

Fears

Creating clarity, stability, and order via the nervous-sensory system.
Regulating the relationship between self and the environment.



Finding the centre between periphery/lightness and heaviness.
Train your thinking by looking at nature/pictures.

Clear forms, e.g. Platonic solids, transform them into polar forms. Modelling sculptures with soul gestures and transforming them.



Interrupt the flow of thoughts with devotion to the world, look at the world in amazement again.

Drawing nature without judgement, i.e. perceiving it objectively, e.g. following the annual cycle of a plant. Putting on a cloak of soulful warmth in cobalt blue as radiance of the soul and creating protection for the frightened soul. Welcome people, nourish them with red to yellow tones and counter feelings of fear with enthusiasm.



Strengthen self-awareness and self-esteem through small, clear, and concise exercises. Enveloping and warming.

Exercises e.g. with xylophones (will). Playing and replaying, free musical dialogue and rounds. Receptive music therapy, e.g. with the alto lyre.



Strengthen autonomy and self-esteem through centring in the nervous-sensory system, demarcation, and grounding. Voice experience. "Exposing fears".

Exercises with grounding consonants and with the sounds L N D T, work with communication gestures (especially antipathic gestures), vocal exercises with the vowels E and U, breathing exercises to regulate breathing (deepening and widening). Promoting erectness with I.