

PHILOSOPHICAL TOOLS IN SELF/EDUCATION TO WELLNES

Miluše KUBÍČKOVÁ

Abstract

Studies field „Wellness specialist“ can be effective if it is founded on a philosophical bases corresponding with proper tools. Such suitable basis could be the anthroposophical conception of man, dealing with physical body as well as with other hidden components and parts as vitality, soul and spiritual core – Self, entelechies, genius, arches, etc. Anthroposophy, established at the beginning of 20th century by Dr. Rudolf Steiner, reminds Greek words: Anthropos (man) and Sophia (wisdom). Choosing of the anthroposophical science about man as the basis of this study and presentation of several corresponding kinetic methods as a possible inspiration university field of wellness specialisation was not accidental. It relates to the global recovery recollection of significant European person Rudolf Steiner, whose multifaceted link continues to evolve in favour of human progress. Also, this paper should be an act of recognition to Rudolf Steiner, to the great master of spirit.

Keywords

Humanity, love, teaching, education wellness

1 INTRODUCTION

In 2000 WHO declared the definition of the term “Wellness” in this form: “Wellness is the optimal state of health of individuals and groups. There are two focal concerns: the realisation of the fullest potential of an individual physically, psychologically, socially, spiritually and economically, and the fulfilment of one’s role in the family, community, place of worship, workplace and other settings.” (World Health Organisation 2000).

The management of the new academic discipline would be sufficiently effective in the way of life style. It should be based on philosophical basis corresponding with humanistic pedagogy and psychology. In this sense, it is advisable to adopt the

concept of man in the spirit of anthroposophy, which takes into account not only the visible physical body, but also other hidden folder. These include etheric body “able to have feelings”, mental and spiritual core - Self. Human folder once called entelechies, genius, and arches. Wellness specialist should prove to act on all the essential ingredients especially their wards so that they can identify, understand, respect and love as full human beings in their entirety and life transformations. How Goethe said: "One does not know what it does not love".

Anthroposophy was developed at the turn of the 19th and 20th century by the scientist and insider - Rudolf Steiner. He became the creator of science in a deeper and broader sense, because, like naturalist reveals the laws of the visible world,

precisely examined the laws of the spiritual world. Anthroposophy is a challenge that every individual aspired to become be right man in the microcosm and in the macrocosm, and that has a chance during the lifetime through education and especially through self-education.

2 AIMS

The aim of presented paper is to analyse observation of life in its broadest sense, which is confirmed by numerous anthroposophy initiatives affecting both - education and medicine, including aspects of art, religion, agriculture and other branches of human activity.

3 RESEARCH QUESTIONS

In the aim context we select and given next questions:

- Can focus of anthroposophy offer for wellness some practical suggestions, for example in the form of motion exercises?
- Are such tools suitable for teaching purposes in education to wellness life style?

4 ANALYSE AND DISCUSSION

For the creation of body and mind balance, and for spiritual building we can use fruitfully the concept of “salutogenesis” (salus = health, salvation) in contrast with “pathogenesis” characterizing for conventional medicine. This takes place on the unconscious, physiological and immunological level, while the anthroposophical path in the spirit assumes

“salutogenetical” conscious mentally, spiritually highly active work. It is supported by the idea that recovery it is not only important for each person, but is a prerequisite to foster development of individual Health also of Health of others. So great is our impact on the quality of life for people and nature!

From the survey of Salutogenesis we can conclude, that there is no health without development and no development without effort. However, it will bear fruit only if it is based on finding of the key to initiation into real secrets of life and their own existence, as it allows anthroposophical method of cognition. After that, all, what we do, receives its meaning.

Just on the question of the meaning (sense) collapses the materialistic view on man and his health. Anthroposophy is not a theory, but a way to practicing, to serving to health life. The concept offers appropriate exercises, physical and mental, that can be an inspiration also for health education and quality of life generally. Their advantage is that they appeal to all articles of human beings, both visible and invisible, which is manifested through the visible bodies: the spiritual core – me in blood with heart, soul in nerves and in brain and body reviving through the glandular system.

4.1 Anthroposophical impulses for education to wellness style

The universally efficient of the physical-mental-spiritual exercises include first and foremost the system of “eurhythmy”. In 1912 this new art of movement created Rudolf Steiner during observing of natural and cosmic events. Basically eurhythmic movement express regularity of life as a visible speech. Our ancestors that beautiful

= eu - rhythmic movement in all living still perceived. Steiner recalls in this context the same designation as mother milk internally forming a physical body, and mother tongue, forming the etheric body, revitalizing.

It is interesting that even the founder of the modern Olympic Games, Pierre de Coubertin used the word "eurhythmics" when he talked about returning to immemorial base of movement, to the ancient "eurhythmics".

Steiner's eurhythmics has not much common with sport; but it can be considered a sequel musculoskeletal art of antiquity.

Unlike Greek athletes who have etheric forces animated unconsciously, anthroposophical eurhythmics is waking them purposefully, intentionally. Eurhythmics is divided on the tone and spelling part. Understanding of the nature of sounds allows their specific use in various types of eurhythmics: artistic, educational and therapeutic. While vowels reflect the inner state of a person, consonants describe something external. From the anthroposophy going out kinetic art is constantly evolving, the latest form of that is for example "social eurhythmics", supportive relationships and interaction. Eurhythmic motion exercises are carried out in a circle and in the whole area, which are formed into various forms. They are used in particular gestures of hands and arms, which "speaks" of the soul of man. Then head movements are an expression of the spirit applicable to the cosmos. Legs are adapted to the earth. It is essential that all physical gestures are accompanied by mental experience and reinforce especially etheric forces - the wearer of freshness, good immunities, and of course of health. At the same effect on mental, spiritual component will strengthen.

Especially in eurhythmics teaching should be made such gestures, which with

the help of body contribute to the improvement of moral cultivation of harmonised relations. They also lead to the development of thinking, feeling and willing. In the artistic eurhythmics emphasis is given on colour, so coloured veils are used. Individual voices have their own specific colour and strength.

"Really, you should keep in mind," says Rudolf Steiner, "learning eurhythmics necessarily mean a genuine transformation of the human body, the whole body should actually become the soul. In the area of the pedagogical work, of art, and also in therapeutic eurhythmics, the movements should be characterized by grace and charm. If will be eurhythmic principles in pedagogy accept with grace, pupils universally will grow in their emotional experience. In therapeutic eurhythmics will have some from grace at least listen, because if everything in the therapeutic eurhythmics - and in every type of eurhythmics - is not provided with grace, cannot contribute to the health, but the rigidity to etheric article, reviving a man".

4.2 Anthroposophical oriented system of PE - suggestions for education to wellness

The science of speech sounds is also the basis of Chirophonetics, the latest anthroposophical healing method that could also become an inspiration for health education. This method developed a speech therapist, physician, anthroposoph Alfred Bauer. It is basically a synergy of the hands (in Greek "cheires") and voice (in Greek "fone"). Consonants are not only pronounced, but they are transferred to the back of patient by hands. Each sound has its shapes similar ways through which air flows, as it is in the case of mouth

articulation. For a child with a speech disability are suggestions that should imitate not enough strong and need to be strengthened. Therefore, sound and touch stimuli are used. It is mainly used in medical education, in behavioural disorders, in case of epilepsy, autism, etc. Like supplement are used other exercises, especially practicing of fine and gross motor skills, music therapy, etc. Treatment is always individual, and although it may take a long time, almost always brings positive result. In the Czech Republic is possible to visit a centre of the chirophonetics in Bělohrad.

Valuable inspiration for health education may be also another method called "Bothmer gymnastics". Ten years after the discovery of eurhythmy, in 1922 at the Waldorf School in Stuttgart it was laid foundation to this modern gymnastic education named according its discoverer Fritz Bothmer. His original pedagogical-hygienic movement method creates sports disciplined body. This opens the way for future human development. Every exercise is manifested in the qualities of space: depth, height, width, distance, heaviness and lightness, internal and external, e.g. of crash and settlement reappears the relationship between the Self and the physical body, there is a miracle rejuvenation, when the body motion can again become a motive of joy of movement and a cheerful mind.

Who practices it longer time feels like experienced of Greek pentathlon transformed for nowadays man. Bothmer gymnastics is a proof, that anthroposophy offers not only methods for development of the spiritual component, but always for the health of the physical body.

The inspiration for education to wellness may also be issued book in Czech "Physical Exercise and Consciousness

Development" drawn by physical education teacher Rudolf Kischnick. This book translated by the anthroposoph Zdenek Josifek presents a fount of practical ideas for physical education, particularly in the first three stages of age, the first, second and third seven, when at twenty-one years is maturing. Rudolf Kischnick refers to old forms of movement, which man always expressed the relationship to space. The remains of that could be found in form primary instincts as a trace in movement of the child in free play up to 7 years, in controlled exercise in 14 years and finally to 21 years in work based on the will. Only in the fourth seven-year time comes time and space for any creative activity. The main benefits of the Kischnick concept as a potential inspiration for wellness education are not only numerous exercises to control the Space Forces in different age stages, but especially the discovery of a direct link of physical education and moral development of human beings. To that the author says: "Many physical exercises we understand only when we see them from a moral point of view. Morality is closely related with higher knowledge and the facts of transcendental world. If we observe both - physical activity and mental - spiritual acts, we can gradually achieve self-sense of physical exercise". No wonder that Kischnick is critical - sometimes too much - to sports, that promote aggression, egocentrism and one-side performance. In this spirit carries particular chapter "About sensory- moral influence of sport exercises." Author understands Sport as an important educational determinant only if it contributes to the general and complex development of personality, especially at the stage of adolescence.

In this anthroposophical oriented system of physical education, Rudolf Kischnick also reflected experience of antiquity and creatively transformed them for needs of nowadays children and youth. Without a doubt, it presents very valuable source of stimuli not only for physical education.

5 CONCLUSIONS

It has never been so relevant to think about therapy of sick social relationships, such as today. What really disturbs this harmony? It's wrong arrangement of the social organism, or the willingness of people spiritually and morally to develop? The cause is neither the one nor the second, but only their mutual unmatched. To relate moral-spiritual and social issues in own way tried a founder of coherent vision of the world - anthroposophy - Rudolf Steiner, hundred years ago. Based on observations of life in the community knew it causing misconceptions about spirituality and its relationship to daily life. To build a bridge between the inner and the practical life people are not yet capable of: "If fails to build this bridge, then man forfeited both in the moral life, and in social thinking into mere ravings, remote true reality. It will then backfire and ethical life turns into a living lie, but a person does not realize it. "

Without the acquisition of social thought or reinforce interest in common things fall flat even the noblest efforts to help to others and live in harmony with them. He recognized that selfish motive to work, which, moreover, become a commodity, is a serious obstacle of solidarity in man's relation to man. If to restore the harmony in interpersonal relationships, must be selfish driving force replaced of the social

understanding, however, on condition that the old order cannot be maintained or disposed of violence. It is necessary, therefore, in social relations apply brotherhood. "Who spiritually researches, knows that knowledge is the noblest fruits becomes a brotherhood".

The anthroposophical view is that good is found in the balance between two polar influences on world and human evolution. Each human being has the task to find a balance between these opposing influences, and each is helped in this task by the mediation of Humanity. Educational work based on Steiner's general theory about man can use not only physical exercises, as have been mentioned, but also suitable exercise for soul and spirit, e.g. six accompanying exercises, meditative verses and maxims, even special meditations for the individual wearer of different anthroposophy forms of treatment.

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7 CONTACTS

Assoc. Prof. PhDr. Miluše Kubíčková, PhD.
Prague
E-mail: milusekubickova@seznam.cz