

FORCES OF LIFE WITHIN YOU
by Victor Landa

Only a strong united front of spiritual people can lead the way for a better world. Unity in diversity is one of the main dictums in the practice of Yoga.

It is contained in the word itself since Yoga comes from the Sanskrit root "yug" which means "to join" or to "unite". This can be a guiding principle for any situation in life. Looking at the spiritual communities as a whole, with this principle in mind, the message of unity becomes a clear one. The different impulses within the various communities have developed wonderful aspects of human life as in the areas of Education, Medicine, Art, Agriculture, etc. What a wonderful gift to the world, it would be if the synergistic effect of this basic principle "Unity in Diversity" were implemented in all these different areas.

We are at a crossroads where the issue of food is bound to become a referendum of planetary proportions - a very appropriate "field" where spirituality and materialism will face each other. It seems to be a legacy of Dr. Rudolf Steiner and his method of biodynamic agriculture that this task be taken by spiritually responsible people. A strong united front is needed. A united spiritual community free of jealousy, rivalry, ego-centrism and other impediments is needed. Spiritual movements have grown in each area of human endeavor. It has spread around the globe. In North America, there is an opportunity now to unite us all on the issue of spiritual food.

The *Spiritual Food for the New Millennium* initiative relies on the implementation of the unity in diversity principle. It started as an idealistic proposal to correct serious societal shortcomings, namely: a) abuse of the soil, b) abuse of the farmer who is not paid the real value of his labor, c) abuse of the consumer who is receiving poisoned food, and d) the farmer/middleman/consumer dynamic based on self-serving, materialistic concerns; as well as to raise the level of consciousness of humankind through bio-dynamically grown food. However, it has become evident that other issues needed to be addressed.

We can see that a downfall of the "organic food" movement is taking place. The name will carry on but it will not be more than an empty shell used to deceive uninformed consumers. We infer from this experience that should biodynamics follow the conventional route of marketing it would lead to the same downfall.

A new approach to marketing is needed with enough protecting mechanisms to ensure purity. When we talk about "marketing" in this context we are getting into a totally different dimension. Touching many different aspects: political, social, generational, etc. Marketing bio-dynamic food through the Spiritual Food project goes beyond the limited field of "agro-business." This is why a strong diverse community and communities with strong spiritual roots are needed.

What a beautiful perspective, the world is avid for spiritual knowledge. Science and religion, as they have been presented, are facing serious challenges as has the materialistic approach to life. Yet, the point of critical mass has not been reached, and will not be reached until a sensible alternative is clear.

The spiritual communities can become the catalytic element that will gear humanity to more elevating roadways, moving in the direction of the spirit, the way to know the truth. For hundred of years now we have been tearing apart everything that has come within our reach. We have dissected and mutilated without distinction animal, vegetable, mineral, the planet itself, paradoxically without knowing. drawn by that sacred impulse to find the truth.

In our bloody hands and stained bodies we look around, surrounded by the destruction that is starting to stench so strong that we don't know where to go to get away from it. This is why we are trying to find our way to other planets with desperate attempts of physical feats, struggling with gravity and with other forms of life that we don't want and can't recognize; thinking in our arrogant and materialistic ways that the only form of life is that made to our image.

We all have a "redemptor" within ourselves. "Christ consciousness" is the essence of that redemptor buried deep under layers of our daily active lives. But it has been and will always be ready waiting to be of service, waiting to "be." Only Christ could offer the ultimate sacrifice but we all can help to carry the cross of humankind by pointing in the direction of the spirit and not of the world.

What does this mean in terms of putting it into action?

According to yoga, there are four basic human drives: food, sex, sleep and self-preservation. It stands out very clearly that if we are going to work with these the most viable approach is by means of food. Dr. Rudolf Steiner was very clear in his lectures on Agriculture [1] when he said the reason people do not put into practice the spiritual principles they hold as ideals was "a problem of nutrition." At first sight it might seem preposterous, but with a little bit of thought and meditation, remembering that all the cells of our body are replaced every seven years and that the new cells that are being made are made out of the elements and forces which we bring in as our food, we will be more willing to recognize its merit.

In addition, the ecological, social and economic implications of the process of food and nutrition have vast ramifications in the fabric of society which indicates very clearly how this plays a central role in our existence.

By the *Spiritual Food for the New Millennium* initiative we are trying to convey that through Biodynamic Agriculture we are feeding the physical and the spiritual bodies of both man and the planet.

Therefore, the idea is to "create" a market; the number of people in spiritual communities is big enough to develop an initial market to support the farmers.

This "market," the initiator of a new societal dynamic, must be based on ethical principles rather than economic and self-centered ones. We also need to be realistic and must function at least temporarily within the materialistic frame, therefore, a good balance must be attained.

Implementation of the project will take some time and fine tuning. What is important at this point is to look deep into our hearts, to stretch our hand to our own "redemptor" and kindly lead him out to join with other hearts to proclaim this unity and bring light to the world.

Let's allow our imagination to stretch out into the future to envision the time when a farmer, who choose to do so, can earn a livelihood from his or her labors and that this will allow enough time for his/her spiritual practice. Let's envision a time where space is created on the farm where city dwellers can come to stay to experience nature and a meditative environment, to breathe fresh air and eat healthy food, and to experience the body, work on the mind, and open up to the spirit.

Let's envision a time where farmers give the opportunity to lead those interested in a spiritual life to the "Path of Knowledge." Let's provide them with enough means to support apprentices with reasonable compensation.

Ultimately, let's give farmers the opportunity to become role models for generations to come - to become a source of aspiration for the young when the time comes to decide how to direct their lives. Let's inspire in the young a sense of reverence and devotion for what their predecessors have accomplished.

This is the ideal of coming together as a community uniting efforts to support different impulses leading to the raising of consciousness of humankind.

Let's remember Dr. Rudolf Steiner's words:

"Every idea that does not become an ideal for you kills a force in your soul, but every idea that becomes an ideal for you creates forces of life within you."

Reference 1: **Agriculture**, Rudolf Steiner; Bio-Dynamic Agricultural Association, Rudolf Steiner House, 35 Park Road, London, N.W.1; 1974 (first printing 1958).

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Never forget that the foundation of all strength is unity, harmony. Remember that you must form one great family in spite of all your differences of character, tastes, degree of evolution, social or professional standing, and so on. Leave all these details to one side, for they are not important. They have very little to do with your spiritual life. You must strengthen the conviction in your hearts that, in spite of all your differences, you all belong together. You are here to pray, meditate and sing together in order to awaken consciences throughout the world. If you do this, you will really and truly be powerful.

---Omraam Mikhaël Aïvanhov

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