

<b>Tab.3 Medical histories of neurological diseases: diagnosis, eurythmy therapy and meditation</b>			
<b>Diagnosis</b>	<b>Eurythmy Therapy</b>	<b>Meditation</b>	<b>Source</b>
Neurological and muscular Pain. Headache, Hay fever	TSRMA		(27, case 167)
Pains of uncertain origins. Habitual pain, “... tendency to degenerative changes in the nerves”		I take my pain from the left side(knee) I take my pain from the right side (knee) I carry them upwards Transform them in my heart My centre becomes strong <i>(A 2<sup>nd</sup> slightly different version in the handwriting of the patient exists as well)</i>	(23, C15).(6, C-15)
Weak incarnation process	ZSShUI		(25,C149)
Disturbed incarnation process	Exercises for ‘not being able to walk (I)		(42b, p178)
MS	LRST**, slow (ask to be shown the therapeutic version of the consonants.. do them very slowly)	“... inwardly perform LRST as a meditation until you could move them outwardly..” “... also try to make the whole body warm through meditation. Feel the warmth in the limbs and via the limbs spread it through the whole body.”	(28, C128) (6, DG128)
MS	Eurythmy therapy	I shall throw my breath In the left nose Then I shall throw my breath In the right nose And in both breaths – feeling -thinking I am (morning and evening x7){given in English}	(27, C15)
Chronic fatigue, sleeplessness	LI MA RU	I sink into myself I take heart power And send it to my hands I take heart power And send it to my feet	(24, C44) (6, CII-44)
Severe emotional depression with anxiety	LMNR	Evening: read the first 13 verses of the St John’s gospel Morning: let the verses “pass through the soul”	(28, C7) (26, C40)
Deep depression, anxiety, tiredness, constipation, headaches	K, R, E eurythmic laughter		(26, C92)
Dizziness, tinnitus, anxiety	IAO, LMS		(26, C45)
Anxiety, dizziness, profound tiredness	Consonants with the feet		(26, C90)
Over intellectualism and anorexia	LMSR		(26, C32)
restlessness	LUOKM		(26, C7)
Muscular dystrophy	Rx3, Mx1, B gesture interrupted before completion		(28, C131)

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Hereditary progressive muscle waste	Indication: LRTP, PTLR was practiced with the feeling: In my heart there is a root, from it grows two trunks right through my legs. Then walk for 5 min picturing the stability given by the two trunks. Bend the left leg at a right angle, stand for 1 ½ minutes: 'In my left leg is the power of my whole body' Same on the right: 'In my right leg is the power of my whole body' Stand on both legs with knees bent 1 ½ min: 'In the two legs is the power of my head' Repeat pose: 'In my two legs is the power of my heart.' (repeat 3-4 times a day)	Powerful streams Fire From my head Through my breast Through my arms Through my legs And strengthen me (10 min)  Above: red Middle: bluish red Below: blue The red warms The blue cools  Inwardly hear: prime, minor third, fifth three times each, whole sequence 7 times.	(27, C52) (17, p.165)
Hysteric paralysis	Consonants done in the imagination		(26, C58)
Viral paralysis	LRTP in the arms		(23, C7)
Little's disease, cerebral palsy	3-fold walking for- and backwards, UOI as big vowel exercises		(28, C109) (26, C27)
Brain damage	Eurythmy therapy		(42b, p. 178)
Polio	Consonants, observe a tree when doing B. when working with the lamed limb: My eye is I', 'My foot is I'	Imagine a rod in the limbs (instead of a splint) Verse: Who lets the plants bloom? / That is the wisdom of God. / Who lets humans live? / That is God's love. / Who lets the sun rise? / That is God's power. / Who lets the clouds travel? / That is God's will. / And so live in me / In the depth of my heart:/ God's wisdom God's love/ God's power/ God's will/ That I become wise/ loving/ strong/good.	(23, C3) (6, Cl-3)
Polio	SRLM with the hands		(23, C4)
Post meningitis, developmental regression	Eurythmy therapy (vowels)		(26, C25)
Developmental disturbance caused by brain damage at birth	E, iambic and trochaic measure		(42b, p.150-151)

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Epilepsy	Big I + E, vowels		(26,C 109)
Epilepsy, constipation	A in the legs and knees whilst jumping. 'bring the legs together as you jump upwards'		(26, C109)
Epilepsy	Rx3, Mx1, B gesture interrupted before completion		(26, C 110)
Epilepsy	Eurythmy therapy, vowels		(26, C 115)
Epilepsy	Vowels in feet and legs		(26, C 117)
Epilepsy	Eurythmy therapy		(26, C100)
Epilepsy	Stepping forwards bend the leg and stretch it swiftly	I sit I stand I make three steps I stand firm on my left foot With my left leg I stand firm on my right foot With my right leg I lean against the column My heart is strong and agile	(26, C 51) (23, C 5)
Spastic paralysis, Epilepsy	SMA LMI TMU		(26, C98)
Epilepsy, poor digestion	IAU (legs) LMR (arms)		(28, 75)