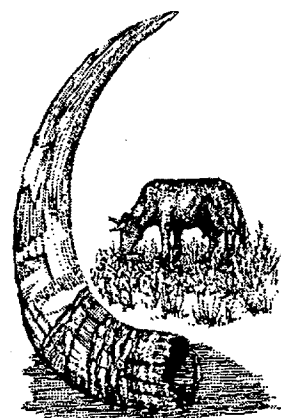


“Water is much more than
merely a chemical compound...”

— RUDOLF STEINER, *SPIRITUAL FOUNDATIONS FOR THE RENEWAL OF AGRICULTURE*
Bio-Dynamic Farming and Gardening Association, Kimberton, PA, 1993
trans. by C.E. Creeger and M. Gardner, 1993, p. 23.

SO THAT THE EARTH MAY BE HEALED

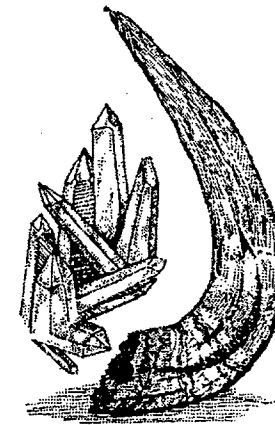
The Josephine Porter Institute
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ISSUE Nº 16

DANDELION PREPARATION: MESENTERY OR PERITONEUM?

By Hugh J. Courtney

A recent exchange of letters between myself and Dr. Ulrike Remer in Germany concerns a subject that I thought would be of interest to our readers and, in particular, to those biodynamic practitioners making their own preparations or contemplating that possibility in the near future. The subject concerns the mystery that remains as to exactly which part of the bovine is to be used in the making of the dandelion preparation. In lecture five of *Spiritual Foundations for a Renewal of Agriculture*, Steiner refers to the mesentery¹, whereas in a subsequent question and answer session, he states: ‘To my knowledge, the mesentery means the peritoneum.’² As a result of these two apparently contradictory anatomical references, at least two different pathways are in use when the BD practitioner goes to make this preparation. The exchange of letters between myself and Dr. Remer will perhaps provide some insight into this question and highlight the results obtained when one pathway or the other is followed.

Dr. Remer’s letter is quoted in part as follows:

‘Dear Mr. Courtney,

I am looking for persons who did the bio-dynamic preps with Dr. E. Pfeiffer. My husband and I recently traveled to Australia, and now we can say that in the whole world there are two main differences as to which part of the mesenterium is to be used (in the making of the dandelion preparation). It would be very nice if you could write me a short letter (advising) which part of the mesenterium Dr. Pfeiffer took. (Was it) the part from the small intestine, with the lymph glands, or the slimy, thin part around the rumen. Also, I would (like to) know if the preparations are at all in a humus-like situation, or is the structure of the blossoms visible. I think there are many individual ways to fulfill the task, but it would be great to hear from somebody who learned it from Pfeiffer’s advice. Which is the best article (by) Pfeiffer for making the preparations.’

My response, though lacking the brevity requested by Dr. Remer, offers a summary of my experience with this prepa-

ration over the years and it is hoped will be of interest to others besides Dr. Remer:

‘Dear Dr. Remer,

I am responding to your letter regarding the use of the mesentery in the making of the dandelion preparation.

In all honesty, I cannot state out of my own personal experience anything regarding Dr. Pfeiffer’s preference as to the part of the mesenterium to be used. My teacher, however, was Josephine Porter, who made the preparations for many, many years under Dr. Pfeiffer’s immediate direction. Dr. Pfeiffer maintained a high opinion of the quality of her preparations, even going so far as giving much credit to her preparations for the revival of biodynamic agriculture in Europe following World War II. At an early stage of her work with the preparations, Josephine expressed concern about the quality of her preparations to Dr. Pfeiffer. His response to her was to keep on making the preparations the way she was doing, because however she was doing them the preparations were turning out very well.

CONTINUED ON PAGE 3



ON A PERSONAL NOTE

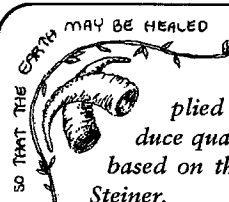
By Hugh J. Courtney

I make mention of the following to our readers not to evoke sympathy, but in order to advise of the difficulties being faced here at J. P. I. which may have some bearing on our ability to serve you as promptly as we might wish to do.

During the evening hours of May 13, 1996, my wife Elizabeth (Liz) was involved in a single car accident while driving back from a day trip to Roanoke, Virginia. A catalogue of her injuries as detailed by her surgeon included a shattered left femur just above the knee, a broken fibula and tibia just below the same knee, a broken ulna in her left forearm, a broken nose, a broken palate, two broken ribs and a bruised lung. Almost miraculously, however, Liz suffered no internal organ damage beyond the bruised lung and suffered neither spinal column nor brain injury. Some ten days after the accident, hospital staff discovered that the humerus bone in her left upper arm was also broken. Three trips to the operating room, a goodly stay in the hospital, followed by another lengthy stay in a rehabilitation center resulted in Liz being able to come home on June 22, although limited to a wheelchair for mobility. At home she will continue the long, slow, and often painful recovery process, but the prognosis is for nearly full recovery.

In the meantime, I have had to take on the additional duties of chief cook and bottlwasher, duty nurse, and many of the other tasks that Liz performed quietly and far more efficiently than I can manage. Because of my need to attend to these duties, my efforts to maintain my workload at J. P. I. have suffered and will continue to do so during the time it will take Liz to recover. We will hope to avoid too many dropped stitches, but at times, my kitchen, nursing or household duties must take precedence over the normal effort that I expend for J. P. I.

A great deal of thanks go to Lee McWhorter, and especially to Steve Yates for their hard work in picking up some of the workload and avoiding a great many dropped stitches that we might have had without their considerable effort. We appreciate your patience and ask you to please bear with us.



MISSION

The Josephine Porter Institute for Applied Bio-Dynamics, Inc., was founded to produce quality biodynamic agricultural preparations based on the spiritual scientific research of Rudolf Steiner.

It serves as a living memorial to Josephine Porter, a biodynamic pioneer for this work in America.

The mission of JPI also includes education and research in biodynamic agriculture.

JPI undertakes these tasks so that the Earth may be healed.

PROGRESS REPORT ON NEW BUILDING

We are planning an intensive 4-day work period from Friday, August 2 through Monday, August 5. During this time we will hope to complete most of the carpentry work necessary to have the new building under roof. Thereafter, we'll be working to finish the interior of the building, as well as installing doors and windows.

Production activities for making the Pfeiffer BD Compost Starter should commence some time this Fall. We welcome your contributions of money or labor to help us complete this important work.

BIODYNAMIC CONFERENCES '96

NINTH ANNUAL SOUTHEAST BD CONFERENCE AUGUST 23-25

FEATURING: Hugh Courtney (BD Preps), Hugh Lovel (Cosmic Pipe); Les Tenold (Dowsing); Havey Lisle (Bee Mites); Mell Saunders (Energy); Crazy Owl (Farm Walk); Allison Brooks Ader (Healing); Leland B Taylor (Growth); Jeff Poppen (Steiner's Ag Course); Scott Pearson (Ginseng)

Location: Blairsville, GA • **Info:** (706) 745-6056

Mid-Atlantic BD Conference October 4-6

FEATURING: Dr. Peter Hinderberger (Steiner & Nutrition); Hugh Courtney (Soil, Nutrition, and BD Preps); Bruce Blevins (BD Market Gardening); Woody Wodraska (Flowforms); Dr. Robert Putz (Aquaculture); Robin Stahr (Anthroposophic Nutrition); "Poppa" Tony Stettler (pickling) **PLUS:** Anthroposophic Art demos!

Location: Charles Town, WV • **Info:** (304) 876-2373
igg@igg.com • www.his.com/~claymont/claymontag.html

Join the BD Electronic Mailing list! Send email to igg@igg.com with a Subject of "Subscribe BD-L" & your FULL NAME & PHYSICAL mailing address in the body of the mail!

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Biodynamic Preparations Legend

BD #500– Horn Manure	
BD #501– Horn Silica	
BD #502 – Yarrow	} C O P M R P E O P S T
BD #503 – Chamomile	
BD #504 – Stinging Nettle	
BD #505 – Oak Bark	
BD #506 – Dandelion	
BD #507 – Valerian	
BD #508 – Horsetail (Equisetum arvense)	

WATER CONTINUED FROM PAGE 6
developed making biodynamic seedbaths with flowform water. He's able to treat all his seeds in this way and has reported good results.

The other one stirs his preparations using the Jarna flowform. He reports that he's able to spray more often, to use the preparations intensively, and has observed noticeable changes in his garden.

Flowforms warrant real study. We're seeing that different flowforms create different vortices and rhythms, each of which may be better for different applications. Some will be steeper than others, some will be faster — they all have different rhythms of movement.

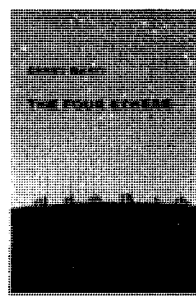
WE BRING TO YOUR ATTENTION two titles recently added to our list of available publications. Descriptions are taken from the brochure of the publisher, Schaumburg Publications, Inc.

THE FOUR ETHERS
by Ernst Marti

As a Medical Doctor, steeped in the insights provided by anthroposophy, Ernst Marti looks at nature in a very special way. He seeks out the manifestations of the four elements and shows how the elements are always clothed in a corresponding substance. The ether in reality is differentiated fourfold and each ether is clothed in a formative force. The question is asked where forms and shapes come from and it is pointed out how nature's beings bear form and substance as a unity. The differences between terrestrial and universal forces are analyzed and examples are provided of how these forces interact in nature. For an understanding of living organisms, Ernst Marti's thoughts will be invaluable.

\$7.95

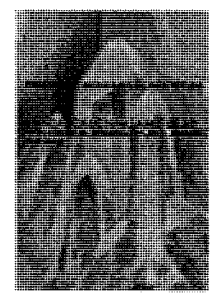
WE BELIEVE both of these books will be very helpful for gaining a better understanding of the concepts contained in Steiner's *Spiritual Foundations for the Renewal of Agriculture*.
Shipping and handling per order: \$2.50.



SILICA, CALCIUM, AND CLAY: PROCESSES IN MINERAL, PLANT, ANIMAL, AND MAN

This book, co-authored by Dr. (Lic.) Friedrich Benesch and Dr. (Med.) Klaus Wilde, is best described by Ross Rentea, M.D. in his foreword: "I believe this book will be an enormous aid to any seriously striving person who is trying to deepen his or her understanding of the world in general. I also see here a primer in Goethean science for the teacher...or for the doctor who wants to prescribed healing substances that will go beyond fixing a symptom, or for the farmer who is not only wanting to take something from the earth he is tending but wants to give something back to the earth." In condensed form, this book provides a wealth of insight into basic processes of nature.

Illustrated by Walther Roggenkamp. **\$14.95**



DANDELION FROM PAGE 3
from between the very fragile layers of mesenterial membrane.

Given a choice of the various techniques for making the dandelion preparation, I would much prefer to use the peritoneum (inside next to the dandelion blossoms) without splitting the two layers and would do it early enough in the course of the year to be able to hang it up during at least part of the summer to be exposed to the sun.

You had a further question regarding 'the best article from Pfeiffer' which described the making of the preparations. To the best of my belief and knowledge, Dr. Pfeiffer himself did not write any articles describing the making of the preparations.

What are some suggestions you have for Biodynamic practitioners who wish to experiment?

You might begin by watching the movement of the water in the flowforms. Become as observant a student of the movement of water anywhere as you are when you're stirring the preparations. It's an endlessly fascinating process.

You might want to work with the timing of the flowform mixing, the hour of the day that you mix, and the mixing of soil supplements. There's a farmer in New Zealand who makes his own fertilizer from fish offal. He finds that the breaking down of this material occurs much more quickly — in about a third of the time — and without the usual flies and odor when using the flowforms.

There's much more afoot.

I hope that you will find this response useful for your purposes. Since your letter prompted me to do quite a bit of thinking over my experience with this preparation, it has certainly been useful for me.

My belief that it would also be useful for others prompts me to include the above exchange in this issue of *Applied Biodynamics*.

¹Steiner, *Spiritual Foundations for the Renewal of Agriculture*, trans. By Creeger & Gardner, Kimberton, PA, Bio-Dynamic Farming & Gardening Assoc., Inc., 1993, p. 103.

²Steiner. *ibid.* p. 135.

³Steiner. *ibid.* p. 225.

WATER CONTINUED FROM PAGE 5

bottom of the barrel, first one direction and then the other. This requires a lot of work...especially as this work is often done in the evenings after a hard day in the fields and one is quite tired. To achieve it, one must really get into it! One tries to make the vortex ever more beautiful each time around. And then something very mysterious begins to happen about halfway through the process. One realizes that one is no longer tired, and that the material begins to 'stir itself', takes far less effort to move than it did at the beginning, that there's a kind of cohesion in the body of water, and the drops become quite different. So it becomes a very exciting process and from there on, one's attention becomes even more focused.

By taking the biodynamic preps and allowing them to partake in this rhythmical treatment, extraordinary things begin to happen. By transferring or releasing the forces into the water, the water 'carries' the forces, holds them, connects them, bringing into itself a dialog of the earth and cosmos via the watery element through the vortex to the soil and plants.

The vortex is the water's sense organ. Through the stirring, the whole cosmos is brought into activity. We can see this in the various movements, orientations and depths of the vortex. We have a number of experiments whereby one can see this quite readily.

And what are those?

You have a funnel vortex and it is very interesting. When you put dye in the water, all types of rhythms/pulsations appear which are going on but are simply not visible until the dye is put in. We can see that water moves but not how it's moving.

If we grate styrofoam on the surface of the vortex we can see differentiated movement. Those bits toward the center tend to rotate about themselves. This orientation reminds us of the movement of the planets. Those bits further out tend to move in a circular fashion around the center of the vortex but *maintain an orientation in one direction*, as if fixed, oriented toward the fixed stars.

We also see many movements up and down the funnel vortex, pulsating sheaths that are very interesting. A great deal more can be done with this.

The Institute for Flow Sciences in Herrischried has inaugurated a two-year research project on the stirring of the preparations and every aspect around it. It will study the different stirring modalities for the biodynamic preparations as well as the nature of the vortex itself. Experiments will be performed with a number of stirring devices — the 'Oloid' developed by Paul Schatz, Flowforms developed by John Wilkes, the 'turbula', also out of Schatz' work, as well as with the shape of vessels in which the preparations are stirred.

The nature of vortex formation, the physics of flow dynamics, the phenomenological study of the vortex itself and the different qualities imparted to water through different vortex forms through the Drop-picture Method will be studied at the Institute for Flow Sciences.

Researchers are going at this whole question from a number of angles. The first of these is that they are looking at the physical basis of the dynamic of flow, from the classical vortex formation to modification of the vortex by varying the

frequency and intensity of stirring, and the shape and size of vessels. Second, they're looking at the quality of stirred water through the Drop-picture Method. Last, they're asking, 'what is the optimum water' — rain water, spring water, stream water, distilled water? They're looking at the temperature of the water. They're looking at different pumps and ways to administer the preparations without damage. Differently treated and stirred waters will be studied in relation to their effect on soil and plant life at the Institute for Biodynamic Research in Darmstadt, Germany.

Do you garden Biodynamically?

Yes, I have a garden and I work with the preparations. We're making some of our own preparations and we certainly stir them. We have a biodynamic study group here, we have biodynamic practitioners who are becoming more and more interested in our water workshops, our work with flowforms, and other activities of the Institute for Water Research. This fall I will give a talk and workshop at the Biodynamics Association meeting and I will speak to a biodynamic group in Oregon in November. In 1997 it appears that the theme of the annual biodynamics conference will be around Water.

And, of course, there is my work with flowforms. When Schwenk raised the question, 'How can we rehabilitate water?', he went on from there to study its nature and movement. George Adams worked with Schwenk and found that forms of water movement were related to forms found in the organic world. John Wilkes, a superb technician and sculptor, developed actual models for the movement of water based on Adams' geometric findings. The question was whether forms common to water and the organic world could help rehabilitate water. The later development of the flowform is an aspect of this earlier work. The flowform brings water into a lemniscatary, or figure-of-eight, rhythmical movement. The water comes in, moves into one vessel, then pulsates into another in a figure-of-eight pattern; at first the vortex moves in one direction, then opposite it in these vessels.

These movements have been found to be helpful in three areas. They are very effective in terms of water treatment by bringing rhythm into water where there is very little. Preliminary observations show that water treated rhythmically by flowforms produces larger and healthier plants. Flowforms support the microflora that help keep water clean. They also oxygenate the water through movement of the microvortices that are formed — whenever two planes of water move past one another, a train of vortices is created. At the micro level, you get an 'inhalation' of air, as it were. So flowforms are quite efficient oxygenators. The flowforms also mix different substances thoroughly, and it's done without any moveable parts other than the pump. It's done in the flowform through gravity and proportion.

In New Zealand, more than fifty farms and gardens use the flowforms to treat dairy shed effluent and to stir preparations, from small scale farming to large-scale farming. Flowforms are helpful in stirring the large amounts of preparations that are then dispersed by airplane.

In this country we have two farmers working with the flowforms. One is working with a smaller form we've

DANDELION FROM PAGE 1

When she taught me regarding the dandelion preparation, her choice was the peritoneum, which is, perhaps, what your letter refers to as the 'slimy, thin part around the Rumen'. As to the condition of the preparation when it is dug up, my own experience is that a more humus-like preparation is obtained when the peritoneum is used. *However, there is one important factor that must be observed.* It makes a tremendous difference if one has the inside of the peritoneum as it exists in the cow or the outside adjacent to the dandelion blossoms. Therefore, it is extremely important when the animal is slaughtered that some sort of tag is placed on the outside of the peritoneum to ensure that one side can be distinguished from the other. When making the preparation, the dandelion blossoms, after being lightly moistened with dandelion leaf tea, must be placed on the *inside* of the peritoneum and then carefully sewn up. The dandelion leaf tea, of course, must not be so hot as to scald the life out of the blossoms, but can and should be warm enough that it can be easily tolerated when it contacts your skin. The resultant preparation will much more readily be of a humus-like condition when made in this fashion. If one errs and places the dandelion against the *outside* surface of the peritoneum, the result can be a slimy silage-like, foul smelling mess, with the original blossom structure and colors still readily identifiable.

If one uses the membrane that holds the intestines together which is also known as the 'islands of mesenteria', then a somewhat 'unfinished' preparation results, with the original blossom structure still very much in evidence. People often make the dandelion preparation by carefully peeling the two-layered intestinal mesentery membranes apart from each other and then removing the fatty material. The extremely thin, virtually transparent membrane that one obtains yields a somewhat 'unfinished' preparation as well. The blossom structure is still very evident and there is much more white fluff as though the blossoms had ripened further while in this membrane. If one does not split the mesentery material, one can obtain a more 'finished' preparation, but nowhere near as humus-like as when the peritoneum is used. With the mesentery it has not seemed to matter that an 'inside' or an 'outside' surface is used next to the dandelion blossoms. Admittedly, additional experimentation might be warranted to establish this observation with greater certainty.

While Rudolf Steiner used the word 'mesentery' during the

actual lecture five when he described the dandelion preparation, he also referred to the 'peritoneum' during a subsequent question and answer session at Koberwitz. As a result, this question as to what part exactly to use has always been a puzzle to the biodynamic practitioner. In my experience, I arrived at a certain clarity in my own thinking only when we were able to do a slaughter here on the farm. During many trips over the years to slaughterhouses in this area to obtain the various parts for the preparations, even though I was present on the slaughterhouse floor, it was still not possible to examine the amazing structure of the internal organs closely enough to realize that the peritoneum and the mesentery are both essentially the same membrane. By virtue of the

most marvelous engineering wisdom, the peritoneum, a double layered membrane, attaches to the rib cage near the backbone and then launches into the cavity created to hold the internal organs and folds itself around various organs including the intestines. When the intestines are laid out on the ground or the floor, the 'islands of mesenteria' surrounded by the circle of intestines have the appearance of a fried egg, but in reverse, with the yoke surround-

ing the white (i.e., the intestines surrounding the mesentery - a picture that possibly led to the term 'islands of mesenteria').

By far the best dandelion preparation that I have experienced comes from hanging the pillows of peritoneum stuffed with dandelions in the 'summer sun' much in the manner described by Rudolf Steiner for making the yarrow preparation. In Steiner's hand written notes for his presentation of the lectures given at the agriculture course, there is a definite suggestion³ that the yarrow process is something that could be applied not only to the dandelion preparation, but also to the chamomile preparation as well. Our solution for suspending both of these preparations in the summer sun is to surround them with fibreglass window screening. The bag of fibreglass screening is then hung high off the ground. During the course of the summer, the excess fat contained in the peritoneum or mesentery tissues is heated enough to melt and extrude from the membrane, and can then easily be scraped from the screening. By the time the Fall of the year comes, a great deal of the fat has been melted out of the membrane of the peritoneum or the mesentery. This is, of course, a much more efficient way than the usual technique of scraping fat

WHAT'S WHAT

Mesentery - A membrane that attaches various organs to the abdominal wall. The term is used particularly to refer to the membranous fold that encloses the small intestine, attaching it to the back of the abdominal wall.

The mesentery contains the arteries, veins, nerves, and lymphatic vessels that supply the large and small intestines.

Peritoneum - The two-layered membrane that lines the wall of the abdominal cavity and covers the abdominal organs; it contains blood vessels, lymph vessels, and nerves.

The most important functions of the peritoneum are to support the abdominal organs, to produce a lubricating fluid that allows the organs to glide smoothly over each other and the abdominal wall, and to protect against infection.

- *The AMA Encyclopedia of Medicine*,
New York: Random House, 1989

A NEW WAY OF LOOKING AT WATER: AN INTERVIEW WITH JENNIFER GREENE

Jennifer Greene is director of the Water Institute of Blue Hill, in Maine, which works with water management, water rehabilitation projects and water education all over the world. As a principal of Waterforms and Associates, Inc., she is involved in the design and installation of flowforms in public and private settings. Flowforms serve to enhance the environment for meditation and therapy, educate about the nature of water, reduce urban noise, and revitalize water, as well as to stir biodynamic preparations.

For more information, contact the Water Institute of Blue Hill at Rt. 177, P.O. Box 930, Blue Hill, ME 04614; Telephone (207) 374-2384; Fax (207) 374-2383.

What is important about water?

It is an element for life. Theodor Schwenk, author of the classic, *Sensitive Chaos*, gave us some beautiful images: Water serves as a medium for action of every kind of force, even the smallest. As a mediator, it serves buoyancy between gravity and levity. Our brain's buoyancy allows us to think. It serves color which arises through the interplay of dark and light. The rainbow is a prime example. It serves the neutral realm between acid and base, as it mediates all chemical changes. It serves rhythm and pulsebeat as an interplay between motion and stillness. It serves the multiplicity of form creation and metamorphosis in the fluid states between the solid and volatile, and most important, it is involved in the realm between life and death.

Our task is to deepen our consciousness, to find a new consciousness in water that pertains to it as an element, that has a relationship to its nature. We ask of it a great deal.

Water is by its very nature open, receptive — this is its nature. We need to understand water as an element in and of itself.

Most of the education, most of the work with water deals with pollution issues on one hand and mechanicals on the other. We know a great deal about pollution because of the condition the Earth is in, the watery household of the Earth. And we know a great deal about the mechanics of water from engineers who manipulate water one way or another.

The leaders in this new way of looking at water are Theodor Schwenk and his son, Wolfram. The elder Schwenk founded the Institute for Flow Sciences in Herrischried, Germany. His son, with his colleagues, now runs the institute. Our institute, the Water Research Institute of Blue Hill, works in association with them and it is from them that we receive an enormous amount of inspiration and help. They are on the leading edge of the work of understanding water in this new way.

There are a number of imaginations which Schwenk brought forward that are immensely valuable for our consideration of

by Kathryn Dagostino

the question, 'what is the nature of water?' For Theodor Schwenk it was important to know water as an element before he set to work trying to rehabilitate it. His deep concern was with municipal water supplies and creating water for the masses of people to drink, water that was refreshing and nourishing. Our current public water "re-use regime", gives us water that meets hygienic parameters for acceptability. But we see many people rejecting it and buying bottled water instead. This has become a major multi-billion dollar business all over the world. People buy this water because there's still something missing from treated water; it's not nourishing, it's not refreshing, it lacks vitality.

Schwenk developed the Drop-picture Method in the late '50s and '60s as a diagnostic tool for water to determine its quality in terms of vitality. Very simply put, through the means of a double-optical bench and Schlieren optics, it became possible to see the patterns of movements between given specific layers of a water sample. Drops of distilled water are dropped into a sample, setting it in motion.

It has been found that there's a correlation between the resulting patterns and water quality. After a sample has been moved by a series of 35-40 drops, a biography or pictorial qualitative story is developed. When the picture is form-filled, complex yet balanced between vortex forms and linear forms, and has had a steady development from one drop to the next, then water can be seen as being of good quality. It shows its vitality through its capacity to create many forms and to move freely while being open to the subtlest influences of the cosmos and earth.

This brings up the question, 'what is good water?' When asking the authorities, they will say water is good when it has no heavy metals, no taste, no color, no biological load and no hydrocarbon pollution. In other words, good water is good when it's not bad.

If it's refreshing and tastes good, it is good, but beyond that we know little about its qualities. The positive qualities of water are of concern for many people in the health industry and for the public at large.

Is it important for people to learn about the nature of water, to experience it in their lives?

It's essential. It's essential to come to an understanding of its nature. It's like knowing a person's name but knowing very little about them. We are at that stage. If we treated human beings the way we treat water, they would be greatly affronted. We're of course finding ourselves more and more in this situation with total disregard, an 'out of sight, out of mind' mentality. 'You can have my stuff, take it out of my environment'. What do we do in return for this life-giving element? You can see where it's getting us.

If we can begin to understand water through it's anomalies,

through the way it moves, as a mediating element, and start to develop a picture of its qualities, we'll be on our way toward true remediation of, and reverence for, this element.

How do you suggest that people can go about doing that?

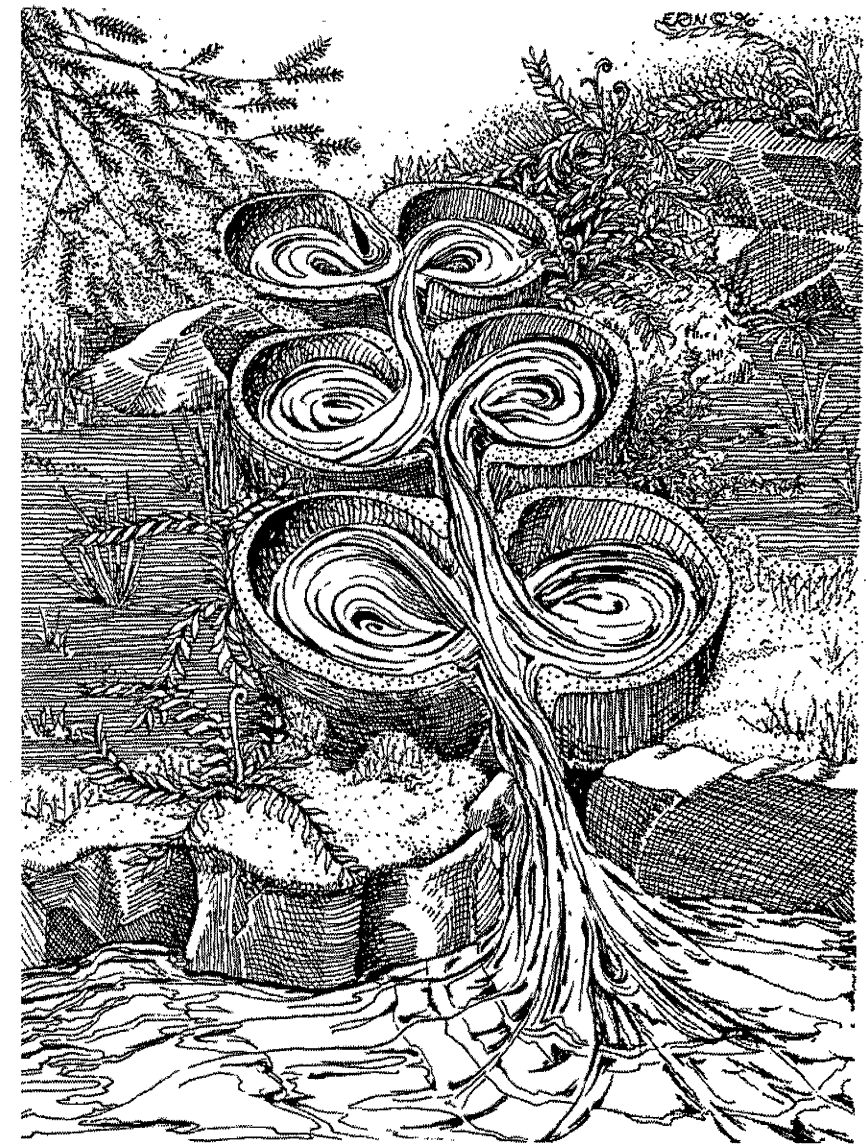
One of the first ways is to look at water wherever it is in nature and see it in its relationship to other kingdoms of nature, where it mediates in the natural world, and what the conditions are around it — if you see what is different in the landscape when water is there; if you observe water when you pour it from a pitcher into a glass, noticing its form. Notice what happens when you put the cream or sugar into your tea or coffee, and watch the eddies and up-wellings. Observe the sun shining through steam rising from a cup of tea.

Notice dusk and dawn and become aware of the qualities there. Become aware of where water is, even if it's not readily apparent.

Notice it in nature, how it is when still, then when it begins to flow. When a drop of water falls on a still lake surface, the larger waves and the capillary waves are quite different. If we watch the surface of water, watch the waves of water, watch when water is still and how it reflects — the 'sensitive chaos' — we cannot help but see the many faces of water and become wonder-filled with this element.

What can happen when one begins this awareness and develops a relationship with water? What can we discover?

We can begin to discover water's relationship to movement and rhythm and how it regulates itself in movement. Look at a small stream and notice what's underneath, just underneath the water's surface. Watch what happens when water moves over a solid surface and at the border of a solid surface. Notice where stones of different sizes are deposited and where sand and silt are deposited in a stream. This is the biography of this wonderful movement, always shifting, ever new. We can understand something about the nature of



wholeness in water's flow. It always wants to be connected in a totality, in a continuum of movement. It wants always to be whole. That wholeness, the form of wholeness where water can move in every direction, is that of a sphere. It always works to come back to a sphere, where it can have a continuum of movement. Almost everything that occurs in water's movement shows this tendency. Look at water moving down an inclined plane, as a little trickle swinging back and forth, as if trying to return to spherical form but becoming a meander.

Does water become more alive when it's noticed?

I think when anything in nature is noticed and regarded and comes to be known inwardly, two things happen. We ourselves find certainly a different relationship to it, that we have changed and that we have become more reverent, quiet and wonder-filled. I think

one can sense that something is freed in the object observed, something is moved, something becomes vital again. Rudolf Steiner speaks of this several times, that when we come to know something in nature — a plant, an animal or water, that when we come to understand it inwardly, in a fashion that allows its more hidden nature to be revealed, then at this point the elementals are freed. This is truly a remarkable experience and I wish it for everyone. But it requires work.

We know that when we look at a landscape that's beautiful, there's a certain harmony to it. Part of what's harmonious is that there's movement and there's rhythm and there's balance and that it's alive. Just as when we feel that we as human beings are known, then we begin to blossom and thrive, so it is with everything in nature.

What is water's role in the biodynamic realm?

Rudolf Steiner gave indications in the Agriculture course that the Biodynamic preparations be stirred in water. I myself have had experience stirring rather large amounts of preparations by hand and found that it's a very arduous task at the beginning, certainly not easy to move a volume of say, fifty gallons of fluid in such a way that the vortex gets down to the