

Inflammation, low-grade fever

Support the forming, shaping, life-suppressing, catabolic forces.
Stimulate consciousness forces of consciousness.
Via ego activity, structure, clarify, cool and discharge.



Pay attention to rhythms. Balance, harmony between surfaces and the edges in relation to the form. Highlight convex shapes.

Work with clear shapes, e.g. Platonic solids, and transform them into polar shapes.
Use vertical shapes, e.g. the human form. Form-drawing with straight and curved lines.



Where the human being is permeated with life and vigour, the power of form is cooling and purifying.

Drawing simple, clear geometric shapes, discovering perspective in the landscape.
To affirm one's own point of view, perceptual exercises, draw crystals with cool turquoise.



Cooling (receptive if necessary) through so-called cold or cool sound qualities.
Providing form and support: through targeted rhythmic sequences, structure can be introduced to counterbalance the otherwise outflowing occurrences and processes.

Calm and deepen the breathing. Exercises with sound sticks/chimes (e.g. hexameter or other affirming rhythms) or with plucked instruments, especially a children's harp or kantele.



Dissipating from the center to the periphery by relaxing the breathing.
Clarifying, cooling, structuring.

Structuring and resounding consonant and vowel exercises. Rhythmically touching one's own body, including speech, dissipating into the periphery, e.g. from the knees to the feet with hexameter.
Active as well as receptive exercises.