

## Annual Meetings

The meetings from recent years had the following themes:

2011 The twice nutrition – earthly and cosmic

2008: Nutrition through the Senses

### 2011 -Two-fold Nutrition – Earthly and Cosmic Nutrition

This annual meeting of the AKE took place on September 9th and 10th at the Educational Center Niederursel der Hof in Frankfurt am Main. The meeting began on Friday evening with a round of introduction where the participants could introduce themselves and exchange ideas.

During the general assembly on Saturday morning, the Board was unanimously discharged. In addition, Astrid Schmitt-Dossou (Advisory Council) thanked Dr. Petra Kühne and Marianne Nitsche (Board) for their dedicated and successful work in the previous year.

The topic of the seminar at the assembly this year was “Two-fold Nutrition - Earthly and Cosmic Nutrition.” The seminar began with an interesting lecture by Dr. Kühne on substances and energies. As an introduction to the work planned for the next day, the participants received basic information about the term “ether” and its material and sensory effects on people and plants. In the workshops, the participants were subsequently able to experience for themselves the energies in food through practical exercises using awareness and taste testing. The first group, under the direction of Dr. Kühne, did an exercise in which food was simply held in the hand. The participants felt and then described their sensations, including the impact they perceived on the human constitution. In the workshop on ether and formative energies, Ms. Nitsche explained the origin of the various forms of ether and their relationship to each other. Following that, the group worked together on understanding the impact of ether energies on form, size, color and consistency of foodstuffs and in relation to the various types of vegetables.

Extending the annual meeting to two days offered the possibility for intensive exchange amongst the participants, which was well received. Also, this year’s theme was met with deep appreciation and left everyone excited about the upcoming seminars and schoolings of the AKE.

Judith Schake

### 2008 - Nutrition through the Senses

#### Cosmic and earthly nutrition

The basis for the first presentation from Renate Lendle was Rudolf Steiner’s statements from his *Agricultural Course*. According to Steiner, the major part of the nourishment consumed by a person is not utilized to build bodily substance but to gain energy. This comes from plants which have, through the process of photosynthesis, taken sunlight and warmth and with help from cosmic forces, been stored in the carbohydrates. The decomposition of the plant substance sets this energy, the forces in the metabolism, free and makes it possible for man and animal to become active, to move oneself, to keep the metabolism going. On the other hand, our physical body is maintained by substances that we absorb with help from our sensory organs, our breath and through our skin.

An exception to this is our nervous system and brain. We need earthly substances for their upkeep. The actual forming of the brain occurs, however, through cosmic forces imparted by planets. Consequently, man lives from the earth and cosmos. “And,” says Renate Lendle, “cosmic nutrition can also be supported through creating a harmonious atmosphere at meals, through a conscious lifestyle. Another way to contribute to this is through the care of our earth through organic-dynamic agriculture.”

### **From the Origin of Substances and Powers**

The second presentation from Dr. Petra Kühne also had to do with broadened nutritional terminology that encompasses the above portrayed forces. Where do the substances come from that a person soaks up with help from his senses, skin and breath? They have their origin in the air and warmth surrounding the earth. The actual growing zone for living creatures is, however, the earth with its moisture. Hence, earthly substances derive from earth and moisture, compared to cosmic substances, which are derived from air and warmth.

The essential elements are carbon, hydrogen, oxygen and nitrogen. They are found in various quantities and compositions in all humans, animals, plants and in the earth itself. This points to a common origin of development. It is interesting to know that the physical substance of our entire planetary system is built out of these elements.

### **From the Power of Fragrances**

Stephanie Größel, to round things off, held a workshop for the participants which allowed them to experience first hand how to tank up energy from nutrition through their sense of smell. It is familiar to most that aroma oils can be used for therapy or to improve the atmosphere in a room. The knowledge of their use in the kitchen is less known. For this purpose, they have to be emulsified; otherwise they cannot bind with the other ingredients in the food being prepared. For sweet dishes, the oil is mixed with fatty milk, cream, honey, a good syrup or unrefined sugar. For spicy dishes, one can use butter, cooking oil, vinegar, mustard or salt. Each aroma triggers our emotions: sympathy or antipathy. Often, fragrances are associated with memories.

Then, the participants were allowed to smell the different oils. There are different groups of oils: sweet and flowery, like vanilla; fresh scents, like citrus; and a group of pungent scents, like rosemary and thyme. The participants then tried to grasp what kind of affect the aromas had on them. How does one feel, are there memories that come up? One notices that certain aromas make one alert, others inspire calm. The conference closed with these practical exercises. The AKE members convened directly following.

Marianne Nitsche