

## The Traumas of Today's Children

Weekend seminar in Sluštice, Czech Republic, April 28 – 30, 2017

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### *Our Deepest Fear*

*"Our deepest fear is not that we are inadequate.  
Our deepest fear is that we are powerful beyond measure.  
It is our light, not our darkness that most frightens us.  
We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous?  
Actually, who are you not to be?  
You are a child of God.  
Your playing small does not serve the world.  
There is nothing enlightened about shrinking so that other people won't feel insecure around you.  
We are all meant to shine, as children do.  
We were born to make manifest the glory of God that is within us.  
It's not just in some of us; it's in everyone.  
And as we let our own light shine, we unconsciously give other people permission to do the same.  
As we are liberated from our own fear, our presence automatically liberates others."*  
-Marianne Williamson<sup>1</sup>

From April 28 – 30 in the Czech kindergarten MAITREA in Sluštice a unique seminar took place on the topic of "Traumas of Today's Children", led by Stefanie Allon from Israel.

For the more than 20 participants, this encounter was not only a professional workshop but also a deeply human experience. During the entire weekend we concerned ourselves with the sources of various kinds of trauma, and how the effects of a trauma can come to expression in the various members of the human being.

At the same time, we considered pedagogical possibilities in our work for supporting the child and helping to overcome the experience of trauma. We also sought ways to strengthen forces of resistance and resilience in ourselves, as it is possible for any of us to find ourselves in a harmful situation.

What capacities do we need to develop, and what do we need to strengthen in ourselves, in order to transform the experience of trauma into a resource for new forces of our own and for the future?



<sup>1</sup> It has often been said that it was the newly elected president of South Africa Nelson Mandela who declared — while delivering his inaugural address — these words. They actually come from Marianne Williamson, who originally wrote the words in her 1992 best-selling book, "A Return to Love".



Stefanie led us through various practical possibilities for learning to "speak" in new ways to address the traumatized child –for example, with rituals that are meaningful for a child, with movements, touching, sounds, gestures, etc. In concrete exercises we found connections between the movements in our everyday activities and great cosmic gestures and movements.

We sang, danced, and tried to climb out of ourselves and into the being of the other completely, and to practice empathy. We also spoke about child study as a tool for an inspired understanding of the child and the child's biography.

The intensive study atmosphere of the course on trauma was released regularly through the peaceful and harmonizing work of creating colored pictures together with transparent paper, prepared for us by class teacher Marketa Hrbackova from the Waldorf kindergarten Prague 4.

This deepening seminar was the first time that many of our colleagues had encountered Stefanie Allon, and we are convinced it will not be the last time. We all look forward to being able to experience the great humanity, love, and kindness of her personality again in the future.



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