

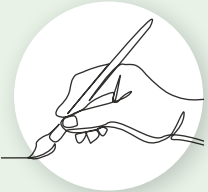
Cardiac arrhythmia

Reorganisation and integration of rhythmic processes in the interplay of life forces and soul space.



The alternation between rhythmic expansion, taking shape and coming to rest. Observing the laws of nature.

Expanding and centring on the clay board.
Working in relief, the main theme in which is formed erectness, lightness and heaviness in balance.
Drawing shapes, also together in pairs.



Practising the relationship between the nervous-sensory system and the metabolic-limb system in their encounter to create space.
To constantly recreate the centre of the rhythmic system.

Encourage charcoal exercises, simple drawing, and perception exercises of objects from nature or everyday life. Depending on the situation, work with shades of blue to raise awareness and calm the mind. Avoid red and paint with blue, green, orange or burnt sienna.
Allow colour encounters to develop through breathing.



Encouraging the oscillating process between experience and self-perception, harmonising the self and the world.

Work in the area of different harmonies (drone lyres) as well as with the rhythm cretic (long - short - long) and others. Copper tubular bells and movement exercises with the body.



Promotion and reorganisation of rhythmic processes, especially pulse and breath. Integration into larger rhythms.
Listening to your own intention: "Listening to your own heart".

Rhythmic work with falling metres, especially hexameters/distichs, breathing exercises to widen and deepen, work with the syllable AUM, vowel exercises (O, A and U), heart and breathing meditations, poetry about the seasons, day and night, sleeping and waking, rest and activity, etc.