

This week Michelle hosted the session for Michael and Jennifer on Healing and Health Promotion in Steiner Education.

The session started with the morning verse recited by the children from class 5-12.

I look into the world
In which the sun is shining
In which the stars are sparkling
IN which the stones repose.
Where living plants are growing
Where sentient beasts are living
Where human souls on earth
Give dwelling to the spirit.
I look into the soul,
That lives within my being
The world creator weaves
In sunlight and in soul light,
In world space there without
In soul depths here within.
To thee creator spirit
I will now turn my heart
To ask that strength and blessing
For learning and for work
May ever grow within me.

The verse was followed by a round of introductions with Michael asking the question of what parents hoped to achieve in the discussion of healing.

This started a lively and, at times, personal discussion that ranged from parents sharing their everyday experiences with children and/or experiences in the workplace.

Michael spoke briefly of Steiner's belief that issues with behavior often have a basis in the physical body that can range from problems with the internal organs to general tiredness. Jennifer recounted a moving story of the time Rudolph Steiner healed a boy with hydrocephalus – commonly referred to as water on the brain. According to the story Steiner healed this particular child who grew up to become a doctor – exceeding all expectations of how he would be able to function within society.

Michael then went on to relayed a pertinent story about a child study that he and Dr Lakshmi held at a school in India. The story was of a boy with autism who was exhibiting extreme behavioral issues in his environment that included biting and scratching of teachers and classmates. Through this child study Michael and Lakshmi discovered that while many of the child's cohort had negative associations with the child, the bus driver who took him to and from school did not. In fact the bus driver was shocked that they were even talking about the same child who he experienced in a more positive manner. The bus driver's observations of the child opened up an avenue of dealing

with the child on a different level and through changes in his diet and interactions with those around him his behavior changed overnight.

Jennifer then went on to explain that a child study within a Steiner school usually takes place over a three-week period. It generally consists of the teachers meeting to talk about the child's behavior in a non-judgmental and supportive manner with all teachers in the school (including those who do not have much to do with the child on a daily basis) followed by observations and more discussions. Jennifer said part of the "magic" of these sessions is that in approaching a child's issues in a loving and caring manner it's as if positive energy is sent out into the ether affecting the child and those around them in such a way as to generate an almost immediate change in the child's behavior.

One of the parents also spoke about a case study their own child was involved in which was incredibly enlightening and empowering for them as a family. This fed into more parents conversing about their personal experiences in and around Steiner education and the power of loving thoughts as part of the healing process.

At this point it was decided to continue this rich and dynamic topic next week with both Michael and Jennifer kindly agreeing to again speak about the healing benefits of a Steiner education.

The session closed with another verse. This time a Celtic saying told by one of the teachers in the school.

May the road rise to meet you
May the wind be at your back
May the sun shine warm upon your face
The rain fall soft upon your field
... and until we meet again... may God hold you in the palm of his hand.