

# Unfulfilled desire to have children

Mental and spiritual integration in the reproductive organs.  
Promotion of creativity.



Stimulate warmth in the metabolism.  
Address loosening and forming aspects.  
Stimulate the forces of consciousness.

Warm the clay mass in your hands by gripping it firmly. Come to rest by creating a ball.  
Form a bowl on your lap. Shape the inside of the bowl warmly.  
Form-drawing on a wall, swing a bowl with chalk. Turn with a drop shape.  
The body swings with it.



Incarnate from the spiritual pole into soul qualities and immerse yourself in warmth. Form force, dampened by the soul, triggers the impulse for movement in the etheric.

Freely painted pictures show the current situation of the soul.  
When everything is flowing and constantly changing, support the power of form and wrap the blue cloak around yourself. When everything quickly forms, separates, and isolates itself, create areas of colour, dreamily come into flow.  
Move from "I want" to "letting things happen", stimulate the play of colours.



Opening up to new things, perceiving yourself in your body, leading to self-expression.

Practise improvisation and create your own melodies. Experience harmonies.  
Chrotta and krummhorn bring warmth to the body. Deepen your breathing.



Integration into the body's centre of gravity; with alternation between peaceful-round and radiant-straight movements.  
Promotion of deep breathing, vocal, pleasurable expression.  
Connection to the spiritual world.

Consonant and breathing exercises with H, F, K and M combined with circular pelvic exercises, Vocal exercises with A, O and U. Exploration with the communication gestures.  
Meditation and prayer practice, e.g. combined with an energising of breathing via "star breathing" or exercises with the Sistine Madonna.