



Waldorf Homeschool



The **Step-by-Step Course** to Understanding & Creating a Waldorf-Inspired Homeschool

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3-FOLD ASPECT OF THE SOUL

THREE SOUL ACTIVITIES: (HEAD, HEART AND HANDS)

Willing (Sleeping state of consciousness), age 0-7, Hands:

In the first seven years of life, the child is primarily living in the will, learning nearly everything through physical activity. During these years, learning takes place mostly through the child's imitation of the activities of adults and older children. Learning through movement. Being in motion, doing, not much memory

Feeling (Dreaming state of consciousness), age 7-14, Heart:

Between the ages of seven and fourteen, the child's feeling life is the strongest, and all that is taught through imagination and the arts penetrates deeply. Learning through images, feelings, pictures and stories to connect to their heart and soul. Learning through polarities (opposites) and the arts.

Thinking (Awake state of consciousness): age 14-21 Head:

The thinking in the high school years, built upon the feeling and imagination plus the fostered will of the early years, creates a balanced person. Learning through intellect, not reacting but thinking before doing. Having common sense and rational thoughts.

4 Bodies of the Human

(Ages 0-6) Physical:

(mineral) the actual physical body, inside your skin, mass. Element of the earth (ashes to ashes).

(Age 7) Etheric:

(plant) also called Life body. It is your energy. Your life force. Beginning of memory. A child is mastering his own physical body, her own ability to move in space.

(Age 14) Astral:

(animal) Consciousness, independence of thinking. Having one's own perception, ideas, thoughts, decisions, and ways of behaving.

(Age 21) Ego:

(I) When its home has finally been built; the physical body, the etheric body and the astral body, the "I" comes in to take on the consciousness of the individuality. Spiritual connection of why you are here.