

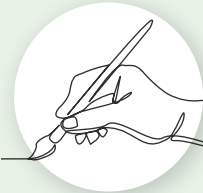
# Multiple sclerosis (MS)

Resolving overly formative tendencies and enabling emotional experience and warmth processes.



Bringing emotionally charged forms into resolution and allowing a spiritual experience to emerge from the activity. Create a relationship with the sensory world and experience it.

Working with relief, or work with transformation of forms (shaping and transforming). Working on the Clay field: Smooth surface. Form a figure eight in transformation with both hands, using the whole space. Draw shapes with big soft pastels.



Mediating between forming and catalysing light forces and all-pervading warmth and darkness.

Magenta envelops through gentle warmth, penetrating everything, deeply inhaling, uplifting and releasing. Viridian green supports the power of light and uprightness, provides support and stillness. Violet helps to let go, supports breathing out and calming down. Colours can meet in large pure veils and remain independent.



Get stagnant movements to flow, both in your movements and in your thoughts. Expand the emotional world.

Drawing on musical memories (songs, instrumental pieces) and moving along with them. String instruments help people to start moving and flowing. New things create joy, flexibility and relaxation.



Perceptive, incarnating exercises with consonants and the limbs. Connecting thoughts with breath and movement. Nourishing, releasing, warming and energising content.

Work with the sounds R - L - M, melodious voice work e.g. with the syllable OM and the warm, dark vowels A O U. Work with the exercise 'in the immeasurably wide spaces' or 'Abracadabra' by R. Steiner. Nature poetry.