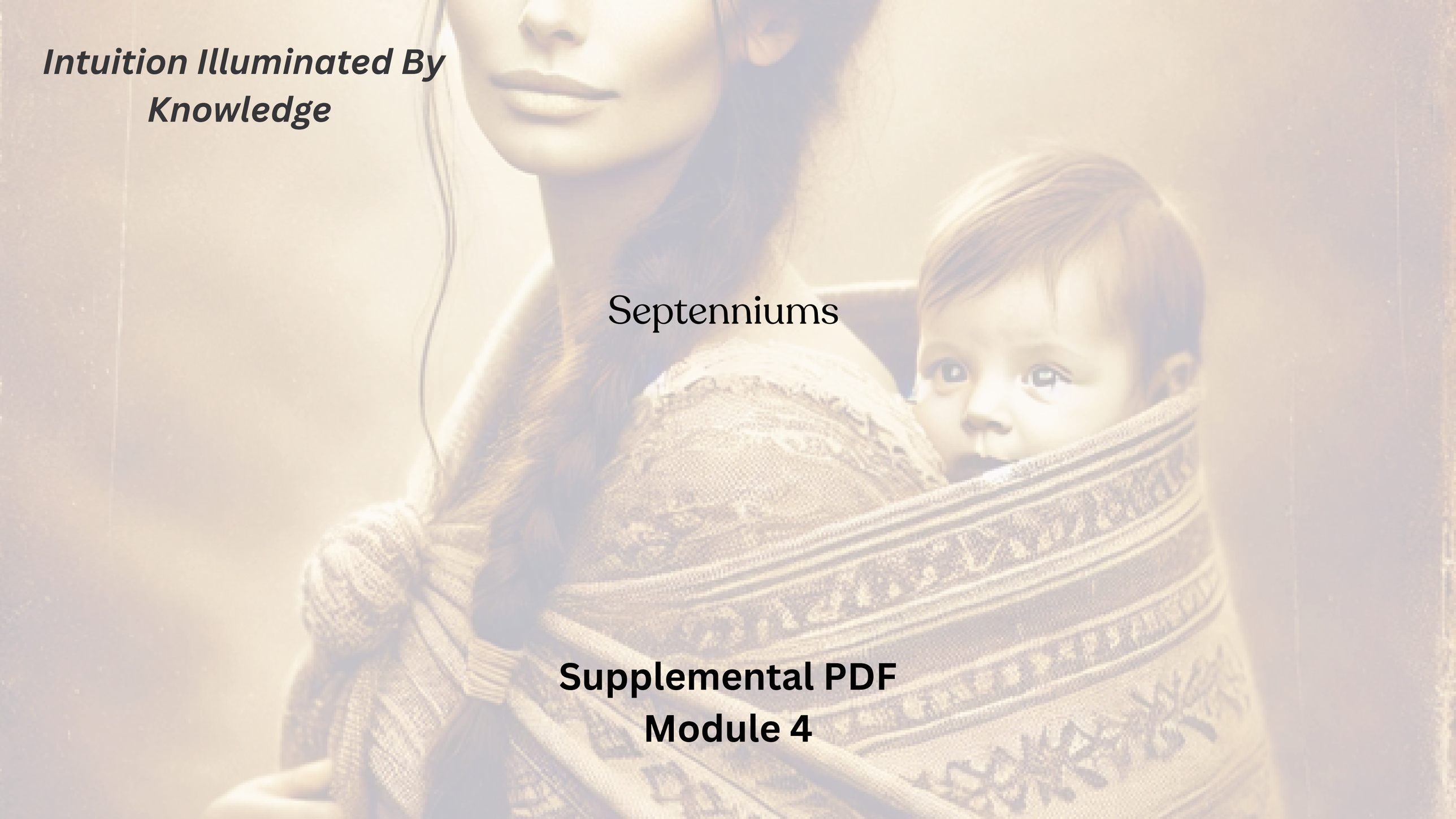
Intuition Illuminated By Knowledge



Septenniums

Supplemental PDF
Module 4

Centering to
Receive



What is a Septennium?

DEFINE ANTHROPOSOPHY

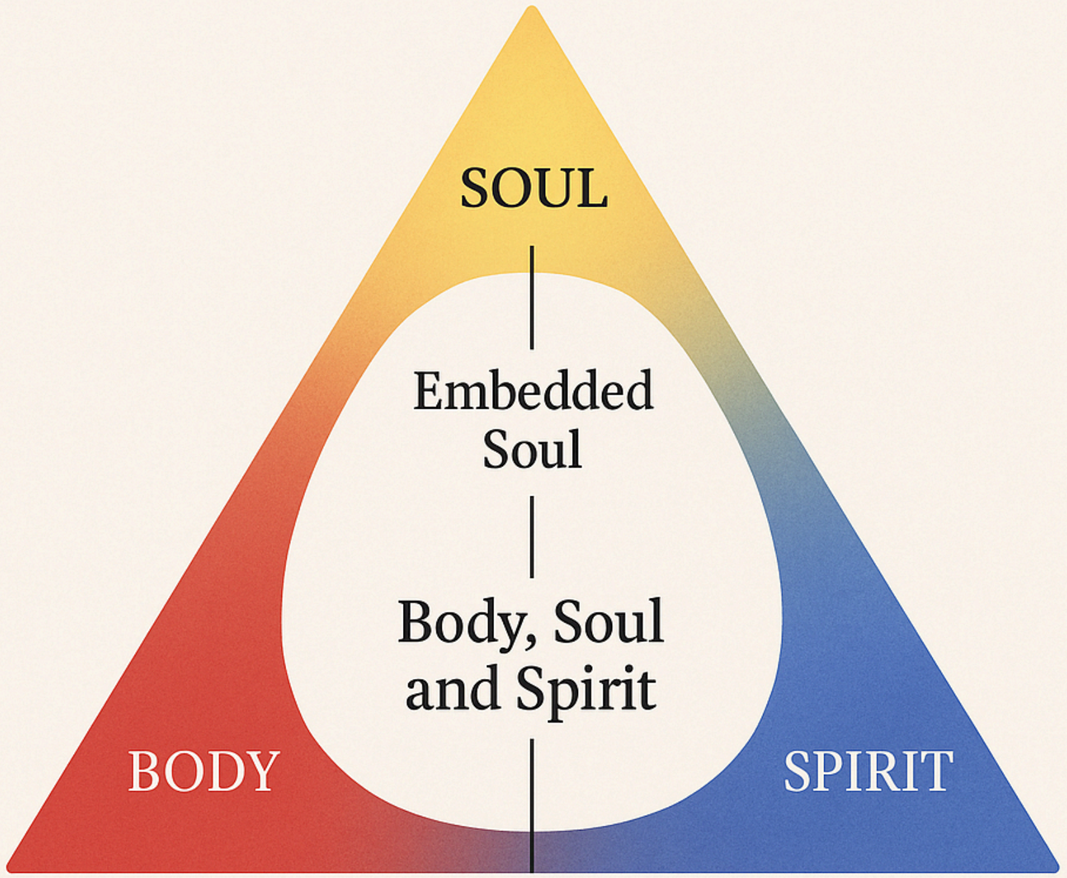
(An-throw-paa-suh-fee) ***Anthroposophy****:* A spiritual philosophy and system of knowledge founded by Rudolf Steiner in the early 20th Century. The word itself means “wisdom of the human being” from the Greek anthropos (human), and “sophia” (wisdom).

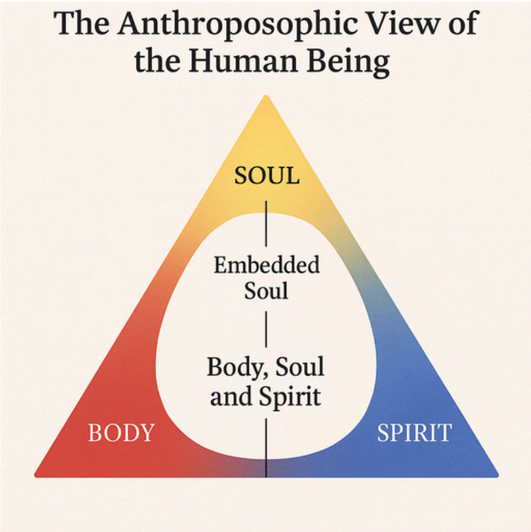
Anthroposophy is the wisdom of the human spirit-a path that invites us to see life not as a collection of random events, but as a sacred unfolding.

Rooted in the understanding that we are spiritual beings having a human experience, anthroposophy teaches that everything- from the growth of a child to the rhythms of the Earth-is imbued with deeper meaning. It is a way of knowing that honors both inner development and outer service: to awaken, to remember, and to walk with reverence through the world.

It is a path of inner development that seeks to bridge the material and spiritual worlds. It invites individuals to awaken their spiritual perception and understand the deeper, invisible forces shaping life, human beings, and the cosmos.

The Anthroposophic View of the Human Being





Core Principles of Anthroposophy:

1. Human Being is a Spiritual Being:
Anthroposophy sees each human as more than body and mind-we are beings of body, soul, and spirit. Through development and conscious work, we can awaken the higher aspects of our being and remember our spiritual origin.

2. The Universe is Purposeful and Alive:
Nature, history, the stars-everything in existence has meaning. The universe is not random, it is a living evolving organism, and human beings are co-creators in its unfolding.

3. Freedom and Moral Development:
Anthroposophy teaches that the highest human goal is to develop inner freedom through moral imagination, love, and individual spiritual insight-not through dogma or external authority.

4. Education, Health, Art, and Agriculture are Spiritual Acts:

Steiner's vision extended into practical life:

- Waldorf Education: (child-centered, holistic learning)
- Biodynamic Farming (Organic agriculture with cosmic rhythms (like planting and harvesting using the moon cycles)
- Anthroposophic Medicine (integrating spiritual and natural healing)
- (yr-ith-mee) Eurythmy (movement as expression of soul and sound)

Rather than a fixed belief system, anthroposophy is a living path. It encourages direct person experience, meditation, observation of nature, and artistic development as ways to perceive the spiritual world consciously.

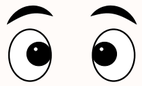
What is a Septennium?

The concept of Septennial Cycles in Human Development, where life progresses in seven year stages, has roots in various traditions, including anthroposophy (Rudolf Steiner), esoteric psychology, and developmental biology. This perspective sees human growth as a series of natural phases, each with unique psychological emotional, and physical transformations.

A Septennium is a period of 7 years. The word comes from the latin word septem, meaning seven, combined with annum, meaning year.



Our human development takes place in cycles of 7 years. Each 7 year cycle allows us to expand and build upon the last one. When we reach the 8th year, we are beginning the cycle all over again. The cycles are interdependent on one another giving us an organic blueprint to build upon.



Why do we need to know about Septenniums?

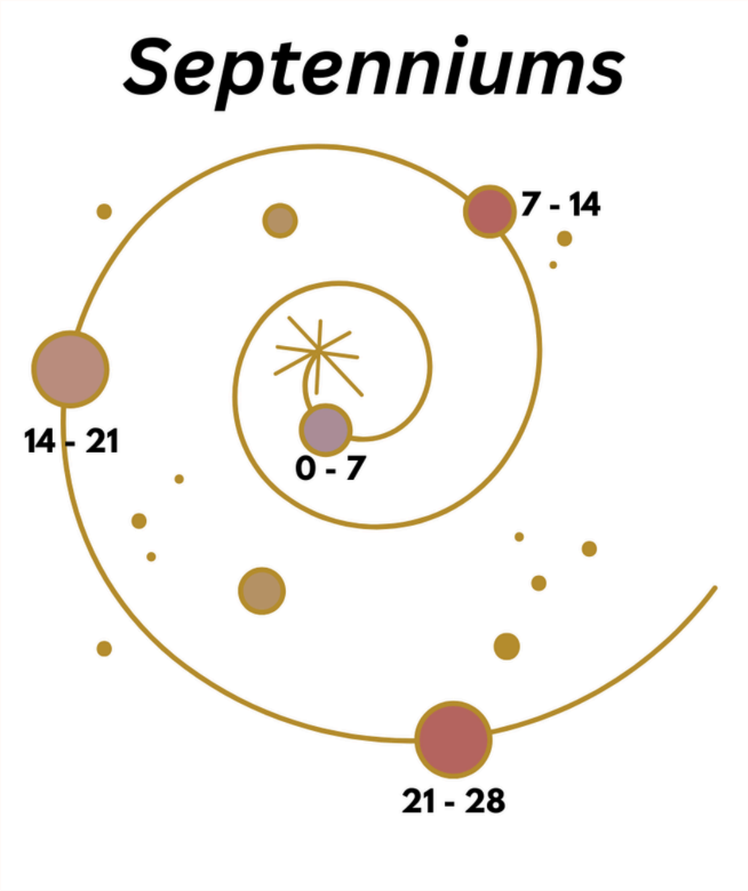
How can we truly connect with our children if we have drifted so far from a childlike state ourselves?

Society pushes us to shed our childhood as quickly as possible, replacing it with beta mode thinking, focused on logic, productivity, and constant action.



This rapid transition distances us from the natural wonder, curiosity, and presence of childhood. The consequences are profound and far reaching, setting off a chain reaction that shapes our relationships, our inner world, and the way we engage with life itself.

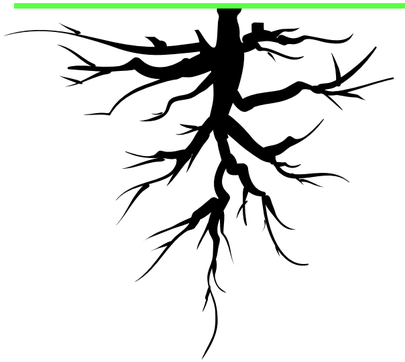
Why do we need to know about Septenniums?



Let's look at Septenniums from the perspective of a tree:

Thinking of plants/trees, what do the roots do? What role do they play for the tree/plant?
Why are they so important?

Read Roots to sky



How will a child be affected if they do not have the ability to grow their roots?

Let's look at Septenniums from the perspective of a tree:

What does the trunk of a tree do for it?

Read Lower Trunk



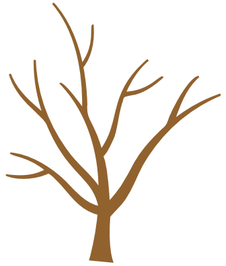
Lower trunk: children begin to leave the mother and come back. Explore their surroundings, people and explore energy around them.

How will a child be affected if they do not have the ability to grow their trunk?

Let's look at Septenniums from the perspective of a tree:

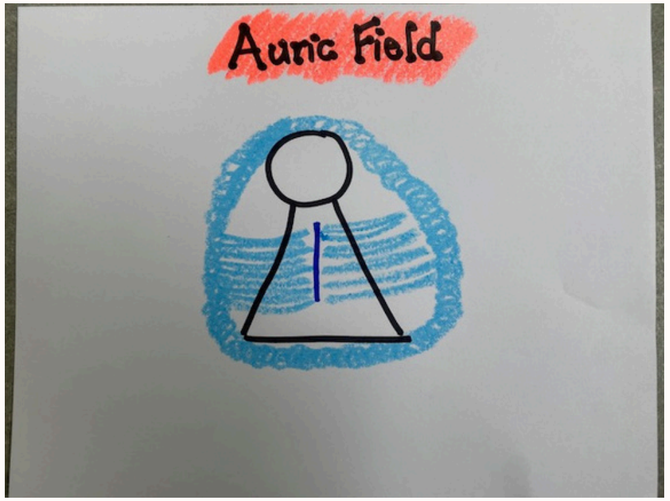
What do the branches of a tree do for it?

Read Branch



Very important to know this, careful what you listen to, what you see, becasue they are seeking identity, they are easily programmed, easily coerced, important to have open communication with them so they will come to you for support/advice/guidance

How will a child be affected if they do not have the ability to grow their branches?



What are our energy fields?

Our energy fields also known as the aura or electromagnetic field is unseen, and is a real thing. We all have one and are born with one. This energetic field reflects, receives, and transmits energy across time and space.

It is alive, responsive and deeply intelligent. It is uniquely designed for each individual.

It is fused with your blueprint. I consider it an extension of your blueprint but present on the outside.

It holds the imprint of our emotions, memories, and ancestral stories.

It expands with love and contracts with fear.
It hums with vitality when we are aligned and flickers when we are out of balance.

It is composed of multiple layers, each vibrating at a different frequency. The layers are: Physical Body, Etheric Body, the emotional body, mental body, and the astral or heart field.



Read

Soul Guardian Practices:

These practices help to make physical all the unseen work that is being done. It helps to give us a focal point and it recognizes that we need to see in order to fuse the connections we are making.

Read

This septennium is a jewel of a gift. It is powerful, beautiful and critically necessary for the process of life and evolution.

WE NEED TO PAY ATTENTION AND REMEMBER! WE NEED THESE MOMENTS, THESE OPPORTUNITIES TO PROVIDE THESE SACRED PRACTICES. OUR CHILDREN DESERVE IT, IT IS THEIR BIRTHRIGHT. IT BRINGS US CLOSER TOGETHER, CLOSER IN ENERGY, SOUL CONNECTIONS ARE BUILT THIS WAY!

2ND Septennium Ages 7-14

Read

Imagination and Emotion:

This is a hard one. Every septennium comes at you in an elevated way. It naturally assumes that you did the work of the last septennium. It assumes you are ready to confront the new septennium and rise up to its requirements presented during those 7 years. If the child has not, he/she then drags with them the unmet energetic requirements of the last septennium. Now the child has to deal with the unmet energetic requirements, plus the new requirements of the current septennium. Let's think about what this really means for a minute:

Example:

Maria has turned 7 (starting the 2nd septennium) and she does not have a protector or nurturer in her life. She is often cared for by different people and there is no stability, which makes her feel unsafe. This alone is a big one, now let's say she rarely goes out to play or be outdoors. Ok, these energetic requirements (1st septennium) were not met when they were supposed to be. Now Maria goes on to the 2nd septennium with holes in her energetic field. She is missing vital pieces, but her growth, development and expansion must continue. Now, lets think about the challenges Maria will face during the 2nd septennium due to the holes in her energy field?

2ND Septennium Ages 7-14

Read

What do you think it will be like, feel like, or look like for Maria going into the 2nd Septennium not having an environment/people that are knowledgeable of the 1st Septennium?

Whatever you come up with will be added challenges for Maria moving into the 3rd Septennium, keeping in mind that she now has more holes in her energetic field due to the missing energetic milestones that have not been met. We can just keep adding and applying as we go through each septennium. Each 7 year cycle.

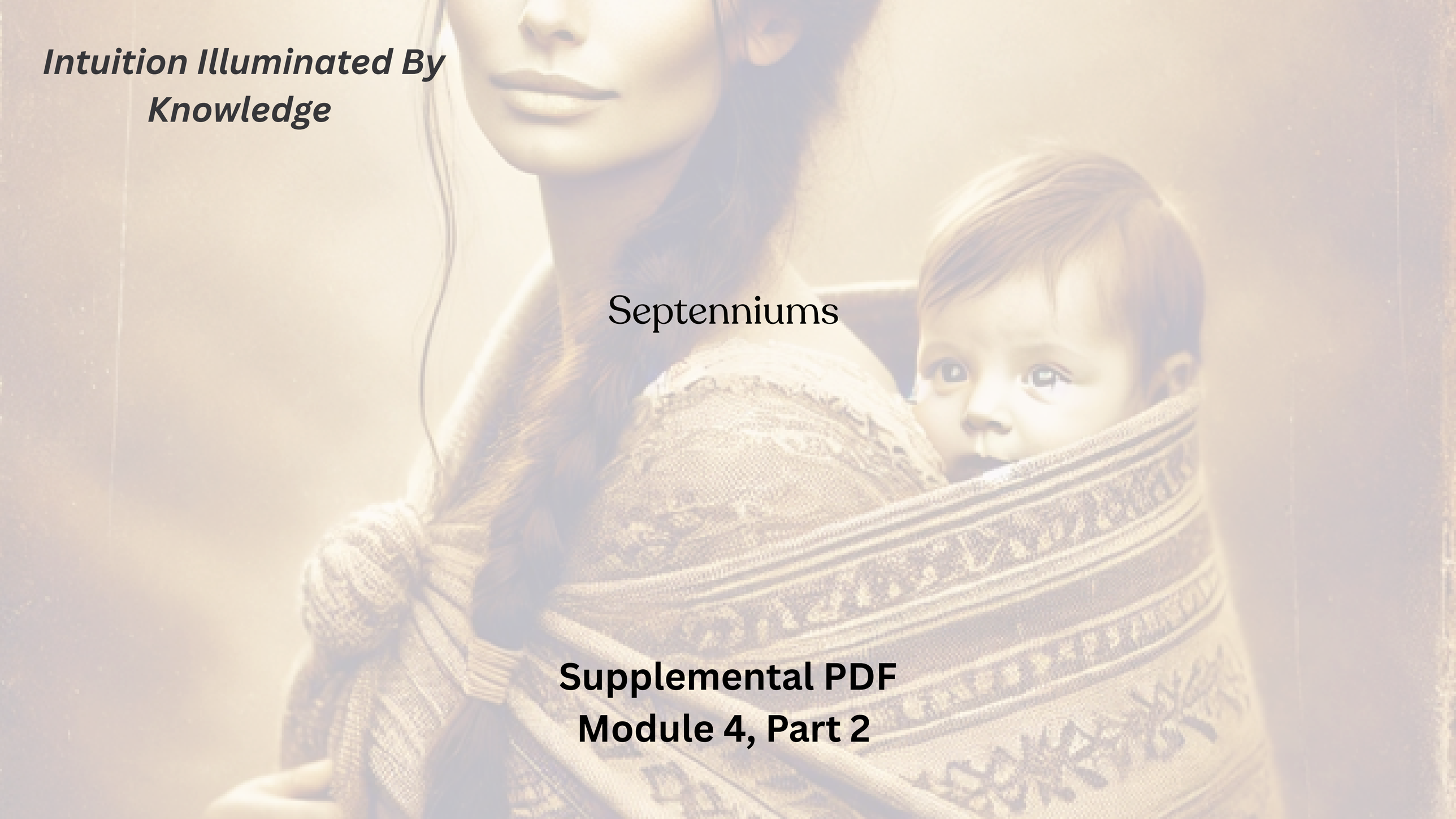
3rd Septennium Ages 14-21

Read

This one is a big, I mean they all are, but let's think about this, Maria is supposed to be energetically able to create her identity in the world, and exercise her willpower and her right to think for herself. How will she ever do that when she has so many missing energetic milestones? My heart hurts for her. This is the beginning of a hard life is she does not come into contact with humans who can show her self love, safety, trust and human connection.

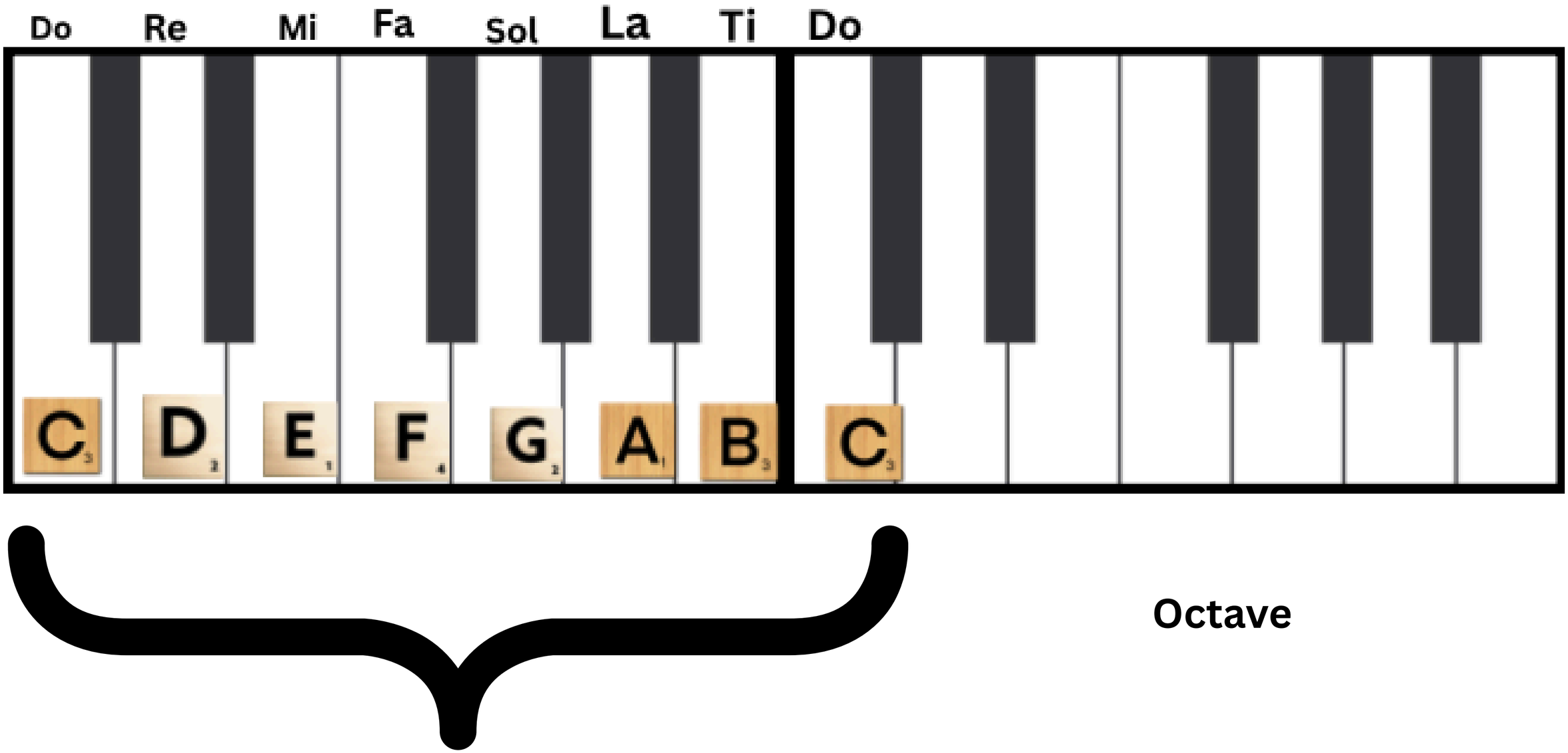
And so, with this I leave you with an imprint of why the septenniums are so important, and why we must remember who we are, and how we function. This means that life as we know it has to change. We do not live in a way that allows families, mothers, fathers, to connect deeply with our children during the first 7 year cycle. Women have to go back to work, men have to go back to work, and children have to be handed to others for care. I did it too. I had to, I had to work and pay my bills. But what's really more important here? Our jobs, money and bills outweigh the importance of our children's development and the sacred life they came to experience. This is how we have been living and the consequences are reflected in everything in the world today. The world is chaos, because we are chaos.
Anyone rising children, wanting to be a parent, caregiver, early childhood teacher, should know this.

Intuition Illuminated By Knowledge



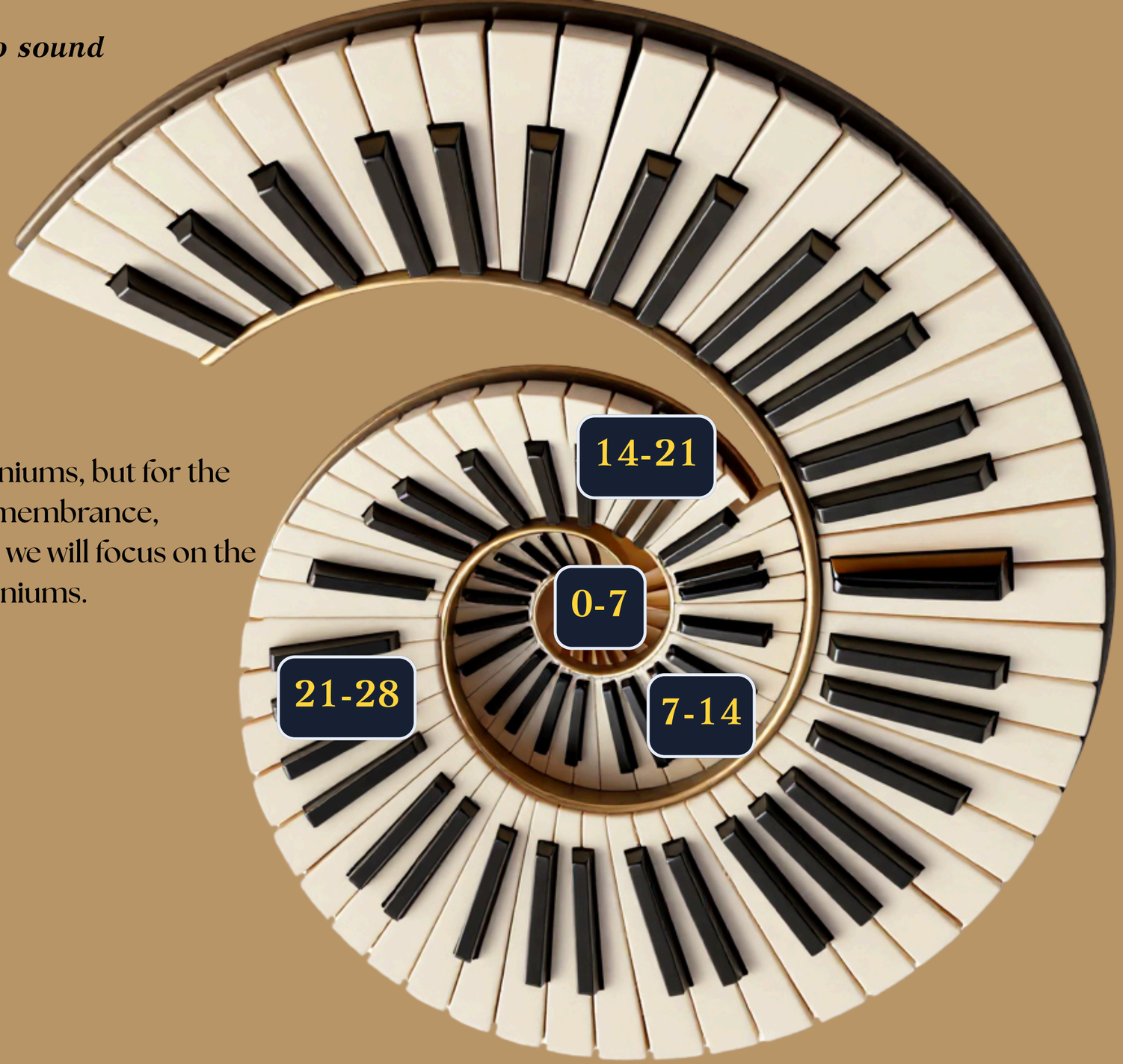
Septenniums

Supplemental PDF
Module 4, Part 2


Do
Re
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A
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C
Octave

Septenniums in Relation to sound

There are other Septenniums, but for the purpose of our remembrance, what it's like to be a child, we will focus on the first 3 Septenniums.



Septenniums in Relation to sound

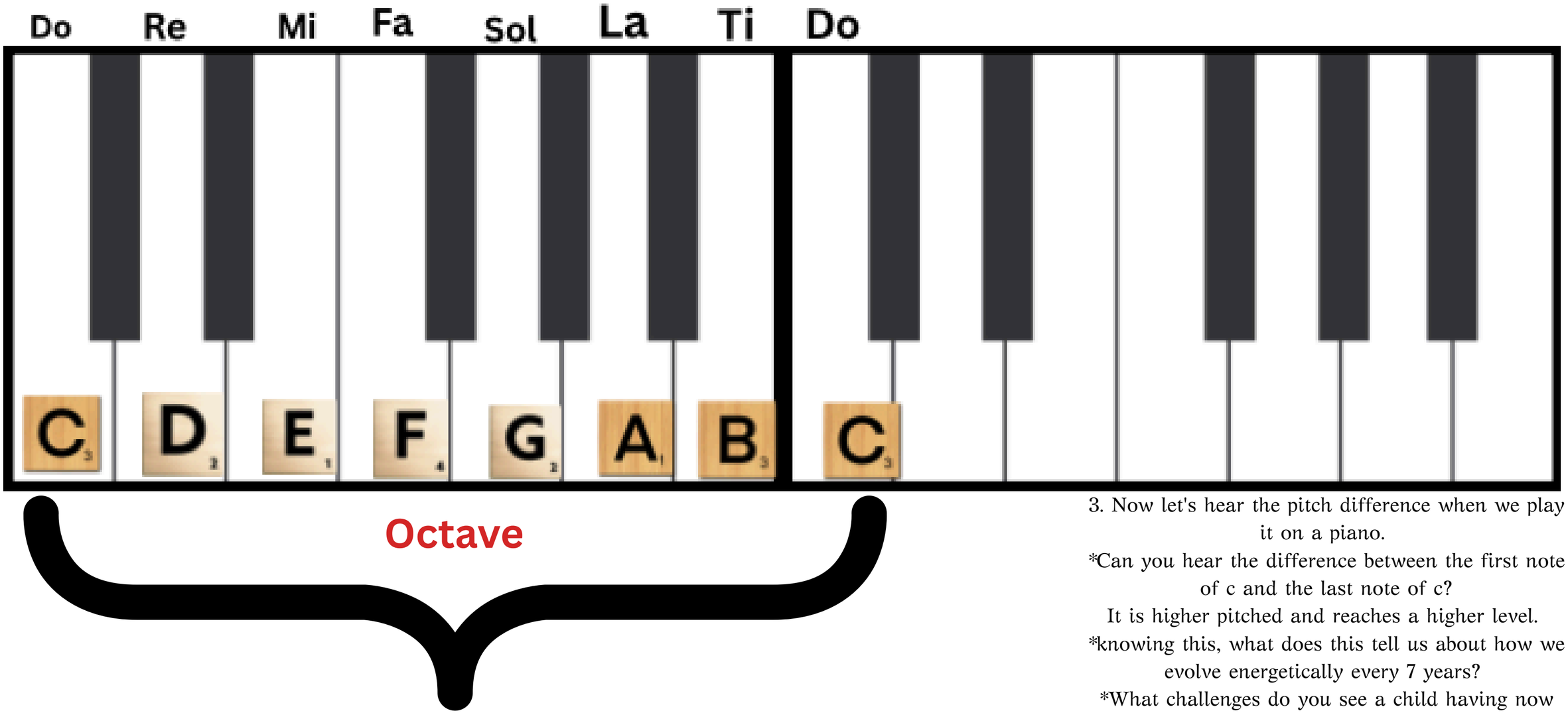
Read

A higher pitch/level is more intensity and could be very difficult for children who do not have examples of how to navigate the new septennium. As guardians, it is our purpose to guide our children during this transformation and expansion. As guardians we should have experienced these transformations and expansions so that we can serve as real life support to our children. The reality is that not a lot of us have. This knowledge does not live in our body as embodied experiences. So many of us are navigating the septenniums along with our children.

Septenniums

What's an Octave?
Represents the repetition of a pitch, but at a higher or lower frequency, giving it a sense of "completion" or harmony.

Play it on the piano



3. Now let's hear the pitch difference when we play it on a piano.
*Can you hear the difference between the first note of c and the last note of c?
It is higher pitched and reaches a higher level.
*knowing this, what does this tell us about how we evolve energetically every 7 years?
*What challenges do you see a child having now

Play it on the piano

Now let's hear the pitch difference when we play it on a piano.

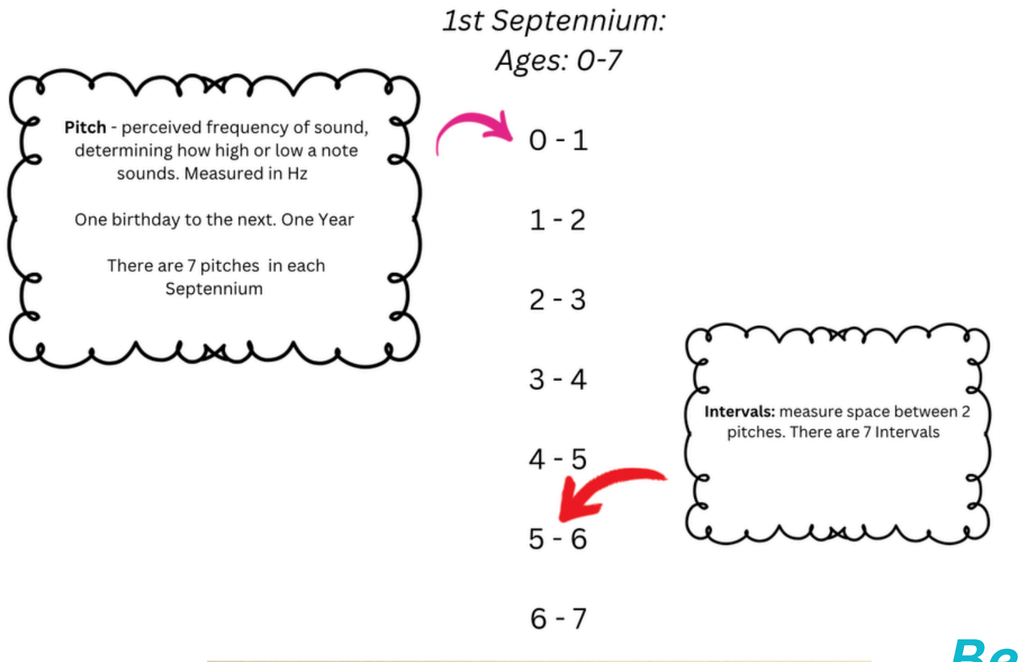
*Can you hear the difference between the first note of c and the last note of c?
It is higher pitched and reaches a higher level.

*knowing this, what does this tell us about how we evolve energetically every 7 years?
*What challenges do you see a child having now that you can relate it to sound?

[Beethoven: Symphony No. 6]

All octaves are interdependent on one another in order to make a symphony complete!

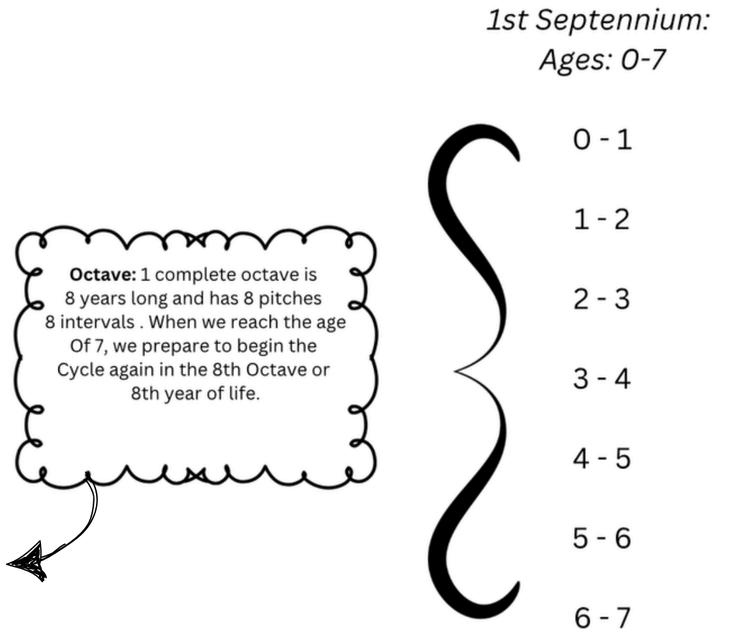




Explain

[Beethoven: Symphony No. 6]

Listen again and see if you can hear and feel the pitch, intervals, and octaves



But at a higher pitch/level

2nd Septennium
Ages 7-14

7 - **8**

8 - 9

9 - 10

10 - 11

11 - 12

12 - 13

13 - 14

The age of **8** marks the beginning of the 2nd Septennium and marks on Octave which is one **8** year cycle

Crescendo!

Happens in music and in life

This applies to all Septenniums:
3rd Septennium
Ages 14-21

Pitch

14 - 15

15 - 16

16 - 17

17 - 18

18 - 19

Interval

19 - 20

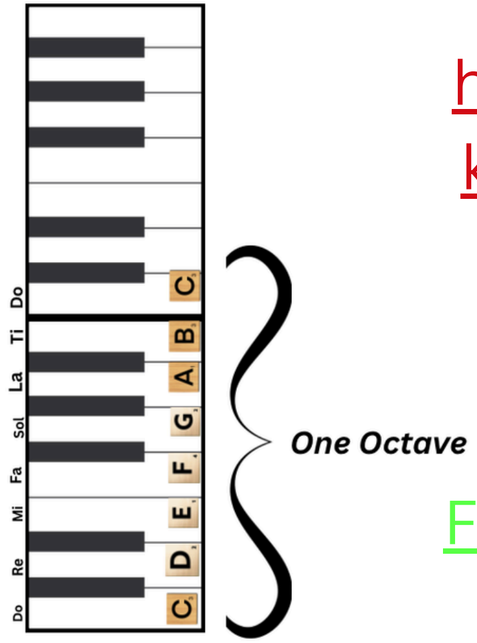
20 - **21**

Listen then read while playing the music

When the harmony of our children does not sound right, they are vibrating off the octave they belong in. Their harmony is built off of the behavior, temper, attitude, experiences, environment, people, & the world they live in.

Children are coded to mirror us in every way. It is a survival mechanism built into our physiology.

Tune in: we always have the opportunity to adjust/align our tune, but we have to learn how to listen



https://open.spotify.com/track/58vWVeAtv2LKwlYyRLPWV5?si=35f4f6d51fc843db

On The Nature of Daylight

French Fuse, Electro Symphony

1st Septennium: ages 0-7

take in everything, mirror, reflect

2nd Septennium: ages 7-14

expand what have you have taken in and mirrored, emotions come into play big time here!

During these septenniums, intentionality, presence and observation of self is critical

In order to create your own septennium, you must have experienced the energetic milestones necessary in each septennium (in each pitch, interval, and octave)

The 7th Septennium: ages 45-49 is not for the faint of heart. It requires digging deep, knowing yourself on a level you have never, this is a continuous journey, and you must have the commitment of staying on the journey

Read about fragility
review the septenniums
read about other septenniums
The universal language of sound

We need to create an Orchestra with our children! It is our responsibility and honor to do this with them and for them.



Nuna

Journal Prompt

For Current Soul Guardians (meaning you have a child):

- Reflect on your life in 7 year cycles; from birth to now. What themes, lessons, or transformations marked each septennium?

- How do you see these developmental phases mirrored in your child's growth, or in your own parenting journey?

Future Soul Guardians/Teachers (those who do not have children):

- Looking back on your life in 7 year cycles, what emotional, spiritual, or identity shifts did you experience in each phase?

- How might your understanding of your own development help you prepare to nurture the unfolding journey of a future child, or deepen your connection to your inner child?

Integration of Truth