

Working with a star constellation in music and rhythm:

Listen to the music, then the music with words, of the star constellation in concern.
Model out as separate sculptures:

- the feeling it calls forth

- what is the willing gesture that this star constellation calls forth in you, and grasp the back-laying ideal?
- what is the inner gesture you will need to make to realize this ideal all through the inner and outer resistances?

- can you trace which chakra paths you follow in yourself with this?

It helps to find out when you hold the last made sculpture before your chakra's one by one and experience here the specific gestures and/or blockages, hemmings this calls forth. or also a harmonious flow of the energy. Herewith you can refine this last sculpture, which makes its effects on you stronger and thus turns into a piece of moral technique.

As a memory support:

- the two petalled forehead chakra: gives clarity of insight
- the sixteen petalled throat chakra: gives shape to observations, thoughts and acts
- the twelve petalled heart chakra: gives feeling for warmth and coldness (enthusiasm – depression)
- the ten petalled solar plexus chakra gives insight in soul connections out of sym/antipathy
- the six petalled navel chakra indicates workings
- the four petalled tailbone chakra stuitlotus has to do with force, vitality
- the thousand petalled crown chakra gives openness to larger connections; makes you feel a part of a bigger total.