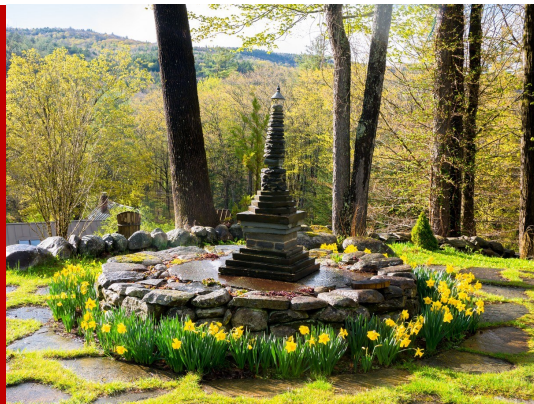


Inner Fire Mission

Inner Fire, a healing community, offers a *choice* for adults to recover from debilitating and traumatic life challenges with minimal or no use of psychotropic medications. We believe in the power of choice.



inner  fire

Spring 2021 Newsletter

Heart Based Intelligence

by Beatrice Birch, Founder / Executive Director



In our recent Autumn Newsletter, we focused on Will-Based Intelligence and now in this newsletter, we turn to a second soul force, our Heart-Based Intelligence. At Inner Fire our intention is to support striving individuals to connect with and balance their soul forces of Thinking, Feeling and Willing and by doing so help them to reclaim their lives.

How often do we hear about: “Listening with my heart...”? With the order and rhythm of the balanced Inner Fire program a foundation for a deeper sense of Self, grows. We encourage individuals to claim their feelings and then, out of a freedom, make the choice as to what they may now do regarding these feelings. Feelings, and reflecting on them, can be a catalyst for change and inner development. Here again choice comes in and it is this choice which lifts us from the victim to the creator.

Peppered throughout this newsletter you will find examples of Seekers’ art work. The arts awaken the soul’s breathing whether through clay by connecting the will with feeling: for example, thinking of an emotion and using the heart as a barometer, exploring feelings to capture said emotion in the gesture of a human form; or through the luminous beauty of the water colors, with water as a living element, the heart stirs and healing tears may flow as the heart begins to breathe again.

Our Heart, our inner sun, is selfless and faithfully receives, transforms and lets go. It has remarkable strength, aiming always for healing on many levels through Forgiveness and also through Love. When challenges arise as they will in any striving Community, we work with Non-Violent Communication which asks us to both honor ourselves and to also take an interest in and honor the other. Enthusiasm for the wonders and mysteries in life and Compassion for individual journeys keeps us always evolving and growing in the process of being-human. For more information about Inner Fire: www.innerfire.us.

Teamwork at Inner Fire

By David Naughton, Guide

As a collegiate rower for UC Berkeley, I had the rare opportunity to engage in the ultimate team sport. Eight separate individuals enter a boat and transform into a “single unit,” inextricably linked and compelled to succeed. This meaningful example of teamwork can be applied to our therapeutic community setting, given the challenging work and inherent, long-lasting rewards. Though the challenges in choosing a life without medication may seem insurmountable, through the concerted effort of our Inner Fire community, the rewards are greater than one can imagine.

For a team to succeed, trust is paramount. To trust, one must feel that their commitment to each other and the collective goal is shared and valued. At Inner Fire, trust in ourselves and in each other is fostered through shared lived experience, open and honest communication, and a commitment to growth and learning. Seekers put their trust in the organization to assist them in their healing journey, but also build trust for themselves to reveal the creator that resides within.

A common goal is also necessary for a team to flourish. Throughout our rowing season, my crew set their minds on one thing - maximizing boat speed. This collective goal aligned our minds to our body’s great endeavor. At Inner Fire, Seekers determine the goal towards which we strive, but may struggle to remember it. It is our job to honor and hold their vision through their journey.



To get there isn’t easy. We must be willing to persevere through hard feelings. In a rowing race, it’s at the point of maximum effort that more is demanded of you. Quitting is tempting, but less so when you keep your eye on the reward. With the understanding that all difficulty is disguised opportunity, no challenge is too great to bear. At Inner Fire, the reward for our struggle is as great as life itself, because for many, it is the reclaiming of life.

Unity is the confluence of trust, common vision, and perseverance, and the final pillar of teamwork. In rowing, it manifests as a magical miracle - free speed, the sensation of effortless power. Work becomes easy, effort is minimized, and the boat starts to fly. And though fleeting and difficult to achieve, it represents the inspiring reward and culmination of our best efforts, highest values, and brightest dreams. At Inner Fire, we strive to stand unified and strong, like the banks of a river, to direct the Seekers towards their sea of discovery, insight, and inspiration.

Engaging Creativity to Tune in to our Hearts

Make a Joyful Noise!

by Jesse Alibozek, former Guide



Thursday nights we sing and drum in an intimate and therapeutic environment, often around a fire and under the stars. As we work and grow to become more comfortable with rhythm and how it affects and impacts our

lives, our heart beating,

the knock-knock-knock of a woodpecker in the trees far away; the drip-drip of a rainy day storm, many share that music becomes a natural expression of their creative self.

We begin to have an awareness of music we did not realize we had and when we begin to open-up and engage with that, it can heal and connect us like nothing else. Our primal instincts can be awakened through drumming around a campfire and seeing smiling faces within the glowing and flickering light. I believe this is and always will be, tonal alchemy.

Music plays an integral role in the life of Agricultural and Native People. It is used for ceremonial purposes, recreation, expression, and healing. We use many different instruments including drums, flutes, and other percussion instruments. Perhaps the most important element of music is the voice. Meridian points working within the mouth when we lift our voice have amazing power! In this time of silencing it is more important than ever that we Lift Our Voices! May the beating drum of our hearts be united beyond language and words.

Poetry Nights At Inner Fire

The soul forces of the Seekers at Inner Fire carry within powerful, creative imagination from their experiences in life. No matter the soul condition of the Seekers, when poetry night begins with reading aloud to the group a poem of their choice, words spill out from their heart onto the page. Simple forms, simple themes, and yet, with little cajoling, out flows a poem like the one below, surprising the Seekers with what they were able to call forth. Each evening, a theme arises for a poem, and somehow, the Muse of Poetry arrives, unabashedly, to inspire and to call forth what lies in the hearts of each Seeker. The theme runs the gamut of an ode to a tree or to a flower or to a loved one, from snow to hidden messages. Without fail, enough courage ensues to begin and to find a way to bring the theme into their words - a poem, once hidden in their soul, now alive and enlivening.

Epaulets

by LB, Seeker

If the first fleck of snow always brought worry, then the first flint of spring must mean something entirely different.

Help me out here: is it the sour earth erupting from below or perhaps the sun in all its audacity, moving against the snow, clearly in an attempt to burn my retina?

Nah not that. Probably it's something caught in the middle.

The red-winged blackbird playing tricks because manifestly, "that wing is yellow."

He is hiding his epaulets for no good reason.

C'mon dude don't be so difficult.

I'll be honest, I don't know what spring means.

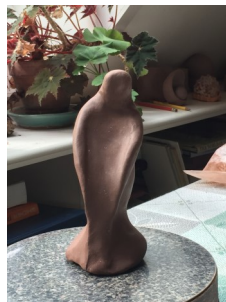
I'm a little warmer not too shabby.



Somatic Breathwork

by Kailama Morris, Somatic Breath Therapist

Our breath is a key element in the healing journey. Most humans have little or no knowledge of the resource of breath. When depression, anxiety, low self-worth, deep grief, anger or a myriad of other symptoms become the norm, breath can assist in relaxing and resetting the over stressed nervous system. Discovering your breath patterns such as holding the breath, stopping breathing altogether, shallow breathing can help increase awareness in the moment. Becoming more present with ourselves and others, increases our discernment and allows for making better choices. With practice, one can shift into a whole and healthy breath which supports emotional regulation, a calmer nervous system, present time awareness, alertness, integration of past experiences and much more! Did you know that your breath is an information system? When we pay attention to the information from our breath we can better support and care for ourselves.



We appreciate these new members of our team!

- David Naughton - Guide
- John Donovan - Biodynamic Gardner/Guide
- Polly Saltet - Eurythmist
- Lisa Nichols - Whole Foods Chef and Guide
- Traci Berchi - Massage Therapist
- Leslie Lassetter - T'ai Chi Coach
- Laurie Portacorrero - Spacial Dynamic Instructor
- Dr. Jesper Brickley, MD - Physician / Cranial Sacral
- Tomasz Jankowski, DPT - Chief Operating Officer

Employment Opportunities

As our Seeker numbers increase, our staffing needs grow. We invite you to consider being part of a healing community! For current opportunities and more information, visit innerfire.us

Gardening Bio-Dynamically

By John Donovan (Green Jack), Bio-Dynamic Gardner



Biodynamics is an approach to agriculture based on a concept of life forces. These forces work in nature to bring about balance and healing. Biodynamic agriculture uses a philosophical model articulated in eight lectures given in 1924 by Rudolf Steiner, an Austrian scientist and philosopher. Steiner delivered these “Agricultural Course” lectures in response to observations from farmers—that soils were becoming depleted and that the health and quality of crops and livestock were diminishing following the introduction of chemical fertilizers. Bio-Dynamics was the first “organic” or ecological farming system to develop as an alternative to chemical agriculture.

Bio-Dynamics combines “biological” agriculture w/an understanding of “dynamic” ecological systems. If there is a “conventional” school of organic agriculture today, it practices “biological” farming. For example, it uses cover crops and manure to build the microbiology of the soil. The “dynamic” part of the practice takes a broader perspective to enhance metaphysical aspects - the life forces and natural rhythms.

I have been a bio-dynamic Gardener for 35 years. My 2021 goal is to landscape and develop Bio-Dynamic gardens at Grace Brook Farm. What I have learned in the 35 years of gardening and farming is that Bio-Dynamics actually heals and re-vitalizes the land where it is applied. Similarly, Inner Fire heals and re-vitalizes this therapeutic community in a deeply parallel manner. Come for a special tour.



2020 Donations and Awards

We want to thank each of our donors for your support making the choice to live with minimal or with no meds possible. We value you and are grateful to have you as part of our team! Specifically, we thank the following:

- **Mr. John Smith, CEO of Wood-mizer** for your very generous partial donation of a saw mill which will be used to board our own pine trees which then will be transformed into a goat barn followed by picnic tables and Adirondack chairs. In turn, these will be sold to help finance our Support a Seeker Fund.
- **Rudolf Steiner Charitable Trust** - We deeply appreciate how you have supported our gardening work over the years and this time, the balance of the wood-mizer mill.
- **Subaru** - Thank you for choosing Inner Fire as the 2020 recipient of donations from your yearly Share the Love event and for helping make the choice we offer, more visible. We were honored to receive the \$21,000 raised.



Eurythmy, An Artistic Therapy - by Polly Saltet, Eurythmist

Steadfast I'll stand in the world.
With certainty I'll tread the path of life.
Love I'll cherish in the depths of my being.
Hope shall be in all my doing.
Confidence I'll impress into my thinking.
These five lead me to my aims.
These five give my life to me.

With each line of this verse, by Rudolf Steiner, the individual extends one limb after another, until all four are stretched out into a star-form, with the fifth “point” of the star being the head. Then the arms cross reverently over the heart. This verse recognizes the human being as a being of soul and spirit, inhabiting a physical body. The soul activities of willing, feeling and thinking weave together to help us on our individual earthly path, the “aims” we have set ourselves for this life.



Eurythmy is an art form and therapy that recognizes these aspects of the human being, a microcosm of the wider, macrocosmic wisdom from which we are woven, the source of our being. The life forces that give us form, function, health, and renewal are “knowable” through the practice of outer movements that echo the way that these forces work in us, as well as in the realms of nature. Rudolf Steiner was able to perceive the working of these specific forces, and developed the gestures and spatial patterns, connected with the sounds of speech and the elements of music, to enable us to “speak,” through eurythmy, the silent, creative and healing language of the heart and the cosmos. By moving these archetypal gestures, we strengthen the working of our life forces and our soul forces, enhancing health and inner harmony.

To make a tax deductible donation to Inner Fire, you may send a check to:

Inner Fire 26 Parker Road, Brookline, VT 05345



26 Parker Road
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<http://innerfire.us/>

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Inner Fire Newsletter Spring 2021

"Without a doubt, mental health wellness is an integral part of overall human health and Covid-19 has put it on display for the world to see over the past 18 months. While more and more emphasis is being placed on addressing this topic across the age continuum, the choices still remain limited and largely adhere to the traditional, medication-assisted treatment, approach. Consumer choice in mental health should be no different than the one we offer to those with medical health impairments and it is time for the country, at all levels, to wake up to this. It is reassuring to know that organizations such as Inner Fire exist to offer such choice, ideally, regardless of one's financial means." Tomasz Jankowski, COO

