

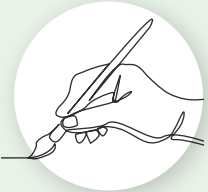
Myoma, Lipoma, Fibroid

Rhythmicize and warm up the metabolism.
Connect the soul with the life forces.
Activate, rhythmicize and order the watery element.



Pay attention to rhythm and warmth within the process of creating the sculptures. Work with polarities and find the center. Draw attention to soul and spirit.

Form lemniscates on the moist clay surface. Pull the intersecting points up and down to find the center again. Try to create flow forms on the clay relief. Build up small geometric shapes alternately with the fingers and the heels of your hands. Form-drawing together.



Stimulate inner emotional enthusiasm with pure colours. It is light (the I) that stimulates warmth and illuminates the colours.

Stimulate creativity through light, but not through feeling. Painting in layers on large paper, beginning with the colours before the light, magenta to yellow-green, to the colours behind the light, turquoise to violet, can bring movement into the soul.



With the music therapy exercise, the ego is instructed to become present with interest in the lower part of the human being.

Bringing the presence of the individuality right down into the feet: walk clear forms, supported by the intervals of prime, fourth, octave. Singing exercises. Treat life processes musically (receptive or active, e.g. with lyre).



Enlivening the integration of the ego. Promoting ego structure in the body by releasing breathing, promoting voice modulation.

Consonant exercises and stimulation of the energy-center with K, F. Vocal exercises with A, O and U. Meditations with reference to body and movement. Alliteration. Rhythmic breathing exercises.