Listen to the tinnitus noise / listen to ever louder bells ringing in the imagination and think: <i>'I am strong'</i>	Tinnitus, Eczema, Shingles	1923	(27/ 27)
Transform a passive listening to the tinnitus noise into an active mental picture	Tinnitus	1924	(25/ 44)
Press the legs firmly together and pull in the I	Depression		(26/ 41)
Hold the head morning and evening saying: <i>'I have got me'</i>	Depression	?	(6/A19)
Left eye: <i>'Into me the world breath brings strength'</i> Imagine an inbreath, then an outbreath. Right eye: <i>'From me flows strength of human breath. World breath and human breath ; the pulse of God.</i>		?	(17, S.178)
<i>'Imagine a stream form the left ear to the right hand, to the left ear, to the right foot, to the left ear'. Simultaneously stroke the right hand till it softens.</i>	Neurological seizures, Spasms in the right arm and hand.		(27/ 74)
<i>'I am.... [first name]. hold this thought between the shoulder blades. The head would not cope with it.</i>	Memory problems	1923	(27/ 13)
<i>'I hold on to me' Energetically move the fists downwards one after the other</i>	Acute confusion		(26/ 34)
<i>'From out of worldwide spaces/ Wise working Spirit power descends / Longingly I seek it / In my souls speaking / And carry, guide and hold / Myself through it.</i>	For pains in feet and hands amongst other things		(27/ 150)
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<i>'In my heart I find strength / In my head I find sense / Mindful of this/ I can consolidate myself. / In all my limbs / This I do, do it withal my might'</i> Also: imagine a blue surface with three white dots. Turn the dots rose coloured then back to white.	Spastic hemiplegia	1921	(26/ 102)
<i>'My eye is I, My foot is I'</i>	Polio, lamed legs	1922	(23/ 1)
<ol style="list-style-type: none"> <li>1. I will inhabit and use my whole Gestalt</li> <li>2. I will carry the sun within me</li> <li>3. I will sleep a healthy sleep</li> <li>4. I will use my eyes</li> <li>5. I will use my ears</li> <li>6. Then I have myself</li> <li>7. Then I cannot lose my I</li> </ol>	Epilepsy	1919	(26/ 104a)
<i>'My soul is in light: Sun / I take hold of my power of soul: Venus / I take hold of my heart – My spirit power: Jupiter / I take hold of all of me. My divine aim: Saturn'</i>			
In the morning: read the prologue of St John's gospel			
<i>'I see a white wall / On it I write: 'I am'/ I step onto a blue surface / right foot: 'I press the surface' / left foot: 'the surface carries me' / I am surrounded by the reddish yellow firmament: the Firmament surrounds and warms me (Morning)</i>	MS	1920	(6/ A17) (siehe auch oben IAO)
<i>'The wisdom of God orders the world/ It orders me too / I will breathe in it. / The love of God warms the world / My heart too it warms / I will breathe in it. / The power of God carries the world / My body too it carries. / I will think in it (midday)</i>			
<i>'Darkness falls / My soul enters the dark / My soul sill shine in the dark. Shine with the wisdom, strength / and goodness of God it holds. / Wisdom, strength and goodness / grow in the soul in the dark / Through this my soul / enlivened, begins to shine / Through head, heart and limbs.'</i> (evening)			
He asked her to stand with the legs apart and the arms raised in this way....A stream like an electric current should be felt from right fingertips to the left and equally from the left to the right foot. <i>Light streams up, weight bears down</i>	harmonising	1912	(29, S.71)
Steadfast I place myself in existence	Principle of the 5-pointed star = vitalising (strengthening the etheric body)	1907	(4, S.217ff)
Concentration on a single point.. ... between and behind the eyes : <i>'I am'</i> ... In the larynx, precisely behind the raised part: <i>'it thinks'</i> ... crossing the right arm over the left: <i>'she feels'</i> ... on the entire surface of the body: <i>'He will'</i>		1905-1906	(4, S.101ff) (29, S.36-47)
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.	Heart meditation	?	(17, S.179)
<i>The power lives – head / my soul – heart / in quiet – lunge / In me – whole body/ And leads – Hands / My being – hovering / To safety – guardian angel</i>		1915	(17, S.65)