

## 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

## Autumn 2022 Newsletter

### Truth Will Set You Free

by Former Seeker Ken Ijichi

My psychiatric diagnosis felt devastating, but this also came with a sigh of relief. I finally was able to admit to myself that I had a problem and needed help. The doctors offered me meds as a treatment and told me there's no cure. As a nurse I've seen too many souls suffering from the side effects from these medications and couldn't even consider taking them myself. I refused the medications.

My condition worsened like a pinball machine on fire, ever so neurotic. In that chaos I continued to research my way out of this nightmare. I felt I was stuck in a bubble of information that I couldn't get out of on the internet, limiting my ability to reach different possibilities. Then out of the blue my sister told me about Inner Fire.

My first morning walk on my three day visit, I was asked to pick a tree and to place my hand on it, to talk to it if I'd like, or just be with my tree. It was a simple gesture that telegraphed to me what this place was about. The love and kindness I felt from the Guides was similar to that of a grade school teacher rather than of a trained medical staff. Where many other facilities were focused on stabilizing me with meds and getting me well enough to rejoin society, the Guides here looked and acted like full recovery was actually possible without relying on medication. This was the first time I felt hope of recovery from my neurotic condition and hope to heal from all the pain I carried throughout my life.

I felt this place was built on teaching me mindfulness. Not by preaching or lecturing me with a "you ought to do so" attitude, but by showing us how to live mindfully while slowly rebuilding our physical, etheric, and astral bodies. Some of these words were foreign to me in the beginning being trained in the western materialistic, medical system. I had to come to peace with the possibility that our current medical paradigm might be neglecting certain aspects of consciousness and how it works. With courage and wonder I dove into the mysteries this place has to offer about the reality of health, body and consciousness.

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### A Letter From Beatrice

Dear Friends,

I am thrilled to share with you the news that we have hired two graduate Seekers. These are individuals who know the program from the inside out. They have been through the eye of the needle and know the importance of 'staying engaged' and meeting the challenges they face as opportunities for inner growth. They have transformed feelings of 'victim of the system' to that of creator, taking the reins in their own hands.

Over these past eight years, if asked "Where would you be had you not come to Inner Fire?" the typical Seeker response has been "Dead" or "I do not want to go there." Inner Fire is beautifully located, but do not be fooled, it is not a holiday camp. It all has to do with Life and Death.

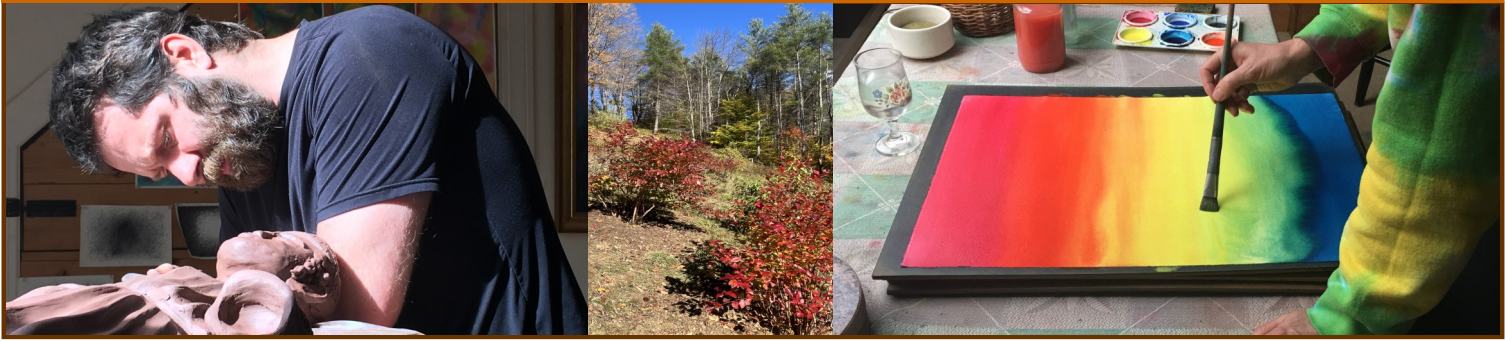
Please do not underestimate the courage it takes to reclaim one's life when one has been overmedicated, thereby deprived of their clarity of thinking, heartfelt feelings and intentional willing and told year after year that the chemistry in one's brain is wrong and they will never work again and need to claim disability. We all want to believe the "professionals" but the fact is that the greed of big pharma is so pervasive so that even the best meaning "professionals" are often caught up in the system and discouraged from thinking for themselves.

Ken has joined us as our Seeker Care Coordinator, nurse and Guide. He is now broadening his RN training by engaging in an Anthroposophical Nurses training, the foundation of which recognizes the 3-Fold human being of Physical Body, Soul and Spirit. Brad joins us as our Marketing Director and brings years of valuable experience and insights. Both are committed to seeing Inner Fire into the future and making the choice more visible and available.

Surrounded by Love and Insight, they stayed engaged despite the innumerable challenges of tapering, changing habits as well as destructive self-images.

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# Living Within the Seasonal Changes



## Truth Will Set You Free continued...

Every weekday morning, we went around the circle and expressed our feelings, what we were grateful for, and whether our needs were met or unmet. It was very uncomfortable doing this in the beginning. I didn't realize I oversimplified my feelings to be either good or bad. This led me to feel numb to the intricacy of my own feelings. I had to fight my urge to regress back to a stone-cold, male archetype that was out of touch with my own feelings. Seeing other male figures participate made me feel "oh they're doing it, it's okay for me to do it too". Much of our behavior is influenced by the peers around us. Almost through osmosis through my peers, I learned how this was done over time.

Every Friday evening, we had appreciation night. This is where we go around the circle and each of us told the other people in the circle what we appreciate about them. This also made me very uncomfortable in the beginning. It's not about complimenting the other person. It is really a training to invoke the feeling of appreciation from within. This is a visceral physical sensation, which I grew more sensitive to through my time at Inner Fire. Love is everywhere as long as we are open to noticing it. This trained me to live more mindfully to observe and appreciate every gesture we do to each other. Hearing what others genuinely appreciate about me was a much-needed feedback for how I saw myself. It calmed my nerves, which led to better behavior.

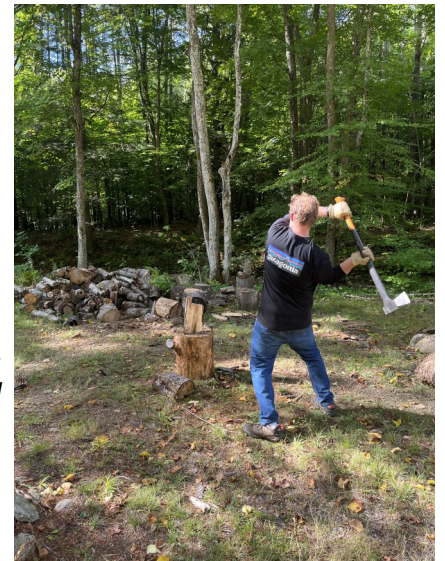
Singing songs was another very uncomfortable experience for me. As I timidly followed along in singing, I began to recall different painful childhood traumas that discouraged me from singing. I worked on integrating these painful memories in my therapy time. It's amazing what a supportive and nurturing environment can do to have someone "come out and play." Singing in a group is one of the oldest ways to commune with the divinity that dwells within us. On many occasions after our music night on Thursday, I had a warm vibrating feeling in my chest that lasted for the rest of the night. I felt empowered, like singing was a conscious way to raise my feelings.

Media fasting and an organic diet with no sugar, caffeine, processed foods nor gluten helped to slow down

my mind and rebuild my body over time. After having let go of my usual coping mechanisms, (sugar, caffeine, media and other distractions) I felt painfully weak, but also realized this is the best chance I have to build my true inner and outer strength. Working outdoors without the pressure of the real world allowed me to regain my physical strength and patience. Many movement-based therapies and breath coaching helped me regain the sensitivity of my own body. Artistic therapy cultivated a sense of beauty and how to express the feeling verbally. There were numerous healing moments in the small conversations I had with other Seekers and Guides. I never felt this sense of belonging in my life, and it made me feel good about myself. I noticed a shift in how I looked at myself. My body was less trapped in the known past and predictable future and instead became open to the unknown possibility of the present moment.

Doctors cannot prescribe a loving and nurturing environment for the patient. Even if they did, there's no realistic option to give something like that to a patient. This place dares to do that and does it well. Beatrice has seen it work time and time again here and in Europe, which shows in how she meets with each Seeker. I only wish more doctors would dare to prescribe love and nurturing environments for their patients, and for others out there who struggle with mental illness, to see themselves as a Seeker, not a victim. Seek and you will find. There is a big mystery in this country and I dare you to follow the white rabbit. Truth will set you free.

*Ken Ijichi is a former Seeker, a registered nurse, and the current Seeker Care Coordinator at Inner Fire. Ken is from White Plains, New York.*



## Employment Opportunities

As our Seeker numbers increase, our staffing needs grow. We invite you to consider being part of our healing community! For current opportunities and more information, contact us at [info@innerfire.us](mailto:info@innerfire.us)

## The Fruits of Mitzy's Birthday Fundraiser

In the spring of 2022, Mitzy used her birthday as an opportunity to support Inner Fire. She used the format created by Facebook for birthday fundraisers that directs donations to a nonprofit of your choice. **You too could join this enthusiastic example set by Mitzy.** As your birthday approaches, you go into Facebook and select Create a Birthday Fundraiser. Follow the prompts to select Inner Fire as the nonprofit. Then write a brief description of why you chose to support Inner Fire. It helps if you remind your friends a few times over the course of the fundraiser of your reasons for selecting Inner Fire. Facebook handles the processing of the donations and sends them

directly to Inner Fire.

We are very grateful for Mitzy's interest, enthusiasm and thoughtfulness to choose us as the recipient of these donations.

With this simple act she raised \$818.18 for Inner Fire!

Thank you Mitzy!

*Mitzy Sky is a poet/writer/ videographer/storyteller who shares her work at mitzysky.com. She lives in Stamford, Connecticut.*



## A Letter from Beatrice continued...

They remained faithful to their healing journey. They worked with the fear of mania and ending-up back in the hospital where from experience they are 'jacked-up' on their medications, fed an inflammatory sugar-based diet, deprived of fresh air at Inner Fire. When tired and tempted to withdraw, they faithfully stayed engaged thereby strengthening their Will. While tapering, suppressed feelings arise so in addition to the challenges of tapering, they then have to deal with feeling of anger, fear, sadness: "I have wasted all these years." Seekers are encouraged to claim their feelings and then freely choose what they want to do with them. Gradually, feelings of empowerment develop as those of the victim dissolve.

I am full of admiration for those striving individuals who have the courage to come to Inner Fire and reclaim their lives. I am full of admiration for our Guides, who work consciously with the challenges which naturally arise while faithfully accompanying Seekers in their healing journey. I remain grateful to those of you who support our mission through your generous donations and supportive thoughts.

Thank you, Beatrice.

*Beatrice Birch is the Founder and Executive Director of Inner Fire, and Hauschka Artistic Therapist with over 35 years experience. She is originally from Concord, Massachusetts, but has spent over 25 years living in the United Kingdom and Europe.*



## Reigning In and Guiding My Horses

By Seeker BC

My past 8 months at Inner Fire have flown by. I have gradually lost weight, gained more physical stamina and steadily reduced medications. I have worked very hard in the garden with David, the Gardener, and Ken, the Seeker Care Coordinator. Tim, the Whole Foods Chef, has been an amazing teacher for me in the kitchen. I'm getting more and more recipes under my belt, such as learning healthy ways to cook my favorite food such as fried chicken, chicken marbella, chicken parmesan, Asian shrimp, fish tacos, and gourmet almond crust



pizza—all gluten free, of course!

I have worked one on one with Katherine, doing therapeutic eurythmy, which has been hugely beneficial in helping me ground myself and strengthen my will. Artistic therapy with Beatrice is very helpful in bringing clarity to my thinking and also my will, as Beatrice calls it, "reigning in and guiding my horses."

Through taking homeopathy, reducing pharmaceutical medications, engaging in the physical and will-based work, and eating healthy, I lost over 70 pounds and am getting back a lot of clarity and drive for everyday life. The Guides are always with us, listening and supporting in many ways. We hike on weekends, packing snacks and enjoying the great outdoors. We have had speech with Christa, Spacial Dynamics with Bruce, acting with David, Psychosynthesis with Ami and Archery with Ian.

I have 4 months left and tapering is well underway thanks to the incredibly supportive Dr. Jesper Brickley. Time goes so quickly at Inner Fire. I never imagined the 8 months would bring me so much hope and joy.

*Seeker BC is from Rockland County, New York and hopes to pursue Music Therapy as a career upon graduation.*

**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  
Brookline, VT 05345  
Online at: [innerfire.us](http://innerfire.us)

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### **The Seeker's Last Three-Month Apprenticeship in the Local Community**

During the last three months of a Seeker's year-long stay at Inner Fire, the Seeker has the opportunity to branch out into the local community by engaging in an apprenticeship with local crafts or trades people, or community service with non-profits. For example, past Seekers have worked with a local potter, blacksmith, stained glass artisan, and glass blower. Community service has included working with restorative justice initiatives, kindergartens, and at soup kitchens. Seekers learn by doing with these local craftsmen and women, who work with their hands and happily engage in will-based work for a living.