

The Foundation for  
Health Creation  
Winter 2023 Newsletter

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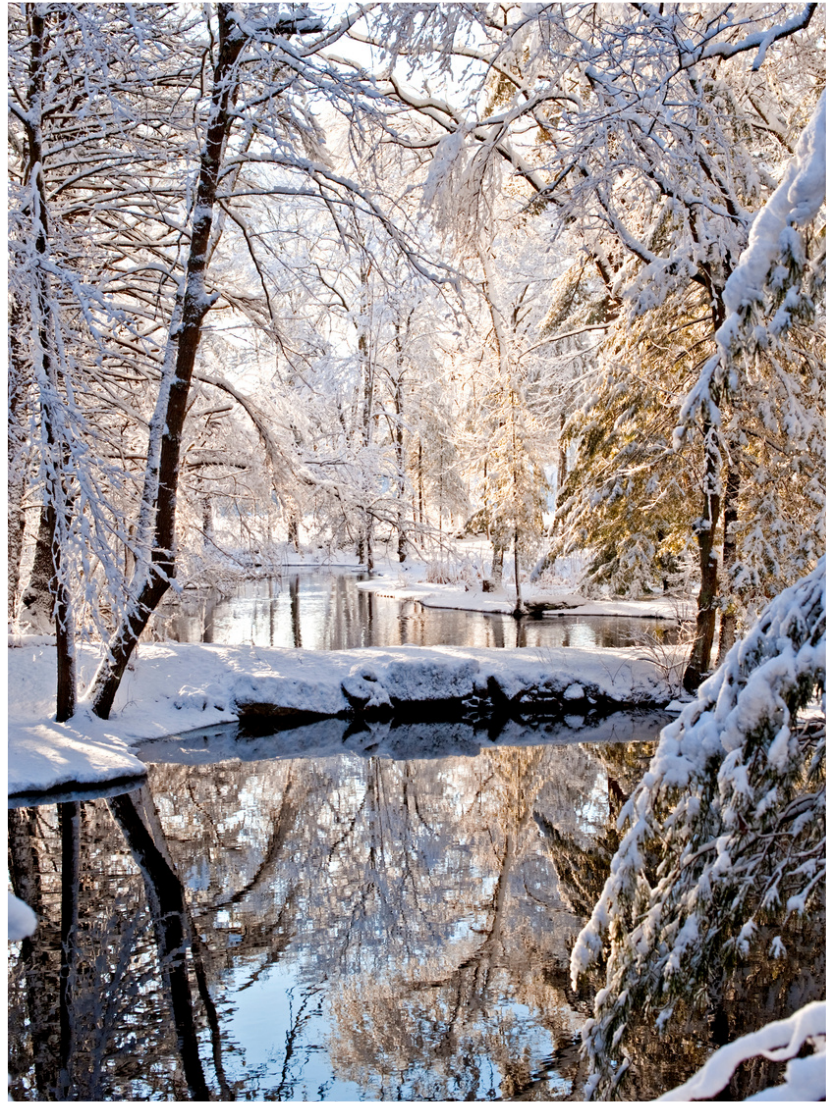
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# Opening Letter

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Dear Friends,

As the days grow shorter and the nights grow longer, our bodies seek rest and warmth and our minds seek peace and quiet. Within our hearts and souls, there is a desire for communion. 'Tis the time of year to slow down, sleep more, eat warming foods, and connect with loved ones. It is also the time to contemplate how the past year has shaped us and to consider what seeds are sprouting within our hearts for the coming year. This time especially, as the whole world seems to be going through an acute and significant transition, these introspections take on an even greater significance.

This Winter Solstice newsletter brings you a thoughtful essay about connecting to our hope, love, and faith to increase resilience along with some small inspirations about nourishing the warmth and light within our bodies, minds, and hearts.

Happy Holidays to everyone,  
The FHC Team

[foundationforhealthcreation.org](https://foundationforhealthcreation.org)

# Calendar of the Soul

Week #37  
December 15-21

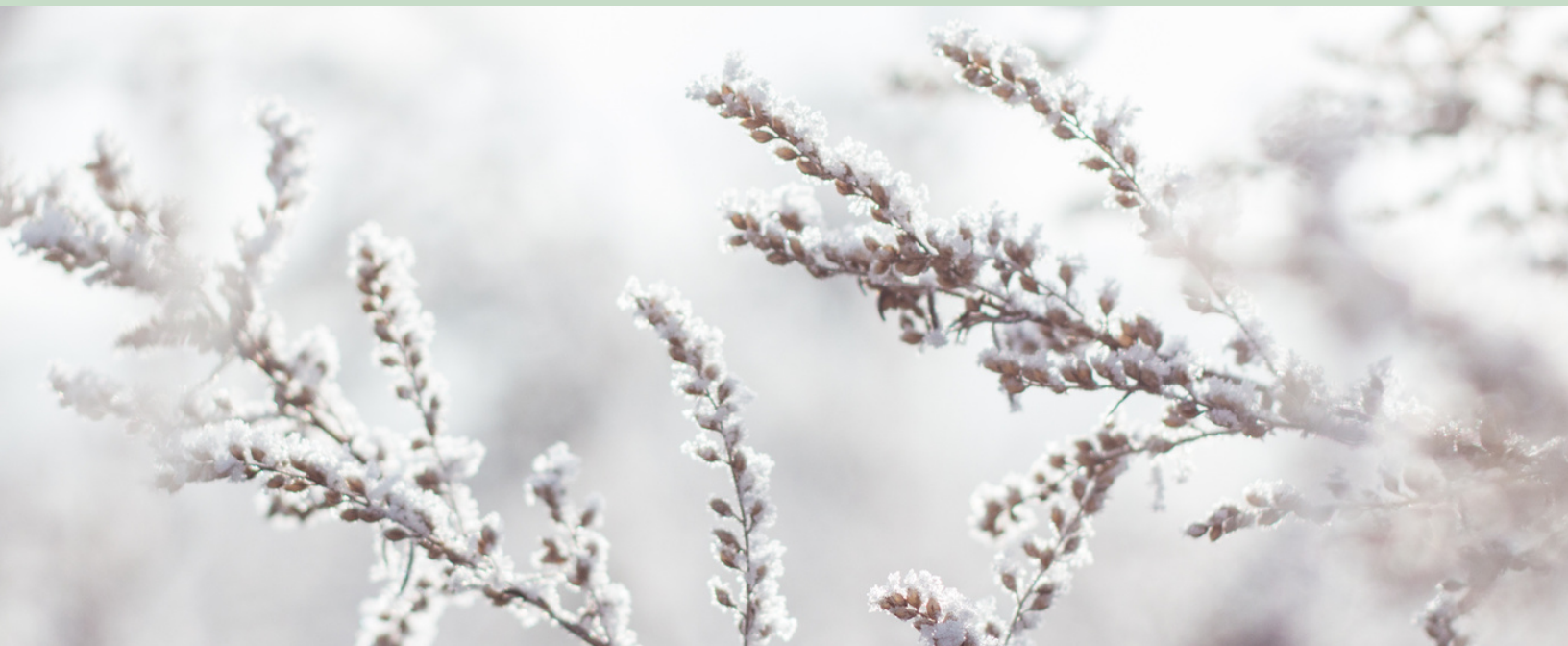
To carry spirit light into world-winter-night  
My heart is ardently impelled,  
That shining seeds of soul  
Take root in grounds of worlds  
And Word Divine through senses' darkness  
Resounds, transfiguring all life.

**- RUDOLF STEINER**

ANTHROPOSOPHISCHER SEELINKALENDER

TRANSLATION BY RUTH AND HANS PUSCH

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# Emerging Resilience

Dr. Steven Johnson

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Resilience has become an urgent need in our present times! Resilience encompasses our capacity for vitality, regeneration, emotional balance, and a state of coherence between our heart and mind. This coherence corresponds to a more dynamic regulation and balance of our physical, soul, and spiritual self.

Our body and soul endure constant challenges through exposure to toxic chemicals and poisons in our physical environment and by the contradictions, untruths, and lack of virtue in our social environment. The search for meaning and a fulfilling life can quickly seem clouded and unclear. If we are not careful, this can quickly bring us into a state of despair, anxiety, and worry.

In addition, healthy relationships at work, at home, and with extended family and friends are increasingly challenged. The surge of technology in our daily life overstimulates our nervous system and heightens our awareness of information more than our minds and bodies can digest, causing overstimulation and imbalance in our nervous system and inner mood of soul.



Because so many people feel overwhelmed, they slowly lose their sense of resilience and capacity to bounce back. As a result, there is increasing use of sedating substances such as prescription drugs, alcohol, marijuana, and other drugs in order to cope. This often clouds good judgment and prevents people from getting to the root cause of their symptoms and problems. Many of us stay stuck.

At the same time, it is important to acknowledge the “good” that modern life provides, including aspects of technology that can make us more aware of good deeds and beauty in the world that we want to support. Also, we can communicate with diverse groups of people much more easily via technology all over the world. So many human beings with wonderful attitudes and hearts are rising up to meet the challenges of our times with fascinating and creative initiatives. There truly is an abundance of beauty to witness in our world. Recognizing this fact is also part of maintaining resilience.

If we make a special effort to create healthy habits, all of us have the potential to create resilience in the face of a demanding world, as well as to improve the state of our physical, emotional, and spiritual health. Ultimately, this is about love; love for ourselves and each other, a love that gives birth to a faith that life is sacred, and a hope that the people and the world can become something greater.

Today, modern medicine and psychology professions have become based on materialistic science. This has taught us a lot about mental and physical illness and human behaviors. But modern scientific approaches are only part of the picture. The sources of faith, love, and hope lie in a sphere of “invisible” forces, which weave a sense of meaning and morality into the human experience. Without them, we lose the will to live and love others and ourselves. It is through these forces of faith, reverence, love, and hope that the emergence of our higher moral self, healthy soul, and physical body depend. They are, in essence, forces of resilience we need to heal the ailments of our body and soul, and to navigate the stressors and complications of leadership and social challenges.

The sources of Faith, Love, and Hope are a “force,” and they form a bedrock foundation for creating resilience in our lives. This force is based on the “logos” or the creative word. The logos is a universal experience every human being shares in common, no matter their culture or socio-economic background. Let us briefly explore the logos force behind these three words and see if we can see their power to support health and resilience.

**Faith Body:** Through knowledge, we gain faith. As religion and ancestral tradition are increasingly rejected as sources of knowledge, what do we place our faith in? Faith or reverence in a higher wisdom gives life meaning and fulfillment beyond material gain. All of us can experience the force that lies behind faith as a common human experience or “logos experience.” Some might say faith is just something we, as human beings, create to make us feel better about what we don’t understand scientifically, thereby tossing their ancestral heritage on the trash heap, so to speak.

What matters is not whether we want to have faith; rather, what is important is that the life forces expressed in the word Faith are available to our soul or consciousness. Without the sacredness of faith to tell us there is something greater to believe in than what we see in the world around us, we can observe how our soul atrophies. We feel an increasing sense of fear, nervousness, and anxiety, and we lose our sense of reverence, meaning, and purpose. This affects our motivation that we can achieve “goodness” in the world for ourselves and others. Our faith body enlivens our feeling for life and awakens our moral conscience. It supports us in our life journey to experience a greater purpose to our existence than just our desires, likes, and dislikes. Also, it supports our feeling that our deeds do matter in life. Our enlivened feeling for life is stimulated through our faith body. Without faith, we increasingly wander through the ocean of life without an anchor. Anxiety, nervousness, and depression become epidemic. Many of us can observe that this process has already started in our present time and that an underlying loss of connection or understanding of our history has already begun to create a generalized anxiety and worry as a common human experience. A healthy relationship with our faith body helps us to meet and transform the past into a renewing force for the future.

**Love Body:** This is also a vital “logos force” found in the depths of our being. Anyone who cannot overcome egotism and develop an inner warmth of love towards themselves and the world also withers within themselves and more easily feels mentally and physically ill. When we truly feel love, we generate and feel a deep inner warmth that keeps us vital and resilient. Without love, a generalized loss of interest in the world and others can set in. To find our inner benevolent force of love is essential for life. It needs to be more powerful than the forces of greed and personal desire, or else the salutogenic forces that keep us resilient start to shrivel. Nothing can live to its fullest potential without receiving love in some form. Without love, people can literally go into deep depression and actually die from lack of love. There is a documented medical syndrome called Takotsubo cardiomyopathy (also known as broken heart syndrome), where a strong loss or emotional event can cause sudden heart failure in a person.

Our love body is part of our very vitality and life body. In anthroposophy, we call this our “etheric” force, and it’s at the root of self-healing. This is the very force that gives birth to life, the inner sense of resilience, and the powers of regeneration that heal us from trauma, wounds, and illness. When our faith body is enveloped by our love body, then in the core of our middle body, we sense a force of warmth, love, and resilience. Love brings us into the present and into an awareness of the moment in ways that open up new forces of strength to overcome life challenges.



**Hope Body:** If we can say our faith body speaks most strongly to our soul mood and our love body to our vitality, we can say that the logos of our hope body speaks directly to our physical body. Without hope, our “will” is paralyzed. We need to know that there is a tomorrow after today, and we need to know that something we create or build today will be there tomorrow. Otherwise, why do anything? Why make a beautiful sweater if no one will wear it? Why make a good chair if no one will sit in it? Why give advice if no one will listen? Nothing fosters an illness in our body more than hopelessness. Hope holds our physical body together and gives us a reason to wake up each day. We need to know that the seeds we sow in the soil or within our own life will grow and bear fruit. The hope that something new, truthful, beautiful, and good can be created in the future gives us confidence to move forward in life. From an anthroposophic perspective, faith works deeply into our consciousness or astral body, love into our vital forces or etheric body, and hope into our will forces and physical body in order to change the future.

Like anything in life, there are no quick solutions. Just because you succeed one day does not mean it won't be harder the next day. Resilience is a road to self-knowledge. It is a way of life you choose to practice because you want a more fulfilling and healthier life for yourself and others.

“Knowing” and “doing” are not the same things. It is the practice of these ideals and exercises that will create true insight, wisdom, and, ultimately, resilience of body, soul, and spirit. Resilience, like the health of your body and mind, represents a coherence between your heart and mind, and further coherence between your thoughts, feelings, and actions. As you practice resilience, you will find it becomes easier and quicker to create a coherent state of mind in the moments of everyday life. We have observed time and time again that when people achieve coherence and are present in the moment, they are better able to recognize and act on the needs of others. Their social milieu improves. A sense of beauty and fulfillment appears before them more often. They feel more confident and resilient, and others recognize this and gravitate toward them.



In conclusion, this verse by William Bento speaks to the social potential of Faith, Love, and Hope as archetypes in our life. We hope this has been a helpful introduction to a new approach to strengthen your own resilience and health as you go forward in modern life. There are many further steps to consider, which you can read in the full course currently being developed (see below).



### There is Friendship

*“Among men and women who dare to open their hearts’ secrets to one another, there lives the Hope and promise of friendship. In the deepening silence they will bear, with Love, the knowing of what one has and has not done. And in this understanding, friendship shall bring to each of them the light of the Spirit Sun. Faith in this experience of true friendship will be the foundation of the World to come.”*

-William Bento (July 27th 2004, revised November 11th, 2010)

This introduction to resilience shares some of the philosophy of the U-resilience course by Dr. Steven Johnson. He hopes this will become available through workshops and training opportunities in the coming year. The course is built on the work of Rudolf Steiner, Heart-Math, Neuroplasticity, Otto Sharmer's U-theory, and insights from Eurythmy. Workshops and teacher trainings are being developed in hopes of being offered more widely in 2024.

# Poem to Change Perspective

*"I have come to the frightening conclusion that I am the decisive element. It is my personal approach that creates the climate. It is my daily mood that makes the weather. I possess tremendous power to make life miserable or joyous. I can be a tool of torture or an instrument of inspiration, I can humiliate or humor, hurt or heal. In all situations, it is my response that decides whether a crisis is escalated or de-escalated, and a person is humanized or de-humanized. If we treat people as they are, we make them worse. If we treat people as they ought to be, we help them become what they are capable of becoming."*

- Haim Ginott

## Worst Day Ever?

by Chanie Gorkin

Today was the absolute worst day ever  
And don't try to convince me that  
There's something good in every day  
Because, when you take a closer look,  
This world is a pretty evil place.  
Even if  
Some goodness does shine through once in a while  
Satisfaction and happiness don't last.  
And it's not true that  
It's all in the mind and heart  
Because  
True happiness can be attained  
Only if one's surroundings are good  
It's not true that good exists  
I'm sure you can agree that  
The reality  
Creates  
My attitude  
It's all beyond my control  
And you'll never in a million years hear me say  
Today was a very good day



December is a bustling time, often filled with challenges and disappointments. We hope the poem above offers a reminder of how our viewpoints mold our experiences.

Now, try reading it again, this time from the end upwards, line by line, to the beginning...



# Winter Wellness Webinar

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The Winter Wellness Webinar was presented by Dr. Carmen Hering, DO. In her moving presentation she encourages us to observe more closely in order to synchronize with the season to maintain health and wellness.

If you missed this, or any of our other 2023 webinars, “*Healing Begins in the Gut*” by Dr. Steven M. Johnson, DO or “*Nourishing Ourselves Through Rhythm and Sleep*” by Dr. Daciana Iancu, MD, use the link below to watch them.

[Watch Now](#)

# Staying Connected to the Earth



"The farmer's life is often described as dull and narrow. We beg to differ! What could be narrow about a life led in the open, in the cosmic company of earth and sky? And as far as dull, doesn't the farmer have front row seats at nature's miracle drama, witnessing fresh displays of her ever surprising, ever magical inventiveness? Each in its turn, her wheeling seasons lift some special revelation into view.

Winter, outwardly so bleak and empty, turns up perhaps the greatest miracle of all: The seed! And as the farmer shelves their beans and corn and puts the squash and pepper seeds to dry, they look with wonder at these tiny sepulchers, sensing the power of resurrection in them. For us, each grave of autumn is a crèche of spring.

So taught by our seeds, we come to feel the Christmas mystery with special poignancy, to see the holy child of humankind's hope cradled seed-like in the hearts of men and women who strive in frosty winter of the spirit toward its spring renewal".

-Anonymous



***Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts.***

***-Rachel Carson***

# Health at Home

During these chilly months, connecting with yourself and others may feel more challenging. One great way to slow down and connect is through cooking. Whether you choose to cook with someone, for someone, or find solitude in the kitchen for yourself, warm, nourishing soup is an easy way to find connection, and it can be simple and customizable. Here is a starter recipe that should serve about 4-6.



1/4 cup olive oil  
6 cups of broth or water (or mix of both)  
3 cups chopped carrots and celery  
2 cups chopped onion  
2 cups additional chopped vegetables  
(mushrooms, broccoli, sweet potato, bell pepper, etc)  
4 cloves minced garlic  
2 tsp. herbs (dry or fresh)  
salt and pepper to taste



- Heat the oil in a stock pot or Dutch oven over medium heat
- Add carrots, celery, and onion and saute until softened (8-10 minutes)
- Add herbs, garlic, salt, and pepper
- Add broth and/or water
- Add remaining veggies and cook until softened (10-15 minutes)
- Remove the pot from the heat
- Serve and enjoy.



# Health in Action

The Anthroposophic Health Association, in collaboration with the Foundation for Health Creation, is bringing forth a series of webinars this winter and spring entitled "Nourishing our Environment through Nourishing Ourselves."



Therapeutic Speech and Naturopathic Medicine  
January 11

Nursing and Therapeutic Singing  
February 8

Eurythmy and Anthroposophic Medicine  
March 14

Rhythmical Massage and Music Therapy  
April 11

Art Therapy and Anthroposophic Psychology  
May 9

[REGISTER NOW](#)

*The series will focus on self-care for the practitioner and for patients that can be practiced at home. This is a great opportunity to learn about how different Anthroposophic therapies can weave together to bring a more holistic approach to self-care and to learn practical tools to take into everyday life.*

Visit [anthrohealth.org](http://anthrohealth.org) and find the "Therapies" to learn more about AHA and the different therapies.