

## Newsletter Digest Eastern Region Branches ASA

### **Eastern Region Newsletters and contacts**

If you are interested in subscribing to a particular newsletter, just get in touch in touch with one of the editors listed below.

**New Hampshire:** Anthroposophical Society in New Hampshire Newsletter. Contact: Alice Groh at [groh.alice@gmail.com](mailto:groh.alice@gmail.com)

**Vermont:** Green Mountain Branch of the Anthroposophical Society in America Newsletter. Contact Paul Bezaire: [greenmountainbranch@gmail.com](mailto:greenmountainbranch@gmail.com)

**Spring Valley:** The Listener, The Threefold Community Newsletter. Contact: Gino ver Eecke at [gfbver@gmail.com](mailto:gfbver@gmail.com)

**Berkshire Taconic Branch (Hawthorne Valley):** Chanticleer. Contact: Ella Lapointe at [berkshiretaconicbranch@gmail.com](mailto:berkshiretaconicbranch@gmail.com)

**Southeastern Pennsylvania:** Newsletter For The Southeastern Pennsylvania Branch of The Anthroposophical Society. Contact: Rick Ruffin at [rruffin@voicenet.com](mailto:rruffin@voicenet.com)

**The Anthroposophical Society in Greater Boston Newsletter:** Contact: Andrew Linnell at [jandrewlinnell@gmail.com](mailto:jandrewlinnell@gmail.com)

**Atlanta:** Anthroposophy Atlanta: Branch News, Articles and Events (presently dormant). Contact: [anthroposophyatlanta@gmail.com](mailto:anthroposophyatlanta@gmail.com)

See the **DIGEST at the top** for a quick view of the offerings.

Go to the **bottom to see the FULL OFFERINGS: articles, artistic pieces, reports**, etc.

## DIGEST

### ARTICLES / STORIES

#### FROM Chanticleer Easter Issue

#### **Awakening to the Second Coming Through Branch Life**

David Schwartz

One of the calls of the Easter season is for the individual to take up an inner practice that leads to their experience of their spiritual nature or higher "I."

Being in touch with your own higher "I" is a prerequisite for meeting the higher "I" of the other. It is in meeting the higher "I" of the other that we find the Christ in ourselves and in the other.

## **FROM Anthroposophical Society in New Hampshire Easter Issue**

### **What if the Virus is Medicine?**

Jonathan Hadas Edwards & Julia Hartsell

The emerging pandemic is already a watershed of the early 21st century: things won't ever be the same. Yet for all that the havoc that the virus is wreaking, directly and indirectly, it may also be part of the bitter medicine the global body needs.

## **SOME LONGER ARTISTIC CONTRIBUTIONS**

### **FROM The Listener Easter Issue**

An Imagined Letter from Covid-19 to Humans by Krisin Flyntz

Stop. Just stop. It is no longer a request. It is a mandate. We will help you. We will bring the supersonic, high speed merry-go-round to a halt We will stop the planes the trains the schools the malls the meetings the frenetic, furied rush of illusions and "obligations" that keep you from hearing our single and shared beating heart, the way we breathe together, in unison.

## **REPORTS / INTERVIEWS**

### **FROM Green Mountain Branch Newsletter Easter Issue**

#### **Inner Fire: a Proactive Healing Community**

Luigi Morelli interviewed Beatrice Birch, Founder of [Inner Fire](#), on March 27, 2020; his report from the interview can be found [here](#). The hour-long podcast of the interview can be heard [here](#).

#### **Interview with Farmers to You, Barre, VT.**

Greg Georgaklis has worked over the years both in business and in bio-dynamics, and he is a member of the Board of the Biodynamic Association. His local business, Farmers to You integrates both aspects in the attempt to create a basis for what Steiner calls "associative economics." Among Farmers to You co-workers is former Waldorf parent Joan Kahn.

[Introduction](#)

<https://1drv.ms/u/s!Aro15WOuWwLVgoteLp6xHMxMcIKBdg>

[https://1drv.ms/v/s!Aro15WOuWwLVgotf5io7FO4LeT\\_zWg](https://1drv.ms/v/s!Aro15WOuWwLVgotf5io7FO4LeT_zWg)

## **The Sudden Emergence of Homeschooling**

Paule Bezaire

If I ever had the impulse of homeschooling, doing so in the middle of a pandemic would probably not have been my first instinct.

## **Translocation or Transformation of the Ahrimanic and Luciferic**

Are Thorensen, author of [Demons and Healing: The Reality of the Demonic Threat and the Doppelgänger in the Light of Anthroposophy](#) (Temple Lodge, Forest Row, 2018), offers an interesting view of spiritual healing through the Christ, filled with great insights and very practical information about how each one of us can take up the work. To access the webinar recording go to: <https://cfae.us/events/translocation-transformation/>

## **EASTERN REGION EVENTS, APPEALS, ETC.**

### **FULL OFFERINGS**

## **ARTICLES / STORIES**

### **FROM Chanticleer Easter Issue**

**Awakening to the Second Coming Through Branch Life** *Contribution from David Schwartz*

One of the calls of the Easter season is for the individual to take up an inner practice that leads to their experience of their spiritual nature or higher "I." Being in touch with your own higher "I" is a prerequisite for meeting the higher "I" of the other. It is in meeting the higher "I" of the other that we find the Christ in ourselves and in the other.

In *The Etherization of the Blood*, 10/01/1911, Basel, CW/GA 130, Rudolf Steiner describes the human being as having two etheric streams flowing into themselves. One flows during the day from the heart to the head. In this stream the human blood is etherizing in the heart and flowing up to the head forming a microcosmic stream. The other etheric stream comes from

the macrocosm [the cosmos] and flows into the head and then down into the heart. They intermingle. In order for these two streams to form a harmonious relation they need to meet in the head and flow together to form the harmony. The forming of the harmony between the two streams is dependent on the human being having an inner practice that leads the individual to leading a life permeated with morality.

Then Rudolf Steiner explains that in addition to this activity from heart to head being present in the individual human being that creates the basis of the human being's connection with the divine creation, the Christ being's blood that poured into the earth during the Mystery of Golgotha has etherized like the human blood and permeated the etheric sphere/body of the earth. If the human being has created the harmony between their microcosmic and macrocosmic etheric streaming by joining the head with the warm light of the heart, then the etheric streaming of the Christ can join the etheric streaming in the human being from heart to head. This is what Rudolf Steiner says in the lecture:

Because the etherized blood of Jesus of Nazareth is present in the etheric body of the earth, it accompanies the etherized blood streaming upward from the heart to the brain, so not only do these [two] streams that I described earlier meet in the human being, but the human bloodstream unites with the bloodstream of Christ Jesus. A union of these two streams can come about, however, only if the human being is able to unfold a true understanding of what is contained in the Christ impulse ... If this comes to pass, individuals will be able to comprehend the event that has its beginning in the 20th Century: the appearance of Christ in the etheric in contradistinction to the physical Christ of Palestine.

Our work in the realm of the Anthroposophical Society through our Branch can become a community experience that can awaken individuals to the Second Coming of Christ, the appearance of Christ in the etheric. In this regard, in the early days of Camphill, Karl Konig spoke about the role of community life and the awakening to the Second Coming of Christ:

It is one of the main tasks of the Community to make truly alive the life of Christ on earth in each of its members and in those with whom they live and work, so that each day of work and celebration seems to be accompanied by Him.

It should come so far that the landscape of Palestine, of Galilee and Judea, become for each of us a homeland. Not that we should develop a longing for it, but that it is so inscribed and "painted in" to us that it becomes like the land of our youth. It should come so far that the days of the life of Christ on

earth, His words and ways, become like a garment of our souls and that through this, our wandering will be guided by His wandering.

Only then will the places of the Community become places where the Second Coming of Christ can happen ... for the events of the Holy Land and of the Mystery of Golgotha are not past events, but presents ones. To tear the curtain away from the ether world and to live in the reality of these events ever and again is what is necessary.

These words of Karl Konig point to the joining of our etheric streaming from heart to head with the Christ's etherized blood. It is this experience and activity that can unfold for every member of the Branch if we embrace the opportunity.

## **FROM Anthroposophical Society in New Hampshire Easter Issue**

### **What if the Virus is Medicine?**

Jonathan Hadas Edwards & Julia Hartsell

The emerging pandemic is already a watershed of the early 21st century: things won't ever be the same. Yet for all that the havoc that the virus is wreaking, directly and indirectly, it may also be part of the bitter medicine the global body needs.

How could adding another crisis to an already crisis-ridden planet possibly be medicinal?

Before we explore that question, we want to be clear: our intent is not to downplay the severity or minimize the importance of lives lost to this disease. Behind the mortality figures lie very real pain and grief, and these numbers, often discussed so casually, are personal, representing the potential loss of our parents, elders, teachers, dance companions, grandmothers or immune-compromised friends.

Already, our hearts are breaking for the physical distance with our aging parents until we know if we're infected. There's not only a risk of losing beloveds in this time, but having to do so from afar. Our hearts are breaking for those who may die or suffer alone, without the touch of their loved ones. We honor death as a sacred passage, but we do not minimize death, suffering or sickness in the slightest.

We pray that each one who transitions from this virus (as from the many other deadly diseases, accidents, overdoses, murders, suicides, mass

shootings, and on and on) be met with on the other side by unexpected blessing, connection, peace.

Neither are the economic implications to be taken lightly. Many in this country have already seen massive impact, and the recession has only begun. As always, those closest to the edge will be hit hardest. For some, a month sequestered in beauty could be a vacation.

Others have a few months before financial panic sets in. And for others living paycheck to paycheck or gig to gig, there is a great immediacy of struggle. The economic 'side effects' of this coronavirus could be catastrophic.

And yet.

For many in our world, the pre-coronavirus status quo was already catastrophic. Many are facing an imminent end to their world--indeed, for many species and many peoples, the world has already ended. We are in the midst of a crisis of unprecedented magnitude: the choice for humanity is change or die. No one said change would be easy. (Neither is dying.)

And incremental change is not enough. It will take radical change to shift our current, calamitous trajectory away from massive environmental devastation, famine, energy crises, war & refugee crises, increasingly authoritarian regimes and escalating inequalities.

The world we know is dying. What is unsustainable cannot persist, by definition, and we are starting to see this play out.

What hope is there, then? There is the hope that breakdown will become, or coexist with, breakthrough. There is the hope that what is dying is the caterpillar of immature humanity in order that the metamorphosis yields a stunning emergence. That whatever survives this collective initiation process will be truer, more heart-connected, resilient and generative.

We are entering the chrysalis. There's no instruction manual for what happens next. But we can learn some things from observing nature (thank you Megan Toben for some of this biological info). For one thing, the chrysalis stage is preceded by a feeding frenzy in which the caterpillar massively overconsumes (sound familiar? We've been there for decades). Then its tissues melt into a virtually undifferentiated goo. What remain separate are so-called imaginal cells, which link together and become the template from which the goo reorganizes itself into a butterfly.

Does the caterpillar overconsume strategically, or out of blind instinct? Does it know what's coming and trust in the process, or does it feel like it's dying? We don't know. It's natural to resist radical, painful change. But ultimately there's little choice but to surrender to it. We can practice welcoming the circumstances that force us away from dysfunctional old patterns, be they economic or personal. We have that opportunity now.

Let's return to a crucial word, initiation. On an individual level, initiations are those processes or rituals by which one reaches a new state of being and corresponding social status: from girl to woman, from layperson to clergy, and so on. Initiations can be deliberate or spontaneous, as in the case of the archetypal shamanic initiation, which comes by way of a healing crisis.

To paraphrase Michael Meade, initiations are events that pull us deeper into life than we would otherwise go. They vary widely from culture to culture and individual to individual, but two characteristics they share are intensity and transformation. They bring us face to face with life and with death; they always involve an element of dying or shedding so that the new can be born.

Most all of us have undergone initiations of one sort or another, from the death of a parent to the birth of a child. Many have experienced initiation in the form of a crisis or trial by fire. Those of us who have gone through more deliberate, ritualized forms of initiation can state unequivocally: the process is not fun, comfortable or predictable.

You may well feel like you're going nuts. You may not know who you are anymore. You don't get to choose which parts of you die, or even to know ahead of time.

One of the overriding feelings is of uncertainty: you don't know where you're going, only that there's no going back. And there's no way of knowing how long the transformation will take. It can help to remember that the initiatory chrysalis phase is a sacred time, set apart from normal life. That it has its own demands and its own logic. That it cannot be rushed, only surrendered to. That it may be painful, but also, ultimately, healing.

Imagine what happens when an entire society finds itself in the midst of a critical initiation. Except you don't have to imagine: it's already happening, or starting to. It looks like chaos, a meltdown. We're in a moment of collective, global-level crisis and uncertainty that has little precedent in living memory.

The economic machine--the source of our financial needs and also a system that profits from disease, divorce, crime and tragedy--is faced with a dramatic slow-down. We are all facing the cessation of non-essential activities. There is opportunity here, if we claim it.

This is a sacred time.

However, unlike a traditional rite of passage ceremony, there's no priest or elder with wisdom born of experience holding the ritual container, tracking everything seen and unseen. Instead, all at once there are millions of personal quests inside one enormous initiatory chrysalis.

And yet, look closely: amid the goo, you may start to notice imaginal cells appearing. Pockets of people who are aligned with something they may not fully understand, in receipt of a vision or pieces of one, beaming out their signal to say: let's try something different.

This is an opportunity to loosen our grip on old and familiar ways. Those ways worked for as long as they did, and they got us here, for better and for worse. They seem unlikely to carry us much further.

What if we're instead being asked to feel our way forward, from the heart, without benefit of certainty--which, when concentrated, quickly becomes toxic? No one has all the answers in this or any other time. Right now the questions may be more valuable.

What if we honor this time with sacred respect?

What if we take the time to listen for the boundaries and limits of our Earth mother?

What is truly important?

How can we receive the bitter medicine of the moment deep into our cells and let it align us with latent possibility?

How can we, with the support of the unseen, serve as midwives to all that is dying here and all that is being born?

With these questions resounding, let us s l o w d o w n and listen. For echo back from the unseen, for whisperings from the depths of our souls and from the heart of the mystery that--no less so in times of crisis--embraces us all.



## **SOME LONGER ARTISTIC CONTRIBUTIONS**

### **FROM The Listener Easter Issue**

An Imagined Letter from Covid-19 to Humans by Krisin Flyntz

Stop. Just stop.  
It is no longer a request. It is a mandate.  
We will help you.  
We will bring the supersonic, high speed merry-go-round to a halt  
We will stop  
the planes  
the trains  
the schools  
the malls  
the meetings  
the frenetic, furied rush of illusions and "obligations" that keep you  
from hearing our  
single and shared beating heart,  
the way we breathe together, in unison.  
Our obligation is to each other,  
As it has always been, even if, even though, you have forgotten.  
We will interrupt this broadcast, the endless cacophonous broadcast of  
divisions and distractions,  
to bring you this long-breaking news:  
We are not well.  
None of us; all of us are suffering.  
Last year, the firestorms that scorched the lungs of the earth  
did not give you pause.  
Nor the typhoons in Africa,China, Japan.  
Nor the fevered climates in Japan and India.  
You have not been listening.  
It is hard to listen when you are so busy all the time, hustling to  
uphold the comforts and conveniences that scaffold your lives.  
But the foundation is giving way,  
buckling under the weight of your needs and desires.  
We will help you.  
We will bring the firestorms to your body  
We will bring the fever to your body  
We will bring the burning, searing, and flooding to your lungs  
that you might hear:  
We are not well. Despite what you might think or feel, we are not the  
enemy.

We are Messenger. We are Ally. We are a balancing force.

We are asking you:

To stop, to be still, to listen;

To move beyond your individual concerns and consider the concerns of all;

To be with your ignorance, to find your humility, to relinquish your thinking minds and travel deep into the mind of the heart;

To look up into the sky, streaked with fewer planes, and see it, to notice its condition: clear, smoky, smoggy, rainy? How much do you need it to be healthy so that you may also be healthy?

To look at a tree, and see it, to notice its condition: how does its health contribute to the health of the sky, to the air you need to be healthy?

To visit a river, and see it, to notice its condition: clear, clean, murky, polluted? How much do you need it to be healthy so that you may also be healthy? How does its health contribute to the health of the tree, who contributes to the health of the sky, so that you may also be healthy? Many are afraid now.

Do not demonize your fear, and also, do not let it rule you. Instead, let it speak to you—in your stillness, listen for its wisdom.

What might it be telling you about what is at work, at issue, at risk, beyond the threats of personal inconvenience and illness?

As the health of a tree, a river, the sky tells you about quality of your own health, what might the quality of your health tell you about the health of the rivers, the trees, the sky, and all of us who share this planet with you? Stop.

Notice if you are resisting.

Notice what you are resisting.

Ask why. Stop. Just stop.

Be still.

Listen.

Ask us what we might teach you about illness and healing, about what might be required so that all may be well.

We will help you, if you listen.

## **REPORTS / INTERVIEWS**

### **FROM Green Mountain Branch Newsletter Easter Issue**

#### **Inner Fire: a Proactive Healing Community (podcast link available)**

Luigi Morelli interviewed Beatrice Birch, Founder of [Inner Fire](#), on March 27, 2020; his report from the interview can be found [here](#). The hour-long **podcast of the interview** can be heard [here](#).

Inner Fire Interview March 27, 2020 Luigi's report: (material in quotations is from Inner Fire's website) The work of Beatrice Birch prior to Inner Fire: After studying at Emerson College, England in 1974, Beatrice began teaching inner-city youth in the Bristol Waldorf School in England; the first of a new generation of schools where, after a thorough interview, parents contributed what they could afford, and teachers drew their needs. Striving to work out of the Three-Fold Social Impulse, The Rowan Tree, (a café, giftstore, bookshop, and library) supported the school for over twenty years. Wanting to develop more consciously what was intuitive for her, Beatrice stepped out of teaching to train as a Hauschka Artistic Therapist, a three year full-time training guided by Vera Taberner and by doctors Norbert Glas, Marianne Allan, and other well-respected Anthroposophically inspired doctors. She was asked to start the Bristol Waldorf Teachers' Training and directed this until her return to the USA with her son in 1999. She worked as a Hauschka Artistic Therapist in integrative clinics and rehabilitation centers in England, Holland and the USA, where her work called upon the whole human being: body, soul and spirit. For many years in New York State, she worked in prisons - guiding Alternative to Violence workshops in maximum security prisons and watercolor painting in a medium security prison. Her belief in the creative human spirit and the choice to be proactive in the healing journey is foundational to all her work. An experience in a rehabilitation center awoke in her the need to find colleagues and start Inner Fire. Inner Fire, founded in 2015, is a proactive healing community that offers striving individuals the choice to recover from debilitating and traumatic life experiences without the use of the mind-altering psychotropic medications. They are not anti-medication, but rather believe in the power of choice. The catalyst for Inner Fire: For five years, Beatrice worked in a rehab in Vermont offering Hauschka Artistic therapy - thereby calling upon the divine creative self in each resident through watercolor, clay, charcoal, pastel, dynamic stroke drawing or form drawing. Through this creative work the traumatized soul begins to stir. There was a time when a number of residents in the rehab confided in her stating: "I hate being medicated, isn't there a choice?" In time, these residents left the rehab - not finding the options, not prepared to live a zombie-type existence on a cocktail of psychotropic medications, and disconnected from their clarity of thinking, heartfelt feelings and ability to do. Within two years of their departure, six had taken their lives. Upon learning about the first suicide, fury arose within Beatrice, "Suicide is so unnecessary"! After the sixth young person's suicide, she felt she could not handle the work anymore. However, gradually, she took the questions their lives posed as a much larger question, realizing it was not by chance she had been asked about a choice, having worked in Anthroposophical clinics, Ruskin Mill, Arta and other inspiring Anthroposophical initiatives in Europe. She realized she had to take the best of her life experiences, find colleagues

and simply offer a choice! The choice was an alternative to suicide by offering the support needed to reclaim one's life free of psychotropic medications. What is going on in our society touches us all. We cannot ignore the mounting suicide rates. It seems, everybody knows someone who has taken their lives, or hates taking medication. Practitioners, case managers, nurses etc. within the mental health world know it, but feel trapped. In her work, Beatrice also feels the support that comes from the 'other side'. "We may have a challenge and then, the next day, new help comes." Inner Fire, a nonprofit, is now in its fifth year and has been licensed by the state of Vermont as a Therapeutic Community Residence (TCR). Their progress in these past five years has been remarkable. Another experience that deeply touched Beatrice was the work she did for many years in high security prisons where the third Friday and weekend of every month she offered Alternatives to Violence (AVP), which grew out of the Attica uprising in 1972. Some inmates at the Green Haven Facility approached the Quaker community, and together, they developed AVP. The participants told Beatrice that they learned more in a weekend of AVP than from anything organized by the state. They were so moved that outside facilitators would volunteer their weekends. Over the years, she recognized that the new, vulnerable yet courageous participants, who would arrive tight as a rose bud, would gradually unfold and blossom over the three days. She vividly recalls a young man daring to allow tears to flow as he cried: "All I wanted was for my mother to hold me in her lap." In forming Inner Fire, Beatrice recalled a valuable experience she had in the medium security prison where she offered painting. The experience is retold on Inner Fire's website. "One day, Ian, a young man who had painted with Beatrice for a couple of years, shared with her that when writing to a friend on the outside he tried to explain about the watercolor classes: "They are art classes but really they are spiritual classes..." Looking Beatrice straight in the eyes, he then added: "This is what I was looking for on the outside...isn't it strange I had to come to prison to find it." Of course, you are all Seekers, Beatrice realized, looking for more than this fast-paced, superficial, materialistic life." So, rather than calling participants in the Inner Fire program clients, patients or residents, she thought of Ian and realized the folks coming to Inner Fire are also Seekers and searching for a choice, not being content with the medical model. The staff at Inner Fire are referred to as Guides, just as the banks of the river guide the current, or a midwife, the birthing process. But the fact is, Beatrice states, "We are all Guides and all Seekers." Inner Fire's Story "The final catalyst for Inner Fire was a thirty-eight-year-old man named Zach, who while struggling with mental health challenges, tragically took his own life. Zach did not know he had a choice to recover free from the harmful and stultifying side effects of mind altering, psychotropic medications." Many residents with whom Beatrice worked were resistant to taking their medications and detested the way the drugs made them feel. Typically, the

medication confused their thought processes, disconnected them from their feelings, and sapped them of their willpower. Beatrice and Jim also experienced the tragedy of untimely deaths of individuals due to medical complications associated with long-term neuroleptic use. Beatrice recognized that traumatic, biographical experiences left deep impressions on the soul and that the addictive medications, which dull the symptoms, serve simply to avoid the real work of dealing with the effects of the trauma. In addition, the medications not only confused the issue at hand through their side-effects but caused additional trauma by the difficult process of withdrawal.

About Inner Fire "Our Mission: Proactive Healing to Recover From Debilitating and Traumatic Life-Challenges" Inner Fire is a proactive, healing community offering a choice for people to recover from debilitating and traumatic life challenges without the use of psychotropic medications. We do this by providing the opportunity to engage in a structured program of: 1. Proactive and empowering therapies which harmonize the relationship between the body, the soul and the spirit; 2. Intentional work in gardens, woods, kitchen and household; 3. Group counseling and peer led sessions encouraging self-expression and compassionate listening." The foundation of all the work at Inner Fire is based on rhythm through the day, week and year, thereby acknowledging the importance of fostering a strong etheric body. For many, to maintain any rhythm while on a cocktail of medications is very difficult. Typically, life is very chaotic with irregular eating and sleeping. The prospective seekers come for a three-day visit during which time they fully immerse in the program thereby getting a clear sense of what they are getting into, for Inner Fire is very serious about healing and is not a holiday camp. Once accepted, the individual will engage in the daily rhythm beginning with breakfast, washing-up, the morning walk and morning circle. During the mornings, Seekers are engaged in community work either in the kitchen, house cleaning, or in the biodynamic garden (forest in winter). All the work is done by hand which included building the hoop-house and the chicken coop on wheels. For some, the mindful activity of splitting wood was their first experience in years of not hearing voices; such an experience has been very encouraging. After lunch Seekers engage one on one in the essentially, non-verbal artistic therapies. It has always been Beatrice's wish to get these remarkable Anthroposophically inspired therapies - eurythmy, spatial dynamics, music, artistic, speech, rhythmical massage and biographical work which awaken and help rebalance the soul - out into the broader world. Other therapies including yoga, somatic breathwork, internal family systems (IFS) and, when a Seeker has grounded and established a strong foundation, then EMDR "eye movement desensitization and reprocessing" and Neurofeedback further support the work with trauma. The weekends maintain a structure including hikes, games, cultural events when appropriate, and practicing the cooking one has learned during the week. Inner Fire's detox program includes liver compresses three times a week and

the use of an infrared sauna. The diet is organic, low sugar, high in fats and protein along with the lacto-fermented kimchi, keifer and other probiotics. Beatrice has connected with artists, crafts and trades people in the area with whom the Seekers can work, thereby further developing their will-based intelligence under the guidance of creative and compassionate artisans. Thus far the Seekers have worked with a blacksmith, glass blower, stained glass artist, bookbinder; they have trained in restorative justice, in kindergartens, and at The Stone Trust; and they have volunteered in soup kitchens etc. All these craftspeople know the importance of re-engaging the will. It's essential for soul-balancing. Beatrice reminds us we are all somewhere in the spectrum. For instance, if we experience something traumatic, our shock may lead to being stuck in the inbreath with a gasp, or if sexually abused, well, who would want to be in this body of pain, so the center is lost...and then we may then hear voices. Each of the Anthroposophically inspired therapies works with the soul breath in a special way. Someone who is stuck in the in-breath would be supported with water-color painting, whereas someone who lives in the out-breath would be better supported with clay work. Once a more harmonious balance is found, the higher self, the Ego can re-engage, and greater freedom is found. Overcoming the abuse of psychotropic medications "We are not anti-medication but rather believe in the choice to find inner balance and healing without the challenging side effects of psychotropic medications. With the help of a psychiatrist and our comprehensive program which calls upon the engagement of the whole human being, we assist people who long to carefully taper to a satisfactory level, who want to avoid medications all together, or who need support while dealing with the withdrawal symptoms having discontinued their benzodiazepines or other medications. We seek deep and lasting healing through an intensive program that first stabilizes a person in crisis, gradually replaces medication with holistic healing practices, addresses the core issues precipitating pain and then develops skills for growing beyond these issues and becoming an enthusiastic and vital member of their community." Inner Fire helps people who have been on medications to slowly taper completely, or to a level which works for them. It is the individual's choice. Medications, once stopped, cause withdrawal symptoms. The tapering process must be conducted very slowly and carefully, particularly when reaching the lower doses. When people withdraw, they may tip into mania or violence can sometimes follow. One of the first emotions expressed is anger, which Beatrice reminds us is 'suppressed creative energy'. The Seekers are typically angry for having lost so many years of their lives. One of the most powerful experiences for a Seeker, or any one of us, is to realize there is no emotion out there that we do not more or less consciously also carry within ourselves. Every Seeker is met as a creator, not a victim; pity has no place at Inner Fire; Compassion and Love, yes, often awe at what an individual has already been through but not pity. Helping seekers claim their voice,

learn how to work with anger and pain and to help them recognize that they have choices is a wonderful and challenging experience. It soon becomes clear that we all need discipline in our inner life if we want to heal. Some of the testimonials on the website, [www.innerfire.us](http://www.innerfire.us), indicate that Inner Fire offers places of meaning because they can talk about anything, because at Inner Fire the full human being is honored. One evening a week is set aside for the opportunity for Seekers to safely share any question living within them that they would like to explore. Another evening is devoted to appreciating everyone in the circle and then also themselves. Such evenings are remarkable. Inner Fire and the Larger Community Visitors and parents are shocked that Inner Fire is the only one of its kind. It is situated in a beautiful valley with the Putney Mountain Range out the front door. The local community has been very supportive. Legislators, medical directors, senators, people from the department of mental health, and so many others from all walks of life have visited Inner Fire, all knowing in their hearts that the medical model has very little to do with deep healing. The greatest joy is seeing the seeker, who might have arrived shuffling his feet and looking through blurry eyes, begin to heal simply by being in a loving and supportive environment surrounded by the belief that they can heal and reclaim their lives. Parents are relieved to finally find a place they can trust and know their offspring will be safe and nourished on many levels. Inner Fire is private pay. As yet, there is not an insurance company which supports such deep healing, which of course, takes time. Inner Fire costs less than a 1/3 of what the state pays a day. The DMH Commissioner, Sarah Squirrel invited Beatrice to meet with her and colleagues. As it is essential that Inner Fire is multi-racial, multicultural, and available for those regardless of their financial background, Beatrice hopes to get state funding without compromising the integrity of the program. In the meantime, their Support a Seeker Fund, having supported striving individuals, is in need of donations. The East Wing of the Inner Fire Home was completed a year ago and fundraising is now happening for the central part, the 'heart' of the home where theatrical performances will be offered in the early spring to the supportive, broader community. The Heart of the home will be where all twelve seekers and guides can meet together for various activities. Inner Fire has recently decided to open its doors to those who seek a respite, a shorter-term visit, in a loving and creative environment through which they could begin to change their habits. In addition, every parent or spouse who has toured and experienced the program has stated, "I need Inner Fire". They are exhausted, angry and confused. Upon completion of the 'heart' of the future Inner Fire Home, Inner Fire will offer retreats, giving family members the opportunity to share their stories and questions while engaging in the practical work and therapies. Beatrice was recently approached by a doctor whose main clientele are suicidal psychiatrists. It would be a powerful experience for psychiatrists to witness totally different approaches to healing

while being taught how to support their patients in tapering from the medications under whose influence they are suffering. This is not an easy task! What does Inner Fire need from us? As mentioned above, Inner Fire needs financial support for both the Support a Seeker Fund and for the completion of the Inner Fire Home. Beatrice has been asked to start an Inner Fire in Texas, Northern California, Detroit and the UK, but she is staying focused in Brookline near Brattleboro until the 'mother' is complete. She received an email from South Africa stating, "Even knowing Inner Fire exists, gives us hope." Spreading the word that a choice is available would also be helpful in saving lives. For further information please contact [Beatrice@innerfire.us](mailto:Beatrice@innerfire.us), 802-221-8051 or visit their Facebook page where the dates of Open Houses are available. \*

## **The Sudden Emergence of Homeschooling**

Paule Bezaire

If I ever had the impulse of homeschooling, doing so in the middle of a pandemic would probably not have been my first instinct. While tackling their own psychological and emotional struggles (fear, anxiety, feelings of abandonment), parents are asked to perform a new task - that of a trained educator. Pythagorean Theorem and algebra equations come back full swinging in what seems like an unknown two-step under teenage scrutiny and eye rolls; essay writing structure suddenly appears more complex than building a reciprocal roof (teenage eye rolls); beeswax, plasticine (it's not Playdoh assures your 7 year old) and slime cover your couch; and the cleaning duties grow at an exponential rate due to increased presence in the household. And you can't get out.

While this is a humorous picture of a new life for parents, there is a deep down truth to the anguish and complications of this epidemic. Forget the "OK Boomers" or "Gen XYZ" wars: we are all in this together. Perhaps most insightful in these times of stress is to observe one's own coping mechanisms, and provide empathy for those around us: denial, blaming and anger can find their way into our lives faster than a skateboard ride down the road. While observing social distancing, leaning into those painful feelings appears healthy; lending an ear to one another, if you have the energy, and being patient. These times are hard.

And perhaps more than ever, humor, deemed a higher level defense in psychodynamic theory, has the potential to save the day - as long as it's not at the expense of someone else...



## **Translocation or Transformation of the Ahrimanic and Luciferic**

Are Thorensen, author of [Demons and Healing: The Reality of the Demonic Threat and the Doppelgänger in the Light of Anthroposophy](#) (Temple Lodge, Forest Row, 2018), offers an interesting view of spiritual healing through the Christ, filled with great insights and very practical information about how each one of us can take up the work. **To access the webinar recording go to:** <https://cfae.us/events/translocation-transformation/> If one has already registered and participated in the webinar, it will take him/her directly to where s/he can view the webinar. If one has not registered yet, it will ask for a donation.

Are Thoresen discovered in the early days of his work that almost all diseases in animals originated in owners. He started to treat the owner and this was 3 times more effective than treating the animal. Unfortunately, over time he discovered that when you treat someone the elementals translocate more easily. One type of this had to do with Luciferic heat-generating symptoms; others with Ahrimanic sclerotic tendencies. Then he could observe these beings; but if treated they would translocate. And all his healer colleagues noticed the same; the same with anthroposophical therapies. Are was treating cancer very successfully for 30 years with an 80% success rate. He realized the treatment translocated the cancer to others. He fell into the moral dilemma of not being able to continue his work. Immediately after this realization his success rate itself dropped. He couldn't believe that a decision in his soul stopped the effect. After a few weeks his students started noticing the same. He started trying other ways only because he was asked to; he would have given up. For three years nobody got cured. He thought of asking Judith Von Halle who did not give a direct answer: one evening a colleague from Potsdam called him from Berlin. Judith had talked about how to treat without translocating. "You have to treat with Christ consciousness." This did not give Are a clue. He decided to study the Representative of Man at the Goetheanum for hours and saw that the Christ lies in the middle between Lucifer and Ahriman Suddenly it was obvious; as long as you meet Ahriman and Lucifer head to head you push them away. But if you go in the middle, you can start putting these forces back into place, into balance. You find the Luciferic at the cranial end; Ahrimanic at the tail/feet end. There always is a distance between these two forces in all living beings. First time he put a needle between the two (acupuncture) the beings disappeared. It appeared very obvious. He then started his treatment "through the middle." This was not what was done in naturopathic, osteopathic, acupunctural, cranio-sacral schools. He came against their main tenets: not the two extremes but the middle. What he showed was avoided by those who stuck to the earlier ways, maybe because

there is no gain to be made. Are felt that what he had to offer would be accepted but that was not the case. The middle doesn't give money, social status, etc. He then came upon the case of fourteen horses that he treated in 5' through the middle approach. Another time he found a spleen problem that gave lameness on horses. In the proximity there was a 5G installation. He couldn't find what to do. One asked: "can we treat the middle of the mast?" He had never looked at the mast with clairvoyant eyes. Of course he found a Luciferic and an Ahrimanic being as clearly as in a human being or animal, and once more Ahrimanic at the bottom, Luciferic at the top. Steiner's readings confirmed this discovery (Ahrimanic: bottom, back and right; Luciferic the contrary) and this is related with the secrets of the three occultisms, which he did not have time to explore. They searched for the middle of the mast and poured their good thoughts in the middle, then came back to the horses and noticed their pain was gone after 20'; the same remained true even after a few years. NOTE: Are indicates that 5G is not the cause of the problems; 5G weakens the body and renders it more susceptible to the elementals of illness. Everything alive or manmade has elementals that are alive. In nature, elementals are always in upright positions, relating to the angelic realms. In the machines in the horizontal direction or back and forth direction. You can treat one of the directions or all of them at once. What are you doing when you treat the middle of a machine? This would happen even with solar panels (example of one that caused the owner headaches). They treated the middle point of the solar panel. The headache was gone, but not the radiation (of course - the panels continued to work). The change does not happen in the physical; no change except making room for the Christ force in the middle. You just bring a third force to add itself to the two: the Christ in the middle. The nature of the radiation changes. After 3 years the radiation even started becoming beneficial. The three years are part of the Christ rhythm, and this rhythm appears also in human-made things. Some scientists who had developed means to eliminate effects through a patented machine, they too observed beneficial effects. Applying the Middle Treatment If you do it yourself: you have to decide what is up and what is down. Are showed us with a cell phone. Point to the middle and then go 1/10th of the distance towards the Luciferic (the top of the cell phone). Then with the fingers (two on each side) separate towards the two poles; the treatment if you are allergic to the cellphone radiation works 100% of the time. And this is true of all things, living and human-made. Example of a lake that a person treated with the middle treatment and that was free of algae (eutrophic condition) after a couple of weeks. In patients you strengthen the middle with a Christ consciousness; imagine something good and Christ-like (and say: "with the love of Christ", which Are uses). In Germany 2-3 years ago there was a fungal disease in trees. They tried to treat one tree; the next day the fungus was almost gone; and then the trees next to it were also faring better. And

later on the effect carried at a much further distance (Berlin, where a workshop participant was). Are sees it like a wave. Questions from the audience Technology Satellites will be launched to support 5G: how can we deal with that? Could not answer but asked us to experiment with the very same basic idea (see above). In these things distance doesn't matter. You could treat satellites as well as anything else. Mechanical occultism The machine of Strader has three parts just like the representative of man (even the cosmic humor element) but set up horizontally. The Middle Treatment When we offer help in the name of Christ the law of karma will change into the law of grace (E. Cayce). But when we offer help in the name of Christ we need to ask for consent. All our senses can help us find the middle; some people can smell it and those who did described the smell in similar ways. Those who can smell are actually a much larger fraction than those who can see it. The smell can be detected even in physical things. All the sense organs are in fact windows towards clairvoyance. When he uses "with the love of Christ" Are makes with his hands gestures similar to those of the Representative of Man, which is one of the most important figures for the three occult paths (eugenic, hygienic, mechanical). The Representative of Man can serve as a meditative tool in all three paths. Middle and morning evening forces: One way is to find the anatomical middle. The question comes more complex when we are using plants, or acupuncture. At this point as the Zoom call was interrupted...