

Teachings from the Covid-19 pandemic

By Clara Aerts

For more than half a year the world is in the grip of the pandemic which is controlling and changing both our social and our professional lives. The deep impact of this experience also influences the way we think, feel and act. Taking hold of our inner lives has never before become so important. Rudolf Steiner has given us [6 basic exercises](#) that can help us to take back ownership of our inner life. The 4th exercise urges us to cultivate 'a positive attitude 'to life. It is not aimed at denying the negative encounter but to go beyond the first thought and feeling that arises and search for a positive element in it.

Steiner exemplifies this soul quality with a Persian legend:

One day, as Christ Jesus was walking with His disciples, they saw a dead dog lying by the roadside in a state of advanced decomposition. All the disciples turned away from the disgusting sight; Christ Jesus alone did not move but looked thoughtfully at the corpse and said: 'What beautiful teeth the animal has!'

Instead of seeing only the repulsive aspect of the decaying animal, he looked for the beautiful. So, in this exercise we are asked to seek for the positive in every phenomenon and being we encounter. After dedicating ourselves faithfully to this exercise we will become more attentive for the subtle processes and things in our surroundings as if our soul is opening itself again for the secret beauty of life itself.

This opening up of our soul life can help us to overcome the weighing enclosure in ourselves through the forced social distancing and in this opened up space new perspectives can reveal themselves to us.

The following [document from ECSWE](#) is a good example how even challenging situations can be used in a positive way. We invite you to read it and hope it can help you in conversations with your local educational policy makers to design a better future for our children.

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