



## Color Movement Meditation in cardiac arrhythmias associated with sleep disorders and anxiety: A 70-year-old female treated with Eurythmy Therapy

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### Question

Eurythmy Therapy (EYT) is widely understood as a Mind-Body Intervention with positive effects on cardiac function and anxiety. Certain exercises are usually applied, such as IOA-LMS, LI MA RU, A-Adoration, Love-E. IAO is understood to harmonize the whole human organism and functions as an opening exercise. Primarily IAO was given by Rudolf Steiner as a meditation in 1904 connecting a breathing and an “I am” component and became the first Eurythmy exercise in 1912. Steiner suggested a special version of IAO associated to color and affiliated with a breathing exercise for a multiple sclerosis patient in 1920. Color as a quality is self-understood and is reported to have a therapeutic effect. So is meditation and movement. **What therapeutic impact has Color-IAO at all and also in other symptoms?**

### Method

A female of 70 underwent 12 individual sessions in Eurythmy therapy from May to August 2020 documented with EDET. Color-IAO with the affiliated breathing exercise opened each session. It was carried out slowly in a meditative atmosphere. The patient chose Color-IAO to be practiced every day at home amongst other exercises done irregularly.

### Results

The patient's movement qualities (MQ) improved in tempo, rhythm, flow, balance and mental presence with an average (BX) improving from 2,3 to 1,3. The patient's reported quality of life-factors improved from 3,57 to 6,8 points. She described EYT as pleasant and soothing. “It relaxes the heart also by the beautiful accompanying texts.” Unlike the beginning she relaxed and released increasingly, showed a more solid connection to the ground and lost the tendency to fall back when standing upright.

### Conclusion

The unity of quality in color, meditative atmosphere and self-activating movement in Color-IAO appears to have a therapeutic effect supported by patient's everyday practice. The easy access to color quality might be an obvious bridge to movement qualities. As this is a single case more reports are needed showing the use of Color-IAO in various symptoms and defining more precisely patients' descriptions of their impression with this exercise.

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**What are your experiences with Color-IAO?**

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