

Bread in the Order of Melchizedek, with No Genealogy

Bread for a New Consciousness in the transition from the material to the spiritual

“Then Melchizedek king of Salem brought out bread and wine. He was a priest of God Most High, and he blessed Abram, saying, “Blessed be Abram by God Most High, who delivered your enemies into your hand.” (Genesis 14:18-20)

“First his name means “king of righteousness”; then also, “king of Salem” means “king of peace.” Without father or mother, without genealogy.” (Hebrews 7:2-3)

The meeting of Abraham and Melchizedek can be understood as an initiation that advanced human consciousness. Melchizedek “brought out bread” as the carrier of the Living Substance to Abraham, who was the first carrier of individual consciousness for humanity. Abraham was able to recognize the spiritual act behind the material. Thus, this seminal event in the development of the individual consciousness, brought by one who was without father or mother, without blood ties, that is, without genealogy, is connected with the offering of bread.

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Rudolf Steiner regarded sourdough bread as a bread of the past, of the time before the development of the Consciousness Soul, the individual consciousness, when people related to each other in communities that relied on the group thinking and blood ties, on genealogy.¹ Similarly, in the case of sourdough bread the present is related to the past when a piece of the dough is saved to become the mother dough for the following batch of bread.

“As people began to be more independent from the principle of inheritance, they also started to change the way they made bread. Yeast bread and baking powder were developed. But because the origin of the bread yeast is a mushroom, the prolific and rapid fermentation character of yeast bread, which continues during the digestive process, counteracts the forces of the head and is for many people an obstacle for spiritual development.”²

Ordeum Malt Leaven³ Bread is a new bread that supports the individual consciousness. It is made “new” each time, without a mother dough, that is, with no genealogy. Instead

of using commercial yeast, which is a single strain of yeast that has been isolated and grown in a laboratory on a nutrient source that is rich in sugar (usually molasses), a multiculture natural leaven composed of wild yeasts with a full range of bacteria and enzymes is developed on sprouted and dried (malted) organic barley. (Barley was traditionally used to grow the original yeast.) These “wild” yeasts are wild because they are in the air and present on the grain.

The sprouted and dried (malted) barley goes through an alchemical process that is initiated by bringing the Life Forces of the sprouted barley into a dying process and then a resurrection, creating new life out of death (palingenesis).

This is reflected in the alchemical verse:

Ex Deo nascimur

In Christo morimur

Per Spiritum Sanctum revivisimus

Making the Ordeum malt leaven: Hot boiling water is poured over fresh ground sprouted/dried barley. This “damages” the protein, the cellulose, and the starch (dying) but leaves the enzymes intact, which are in fact activated to prepare a nutrient base that invites a certain culture of wild yeast and bacteria (resurrection). This culture is held at 80-90° F, and when the culture begins to come alive (after about 48 hours) it is fed with fresh stone-ground biodynamic/organic spelt flour and pure fresh spring water that has been energized with Ascension Day and Michaelmas dewdrops. After 12-36 hours (this, depending on temperature and atmospheric conditions), there is a second feeding with spelt flour, and the fermentation continues for another 12-36 hours. Then the culture is naturally air-dried and ground. One tablespoon of this dry leaven combined with flour and water will produce the active starter to make the bread dough for up to 40 loaves.

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The ideal time to make the leaven is during Holy Week, leading up to Easter. The process is started on Tuesday and is left to develop until Thursday evening, Maundy Thursday, the evening of the Last Supper when through the Transubstantiation the spirit of the Christ entered the substance of the bread, and the bread became the carrier of the Living Substance (Life Force), the carrier of the Etheric Christ. This is the incarnation of the Holy Grail.

On Thursday evening the leaven is fed (see above), and develops until Good Friday morning, when it is given the last feeding. On Friday evening, the leaven is placed in a refrigerator, where it “hibernates,” echoing the time during which the Spirit of Christ descended into the underworld. On Easter Sunday morning the leaven is ready to be dried. Each time the dry leaven is used for baking there is a re-birth, a resurrection, inviting the etheric forces to bring new life.

Making the starter: Three drops each of Ascension Day and Michaelmas dewdrops are added to fresh spring water, which is energized by speaking the above alchemical verse while making twelve lemniscates. Next, a tablespoon of the dry leaven and a teaspoon of Light Root (*Dioscorea batata*) powder are added, stirring into a vortex three times, one clockwise, one counterclockwise, and then clockwise again. This is combined with flour, and after a 1- to 2-night fermentation will produce an active starter to make the dough for baking.

Ordeum Bread is made from fresh-ground biodynamic/organic spelt or rye grain that has been slow ground on a granite stone mill. The resulting bread has a fresh delicate aroma and taste that is quite unlike sourdough bread.

The three aspects of Ordeum Malt Leaven Bread that contribute to the support of spiritual development

1. Ascension Day and Michaelmas dewdrops.

It was a tradition in Medieval Europe to collect the dewdrops at sunrise on Ascension Day, when the forces of the Risen Christ are present in the dew, helping the etheric forces in Nature to rise. In the fall these forces begin to descend back into the earth. Michaelmas, September 29, is the day of St. Michael, Archangel of the New Age, the New Consciousness.

The dewdrops represent forces streaming from the cosmic periphery.⁴ They are forces of abundance, coming to us from the Father, specifically the Beings of Form, the Elohim.

Dew = Dieu = Dauw = Tau = Tao

In the bread this force represents the Father.

2. Light Root® (Dioscorea batata).

The Light Root, a relative of the cassava, grows deep into the earth, getting thicker as it grows deeper, a sign of a strong Light Force presence.

“In 1924 Rudolf Steiner spoke about the plant *Dioscorea batata* and its importance as a future type of nutrition that would allow people to overcome materialism. ... In this connection the ‘light ether’, which the light root stores in a unique manner, is mentioned time and again. The light root becomes food, as well as a carrier of the spirit in a manner of speaking, and this could decisively influence the development of humanity and the earth.”⁵

In the Bread this force represents the Son. The light that penetrates the Darkness, the Christ Impulse going into the earth.

3. Sprouted/dried barley.

Barley has a relatively high content of silica, which is expressed in the way it grows, its strong “awns,” antennae, reaching upward like the “ah” gesture in eurythmy. These antennae receive cosmic forces through the silica (a transparent medium, as in glass, computers, etc.) and conduct the energy, the Life Force. This, certainly, is the task of the horn silica preparation in biodynamic farming.

In the Bread this Force represents the Holy Spirit.

Calling together these three forces of the Father (dewdrops), the Son (*Dioscorea batata*), and the Holy Spirit (silica) into the Ordeum malt leavened bread is meant to support the development of the Christ-inspired New Consciousness. My hope is that many other bakers will take up the baking of this bread as an antidote to the ensuing chaos as humanity transitions to a New Age.

The Bread alone does not feed us

What feeds us in the Bread

Is God’s eternal Word

Is Life and is Spirit

(Angelus Silesius, 1624-1677)

Footnotes

¹ *Erde und Kosmos, a Magazine for the Anthroposophical Study of Nature and Man*, published by Hellmut Finsterlin from 1975 to 1989. Available in digital form from www.agraffenverlsg.ch.

² Ibid.

³ Ordeum is Latin for “barley,” meaning “Order of God.” Barley is the basis for the Ordeum malt leaven.

⁴ *Course for Young Doctors. Meditative Contemplations and Instructions for Deepening the Art of Healing* published by Mercury Press, Spring Valley, 1994, p. 51. Also *Understanding Healing: Meditative Reflections on Deepening Medicine through Spiritual Science*, the complete lectures from the Collected Works of Rudolf Steiner (CW 316), published by Rudolf Steiner Press, 2014.

⁵ *The Light Root, Nutrition of the Future A Spiritual-Scientific Study*, by Ralf Roessner with contributions by Clemens Hildebrandt, published by Temple Lodge Publishing, 2014.

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