

WLS Deepenings 4 Senses—Part 4: BALANCE

Resources mentioned in class sessions:

July 25, 2026

1. “1909 lectures” — “Anthroposophy” <https://rsarchive.org/Lectures/GA115/English/AP1971/index.html>
2. Balance in Teaching — audio: <https://www.rudolfsteineraudio.com/balanceinteaching1920/balanceinteaching.html>
Book: https://www.waldorfpublishings.org/products/copy-of-balance-in-teaching?srsId=AfmBOoo1gQSFhDwf72ht-rTrv9NlvzVFpn70cAcDNa3qE_HazZyDRohS
3. Else Göttgens - <https://www.waldorftoday.com/2013/10/2699/>
4. Audrey McAllen - <https://waldorflarningsupport.org/our-mission/>
5. Free Movement from the Very Start: Self-Initiated Movement and Sensorimotor Development in the Growing Child - <https://store.waldorfearlychildhood.org/products/free-movement-self-initiated-movement-and-sensorimotor-development>
6. Functional Morphology: The Dynamic Wholeness of the Human Organism by Johannes Rohen - <https://amzn.to/4vKSzPf>
7. <https://waldorflibrary.org/online-library/ebooks/ebooks/working-with-anxious,-nervous,-and-depressed-children-ebook>
8. The Fabric of Autism, Weaving The Threads Into A Cogent Theory by Judith Bluestone - <https://amzn.to/4fEUEGn>
9. The Handle Institute - <https://handle.org/>
10. Sensory Integration and the Child J Ayers — <https://amzn.to/4wsBIXW>
11. Smart Moves: Why Learning Is Not All in Your Head by Carla Hannaford - <https://amzn.to/4wmbJf8>
12. Home Epley Maneuver - <https://www.hopkinsmedicine.org/health/treatment-tests-and-therapies/home-epley-maneuver>
13. Helle Heckmann - <https://www.waldorftoday.com/2011/11/the-little-ones-by-helle-heckmann/>
14. Dr. Emmi Pikler - <https://pikler.org/about/>
15. Romberg Test - <https://my.clevelandclinic.org/health/diagnostics/22901-romberg-test>
16. The Well Balanced Child: Movement and Early Learning by Sally Goddard Blythe - <https://amzn.to/3RUYy60>
17. Our Hands Belong to Levity - <https://www.waldorftoday.com/2012/10/our-hands-belong-to-levity/> and <https://waldorflarningsupport.org/articles/>

From Leianne if interested in Helichrysum essential oil:

https://www.florihana.com/us/essential-oils/230-103-helichrysum-italian-organic.html?_gl=1*10qdk9l*_up*MQ..*_gs*MQ..&gclid=CjwKCAjwvZHTBhAIEiwA1ug5P91AdWe1sbuH0qA6N4BA55v_0CFDKJEbQWtY7nV-VXUI1SItn9wCyRoCGCQQA vD_BwE&gclid=0AAAAADzSftKgQgmK48u0bQ3HHN6vhav9e#/792-size-5_g

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July 26

1. Rudolf Steiner, Lectures for the Workers at the Goetheanum - [https://en.anthro.wiki/Rudolf Steiner, Lectures for the Workers at the Goetheanum](https://en.anthro.wiki/Rudolf_Steiner_Lectures_for_the_Workers_at_the_Goetheanum)
2. Earthly Knowledge and Heavenly Insight - GA 221 - <https://rsarchive.org/Lectures/GA221/English/SOL/19230217p01.html>
3. The Foundations of Human Experience, **Lecture 2** - <https://rsarchive.org/Lectures/GA293/English/RSP1966/19190822a01.html>
4. Pre-Earthly Deeds of Christ - <https://rudolfsteinerbookstore.com/product/pre-earthly-deeds-of-christ/>
5. The Foundations of Human Experience (Study of Man) **Lecture 3** - <https://rsarchive.org/Lectures/GA293/English/RSP1966/19190823a01.html>
6. Soul Economy - R Steiner - <https://files.spiritmaji.com/books/Rosicucianism/Rudolf%20Steiner/Soul%20Economy.pdf>
7. Balance in Teaching — audio: <https://www.rudolfsteineraudio.com/balanceinteaching1920/balanceinteaching.html>
Book: https://www.waldorfpublishings.org/products/copy-of-balance-in-teaching?srsltid=AfmBOoo1gQSFhDwf72ht-rTrv9NlvzVFpn70cAcNa3qE_HazZyDRohS
8. Seeing, Hearing, Learning: The Interplay of Eye and Ear in Waldorf Education - https://steinerbooks.org/products/9780945803041-seeing-hearing-learning?srsltid=AfmBOoof1CKDAmX1h1NV0eNsO32GeAnp5X2uXEoFjPZT5Z0xU6A1_O2s
9. Babymoves by Marianne Hermesen-Van Wanrooy - <https://www.babymoves.co.nz/> or <https://amzn.to/4fTuVv0>
10. Free Movement from the Very Start: Self-Initiated Movement and Sensorimotor Development in the Growing Child - <https://store.waldorfearlychildhood.org/products/free-movement-self-initiated-movement-and-sensorimotor-development>
11. Wisdom of Man, of the Soul, and of the Spirit - GA 115 - <https://rsarchive.org/Lectures/GA115/English/AP1971/index.html>
12. Joep reference to embryologist - Jaap van der Wal - <https://www.embryo.nl/en/>
13. Lect II. The Cosmic Origin of the Human Form: The Need to Return to the Spiritual Life - <https://rsarchive.org/Lectures/GA214/English/AP1991/19220822p02.html>
14. The Fourth Dimension - GA 324a - <https://rsarchive.org/Lectures/GA324a/English/SOL2024/>; book contains Q&A, notes, and glossary - <https://steinerbooks.org/products/9780880104722-the-fourth-dimension>
15. Kris' last quote from Steiner - Gospel of St John - https://rsarchive.org/Lectures/GA103/English/AP1962/GosJhn_index.html lect 3, pp48-49

From Cristina:

1. Reference to her lectures for WLS, LLC - Literacy in Waldorf Schools (3-part series—scroll down page to find) - <https://waldorflearningsupport.org/deepenings/>
2. https://www.opiearchive.org/about/childhoods_and_play Cristina: “Peter and Iona Opie have archived children’s games and songs for decades, I think they have passed away, but the archive is terrific....what we’re talking about is old fashioned children’s games. The archive also addresses our ‘new media age.’”