



The farm organism for planetary health

Deepen Biodynamics

Online course with Lin Bautze & Jean-Michel Florin

12.09.2022 – 05.10.2022

Week I: What is a farm organism. Why do we need it.

Exercise I, Sensing the atmosphere

Preparation

Find a location outside.

Exercise

Open all your senses and try to perceive the first impressions, the different elementary moods, unbiased.

It is important to pay attention to the qualities: earth quality (solid or light ground under the feet), water quality (wet or dry), air quality (windy or protected), light quality (shadow or light), warmth quality (warm or cold), open/closed, vital/weak, etc.

Closure

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