

Animals, Health and Resilience

Our responsibility for the land and the diverse role of the animals

Deepen Biodynamics 4th – 25th September 2023

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Welcome



Plants and Animals

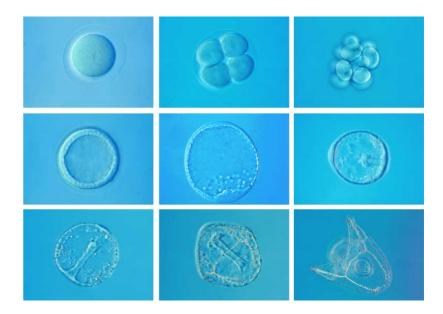
Alysoun Bolger



Green Surfaces Inside/outside Rooted Sensitivity Breathing in CO₂ Breathing out O₂ Uptake of nutrients Unfolding



Multi-coloured Round/volume Outer/inner/in between Movement Senses Breathing in O₂ Breathing out CO₂ Digestion Folding in

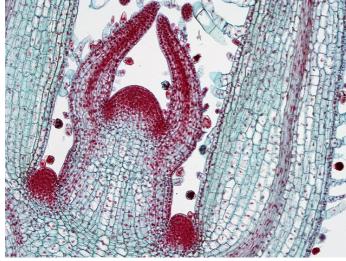


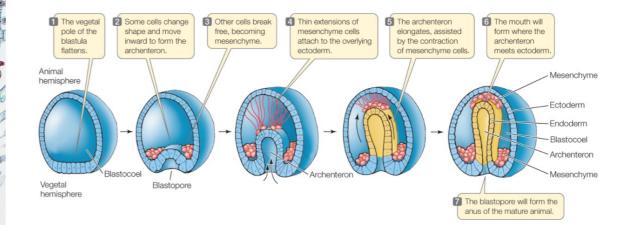


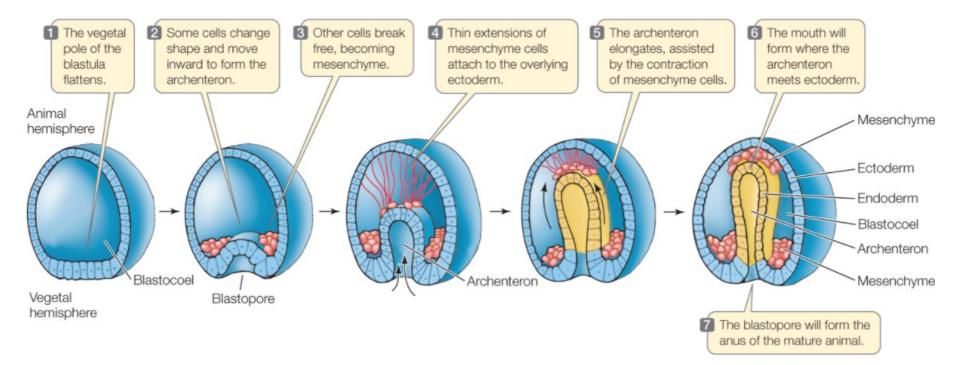












Three systems

- Nerve/sense
- Rhythmic/circulatory
- Metabolic/digestion







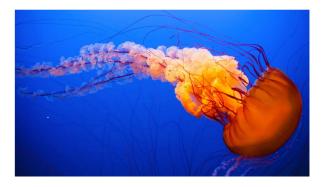














Break out session

Think of an animal that you know well...

How do they interact with the world through their senses?

What rhythms do they have, how do they move and breathe?

What do they eat (how often, how much etc.)?

What is their speciality?



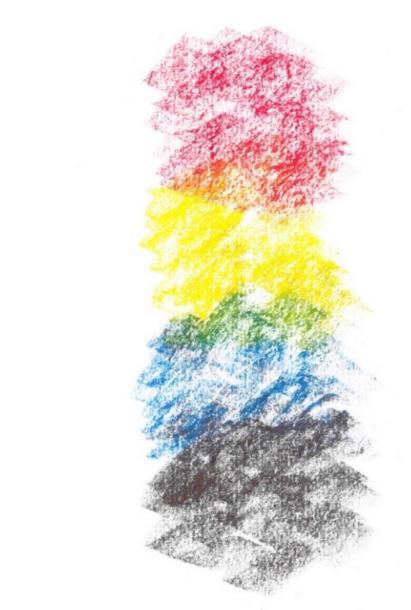
Break



Specialisation

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Elements



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Air

Warmth

Water

Earth

Rodent (doormouse)



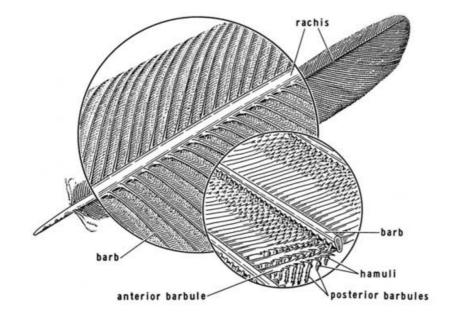




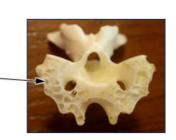


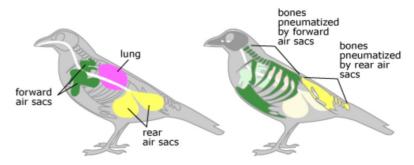
Birds





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Large Air Pockets Bird bone

Human bone

Bone and Bone Marrow





Introduction to Homework Exercise

Find a ruminant

(hooved animal with a complex digestive system – cows, sheep, deer, gazelle, goat) alive if possible, otherwise a photograph will have to do!

Sketch the animal three times in timed sketches (3 minutes, 2 minutes, 1 minute – set a timer!)

Write down the following (notes not essay):

- How do they interact with the world through their senses? Which senses are most active?
- What rhythms do they have, how do they move and breathe?
- What do they eat (how often, how much etc.)?
- How do they reproduce (when, how many offspring?)
- What noises do they make?

Homework continued

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Think through the elements (earth, water, air and warmth) – how is this animal connected to the different elements? Make some notes!

Finally, after you have built a picture through sketching and observation, use as few lines as you can to indicate the animal... make sure that you are indicating YOUR animal (not a general one)









Closing and further Information