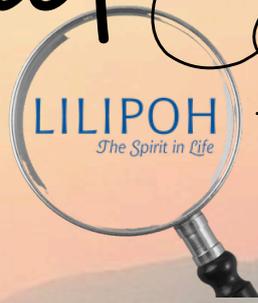


The Living Thread

a continuation of



MOMENTS THAT SHAPE WHO WE BECOME

STORIES THAT NOURISH THE SOUL, AWAKEN THE
HEART, AND TEND TO THE INVISIBLE THREADS THAT
CONNECT US

ISSUE 2
Februrary 2026

LILIPOH.COM

in this journal



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The Living Thread Continues

Welcome to the second issue of THE LIVING THREAD, where we continue this unfolding chapter of our community - rooted in the spirit and heart of LILIPOH. In this issue, we explore moments of growth, change, and transformation through the themes of *Coming of Age* and *Thresholds*.

Together, they invite reflection on the passages that shape who we are and who we are becoming.

The articles and excerpts featured here are drawn from two most recent LILIPOH issues, edited by Karen Davis-Brown, and thoughtfully woven into a single offering. Within these pages, you'll find insight, creativity, and gentle guidance for navigating life's transitions—both seen and unseen.

May each thread offer reassurance, connection, and courage as you stand at the turning points of your own journey.

With gratitude,

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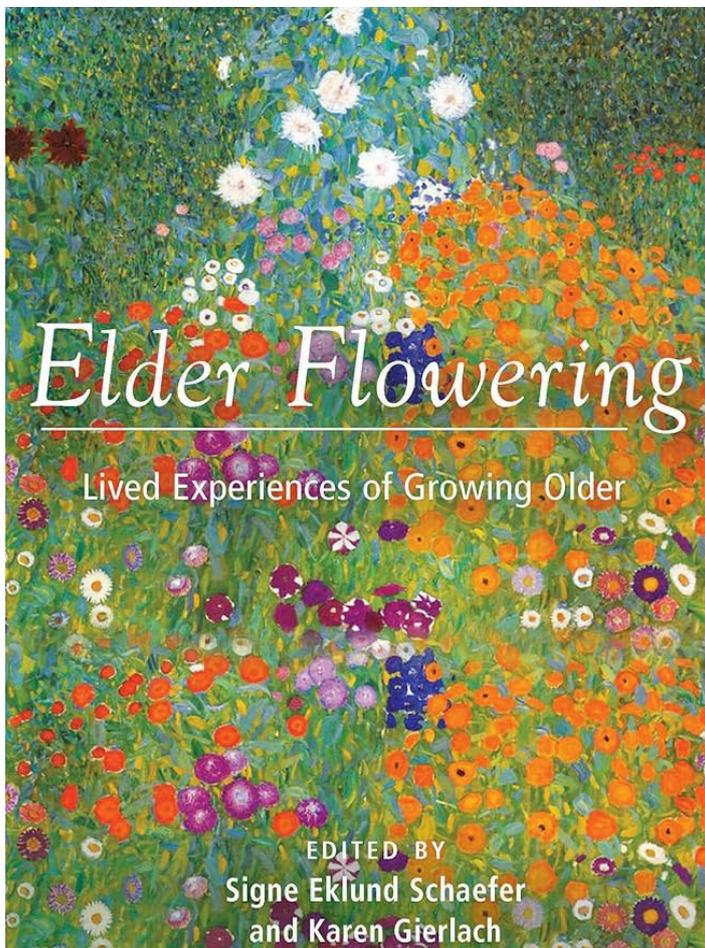
Featured Articles

ELDER FLOWERING: LIVED EXPERIENCES OF GROWING OLDER BOOK REVIEW BY CATHERINE H. DECKER

"Love of wisdom acquired from life may be compared to the flowering of a plant at the proper stage of maturity." Rudolf Steiner, "Love and Its Meaning in the World". "If humans learn to become older consciously with every day, then this really means a meeting with spiritual beings, just as being born and possessing inherited qualities means a descent from physical beings." Rudolf Steiner, Ancient Myths and the New Isis Mystery.

In recent decades, biography work has been taken up by increasing numbers of people. Yet, there has been less written about the time following middle age. The intention of the editors of Elder Flowering, Signe Eklund Schaefer and Karen Gierlach, was to put together a volume exploring life themes experienced by those seventy years old and beyond.

[CLICK HERE TO READ MORE](#)



CULTURAL APPRECIATION ARTICLE SERIES #3 THE IMPORTANCE OF RECIPROCITY BY JOAQUIN MUÑOZ, AIYANA MASLA, AND MASUMI HAYASHI-SMITH

We at Alma Partners have noted that many teachers carry similar questions and concerns related to cultural appreciation and appropriation. Some are holding back from taking risks that could lead to growth, afraid that they will cause harm or that they have already caused harm, and concerned with how to move forward. Some teachers have heard the term cultural appropriation, but don't know exactly what it is, or how it relates to their work. Some teachers feel overwhelmed by the task of working with the concept. Through this three-part series of articles, we hope to offer support, structure, and resources for teachers to authentically deepen their inquiries and expand their offerings.

[CLICK HERE TO READ MORE](#)

SWIMMING LESSONS

CIARA O'HARA

Splash! My body hit the cold pool water and relaxed momentarily on the hot summer day. "Ciara, Ciara" my little sister's voice called. "Josephine, put your life vest back on, please. That is dangerous," I said as she took her pink life vest off near the pool's edge. "But I don't need it, I can swim like you." I thought quickly about how to respond, admiring her bravery and determination while also wanting her to understand reality. I decided I just needed to be honest. "You can't yet, Josephine. Put it back on, please."

"But I can, I really can, I'll show you."

[CLICK HERE TO READ MORE](#)



BEING PRESENT TO DEATH

TEHILLA MULLER

*I wonder if the more we live
As though we could die tomorrow
The more vibrant we live
And thus the more love we radiate
Death can make us beautiful*

When I was eighteen years old, I moved to the Camphill community of Triform in Hudson, New York. I invested myself readily into the work and thrived in the community environment. I lived in the same house as a young man named David Wagner. Not only were we house mates, but coworkers we worked together during the day in the forestry department. One ordinary day in December, I showed up to work and assisted the forestry leader in sectioning a tree and moving the parts to their designated areas. I hooked up a rather large part of the trunk to the back of my tractor and then hopped in to turn it around. As I was turning, I caught sight of David, not twenty feet in front of me, lying in a pool of blood. I ran to his aid, called 911, and began CPR with the assistance of others I had called to the scene. As I clutched him close to me, I spoke aloud, "We love you, David. We love you." I didn't want to let go. Not of his body or his soul.

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'how we rise is how we raise' (part 2)

If We're Hard on Ourselves, We're Hard on Our Kids

FEATURED IN OUR SUMMER 2025 ISSUE: COMING OF AGE

“AS AN EARLY CHILDHOOD TEACHER, I OFTEN THINK ABOUT THE PARENTS OF THE CHILDREN IN MY CLASS JUST AS MUCH AS THE CHILDREN..”

Parent work is so important in education and especially in early childhood, when children are often separated from their parents and in a school setting for the first time. Parents need just as much support as children! While thinking through conversations with parents I recently had a thought that rang so true for me, and I thought perhaps it would resonate with other parents; if we're hard on ourselves, we're hard on our kids. In turn, our kids are, and become adults who are hard on themselves. A strict approach can be a blessing and a curse. Perhaps it can help instill a driven and disciplined disposition in our children. After all, in some ways I wonder if maybe, as parents, we have lost our grip with being hard on our kids in a healthy way and so we tend to be too “soft,” as we struggle to hold boundaries with our children.

On the other hand, we also know how painful and debilitating it can be to get stuck in places where we are being hard on ourselves. We even do it to ourselves in reflection of our parenting, much of which is natural human reaction to unexpected, startling, confusing, and challenging situations. There lies a predicament: Can we find a way to be hard on ourselves, and our kids, in a way that encourages us and them to strive and grow and not feel defeated and stuck? Can we try to be self-aware without judgement, as human beings and as parents, learn from our reflections, and pass that on to our children?

Being a parent brings us to the edge of our vulnerability and leaves us feeling exposed and raw, and that's often where our children meet us with their needs. For some of us, we carry baggage and/or trauma from our own childhood that we often desperately want to avoid in our own parenting journey. However, what we are internally processing often becomes what our children externally express, in one form or another. Sometimes, the things we fear the most are what our children manifest for us to deal with, because life has a way of serving us our work to do one way or another.

[READ MORE HERE...](#)

Thresholds of Human Experience

FEATURED IN OUR FALL 2025 ISSUE: THRESHOLDS

“THRESHOLDS AS A METAPHOR: 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. ”

Etymology of "Threshold"

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.”^[1] It can also be considered “the magnitude or intensity that must be exceeded for a certain reaction, phenomenon, result, or condition to occur or be manifested.”^[2] According to the Oxford English Dictionary on Historic Principles,^[3] threshold is made up of two words: thresh, to tread or trample; and old. “Old” was often spelled “wald” or “wold.” Wald could often mean govern and wold is another name for wood or forest. So, “threshold” can simply mean that which governs what we tread upon or treading upon wood. Thresh is a verb, also known as thrash, which means to separate grain from a plant. In the seventeenth century English version of the King James Bible, the place where grain was gathered after reaping was called the “threshing floor.”^[4] This could lead to the term being used to describe the piece of wood that held threshed grain in a barn in its holding area and the idea that this is the origin of the word. The Old English version prescald, “door-sill, point of entering,” can simply be seen as “something to tread upon” from the Old English word version of thresh, prescan, with its original sense of “tread, trample.”

[READ MORE HERE...](#)



Ona Wetherall O'Hara is an Early Childhood Teacher and Administrator at Kimberton Waldorf School. She has been in the field for 17 years, is trained in Anthroposophic Psychology and Waldorf Early Education, is an active writer and leader in adult education (including at a national conference for leaders in Steiner Schools in Australia), and is the parent of three Waldorf students. Through relationship-based education and leadership, rooted in a holistic understanding of human development, she is devoted and honored to support children and adults in their journeys to becoming self-directed, conscious, and compassionate human beings.

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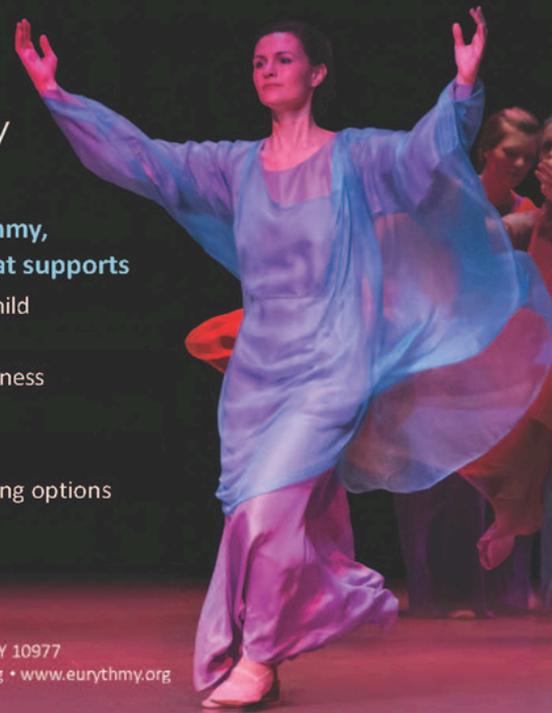
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Threads of Thoughts

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

Excerpt from **With Warmth and Will**

JOHN LEE featured in Issue #121 - Thresholds

“The Seven Life Processes and the Dying Journey”

During studies with the Association for Anthroposophic Psychology (AAP), grounded in anthroposophy (Rudolf Steiner’s modern spiritual science), I found language for something I had long sensed: the dying process unfolds through the same essential gestures as the seven life processes. Each is both a biological rhythm and a spiritual threshold. They offer a map for caregivers to perceive and accompany the inner journey of the soul.



A Journey of the Soul Through the Seven Life Processes

Excerpts from **With Warmth and Will**

JOHN LEE featured in Issue #121 - Thresholds

- **Breathing** is the beginning of the dying phase, where we focus on witnessing and mirroring changes in breath, being present as the veil thins, without grasping or rushing. This is the first act of release.

- **Warming** brings soul perception—dreamlike moments, altered awareness, flashes of memory. Here, warmth is not only physiological but relational: through tone of voice, singing, or gentle touch, we hold space for mystery with reverence.

- **Nourishing** relates to surrender—moments of peace, grace, or inner digestion. This phase often invites reflection, storytelling, or long silences. It's where love and meaning can be deeply felt and digested by the soul.

These life processes, seen through anthroposophy, have helped me hold space with more clarity, humility, and compassion. They remind me that death is not a rupture—it is a rhythm. And our task is not to interrupt, but to attune. Each process offers its own gesture, its own task. Together, they form a path, not of intervention, but of accompaniment. When we learn to perceive them, we become more effective, more reverent, and more human.

- **Secreting** marks the individual's final release, often accompanied by unique rhythms, lucidity, or quiet fading. This is where the soul's will to pass emerges. The doula listens for subtle signs of inner movement and protects this sacred space.

- **Maintaining** becomes the work of continuity—rituals of washing, dressing, anointing, and honoring the body as form dissolves. Reverence becomes embodied. We accompany not just the soul, but also the community around the one who has died.

- **Growing** supports those left behind—family rituals, seeds of meaning, gestures of transformation that expand beyond the loss. Grief work and acts of remembrance arise here.

- **Reproducing** is integration—how the legacy of the one who has passed is carried forward in those who remain. We bear witness to how the life of the deceased continues to inspire, shape, and live on in us.

A BLESSING FOR THE CAREGIVER



*May your presence be a warm hand.
May your breath entrain with another's.
May your stillness become a threshold.
May love do what it does best—abide.*

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Thresholds

by John O'Donohue

A threshold is not a simple boundary; it is a frontier that divides two different territories, rhythms and atmospheres. Indeed, it is a lovely testimony to the fullness and integrity of an experience or a stage of life that it intensifies towards the end into a real frontier that cannot be crossed without the heart being passionately engaged and woken up. At this threshold a great complexity of emotion comes alive: confusion, fear, excitement, sadness, hope. This is one reason why such vital crossings were always clothed in ritual. It is wise in your own life to be able to recognize and acknowledge the key thresholds: to take your time, to feel all the varieties of presence that accrue there, to listen inwards with complete attention until you hear the inner voice calling you forward.

The time has come to cross.

To acknowledge and cross a new threshold is always a challenge. It demands courage and also a sense of trust in whatever is emerging. This becomes essential when a threshold opens suddenly in front of you, one for which you had no preparation. This could be illness, suffering or loss. Because we are so engaged with the world, we usually forget how fragile life can be and how vulnerable we always are. It takes only a couple of seconds for a life to change irreversibly. Suddenly you stand on completely strange ground and a new course of life has to be embraced. Especially at such times we desperately need blessing and protection. You look back at the life you have lived up to a few hours before, and it suddenly seems so far away.

Think for a moment how, across the world, someone's life has just changed – irrevocably, permanently, and not necessarily for the better – and everything that was once so steady, so reliable, must now find a new way of unfolding.

Though we know one another's names and recognize one another's faces, we never know what destiny shapes each life. The script of individual destiny is secret; it is hidden behind and beneath the sequence of happenings that is continually unfolding for us.



Each life is a mystery that is never finally available to the mind's light or questions. That we are here is a huge affirmation; somehow life needed us and wanted us to be. To sense and trust this primeval acceptance can open a vast spring of trust within the heart. It can free us into a natural courage that casts out fear and opens up our lives

to become voyages of discovery, creativity, and compassion.

No threshold need be a threat, but rather an invitation and a promise. Whatever comes, the great sacrament of life will remain faithful to us, blessing us always with visible signs of invisible grace.

We merely need to trust

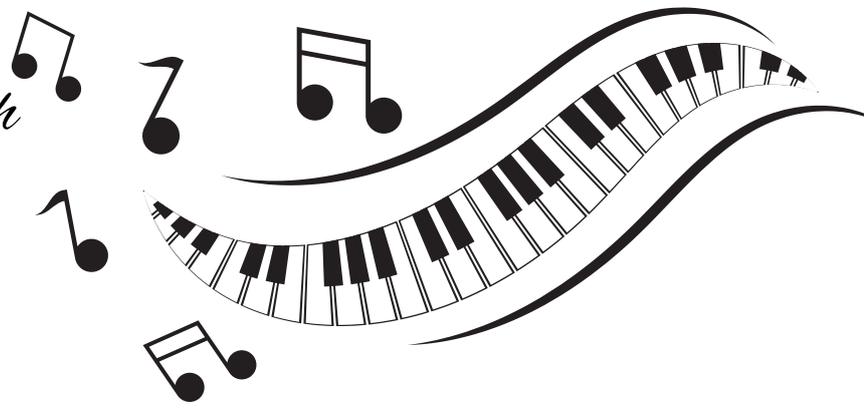
~ John O'Donohue, "Benedictus" ("To Bless The Space Between Us" in the U.S.)

Symphonies of Life & Death

BY ISABELLE NEWMAN

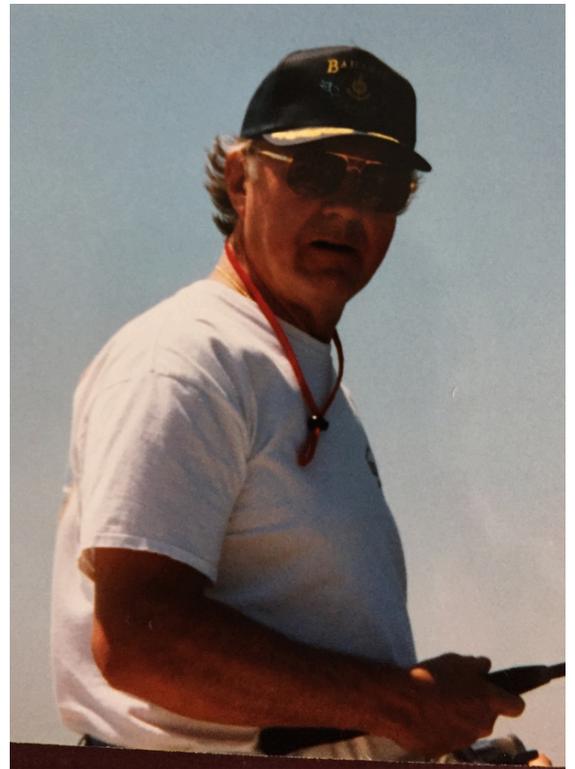
SENIOR AT BISHOP SHANAHAN HIGH SCHOOL

DOWNINGTOWN, PA



THERE IS THIS SAYING THAT LIFE AND MUSIC CANNOT LIVE WITHOUT ONE ANOTHER. THIS WAS MY GRANDFATHER'S LIFE'S PRINCIPLE. WITH HIS WARM, WEATHERED HANDS, HE SHOWED ME THE BEAUTIFUL BLACK AND WHITE KEYS TO LIFE. MUSIC TO HIM WAS THE INFINITE LOVE AND COMFORT THAT ENTERTAINED OUR FAMILY FOR GENERATIONS.

It was the heart that fueled the body with musical whims. It was the electricity that brightened our minds. Just as every song in life eventually dies out, its warmth fades into a frigid stillness. The keys frost over like the dark, withered nights of December. Dust settles quietly on the aged piano, while forgotten music sheets crumble and vanish into the depths of the long oak bench. The symphony of life, one vibrant with lively fruitfulness shifts as the rallentando of death slows its tempo, leaving the melody astray. Tempo changes all the time in music. With the light, featheredness of the song is prolonged and extensive, however, the slowed, melancholic rhythms capture the tonnage of the piece. This was the case on February 18th, 2018; *the tragic, final symphony of Duane Carney.*



Bitterness and darkness loom within the dreadful night sky in Lincoln, Delaware. My grandfather lay motionless and confined to the quilted, cold bed. His skin faded to a pale, yellow hue. Each labored breath swelled deeply and held tightly for a moment before releasing a jagged exhale into the silent room. Entering the outro, the notes sing a harmonious end. Finally, my hand grasps my grandfather's freezing, lifeless one searching for the warmth that faded. I pray our song returns to an allegro with a fantastical reviving beat. Unfortunately, the song only gets increasingly quieter and darker. When three o'clock descends over the room, my grandfather takes one final gasp of air. With a shocked expression, I realize my grandfather has reached his diminuendo, and our song has come to a silent finish.

Ever since that day, I believed for a very long time that the piano was my enemy. Music, once a sanctuary, became an evil, mocking creature that weighed heavily on my conscience. Every glance at the ivory keys filled me with dread, breaking my heart again. It was a painful reminder that our hearts and souls were no longer connected, and music was my burden. I carried this devilish shadow of grief for a year until everything changed in February 2019.

The sunny, crisp February morning presented itself as I hesitantly positioned myself along the hollow, dusty oak bench once more. My hands quivered as they found themselves along the discolored keys. With deep breaths, my mind swirls to thoughts of my grandfather. Did his passing shun me away from music? Or will it pull me closer? In what seemed beyond forever my trembling fingers pressed the keys, and a melody of rich, velvety notes filled the air. The notes reverberated through the room like ripples on a still pond, each tone carrying a sense of reflection and acceptance. Through the soundboard's resonance, I rediscovered our connection in every chord, realizing that our hearts were still united in every beat played.

Understanding loss in life is a crucial lesson to be learned by many. It offers many emotions from sadness like when I watched through streams of tears my grandfather passed before me. Resentment is next in life and this was its strongest as I looked at music with treachery and hatred. Eventually, everyone reaches acceptance. I determined that our song never concluded the night he died, in fact, it still plays to this day. Each measure painted the room with cascading waves of light again. Every chord creates a harmonious environment of laughter and delight. The cheerful endings of each song spark smiles from my family once more. Music was never my enemy, it was my guide. Through the loss of my grandfather, I know now that music is a reflection of life's unexpected tempo changes, even in moments of dissonance, our eternal symphony of love can endure and evolve beyond time and death itself.



I Know Where the Fireflies Have Gone

BY A.C. FRANCIS

“I’M NEVER ALONE, THOUGH, IN THESE MEMORIES. IT SEEMED AS IF WE ALL LIVED TOGETHER AT TIMES.”

My grandparents’ property included a house in which they raised their sixteen children and a barn from which my grandfather ran his catering business. They had a pool installed when I was six and owned a couple of golfcarts that became my mode of transportation to take me through my childhood. A lot of my childhood memories take place there, with my family. In them, I’m playing baseball in the front yard with my brothers and cousins. I’m playing hide and seek with my aunts, who were essentially my older sisters, seeing as they were only a few years older than me. I’m getting yelled at by someone for jumping too high on the trampoline, for running along the pool deck, for driving the golfcart too fast.

I’m never alone, though, in these memories. It seemed as if we all lived together at times. My cousins and I would stay over on weekends, during the Christmas holidays, and throughout the summer. Aunts and uncles would move in and move out, bobbing along with the unpredictable flow of life as they navigated through marriages, divorces, moves, and necessary escapes. They seemed to replace each other in the house as easily as commuters in a seat on the morning train....



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Threads of Wellness

A SPECIAL ISSUE OF LILIPOH MAGAZINE

Holistic WELLNESS GUIDE

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EMBRACING MENOPAUSE WITH A NATURAL RESET

By: Meagan Purdy, ND, Educator at Fairhaven Health



“WHEN MENOPAUSE IS VIEWED THROUGH A BROADER LENS, IT BECOMES CLEAR THAT THE BODY IS NOT FAILING BUT REORGANIZING ITSELF. WITH THE RIGHT SUPPORT, WOMEN CAN NAVIGATE THIS TRANSITION WITH CLARITY, CONFIDENCE, AND LONG-TERM WELLNESS.”

Menopause is often described as a single moment, the last menstrual period, yet what women actually experience is a gradual transition that influences nearly every system in the body. This shift begins well before cycles cease and can continue for several years afterward. While hot flashes, changes in sleep, and mood fluctuations tend to be the most visible signs, these are only the outward expression of much deeper internal adjustments. The brain, immune system, metabolic pathways, and emotional regulatory networks are all responding to a steady decline in estrogen, a hormone that supports numerous communication systems in the body. Because so many processes are recalibrating at once, this phase can understandably feel disorienting or difficult to manage.

Although hormone therapy remains an option for some women, many are increasingly seeking natural approaches to support their health during this stage. The intention behind these choices often extends beyond simply easing symptoms. Women want strategies that help their bodies adapt, reduce overall stress on the system, and promote both immediate comfort and long-term wellness. When menopause is viewed through this broader lens, it becomes clear that the body is not failing but rather reorganizing itself, and with the right support, women can navigate the transition with clarity and confidence.

UNDERSTANDING HORMONAL SHIFTS IN THE BODY

Estrogen's influence reaches far beyond reproduction. It helps coordinate communication among the brain, bones, cardiovascular system, immune system, and emotional centers, while also supporting temperature regulation and energy balance. As estrogen levels begin to decline, these systems naturally lose some of their usual coordination. This shift is why symptoms such as hot flashes, sleep disruptions, mood changes, and difficulty concentrating often arise at the same time. They are interconnected responses to the same hormonal transition rather than isolated issues.

As the body works to regain its footing, it may move through periods of adjustment that feel unpredictable. Some women notice temporary increases in inflammation, disruptions to their sleep patterns, or metabolic changes that influence energy and weight. These shifts are part of the body's ongoing effort to recalibrate itself during menopause. Viewing the transition this way can make the experience feel more understandable and less alarming. Instead of seeing symptoms as signs that something is wrong, women can interpret them as signals of what the body needs and respond with informed, supportive choices.

“A BALANCED INTAKE OF KEY NUTRIENTS HELPS THE BODY ADAPT TO SHIFTING HORMONE LEVELS AND MAINTAIN LONG-TERM WELLNESS.”

PLANT-BASED SUPPORT FOR SYMPTOM RELIEF

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Copaiba complements rhapontic rhubarb by engaging both alpha and beta estrogen receptors, as well as CB2 receptors in the endocannabinoid system. These pathways influence emotional balance, stress response, and overall resilience. Supporting these networks can help the body adjust more smoothly to hormonal changes that often bring mood fluctuations, irritability, or tension. Together, these botanicals provide multi-system support for women navigating this transition.

In developing *Complete Menopause Relief at Fairhaven Health*, we combined these botanicals in a non-hormonal, evidence-informed formula designed to support the most common menopausal symptoms. Pilot studies indicate that many women notice improvements in hot flashes, night sweats, and mood changes within the first week of use. By targeting the body’s natural communication pathways, this approach offers a holistic option for women seeking relief while maintaining long-term wellness.

TARGET NUTRIENTS FOR MENOPAUSE

Nutrition plays a central role in supporting women through menopause. A balanced intake of key nutrients helps the body adapt to shifting hormone levels and maintain long-term wellness. As estrogen changes, the body’s needs evolve, affecting bone density, cardiovascular health, metabolism, and cognitive function. Nutrients like vitamin D3 and K2-7 work together to support calcium absorption and maintain strong bones, while methylated B vitamins help sustain energy production and steady neurotransmitter activity, supporting focus and mood stability. Antioxidants such as green tea extract and berberine provide additional support for metabolism and cardiovascular health, which can become more vulnerable during midlife.

When we designed *Menopause Multivitamin Essentials* we combined these vitamins, minerals, and targeted antioxidants into a daily formula designed specifically for midlife needs. By providing comprehensive nutrient support, it helps women manage both immediate changes and long-term health concerns, ensuring that the body has the resources it needs during this transitional phase. With evidence-informed supplementation, women can maintain strength, energy, and overall vitality throughout menopause and beyond.

LIFESTYLE PRACTICES TO MAINTAIN BALANCE

Lifestyle practices are essential for navigating menopause alongside supportive botanicals and targeted nutrients. Nutrition plays a central role—a diet rich in omega-3 fats, fiber, and plant-based phytonutrients helps maintain hormonal balance and manage inflammation. Regular movement, whether walking, yoga, or strength training, supports bone health, metabolism, and overall energy, while mindful practices such as meditation, journaling, or breathwork help reduce stress and support emotional steadiness.

Engaging in creative outlets and social connections can provide an added layer of support, offering a sense of purpose and grounding during a time of change. These practices work alongside evidence-informed supplements like Complete Menopause Relief and Menopause Multivitamin Essentials, which help support mood, temperature regulation, and long-term wellness without introducing hormones.

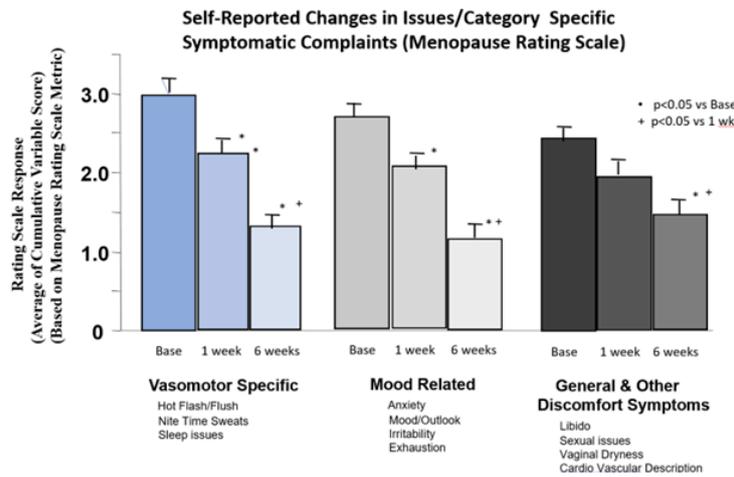
Even with these healthy habits, many women continue to experience hot flashes, sleep disruptions, or mood swings that affect daily life. Nearly 80% of women report these symptoms, yet fewer than one in five feel they have enough guidance or support to manage them effectively. By combining consistent routines with targeted botanical and nutrient support, women can address immediate symptoms while building a strong foundation for ongoing health, resilience, and vitality.

“RATHER THAN AN ENDING, MENOPAUSE CAN BE SEEN AS A RESET—A MEANINGFUL OPPORTUNITY TO RECALIBRATE THE BODY, PRIORITIZE VITALITY, AND STEP INTO MIDLIFE WITH RENEWED STRENGTH AND CLARITY.”

LOOKING AHEAD: MENOPAUSE AS A RESET

Each year, more than a million American women transition into menopause, entering a new chapter of life that brings both challenges and opportunities. Rather than an ending, this phase can be seen as a reset—a chance to recalibrate the body, mind, and overall well-being. Non-hormonal approaches are increasingly empowering women to manage symptoms in ways that align with their unique needs while supporting long-term health. By combining targeted nutrients, supportive botanicals, and mindful lifestyle practices, women can navigate this transition with resilience, energy, and confidence. With thoughtful, evidence-informed care, menopause becomes not a limitation but a meaningful opportunity to prioritize vitality, embrace midlife, and step into this next stage with clarity, balance, and renewed strength.

Note: These statements in this article have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



Author Biography:

Dr. Meagan Purdy is a naturopathic physician and the founder of the Holistic Health Center of Dallas, where she and her team helped thousands of patients address complex health concerns. She has since transitioned into leadership roles in the nutraceutical industry and currently serves as an educator and brand manager for Fairhaven Health and Vital Nutrients, part of Blueroot Health. In these roles, she combines her clinical expertise with her passion for education and communication, leading practitioner education initiatives and guiding brand strategy to better serve women during every stage of their reproductive and hormonal wellness.

About Fairhaven Health®:

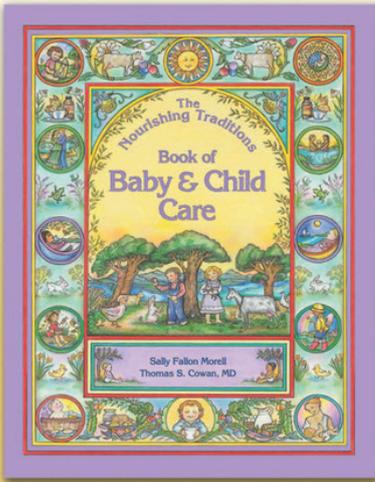
Fairhaven Health is a trusted leader in women’s health, offering clean, hormone-free, science-backed nutritional solutions recommended by healthcare practitioners worldwide. From menstruation to menopause and beyond, Fairhaven Health empowers women with the knowledge, inspiration, and nutritional support needed to take charge of their health with confidence. Learn more at <https://www.fairhavenhealth.com>.

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February is

NATIONAL CANCER Prevention Month



February marks National Cancer Prevention Month, bringing awareness to the many ways we can support health through prevention, early awareness, and whole-person care. Past issues of LILIPOH feature articles, expert perspectives, and personal reflections on cancer—offering readers resources, hope, and a deeper understanding of integrative approaches to wellness. Browse our archive to discover content that supports informed, empowered care.

CHECK OUT THESE LILIPOH ISSUES THAT FEATURE ARTICLES REGARDING CANCER:



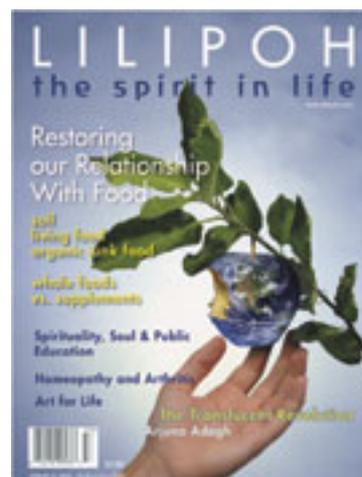
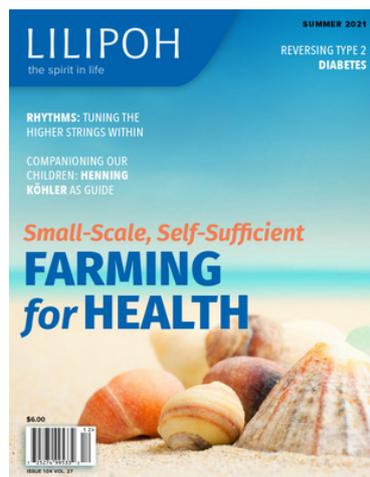
March is

NATIONAL NUTRITION MONTH



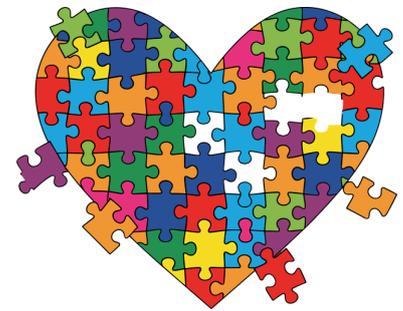
March marks National Nutrition Month, bringing attention to the ways food, awareness, and daily choices support long-term well-being. Past LILIPOH issues feature articles and reflections on nutrition, conscious nourishment, and our relationship with food and the land—offering readers practical wisdom and soulful perspectives on eating well. Explore our archive to discover pieces that support whole-person nourishment.

CHECK OUT THESE LILIPOH ISSUES THAT FEATURE ARTICLES REGARDING NUTRITION:



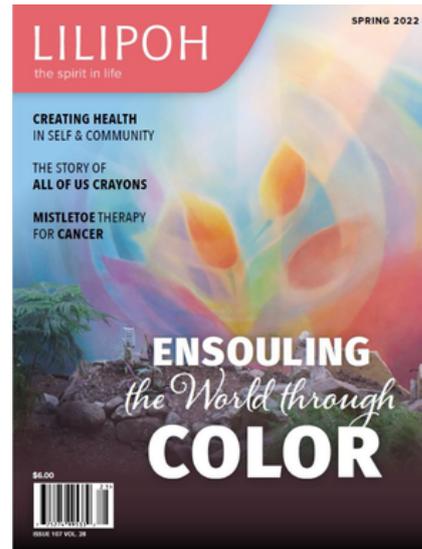
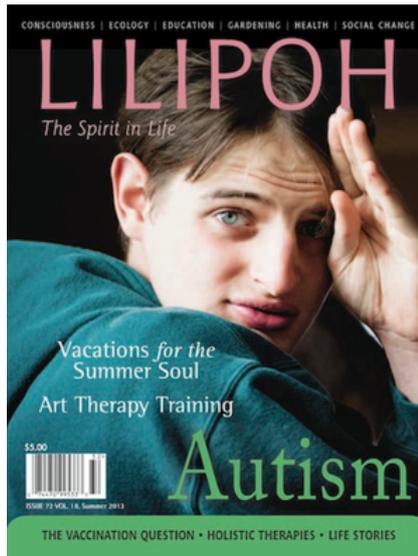
April is

AUTISM AWARENESS MONTH



April is National Autism Awareness Month, a time to deepen understanding, honor neurodiversity, and celebrate the unique strengths and experiences of autistic individuals and their communities. Through the years, LILIPOH has explored autism from thoughtful, holistic, and compassionate viewpoints—featuring interviews, special issues, and personal reflections that encourage awareness, empathy, and inclusion.

CHECK OUT THESE LILIPOH ISSUES THAT FEATURE AUTISM:



A recording of an online webinar presented by Anthroposophia Foundation & Foundation for Health Creation

Presented by:



ANTHROPOSOPHIA
FOUNDATION



Foundation for Health Creation

Preventing Pediatric Allergies

Hosted by Dr. Carmen Hering, DO

Check out Dr. Carmen Hering, DO as she discusses a holistic approach to preventing pediatric allergies. This webinar explores how anthroposophic medicine supports children's natural immunity, healthy nutrition, and lifestyle rhythms to build resilience and reduce allergy risk. Participants will learn practical strategies and nature-based remedies to help guide children toward long-term health and well-being.

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 THE CHRISTIAN COMMUNITY
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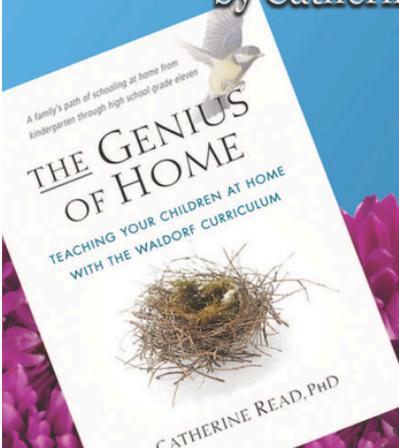
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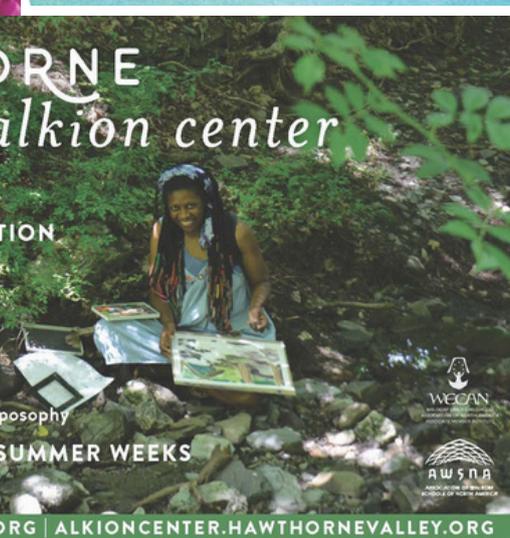
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Threads of Community



Community Spotlight: Celebrating Leadership in Philadelphia, PA

We are proud to spotlight Shakira King, whose commitment to literacy support (not limited too) is making a meaningful difference for children, families, and learners across the Philadelphia community.

Through their multifaceted approach to advocacy and abolition work with, King has demonstrated an unwavering dedication to ensuring that literacy is not a barrier, but a bridge—to confidence, opportunity, and lifelong learning. Whether supporting early readers, working with youth who need additional academic reinforcement, or engaging families in culturally responsive literacy practices, King approaches their work with care, consistency, and deep respect for the communities they serve.

What sets Shakira King apart is their understanding that literacy is more than reading and writing—it is about voice, identity, and belonging. By meeting learners where they are and honoring their lived experiences, King creates spaces where students feel seen, supported, and empowered to grow. Their work reflects a belief that every learner deserves access to high-quality literacy support, regardless of background or circumstance.

In a city like Philadelphia, where educational inequities persist alongside tremendous resilience and talent, King's contributions are both timely and transformative. Their efforts strengthen not only individual learners, but the broader community by fostering academic confidence, family engagement, and collective hope.

We are grateful for Shakira King's leadership, compassion, and continued commitment to literacy justice. Their work is a powerful reminder that community-driven education changes lives—one reader at a time.

Please join us in celebrating Shakira King (They/She) and the impact they continue to make throughout Philadelphia.



Youth United For Change

Healing Through Art

by Kenneth Smith

After ten days of intensive work in April 2025, the Healing Through Art students finally gathered, mounted, and hung all their drawings and paintings and set up their sculptures. Three years of study were brought together for an exhibition, coinciding with their graduation. Two Bay Area Center for Waldorf Teacher Training (BACWTT) rooms were filled with their artistic efforts, struggles, discoveries, and successes. It was an impressive body of work; however, despite the richness and beauty of the exhibition, you might miss its deeper value if you were unaware that each piece on display was the result of a therapeutic exercise and the students' own learning and therapeutic journey. Each piece held the potential to be used in support of someone in need of healing.

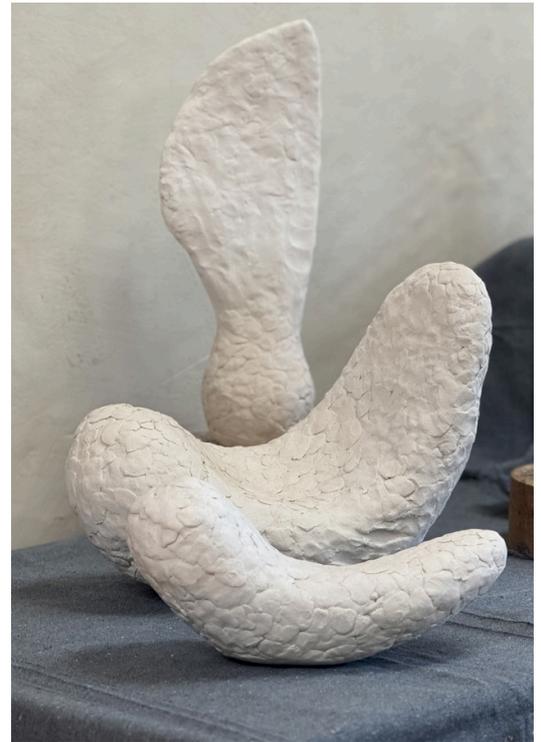
On display that day were veil paintings, watercolor paintings, darkness and light charcoal drawings, clay sculptures, and stone and wood carvings – the results of a multidisciplinary program that unfolds the values and possibilities offered by each discipline. Each artistic discipline has its own unique materials and processes, holding healing potential within its own practices.

Therapeutic Principles

These are some of the fundamental principles of the visual artistic therapies that were embodied in the display that day:

Awakening creativity. We should never underestimate the power and importance of the human capacity to be creative. When creativity is prevented, dismissed, or dries up, an inner part of us also dies. A fundamental aspect of human health is that from an early age, children find ways to explore the world, play, and allow their inner ideas, feelings, and impulses to flow out into the world as a part of their belonging, interacting, and knowing. In adults we call this “creativity.” It expresses a deep belief in ourselves and the world – that we have something to offer. Making art is an expression of this fundamental belief in the world and in life. Being able to create again after a period of creative silence can stir into life a part of us that has given up.

Awakening and enlivening our hands. What could we do without our hands? How would we be able to take hold of materials and tools and create things? How could we ever bring our ideas and imaginations into the world, into existence? All visual art is about making things. Through our hands, our inner world is able to become visible in the things we make – we manifest our inner life; we externalize it so it can be seen and shared. Our hands are the implement of will and making art requires our will. It has to become activated or nothing will ever happen. At its most basic level, art is healing when a person is able to move themselves, put themselves into their limbs, let their energy flow into a creative deed. The things which have then been made (in our case the visual arts – paintings, drawing, sculptures, and crafts) then stand there, outside of us, as testament to our will. We see our will forces reflected back to us, confirming and reaffirming our presence.



[READ MORE HERE...](#)

Special Feature

TRAVELING WITH YOUR PETS BY DR. JYL RUBIN

Time to hit the road for family vacation! So, what to do with Fido?

Buckle him up in a car seat and take him with you! Dr. Jyl offers tips for road tripping with your dog. If you can't take him with you there's always a kennel, but you want to beware of the one you choose. She'll tell you what to look for when deciding your pet's next boarding spot.

- How can you ensure a smooth road trip with your dog or cat?
- Do they suffer from car sickness?
- What happens if they hang out the window for too long?
- How do you find a good kennel that will take care of your dog while you're away?
- Are there bad things owners do when it comes to traveling with their pets?

Check out this segment on FOX40 where Dr. Jyl talks about travel and your pets:



Things to look for when boarding your pets:

- Check references
- Make a visual inspection,
- Make sure a vet is on the premises
- Check security & boarding agreement
- Amenities/comfort (turn out yards for exercise, couches, TV, toys, social time, training, etc.)

Travel Tips

- Carry medical records & ID (make sure your pet is up to date on required vaccinations, heartworm and fecal tests, etc., proper ID such as microchips and current up to date registration, ID tags, etc.)
- Remember prescriptions
- Be mindful of car sickness
- Limit window air time (protect their eyes from debris)
- Buckle up

For more information, [visit Dr. Jyl Rubin's website here](#)



In Service of the Honeybee

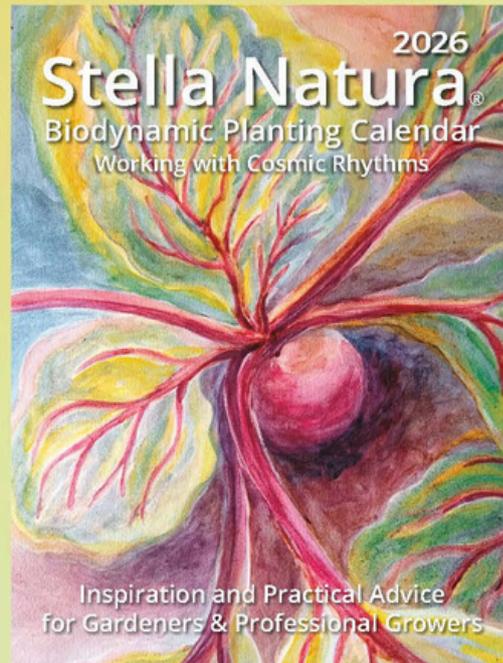
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Visit us at spikenardfarm.org | Floyd, VA | 540-745-2153 | info@spikenardfarm.org



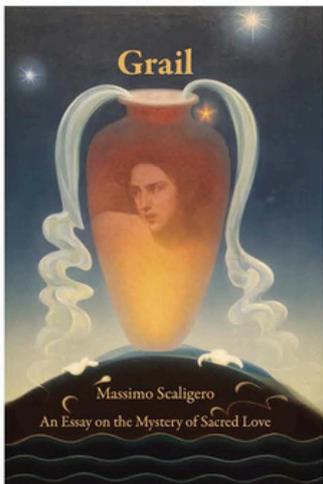
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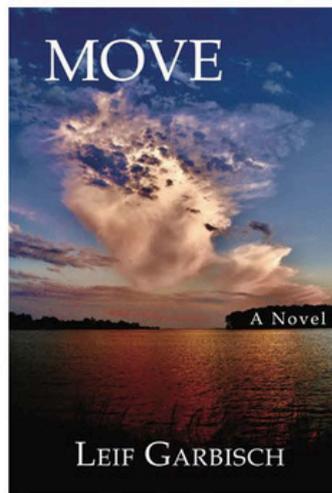
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Massimo Scaligero (1906–1980) was an Italian spiritual teacher who united Eastern and Western esoteric traditions, emphasizing "living thinking" and authoring numerous works on meditation and philosophy. He is the author of a number of works including *The Light (La Luce)*, *The Secrets of Space and Time*, *A Treatise on Living Thinking*, and others, including his autobiography.



At fourteen, Oliver Birch discovers his uncle's suicide—a moment that transforms his understanding of life and death. *Move* follows Oliver and his family's search for love, meaning, and renewal.

Leif Garbisch grew up on the Eastern Shore of Maryland. He is the author of *24*, a book of poems, and three novels, *The Magic Us*, *The Shore*, and *Conduit*. He also has several books of photography, including *Found Light*, *Transformations*, *All Ours*, and *World Word*.

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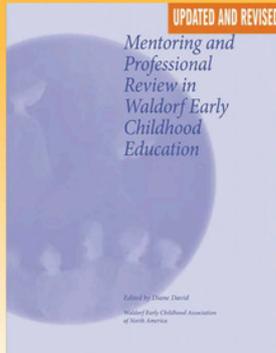
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Articles, art, poetry, reviews of books, and news make LILIPOH Magazine a well-rounded, solution-oriented publication for creative, green-minded individuals who have an interest in spiritual inquiry and a desire to make a difference in the world.

Creating Climate Change Through Biodynamic Agriculture
The Incredible Connection
As the world's energy for the 21st century shifts to be powered by clean, renewable energy, the world's food system must also be powered by clean, renewable energy. The Vital Revolution is a regional Canadian biodynamic resource individuals working to live their lives in a more sustainable way with biodynamic farming. It is a green, socially responsible, and profitable in sustainable agriculture, education, and other areas.

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REFERENCES

Featured Articles & Contributors

- Catherine H. Decker — Elder Flowering: Lived Experiences of Growing Older (Book Review)
- Joaquin Muñoz, Aiyana Masla, & Masumi Hayashi-Smith — Cultural Appreciation Series #3: The Importance of Reciprocity
- Tehilla Muller — Being Present to Death
- Ciara O’Hara — Swimming Lessons
- Ona Wetherall O’Hara — How We Rise Is How We Raise (Part 2)
- Ona Wetherall O’Hara — Thresholds of Human Experience
- Kenneth Smith — Healing Through Art
- Isabelle Newman — Symphonies of Life & Death
- A.C. Francis — I Know Where the Fireflies Have Gone
- Meagan Purdy, ND — Embracing Menopause with a Natural Reset
- Dr. Jyl Rubin — Traveling With Your Pets

Poetry & Reflection

- John Lee — With Warmth and Will: The Seven Life Processes and the Dying Journey (Excerpt)
- John O’Donohue — Thresholds (from To Bless the Space Between Us)

Community & Learning

- [Free Columbia Residency Program](#)
- [Youth Section of North America](#)
- [Anthroposophy.org](#)
- [The Camphill School](#)
- [The Nature Institute](#)
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- [Steiner Health](#)

Wellness & Renewal

- [Lilipoh Holistic Wellness Guide \(Purchase Here\)](#)
- [Webinar: Anthroposophic Approaches to Managing Seasonal Allergies with Dr. Steven Johnson \(Watch Here\)](#)
- [Foundation for Health Creation](#)

Partner Resources:

- [Altair Ecovillage](#)
- [Phoenix Community Initiative](#)
- [Spikenard Farm Honeybee Sanctuary](#)

As our second issue comes to a close, we hope the stories, reflections, and voices woven through these pages offered you moments of pause, insight, and gentle companionship.

Each piece in this issue holds an invitation - to listen more deeply, to stand more consciously at life's thresholds, and to tend the invisible threads that connect us to one another, to community, and to our own becoming.

Thank you for joining us on this journey. The Living Thread was created to bring stories together, ideas, and connections that matter - and we are still in the beginning of our weaving.

May these threads linger with you beyond these pages. May they offer warmth when life feels tender, courage when change feels uncertain, and presence when the path ahead feels unclear. Stay tuned for our next issue, with new stories, new seasons, and new ways of weaving wholeness together.

Thank you for walking this thread with us.

With gratitude,

Team Lilipoh