

# LAYING FOUNDATIONS TOWARDS INNER FREEDOM IN THE YOUNG CHILD

A Course by Lisa Bono



## Course Introduction



**EduCareDo**  
International Research and Learning Centre  
based on the work of Rudolf Steiner

## *Course Description*

This year-long course offers an individual an experience into the life and consciousness of the young child. Through exercises, contemplations, and explorations into the consciousness and development of children, pre-birth to seven, we shall come closer to understanding why the first seven years of life are considered the foundation for the whole of life as well as come to better understand ourselves and our role in relation to the young child of today.

The course content is guided by the insights and wisdom of Anthroposophy and the author's everyday life experience teaching and living with children in today's world.

The adult's exploration of the consciousness of the young child supports the child's development and lays a pathway towards inner freedom in the child that supports them throughout their lifetime and beyond.

## *Introduction to the Course*

Greetings, dear friends. A warm and joy-filled welcome to you!

We are at the beginning of a 12 month course titled Laying Foundations towards Inner Freedom in the Young Child. Let us begin to bring the children we know, the children we love, and the children we have yet to meet with us in our hearts. The writings in these lessons are a contribution to our collective knowledge and understanding of ourselves and the young child of today. The ideas laid out come from contemplations of Rudolf Steiner and others, from my twenty years of experience being with (guiding) young children, supporting teachers-in-training, colleagues in the work, and my own inner work. My hope is to convey that which is alive in me from my experience and inner sense of what is needed in these lessons as well as a co-creating if you will, between the children, you as participants, and what's needed in the future, on behalf of the spirit living in all things.

It is my hope that the content and ideas in these lessons can be freely interpreted and worked with. What is presented is not meant to be a formula, prescription, or present itself as the only way.

This experience of co-creating is an essential aspect of our work together. EduCareDo presents and strives to bring living content, allowing experiences and the relationship to inner activity and the outer world guide what is shared. EduCareDo supports self-initiated individual work as an important activity for building capacities in us on the journey to awaken ourselves.

The wisdom of Anthroposophy lights our way. When living with and working with the question of what it means to be human, a spiritual being, living with and in our earthly, physical existence, Anthroposophy is a guide. Its light brings us closer to and supports our

perception of that which is spiritual in us and in the world and supports our freedom to come closer to knowledge of what it is to be truly spiritually human.

There are many doors and many pathways into this work.

As a parent, caregiver, foster-parent, family member, friend, godparent, teacher and so on...

To discover the consciousness of the young child is to be given a treasure, a secret into the mysteries of what it means to be human and the profound interconnected nature of human life and the evolution of consciousness which we will be working with in lessons to come.

*“Wherever love and compassion are active in life, we can perceive the magic breath of the spirit blowing through the sense world”<sup>1</sup>*



“What a Human Being is” by Hilma af Klint

Love is in the center of this work.

Love for humanity and our future.

Love in the sense of and interest in freedom for all. Creating inner freedom which can manifest in outer freedom, giving us the power to transform and evolve. It is as lofty as that. We must have courage to speak it and begin to open up to the way in which childhood shows us the future. We will fail and fall short and keep trying again just as we see reflected in the child learning to become upright as they move into becoming and incarnating here upon the earth. Growing with them, learning with them, from them.

## *General Study Experience*

In the next 12 lessons, we will weave some of the insights through stories, exercises, contemplations, and ideas / ideals. Along with your own background and life experience we also assume a relationship to Anthroposophy has been cultivated and will be guiding each participant in how they work with the course. That said, having this background is useful but not necessary.

This course is open to parents, teachers, caregivers and anyone seeking to explore and deepen their relationship with young children.

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<sup>1</sup> Steiner, Rudolf. *Love & Its Meaning in the World*. SteinerBooks: Great Barrington, 1998.

The lessons will attempt to present higher pictures that surround the task arising out of an anthroposophical worldview, striving to cultivate a living relationship to the world of spirit. After building the ideals and higher imaginations in each lesson, they are brought into practical ideas, examples, and offerings for our modern, daily life with children.

THE LESSON TOPICS ARE:

Pre - Birth

Perception

Conception, Birth and Spirit Consciousness

The First Three Yssears

Movement

12 Senses

Space and Time

Imagination and Thinking

Freedom in Play

Bringing Ourselves to Story

Wellness, Health and Illness

Transitions and Resiliency

The contemplations and exercises support us to go deeper into the ideas and for you to make them your own. At the end of each lesson, a list of resources will be offered, a teacher's addendum which will grow over time, and a dairy / reflection sheet which will present different questions.

DIARY / REFLECTION SHEET AND QUESTIONS

The diary / reflection sheet is created as a way for participants to review the lesson and to connect with a tutor in relation to the lesson. You are encouraged to take up the questions that live for you. It is through the engagement and relationship to the questions and with a tutor and other colleagues that new inner movement and insight can come. The diary / reflection page can be sent when the participant feels ready. With that being said, those wanting to work into a monthly rhythm can complete the pages a week before the end of the month. This will ensure a response before the beginning of the next month's lesson.

The diary/ reflection pages are an opportunity for each participant to work independently on their own time reflecting and working through the lesson.

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If ever clarification is needed, please know there is a wealth of resources available, some which will be referenced within each lesson and some which will be offered at the end of each lesson for further inquiry. Furthermore, your tutor will be available to support questions arising.

Communication with the tutor is confidential, and questions and comments are welcome.

TUTOR

The current intention is that Lisa Bono will be guiding participants and be the tutor for these lessons. Typically a tutor is assigned who has knowledge of the lesson content, training, and experience working with young children. The tutor is someone who has committed to the work of cultivating their inner life which informs feedback, suggestions, and the support given to each participant towards deepening the work with children.

GROUP WORK POSSIBILITIES

A monthly study group will be held with other participants to discuss and work on the lessons together. This can be a forum where questions regarding the lesson can be worked with. Periodically a new study group will be added.

GENERAL SUPPLIES

clay (plastalina)

painting paper (watercolor)

watercolor paint

cloth various sizes and material

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In the next year of this course, it is my hope that together we can deepen our relating to the world of the young child, attune ourselves to the gifts they bring, and support their unfolding and inner freedom.

Lisa Bono

On behalf of the Early Childhood Subject Course for EduCareDo