

Living Spring

Spring 2011

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Sincere greetings to all!

The mid-yearly Newsletter comes a bit earlier this time because there is quite a lot to share.

After the winter has – finally – ended its harsh challenges and they are now behind, I am coming to the surface to draw breath like a bear after hibernation. With these or similar words I answered a neighbor the other day when she asked how I had come through this extremely hard winter the like they had hardly ever had before. Strange enough in late autumn I had had unpleasant, restless forebodings, but as soon as the land was covered with ice – I mean just everything was one sheet of ice: the horse pasture, all around the house up to the chicken coop, the path to and around the well – my inside became quiet. Now nature is slowly turning green, ice and snow have melted, the buds of tulips, columbines and the lilac bush are pushing out while the chickens run across the garden catching flies and have begun to lay eggs again.

For some time now Living Spring can be found on a website in the internet, thanks to Lisa's and Peggy's untiring willingness, encouragement, and commitment. You will find it under www.lifebird.de (*no longer available*.ed.), among other interesting information on aspects of healthy life, on people in various professions in the healing and helping field, and inspiring thoughts. Soon the News- and Study-letters from Living Spring will also be available there, along with other information from here. The few of you who do not have a computer and to whom I have sent all letters by snail mail will continue to receive them that way. But maybe some of those have meanwhile access to the internet and thus to the letters there. Please let me know or send me an e-mail if I need no longer airmail the letters. You may also phone since nowadays phone calls to the U.S. are low cost via those "cheap numbers" (2 cents a minute). If you do not reach any of us, just leave a message. To all those who previously have had internet I will stop e-mailing the letters directly as you will be able to read them in www.lifebird.de

I will not come to Germany this year and it remains uncertain if I will ever again. The Work which is to be done in Living Spring, with people as well as the developing projects, requires my presence. For spring, summer and autumn the following projects are being planned where two to four people each can collaborate. The projects are partly of a continuous nature while others are limited to a certain time period. They are an invitation to contribute to the development of Living Spring.

For everyone working full time on these projects, i. e. an 8-hour-day, accommodation and three meals a day are free.

The cost for coming here will be paid by the participant, including transportation between airport and Living Spring (\$ 40 per trip, if transport is not organized by the traveler him-/herself such as rental car)

When working only 4 hours per day half the cost for accommodation and board will have to be paid

Personal spiritual counseling and aiding the healing processes of the individual is obviously only possible in a limited way when fully working. However, everyone has the opportunity to participate in meditation and in exchange and interaction of the group. If intensive counseling is desired it will be better to structure one's work on an hourly basis so that there will be room for it. As most of you know true healing is invaluable and cannot be "paid" for. However, donations for the general work of Living Spring or taking over costs for projects are always welcome.

And these are the projects:

1. **Forest work**

From end of May on (continuously till end of June, co-operation 14 days or longer):

This includes following tasks:

- Cleanup of old fire damage in the young forest
- Collecting old wood on the fields
- Cutting up tree trunks with a chain saw
- Transporting the collected wood
- Splitting with a wood splitter
- Piling up the fire wood

From end of May two, from mid June four physically strong persons will be welcome for co-operation, one of them with practical experience with chain saws, if possible

2. **Garden of the guest house in town**

Mid May till end of May (14 days, 3 persons)

Mid June for a week: 2 persons (maybe incl. garden on Living Spring)

This includes:

- Garden planning
- Garden structure (staircase, place to sit, garden beds) and planning

3. **Porch of guest house in town**

From mid June (14 days, 3 persons)

This includes:

- Dismantling windows and removing the glass
- Sanding window frames (taking them to the glazier)
- Sanding wooden walls and painting everything

4. **Construction of two living units**

Begin of September (2 weeks, 2 persons)

This includes

- Co-operation with local construction people
- Experience in carpentry and/or house renovation desirable

5. **Maintenance of generators, machines, and tools**

Mid October for one week – 1 person with know-how

Anyone interested in the projects and team work who registers with us may, in consultation with us, come earlier and/or stay longer. If and how this will be possible depends on the availability of accommodation in case of overlapping. We can arrange for accommodation in town any time, but it would then be necessary to rent a car for daily transport to and from the land.

For all other guests and seekers accommodations here are possible if available. Prior contact as to time, duration etc. is recommended. For one or the other it may be advisable to only take over tasks on an hourly basis, and beyond that randomly as a donation. Karma-yoga is part of spiritual awakening.

Well, enough for now! When I drove to the land today it had started snowing again. The roads to the highway had puddles and deep mudded ruts. An adventure!!!

To all of you greetings and wishes for a rich life filled with joy.

Christa