

Ulcerative colitis

Stimulating order in the metabolism.
Invigorating inner space.
Promoting stabilisation of the individual.



Make sure not to strain the sculpting forces too much. Do not work with clay during an acute flare-up, as the body is already too engaged with watery/fluid and shaping processes. Promote a pleasant experience. Guide towards will forces.

Creating platonic solids, sensing boundaries, holding the inner space where form and substance are in balance. Work with the convex form, then slowly move toward concave shapes. From Drawing; draw the lemniscate in an upright position (portrait format), where inner and outer form can be rhythmically connected in a balanced way and the centre also be shifted. Braided bands and its inversions stimulate the formation of boundaries.



Capture the overactive consciousness on the outside and gently guide toward immersing in the inner warmth of the soul. Overcome separations. Revitalise the metabolic limb system. Check to which extent the body can deal with the watery nature of the watercolour. Use dry soft pastels if necessary.

Apply the veil/layering technique or use soft pastels with cobalt blue to form protective layers to strengthen and create an interior space. Incarnation exercise: from emerald green into sap green via orange into the brown of the earth. Build up surfaces with life-stimulating colours from magenta to yellow, experience transitions. Observe plant metamorphosis and visualise the process with soft pastel.



Redirect the forces of consciousness into the upper part of the human being and allow warmth to develop in the lower part of the human being/body.

Moving from defined melodic patterns to improvisation. Finding free expression of one's own self in the melody. Using the bass Gämshorn or the chrotta to building warmth and supporting the etheric organisation.



Symptomatic treatment: During a flare-up/relapse: strengthening the pelvic floor and bowel structure. Positive relationship to one's own body. Between flare-ups/during remission: Promoting boundaries and self-expression.

During a flare-up/relapse: stimulate a structuring force through palate sounds such as D, N and B. Between flare-ups/during remission: promote a radiant energy through consonant exercises such as "Hot, Radiant" or: Is stumbling star; Master of mystic steps; Stand always in earnest endeavour; Star street steadfast; Standing still sternly; On steps of constant striving. In perpetual mood" by R. Steiner (The Art Of Recitation And Declamation GA 281)