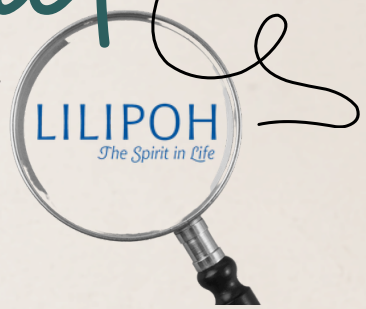


# The Living Thread

a continuation of



Stories that  
nourish the  
soul, awaken  
the heart, and  
tend to the  
invisible  
threads that  
connect us.

WHERE THRESHOLDS ARE CROSSED AND  
EXCHANGE BECOMES RELATIONSHIP

ISSUE 3  
June 2026

LILIPOH.COM

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Welcome to the third issue of THE LIVING THREAD, where the themes of Thresholds and Beyond Transaction come together in a shared exploration of relationship, meaning, and human connection.

Thresholds ask us to pause at the spaces between what was and what is becoming. Beyond Transaction invites us to reconsider the ways we meet one another—not through exchange alone, but through presence, generosity, and the invisible threads that bind us together. In many ways, these themes belong to one another. Every threshold we cross has the potential to deepen our understanding of community, reciprocity, and the heart-centered relationships that sustain life.

The articles and excerpts gathered here are drawn from recent issues of LILIPOH, edited by Karen Davis-Brown, and thoughtfully woven into a single offering for reflection and renewal. Within these pages, you'll encounter stories, insights, and perspectives that encourage a more conscious way of living—one rooted not only in achievement or transaction, but in care, listening, and shared humanity.

May these threads offer companionship and inspiration as you navigate your own crossings, and may they remind us all that what truly nourishes the soul is found in the relationships we cultivate along the way.

With gratitude,

*Team Lilipoh*

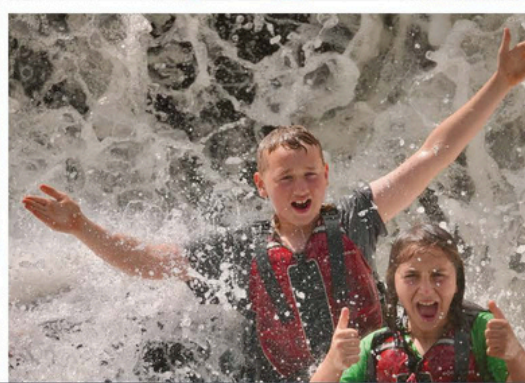


# The call to adventure.

## A hero's journey begins...

**Northern Lights for girls, ages 11 to 14 | Langskib for boys, ages 10 to 12**

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# Featured Articles

## COW AS GIFT

BY LAURA RICCARDI LYVERS

I am in love with my cows. As child-like a thing as it is to say it's the only way I want to begin, because it lives in me as a profound truth. I am amazed that the cow could become the center of my life, the thing that guides me. Their presence, their being, is a holy experience. I am in awe of who they are. As a friend recently reflected to me about the cow: "They are tending the etheric of the Earth". No wonder they continue to guide my life after all these years.

There is a favorite quote I go back to, from my dear friend and teacher Orland Bishop: "What could happen if we choose each other's life as a currency...for something different, for a new kind of decision making?"

[CLICK HERE TO READ MORE](#)



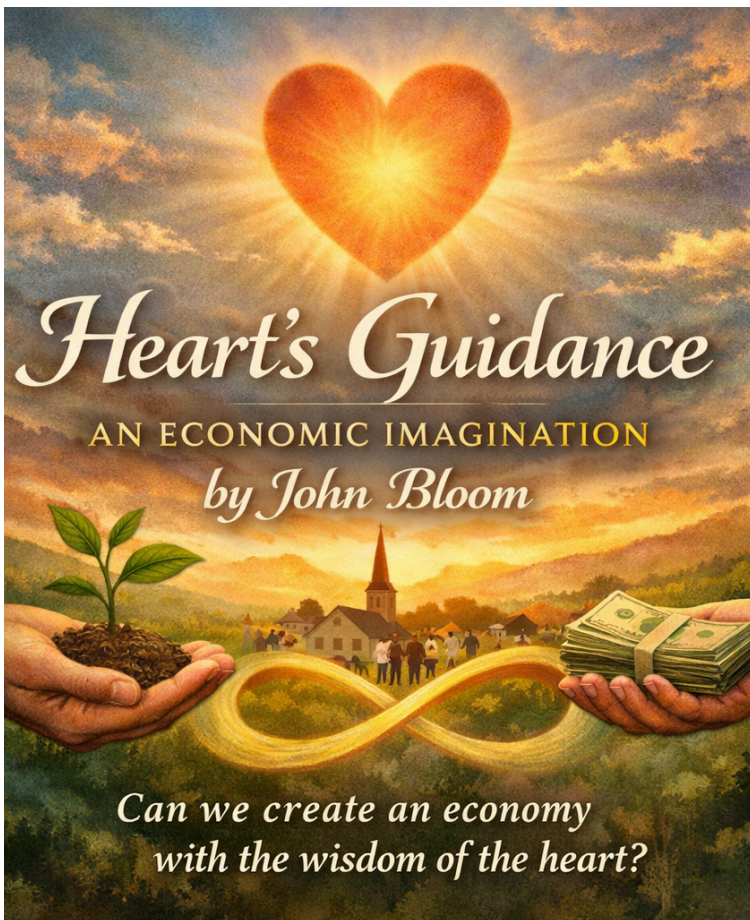
## HEART'S GUIDANCE: AN ECONOMIC IMAGINATION BY JOHN BLOOM

*The mind thinks it loves; the heart loves before the thought.*

In our current stage of materialist economy, we are entranced with capital and disconnected from our hearts. This discord is a result of the inherent nature of capital, so centered as it is in the head, as the origin of the word indicates. In the visible world discord looks like a widening gap between wealth and poverty, and in the inner world like a disintegration of beliefs, values, and behavioral decisions. Make no mistake, we need capital in one form or another, and we need those who work with capital to be in the world in a way that values each human being and supports the regeneration of nature. This inner integrity might then begin to heal social and ecological wounds.

So, how might the imagination of economic life change from where we currently are— dependence on growth that is heading toward the demise of nature and increased suffering—to one that is instead life affirming and regenerative?

[CLICK HERE TO READ MORE](#)



## THRESHOLDS OF HUMAN EXPERIENCE ONA WETHERALL O'HARA

On our path to knowledge, during the course of human development, we continuously cross thresholds that lead to the realization of pre-birth intention for cosmic attunement. Organizing this evolution through the image of thresholds is simply a metaphoric way of comprehending human experience.

To help grasp the image of a threshold experience, we can first look at the root of the word. By definition, the noun, threshold, is “a piece of wood, metal, or stone that forms the bottom of a door and that you walk over as you enter a room or building.”

**[CLICK HERE TO READ MORE](#)**



## WHAT DOES PEACE MEAN TO YOU? JOHN NOLTNER

It started with a question. Not a complicated one. Not one with charts or graphs. Just this:

What does peace mean to you?

In 2009, I was a photographer with a journalism degree, traveling for magazine assignments and corporate gigs. But I found myself increasingly troubled by the headlines—violence, division, injustice—and feeling like something vital was missing. I had a camera. I had ears. I had time. What I didn't have was peace.

So I began asking people that simple question. I paired their words with black-and-white portraits and listened carefully, not to debate or correct, but to understand. And what I found—not just in their words but in their faces—was both humbling and electric. People had stories. All kinds of stories. And many of them had never really been asked to share. That was the beginning of A Peace of My Mind.

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## **Finding my Will at Dawn**

*EXCLUSIVE PIECE FOR THE LIVING THREAD*

---

“I AM BACK WITH A CRAYON IN HAND AND AN EMPTY PIECE OF PAPER, TRYING TO LIVE IN A WORLD OF ABUNDANCE THAT HAS NOT YET ENTERED INTO DAWN.”

I have just returned from South Africa. The last three weeks were spent bearing witness to a mosaic of encounters and landscapes. This witnessing overturned something latent within myself—an unconsciousness around the deeper layers of my will, and further sight into the polarity of wealth and disparity at work within myself, as it is in all the world.

In South Africa, one lands at an airport that borders vast townships, where entire communities live in conditions that, in the West, we might call “undeveloped.” As you land in that country and drive to your dwelling, you must first pass poverty. This looks like thousands of shacks on sand. Walls and roofs are metal sheathes, bathrooms are porta-potties, and playgrounds are waysides.

What struck me to the core was that these communities rest at the foothills of the wealthiest mountains I have ever seen. I say wealthiest not to imply money, but beauty. The rock near Cape Town seems to burn with an inner fervor that comes straight from the center of the earth. I felt that the stone resides both anciently and presently, and mediates the relationship between the earth and cosmos with a powerful creative force that I have witnessed nowhere else in the world. The townships rest there.

Witnessing this invoked in me a feeling of abundance, like that of those mountains, regarding my own creative will, and, concurrent with that, an utter impasse. I felt that I could observe my own will’s potential, but go no further from there, as my own undeveloped nature sprawls the landscape of my being.

I had lunch with a family on one of these mountainsides who hadn’t been to a restaurant in two years. After eating, they welcomed us into their home with hospitality, and we sat in their small, stark setting and looked at each other. The surrounding community rang with the abundance of people on the street—children playing, adults lounging together in large groups. We looked at each other more. We were all trying to host something. Trying to arrange for the future.

What am I sacrificing by letting my will shrug off the responsibility to wake up to my place in the world? Because my place in the world has everything to do with those around me—their health and wellbeing, and the agreements we uphold. New agreements around money, land, and “resources” require creative will to begin. This impasse between will and action has been there since my childhood. I knew then, in a more childlike way, that using my creative will requires continual entry into what could be described as the “dawning” potential of every moment in time, where the future can enter interaction, word, and thought. I felt, too, that this is not easy, nor encouraged by the conditions of modernity.

# Finding my Will at Dawn

*EXCLUSIVE PIECE FOR THE LIVING THREAD*

As a young child, I used to write out a new day for myself every day. I still have some of these little “lists” that, in crayon, forged a new path for play that day. Each day they vary, and one could say, “Where was her consistency or follow-through?” My creativity couldn’t yet enter the practical. As an adult, my Google Calendar boasts various meetings and work appointments weekly, and one might say, “What a rigid form to follow.” My creativity dissolves, and the task force takes precedence.

What is the real, true appointment that my creativity can fathom? What kind of thinking results from deeds done with integrity? As children, no day is “repeated,” really, and everything is done with integrity. But soaring into adulthood finds me ever aware of the cogs of my inner life, which turn in the machinery of the mundane. The impasse that is schedule, convention, and social seclusion, where awakenings are sidelined for the sake of routine.

Dawn is not only when the sun rises, or where and how, but when time begins. It is when we shift from sleep-consciousness to waking-day consciousness, where we enact our will on earth. Only there can “activism” take place. But negligence toward the dawn results in false activism. Then my doing is the result of the thought structures of yesterday, or the algorithms that my family and education taught me to live by, or the formulas of culture. There is real pain in encountering this deadness within myself in the face of the mighty tasks at hand.

I am back in New York today, and I walked with the sunrise today, and I am fumbling with my will today. I live in a beautiful community that cultivates healthy food, new forms of education, and a potentially “dawn-like” approach to the granularities of life in general. But there is still the incompleteness of our agreements around money and livelihood that permeates the globe. I am back with a crayon in hand and an empty piece of paper, trying to live in a world of abundance that has not yet entered into dawn. Dawn, where nothing that has come before can harass the new agreement, that this is a shared reality. Where a feeling of wealth actually feels as real as a mountain.

Adeline’s piece “Redoing Vocation” was featured in our Spring 2026 issue, you can read that here:

**[CLICK HERE TO READ MORE](#)**



Adeline Lyons lives and works in Spring Valley, NY, and NYC. She is the editor of two publications: Futuring Now, an initiative of the North American Youth Section that publishes young adult work, and The Listener, a local newsletter. She is also a student at the Steiner School of Speech & Drama and is involved in various stage arts endeavors. Additionally, she works to organize and host events and social spaces, with the hopes of welcoming in what streams from the future into current structures. Contact: [adelineroselyons@gmail.com](mailto:adelineroselyons@gmail.com).

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# Threads of Thoughts

POETRY & REFLECTION FROM OUR MOST RECENT ISSUES, PLUS NEW ORIGINAL WORKS

## **COURAGE**

FROM IDEA TO INITIATIVE

ANNUAL CONFERENCE OF THE NORTH AMERICAN YOUTH SECTION

From August 3 - 7, 2026, at the Meristem Campus (former Rudolf Steiner College) in Fair Oaks, California, the North American Youth Section will host its annual conference. We will take up the theme of courage and how we can engage our ideas with initiative. After the rollicking Light Between conference of 2025, where we gathered over 170 young adults between the ages of 18 and 35 together in Upstate, New York, there is a mighty wind beneath our wings to fly onward, to the West Coast, and continue our work.

This time around, we will work with the structure of the Sections within the School of Spiritual Science, bringing together individuals working out of the impulse of each Section, and spend our afternoons workshopping our ideas in that context. These representatives of the Sections introduce intergenerationality and mentorship, two themes that are deeply relevant to Youth Section work. Individuals who will be present as representatives include Harold Hoven, Lilith & Sebastien Dupuis, Emma Wade, Bruce Donehower, Timothy Kennedy, John Bloom, Delmar and Carin McComb, Liz Beaven, Andrew Sullivan, Matthew Segall, Dr. Daciana Iancu, Gopi Krishna, Michael Draskovic, and more. The last night of the conference will host an Initiative Cafe, somewhat along the lines of an open mic, but with the freshly-wrought ideas and initiatives from the last few days as the main event. The Initiative Cafe evening will be entirely open to the public.

The program will also include four morning sessions during which we incorporate the reverse ritual into group conversations. The reverse ritual is, in short, a sacred conversation in which listening and speaking rise from the realm of the material, the profane, through a creative activity connected with the spiritual world. In this, we will be thinking of another, exercising radical acceptance, and offering our attention as a sacramental gift. We are inspired to bring this impulse into a Youth Section conference setting because it is a source of strength for idealistic community building and renewal, as Rudolf Steiner indicates in the lecture series *Awakening to Community*, and because these conferences are about spiritual initiative as much as they are about sense-perceptible, practical work.

The conference days will also work through the three faculties of the human soul, namely, thinking, feeling, and willing. On the “thinking day,” we will hear a good, “heady,”

<sup>1</sup> Rudolf Steiner Verse epistemological, dialogical lecture. On the “feeling day,” some of our organizing team will lead a creative writing & visual art exercise, co-creating a book together. On the “willing day,” we will be outside, working, building, and tending.

Please visit [nayouthsection.org/courage](http://nayouthsection.org/courage) to read more and to register. We are also actively seeking financial support in the form of sponsorships or donations via our GoFundMe. To support in either of those ways, visit [nayouthsection.org/donate](http://nayouthsection.org/donate).

\*\*\*

## POETRY & REFLECTION FROM OUR MOST RECENT ISSUES

Beyond the practical arc of this conference, which is important to lay out as evidence of its legitimacy, there is the living reality of the spirit of the Youth Section, which is the ultimate source of this organizing work. To be a member of the Youth Section, one need not yet be a member of the School of Spiritual Science, nor even of the Anthroposophic Society. This leaves young people very free. There is no obligation to “join” any entity other than perhaps that of striving, of seeking, and of creative collaboration. These annual summer conferences might serve as doorways through which some young people who have never heard of anthroposophy can enter, of their own free will, perhaps in a new way. In this sense, these conferences are threshold work—where the world-at-large crosses the world of anthroposophy. Then, Rudolf Steiner’s gifts can abound in new, 21st-century ways, without being watered down or turned too often over into something they are not.

Alongside the Youth Section’s “separateness” from the defined commitments of the School of Spiritual Science membership, there is also the reality that the School, manifesting in initiatives such as Waldorf Schools, biodynamic farms, artistic trainings, and more, needs the will and interest of young adults if it is to reach into the future! How can the work of the School, then, which has taken place in various parts of the world over the last 100 years and continues to do so, be made known to young people? How can institutional life reinstate the nobility of the human soul? We hope that this conference serves as a way, and that the incarnation of new spiritual ideals into raw initiative can happen in an evermore human, integrous way.

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# THRESHOLDS

*A REFLECTION ON GRIEF, MEMORY, AND THE DOORWAYS WE CONTINUE TO CROSS.*

THERE ARE THRESHOLDS WE CROSS  
WITHOUT NOTICING—  
THE FIRST DAY OF SCHOOL,  
THE TURNING OF A KEY,  
THE QUIET STEP INTO A ROOM  
WHERE EVERYTHING APPEARS  
UNCHANGED.

AND THEN THERE ARE THRESHOLDS  
THAT SPLIT A LIFE IN TWO.  
I CROSSED ONE THE DAY MY FATHER LEFT,  
ANOTHER WHEN MY MOTHER FOLLOWED.

NO CEREMONY MARKED THE PASSAGE.  
NO SIGN HUNG ABOVE THE DOORWAY.  
ONLY THE SUDDEN UNDERSTANDING  
THAT I WAS STANDING WHERE I HAD  
NEVER STOOD BEFORE—  
ON THE FAR SIDE OF THEIR ABSENCE.

FOR A LONG TIME,  
I KEPT LOOKING BACK.  
LIVING IN THEIR HOME,  
LISTENING FOR FAMILIAR FOOTSTEPS,  
REACHING FOR VOICES  
THAT ONCE FILLED ORDINARY DAYS  
WITH THE COMFORT OF BEING KNOWN.

BUT GRIEF IS ITS OWN THRESHOLD,  
NOT A PLACE WE ENTER AND LEAVE,  
BUT A LANDSCAPE WE LEARN TO WALK.

**HERE, LOVE CHANGES FORM.**

IT BECOMES A PHOTOGRAPH HELD TOO LONG,  
A RECIPE REMEMBERED BY HEART,  
A PHRASE THAT SLIPS FROM MY OWN LIPS  
AND SOUNDS ASTONISHINGLY LIKE THEIRS.

IT BECOMES THE INVISIBLE THREAD  
THAT STRETCHES ACROSS WORLDS,  
PULLING MEMORY INTO THE PRESENT,  
PULLING SORROW TOWARD GRATITUDE.

I STAND NOW IN A DOORWAY  
BETWEEN WHAT I HAVE LOST  
AND WHAT REMAINS.



AND THOUGH I WOULD GIVE ANYTHING  
TO STEP BACKWARD,  
I CARRY THEM FORWARD INSTEAD.

FOR EVERY THRESHOLD I CROSS,  
THEY CROSS WITH ME—  
IN THE LESSONS THEY PLANTED,  
THE COURAGE THEY LENT,  
THE LOVE THAT DID NOT END  
WHEN THEIR LIVES DID.

THE DOORWAY REMAINS OPEN.  
BEHIND ME, THEIR HANDS.  
BEFORE ME, THEIR GIFTS.  
AND IN THE SPACE BETWEEN,  
I CONTINUE.

-ANONYMOUS

An excerpt from

# A TEENAGER'S GUIDE TO GROWING UP: SIMPLE LESSONS IN CHARACTER BUILDING

BY JOHN SAVAGE

HIGH SCHOOL SENIOR AT DEVON PREPARATORY SCHOOL

DEVON, PA

“IF WE WANT TO IMPROVE UPON OURSELVES, WE HAVE TO UNDERSTAND OURSELVES.”

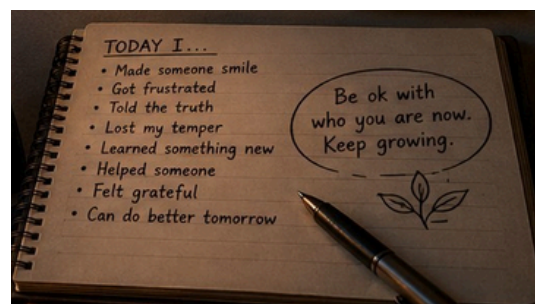
## Being Self-Reflective

*(Continued from page 192 in A Teenager's Guide to Growing Up: Simple Lessons in Character Building by John Savage with Excerpts from His Friends)*

The first one I want to review is having a self-reflective mindset. Pretty straightforward if you know what “self-reflective” means! As always, though, putting it into practice is the tricky part. Being self-reflective means you examine your thoughts and actions and how they impact yourself and others. This allows us to learn more about ourselves, our motives, our habits, and our mindsets. Which is also why it's important. If we want to improve upon ourselves, we have to understand ourselves, right? You wouldn't ask a heart surgeon to fix your broken-down car and you wouldn't ask a mechanic to perform surgery. The same thing goes for yourself; you shouldn't be working on yourself if you don't even know how you operate as a human being.

Think about it. Was I rude to my brother today? Why was that? Did I lose control, or was it justified? Did an outside factor affect me? Should I have let it affect me? At some point in your life, you do have to sit down and think about your actions. If you want to stop lying and become an honest individual, and you find that talking about sports tends to cause you to lie, then you can realize that you shouldn't focus on sports talk, or you need to practice your sports talk!

It all makes sense when you think about it. But you have to sit down and think about it. That's the whole point of being self-reflective. Take a moment to think about why you are reading the book. The next few lines will be mindless filler. You should be thinking about why you are reading the book. If you aren't, start now. If you did pause to think and now are now reading useless fluff, then go to the next paragraph. See you there. Thanks for your cooperation. Seriously, stop reading. You're making me uncomfortable. Please. I beg you. Okay, you won. Good job.



Ask all the questions you need! Reflecting on your life can only help. There's a caveat to that if you start to become anxious about your every move in life because you are worried you'll do the wrong thing, so don't *overthink* it. But if you've followed the guidelines of the book, I'm not worried about you overthinking it; but give it a little time. Maybe set a timer for 10 minutes to reflect on your day and see where it goes. Once the timer is up, go back to whatever you were doing.

I think I covered enough of being self-reflective, so I'll give you some practice now. Remember, don't hesitate, and just try to think about your day in a calm manner. See where it takes you, and don't worry about overthinking it, as it'll become pretty clear when you start to think about one part of your day too much. Get to know yourself. Be ok with whoever you are now, and understand that there's always room to grow. Find that room, and go for it.

“Time spent in self-reflection is never wasted—it is an intimate date with yourself.” -Dr. Paul T.P. Wong

### Practice Self-Reflection



- Right now, find some time to reflect. Set a timer for 10 minutes. Grab a journal, a set, a spot to meditate, or a quiet room. Whatever floats your boat. Self-reflect, and when the time is up, come back and write down how you feel.
- What was something you understood about yourself that connected a few dots you've never thought about before (example, I found I interrupt others when I feel I'm not being heard). Write it here.
- What is something you still don't get about yourself? That's ok, as you can keep reflecting on it throughout your life. Write here as well.
- Make a plan to reflect on your entire week. Have journal/meditation/thinking time slots set aside each day.



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JOHN SAVAGE, HIGH SCHOOL SENIOR AT DEVON PREP AND ASPIRING FRESHMAN AT THE UNIVERSITY OF NOTRE DAME, HAS COMPLETED A LONG-TIME PROJECT OF NEARLY 3 YEARS. HE RECENTLY WROTE AND PUBLISHED A BOOK! A TEENAGER'S GUIDE TO GROWING UP: SIMPLE LESSONS IN CHARACTER BUILDING IS A SELF-HELP BOOK ABOUT THE IMPORTANCE OF BUILDING CHARACTER, WRITTEN FOR TEENS BY TEENS (BUT ANYONE CAN LEARN FROM THE BOOK OF COURSE). IT WAS SELF-PUBLISHED ON AMAZON ON MAY 1ST, AND 50% OF THE PROCEEDS WILL GO TO A LOCAL MENTAL HEALTH CHARITY FOR TEENS.

# Threads of Wellness

A SPECIAL ISSUE OF LILIPOH MAGAZINE

## Holistic WELLNESS GUIDE

*Self-help resources for  
families and caregivers.*



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### ***Stay Well This Season with Lilipoh's Holistic Wellness Guide***

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- An A–Z directory of holistic approaches to dozens of everyday health concerns.
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- Contributions from experts in anthroposophic, naturopathic, and integrative medicine.

Whether you're a caregiver, holistic practitioner, or simply looking for reliable, natural ways to support your health, this guide is a must-have for your home library.  
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# PROTEIN'S ROLE IN FUNCTIONAL TRAINING

By: Josh Malin, Co-founder — RISE311

“CAPABILITY WITHOUT RESILIENCE IS A SHORT-TERM LOAN.”

Functional training used to dwell only in small studios with a cult following. Now it's the foundation for best practices in coaching, and where most serious adults over 35 eventually end up, because it's the only training style that honestly prepares the body for everything life still asks of it. That shift reflects a larger change in how people think about fitness: less about how the body looks, and more about what it can do at 50 and still do at 70.

One thing remains constant in maximizing the goal, whether it's body recomposition or functional training: **protein.**

Functional training targets the patterns the body evolved to perform. Pulling, hip-hinging, rotating, carrying, and bracing under load are the movements of daily life. Think about lifting a toddler into a car seat, catching yourself on a curb, or hoisting a suitcase into an overhead bin.

Getting strong at those patterns makes a body capable. But capability without resilience is a short-term loan.

Resilience is the point. When you train functionally, you're conditioning the nervous system, joints, and connective tissue alongside muscle. That's what decides whether a stumble on uneven pavement at 55 becomes a funny story or an ER visit.

Daily resilience isn't a buzzword. It's picking something off the floor without your back seizing. It's keeping up with grandkids in a sprint across the yard. It's carrying groceries up three flights when the elevator is out of service.

To understand where protein fits in this system, start with what the training is asking the body to do.



## PROTEIN AND FUNCTIONAL TRAINING

If training is the signal, protein is the raw material that makes the signal mean something. You can run a brilliant program for a decade, but if amino acid availability is consistently the limiter, the adaptations stall and eventually reverse. The repair work doesn't happen on motivation alone.

What most supplement aisles leave out is that the word “protein” covers a staggering range of quality. A tub labeled 30 grams per serving can mean 30 grams of complete, bioavailable protein. Or it can mean 30 grams padded with free-form amino acids, fillers, and cheaper incomplete sources that pass a label test without delivering the muscle-building signal. Sit across from enough clients who are training hard and not progressing, and the same thread often surfaces in what they're drinking after the session.

“PROTEIN CHOICE IS A DAILY DECISION THAT COMPOUNDS ACROSS DECADES.”

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Quality often matters more than quantity. Muscle protein synthesis requires the full spectrum of essential amino acids, but leucine is the switch. Research places the threshold at roughly 2.5-3 grams of leucine per meal to reliably trigger the response. Many plant-based blends and lower-grade whey products miss that threshold even when the headline protein number on the tub looks fine.

You can train hard, eat the calories, hit the gym four times a week, and plateau anyway. That's the pattern when a protein source can't stimulate what the training is asking the body to build. The effort is real, but the material to build with simply isn't arriving.

Digestibility is the other half of the story. A protein the gut can't absorb is a protein the muscle can't use. A supplement that upsets the gut gets abandoned within three weeks, regardless of how motivated the person was when they bought it.

Consistency in supplementation is less about discipline than about tolerability. A product the body resists gets left on the shelf.

## HIGH-QUALITY PROTEIN FOR LONG-TERM HEALTH

Recovery from yesterday's session is the short game. The longer game is the one nobody thinks about in their thirties and can't ignore in their sixties: keeping the muscle already built.

From about age 30, adults lose roughly 3-8% of muscle mass per decade without intervention, and that rate accelerates sharply after 60. The clinical name is sarcopenia, and it drives a cascade most people experience as “just getting older,” including metabolic slowdown, flagging energy, loss of independence, higher fall risk, and measurable cognitive decline. Strength training provides the stimulus to push back, and adequate high-quality protein provides the material to rebuild with. Neither works as well without the other.

Protein quality comes down to bioavailability, or how much of what enters the mouth reaches muscle tissue in a usable form. Complete protein sources with full essential amino acid profiles score at or near the top of digestibility measures. Most plant isolates deliver a lower proportion of amino acids the body puts to work, even when the totals on the label look identical.

“High quality” in this context has a narrow meaning: proteins that the gut can break down and the body can assemble into lean tissue. People spend years cycling through tubs, feeling bloated, and wondering why the effort never matches the results, when the protein they've been loyal to was never doing the job they were paying it to do.

“STRENGTH TRAINING PROVIDES THE STIMULUS TO PUSH BACK, AND ADEQUATE HIGH-QUALITY PROTEIN PROVIDES THE MATERIAL TO REBUILD WITH.”

## A SUPPLEMENT INDUSTRY SHORT ON INTEGRITY

Even once someone understands how much protein matters, the supplement aisle is a maze. The industry that grew up around protein has been shaped more by margin and marketing than by performance or evidence. Influencers with no training credentials pitch whatever brand is paying that month, in language engineered to sound like insight.

A few practical signals worth watching for include:

- **Mass manufacturing:** Often prioritizes volume over quality control.
- **Formulas engineered for taste first:** These tend to underperform.
- **Grams of leucine per serving:** Check the label for adequate leucine, not just total protein.
- **Look for third-party testing:** Products that are NSF-certified for Sport or Informed Sport verify that there are no extra performance enhancers or drug residues you didn't sign on for when drinking your protein shake.

Protein choice is a daily decision that compounds across decades. It deserves the same intentionality as the training itself, not a default to whatever was on sale at the supplement shop or whatever a favorite social account promoted last week. Functional training is the stimulus; the protein is the response. When one half of that conversation is broken, the body can't finish the sentence.

The body being trained at 35 is the one that has to show up at 55 and still function at 75. It's a long-term project that deserves long-term thinking, especially regarding the protein that quietly holds both the training and the recovery together.



### Author Biography:

Josh Malin is the co-founder of [RISE311](#), a company that creates innovative, quality, plant-based proteins. He also became well known for his efforts in helping to raise awareness of the hazardous nature of heavy metals found in protein supplements and has since become a strong advocate for supplement safety and transparency. Josh works alongside his co-founder, Jason Walsh, as a champion of small-batch production, high-quality sourcing, and product formulations designed to deliver real-world performance and recovery. He spends a great deal of time teaching customers how to evaluate safety tests, label claims, and assess the quality of different proteins.



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# Special Feature



*A message from Lilipoh*

## **Embracing Summer: A Season of Light, Breath, and Renewal**

As the wheel of the year turns once more toward the sun's fullest expression, summer invites us into a profound exhale. The days lengthen, the earth warms, and life bursts forth in vibrant color and fragrance. In the spirit of LILIPOH, we approach this season not merely as a time for leisure, but as an opportunity to align more deeply with the rhythms of nature, our bodies, and our inner spirit. Embracing summer means opening ourselves to vitality, presence, and the gentle wisdom that comes from living in harmony with the cosmos.

### **The Breath of Summer**

In biodynamic understanding and anthroposophic thought, summer is the great out-breath of the earth. Just as the soil breathes in during the quiet of winter, it now releases and expands. Plants reach upward with exuberance, flowers unfold their petals in celebration, and the air hums with the activity of bees and birds. For us as human beings, this is a mirror: a time to release what has been held tightly through the colder months, to let go of contraction, and to allow our own life forces to expand.

Consider beginning each day with a conscious breath outdoors. Stand barefoot on the grass if possible—feeling the pulse of the living earth beneath you. Inhale the warmth and light, exhale any lingering heaviness. This simple practice connects us to the elemental forces at play: the warmth of the sun, the fluidity of water in morning dew, the lightness of air, and the grounding presence of the earth itself.

### **Nourishing Body and Soul**

Summer's bounty offers us a feast for holistic well-being. Fresh, sun-ripened fruits and vegetables—berries, tomatoes, zucchini, herbs—carry the life-giving forces of sunlight directly into our cells. Eating seasonally and locally honors this gift and supports our vitality. A simple salad gathered from garden or farmers' market becomes more than sustenance; it is communion with the season.

Movement, too, takes on a different quality. Rather than rigorous indoor exercise, embrace gentle, joyful activity: swimming in natural waters, walking forest paths at dawn or dusk, or practicing eurythmy-inspired gestures that mirror the flowing forms of nature. These activities harmonize body, soul, and spirit while preventing the stagnation that heat can sometimes bring.

For those sensitive to the intensity of summer light and heat, create sanctuaries of coolness and calm. A shaded garden corner with comfortable seating, perhaps adorned with flowers in soft blues and lavenders, can become a place for reflection. Herbal infusions of lemon balm, peppermint, or rose help cool the system while soothing the nerves—reminders that true refreshment comes from within as much as from without.



## Cultivating Inner Light

While the outer sun shines brightly, summer calls us to kindle our own inner light. It is a season rich in creativity and social connection. Gather with friends and family for meals under the open sky. Share stories, music, and laughter—these are the true feasts of the soul. Children, especially, thrive in the freedom of summer play, their imaginations ignited by long days and unstructured time. In the Waldorf tradition, we honor this by allowing space for unstructured wonder rather than filling every moment with organized activity.

Artistic expression finds natural encouragement now. Painting en plein air, journaling by candlelight on the porch, or crafting with natural materials collected on walks—these activities help us process the abundance of impressions and integrate them into our being.

Spiritually, summer offers a time for gratitude and mindfulness. As the sun reaches its zenith, we are reminded of the impermanence of all things. The peak contains within it the turning point toward autumn. This awareness cultivates a deeper appreciation for the present moment and encourages us to live more consciously.

## Practical Ways to Embrace the Season

- **Garden Mindfully:** Even a small container garden or windowsill herbs connects us to the rhythms of growth. Observe the interplay of light, water, and soil.
- **Digital Detox Periods:** Designate times to step away from screens and return to direct experience of the world.
- **Seasonal Rituals:** Mark the solstice with a simple ceremony—lighting candles at dusk, expressing thanks, or creating a mandala with flowers and stones.
- **Rest Deeply:** Honor the body's need for both activity and restoration. Short afternoon rests or meditation in nature restore balance.
- **Give Back:** Summer's abundance inspires generosity. Share produce, offer time to community gardens, or support local pollinator initiatives.

As we move through these golden weeks, let us remember that embracing summer is ultimately about embracing life itself—in all its warmth, vibrancy, and transience. It is a season that teaches us to shine fully while remaining rooted, to celebrate while staying present, and to find the sacred in the everyday wonders around us.

May your summer be filled with light, connection, and quiet moments of awe. The spirit works through the living world in practical and beautiful ways—if only we have the eyes to see and the heart to receive.  
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Rudolf Steiner  
*the First Statute of the General Anthroposophical Society given at The Christian Foundation Meeting 1921/1924*

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# Threads of Community



## Community Spotlight: Saturday 3rd Serve *The Impact of Serving with Heart*

In a world that often moves too quickly, where human connection can feel fleeting, organizations like Saturday 3rd Serve offer something both simple and profound: the act of showing up.

Rooted in compassion and community, Saturday 3rd Serve is a grassroots outreach initiative dedicated to supporting individuals experiencing homelessness in Washington, D.C.. What makes this organization remarkable is not only what it provides—but how it provides it.

### **A Consistent Commitment to Care**

On the third Saturday of every month—without exception—volunteers gather in McPherson Square to serve their neighbors in need. Rain or shine, cold or heat, this commitment remains unwavering. From early morning setup to distribution, the effort is powered by a growing network of more than 40 volunteers who come together to offer food, clothing, toiletries, and essential supplies. But beyond these necessities, something deeper is exchanged: dignity, presence, and human connection.

*Saturday 3rd Serve understands that true service is not transactional—it is relational.*

### **More Than Outreach: A Human Connection**

While many organizations focus solely on material aid, Saturday 3rd Serve emphasizes the importance of emotional and spiritual support. Volunteers are encouraged to engage, listen, and connect. A warm conversation, a smile, or simply being seen can be just as impactful as a meal. This approach reflects a broader philosophy: that every individual deserves to be acknowledged not as a problem to be solved, but as a person with inherent worth.

The organization remains non-denominational, welcoming volunteers and participants of all backgrounds. This inclusivity creates a space where community transcends differences, unified by a shared purpose—to care for one another.

“IN THE SIMPLE ACT OF SHOWING UP, WE RESTORE SOMETHING ESSENTIAL: THE QUIET RECOGNITION THAT NO ONE IS INVISIBLE.”

### Grassroots Energy, Tangible Impact

Unlike large institutional programs, Saturday 3rd Serve operates with a grassroots spirit. Donations—often coordinated through community networks and wish lists—directly support each monthly outreach.

This model fosters a sense of immediacy and transparency. Volunteers see firsthand how their contributions make a difference, strengthening the connection between giving and impact. Financially, similar nonprofit initiatives operating under the “Third Serve” umbrella function as charitable 501(c)(3) organizations supported primarily through community contributions, reinforcing the power of collective generosity.

### The Power of Showing Up

At its core, Saturday 3rd Serve is built on a simple yet transformative idea: consistent presence creates trust. By returning to the same place, month after month, volunteers build relationships within the community they serve. Familiar faces replace anonymity. Trust replaces hesitation. Over time, this consistency fosters a sense of stability for individuals who may otherwise experience constant uncertainty.

*It is not just about one day of service—it is about sustained care.*



### A Call to Community

Saturday 3rd Serve invites anyone to participate—individuals, families, and community partners alike. No special skills are required, only a willingness to show up and serve. In a culture often focused on individualism, this initiative reminds us of something essential: we belong to one another. And sometimes, the most meaningful change begins with something as simple as a Saturday morning.



“IN EVERYTHING I DID, I SHOWED YOU THAT BY THIS KIND OF HARD WORK WE MUST HELP THE WEAK, REMEMBERING THE WORDS THE LORD JESUS HIMSELF SAID: IT IS MORE BLESSED TO GIVE THAN TO RECEIVE.”

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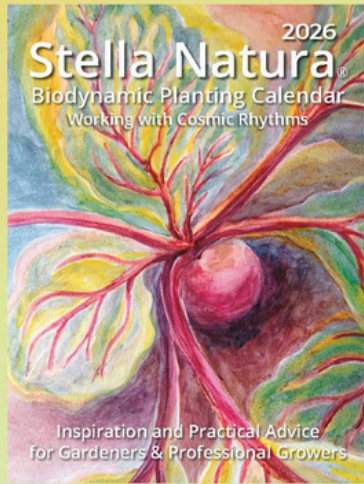
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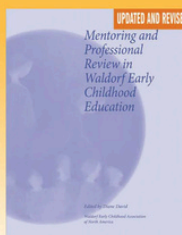
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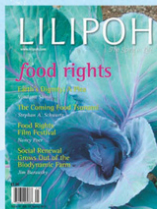
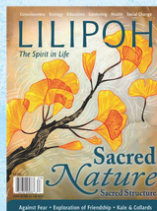
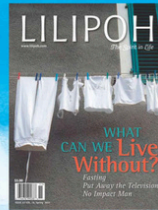
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Curbing Climate Change Through Biodynamic Agriculture

By Elizabeth Candelario

As the certifying agency for Biodynamic farms across the USA, Demeter's vision is to heal the planet through agriculture. That's a bold statement, because the very act of farming worldwide is responsible for at least 15% of global greenhouse gas emissions, the leading cause of climate change.

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Helping Money Heal: The Vidar Foundation in Canada

By Trevor Jainz, MD

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The Vidar Foundation is a registered Canadian charity that connects individuals wishing to use their money in positive ways, with borrowers needing money to grow socially responsible enterprises in sustainable agriculture, education, health, cooperatives, and other areas.

(Excerpts from LILIPOH Issue #86, Winter 2017)

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# REFERENCES

## Featured Articles & Contributors

- Laura Riccardi Lyvers— Cow as Gift
- John Bloom—Heart’s Guidance: An Economic Imagination
- Ona Wetherall O’Hara — Thresholds of Human Experience
- John Noltner — What Does Peace Mean to You?
- Adeline Lyons — Finding My Will At Dawn
- North American Youth Section — COURAGE
- Josh Malin — Protein’s Role in Functional Training
- A Message from Lilipoh — Special Feature

## Poetry & Reflection

- Anonymous — THRESHOLDS
- A Message from Lilipoh — Special Feature
- John Savage— A Teenager’s Guide to Growing Up: Simple Lessons in Character Building

## Community & Learning

- [Saturday 3rd Serve](#)
- [Youth Section of North America](#)
- [Anthroposophy.org](#)
- [The Camphill School](#)
- [The Nature Institute](#)
- [Sophia’s Hearth](#)
- [Steiner Health](#)

## Wellness & Renewal

- [Lilipoh Holistic Wellness Guide \(Purchase Here\)](#)
- [Rise 311](#)

*As our third issue comes to a close, we hope the stories, reflections, and voices gathered in these pages have offered moments of inspiration, connection, and renewal.*

*This issue invites us to notice the quiet ways life continues to unfold through relationship, creativity, care, and transformation. Across these pages, we've explored what it means to receive with openness, to move with courage through change, and to remain attentive to the threads that bind us to the living world and to one another.*

*Thank you for spending time with The Living Thread. This journal continues to be a space for weaving together stories, ideas, and perspectives that nourish meaningful conversation and deepen our sense of belonging. With each issue, that weaving grows stronger through the generosity of our contributors and the presence of readers like you.*

*May something from these pages stay with you beyond the final page—an image, a question, a feeling, or a spark of recognition. May it offer encouragement in moments of transition, steadiness in moments of uncertainty, and companionship along the path ahead.*

*Stay with us for our next issue, where we'll continue gathering new voices, seasonal reflections, and fresh threads to weave into the conversation.*

*Thank you for being part of The Living Thread.*

*With gratitude,*

*Team Lilipoh*