



Biodynamic Agriculture & Anthroposophy

Deepen Biodynamics

Online course with Ueli Hurter & Jean-Michel Florin

15.11.2021 - 8.12.2021

Week III, Farm organism & farm individuality

Observation exercise III: What is dying, what is emerging?

Exercise

1. Walk and look at nature with this question: What is dying, what is emerging?
2. During the observation, put your attention on: What do I perceive?
3. 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