

Hyper-sensitivity

Find an inner centre and shape it as an anchor point.
Strengthen the life forces through meaningful mental activity.



In grasping the clay, bind the life forces to the physical body.
Soften the form forces and strengthen the life forces.

Reach forcefully into the clay with your hands. Slowly steady your hands.
Smooth over the surface. Work into a relief. Create Platonic solids from a sphere.
Draw shapes with self-contained forms. Mix angular and round shapes.



Strengthen the connection to reality.
Penetrate, feel, and rediscover the solid, watery, airy, and fiery
in the environment using various means.

Working with the hands. What is hidden in the sense of self is revealed in the sense of touch.
Create with charcoal, pastels or, depending on the situation, with watercolours.
Draw everyday objects with light and shadow.



Train discernment skills, promote warmth and self-expression.

Singing therapy exercises and work with instruments that provide envelopment and warmth:
Chrotta, gong, sound harp, TAO lyre / body tambura.



Promotion of ego strength and demarcation (ability to differentiate
between ego and the world) as well as meaningful activity through
integration in the body and by strengthening intentionality.

Body movement meditations/exercises, working with boundary zones in togetherness, vowel exercises
with E and I, experiencing strength in alliteration and in communication gestures (effectiveness
and centring), breathing exercises for self-regulation, articulation exercises with the feet for grounding.