

Allergy

SPECIALIZATION

SPECIFIC APPROACH

APPROACH

To support the formation of boundaries, enliven the interplay between the airy and watery element. Promote ego/I activity and self-expression, invigorate breathing.

POSSIBLE INTERVENTIONS

Sculpture & Form-Drawing



Experiencing resistance and boundaries through the sculpting material. Working with clear or geometric shapes. Finding a balance between concave and convex shapes in the emerging form.

Geometric shapes, platonic solids. Build up a relief-like, flat surface, grow the center/middle area. Modelling free forms and finding balance there between concave and convex shapes.

Painting & Drawing



Enabling form, by focussing on drawing and/or shaping both center and periphery. Experiencing the centre and surrounding boundary.

Drawing lines and geometric shapes, experiencing perspective. Layering technique with green-blue shades. Support and sense of outer containment through building up forms with blue hues. Mapping inner soul spaces. Exercises with charcoal.

Music & Singing



Practising rounds/perpetual canons, holding opposing rhythms and experiencing one's own voice. Experiencing a sense of protection, feeling enveloped by an outer shield.

Active music-making and/or singing perpetual canons/rounds, singing in two voices, rhythmic work, tapping with hands/feet on instruments. Bodily experience of one's own outer boundary through sound and interval perception.

Speech & Drama



Strong, structured speech, "grounding" and the ability to differentiate/assert oneself (yes-no), self-efficacy; strengthening rhythmic coordination.

Breathing exercises with melodic consonants such as M and N and vocal exercises with E. Communication gestures to form boundaries and promote self-expression. Verse meditations to strengthen the self, self-assertion.