



Foundation for Health Creation



Dear friends,

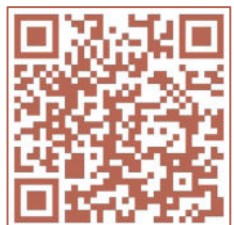
Spring has arrived, and everywhere we look, nature is stirring with growth and renewal. As the days lengthen and the sun's vitality returns, fresh green shoots emerge, birdsong fills the air, and a quiet sense of aliveness awakens within us. There is a feeling of movement and possibility all around.

In this spring newsletter, we explore the healing power of artistic practice through the eyes of an art educator, share simple seasonal crafts for the home, and offer gentle homecare ideas for navigating allergies. You'll also find a beautiful video inviting us into a deeper relationship with the living world, along with a feature on bringing the principles of art and nature into the public school classroom.

We hope these offerings inspire you to welcome the season's energy of renewal into your home, your work, and your community.

Warmly,
The FHC Team

Read our Spring 2026 Newsletter online:
<https://foundationforhealthcreation.org/spring-2026-newsletter/>



In this edition:

Opening Poem: When I Am Among the Trees

by Mary Oliver

Healing through Art

by Ken Smith

A Reflection on Light, Darkness, Creativity and Healing

Amanda Jacobs-Bissonette

Health in Action:

Community School for Creative Education

Additional Resources

An Effective Holistic Medical Approach to Allergies

By Dr. Carmen Hering and Dr. Steven M Johnson

Supportive Home Care for Seasonal Allergies

Chamomile Steam Inhalation

Campfire Stories: Keeper of the Yarrow

Suggested Reading

Anthroposophy in Everyday Life: The Four Temperaments

Rudolf Steiner

Upcoming Events

Webinar:

Health and Hygiene & The Four Temperaments

Workshop:

The Children of Our Times: Attention, Anxiety and Connection

Opening Poem: When I Am Among the Trees

by Mary Oliver



When I am among the trees,
especially the willows and the honey locust,
equally the beech, the oaks and the pines,
they give off such hints of gladness.
I would almost say that they save me, and daily.

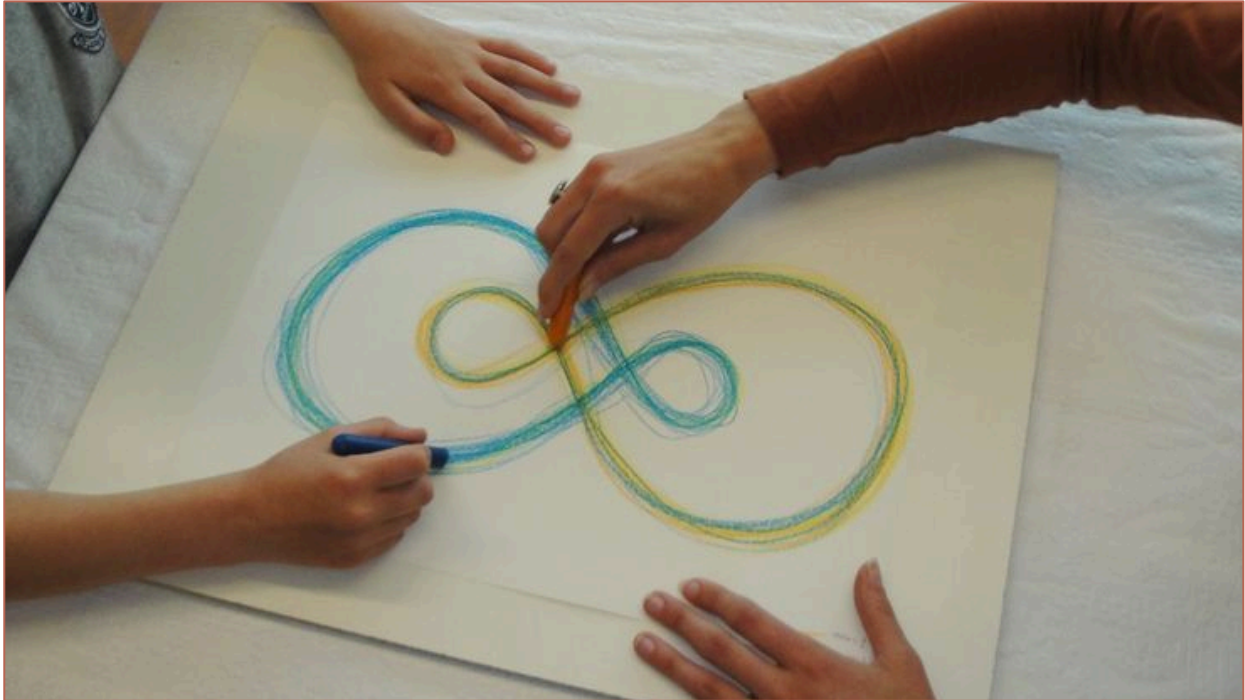
I am so distant from the hope of myself,
in which I have goodness, and discernment,
and never hurry through the world
but walk slowly, and bow often.

Around me the trees stir in their leaves
and call out, "Stay awhile."
The light flows from their branches.

And they call again, "It's simple," they say,
"and you too have come into the world to do this,
to go easy, to be filled with light, and to shine."

Healing through Art

by Ken Smith



After ten days of intensive work in April 2025, the Healing Through Art students finally gathered, mounted, and hung all their drawings and paintings and set up their sculptures. Three years of study were brought together for an exhibition coinciding with their graduation. Two BACWTT rooms were filled with their artistic efforts, struggles, discoveries, and successes. It was an impressive body of work; however, despite the richness and beauty of the exhibition, you might miss its deeper value if you were unaware that each piece on display was the result of a therapeutic exercise and the students' own learning and therapeutic journey. Each piece held the potential to be used in support of someone in need healing.

On display that day were veil paintings, watercolor paintings, darkness and light charcoal drawings, clay sculptures, and stone and wood carvings – the results of a multidisciplinary program that unfolds the values and possibilities offered by each discipline. Each artistic discipline has its own unique materials and processes, holding healing potential within its own practices.

These are some of the fundamental principles of the visual artistic therapies that were embodied in the display that day:

Awakening creativity. We should never underestimate the power and importance of the human capacity to be creative. When creativity is prevented, dismissed, or dries up, an inner part of us also dies. A fundamental aspect of human health is that from an early age, children find ways to explore the world, play, and allow their inner ideas, feelings, and impulses to flow out into the world as a part of their belonging, interacting, and knowing.



In adults we call this “creativity.” It expresses a deep belief in ourselves and the world – that we have something to offer. Making art is an expression of this fundamental belief in the world and in life. Being able to create again after a period of creative silence can stir into life a part of us that has given up.

Awakening and enlivening our hands. What could we do without our hands? How would we be able to take hold of materials and tools and create things? How could we ever bring our ideas and imaginations into the world, into existence? All visual art is about making things. Through our hands, our inner world is able to become visible in the things we make – we manifest our inner life; we externalize it so it can be seen and shared. Our hands are the implement of will and making art requires our will. It has to become activated or nothing will ever happen. At its most basic level, art is healing when a person is able to move themselves, put themselves into their limbs, let their energy flow into a creative deed. The things which have then been made (in our case the visual arts – paintings, drawing, sculptures, and crafts) then stand there, outside of us, as testament to our will. We see our will forces reflected back to us, confirming and reaffirming our presence.

Reaching out and connecting to the world. Artists need the earth and all of its amazing substances. As one is motivated to create art, a new interest in the world is gradually awakened.

Each art form provides an avenue into the mystery of substances and where they come from. What is this wood I’m carving? What tree did it come from? Where does this tree grow – what location, what country and landscape? What conditions does it like? What is it like – its smell, grain, color, texture? What have people thought about it over the ages? What traditions and stories and songs have been composed about it? What knowledge has accumulated around this one beautiful piece of wood?





What is it like to sit beneath this tree? Each art form and the materials it uses has the potential to lead us out into the world and help us build enriching connections. We need the substances of the world for our art and we can grow to love them. It is not only pragmatic; art provides an encounter with the world and a pathway to a heartfelt sense of connectedness. This meeting between myself and the materials even informs the artistic process. For example, when I carve something in oak, I am influenced by its qualities and the results will be different than when I carve in maple.

Awakening and enlivening the senses. The visual arts obviously have the strongest connection to sight, but the whole human being is active in creating art. Both in the process of making and in the experience of observing, many more senses are engaged.

The eyes are a window through which we can experience more than simply sight. In sculpture, the sense of touch is especially important. Aside from when we directly handle materials like clay, this sense also extends through the tools, like chisels, to the surface of the sculpture. The tool becomes an extension of the sense of touch. Even though a chisel may be hard and sharp, through it we have to feel the stone, feel the surface, and even feel into the interior of the stone to determine whether our blows will be damaging. During the sculpting process and while examining our work afterwards, our sense of touch is engaged and stimulated. Not only can we run our hands over the surface, but we can also stand back and run our eyes over the surface. Our eyes and sense of sight in sculpture must also develop a sense of touch, becoming activated and more sensitive. An interesting connection to this idea was Rudolf Steiner's recommendation for a visually impaired child to take up sculpture. We may explore each visual art form more deeply by becoming aware of the way it reaches right into us and activates much more than just the eyes. Painting with a brush develops a fine sense of movement. Drawing can develop spatial awareness and proprioception. In fact, all of our twelve senses are engaged and stimulated by the visual arts.

Sensing ourselves. Learning to work in an artistically therapeutic way requires us to become more sensitive than with other types of artwork. In this type of training, students cannot simply live into their own enjoyment or creative struggles. They need to strive to become attuned to their inner experiences, paying attention to how the activity is working on them and raising consciousness to the subtle changes it is causing. During the process of an artistic exercise, we need to keep gently checking in with ourselves. Afterwards, we must reflect back on the experience in order to harvest and bring into awareness the overall impact. Working with classmates and sharing experiences help to elevate and objectify what we often regard as a purely personal experience. The outer training in color, form, light and dark, and techniques is matched with a corresponding inner training.

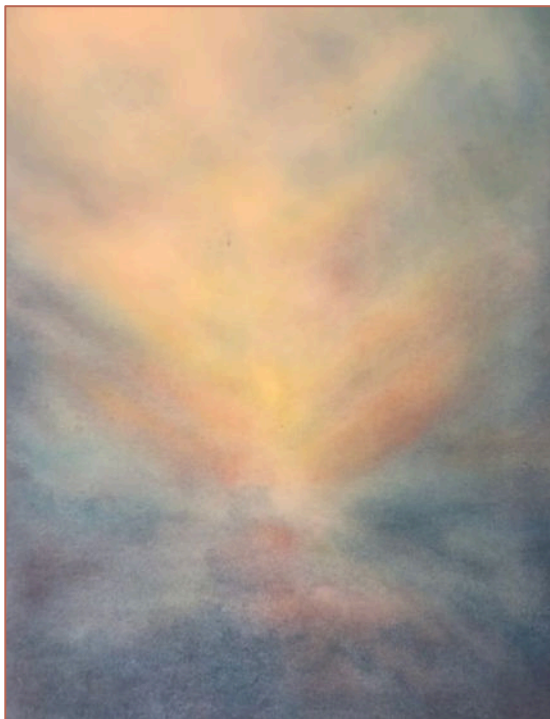


The Anthroposophical Framework for the Healing Arts

In Lecture 2 of *Art as Seen in the Light of Mystery Wisdom*, Steiner describes a fundamental relationship between the arts and the “bodies” of the human being. He draws clear connections between:

- Architecture and the physical body
- Sculpture and the etheric (or life) body
- Painting and the astral body
- Music and the ego (or self) body
- Poetry and eurythmy and their connection to higher bodies

Steiner describes how each art form is the result and expression of the forces that are active within us and how they should be allowed to flow outwards and express themselves in the world. This understanding gives us a deep orientation to how the arts can enliven, soothe, and engage the different inner aspects of the human being in a healing process. The HTA program guides students into deep and concrete personal experiences of how these different art forms interact and support the whole human being. It shows how artwork may help to discern expressions of well-being or lack of health in the different inner bodies.



Inner Worlds of Sculpture, Light and Darkness, and Color

To be able to offer artistic therapies, one needs to be immersed in the artistic worlds – to have swum in their seas and to have learned their languages. Each artform contains a world of experiences that can be understood, discerned, and articulated. Within each artform, archetypes can be found that provide anchor points around which exercises are developed. The archetype provides a central, universal, and balanced midpoint that we approach with our individual tendencies. When unwell, moving closer to the archetypal image or form with our own artwork leads us away from a position that is out of balance towards one that is more harmonious.

Reclaiming the Healing Powers of Art. For many people, art feels inaccessible – it is for creative geniuses and for the elevated world of galleries and museums. Embedded in Waldorf education, Anthroposophy, and the Anthroposophical artistic therapies is the image of the human as a creative and artistic being. The idea is that everyone is an artist and art is for everyone.



When working artistically with others, one of the first tasks is to open up these worlds in a warm, nonjudgemental way so that they may avoid self-criticism and be allowed to have their own direct, inner experience of the colors and forms.

In his lectures, Rudolf Steiner points back in time to when art was embedded in society, together with science and religion, as one united, holistic human experience. In some ways, we try to enable this experience again.

Art can bring us into connection with science through its aspect of knowledge, understanding, and technique. It can bring us into relationship with the spiritual through immersing in its archetypal worlds of color and form, and through the discovery that our individual inner worlds and processes are not isolated, but resonate with forces that are alive and active everywhere in nature and the universe around us. Recognizing and utilizing the healing aspects of art is a way of reclaiming its deep, original, and universal human value while also helping us become connected to art, which can be confusing and disassociating in our contemporary “art world.” These are some of the guiding principles and there is much more that could be explored.

Our HTA graduates had already been working as Waldorf teachers, extra lesson and special ed teachers, art teachers, artists, adult educators, and those in other healing professions who wanted to add artistic activities into their existing practices.

As the program founders and directors of the HTA program, Pamela Whitman and I are working to ensure that the wisdom of the Anthroposophical arts continues into the future and that a new generation of students are able to harvest this incredibly profound and healing impulse. The importance of the arts in providing formative, guiding, and healing forces for humanity was recognized by Rudolf Steiner. He could sense the importance they would play in the evolutionary changes that are now unfolding around us and he made monumental efforts to bring new life and meaning to the arts. In our materialistic and mechanistic culture, the arts and the way they can support and uplift the human being are a direct antidote to the discombobulating forces that are impacting us through our technologies.

A new cohort of the Healing Through Art program will begin in July 2026.

Kenneth Smith is the Director of the Bay Area Center for Waldorf Teacher Training.

Read more: <https://www.bacwtt.org/healing-through-art-program/#healing-through-art>

A Reflection on Light, Darkness, Creativity and Healing

by Amanda Jacobs-Bissonette



It's easy to become lost in the appearances of a dying world. Like Saint Anthony beset by demons, I feel the monstrosities of the modern landscape--greed, violence, attack, subjugation, and isolation, among others—pressing in on my consciousness, attempting to hold me firm in the grip of suffering. I just turned 48. Biographically speaking, I am as deep into the material world as I imagine I will ever be in this lifetime. I behold layers and layers of matter, and the visible world is filled with thoughts formed by the past.

What of the future? It arises in darkness, like seeds in soil. It's forever germinating and our thoughts are shaping it, forming it, now, in the present.

This compels me toward embracing creativity and strengthening my faculty of attention. As Kenneth Smith described so beautifully in his article, *Healing Through Art*, creativity reawakens curiosity and interest in the world and re-enlivens the capacities for observation and engagement. In my experience, this is a simple and potent remedy for the malaise earlier described.

Our capacity for attention, as a human, far exceeds what is necessary for material life alone. This human “extra” moves in one of two directions at any time. It either traps us in habits and self-orientation or it turns into abilities and freedom from fixed form. Thinking is at the basis of all we do so it makes sense to begin there, just as Rudolf Steiner suggested in the six basic exercises. If you’re not already familiar with it, Dr. Michael Lipson wrote a wonderful book, the *Stairway of Surprise*, which I used while contemplating what to write for this feature. His observations of the “extra” are shared above³. I also spent some time with Steiner’s lecture “Thought and Will as Light and Darkness” (Colour, Part II, GA 202, 5 December 1920, Dornach)⁴.

The original idea for this feature was something about flowers and flower pressing. Where I live, in the American Southwest, spring is in full swing and the flowers are abundant after long-awaited rains. I wanted to involve my kids with this feature because they are so much a part of what spring means to me, and because they are talented and fun contributors to any project we work on together. We’ve been pressing flowers together since they were five and the presses featured in these photos are treasures we made when they were in kindergarten⁵.



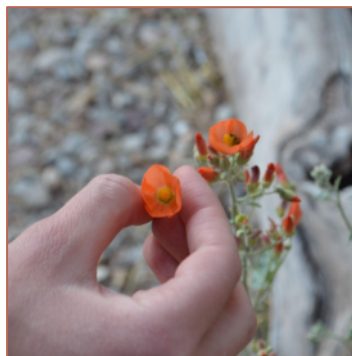
My children, like me, sometimes find it difficult to take in and digest many of the rapid-fire impressions of our current world. The uncertainty of what might happen next has the potential to turn nearly any one of us away from curiosity and playfulness and toward self-orientation and self-preservation as we attempt to regain sense and security. Our thinking grows more fixed; worry and anxiety set in. Inspiration dims. Intuition grows fraught with doubt. Imagination becomes afflicted by fear. Our thinking appears out of our control.

By consistently embracing creativity and training our thinking, we develop a better ability to recognize and halt these distracting tendencies, resulting in less suffering. As Lipson points out, “All exercises of consciousness, not just thinking, depend on our continually improving our relationship to distractions”.



Assemblage art I created with pressed flowers from my wedding in September 2025

Co-creating this feature required more focus and flexibility than I had anticipated. My son and photographer, Ari, and his sister, Maya, are busy seniors in high school, on the verge of graduation, and already knee-deep in their first year of college via online classes. Committing the time to this activity felt like a monumental task, but we persevered, and the scheduling conflicts fostered opportunity for our theme to develop and change in interesting ways. What started out as a feature about flowers and flower pressing became a contemplative activity. We went outside and observed how buds emerge, swell and open, and the extraordinary range of visual complexity their colors and forms cast. We talked about our perceptions of a dying world and questioned what or who is perceiving. We plucked flowers and pressed them, a beautiful and painful act for any sensitive soul.



Then we took flowers from presses past and used them to create cyanotypes on fabric. Cyanotype is a camera-less photographic process, invented by Sir John Herschel in 1842. It uses sunlight to produce Prussian blue prints. We used a kit that came with several squares of fabric pre-treated with ferric ammonium citrate and potassium ferricyanide⁴. The cyanotype is what got me thinking more about light and darkness, and vision, and attention, which led me to a day of contemplating Steiner's lecture and Lipson's book.

Through this small act of making time to be curious and creative together, we were gifted the chance to look differently at the world around us. We allowed nature to quietly work upon us and bring ease to our minds. We took our carefully considered past forms, our pressed flowers, from the darkness of the press into the light of the sun, where they could be part of something new, beautiful, and intriguing to contemplate.



We hope you enjoy the photos, and even more, we hope you too find moments that invite you out of distraction and into an experience of true presence, enduring curiosity, and happiness that overcomes the world.

Health in Action: The Community School for Creative Education



In the heart of Oakland, California, a unique educational vision is flourishing. The Community School for Creative Education (CSCE) isn't just a place of learning; it is a "Full Service Community School" where the arts, culture, and academic rigor intersect to support the whole child.

Inspired by Waldorf, Rooted in Equity

At the core of CSCE's approach is a curriculum inspired by Waldorf education. Emphasizing "head, heart, and hands," the school offers a rigorous college-preparatory program integrated with a culturally rich, arts-infused, and highly personalized learning experience. Serving one of the most diverse schools in the state, CSCE is committed to promoting equity while preparing students to thrive in a multicultural society.

More Than a Classroom

What sets CSCE apart is its deep connection to the community. The school partners with families and local organizations to create a learning environment where students feel supported both academically and personally. Its vision extends beyond the classroom, fostering a future in which youth voices contribute meaningfully to a thriving, equitable, and multicultural society.



The school's values are beautifully captured in its School Verse:

“This is our school
Let peace dwell here.
Let the room be filled with contentment.
Let Love abide here:
Love of one another
Love of humankind
Love of the earth
And love of life itself.

Let us remember:
As many hands build a house,
So, many hearts make a school.”

A Milestone of Success

The school's impact is reflected in its continued growth and recognition. The Alameda County Board of Education voted unanimously to approve CSCE's charter for the 2021 to 2026 term, marking a milestone built on 13 years of dedication from teachers, families, and students.

Looking Ahead

As CSCE prepares for the 2026 to 2027 school year, it continues to build on its mission of developing well-rounded, culturally competent, lifelong learners. Through a balance of academic rigor, artistic expression, and community connection, the school is preparing the next generation to lead in a rapidly changing world.





Traditions that Connect: The Rose Ceremony

One of the most moving traditions at CSCE is the Rose Ceremony, which marks the beginning and end of the grade school journey. At the start of the year, the eighth-grade students welcome the incoming first graders into the community by presenting each child with a single rose. It is a symbolic handoff; a gesture of protection, mentorship, and the blooming of new potential. This cycle comes full circle at graduation, when the first-grade children return the favor, presenting roses to the graduates as they prepare to cross the threshold into the wider world.

Looking to Support CSCE?

Invest in the Heart of Oakland. The Community School for Creative Education is a tuition-free public charter school that thrives on the support of its community. Your donations help sustain their unique Waldorf-inspired programs, from arts and movement to their “Full Service” community initiatives. Whether it’s a one-time gift or an in-kind donation of supplies, every contribution directly impacts their students’ creative and academic growth.

Give Online:

communityschoolforcreativeeducation.org/ways-to-give

Join the CSCE Community!

The Community School for Creative Education is looking for the next generation of lifelong learners. Families are invited to experience their culturally rich, arts-infused education in the heart of Oakland.

Visit communityschoolforcreativeeducation.org/



Additional Resources

Holistic Medical Approach to Allergies



While conventional medicine emphasizes symptom management and allergen avoidance, anthroposophic medicine offers a broader, developmentally oriented perspective. This approach seeks not only to treat but to prevent allergies by supporting the child's immune development and resilience. Allergy prevention and successful treatment are possible when the human being is considered as a whole and the body's natural processes of healing are respected and supported.

bit.ly/FHCholisticallergies



Home Care for Seasonal Allergies

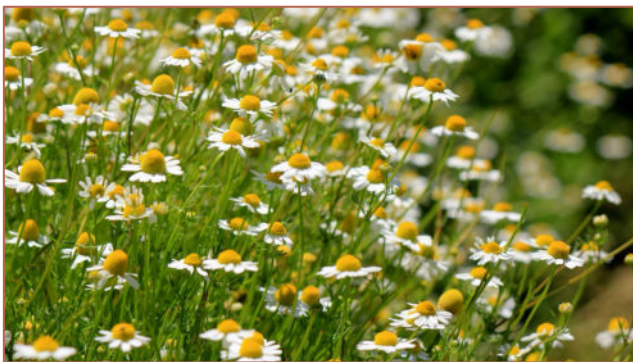


As spring blooms and pollen counts rise, many people find themselves battling the misery of seasonal allergies, also known as allergic rhinitis. This article explores the common causes and symptoms, while offering practical, supportive home care strategies to ease discomfort naturally. From saline rinses and herbal teas to reducing allergen exposure and nourishing the immune system, these gentle approaches can help you navigate allergy season with greater comfort and resilience.

bit.ly/FHCseasonalallergy



Chamomile Steam Inhalation



Chamomile steam inhalation offers a simple, time-tested home remedy for relieving sinus congestion, blocked nasal passages, and upper respiratory discomfort. The gentle warmth and anti-inflammatory properties of chamomile help moisten the mucous membranes, dissolve mucus, reduce swelling, and ease associated headaches while providing a calming, germicidal effect. This soothing head steam bath is easy to prepare at home and can bring quick relief during colds, allergies, or sinus issues—making it a valuable supportive measure in natural self-care.

bit.ly/FHCchamomilesteam



Campfire Stories Keeper of the Yarrow



<https://bit.ly/FHCkeeperyarrow>

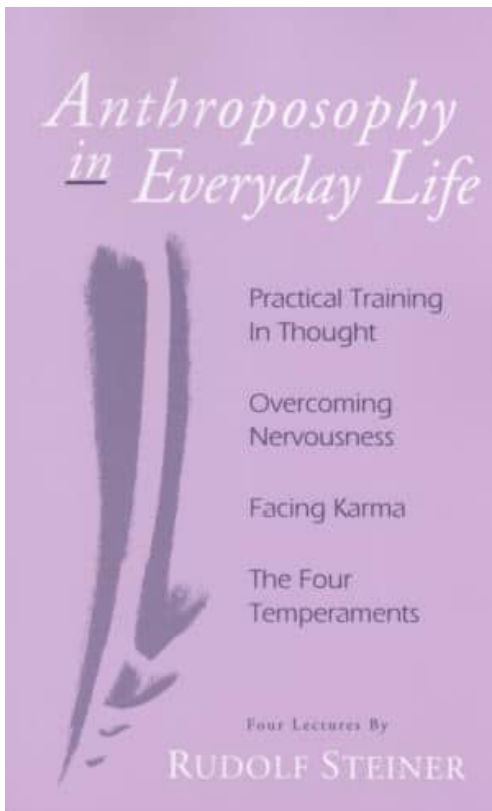


FHC is pleased to share another documentary from the “**Campfire Stories**” initiative, titled ***Keeper of the Yarrow***. This 20-minute film offers a beautiful portrait of Angelina, a gardener and herbalist in Sweden who has maintained a lifelong, deep-rooted belonging to the natural world. From her work at a Biodynamic kindergarten to her ancestral plant knowledge, Angelina’s story is a reminder of the bonds we can maintain with the living world. We hope this film serves as an inspiration to reconnect with your own surroundings and explore what it means to feel truly “at home” in nature.

Additional Reading

Anthroposophy in Everyday Life: The Four Temperaments

To prepare for our upcoming webinar, we highly recommend this lecture, contained within this collection



“The Four Temperaments” (Berlin, Mar. 4, 1909) show us how the union of hereditary factors and our own inner spiritual nature shape our psychology. Renewed understanding of these qualities allows us to develop a truly modern spiritual psychology, which forms the basis of all real inner development.



Upcoming Events



foundationforhealthcreation.org/events/



Quarterly Webinar

May 7, 2026

4:30 pm PDT / 7:30 pm EDT

The temperament of a human being reveals the interaction between the physical and the spiritual characteristics of that individual. Understanding the Temperament of a person allows choosing which therapeutic modalities or lifestyle interventions would be best for helping an adult or a child in a particular situation.

Rudolf Steiner has considered the topic of the temperaments to be so important that he returned to this subject throughout his life. We will present specific characteristics of each temperament and discuss, among others, new remedies that may help to balance each of the four principal temperaments.

Workshop

The Children of Our Times: Attention, Anxiety and Connection

by Laurie Schmiesing, RN

Wednesdays, April 29 & May 6 6:30- 8 pm Central (Live Zoom)

the
Children of Our
Times



What do our children need in our times? This is an important question for all adults to consider. Anthroposophy gives us a deep understanding into human development.



lifewaysnorthamerica.org/product-page

Support FHC!

At the Foundation for Health Creation, we believe that healthy children thrive in healthy communities. Our mission is to empower teachers and parents with practical, holistic tools to foster the well-being of their students, their families and the community around them.

Your tax-deductible donation will help us create more timely material and make it available to a larger audience, ultimately empowering teachers and parents to nurture healthy & resilient children.

Volunteer! Your contribution to our mission need not be a financial one! Our group plans and produces live interactive webinars and content-rich email newsletters. We are looking for subject-matter experts to join us in producing new content and aid in expanding our reach to more families, schools and communities.

Please complete [this interest form](#) and we will contact you with more information!

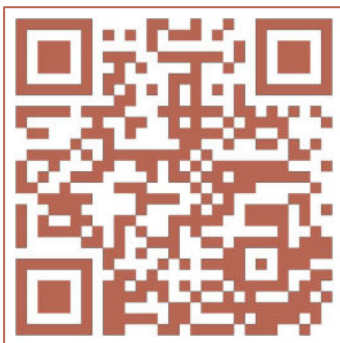


Donate to FHC:

<https://foundationforhealthcreation.org/donate/>



Newsletter Signup:



<https://mailchi.mp/c44153bc338b/newsletter-sign-up>

Visit our Website:



<https://foundationforhealthcreation.org/>

Special Offer For Waldorf Communities

Empowering Teachers and Parents to Nurture Healthy & Resilient Children

At the Foundation for Health Creation, we believe that healthy children thrive in healthy communities. Our mission is to empower teachers and parents with practical, holistic tools to foster well-being through wholesome nutrition, holistic approaches to learning, healthy environments, emotional resilience, and meaningful family and community connections.



Embrace a Path of Well-Being

Raising and teaching young children today can feel daunting...are you:

- Struggling with conflicting health advice for your children or students?
- Concerned about rising stress and anxiety in young people?
- Seeking practical, holistic strategies to support well-being?

The Foundation for Health Creation offers guidance from compassionate health experts who understand your challenges. Access our free curated resources below to empower yourself with clear solutions for nurturing healthy and resilient children.

Sign up Here:

<https://foundationforhealthcreation.org/signup-for-waldorf-community-resources/>

