

Migraine

SPECIALIZATION

SPECIFIC APPROACH

APPROACH

Imbue metabolic activity with rhythm and warmth.
Support the connection between the soul and the life forces.
Activate and order the watery element, bestowing rhythm.

POSSIBLE INTERVENTIONS

Sculpture &
Form-Drawing

Stimulate the metabolic system through rhythmic and clear shapes.
Work blindly, with eyes closed. Create a connection to the sensory world.

Kneading the clay on the board with big movements, while experiencing rhythm.
Build up crystalline-like forms with both the fingers and heels of the hand
(developing Platonic solids through polar opposites). Creating groups of animals and people.
Form-drawing with round and strongly curved shapes.

Painting & Drawing



Finding rest, possibly through receptive painting. Take your time, experience vastness and exhalation through coloured spaces. Looking for balance between light-filled and space-enlivening colours.

Working with your hands. Charcoal exercises promote balance between rest and movement.
Envelop the red and dynamic colours with blue and "put red in its place" with more and more blue, so it comes to rest. "Breathing" through the course of the day with images from dawn to dusk.

Music & Singing



Guide the concentration and rigidity of the upper human being into the less animated lower human being.

Leading from light to dark tones, from top to bottom. This applies both to terms of tone and choice of instruments. Preferably no wind instruments, but stringed instruments.
Vibroacoustic intervention on the feet.

Speech & Drama



Contraindicated during acute attacks. Work prophylactically by ordering and dissolving. Release pent-up energy from the head area downwards. Direct the voice downwards. Strengthen the breath: invigorate the lower abdominal region with the breath, alternately forming and releasing. Center the upper pole (head).

Invigorate the base of the breath (energy-center) through consonant exercises with H and K. Loosen voice, e.g. with M. Tooth-tongue exercises, e.g. with St or T in combination with radiant arm movements for centring.