The Living Thread

a continuation of LILIPOH *The Spirit in Life*



TECHNOLOGY, CONNECTION & A MORE MEANINGFUL WORLD

ISSUE 4
October 2026

LILIPOH.COM

in this journal



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Welcome to the fourth issue of THE LIVING THREAD, where the themes of Technology and Beyond Transaction come together in an exploration of what it means to remain deeply human in an ever-changing world.

Technology continues to shape the ways we live, communicate, create, and connect. It offers remarkable possibilities, yet also invites us to reflect on what may be lost when convenience replaces presence and efficiency overshadows meaningful connection. Beyond Transaction encourages us to look beneath the surface of our everyday exchanges and rediscover the deeper values of generosity, reciprocity, and genuine human relationships. Together, these themes ask an important question: How can we embrace the advancements of our modern world while preserving the qualities that make us human? In a time when so much of life is measured by speed, productivity, and exchange, we are reminded that true connection cannot be automated, and that the most meaningful aspects of life often exist beyond what can be measured.

The articles and excerpts gathered here are drawn from recent issues of LILIPOH, edited by Karen Davis-Brown, and thoughtfully woven together with additional reflections and perspectives. Within these pages, you'll discover voices that challenge us to think more consciously about our relationship with technology, with one another, and with the world around us.

May these threads inspire curiosity, thoughtful reflection, and a renewed appreciation for the human spirit. As we navigate the opportunities and challenges of our evolving world, may we remember that progress is most meaningful when it serves life, nurtures community, and strengthens the connections that sustain us.

With gratitude,
Team Lilipoh

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Featured Articles

GROUND, THEN GLASS
BY BEN KLOCEK

The rapid pace of technological development challenges human consciousness. Our understanding of what technology is, how to use it wisely, and its potential harms often lags behind its adoption. For many decades, Waldorf education was able to delay adoption of screens for students, by advocating for developmental readiness based on the child development understanding from Rudolf Steiner. The pandemic of 2019 changed that, when many schools were forced to teach virtually, with students as young as kindergarten on screens for several hours per day. The side effects of this were plain to see in learning loss, broken classroom connections, and mental health breakdowns of teachers and students.

CLICK HERE TO READ MORE





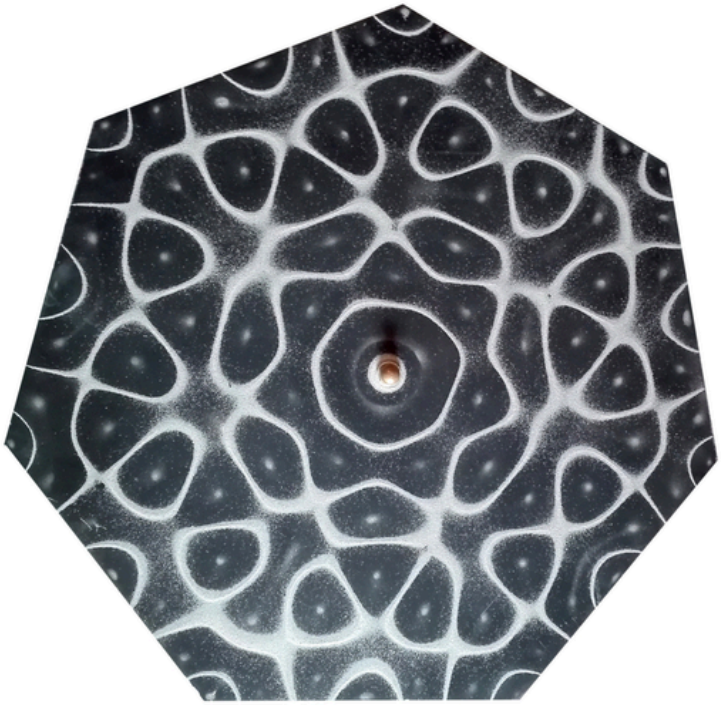
CONCERN FOR THE PATIENCE OF THE STARS
BY COLIN TREIBER

For any aspiring steward of the Earth, the time when the Sun transits the Fishes (from March 12 - April 19) and the spring awakens in the northern hemisphere can be quite arduous for the patience it requires. For one cannot rush into the garden or field with seeds in hand until certain environmental qualities have been attained. No human capacity can force those qualities to arrive. In fact, it is the restraint of our human capacities, our powers of will, and the development of patience, that is most essential for those optimal qualities of environment to fully arrive. In that patience, much preparation happens. In that preparation, we are learning to speak to the Stars. This “speaking to the Stars” is a central task of our time.

CLICK HERE TO READ MORE

HEARING THAT WANTS TO BECOME LIVING AGAIN

BY RALF TITA, PHD



Cymatics, Living Sound, And The Human Being In An Age Of Technical Listening

There are moments when hearing becomes more than reception. Anyone who has sat in a truly living concert knows this. Before judgment begins, before one decides whether the music is beautiful or difficult, familiar or strange, something has already taken place. Through the sounding space itself, something approaches the listener. The sound has already done something. It reaches the human being not merely as information, but as presence. At times it is as though a quickening force were streaming toward us through the music. One does not feel merely touched by sound, but inwardly gathered, quietly addressed, and in some subtle way set upright.

CLICK HERE TO READ MORE



THREE VOICES IN THE GRAND FOREST

MARY LOU SANELLI

Much like things done and said throughout the world lately, nothing my friends do or say really surprises me anymore. For instance, a friend who lives in Seattle is moving to Costa Rica “to live near toucans,” she said. “Toucans are beautiful and known for their problem-solving abilities, so, you know, way smarter than the folks running this country. Go ahead, quote me, I don’t care.”

We nod at each other because we both know I will. An eagle circles above as I make my way down the narrow road that leads to the ferry terminal then quickly turns back up the hill, as if it wants the steady influx of tourists to merely glimpse the sea before retreating.

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Featured Author

NANCY BLANNING

Honoring the wisdom of childhood, the importance of human connection, and the art of nurturing life.



We are delighted to recognize Nancy Blanning as our Featured Author in this fourth issue of THE LIVING THREAD.

A longtime contributor to LILIPOH, Nancy has dedicated nearly four decades to Waldorf early childhood education, bringing warmth, wisdom, and a deep understanding of human development to her work. As an educator, author, and mentor, she has devoted her career to supporting children, families, and teachers in cultivating healthy, meaningful relationships and environments where children can thrive.

Nancy serves as Co-Director of Early Childhood Teacher Education at Sunbridge Institute and has contributed extensively to publications exploring parenting, movement, childhood development, and the importance of nurturing the whole child. Her book, *Walking with Our Children: The Parent as Companion and Guide*, brings together reflections originally shared through the pages of LILIPOH.

In an age increasingly shaped by technology and rapid change, Nancy's writing offers a gentle yet powerful reminder of the irreplaceable value of human presence, patience, imagination, and shared experience.

Through her thoughtful words, she encourages us to slow down, observe more deeply, and recognize that some of life's most important lessons are learned not through instruction or technology, but through the simple act of being together.

We are grateful for Nancy's longstanding contributions to LILIPOH and pleased to share her timeless insights with readers of THE LIVING THREAD.

"Some of life's most important lessons are learned not through instruction or technology, but through the simple act of being together."

FROM THE LILIPOH ARCHIVES

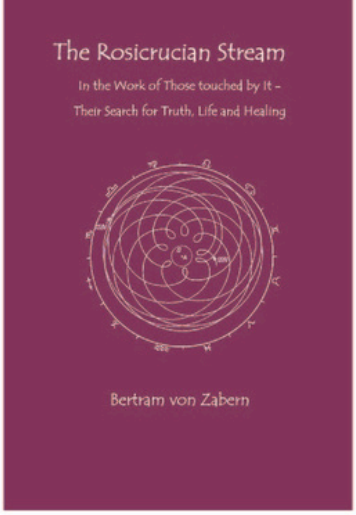
"Show Me How to Do Life:" The Implicit Request From the Young Child



In this thoughtful article, Nancy explores how children learn through observation, imitation, and real human experiences. She also reflects on the role of technology in children's learning and the enduring importance of human example and shared experience.

ORIGINALLY PUBLISHED FALL 2022

READ THE ARTICLE →



The Rosicrucian Stream
In the Work of Those touched by It
Their Search for Truth, Life and Healing
Bertram von Zabern
Amazon 96 p

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Threads of Thought

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

In the spaces between words, we discover the threads that connect us.

In a world that moves ever faster, where technology reshapes our daily lives and human interactions are often measured by efficiency and exchange, poetry and reflection invite us to slow down, listen, and rediscover what truly matters.

Threads of Thought offers a quiet space for contemplation—a gathering of poetry, personal reflections, and original works that explore the beauty, complexity, and mystery of being human.

Drawn from recent issues of LILIPOH, alongside new voices and original contributions, these pieces remind us that not everything meaningful can be measured, explained, or exchanged. Some truths are discovered in silence, some in the natural world, and others in the moments of genuine connection we share.

As you move through these pages, we invite you to linger, to question, and to find your own meaning in the words offered here.

For it is often in our quietest moments that the deepest threads of understanding begin to unfold.



The Quiet Things

It is the quiet things
that hold the world together—
the morning light on the windowsill,
the way a child's hand finds yours, the
sound of leaves in the wind.

It is the time we give,
the kindness we offer,
the presence we share,
that lingers long after
the moment has passed.

In a world that counts so much,
let us not forget to notice
what cannot be counted—
for it is often the quiet things
that matter most.

Original Work for
THE LIVING THREAD



Roots and Wings

May we offer our children
roots to hold them steady
and wings to follow their dreams.

May we teach by how we live,
not just by what we say.

May we create spaces
where questions are welcome,
curiosity is nurtured,
and kindness is a constant guide.

For in the everyday moments—
meals shared, stories told,
hands held, and work done side by side—
our children learn how to do life,
and in doing so, they show us
what truly matters.

— *Original Work for*
THE LIVING THREAD



Seed Song

Featured in Issue 122

Now the seeds that in late summer,
Under the pressure of Sun,
burst forth from the Blossom
have found their resting place;
cold, dark, still, in the Earth they lie,
Enveloped by snow.

I waken!
Waken to the seed song,
The flame, the kernel,
The silent prayer within—
That we fallen stars
Are always praying...

— BRIDE ALONA MCWILLIAM

Reprinted from the Fall 2025 issue of Futuring Now, a publication of the North American Youth Section.



Artist and poet Bride Alona McWilliam currently lives in Denver, Colorado. She wonders how to bridge the gap between inner and outer and is so grateful to have Eurythmy Therapy as her profession.
brideamcv@comcast.net



DANCE OF A FLOWER WITH A RED BLOOM

artist Eloise Avery


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The Invisible *Threads*

AN ORIGINAL REFLECTION

Not every connection can be seen.
Not every kindness can be counted.
Not every moment of meaning can be measured.

We live in a world of endless communication, yet some of our deepest connections happen without a single word.

In the warmth of a familiar embrace.
In the quiet understanding of a friend.
In the gentle rhythm of nature, reminding us that life unfolds in its own time.

Technology may bring us closer across distances, but it is presence, compassion, and shared experience that bring us closer in spirit.

Perhaps the greatest gift we can offer one another is not something we create, purchase, or exchange.

Perhaps it is simply ourselves.

A Thread to Carry Forward

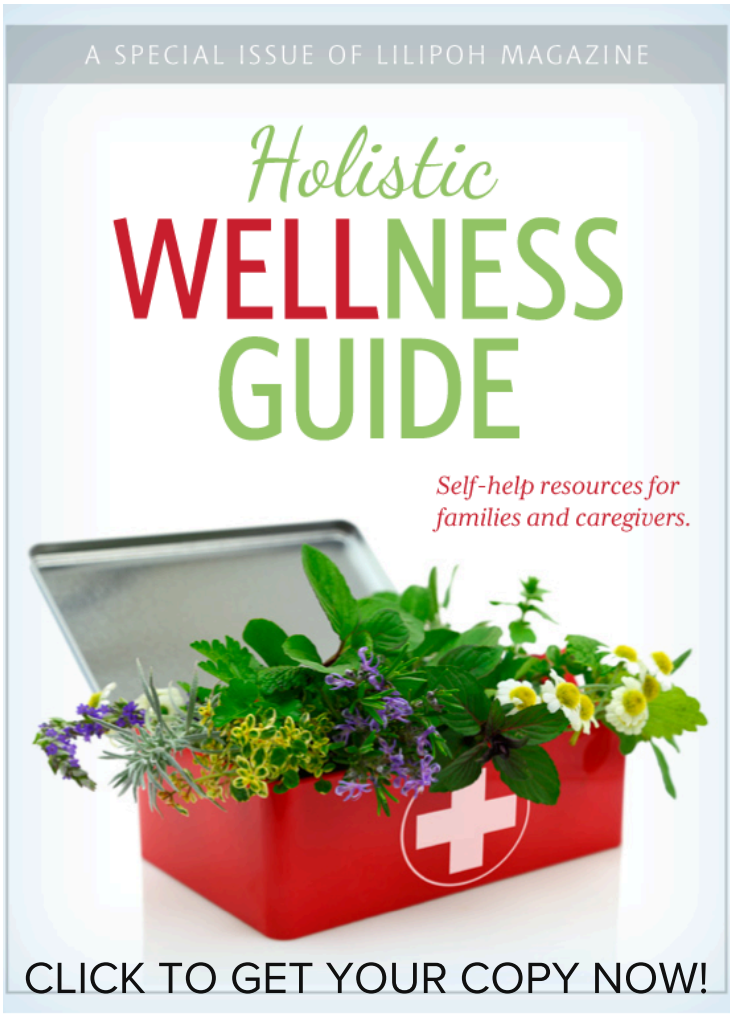
May we remember to look up from our screens, to listen beyond the noise, to find beauty in the ordinary, and to offer kindness without expectation.

May we nurture the invisible threads that connect us to one another, to the earth, and to the quiet wisdom within.

For in the end, it is not what we accumulate, but what we give of ourselves that becomes our lasting legacy.

ORIGINAL WORK FOR THE LIVING THREAD

Threads of Wellness



Stay Well This Season with Lilipoh's Holistic Wellness Guide

As the weather shifts and cold and flu season germs start making the rounds, now is the perfect time to have trusted home-care support at your fingertips.

Lilipoh's Holistic Wellness Guide is a 104-page resource packed with practical, natural approaches to help you and your family navigate seasonal bugs and everyday ailments.

Inside you'll find:

- Hundreds of remedies and recommendations for common conditions — from coughs, colds, and digestive upsets to skin issues and minor injuries.
- An A–Z directory of holistic approaches to dozens of everyday health concerns.
- Step-by-step instructions for compresses, poultices, baths, wraps, inhalations, and more.
- Contributions from experts in anthroposophic, naturopathic, and integrative medicine.

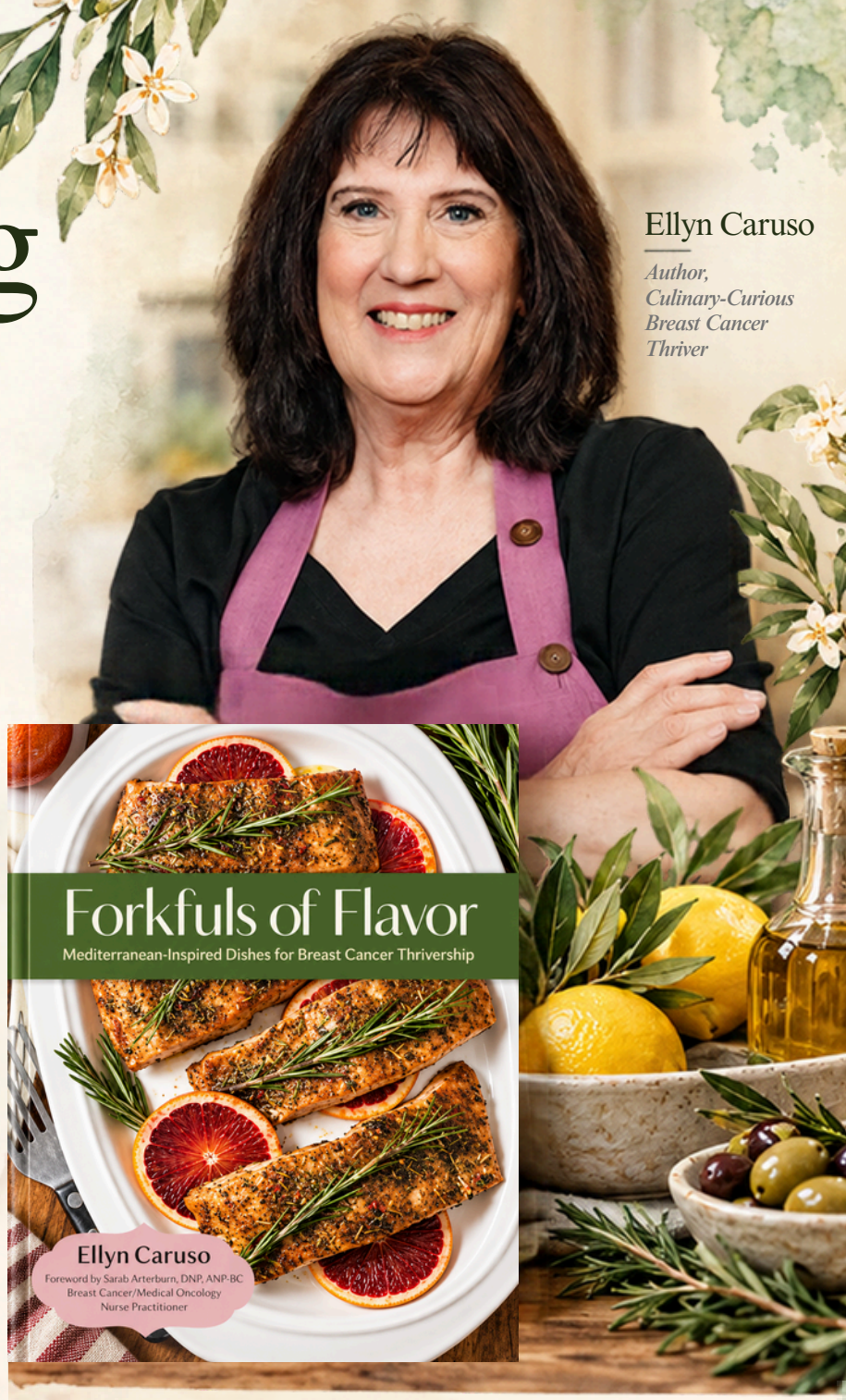
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Exploring the connections between body, mind, and spirit

Nourishing *the* Next *Chapter*

Finding Joy, Resilience, and Renewal Through Food After Breast Cancer



Ellyn Caruso

Author, Culinary-Curious Breast Cancer Thriver

A breast cancer diagnosis can change the way we see the world—and the way we care for ourselves. For Chicago author Ellyn Caruso, that experience became the beginning of a deeper, more intentional approach to living—one rooted in nourishing food, mindful choices, and meaningful connection.

In her new cookbook, *Forkfuls of Flavor*, Ellyn shares more than 90 Mediterranean-inspired recipes alongside practical guidance and heartfelt insights for breast cancer thrivers and anyone seeking a healthier, more vibrant life. Her story is a reminder that even in life's most challenging moments, there is room for joy, creativity, and a next chapter filled with possibility.

> ***"I wanted to share what I learned with other breast cancer thrivers in a way that was practical, joyful, and delicious."***
> ELLYN CARUSO

With more than 4.3 million breast cancer survivors in the United States, Caruso created Forkfuls of Flavor as more than a collection of recipes. The cookbook serves as a practical companion for breast cancer thrivers seeking to make nourishing food and healthier habits part of their ongoing journey.

The recipes emphasize fresh, wholesome, nutrient-dense ingredients, including seafood, lean poultry, select red meats, vegetables, fruits, legumes, grains, and healthy olive oils, while minimizing heavily processed ingredients. The seven chapters cover seafood, poultry, vegetable mains, beef, pork and lamb, pasta and grains, sides, and salads. While created with breast cancer thrivers in mind, the recipes are designed to be enjoyed by family and friends around the same table.

A New Chapter *of Nourishment*

Finding Strength, Joy, and Connection After Breast Cancer



I feel that a cancer diagnosis changes you forever. After I completed my initial active comprehensive treatment to combat my tumor and reduce the risk of recurrence, I quickly realized that now is the time to make a positive change in my life and to become a healthier me. I started asking questions about what actionable steps I can take to take more control of my health to support the sound medical treatment and support. I wanted to step back into my life, stronger. I was hungry to learn what actions I could implement into my day-to-day life to live my healthiest life.

Food as a Foundation

Eating was a major factor. I started to pay attention to what I ate and how the food was prepared. I started by reducing the intake of highly processed foods and took a big step back from fast foods. I followed the American Cancer Society guidelines and began to consciously choose more nourishing, wholesome fruits, vegetables, legumes, lean proteins, and healthy fats loaded with vitamins and minerals that boost the immune system on a consistent basis. I changed how I shopped. Looking at a local grocer more like a fresh market where I would linger more over fresh produce and lean proteins such as poultry and seafood. I started shopping for these items in the perimeter of the store and spent less time in the interior aisles that tend to hold more processed ingredients.

"What you eat is so important to good health."

A Healthier, Happier Me

Cooking more at home enables you to be more in charge of the ingredients. I intentionally made this switch - I enjoy cooking I feel it's fun, creative, tactile activity rather than a chore. But I had to carve out the time and make it a habit. I began to examine my recipes and cooking style and transformed my food selections seeking more wholesome, nutrient-dense ingredients. I also chose healthy cooking methods such as sautéing, high-heat baking, poaching, steaming, stewing and more. I started to see positive changes in my health. I was sleeping better, managing weight better, and growing stronger physically post-active cancer treatment. I was truly stepping back into my life, focused on a healthier me.



" Cooking at home enables you to be more in charge of the ingredients. I enjoy cooking— it's fun, creative, a tactile activity rather than a chore."

Flavor, Connection, and a Mediterranean Way of Life

I knew to successfully change how you eat, it is important to be sure the food tastes good and is flavorful, a wide variety of tastes, textures and not bland or boring. I purposely incorporated natural flavors, herbs, spices and citrus in a variety of combinations to ensure each dish is exciting and tasty. I leaned into the Mediterranean lifestyle as it naturally includes more active days filled with walking and spending time outdoors. The Mediterranean lifestyle incorporates fresh, wholesome ingredients woven into most meals. It is not a diet that limits your palate or plate rather a lifestyle that opens up more flavorful meals that you take in with your family and friends, without screens at the table and take the time to talk and connect with one another which is also important. Being active and staying connected reduces feelings of isolation and quells the lingering fears of recurrence that often stay top of mind for many cancer thrivers. I have found that together, these habits help reduce stress and improve overall health.

A Message to Readers

"I hope to inspire anyone who has a personal history of breast cancer to embrace healthier habits on a routine basis. I hope to empower breast cancer thrivers and all those gathered around their tables with information and ideas so they will begin to take intentional action steps to help them move forward and live their healthiest life filled with purpose and joy.

I invite you to be open to making positive changes in your life. Embrace more activity. Embrace connections and most of all re-examine your eating habits and make room for improvement on a consistent basis.

— ELLYN CARUSO



Toasted Orzo

with Spinach, Sun-Dried Tomatoes, Olives & Parmesan

A fast Mediterranean-inspired chickpea orzo pasta features sun-dried tomatoes and Kalamata olives, mixed in with wholesome fresh spinach, yielding a meal loaded with antioxidants, vitamins, and essential minerals. Chickpea orzo adds a protein and fiber boost with the same clean taste of regular orzo. If you prefer a more nutty flavor, try whole wheat orzo. The creamy savory dish pairs well with the mild, delicate flavor of Lemon Mahi-Mahi page 33.

PREP TIME: 15 MINUTES
COOK TIME: 15-18 MINUTES

Ingredients

- SERVES 4

1½ cups	chickpea orzo (or whole wheat or regular orzo)
	extra virgin olive oil, as needed
2 to 3 shallots,	sliced, rings separated
1 teaspoon	dried basil
2 ½ cups	chicken broth
2 tablespoons	flat-leaf parsley, chopped
1 cup	sun-dried tomatoes, oil-packed, chopped (about 7 ounces)
6 ounces	fresh spinach, loosely chopped
½ cup	Kalamata olives, pitted and halved
Zest and juice	of one lemon
3 tablespoons	Parmesan cheese
	finely grated Parmesan cheese, for garnish



Instructions

In a large Dutch oven, add 2 tablespoons of extra virgin olive oil and orzo. Toast orzo over medium-high heat, for about 3-5 minutes. Be sure to thoroughly coat with olive oil, stirring frequently to avoid burning. Remove from pan to cool down.

In the same Dutch oven, drizzle with extra virgin olive oil as needed and add sliced shallots and 1 teaspoon dried basil. Over medium-high heat, sauté until shallots are softened but not mushy. Return toasted orzo to the pan. Slowly pour in 21/2 cups chicken broth, stirring to mix. Simmer until the liquid is absorbed, about 8-12 minutes depending on how firm you prefer the texture.

Over low heat, stir in 2 tablespoons of flat-leaf parsley, chopped sun-dried tomatoes, chopped fresh spinach, zest and juice of one lemon, and 3 tablespoons parmesan cheese. Stir until thoroughly combined. Taste and adjust seasoning as desired. Turn off heat. Gently toss in Kalamata olives.

Serve with a dusting of finely grated parmesan on top.

"I like the toasted orzo with spinach because it is so versatile and works great as a robust meal, as a side, even served cold as a salad— and you can easily add a lean protein to make it a more robust entree."

— ELLYN CARUSO

Parchment-Baked *Mediterranean-Style Halibut*

A simple, elegant, and flavor-filled dish



PREP TIME: 10 MINUTES
COOK TIME: 10-20 MINUTES
SERVES 4

Ingredients

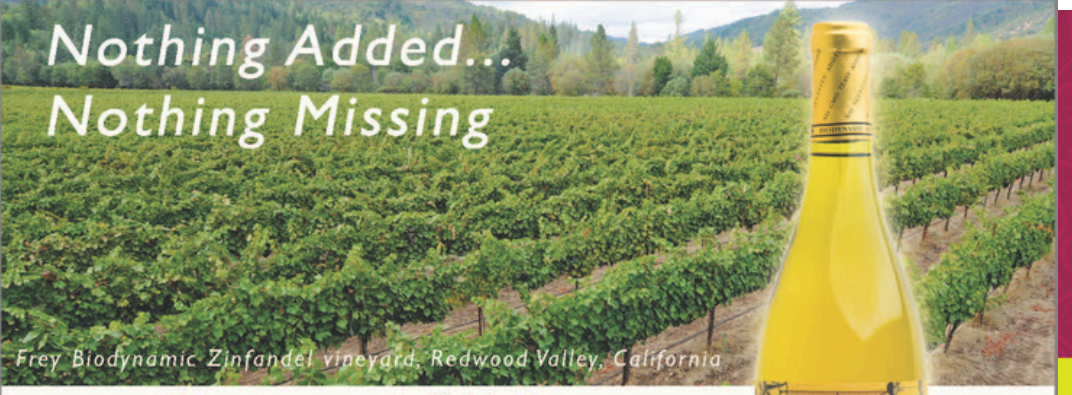
Parchment paper, cut into 4 heart-shaped pieces approximately 15 to 18 inches wide
4 halibut fillets, skinless (about 4 ounces, 3/4-inch thick), thawed
Sea salt and freshly ground black pepper, to taste
1 lemon, sliced
1 teaspoon dried oregano
1 teaspoon dried thyme
1 teaspoon Hungarian paprika
½ teaspoon cumin
½ teaspoon coriander
1 medium zucchini, ends trimmed, shredded
1 large red pepper, cut into strips
4 tablespoons of Castelvetrano olives, pitted (may substitute Kalamata olives)
Extra virgin olive oil, as needed

Instructions

Preheat oven to 400°F.
Place parchment paper hearts in a shallow baking dish. Put a slice of lemon on one side of each heart. Season each halibut fillet with sea salt and ground black pepper on both sides and place on top of the lemon slices on heart-shaped parchment paper.
In a small bowl, combine 1 teaspoon of dried oregano, 1 teaspoon dried thyme, 1 teaspoon Hungarian paprika, ½ teaspoon cumin, and ½ teaspoon coriander. Gently mix.
Sprinkle herb mixture on top of halibut pieces. Top each halibut fillet with shredded zucchini and red pepper slices. Drizzle extra virgin olive oil over each halibut fillet.
Add approximately 1 tablespoon of Castelvetrano olives to each halibut packet.
Fold the empty half of the heart-shaped parchment over the fish to meet the other edge. Starting at the top center or curved part of the heart, make a small tight fold. Press firmly, then continue overlapping folds along the curved edge of heart, to tightly seal. Tightly twist any extra parchment as needed.
Bake for 10-20 minutes or until the parchment packets puff up.
Halibut should be opaque and flake easily with a fork. Let stand 2-3 minutes.
Plate parchment packets and serve.

"I like the elegant presentation of the parchment baked Mediterranean-style halibut. It keeps the fish moist and flavorful. I often receive wows when I serve it as each person opens their own packet to reveal the nutrient-dense entree that is fast and easy to prepare."

ELLYN CARUSO



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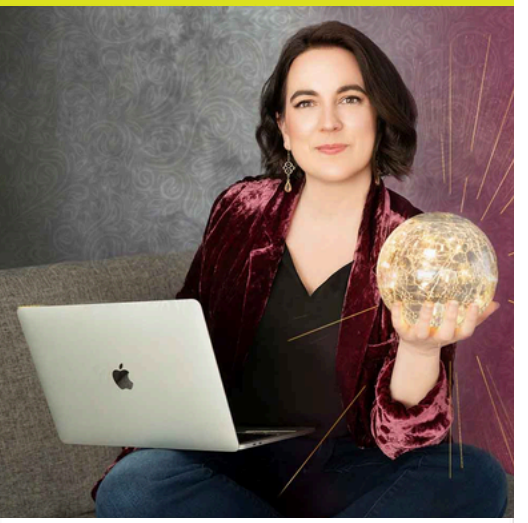
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REAL WOMEN. REAL LIVES. BRIGHTER TOMMOROW.

Making Room for Possibility

By Sarah Bull

How Moms Can Start Earning Reliable Income Online and Grow It Fast

Practical ideas. Real steps. A more flexible future.

Moms seeking additional income often aren't looking for a passion project – they need a steady household income boost that works around school pickups, sick days, and uneven sleep.

The problem is that many online income opportunities are marketed like fast wins, but the reality includes unclear expectations, inconsistent pay, and work-from-home challenges that make progress feel random. Add in the time squeeze and the pressure to avoid risky bets, and even promising side hustles for mothers can turn into stress instead of support.



"With the right filter, earning online can become dependable."

5 BEGINNER ONLINE GIGS TO TEST THIS WEEK

If "reliable" income has felt impossible to find, it's usually not because you're not trying – it's because too many options are vague, scammy, or require big chunks of uninterrupted time. This week, treat income like an experiment: pick 2–3 gigs below, run small tests, and keep the ones that fit your schedule.

Small steps create big freedom.

♡

1 FREELANCE WRITING FOR MOMS

Pitch 3 micro-articles in one niche. Choose one topic you already live (meal planning, toddler routines, budgeting, fitness over 40) and draft three 150–300 word samples in a simple document. Then send 5 pitches to real businesses in that niche with a clear offer like "I can write 4 email newsletters/month" or "2 blog posts/month," because specific packages are easier to say yes to than "I'm a writer." This works well with mom life because you can write in 20–30 minute sprints and build a portfolio fast.

2 VIRTUAL ASSISTANT ROLES

Offer one "2-hour weekly admin reset" package.
Make a short list of tasks you can do without training: inbox cleanup, calendar scheduling, appointment booking, basic spreadsheets, customer follow-up messages, and file organization. Reach out to 10 local service providers (dentists, cleaners, photographers, coaches) and offer a fixed, small starter package they can try with low risk. Demand is growing in this space, and the virtual assistant services market is projected to expand significantly, great news when you're looking for steady, repeatable work.

3 ONLINE TUTORING OPPORTUNITIES

Start with homework help, not "teaching a class."
Pick one grade level or subject you can confidently support (early reading, middle school math, ESL conversation) and set two "office hour" blocks this week (example: Tue/Thu 7–8 pm). Create a simple intake message: student grade, current topic, goal for the next 4 sessions. Online tutoring can turn into a dependable schedule, and the online tutoring market is expected to keep growing, helpful when you want consistent demand.

4 SELL HANDMADE CRAFTS ONLINE

Validate one product with a 10-unit mini drop.
Instead of making a big inventory pile, choose one easy item you can produce in batches of 10 (earrings, knit hats, personalized cards, keychains). Photograph it in natural window light, write a clear description (size, materials, shipping time), and offer a "first batch" date for delivery. The goal this week is proof, 10 sales or 10 serious inquiries, so you know it's worth scaling.

5 CUSTOMER SUPPORT CHAT/EMAIL

Apply to 5 part-time shifts with set hours.
If unpredictable kid schedules make project work stressful, look for roles that pay hourly and have defined shifts. Update your resume with specifics (typing speed, conflict resolution, handling returns, scheduling) and apply to positions that list time windows you can actually cover. This gig often becomes the "reliable base" while you build higher-paying skills on the side.

Progress, not perfection.

TRY • LEARN • ADJUST • GROW

♡

A little progress each week adds up to big change.

SET UP A SIMPLE LLC PATH THAT FITS YOUR TIME

Turning a side hustle into a solid foundation.

Once you've tried a few beginner gigs and see which one could stick, giving it a simple business structure can make everything feel more real (and easier to manage). Forming an LLC can help you clearly separate business and personal finances, so income and expenses don't get mixed into your family budget, and it can signal a more professional setup when your side hustle starts bringing in steady work. An LLC may also help limit your personal liability if the work grows beyond "extra money" into a regular business.

The next decision is whether to file on your own or hire help. DIY tends to cost less, but it takes more of your time and attention: you'll handle the paperwork, track deadlines, and double-check details to avoid filing errors. A formation service generally costs more, but can save time, reduce paperwork stress, and often includes compliance support so you're less likely to miss key steps. If you're comfortable reading instructions and have a little bandwidth, DIY can be a good fit; if time is tight or you want more guardrails, compare an LLC formation service or DIY approach.

BUILD A SIMPLE MARKETING ENGINE THAT GROWS INCOME

This process helps you go from "I'm trying things online" to a simple marketing routine that attracts the right people and grows your income week after week. It matters because when your time is limited, you need a plan that creates results on purpose, not just more tasks.

1. Position one clear offer for one clear person
   - Start with a one-sentence promise: who you help, what you help with, and the outcome (example: "I help busy moms plan 5 family dinners in 20 minutes"). Keep it specific so a reader instantly thinks, "That's me," and knows what to message you about.

2. Choose one channel you can stick with
   - Pick one place to show up consistently for 30 days: a Facebook group, Instagram, LinkedIn, or a simple email list. One channel works faster than five because you learn what your people respond to and you stop scattering your energy.

3. Post helpful content that proves you can help
   - Create 3 repeatable post types: a quick tip, a short story with a lesson, and a simple before-and-after example. End each post with one easy next step like "Message me the word 'help' and I'll send a price."

4. Set one weekly goal and track the numbers
   - Choose a tiny scoreboard you can review in 10 minutes: posts published, messages received, calls booked, and paid invoices. Set measurable goals as your default so you always know what's working and what needs adjusting.

5. Review, improve, and repeat what converts
   - Once a week, keep the best-performing topic and rewrite the weakest one with a clearer headline or a stronger example. Remember that organized marketers are 397% more likely to report success, so a simple weekly review can be your unfair advantage.

Questions Moms Ask About Online Income

Q What are the biggest red flags that an "online job" isn't legit?

A Be cautious if they require upfront fees, push you to "invest" before you earn, or won't describe the work clearly. A real opportunity explains pay rates, timelines, and expectations in writing. Start with platforms and clients that allow milestone payments or invoices, and keep everything in email.

Q How many hours do I realistically need each week to see results?

A It depends on the gig, but many moms make progress with 5–10 focused hours per week. Consistency matters more than long, exhausting days.

Q When should I start thinking about taxes if I'm "just testing it out?"

A Track income and expenses from day one, even if it's small. Set aside a simple percentage of each payment in a separate account so tax time is not a surprise. If you're unsure, ask a tax pro what applies to your situation.

Q Should I set up a business legally before I get my first client?

A Not always. Many people begin as a sole proprietor and formalize later when work becomes steady, risk increases, or you want cleaner finances. The key is using basic contracts, clear invoices, and a dedicated business email.

Q How do I find my first customers online without a big following?

A Start by making one clear offer and contacting 10 to 20 warm leads, like friends, local parent groups, or past coworkers. Post one helpful example each week and directly invite people to message you for a quote. Simple outreach beats waiting to "go viral."

TURN ONE ONLINE INCOME SKILL INTO MONTHLY MOMENTUM

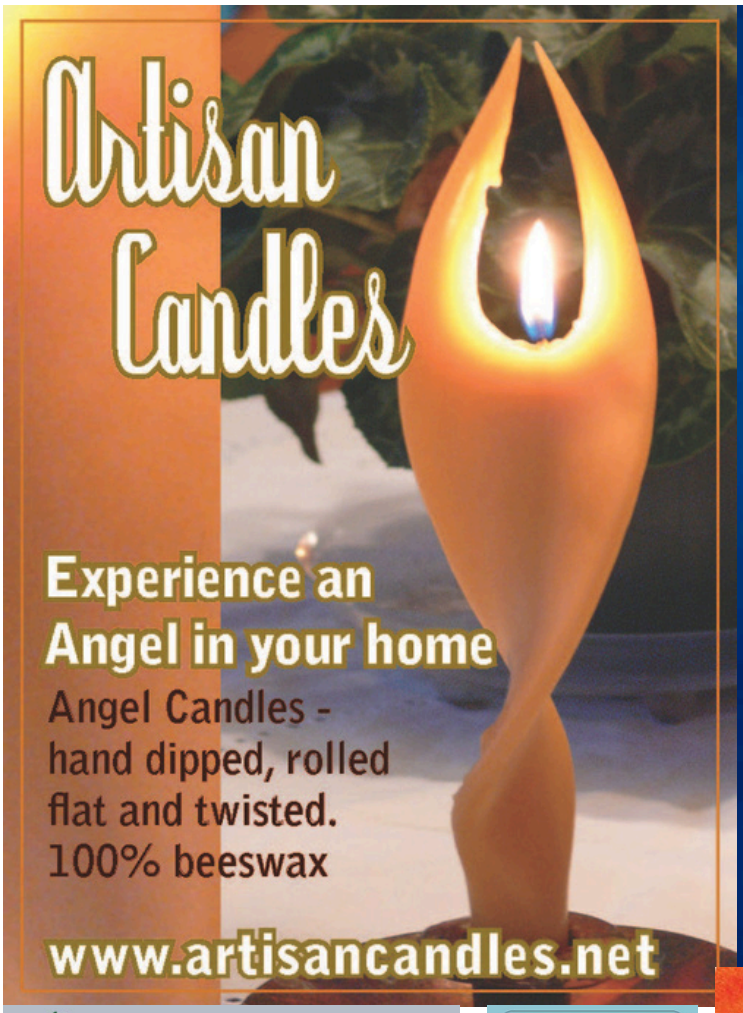
When bills are due and schedules are packed, it's easy to bounce between ideas and still feel stuck. The path that works is simple: choose practical online earning steps, keep the workload realistic, and use a steady marketing rhythm to build trust and demand over time. That consistency is how side income turns into building sustainable online income, without burning out or starting over every week. Pick one offer, show up weekly, and let consistency compound.

"You don't have to do it all at once. A simple step today can create more freedom tomorrow."

Sarah Bull is a single mom of two, an entrepreneur, and a penny pincher. She created her blog, economymom.com, to share what she's learned about growing a home-based business and making money online all while raising two awesome kids. Through her site, she hopes to inspire readers, especially fellow moms, to take their earning destinies into their own hands using her career and money-making advice.

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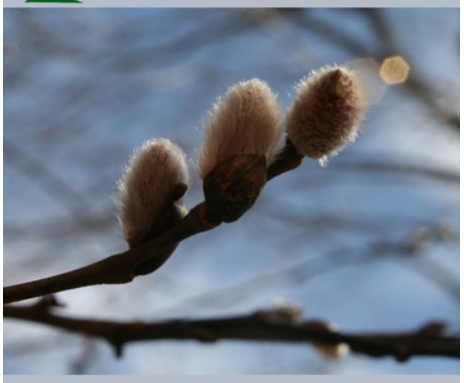
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Rudolf Steiner
the First Statute of the General Anthroposophical Society given at The Christmas Foundation Meeting 1923/1924

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There are places that simply provide care - and there are places that co-create and cultivate belonging. Stanton Home is a residential and day-program community supporting adults with intellectual and developmental disabilities. Its mission is to partner with adults with diverse abilities to actively pursue healthy, self-determined lives.

At the heart of Stanton Home is a philosophy of interdependence: Its core values speak of sharing life and building community, and providing quality care through individualized support to all adults in our community. Residents, staff, and volunteers participate in rhythms of daily life with creativity and connection - not as separate worlds, but as parts of a shared whole.

“THE MOST IMPORTANT THING IN LIFE IS RELATIONSHIPS. EVERYTHING ELSE IS HOW WE PUT SUBSTANCE AND VALUE AROUND THOSE RELATIONSHIPS.”

LIFE AS PARTICIPATION, NOT OBSERVATION

Residents at Stanton Home are not passive recipients of care. They participate in a community shaped around interest, abilities, and purposeful activity. Stanton Home's day program serves both residents and people from the wider special-needs community.

The program is enriched by a biodynamic garden, a culinary program built around food from our land, a 15-loom weavery, and activities throughout the local community. These settings create opportunities for hands-on learning, creativity, responsibility, and the satisfaction of making something that matters - whether tending the land, preparing food, or working at a loom.

These are more than activities filling a schedule. They are ways of participating in an intentional community that supports everyone’s independence. Meaningful work becomes a meeting place between individual capacity and collective need.

THE ECOLOGY OF RELATIONSHIP

If there is a single thread running through Stanton Home, it is human connection. The organization's language is centered around our individual uniqueness and collective humanity - structured around the principle that choice matters. It frames support not merely as a service delivered to someone, but as a life shared and created together.



The majority of the people Stanton Home serves live in one of its residences; others join just for our day program and live in the local community. People stay in the programs for as long as they desire and as long as Stanton Home is able to meet their needs. This commitment to care and community allows familiarity, trust, and shared history to take root as personal relationships deepen.



HUMAN DIGNITY, FULLY LIVED

Human rights and the responsibilities that come with those rights are also named explicitly in Stanton Home's model. The organization provides training, resources, and support so that the people it serves can understand and actively exercise their rights. That approach holds dignity and responsibility together: to be treated with respect and to honor the dignity and rights of others. It is a practical expression of a larger idea - that belonging is strongest when each person is recognized as a participant in community life.

A MODEL FOR A DIFFERENT FUTURE

In a society that often measures adulthood through independence and productivity, Stanton Home offers another lens. A meaningful life can also be measured through relationship, contribution, creativity, choice and the experience of belonging.

Its homes, gardens, workshops, and shared rhythms suggest that community is not created by removing differences; rather, it is created by making room for individuality within a living whole. Support and self-determination do not have to be opposites; care can coexist with agency, and interdependence can be a source of dignity rather than a limitation.

Stanton Home's work is grounded in the everyday: meals, gardens, weaving, rides, repairs, conversation, celebrations and the countless small acts through which people come to know one another. Yet within those ordinary acts is a larger invitation - to imagine communities in which every person is understood to have something to give as well as something to receive.

HOME, IN THIS SENSE, IS NOT SIMPLY WHERE CARE HAPPENS. IT IS WHERE A PERSON IS KNOWN, NEEDED, AND ABLE TO CONTRIBUTE.

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A New Delivery System for a Cosmic Age of Spiritual Impulses



By Bonnie D'Arcangelo

Exploring Rudolf Steiner's insights into silicic acid and the future of anthroposophical pharmacy.

If Rudolf Steiner is correct that silicic acid is uniquely permeable to spiritual forces and uniquely related to the human ego organization, what implications might this hold for the formulation of modern botanical medicines? Rather than attempting to answer this question philosophically alone, I believe it should be approached through observation, formulation, and the clinical experience gained through years of patient use.

This question led Michael D'Arcangelo, co-founder of Ætherbal, to take up the work of silicic acid in his life, bringing it to humanity in a new form through which the relationship between earthly substance and cosmic formative forces might be explored. This exploration eventually gave rise to a plasma gel designed to serve as the foundation for a new kind of preparation.

"The silicic acid substance always allows everything spiritual in the world, everything that weaves and lives in the world, to pass through it."

— RUDOLF STEINER, GA 319.



> *" Silicic acid was in reality a kind of sense-organ for the Earth and could take up into itself from all sides the Imagination's and influences from the surrounding Cosmos."*
>
> — RUDOLF STEINER, GA 233.

Steiner's description of silicic acid as a "*carrier of the spirit" offers one* possible way to understand the frequent reports from patients that these preparations work in a manner beyond what might be expected from conventional topical applications alone. It is as though the silicic acid helps restore a more harmonious relationship between the physical organism and the spiritual forces that enliven it. This unique form of cosmic antenna is blended with curated medicinal plants embedded in silicic acid, allowing them to be carried into the body and dispersed throughout the system.

The first expression of this work was 3 Kings Silica, a preparation uniting Gold, Frankincense, and Myrrh within an amphiphilic silicic acid matrix. As Michael's work matured, I brought my own decades of study in clinical herbalism to our collaboration. Holding a Master of Science in Herbal Medicine and continuing my doctoral studies in integrative health, I devoted myself to understanding how medicinal plants might be thoughtfully combined to support the whole human being.

Guided by the question from Parzival—"What Ails You?"—our work expanded beyond a single preparation toward thoughtfully formulated botanical medicines designed to address the needs of each individual.

The Relationship Between Substance and Spirit

My work seeks to unite science, clinical herbalism, and the spiritual impulses that can restore and heal humanity. By curating synergistic herbal combinations, I formulate medicines that are more potent than any single herb alone. I often relate this to the story of humanity. When we are alone, we can only do so much, but when we work together, we can do wondrous things. Plants are much the same. They possess their own strengths, weaknesses, and affinities, and when thoughtfully combined, they enhance one another. In Traditional Chinese Medicine, these herbal relationships are known as Dui Yao—the art of synergistically pairing medicinal plants.

From this perspective, one might ask whether silicic acid serves not only as a physical carrier for botanical preparations but also as a medium through which the formative qualities of medicinal plants may be more fully expressed within the human organism. Steiner observed that the traditions of the ancient wisdom of medicine continue to live in important remedies still used today. If so, silicic acid may offer one means through which that spiritual understanding of medicine can continue to inform the formulation of modern botanical preparations. It is this unique relationship to both the outer physical body and the inner ego organization that makes silicic acid a compelling subject for continued research.

One of the driving forces behind Ætherbal's topicals is its patented delivery system. Its amphiphilic delivery, which bonds oil and water, readily crosses the skin barrier and enhances the passage of physical substances and silicic acid into the body. This carrier system creates a topical that absorbs quickly and becomes undetectable on the skin surface within less than a minute. It sinks deep into the tissues, carrying with it the imprint of the medicinal plants and cosmic forces. This creates an appealing substance that can be applied anywhere on the body and used as a carrier for any medicine.

"This ego-organization uses the silicic acid process, right into those regions of the organism in which the shaping, the forming action borders on the outer and the inner (unconscious) world."

— RUDOLF STEINER, GA 27.

Our current investigations extend beyond botanical preparations to include medicinal plants, minerals, precious metals, crystalline substances, and homeopathic preparations. Michael and I are exploring how silicic acid may serve as a carrier for these substances, while also considering the broader implications of this work for anthroposophical research, including biodynamic agriculture. This innovation builds on Steiner's insights into silicic acid, exploring how they may inform a new generation of botanical medicines that support the healing of the whole person.





BONNIE D'ARCANGELO, M.S., IS A CLINICAL HERBALIST, CERTIFIED AROMATHERAPIST, AND FOUNDER AND FORMULATOR OF ÆTHERBAL (NOW A HERBAL COMPANY). WITH A MASTER OF SCIENCE IN HERBAL MEDICINE, ADVANCED CLINICAL TRAINING, AND ONGOING DOCTORAL STUDIES, BONNIE COMBINES TRADITIONAL BOTANICAL WISDOM WITH MODERN SCIENTIFIC UNDERSTANDING TO DEVELOP THOUGHTFUL, PLANT-BASED FORMULATIONS.

MICHAEL D'ARCANGELO IS CO-FOUNDER AND INNOVATOR BEHIND ÆTHERBAL'S UNIQUE ORTHOSILICIC ACID DELIVERY DISCOVERIES. DRAWING ON DECADES OF EXPLORATION IN BIODYNAMIC AGRICULTURE, HORTICULTURE, PLASMA PHYSIOLOGY, AND ALTERNATIVE HEALING SYSTEMS, MICHAEL HAS DEDICATED HIS WORK TO INVESTIGATING THE RELATIONSHIP BETWEEN NATURAL SUBSTANCES, INNOVATIVE FORMULATIONS, AND HUMAN WELL-BEING.

TOGETHER, BONNIE AND MICHAEL UNITE HERBAL MEDICINE AND INNOVATIVE FORMULATION TECHNOLOGY, GUIDED BY A SHARED COMMITMENT TO UNDERSTANDING THE HEALING POTENTIAL OF PLANTS AND THE NEEDS OF THE WHOLE HUMAN BEING.

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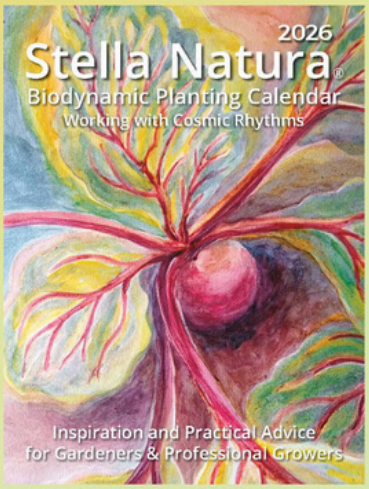
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Curbing Climate Change Through Biodynamic Agriculture
By Elizabeth Candelario

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.

"There is this beautiful symbiosis going on beneath our feet, where the liquid carbon transforms into a solid, and is taken up by the microbiota (bacteria and fungi) that make up healthy soil."

Helping Money Heal: The Vidar Foundation in Canada
By Trevor Janz, MD

"...we are responsible for where our money is, and what effect it is having on all the lives it touches."

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(Excerpts from LILIPOH Issue #86, Winter 2017)

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Featured Author & Reflections

- Nancy Blanning — “Show Me How to Do Life” (LILIPOH archives)
- Bride Alona McWilliam — Seed Song (via Futuring Now)
- Eloise Avery — Dance of a Flower with a Red Bloom
- The Living Thread — Original poetry and reflections

Wellness & Renewal

- Lilipoh Holistic Wellness Guide (Purchase Here)
- Ellyn Caruso - Forkfuls of Flavor
- Sarah Bull - Making Room for Possibility
- AEtherbal — A New Delivery System for a Cosmic Age of Spiritual Impulses

Community & Learning

- Stanton Home
- Anthroposophy.org
- The Camphill School
- The Nature Institute
- Sophia’s Hearth
- Steiner Health

As our fourth issue of The Living Thread comes to a close, we hope the stories, reflections, and voices gathered here have offered a moment to slow down, look more closely, and reconnect with what matters most.

In these pages, Technology and Beyond Transaction have invited us to consider a shared question: How do we move forward in a rapidly changing world without losing the warmth, imagination, and human presence that give life its meaning?

From the wisdom of childhood and the quiet language of poetry to nourishment, healing, and communities built on belonging, each contribution reminds us that meaningful connection cannot be reduced to a screen, a number, or an exchange. It grows through care, attention, creativity, and the everyday ways we show up for one another.
We are grateful to the writers, artists, contributors, and readers who make this continuing conversation possible. Your curiosity and generosity help keep these threads alive, connecting the insights of LILIPOH with new reflections for our time.

May you carry something from this issue into the days ahead: a question worth asking, a practice worth beginning, or a renewed appreciation for the people and places that sustain you. May progress always serve life, and may connection remain at the heart of what we create together.

Thank you for being part of The Living Thread.
With gratitude,
Team LILIPOH
Until our next issue, may the conversation continue.