



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

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## Newsletter Summer 2020

# Inner Fire Newsletter Summer 2020



### From The Director Who IS . . . breathing deeply?

Being considered an essential business, Inner Fire has remained open during these challenging times, finding ways to work creatively and safely together, while acknowledging the power of fear, which compromises the immune system. Courage is an ingredient for all of us at Inner Fire as the daily challenges of tapering, as well as digesting traumatic experiences, call upon insight and faithfulness during each healing journey.

Fundamental changes are essential, in all realms of our society. We simply cannot carry on superficially while lives are heartlessly taken, both subtly and in full view. At Inner Fire, we focus on helping striving individuals free themselves from the entrapment of medication cocktails they have been prescribed, which can even lead to suicide as alternatives are either unavailable or beyond the financial reach for too many struggling individuals.

I regularly receive inquiries from persons seeking the choice we offer, but because of the priorities reflected in society and by insurance companies, most cannot afford the comprehensive and soul nourishing choices which aim for deep healing. It is heartbreaking, and it is wrong. No one is getting rich working at Inner Fire, a not-for-profit; a crucial tenet of Inner Fire is that it has to be available for any striving individual regardless of their race, religion and financial situation. That we simply meet in our humanity. . . It is only ethical. Availability is essential.

Our Support a Seeker Fund needs donors who want to help the choice become visible and thereby save lives. Perhaps someone has lost a loved one who chose suicide over living a zombie type of existence and would therefore like to help another individual have the choice theirs did not have. Or, has survived psychiatry themselves, and wants to support

others to reclaim their lives. Given the chance, these striving individuals also engage with initiative and enthusiasm in daily life.

With your help, together we can bring about the necessary changes in this world of mental (soul) health which will lead to greater equality and respect for the divine creative self in each striving human being.

I have been in conversation with Vermont's Department of Mental Health and they are interested in our work and may use us as a pilot project. This will take time. Meanwhile, we must think outside the box and find still other creative ways to make Inner Fire available for individuals regardless of their financial situation.

With all the chaotic and heartrending challenges we meet daily, our efforts to breathe deeply and practice positivity, trusting in the Greater Wisdom, while we make the changes we can within ourselves and in the world around us, is essential. We are alive at this time for a reason and these challenges belong to us. We are not alone; we need each other.

I would like to close by sharing my deep gratitude for the courage of our Seekers, the conscientiousness and loving care of our Guides, the steadfastness and support of our Board and the depth of experience from our Advisory Board as well as the remarkable neighbors and community supporting Inner Fire locally and throughout the world.

Beatrice Birch, Founder /  
Executive Director

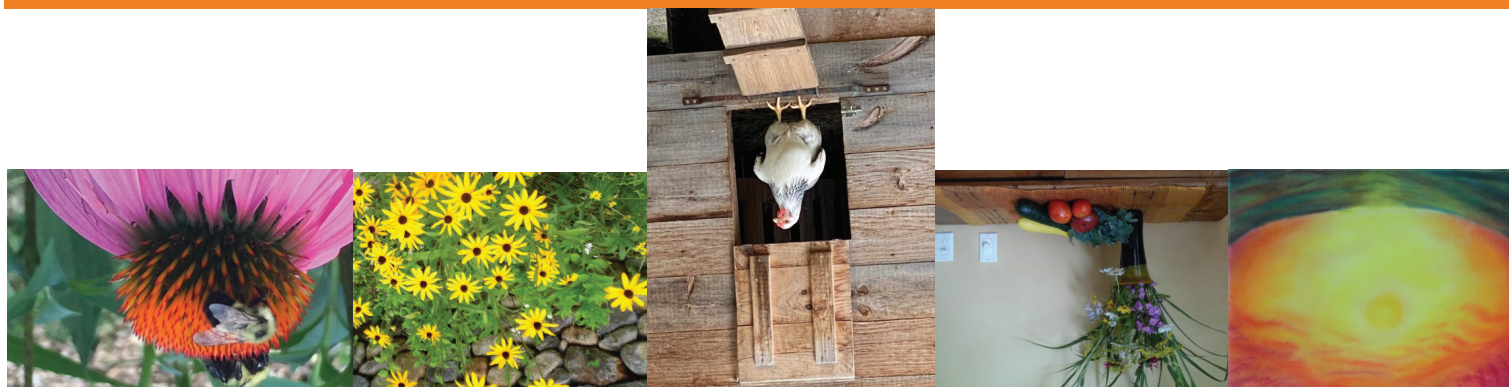
### *Inner Fire Mission Statement*

Inner Fire is a proactive healing community offering a choice for adults to recover from debilitating and traumatic life challenges without the use of psychotropic medications.



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

Inner Fire 26 Parker Road, Brookline, VT 05345





Staff Ponderings

Spread the Word  
by Joyce Reilly  
Marketing and Outreach Coordinator



Inner Fire is a unique community. Believe me, it is true. My path in life has brought me to many therapeutic settings, and ever since I began to seek true community, I have been privileged to live in some very fine therapeutic communities, both here and abroad. Yet I have never met a community that has CHOICE at its foundation.

Choice is at the heart of healing. First, we must choose to heal and to change. Then, we choose the modalities. So often, it is a psychotropic medication or nothing. Then, we look for our co- healers, for our community. If we are fortunate enough to find Inner Fire, we have found a veritable feast of choices! Here we have a community of Seekers and Guides working together, and have therapies that include art, movement, nutrition, counseling, crafts, gardening, writing, drama, herbs, and somatic breath work! We may choose our medicine, and our healing path. If we wish to taper off a drug, minimize its use, or avoid them altogether. This is supported in a deep and committed way. This approach is unique in today's world and deserves our support in any way possible. Part of my work is to connect with hospitals, doctors, therapists and other inter-

ested individuals to share the opportunities for healing at Inner Fire.

We need your help to also spread the word! Please let your friends, families, and colleagues know about this unique choice in soul care. Most of us enter the world of Mental Health in deep concern, or in crisis, and are ill equipped to start the search for the right setting and the right approach. Educating ourselves about choice, and about alternatives, is a good first step. Let us know if we can help.



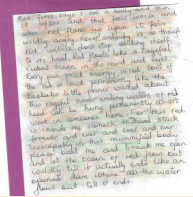
Seeking and Guiding  
by Amalia Pretel-Grey  
Guide

My first entry into Inner Fire led me to a driveway where I was not sure about parking. As I rolled down my window to check in with the lovely young lady walking towards my car, I asked if I was parked in a good spot. She kindly directed me to one near the chicken coop. I was ten minutes early. So I gathered my bag and started to head out, when it occurred to me, "Wait, was that a Seeker or a Guide?" I realized only minutes after that, indeed, it was a Seeker - an experience that was a premonition of what was to come in the deep philosophical and practical realm that is Inner Fire, where we are on a journey that guides and seeks, while consciously moving forward.

As a seasoned Waldorf teacher for 24 years, with on-line teaching becoming part of current expectations, I wondered whether this work at Inner Fire might be exactly the transition I needed. My skills in Waldorf teaching are very transferable to guiding and developing relationships with those who seek to find their way into the world again, with balance and meaning in their lives.

I started to experience the most basic aspects of Inner Fire's program from the start of the morning, walking up a beautiful forested, brook lined dirt road, to the Morning Circle where sharing and checking in, are fundamental to how we work, to the community cleaning of common spaces, and the power of serving others, whether helping with prep for a meal, or doing laundry, to the writing of poetry, drama, sculpting, veil painting, singing, pastel or charcoal drawing, gardening, collecting salad greens from the hoop house, chopping wood, blazing a trail, hiking Putney Mountain, doing eurythmy, among other meaningful, practical and engaging activities.

Individuals who come to Inner Fire seeking purpose and desiring transformation, learn the art of cultivating relationships while claiming their voice. This is a process that takes time, conscious attention and compassion and I am delighted to be part of this life changing work.



red. Some of the red is stuck permanently like the Bao Bobs little prince warned about. This rageful never ending waters of red head can be hung permanently as art work in someone's home. For this red is inside me. Stomach to my head. Stuck forever and ever and ever and ever. Inescapably in this mummified body. Please beat me and break me open and let the ocean of red flow out. Wildly 'til it actually ends like an open dam where all the water flows out 'til it ends.

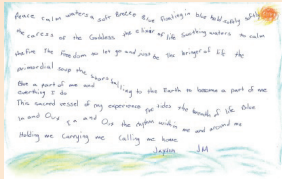
of life. Blue. In and out. In and Out. The rhythm within me and around me. Holding me. Carrying me. Calling me home.

Red  
A Poem by KM, a Seeker

Red first says I am a bully. And then it softens and that feels worse. And when red flares up again, it feels wildly angry. Never endingly. So as though red waters don't stop sending itself to its head, red floats like a rageful violent ocean in the mind and eyes. Every pin prick energy is

Blue  
A Poem by JM, a Seeker

Blue. Peace. Calm waters. A soft breeze blue floating in blue held softly, softly. The caress of the Goddess. The elixir of life. Soothing waters to calm. The fire. The freedom to let go and just be. The bringer of life. The primordial soup. The stars falling to the earth to become a part of me. Blue, a part of me and everything I do. This sacred vessel of my experience. The tides. The breath



Social Media

In efforts to build our support base, we ask you to visit our new Facebook Page to "Like" and then "Share" this page with those you know <https://www.facebook.com/innerfire.us/>

Notes from the Kitchen  
By Julia Hampton, MS  
Nutritionist and Chef



The scaffolding of the therapeutic programming at Inner Fire is a set schedule for the day that brings structure and balance which are integral to enlivening the etheric body, often referred to as our "time body," which is connected to rhythm and habits. Meal times are an integral part of this schedule which begins with a hearty breakfast at 7:00am each week day.

The inner workings of our bodies have a rhythm linked with light from the sun called the circadian rhythm. Light exposure is the stimulus that sets off a cascade of chemical messages that prime our body for the activity of the day, and at night, the decrease in light sets in motion the messages to shift our systems into sleep.



These chemical messages stimulated by morning light shift our hormones and prime our enzymes turning on our metabolic activity. This makes the morning and mid day the best times to process and assimilate nutrients to fuel our daily activities and keep us healthy.

Breakfast at Inner Fire is a feast of options including eggs from our hens who are well cared for by the Seekers, whole grains, dark leafy greens, and probiotics like kimchi made from cabbages grown in our garden, yogurt and kefir. Healing and nutritive spices like turmeric, ginger, and cinnamon add color and flavor. And we wash it all down with liver supporting tea of nettles and bitter herbs like artemisium and yarrow.

A favorite breakfast dish is a savory oatmeal made with red lentils and rolled oats. Red lentils cook up fast and become creamy making them a great addition to oatmeal. Lentils have twice as much protein as oats and are rich in fiber both of which help maintain balanced blood sugar levels providing sustained energy throughout the morning. This dish also has anti-inflammatory benefits from the turmeric, ginger and garlic. Try this breakfast dish for

yourself with some steamed kale and kimchi!

Red Lentil Oatmeal  
Preparation time: 20 minutes  
Yield: 2-3 servings

- Ingredients:**
- ½ cup red lentils
  - ½ cup oats
  - 1 tablespoon ghee
  - ½ small onion, diced
  - 1 clove garlic, minced
  - 1 teaspoon minced fresh ginger or ¼ teaspoon ground ginger
  - ½ teaspoon salt
  - 1 teaspoon turmeric
  - ¼ teaspoon ground cumin
  - 2 teaspoon coriander
  - Freshly ground pepper to taste
  - A dash of cinnamon
  - 2 cups of liquid (any combo of water, broth and/or coconut milk)
  - 1 teaspoon - 1 tablespoon of lime juice



**Directions:**  
In a small bowl, combine the lentils and oats and cover with water. Let soak overnight or while preparing other ingredients; this will help them cook faster and create a creamer consistency. Heat a small saucepan over medium heat; add the fat. Add the chopped onion, garlic, fresh ginger, and salt and stir. Turn heat to medium-low and cook till onions are translucent, about 3 minutes. Add the turmeric, cumin, pepper, coriander and cinnamon; stir for 30 second. Drain the red lentil/oats and add them to the saucepan. Add the 2 cups of liquid; give it a stir and cover. Turn the heat to high until the mixture comes to a boil. Lower heat to low and let simmer for about 10 minutes; check periodically and stir to prevent sticking at the bottom. Add a teaspoon of lime juice, taste and adjust seasoning. Serve warm with desired toppings.



In the Garden  
By Devan Monette  
Gardener / Guide

With the warmer weather and ample sunshine, we have been using the garden and

the beautiful grounds of Inner Fire as a means to learn about caring for plants, and the greater ecosystem all the while witnessing the beauty all around us. Seekers have the opportunity to start their own seedlings, and watch them grow throughout the weeks while harvesting fresh ingredients to use in our kitchen. Working in the garden fosters a connection with the land, provides a chance to gain new skills and an appreciation for the food we eat. As the season moves forward, Seekers will witness their own growth as they become more attuned to their surroundings and begin to master the skills necessary to practice land stewardship.



Employment Opportunities

As our Seeker numbers increase, we are often in need of more staff. Would you consider being part of a healing community? For current opportunities and more information, email [laura.innerfire@gmail.com](mailto:laura.innerfire@gmail.com)

Crafting as Therapy  
By Victoria Mansuri  
Crafts teacher

There are many reasons to learn a craft as part of a healing journey. The engagement with the materials of nature- wood, wool, beeswax- as we make our own knitting needles and create a bag or a scarf, brings our consciousness right into our



hands, right into our fingers, right into our senses. Dedication to the task, and joy in creation, these come along with the sense of accomplishment, with the sense of "I can"!

