

Endometriosis

SPECIALIZATION

SPECIFIC APPROACH

APPROACH

Support creative formative forces in the reproductive organs.
Deepen and balance the breathing in the rhythmic system.

POSSIBLE INTERVENTIONS

Sculpture &
Form-Drawing

Strengthen and warm up the metabolism.
Reduce and relax the forces of consciousness in the metabolism.
Stimulate and strengthen the principles of life forces.

Knead the clay in waves on the board or board on the floor, let the clay fall onto it and listen.
Build a dome with both hands. Form large clay bowls in your lap. Shape bowls blindly.
Draw large shapes on the wall, focusing the work at pelvis height.

Painting & Drawing



Direct the light impulse into the metabolism and organise the creative forces.
Stimulate the balance between form and substance.

Apply the colours of the all-sustaining and penetrating warmth in pure magenta or carmine and bring them into the flow. The light-filled orange, yellow and yellow-green colours form the bridge to the space-creating blue colours. Alternate the colours of the sentient soul from magenta to yellow and the colours of the intellectual soul from yellow-green to turquoise.

Music & Singing



Guide the light forces into the metabolic area, practise warmth and creativity in the world of thought. Breathing is central.

Breathing exercises and vocal therapy for a good connection to your own body.
Specific music therapy for the organs of reproduction and rhythm work in the metabolism, e.g. with a xylophone and improvisation of melodies.

Speech & Drama



Reduction of top-heaviness. Anchoring and experience of a comfortable centre of gravity, stimulation and shaping of the metabolic pole, promotion of individuation.

Consonant exercises with the root of the breath (lower abdominal wall).
Speech and movement exercises with the pelvis and feet. Communication gestures. Subtle poetry.