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# Rhythms of life

## **Rhythms and patterns of human development: the esoteric neurodevelopmental science (Rudolf Steiner, Gudrun Burkhard, Klinghardt)**

- Human development follows a cyclical double helix pattern.
- The DNA is a downstepped version of the spiritual process: a vertical spiral that starts with birth at the bottom and appears to end at the top with death. Every loop covers a 21 year time-span.
- After 21 years we repeat the same pattern, but with the possibility of discovering solutions on a higher level.
- It is most important to understand the first 21 years, which can be subdivided into three 7-year cycles.
- The opposing helix pattern - which we also observe in the DNA - is created by the opposing, seemingly adverse events that have to be encountered for optimal human development.

# The first 3 spiral loops in normal development

## Age 0-21

- physical development: building the physical, emotional/energetic and mental body (mind), allowing the organs to mature physiologically
- The time of receiving
- Gradual incarnation of the spirit into the body and the physical world

# Age 21-42: soul development

- Major task: self development and self education
- Build a career, start work, build a house, found a family. We get cues from social life, other people.
- We learn to live with our feelings (love, enthusiasm, confrontation, anger) and get them under dominion of our ego.
- Existential battles hone our soul and we may achieve psychological maturity.
- We develop as individuals in the world.
- Regenerative and degenerative forces in our body are balanced during this period and we can be very productive.
- At age 31 ½ we reach the maximum point of incarnation: the spirit is most completely in the body, in every cell and has dominion over it. After this age the process of excarnation begins.
- A time of giving and taking.

# Age 42-63: spiritual development

- As the degenerative forces gain the upper hand, life forces are liberated during this process and become available as forces of consciousness.
- The generative forces of the previous life stages act as a damper on the consciousness.
- Now we turn to greater goals and objectives in the wider context of human development and concern ourselves increasingly with subsequent generations.
- We have to learn to adjust our effort to the lessening life force in the body.
- It is a time of human fulfillment and giving back: true inspiration, intuition and imagination develop during this phase – the material and learning we then take back to the spirit world after we leave here.

# The 7-Year cycles

- A person's "true self" is of spiritual origin and comes to earth in order to transform the physical body, which is characterized by the maternal and paternal hereditary forces.
- There are many external forces that shape human development: social status of parents, time period, genetics, astrology, toxins and EMF exposure during gestation and afterwards, nutrition, sibling order, country, language, religion.
- There are also spiritual factors: past lives, stage of spirit development, destiny and self-appointed task on earth, family history: need for atonement, healing and learning

# Birth to age 7

- Development of thinking.
- “the world is good”.
- Physical development, culminating in development of nervous and sensory systems.
- Achievement: walking, talking and thinking.
- Transforming the physical body – this process is complete when the milk teeth have been replaced by the permanent teeth.
- Learning by imitation via the sensory organs.
- We need a safe nest: the “the world is good” and trust are experienced if the adults can provide the physical, emotional, ethical, moral and educational environment (warmth, protection, regular pattern of eating and sleeping, love).
- If sensory experiences pleasant, good and beneficial, the person will later extend her/himself and be fully incarnated

# Birth to age 7

- If the sensory input is unpleasant, the individual withdraws from the body, does not become fully incarnated and there is insufficient transformation of the body – with a multitude of possible physical problems later in life.
- Gradual progression to freedom (repeated later in life many times).
- Age 3: first experience of self (“I”) – from that time conscious memory (ordinary waking consciousness).
- Parents should not push education during this phase (learning math, computers, writing). The spirit needs time to slowly incarnate and achieve dominion over the body and its physical development
- subnormal environment in this phase predicts illness during the related excarnation process age 56-63, especially affected: brain (Parkinson, cognitive decline etc.), nervous system (MS, ALS, neuropathies) and sensory organs (tinnitus, hearing loss, macular degeneration, etc.)

# Age 7-14:

- Development of authentic feeling (heart centered): sympathy and antipathy, good and evil, beautiful and ugly.
- Development of rhythmic and energetic systems (middle of the body) – heart, lungs, upper digestive tract, etc.
- Sense of esthetics: the world is beautiful.
- The life forces that were needed before for profound physical development are now freed up for learning, school, to acquire knowledge.
- A rich inner life develops with increasingly fuller imagination.
- Need adults to look up to in position of authority (parents and teachers)
- Teachers become the mediators between the world and the child (deep seated effect on child's development and level of education later in life).
- Beliefs, attitudes, standards, rules of behavior, habits – healthy and unhealthy – are taken on by the social environment and firmly established.

# Age 7-14

- Age 9 our *individual* feeling-life awakens. Examples: I become emotionally aware of the neighbors family, I might notice I am born into a poor or dysfunctional family, I feel different about things than my older brother.
- I learn the difference between “I” and “you”.
- The feeling life should be nourished by teachers and parents (psychology, religion, ethics, etc.).
- Very sensitive to rejection or exclusion by others (especially in prepuberty around age 12).
- If the development in this stage is compromised, there will be medical problems during the related excarnation process age 49-56, especially with lungs and heart:
- return of childhood asthma, emphysema and lung cancer (also related colon cancer and other lower bowel problems – colitis, parasites, polyps).
- The entire spectrum of heart disease, especially arrhythmias

# Age 14-21

- Development of the will
- “the world is true”.
- Development of lower body: limbs and genitals. Musculo-skeletal development: the tools with which we change the world.
- Puberty often in full swing at 14. Most stressfull period in life, maybe more so for boys.
- The fall to earth from paradise.
- Clear differences between male (connection to earth) and female (connection to cosmos) souls.
- Threshold experience: either I find my way to earth or I recoil and return to the spirit world (high suicide incidence, drugs: remains in illusionary, imaginary, not-yet-adult world).
- 2 opposing forces: ideal image of human being and the awakening of the sex drive and related behavior.
- Who am I? What am I doing here on earth?

# 14-21

- In this phase the foundations are laid for later spiritual development: self-education, search for ideal values and values as such.
- Dissatisfied with the world and life. Rebellious. Criticism of their environment. Locked up within themselves. Throwing stones at outside world. Want to change the world with great force.
- Feel misunderstood by parents and dissatisfied with their teachers.
- Falsely believe they can find their answers in the external world (Buddhism, Marxism, etc.).
- Search for truth in themselves, their parents, the world: scientific truth, psychological truth and spiritual truth.
- The will can hardly be restrained.
- Every dysfunctional family relationship is noticed.
- Parents and teachers can only stand up to this if they remain genuine.
- There is a longing for real experience, not learning from books.

# 14-21

- No sense in forcing children to learn. Principle of freedom must reign – freedom and responsibility have to be balanced.
- Most important: dialogue. Parents might argue but must not forbid.
- Children at this age must learn to act at their own discretion.
- Inner freedom: the more children experience this at home the less they seek it outside.
- Even though they want to try and experience everything (religion, sex, work, drugs) the relationship of trust (child to parents) must not be disturbed during this phase.
- If things go wrong during this phase, medical problems start during the related excarnation process age 42-49: prostate enlargement and cancer, uterine fibroids and ovarian cancer, varicose veins, joint problems (hips, knees, wrists, ankles), lower back issues, deviant sexual behavior, loss of libido, erectile dysfunction

# The Lunar Nodes

- the same astrological constellation of the relationship of sun and moon as it was at the moment of birth. This happens at age  $18 \frac{1}{2}$ , 37 and  $55 \frac{1}{2}$ .
- During these times there is a death of the old and a new birth: a pouring in of new cosmic energy. A window to heaven opens, there is a glimpse of one's true destiny and a new direction in life often results.
- It is often very helpful to identify what exactly happened during these times and understand the change
- Move with the energy if you find yourself in one of these windows