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Cereals, their properties and relation to human development

Contribution to the Dynamic Nutrition Network

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The deepest meaning of the cereals for the spiritual development of human beings.



Cereales

El profundo significado para el
desarrollo espiritual del ser humano

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First of all a quick review of our current situation:

When we talk about cereals, first we have to look at where we started with agriculture as a culture and also we have to talk about cultivating crops. Today agriculture is mostly seen as agribusiness or agro-industry. When we look at it, we see that it is a mechanical activity, and in many cases it is already virtuality. Orders are given with virtual devices, and you no longer see human beings on the land. Farmers are not needed but technicians. And we talk about producing, not about cultivating.

That is very profound, when we talk about agriculture, we mean a culture, that is in the process of disappearing. And many people don't know any more how the different

cereals look like because they only know the packages with industrial cereal flakes that they can buy in the supermarkets. Industrially grown and processed products.

I work in many areas, including cooking and nutrition classes. I'm realizing that many, many people don't know about agriculture as a culture and cereals as a crop that is cultivated. They don't know the rich variety in different cereals but only know the cereals that are available in the stores for them to consume. But millet, rye or barley or other cereals are not known.

Some people don't know that flour comes from a cereal that is cultivated. That's what's happening today.

Situación actual

Agronegocio
agroindustria
agricultura



actividad mecánica-virtual
casi no se ven seres
humanos

Se **produce**,
ya no se **cultiva**

“CEREALES”

En muchos casos la
palabra cereales se
identifica con copos
industriales



La gran mayoría de la
población desconoce la
variedad de cereales
que podrían comer

Hay personas que no saben
cómo se obtiene una harina

¿Qué imagen recae sobre los cereales?

Son “poco nutritivos”, “aportan” pocos nutrientes.

Los almidones “engordan”.

El gluten genera intolerancias, alergias, inflamaciones y se lo vincula a múltiples enfermedades.

Some negative images start to appear. On the one hand, people say cereals don't have much nutritional density, meaning that they are not very nutritious or that they are fattening us. On the other hand, there is a very negative image of gluten in wheat, linking it to intolerances, allergies and autoimmune diseases and others. And there are more negative aspects.

Resultado  **Eliminar el gluten y/o los cereales de la alimentación**

¿Qué otros factores relacionados con estos problemas no estamos observando?

Problemas derivados del uso de agrotóxicos y de la aditivación de sustancias químicas en la producción y almacenado de los cereales.

Efectos nocivos de los minerales sintéticos que se adicionan a la harina y los aditivos químicos que se emplean en la elaboración del pan y otros alimentos a base de cereales.

Indigestiones, inflamaciones y otros trastornos vinculados a la insuficiente transformación de antinutrientes (lectinas, inhibidores enzimáticos, gluten, etc.).

¿Cuáles son los riesgos con los que nos enfrentamos como humanidad al eliminar a los cereales de alimentación?

¿Cómo podemos estudiarlos desde la **ciencia espiritual**?

I just want to give a first impression of the earth, the grain, and the flour, and what is happening to us today. And many recommendations from doctors and nutritionists end up eliminating gluten and grains from the diet. But one might wonder why these health professionals are not asking about other factors that are related to the problems we have.

For example, agrochemicals and the addition of chemical substances in the production and storage of cereals. The harmful effects of synthetic nutrients that in many countries are added by law to cereals and flour. For example, here in Argentina flour is often enriched with synthetic minerals and vitamins. And in the production of bread and many other cereal-based products, many chemical additives and flavor and texture enhancers are used.

In the same time we find a lot of serious health problems. And we have a lot of indigestion, inflammation, and related disorders. Due to the bad processing and on the other side there are also problem due to natural antinutrients found in cereals, like lectins, enzymatic inhibitors, gluten and others, because we have lost the knowledge that we had acquired as a culture in the handling of grains.

For example that it is important to soak them to deactivate inhibitors (antinutrients). And also the processes of removal, germination, malting, fermentation, and proper cooking of grains is knowledge that is lost. These are processes that make cereals not only tasty but also nutritious.

And then, here's the first big question, and I think we could ask ourselves, **What are the risks of eliminating cereals from the human diet?**, because some professionals, think that we should go that way to avoid illnesses.

But luckily we don't rely on them but we count with the knowledge from spiritual science to revalue again everything that is living in the consumption of cereals.

SER HUMANO

CUERPO (físico y etérico o vital)

ALMA (astral)

ESPÍRITU (yo)



“El alimento debe estar constituido de tal forma que permita al alma y al espíritu manifestarse en su plenitud.” **Dr. Wilhelm Zur Linden**

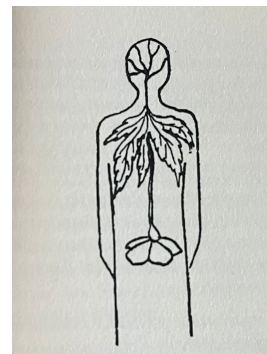
¿Cómo nos acercamos a una nutrición espiritual?

SISTEMAS EN LA ORGANIZACIÓN HUMANA Y TRIMEMBRACIÓN VEGETAL

Sistema neurosensorio – ámbito de la raíz (PENSAR)

Sistema rítmico – ámbito del tallo y hoja (SENTIR)

Sistema del metabolismo y el movimiento – ámbito
de la flor y el fruto (HACER)



And in this sense, it is always important to go back to an image of the human being, starting from the body, the physical body, the etheric, vital body, the soul and the spirit. And to start thinking about food as always nourishing the whole being and not just the physical body, as is currently the case with chemical nutrition.

Just like Dr. Wilhelm zur Linden says, “*food must be constituted in such a way that it allows the soul and spirit to manifest themselves completely*“. This is precisely what we are talking about today in terms of the importance of cereals. How do we look at this from the spiritual nutrition point of view. It is also always important to have these three levels in human being to be able to approach the plant organization. We can always find in the manifestation of the plant the relationship with the human organism and its different levels. And this is what I'm going to do now.

“La tarea del alimento es estimular las **fuerzas** humanas: aquellas constructivas del metabolismo y las de todos los demás procesos vitales. Y también, y sobre todo, las de la actividad anímica y las fuerzas espirituales del yo.” **Dr. Wilhelm Zur Linden**

**Los CEREALES nutren
todo el organismo humano**

Fuerzas del ámbito de la raíz (**PENSAR**)



Fuerzas del ámbito del tallo – hoja (**SENTIR**)



Fuerzas del ámbito de la flor y el fruto (**HACER**)



We have another expression from Dr. Wilhelm zur Linden where he says that “*the task of the food is to stimulate the human forces, not only to nourish the physical body, but also to the soul and the spirit.*”

Back to the cereals:

We can see how this gives nutrition to the entire human being. And for that, it is important to always start by observing grasses, the cereal plants. When one sows the grain, any of them, there is a long time, in which it seems that nothing happens, as if the plant is not growing. One is waiting for it to sprout, for the grain to form, and time passes and the plant remains in the realm of the root not visible for the eye.

There are many processes taking place where the root is interacting, precisely with that realm of the nutrition of the soil and of the mineral. This is giving strength to our forces of thinking later on. From this phase, the plant begins to show clearly its relationship with the light through the green leaves, and its growth comes rhythmically. Any grass, any cereal plant, is a clear example of how the leaves follow one another. The development of the leaves in a very rhythmic way. And that, later on, will be reflected in the formation of the fruit of the cereal, where it will also manifest itself again. This rhythmical development of the leaves feeds our feeling as a human being.

The feeling forces will express themselves in the fruiting. And anyone who has watched a cereal will have noticed that there is not flower. The flowers are small, you have to get close to the plant to see them, but they are there.

And the plant that develops in the realm of the flower and the fruit has a lot to do with our metabolic system. The realm of movement, a realm of warmth. If you look at our

metabolic processes, they are all embedded in warmth, so that's where the grain ends up settling and forming the sugars, which are not just any sugars, but complex carbohydrates. This has an important sense. And when we study how do the cereals feed us how do they give us nutrition. So, also in this aspect of grains, the forces of the flower and fruit end up consolidating. And finally, when we look at a cereal, at first, it was difficult to pull it out, it was very stuck in the ground, very close to the roots, and finally all the forces that were in the soil before reunite themselves at end of the maturity process in the grain. And at that stage you can easily pull out a plant without any effort, as if everything that lived in the ground before, all the mineral forces end up gathered there in the grain, and they go to nourish our thinking.

“Detrás de todo lo material está lo espiritual, y también detrás del alimento. Con el mismo nosotros no ingerimos solamente lo material que se presenta ante nuestros ojos, sino que además “comemos” lo espiritual que hay detrás” **Rudolf Steiner.**

¿Qué nos dicen los nutrientes en los cereales?

Relación proteínas / carbohidratos similar a la leche materna

“Transformar el almidón (carbohidrato complejo) en azúcar, fortifica.” **Rudolf Steiner**

Carbohidratos complejos

Riqueza mineral

“No comemos para tener dentro de nosotros este o aquel alimento, sino para poder desarrollar en nosotros las fuerzas que triunfen sobre el alimento.” **Rudolf Steiner**

Procesos de silicio y lecitina (fosfolípidos)

¿Por qué son esenciales estos aspectos?

“Todo el cuerpo humano es de tal forma, que encuentra su coronación en el órgano del espíritu, **el cerebro**. El cuerpo humano tiene una estructura que se adecua al proceso del pensamiento.”

Rudolf Steiner

“El cerebro es el instrumento gracias al cual el alma y el espíritu pueden expandirse en el ser humano.” **Gerhard Schmidt**

After taking this brief journey to the phenomena of the plant growth and what the plant tells us, let's look at the nutrients now. And we also look at them, as Steiner says, from behind, from the spiritual aspect that is shown in the physical level. There are various aspects, I'm going to show only three or four important ones in cereals. On the one hand we have this relationship in the analysis of macronutrients of proteins, carbohydrates, and fats.

It is interesting to see how this relationship is very similar to breast milk. For the child, when breastfeeding stops, the next food of a baby as it arrives here on earth can be cereals because the content and relationship of the nutrients carbohydrates, proteins and fat is very similar to breast milk.

In other cases, when you analyze this in animals, for example, you will see that their milk have much more protein than breast milk. And that has a lot to do with directing development towards the body, and not towards the brain, as is the case in humans. To

return to this aspect. Returning to the complex carbohydrates that I mentioned, that have a lot to do with the metabolic forces, with the area of warmth.

Cereals develop complex carbohydrates, and Steiner speaks about overcoming this complexity and make it our own. And he says this transformation of starch into sugar fortifies the human being. *"We do not eat to have this or that food inside us, but to be able to develop within ourselves the forces that transform the food"*. We need to make the effort to break down those complex carbohydrates. And it is those forces that we develop that actually give us our nutrition the ability to develop our thinking and our will.

Continuing with nutrients, let's try to think a little about what they are showing us. It seems to be mineral rigidity. We know that cereals, especially when they are whole grain they have a variety of minerals. What is very interesting to observe is what is linked to silica, the processes of silica. In some cereals, we will see it as something measurable in the grain, for example, in the case of millet, as well as others.

For example, the silica seems to be in the grain itself, but the principles and forces linked to the silica are expressed in the husks and in the shape of the grain ends.

This, added to the richness of phosphoric lipidic substances, the lecithin. It has a lot to do with the activity of thinking in the human being and the development of this area of thinking. And cereals, the whole cereals are especially rich in these elements that give us nutrition in the thinking.

This aspect of human nutrition is so important to look at, when we look at the whole human, spiritual being not just the body.

Steiner says again *"all the human body is such that it finds its culmination in the organ of the spirit, the brain. The human body has a structure that is suited to the process of thought"*. And this is key when talking about nutrition. You can see it, from the moment an embryo is formed, it is formed from the head. And observe since conception how all of the mother's nutritional resources have a tendency to go first to the brain in the foetus. If there is any element or situation that indicates malnutrition, the brain will be the last to be sacrificed. Other organs will suffer first, but the brain will always be protected because it is essential for human development. And when I say development, I'm not just talking about physical development, but also emotional and spiritual development. The brain is the instrument through which the spirit and the soul can expand in the human being.

So, in this regard, it is very important that we ask all these questions about the cereals and the processes and forces that actually serve the human being.

“El cereal es el alimento principal para el ser humano que manifiesta su naturaleza *yoica* en la capacidad de erguirse. Lo que actúa interiormente en el hombre como su yo, lo asimila el cereal en la luz que le llega desde afuera. Tenemos en claro entonces que lo esencial del cereal no radica en sus componentes materiales sino en la “espiritualidad” que nos revela en la evolución viviente de la planta.”

Dr. Udo Renzenbrink



¿Qué implica que los trigos actuales sean enanos?

We have two images here (figure): old cereals is patented as camut and farro and other ancient grains, and they were already nearing the end of their maturation process. And they measure about a 170 centimeters height. In comparison to that the cereals we currently eat are much shorter, around one meter. And a few years ago, in Argentina transgenic wheat was approved. And this wheat doesn't even reach 60 centimeters in height, it is are very short.

So, in that sense, it is also important to ask ourselves what that means, the different heights of the cereals. It's an archetypal image. Dr. Udo Renzenbrink (quotation). He talks about the vertical direction, this heightening that all wheat had compared to the shorter modern wheat varieties. And this has a lot to do with the image of the human being that needs this verticality. This is a real problem we are currently having with our food.

“Si meditás sobre el hecho de que el sol se halla dentro de cada cereal, si meditás hasta que el pedacito de pan se vuelva radiante y luego lo disfrutás, entonces serás consciente que del vasto cosmos el espíritu solar ha entrado y ha cobrado vida en nosotros.”

La Avesta, texto sagrado Persa



“Alimentarse significa volvernos terrestres pero sin olvidar nuestro origen cósmico”

Rudolf Hauschka

¡Muchas gracias!

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And in this case, I always find it very, very important to go back to the origin. I also realize that nowadays very few people ask themselves what agriculture consists of, how agriculture originated. For most people, that is not a question. And those who ask that question, have the image that we went from wild collection to agriculture by a magical stroke, without knowing why. It's very important to understand this development going together with the human development.

Because in that origin, we will find a lot that tells us about what agriculture really means for the development in the emotional and spiritual realm. Not only in the realm of the body.

This short text corresponds precisely to an old Persian culture (figure), that did a lot for agriculture to have this place in humanity. And that is the origin that we would have to look for and work on nowadays where we don't value cereals enough. In these moments that seem to be so depressing, we can see that cereals can bring light into the earth. And the cereals are capable to hold that light. In a way, it's like talking about nutrition again, without losing sight of the origin of the human being.

We need to remind ourselves on our cosmic origin. Hauschka says that eating food means becoming terrestrial. But without forgetting our cosmic origin. Today we focus too much on nutrients and lose the sight on the origin on how these nutrients are formed. How are the spiritual processes that act through matter to bring us the forces and allow us to reach our full potential. Steiner said, we need to take the matter inside us to develop forces that give us strength as human beings.

In the times we live in, I think it is essential to understand, what we eat in cereals, and what is happening now. And we can read this as signature of our civilization and our development of our soul and spirit. Thank you very much!