



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 II, Landscape Mood Map

Material

Flipchart paper/Big paper

Pastel chalks or other colours

Preparation

A path for a short hike (less than an hour) is chosen before the beginning of the exercise. It is a good idea to visit as many different locations (that means wet-dry, in shadow-in full light, hot-cold, etc.) as possible.

Exercise

You (or the group) walk in silence through the landscape, all senses are open and you try to perceive the first impressions, the different elementary moods, unbiased.

It is important to pay attention to the qualities and their polarities, feel the mood in different places during the walk : 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.

It is also interesting to pay attention to the transitions and interruptions in the landscape: Where does something stop and where does something new begin?

Once you are back inside, each person (otherwise alone) creates a mood map (with pastel chalks) on a flipchart paper where a rough map of the observed landscape is drawn.

Closure

At the end of the exercise, each presents its mood map to the other persons. The mood maps are compared to reflect the richness of the impressions and to promote the exact memory.