

# Long Covid

## SPECIALIZATION

## SPECIFIC APPROACH

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Support the life body and thereby enable the higher systems of formative forces to connect with the physical body, as well as the person's own impulses in life.

## POSSIBLE INTERVENTIONS

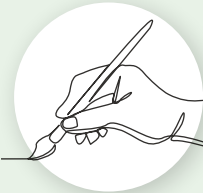
## Sculpture &amp; Form-Drawing



Strengthen the life forces, the protective layers, and intensify the contact with the physical body.  
Support the relationship with the sensory world.

Through kneading the clay, both rhythm and flow are strengthened.  
Develop clear forms. Observe how the form can grow intimate and become ensouled, while also paying attention to the symmetry of the unfolding form.  
Focus on closed, self-containing shapes with form-drawing.

## Painting &amp; Drawing



Relieve emotional pressure associated with the condition.  
Reconnect with the world of colour, with the light and the rainbow in the soul.

The quality of flow is particularly stimulated with the wet-on-wet watercolour technique.  
The colour magenta supports warming and all-pervading life forces.  
Bright shining yellow radiates and gives form. Orange shades elate and enthuse.  
Green helps to incarnate gently; it gives time and is timeless. Blue protects and creates space.

## Music &amp; Singing



Support the flowing aspect in the etheric body; stimulate rhythms in the living movement. Create inner peace through the breath and active, conscious listening.

Fluent musical exercises on the TAO lyre, the Chrotta or other stringed instruments.  
Special attention is given to the low tones and their resonance. Deepening of breathing and listening skills through receptive music therapy and singing therapy exercises.

## Speech &amp; Drama



Strengthening and harmonization of the relationship between self and the world by promoting breath flexibility, breath width and depth, the soul's ability to resonate and the incarnation impulse.  
Promotion of life affirmation (self-strengthening and individualisation).

Harmonising breathing exercises, e.g. with hexameter and meditations, vocal exercises.  
Working with voice and poems to strengthen one's life impulse and affirmation of life.