

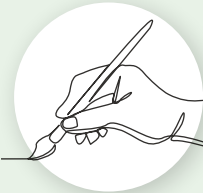
Exhaustion / Fatigue

Centre the nervous-sensory system, free the life forces.
Make it easier to feel.



Calm the centre and from there work upwards into lightness and downwards into heaviness.

Connect the impressions in the clay on the clay board and join them together to form a bowl.
Note the inside design of the bowl. Rhythmically contract and expand a ball.
Observe the threefold aspect of the shapes. Form drawing with strong dynamic forms.



Create simple colour exercises and say "yes" to what becomes possible as a result. Consciously lead your life without excessive degrading forces.

First form a soul skin with enveloping blue colour qualities. Nourish and revitalise the nervous system with magenta or light pink. Stimulate thinking, feeling and willing in a balancing way. Paint light, warming and space-creating, using large colour movements without strong formal elements.



Engage the forces of consciousness so that the forces of life can unfold.
Leading into the here and now.

Accompany songs and breathing melodies with drone lyres. Lead into a rhythmic, swinging musical movement. Exercises with the copper ball in your hands to centre yourself well.
Shape a "blossom": Ni-ing.



Strengthening the organising ego forces through concise brief interventions.
Enabling spaces for activity and rest. Energising the will centre.

Short and small sculpted articulation exercises, e.g. with S or the sound sequence R-L-M.
Cultivation of rest. Avoiding tiring conversations. Sounding vowel exercises.
Rhythmic work with hexameter, if necessary, hexameter body swabs receptively.
Breathing meditations. Activation e.g. with G and H.