

# Astronomic Farming

## Cultural heritage and new approaches

Online course  
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<https://www.sektion-landwirtschaft.org/en/training/deepen-biodynamics/deepening-courses>



18 breaths per minute

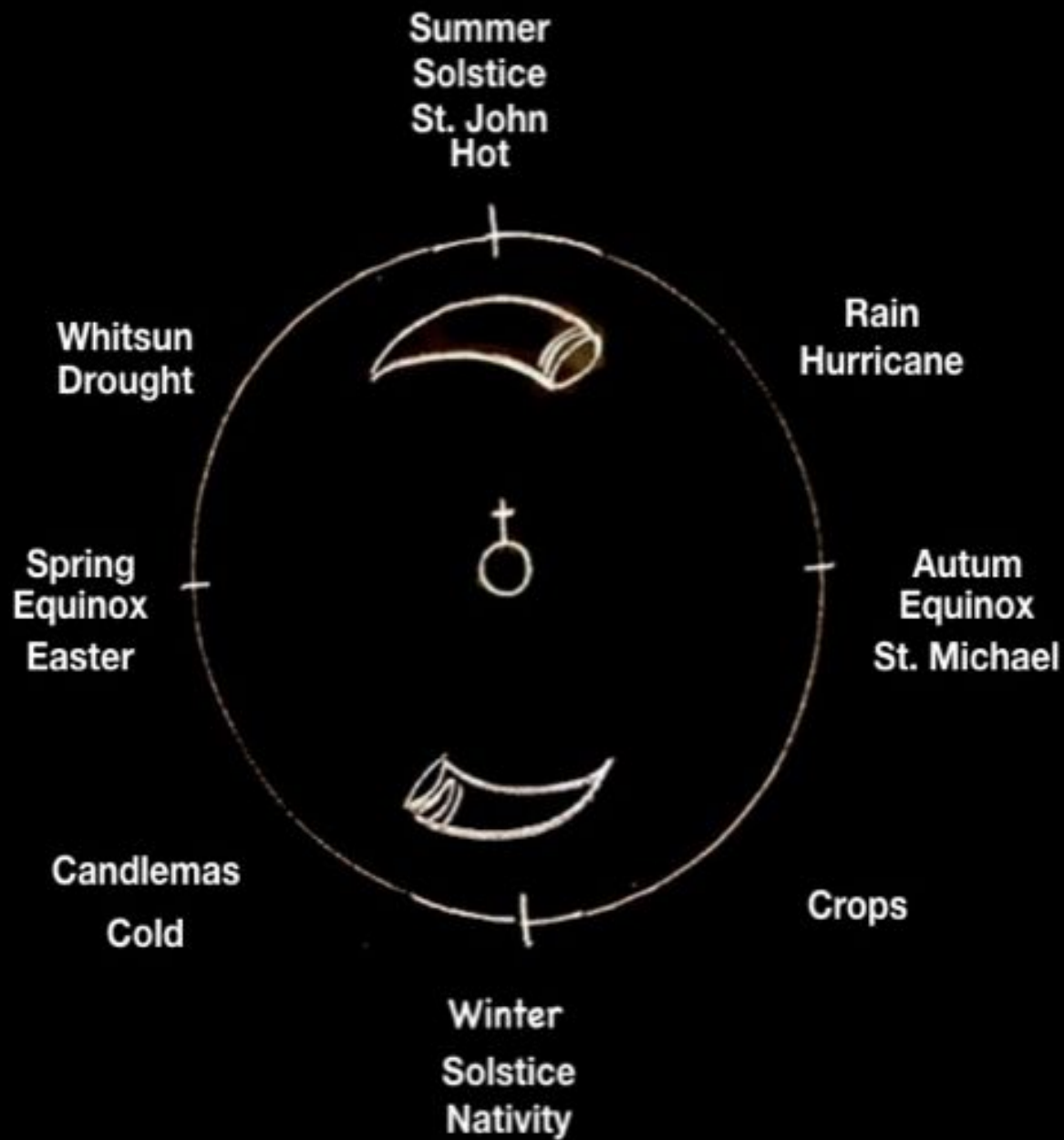
1,080 breaths in an hour

25,920 breaths in a day Day  
(24 hours)

Platonic year 25,920 years









## Rhythms and Cycles

| SEASONS | DATE<br>(Equinox / Solstice) | FESTIVALS     | DATE                                         | ELEMENTS    | TEMPERMENTS |
|---------|------------------------------|---------------|----------------------------------------------|-------------|-------------|
| Spring  | March 21                     | Easter        | variable according<br>to moon and<br>equinox | Water       | Phlematic   |
| Summer  | June 21                      | Saint John    | June 24                                      | Fire-Warmth | Choleric    |
| Autumn  | September 21                 | Saint Michael | September 29                                 | Air         | Sanguine    |
| Winter  | December 21                  | Christmas     | December 25                                  | Earth       | Melancholic |

# True Aspects of Human Nature

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The Goal

Eternal Laws

Spirit

The Personal

Inner Life

Soul

The Given

Senses

Body

## The 4 Kingdoms

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Human

"I" Being

Animal

Astral

Plant

Etheric

Mineral

Physical



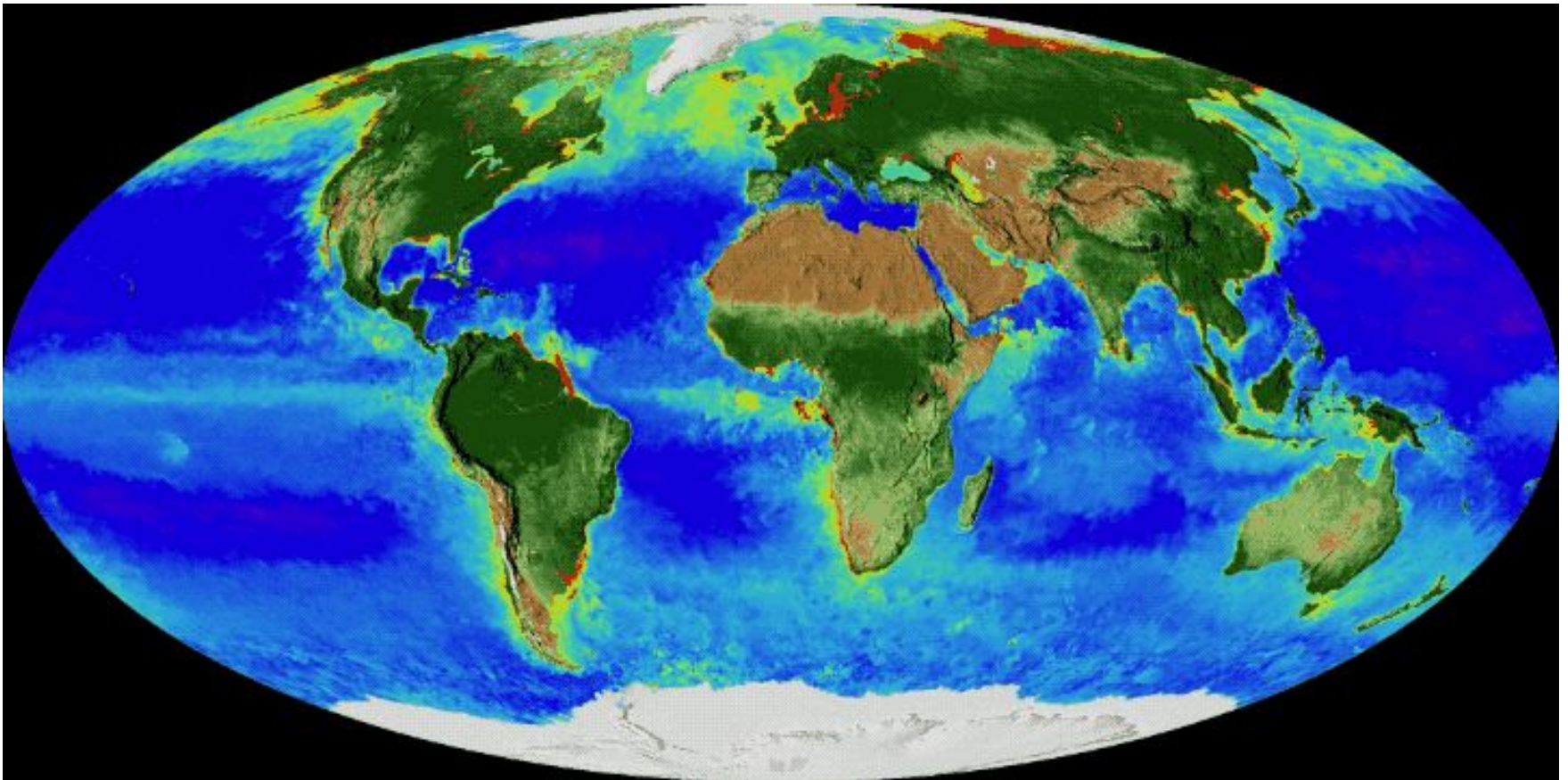
# Lithosphere



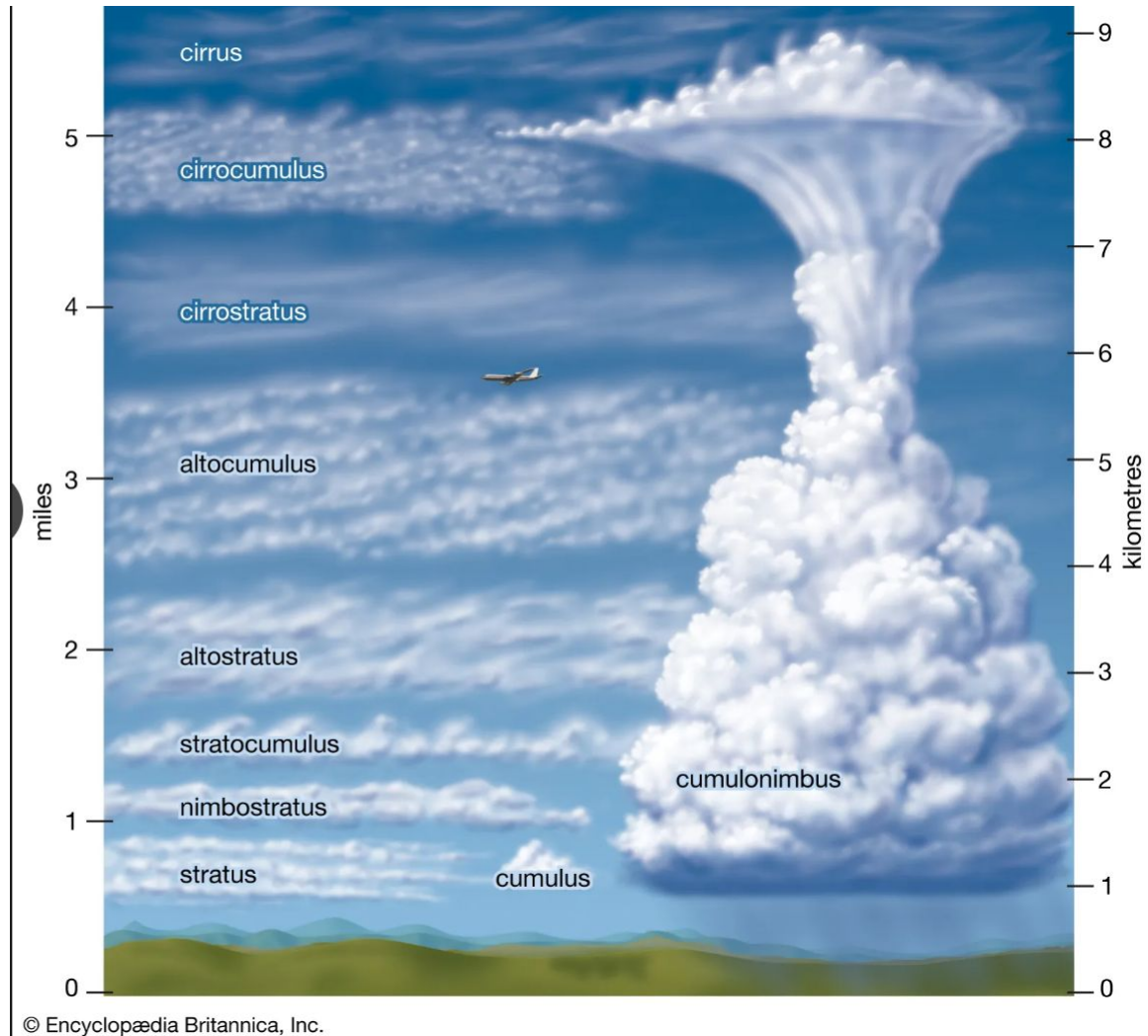
# Pedosphere



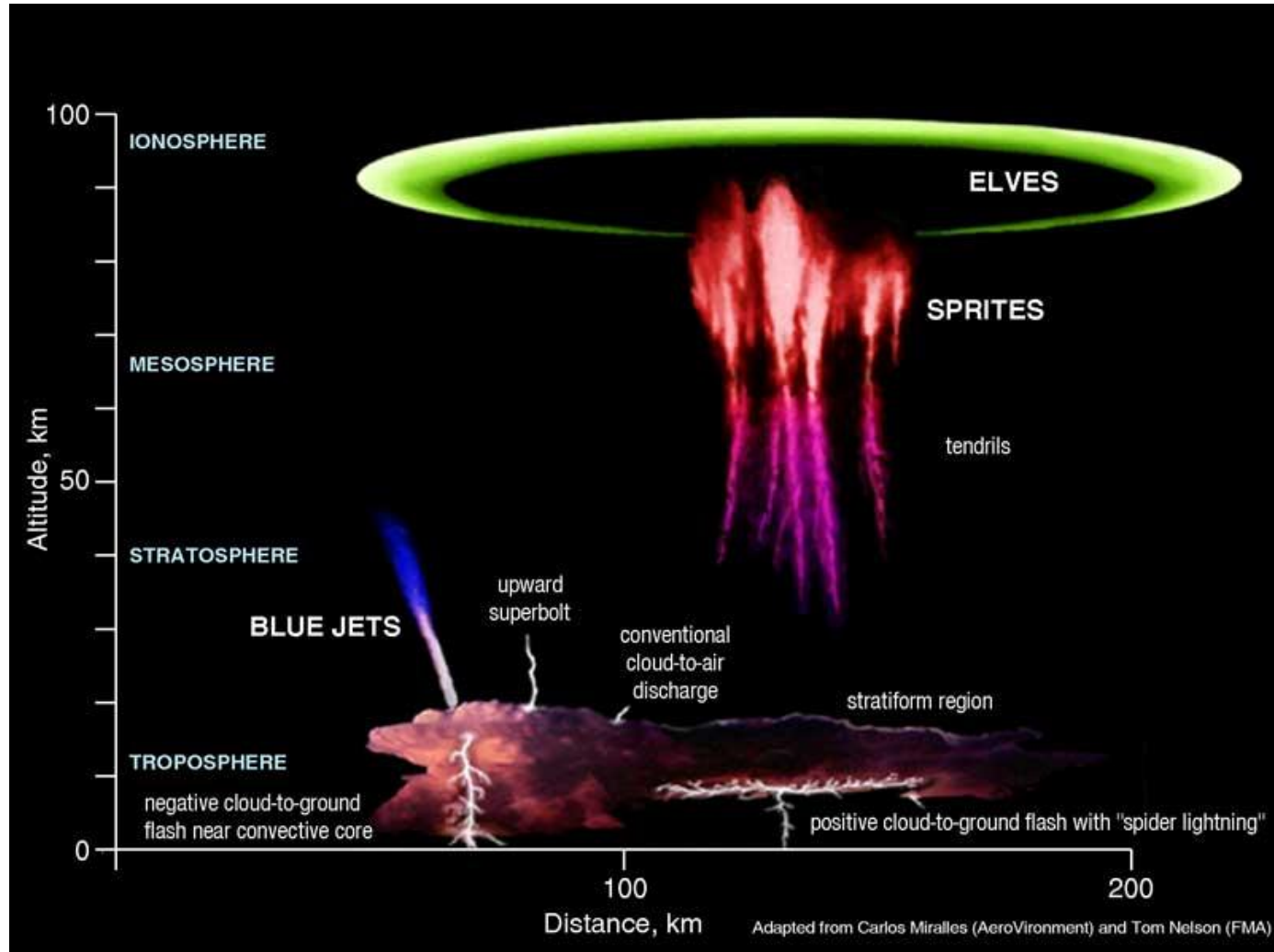
# Biosphere



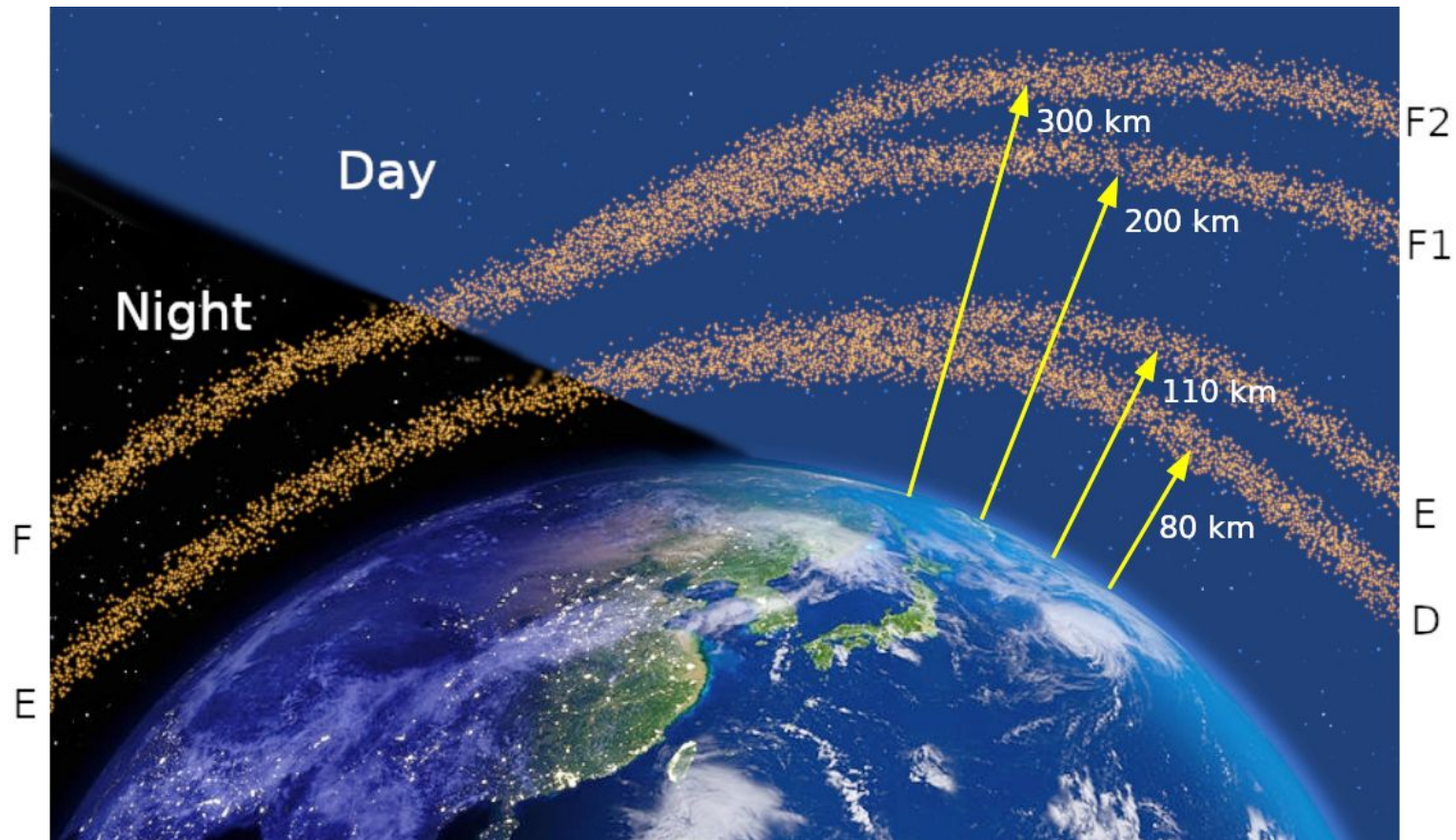
# Troposphere

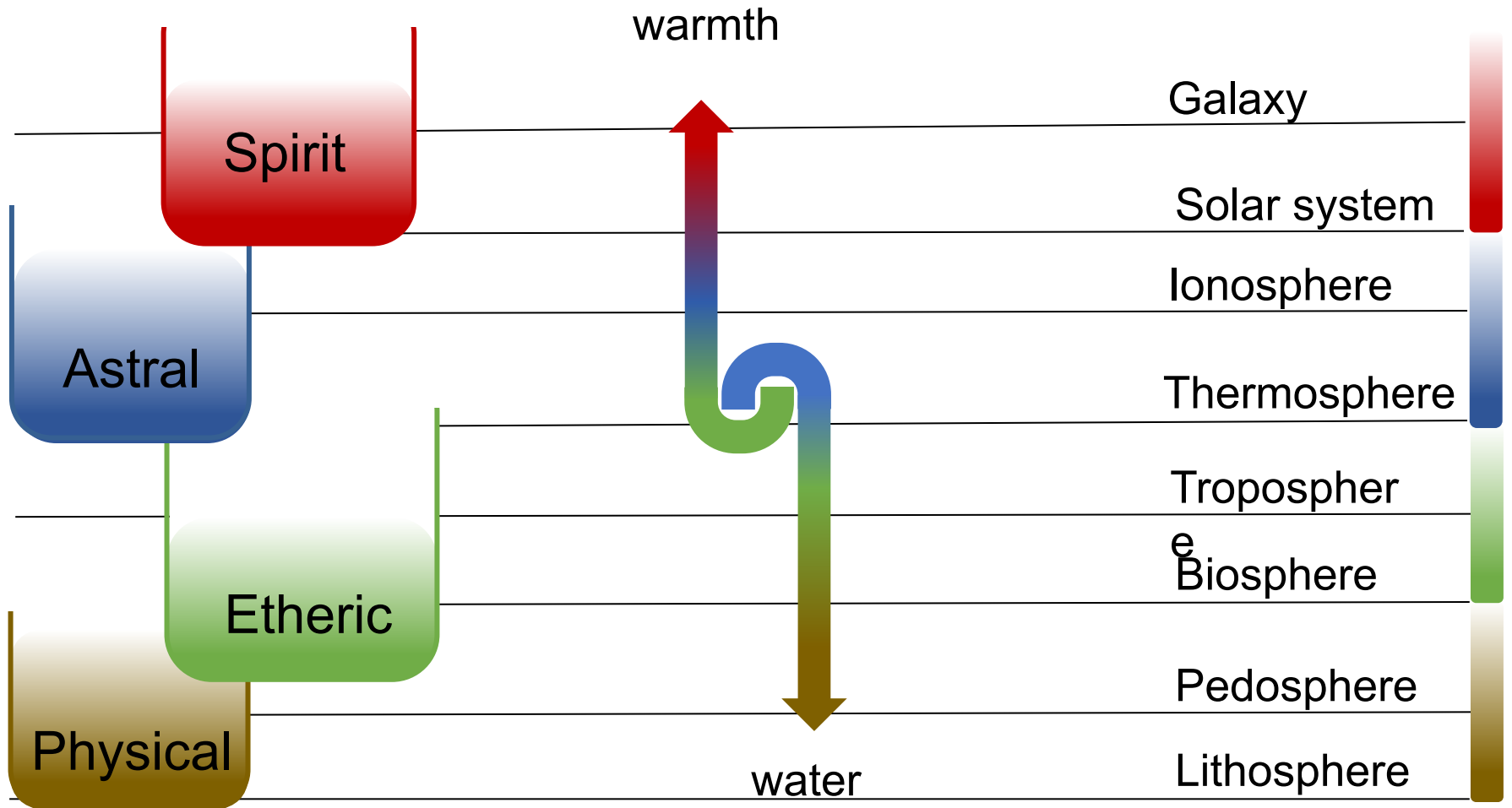


# Ionosphere



# Ionosphere





# The Washing of the Feet

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I thank you, silent stone on earth,  
and gently lean to you below.  
My life as plant I owe to you.

I thank you, grounds and meadows green  
and bend down close to you below.  
My life as animal depends on you.

I thank you animal, and plant and stone,  
and bow down thankfully to you below.  
You helped me to become all three.

And we thank you, you child of man,  
And kneel in reverence before you:  
only because you are, we are.

From all of God's creation, simple  
or so manifold, rise thanks.  
In thankfulness all being intertwines.

**Christian Morgenstern**

# References

- 1/2) <https://www.worldatlas.com/geography/what-is-the-lithosphere.html>
- 3) <https://en.wikipedia.org/wiki/Biosphere>
- 4) <https://www.britannica.com/science/atmosphere/Troposphere>
- 5) <https://en.wikipedia.org/wiki/Ionosphere>
- 6) <https://hackaday.com/2024/02/07/>
- 7) Based on Glen Atkin work  
<https://garudabd.org/apple-of-life/>