



# Biodynamic Agriculture & Anthroposophy

Deepen Biodynamics

Online course with Ueli Hurter & Jean-Michel Florin

27.11.2023 – 18.12.2023

## Week I: Man and nature

### Observation exercise I: Soil, sky, and horizon

#### Preparation

1. Take with you a pencil and a notebook
2. Walk and find a good place outside where you can see the natural soil, the sky and some landscape around you
3. Be open and ready to be surprised by the phenomena of nature, even if it's a grey day

#### Exercise

1. Look for 3-5 min. at the soil, then at the sky, then around you
2. For every observation, 2 directions of attention:  
A : What do I perceive ? How does this part of the world express?  
B : Then let the perceptions go and wait with the question: which inner impression, inner gesture do I get?

#### Closure

1. Close with a thank you, with a feeling of gratitude.
2. Then write your observations in your notebook