

Goetheanum · Freie Hochschule für Geisteswissenschaft Sektion für Landwirtschaft Section for Agriculture Section d'Agriculture Seccion de Agricultura

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