

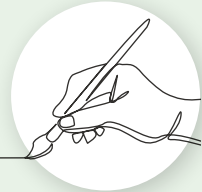
Crohn's disease

Promoting social integration. Stimulating the dynamic of life forces and fostering insight into the illness.
Creating space for the soul to be.



Caution is advised in periods of active and acute inflammation.
Create warmth and protection

Small amounts of material. Guide through a series of shape transformation with a specific goal.
Using small lumps of clay in the palm of the hand to create bowls that vary between themselves.
Drawing self-contained shapes.



Encourage and guide the activity of light forces. Allow colours to move within the soul and vital energy to flow freely.
Move with colours in the soul and allow the life forces to flow freely.

Use dynamic drawing to get moving and warm up inside.
Balance with sap green, green is in the centre. Stimulate movement with shades of red.
Boldly create bright, unfathomable vermilion as a harbinger of change, with light turquoise and light, breathing violet as a background.



Self-expression and showing/"living out" of emotions and then create a new sense of order. Create mental space for something new.

Improvisation can provide the basis for expressing one's own emotions. The choice of instruments creates a connection with one's own self. Experience a new space through listening exercises and search for new sounds that can be in harmony with both, the world and oneself. Encourage moments of silence.



Transforming emotions into personal expressions and promoting insight into illness.

Work with communication gestures involving movement and rest. Role play. Interplay of consonants and vowels as in the exercise "Ketzer-U" by D. von Bonin with subsequent resonance.