



Foundation for Health Creation

Fall 2024 Newsletter

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Loaves and Fishes

*This is not
the age of information.*

*This is not
the age of information.*

*Forget the news,
and the radio,
and the blurred screen.*

*This is the time of loaves
and fishes.*

*People are hungry,
and one good word is bread
for a thousand.*

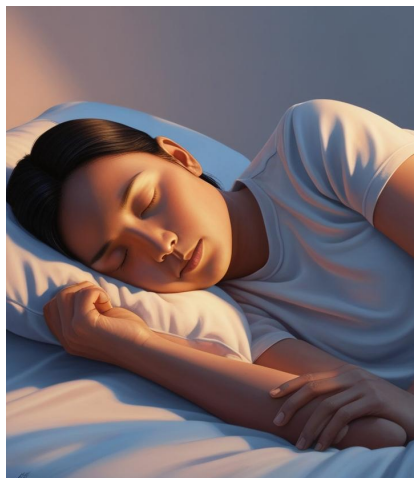
— David Whyte
from [The House of Belonging](#)



Anthroposophic Remedies for Sleep

by Dr. Daciana Iancu

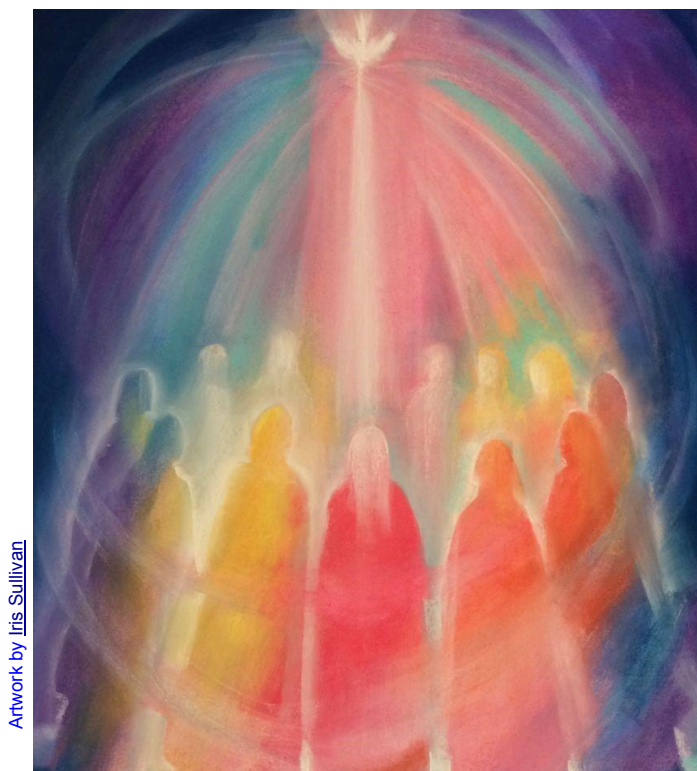
Sleep is underrated in today's culture. Why should we sleep when there are so many exciting things to do? We could work, play, watch movies, entertain, organize. The list goes on and on. The advent of electricity has made it possible for us to stay up longer and later.



Media has given us the opportunity to live many lifetimes in one. When life is exciting we want to stay up late so we can experience more of it. And when life is stressful, we want to stay up late in order to get more done at the end of the day, hoping that will ease our stress and help us feel better.

So why should we sleep?

Rudolf Steiner, the founder of Anthroposophic Medicine, talks about how when we go to sleep, a part of us, our spiritual side, lifts off and travels back to its home, where it communes with the spiritual beings. This allows this part of our being to refresh and regenerate, like a college student that comes home on break and has their parents cook, do laundry and pamper them with love. They feel nourished and refreshed before going back to college. (Granted, we are assuming that our spiritual family does not nag or criticize us, just accepts us unconditionally.) In the same way, our spiritual side gets to be taken care of, nourished and refreshed.

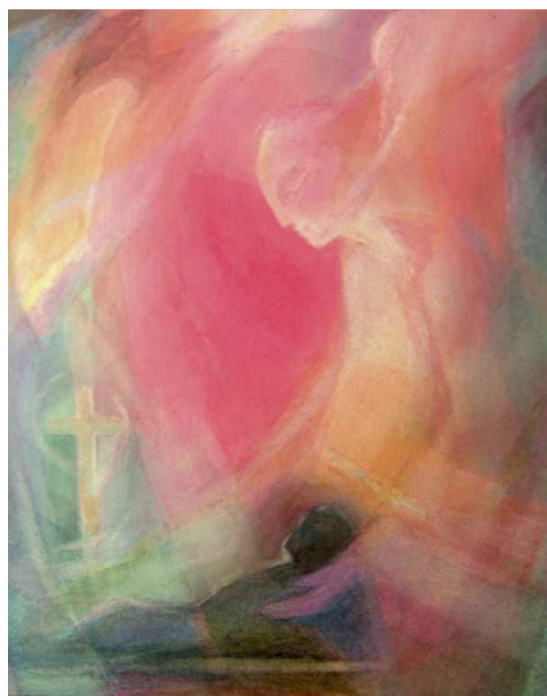


Artwork by Iris Sullivan

Meanwhile the more physical aspect of us, our physical body, gets to rest and be nurtured also, because it is not being tapped and exhausted by all the work that the spirit pushes us to do.

It gets to lay back and chill...or sleep, literally.

During this time, a small part of our spirit stays behind and works deeply within our physical body, helping it heal and regenerate. Therefore, sleep is helpful to our spiritual side (the soul and the spirit) and our physical side (the physical body.)



But there are those of us who can't sleep. Maybe we can't fall asleep, or maybe we wake up in the middle of the night.

If we can't fall asleep, we are usually too wired. Maybe we are wired and tired. We want to sleep, but our body and mind are protesting. We can't let go. What can we do to help us fall asleep?

We can practice healthy sleep habits, like going to bed at the same time every night, avoiding blue light exposure from screens (and/or wearing blue light blocking glasses), being physically active during the day, limiting caffeine after 12 noon, taking a warm bath, etc.

These help, but often we need more. We need to start preparing for sleep as soon as we wake up.



First it is important that we are fully awake during the day. In order to fall asleep and let go, we must first be fully present in our bodies. Taking in the morning light and exercising outdoors is one of the most effective ways of doing this. Doing things that we are passionate and excited about is also helpful; these are activities that we want to be present for, that make us feel alive, that help us want to be present and conscious in our body!

Then, in the evening, we want to start to wind down early enough, not just right before bedtime: we should avoid watching news or stimulating entertainment and avoid having excitable conversations in the evening. We might want to drink some calming tea or take calming herbs early in the evening, hours before bedtime.



Some herbs and supplements that are helpful to help us fall asleep: valerian, passion flower, lemon balm, poppy, hops, and chamomile. One can easily find these in a tea at the grocery store: Yogi Teas and Traditional Medicinals have some wonderful sleep and calming teas that can be taken with dinner. For a stronger version of these, one can [purchase](#) a tincture from the local herbal shop or supplement store.

Then, with our bedtime routine, we want to incorporate some more relaxing rituals: take a warm bath with Epsom salts, lavender or [chamomile](#). Do some gentle stretching exercises. Rub some [Aurum Lavender Rose Cream](#) on the chest.

Anthroposophic

remedies that can be helpful for falling asleep: [Avena Valeriana pellets](#), [Avena Sativa](#) and [Bryophyllum conchae](#). The latter is especially helpful when one tends to sweat at night. A magnesium supplement, especially magnesium malate can also help, but make sure it does not cause diarrhea.

For those who are more excitable during the day and also happen to have cold feet in the evening, [Rose Copper ointment](#) on the calves and soles of the feet can be helpful. Warm feet are essential to a good night's sleep; a hot water bottle could be a nice solution for those who run cold.

And if one has no trouble sleeping, but tends to wake up in the middle of the night, especially if they wake up between 3-4 am, one might need more support with the upbuilding functions of the body.

In Anthroposophic Medicine, 3-4 am is the time of the liver, the time for building proteins and regenerating cells. Avoiding alcohol and Tylenol, which are hard on the liver, can help. One could also take [Hepatodoron](#) or [Fragaria Vitis](#) at bedtime to help with the 3-4am awakening.

There are also wonderful massage-like body treatments in Anthroposophic Medicine: [Rhythmical massage](#) and [Einreibung](#), which are performed by a specially trained massage therapist or nurse. These can be helpful in bringing in the necessary balance and relaxation to the body and soul to allow one to fall asleep and stay asleep throughout the night. [Therapeutic Eurythmy](#), a form of movement done to the sound of language, can also provide the necessary balance required for healthy sleep.

Achieving a good night's sleep is essential for our health and wellbeing. There are multiple Anthroposophic remedies and therapeutic modalities that can help one achieve good, restful sleep. It is most helpful if one can work with an [Anthroposophic physician](#) to see which of the remedies would be most appropriate for the individual.

Submitted by:
Daciana Iancu, MD
Integrative, Anthroposophic and Internal Medicine
[About](#)



Foundation for Health Creation

Online
Summit

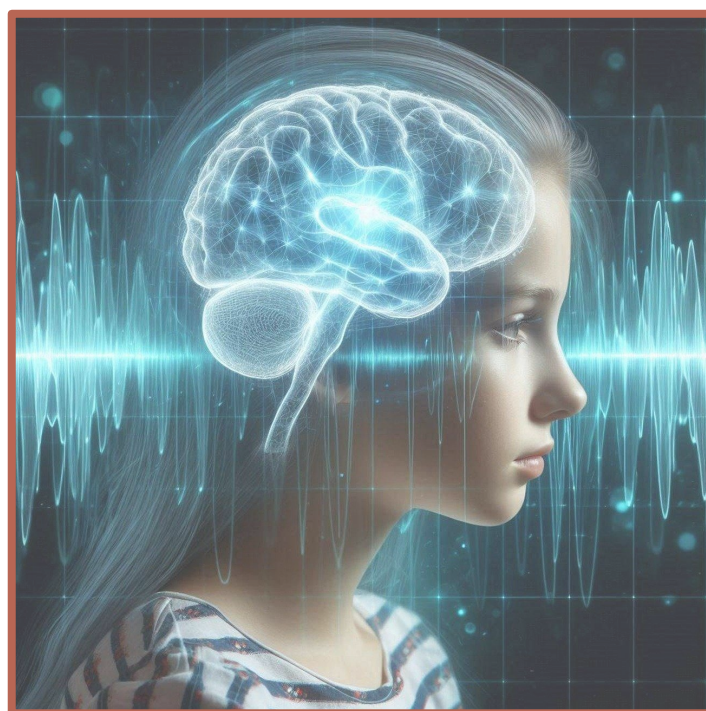
Keeping Tech in Check

Creating resilience in a high-tech world

December 8th 2024 8:00am PT / 11:00am ET

Keynote Speaker: Dr. Michaela Glöckler

In this short summit, we explore how modern technologies are affecting the physical, mental and spiritual health of our communities. Technology is influencing the way we think and experience the world. This affects our health and resilience; but there are things we can do! Our keynote speaker, Dr. Glöckler is a well-known pediatrician, educator and researcher and has championed European legislation to change how children use technology.



Panel Discussion

Also featured will be a panel of seasoned doctors and parents from the **Foundation for Health Creation** that will outline ways to support resilience in the face of these challenges through parenting, anthroposophic medicine and new ways of thinking about this growing challenge.



Register Here

Cost: \$25 - \$50pp

Invite your family and friends!

Please consider a larger contribution to support our ongoing work.

20% of proceeds will go to the [ELIANT Alliance](#) to support Dr. Glöckler's work. The remaining proceeds will support the [Foundation for Health Creation](#) and its efforts to improve health care and advance public health initiatives through education and outreach directed at creating and sustaining health.

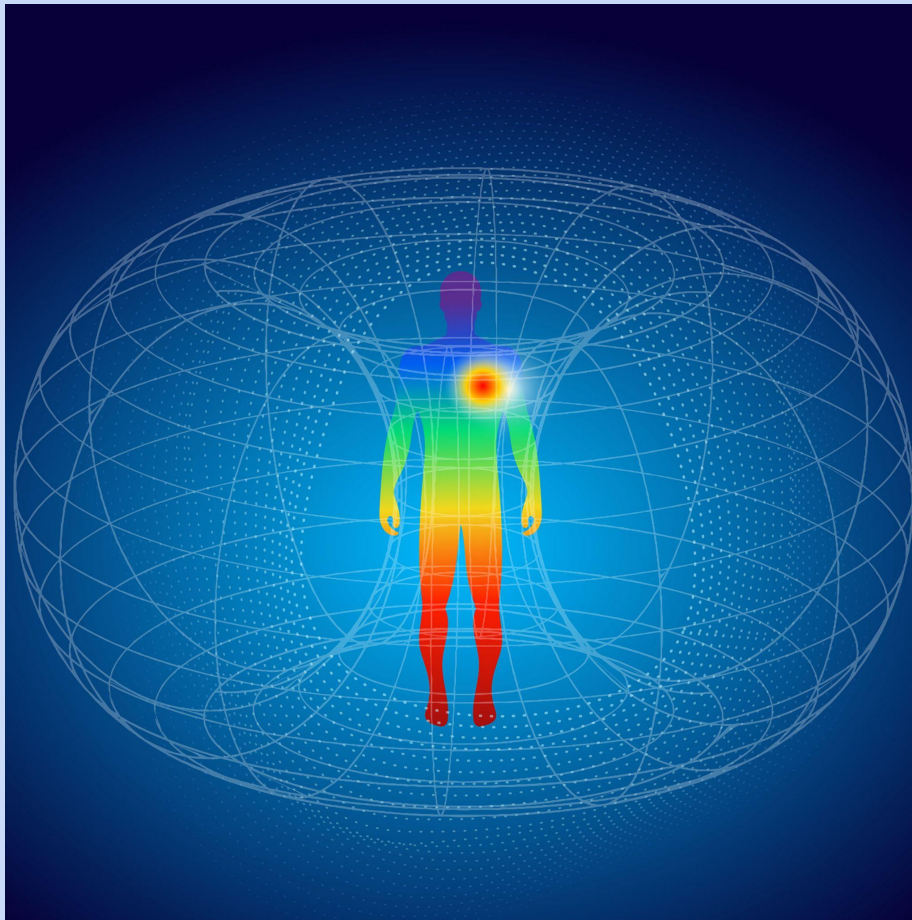
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Healing Through Coherence

An Antidote for a World in Chaos

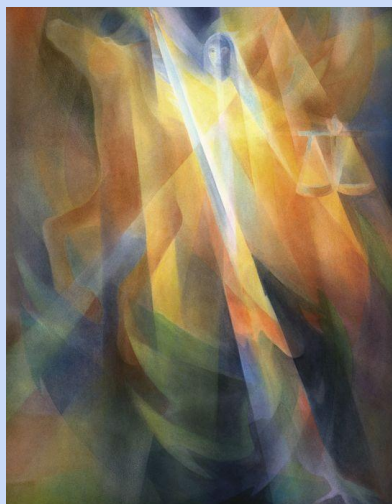
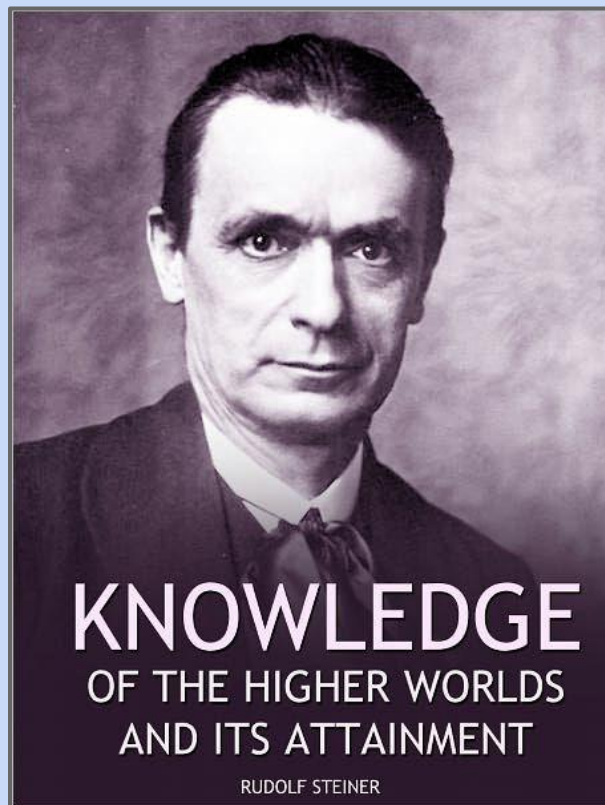
by Dr. Steven M Johnson



The innate wisdom of our body to heal itself and become stronger in the process is known as salutogenesis (the origin of health). The “heart” is central to this salutogenic process. The heart is connected to how our body regulates itself. Especially, through the autonomic nervous system which is connected to every organ, gland, neurological and immune function in our body. This occurs optimally **when coherence is established between the heart and mind.**

Science has confirmed when our heart and brain are in “coherence”, self-regulation via our autonomic nervous system is heightened. This means our blood pressure, nervous system, mood, sleep cycles, immune system, and hormones achieve a more optimal balance. However, breakthroughs into quantum physics are also suggesting that coherence can also occur between sentient beings of all types, and that nature and may even be a key to the mysteries of consciousness itself! Even the latest science of neurobiology has proven that the biology of consciousness depends on the heart and brain connection¹. In fact, scientists are fascinated to find that “heart intelligence” exists and is involved in an intricate dance with our nervous system².

Rudolf Steiner, the founder of Spiritual Science, suggested that the heart is also a perception organ for a higher level of intuitive truth. He wrote a book called [Knowledge of Higher Worlds and its Attainment](#) with exercises to develop the heart as a basis for spiritual enlightenment. It turns out that the science of coherence has determined that “honesty” is one of the key requirements to achieve coherence of heart and mind. Further, truthfulness is a key basis for heart intelligence and the regulation of neuro-endocrine chemistry and immune function. It is no wonder the impact of untruthfulness is being linked to a new pandemic of anxiety, depression, chronic illness and even suicide in our modern times, especially in young people. Building coherence between our heart and mind is emerging as a key to “resilience” and whole-body health. In other words, an “antidote” for the challenges of our day.

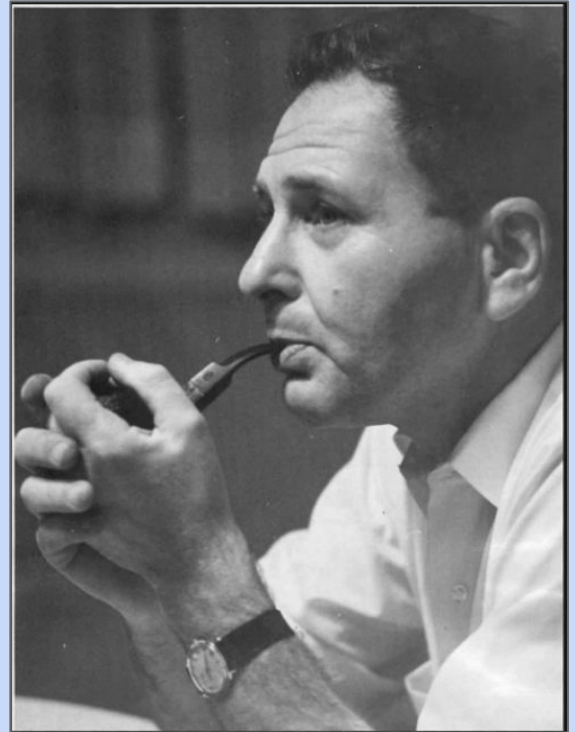


Today, the coherence of the heart and mind is challenged by a fragmented state of the soul. This is brought on by untruthfulness both within and around us; technology addiction and over-stimulation of the senses. How prevalent is it in our everyday life to think one thing, feel another and act in a way foreign to our true beliefs and feelings? In other words, there is an increasing fragmentation in our soul life these days! The transactional demands of a material world are making truthfulness to our ideals an enormous challenge and this disrupts coherence.

If interested, you can learn much about the role of coherence in my upcoming book and course on resilience. There is also much literature on this subject to be found. Hopefully, I have given you a good reason to take the practice of coherence seriously. I say “practice” because “knowing” and “doing” are two entirely different activities. Today I will present a short exercise we could call “Heart-Presencing.” This exercise is a significant step towards coherence and resilience. This will help you to achieve coherence in the actual moment you encounter “negative stress” and gradually train your capacity to overcome harmful stressors and increase both coherence and resilience in your body and soul. While there are forces of illness beyond our control, the inner attitudes and beliefs we forge within ourselves are a powerful antidote. I would dare say that the extent to which we create our own illnesses we can also create our own medicine through the wisdom of a coherent heart and mind.

There is another powerful statement to be made. Within the wisdom of the heart and mind, there also lies a secret about “love”. Love opens up our interest and connection to each other and the world we live in. This leads to meaningfulness and fulfillment. As great psychiatrists and thinkers like Viktor Frankl discovered, when studying survivors of concentration camps during World War II, meaningfulness is a strong and mysterious ingredient of health and long life.

Aaron Antonovsky, the founder of the salutogenic idea, also found that three main qualities separated out a special group of survivors of the concentration camps during World War II. This group contained many octogenarians and this group also showed amazing resilience as demonstrated by good physical and psychological health. Their ability to achieve coherence was especially high. These were the three main qualities he found despite the harshest of situations these survivors endured. It certainly can give us pause to comprehend how this was possible and the great strength and wisdom these people possessed.



Comprehensibility: The ability to understand events around you and put them in a perspective that makes sense. Even if the event is traumatic.

Manageability: The perception of one's potential to modify or solve an event or stressor. This could be accepting a circumstance or finding creative ways to cope to maintain coherence.

Meaningfulness: Finding personal meaning in all situations for your life. Finding purpose in all things even if difficult.

Next you will find a [heart awareness exercise](#) from my resilience course which helps us rise above “stress” in the very moment it occurs and it will improve your capacity for coherence. Our capacity to achieve coherence increases with practice and radiates out into our life like a stone causing ripples in the still water. The more you can let go of intellectual thoughts and reactivity and search for comprehensibility, manageability and meaningfulness through your heart wisdom, the more coherence will emerge. This further leads to a healthy integration evolving between your thoughts, feelings, heart and mind. You find resilience and coherence as your actions increasingly represent your inner balance and ultimately your inner truth.

We could also say that through coherence we can act out of a more loving heart. This helps us to create new moral imaginations, moral inspirations and intuitive wisdom which guide and protect us. This represents a path to a new kind of morality that arises out of one’s own perception of truth and appreciation for beauty, and it develops a capacity to act out of the ever-stronger goodness that emerges from a coherent heart and mind. As people live together in this improved state of being, they also have the potential to manifest a deeper social coherence between themselves and others. This is achieved through improved communication, community and mutual understanding.

The coherence of heart and mind can lead us much further into a greater universal coherence and understanding between all living things upon the Earth. In this way a new universal love becomes possible. Also, a new morality based on the wisdom of the heart.

Submitted by:
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[About](#)

¹[Current Research in Neurobiology](#), Volume 3, 2022, 100050

²McCraty, R., Atkinson, M., Tomasino, D., & Bradley, R. T. (2009). [The coherent heart: Heart-brain interactions, psychophysiological coherence, and the emergence of system-wide order.](#) *Integral Review*, 5(2), 10-115.

[Heart Awareness Exercise](#) ➡

Heart Exercise: Developing Coherence



Heart Exercise: Developing Coherence

Thank-you to my eurythmy colleague [Karen Derremeux](#) for her contributions to this exercise

During this practice, it is important to free yourself from intellectual and analytical thinking. You are “letting go” so to speak, and giving space for something to emerge out of your moral-imagination, inspiration and intuition. You want to feel this space you are creating in the physical region of the heart. This starts by developing a “stillness” where your consciousness lives between the expansion and contraction of your breathing. Don’t over focus on your physical breathing but rather the space between expansion and contraction. When you have achieved this meditative state of peacefulness the exercise will become more and more helpful.

Step 1: First start with several slow breaths in and out. Feel the contraction and expansion in your body until you are no longer forcing the breathing but simply experiencing these qualities of expansion and contraction. Take about three to five seconds between the in-breath and out-breath until you feel a stillness between breathing in and breathing out. Allow this stillness to permeate your awareness in the region of the heart. If you feel lightheaded, pause and breathe less deeply. When you are ready, go on to the next step.



Step 2: Become aware of something that causes you discomfort or stress and sense how the stressful feeling unfolds within your body and emotions. Also, note how it affects your breathing and heart rate. Breathe by expanding and contracting through this feeling until you feel you can penetrate it. Feel your heartbeat relax.

Now, imagine that you simply move this uncomfortable sensation onto an imaginary 'table' next to you. Do not try to understand or analyze things. Take a moment and feel that you have “let go.” There is no rush. When you have come as close as you can to this experience, say to yourself

“I am centered and at peace”.

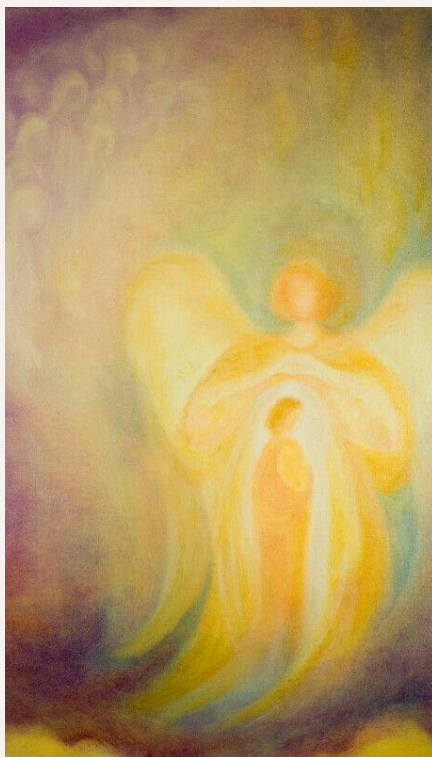
Step 3: Now, imagine you are breathing (expanding and contracting) through your heart. Try to imagine a sense of light and warmth growing in your heart like a candle flame. Keep your awareness there until you feel the light and warmth circulating from your heart out into your body and up into your mind. Do this until you feel calm and centered.

Step-4: Bring a positive memory, feeling, picture, verse or ideal into your mind that touches the heart-space you have now created. It just needs to be something that brings meaningfulness into your life. Consciously place this in your heart and claim it as the way you want to think and feel. Claim this heart awareness as your center. Imagine that this strengthens the light and warmth already growing and circulating out from your heart, not only into your body but into the space around you outside. Try to feel this as an experience of beauty, love and fulfillment. Truly feel this through and through.

Remember this image and state of being so you can learn to recall it again and again when needed in times of stress or difficulty. Remember how this image kindles light and warmth within you!



Step 5: Now, using your intuition, common sense, and sincerity, ask your heart...why are you suffering and how can I heal you! Be completely open and do not analyze this question. Listen to what might emerge in your self-awareness. Think of this as a self-enlightenment and be open to what speaks to you. Affirm that you want to let go of the reactivity or illness that lives within you and clouds your potential to be free and healthy. Affirm to yourself "I am my own truth". My heart-wisdom knows how I can heal and be the person I am meant to become.



Step 6: In the heart-space that you have created, listen carefully to hear a response. Listen to what your heart says in an answer to your questions and affirmations. Perhaps, imagine this to be your higher angel speaking to you or the voice of your higher self. If there is no immediate response, hold a space for the days ahead for an answer to reveal itself. Sometimes this can take three or more days or even a week to manifest. Again, trust your heart and your ability to persevere.

My heart can guide me to my highest self.

I am not a victim to outer circumstances.

Say to yourself several times, "I will persevere"

The exercise is concluded!

This is an effective way to put your reactive mind and emotions in check, listen for a possible solution and take a new step forward. This exercise is a doorway to intuitive intelligence and builds a reliable bridge between the heart and mind, thus connecting our thoughts and actions. This builds “coherence” which results also in self-regulation via your sympathetic and parasympathetic nervous system. Further, this strengthens your higher-self to overcome overwhelming emotions like sympathies and antipathies. It also manifests as a balance of thinking, feeling and self-directed action.

Through this exercise, we learn to trust that wisdom emerges through self-awareness. You begin to feel that you are acting out of your own truth. Rudolf Steiner taught in relation to inner-development that the heart can become a truth organ whereupon we can judge what is true or false by the sensation of warmth or coldness in our hearts. In modern times, this is essential. I also like to believe that every time one succeeds in achieving coherence, it opens the door for others to do the same.

Take a few minutes to write down in your journal the thoughts or feelings you want to remember from this exercise. A wonderful extended practice is to observe your mood, feeling or imagination in your heart and mind upon waking, especially after practicing this exercise. What is it speaking to you?

The more you practice this with daily stressors, the more it becomes a habit and soon you will become self-aware in the moment and learn how to meet and transform stressors, negative feelings and the pain of being ill. When you accomplish the whole of this exercise in the present moment, you have achieved “heart-Presencing.” It does not mean life will be easy. Life always has a way of giving us greater challenges when we are ready. But if you achieve a consistent level of coherence through all of this, you will shine like a star guiding others to a higher destiny.

Submitted by:
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About

Morphic Resonance

from:

www.campfire-stories.org/morphic-resonance/



When we listen to someone speaking, our brain activates a system for interpreting and categorising the sounds to make meaning of them. Let's take the noise "carrot" as an example. This articulation in itself does not mean "an orange root vegetable". Our mind has to decipher it to deliver that meaning.

This system of symbolic language has developed over millions of years to arrive at today's level of complexity. But at one point in human history, language worked in a very different way: It was the noise itself that was the meaning. And the cool thing is that you can still find remnants of that in modern language, for example in exclamations like "wow!" or "yippee!"

In the natural world, this "direct language" (called original language by some) is still what's being spoken. What the bird says is exactly what it means. Sure, a certain sequence might mean: "This is my area. Get out." or: "I'm looking for a mate". But whoever is listening don't need to interpret it to get the message. It's instant and precise in its immediate beauty.

The various forms of communication in the film "Morphic Resonance", like bird-talk, joking, and crystal bowl playing, are of that same frequency. They put forth nothing more and nothing less than exactly what they mean. And the origins of that meaning comes from somewhere beyond the mind.

Read more and watch the video at:

INSPIRING CHANGE THROUGH FILM
CAMPFIRE STORIES



Foundation for Health Creation

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