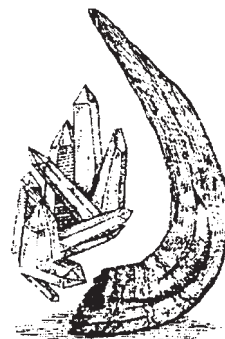


Applied BIODYNAMICS®



Winter, 2002–2003

Newsletter of the Josephine Porter Institute • Woolwine, Virginia

Issue No. 39

And opening their treasures they offered him gifts of gold, frankincense and myrrh. — Matthew 2:11



The Three Kings Preparation – Sharing the Experience

In 1999, JPI was first introduced to the Three Kings Preparation. Jennifer Greene¹ wrote the following to Hugh Courtney:

“Hugo Erbe, a long time biodynamic farmer in Germany (1895-1965), had a very close connection with the Elemental world. After the bombing of Hiroshima and Nagasaki, he observed a massive disruption and flight of beneficial elemental beings from his farmland. They were being demonized. As a healing for the damage done to the earth organism, he developed this preparation out of the gifts of the Three Wise Men – the gifts of gold, frankincense and myrrh prepared as a biodynamic preparation. He discovered that these substances are able to:

- Be an encouraging live elixir for the elemental beings well disposed to us through the gold,
- Lead the elemental beings back to their favorable connections through the frankincense,
- Help our higher ego to take the lead over bereft and abandoned groups of elemental beings.”

The Three Kings Preparation as it is known, is applied on Three Kings Day or Epiphany. Though the day to observe this holiday is January 6, the season of Epiphany and its influence, just as is the case with Christmas (December 25) or Michaelmas (September 29), lasts for several weeks. In late 2002, we sent a request to biodynamic practitioners for their anecdotes and experiences of the Three Kings Preparation. The following are their responses to how the surrounding environment, and at times how they themselves were affected.

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Notes

In the 1940s, biodynamic pioneer Hugo Erbe realized that the atomic fallout in Japan made quite a destructive impact to the elemental world. To remedy their plight, he created a preparation to heal, protect and nurture these elemental beings. Since late 1999, JPI has been fortunate to be part of the distribution and information sharing of Hugo Erbe's remedy, the Three Kings Preparation. Further to this effort, we are grateful to the biodynamic practitioners in this issue who responded to our request for sharing experiences of this very blessed preparation.

Another helpful remedy to add to your repertoire of healing sprays for the farm and garden is the Milk and Honey Spray. First introduced in this newsletter in 1993 to accompany the Sequential Spray, Hugh Courtney provides the intriguing story behind this basic yet effective recipe to assist plant life faced with stressful conditions from pests and other sources.

Without too much fanfare, it is worth a mention that *Applied Biodynamics* is now ten years old. For your reference and in commemoration of ten years of publishing, we have included in this newsletter a back issue list. Also you will find a subscription renewal form. We hope the *Applied Biodynamics* issues that you have received in the past year have been informative and enjoyable. We appreciate your positive feedback and look forward to your prompt subscription renewal.

Patricia Smith, Editor



Mission

The Josephine Porter Institute for Applied Bio-Dynamics Inc. (JPI), 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 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.

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Thank you for your patience

In December 2002, we switched to a new accounting software program. For the software to work at optimum capacity, all data must be input as new, rather than transfer data from the old software program. For this reason we ask your patience and understanding when you contact us regarding an order or Associative Contract.

Biodynamic Preparations Legend

BD #500 – Horn Manure

BD #501 – Horn Silica

BD #502 – Yarrow

BD #503 – Chamomile

BD #504 – Stinging Nettle

BD #505 – Oak Bark

BD #506 – Dandelion

BD #507 – Valerian

} Compost Preparations

BD #508 – Horsetail (*Equisetum arvense*)

Applied Biodynamics

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The Three Kings Preparation – Sharing the Experience

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The first time we applied the preparation happened to be the first Epiphany of the new millennium. It made sense to us to begin the year with a new impetus and commitment to the land. As soon as we read about the preparation, we pulled together, although it was very much last minute, and contacted the other biodynamic farmers of Quebec to order the preparation jointly. We read with attention what was sent to us along with the ingredients of the preparation.

What seemed most striking to us were the comments about its ability to protect the land from harmful outer influences. We had been aware for many years of the protective shield around the place and of the need to maintain it in good health. We were also familiar with its weaknesses especially since we open the farm to thousands of people each year for guided visits, workshops and cultural events, mostly from the general public. We had been feeling that it was more and more difficult to keep the protection at the same time permeable and resistant. The preparation seemed, in that sense as well as others, like a welcomed addition to our biodynamic practice.



This blazing picture was taken by Danièle Laberge at L'Armoire aux Herbes, a Demeter certified biodynamic herb farm in Quebec, at the onset of winter 2002. The image reminded her of the following saying by Antoine de St-Exupéry: "A rock pile ceases to be a rock pile the moment a single man contemplates it, bearing within him the image of a cathedral." A garden can most adequately serve the same purpose as the above mentioned rock, that is to connect one with the Divine.

We got the whole group of people working here involved from the beginning although one person alone did the mixing and 'trituration'. We all got together for applying. We were not sure the liquid would be enough to complete the circle. We went around in two groups, met at one point at midway around the land, prayed together and continued full circle, as we had quite a lot of liquid left. So we actually went around twice the first year we did it. The next year, we knew best.

We had the very strong feeling that the liquid we applied was holy. We kept in mind what it was and how it was prepared. We also kept in mind what the intention for the land was, as we were applying it. For those of us in very cold climates, applying a biodynamic preparation at the time of the year was a first. It was both intense and joyful. Thank goodness we had not received as much snow as usual yet. We could walk, although it was difficult in some spots. (The second year, we had to use snowshoes and therefore, less of us could go.)

Walking all around our eighty acres was a beautiful meditation, cheerful yet serious. It made us contact the winter life, retracted yet vibrant under our boots. The horses were intrigued by our group presence, as were the birds. The dog and cats tagged along. The weather was very cold and the sky was very clear, a deep blue.

It was wonderful to think that other groups were doing the same process at the same time. We identified ourselves with all those who work at the renewal of the Earth. We felt solidarity and hope for the future, as though we were doing something of value about the global deterioration of humanity's relationship with the life forces of the land. It felt like a selfless process, although we might benefit from it in the long run.

We had the strong impression of giving something back to the land and to the elemental beings. Our will was strongly engaged in the activity, especially since it required a certain amount of effort to do it because of the cold and difficulty to walk in the snow. We walked mostly in silence except for a few exchanges prompted by the children, observing carefully what happened in the heart and mind. We carried a souvenir of the land and gardens of last summer and a feeling for what they would become next summer. The fruits of an experience lived in consciousness are always great.

What happened after the application? What were the effects? We could not really tell. We had no direct perception of the good that came of it. Life went on at this biodynamic farm. We know that it gave us an opportunity to pray together and to carry and embed into our land an aspiration for the evolution of the earth. We did it in a spirit of ceremony, at one with the land, a part of the landscape. We offered with devotion the gifts of the wise men to the Christ in the heart of the Earth, not yet understanding all the

consequences, but trusting in the pure intention of those who created and made available this new preparation in the spirit of biodynamics. We know we will continue to apply it each year and prompt others to do so. We are herbalists here. We have felt the deep connection between our agricultural practices and our art. We felt as we often do, in harmony with this authentic form of alchemy. Transforming light in water into life and life into love consciousness. Helping humanity find the inner harmony in order to establish peace. We were awed by the very subtle, deep power and influence of the preparation. We will keep on offering it with hope.

We felt that the land was a cathedral and that we were contributing to its lighting up as best shown by the photograph we took. (*See previous page.*)

Danièle Laberge
L'Armoire aux Herbes
Ham Nord, Quebec, Canada

The following comments concern the use of the Three Kings Preparation of Hugo Erbe. We have used this preparation for three winters now at the Natural Orchard Research Area. We have obtained the preparation through the kindness of Steven Adams of Viroqua, Wisconsin.

I believe there is a strong need for meaningful activity to take place during the winter season on a biodynamic farm entity. Because so much strong and purposeful activity is lavished on the land during the spring, summer and fall, I sincerely feel an emptiness or lack of purpose on my part during the winter months. I realize this despite the fact that the powerful, inward turning forces, are at work within the soil in what is perhaps one of the most important times of the year. There are some very old European practices which may predate modern times concerning Yuletide and the Solstice celebrations. One such tradition that we have observed here is a blessing of the trees. The intention here, is to be consciously thankful to the trees for the previous season's gifts. Lanterns at night, with a hot bowl of fruit or cider leavings, become part of a visit to give some measure of gratitude for not only the food produced but the presence of these plant beings on the land.

The Three Kings Preparation is, I think, a much-needed adjunct activity for the biodynamic farm/entity. For the practitioner of biodynamic methods it represents a very strong intention to encourage a working, humble, relationship with spiritual entities. All of this is to be part of the overall "wholeness" of the farm entity. In the three years that we have been involved with this preparation we have noticed an increase of what might be termed "depth of character" for the farm entity.

Construction has been ongoing for the last several years here, which has necessitated the visits of a number of different tradesmen needing to be on the property. Some, who are "goodhearted" people, love being here. They come back on weekends to visit with their families, not really wanting to leave. Others, who are troubled, come to work yet leave the work unfinished and depart. In short, the land has become more consciously involved with those who choose to visit. There is an interesting sense of guardianship in play here, which I find fascinating to watch unfold. I sense that the Three Kings Preparation is a powerful gestural tool for the enhancement of the farm entity and will continue to use it in years to come.

Bill Vose
The Natural Orchard Research Area
Paw Paw, Illinois

It is five years since we moved to our present home with about an acre of land which had been organically gardened for twenty years. It also had a resident groundhog with a regular 'route' around the property. For two summers I tried several methods to prevent the groundhog from munching—fox urine, blocking holes, fences, etc., and was determined to get a trap the following spring. That Epiphany I was introduced to the Three Kings prep, and put it around the periphery of the land.

I have just completed the third Three Kings application, and for two summers the plants have been extremely tall and lush. I have also noticed that the land has a sense of 'containment'—this is especially noticed when putting on the BD preps. It feels like a haven for all who visit—except the groundhog who has moved elsewhere!

Veronica Schlegel
Scituate, Massachusetts

Dynamizing gold, frankincense and myrrh at the dawn of a new year fills the atmosphere with beautiful fragrance and peaceful, loving intentions.

My family's biodynamic blueberry farm was covered in a glorious blanket of snow and ice last year on Three Kings Day. As we potentized our prep, the sun began to shine and the ice started to melt and fall from the trees. Especially memorable was the wonderful aroma that permeated from the potentized preparation.

An overwhelming feeling of peace, joy, love and protection was felt as the preparation was applied around the farm.

The elementals of the land rejoiced in all the attention and the loving offering of the Three Kings Preparation.

Lloyd Nelson
Zirconia, North Carolina

I used the Three Kings Prep the past two years. In 2000 I stirred it and mixed it on New Year's Eve by myself and felt an inward stirring that drew my attention deep into that small mortar.

I also was alone when I sprayed it on Epiphany, although I did the stirring in water with a friend. I had a strong sensation as I sprayed this preparation that there was a softening, a blanketing, almost like velvet that settled and extended up above the ground for a few feet or so. It was a very quiet and lovely experience.

The second time was in 2001 when several of us met at a friend's home on New Year's Eve to stir. We had each brought a different ingredient and the stirring was much harder than the last year – the resins were resistant to mixing up until the very end of the hour. (The components for the Three Kings Prep supplied by Hugh Courtney for my first time were much easier to blend together.) We were so excited that they finally mixed and felt we had accomplished a great deal. We worked very hard.

On Epiphany, the water was lively and quick to stir in contrast to say, the BD 500. We barely had to exert any effort to keep a very deep vortex going. The water was very light and active with the Three Kings Prep. It wanted to move.

The spraying was a similar experience for me the second time: a lovely velvety blanketing of the earth, very quiet and still. I plan to continue the Three Kings Prep because now that I know about it, I cannot think not to offer it. Thank you for asking me to relate this.

Lynn Charlton
Chapel Hill, North Carolina

Jim and I have received your request for observations on the Three Kings Preparation. I apologize in advance for the long, convoluted nature of this e-mail, but I don't know an easy way to communicate our experiences.

I have been juggling work and school for several years and hadn't been keeping up the garden like I used to. On top of that, I was diagnosed with multiple sclerosis four years ago; heat exacerbates MS symptoms, and the two summers previous to this one, I've hardly even been outside. I haven't even wanted to look out – I've just felt overwhelmed by all the work I haven't been able to do. My husband and son have taken over the mowing for me, and we do manage to take care of the BD treatments every year, but that's because of a commitment to the elemental beings, not out of joy anymore. Adding to my frustration, my family has been in the process of installing a swimming pool (we had planned to have one eventually because we don't use air conditioning; the MS speeded up the process). At our house, construction doesn't mean calling a contractor – my husband and kids have been in the backyard with shovels, wheelbarrows and

bags of Quickrete when they're off work. So there has been a huge hole in the yard, piles of weedy subsoil, and spilled concrete everywhere for the last few summers.

Are you getting an idea of the hopelessness and helplessness of our recent gardening experiences? They consist of vegetable and perennial gardens taken over by weeds, construction mess everywhere, dead grass, dead flowers, no time, no money and not even the physical ability to do anything about it.

Last winter we used the Three Kings Preparation, out of a sense of duty, not with any enthusiasm. I was surprised at how much I received from the process. The preparation itself is beautiful: rich and foamy, and it smells mysterious and holy. More importantly, the excellent articles in *Applied Biodynamics* caused me to really put my consciousness into the process and to re-examine how I deal with the elemental beings around me. I got more out of the Three Kings Preparation than I put into it.

Strangely, everything came together in our yard this summer. We now have a small, but effective, swimming pool. My homeopathic doctor, who had been working very hard with me to maintain a one-step-forward-and-two-steps-back sort of progress, gave me a remedy in February that has bumped me three or four steps forward. I can push my wheelbarrow around again, move large rocks, mow, almost everything I could do before. This was a very hot summer, weeks at a time with temperatures in the 90s – but when I started to get wobbly, I just jumped in the pool for a few minutes and was good for another hour's work. I'm not ready to attempt a vegetable garden, yet, but my herbs are flourishing and I even planted some annual flowers. We still don't have time or money, but when I look outside now, I am refreshed by the green, the growth, the changing seasons, everything!

I had intended to write you a "I'm sorry I haven't been attentive to the garden and can't answer your question" note, but as I thought about the changes this year, I began to wonder. The changes we've experienced haven't been subtle or ephemeral, they have been obvious and amazing. Our immediate environment is now alive, nourishing, and inspiring. Was it just timing, luck, or was there something else? I'll be very interested in hearing other responses. I spray my BD preps at the local Waldorf School (our yards together don't make an acre), and I shared the Three Kings Preparation with them last year. What had occurred in the past year at the Waldorf School? A neighbor who was not fond of the school moved out, and a new neighbor moved in who happens to be very supportive of the school.

Could you answer a question for me? We don't intend to live in this place forever. How long should we use the Three Kings Preparation? If we use it as long as we live here,

what will happen if we leave and the new residents don't garden biodynamically?

Thank you for everything you do. You make it possible for those of us who don't have access to manure, horns, etc. to honor elemental beings in a small way. We really appreciate you.

Vicki Garrett
Columbus, Ohio

Editor's note: In answer to Vicki's question regarding moving, Hugh Courtney responds, "An individual may reason that an area will be neglected without the application of the biodynamic preparations. Sometimes when it becomes a necessity to move from an area, this can occur because the land requires a different energy than what the present individual can offer. In the same instance, when someone moves, they are going to an area where their energy and subsequently, the biodynamic preparations may be required for that particular location."

I put out the Three Kings Preparation for the first time this year at the designated times. Per Hugh's recommendations I put out the full range of preparations around the perimeter of the property prior to the Three Kings being distributed. Using the mortar and pestle at the designated hour was enjoyable.

It seemed at the time of the spreading and when I take time to observe/perceive that there is a noticeable wall of protection around our property. We are in our third year of using all of the other preparations for our small blueberry operation.

As I mentally scan the protective wall, it seems firmly in place except in two locations. In the two places where the wall seems weak, we have had very noticeable production problems, one more severe than the other.

We noticed one of the weak areas in the wall when we returned from vacation in mid-July. Our perception is that very significant negative influences invaded our blueberry patch that is closest to the busy state highway. The negative influences seemed to have leaked over from a neighbor's fallow field. The result whether or not from this perceived influence and weakness in the wall was that we experienced severe Japanese beetle damage on this patch of blueberries and had very poor growth for the season.

The protective wall is still thinner in this location but the negative influences have been countered and hopefully the stage has been set for good growth next year in this patch.

Robert True
Blueberry Gardens
Ashton, Maryland

On Epiphany it was cold and clear as we stirred the preparation out by the back of the house, to the north. We trudged the boundaries of Aurora Farm, in places bushwhacking seldom-used routes in knee-deep snow. I sprayed and Woody

carried a pail with more of the stirred, precious mixture. So, what have we noticed? What phenomena are there that we can ascribe to the influence of the Three Kings spray?

Doves have come to us this year, for the first time in our fourteen-year tenure here. Always there have been doves in the fir/cedar woods to the northwest of the property, perhaps half a mile away, but never right here on the thirty-one acres. This living, peaceful pair nested in a clump of snow-berry and Saskatoon brush next to the small pond behind the workshop, visible from the kitchen window command center. Other birds we'd not seen before arrived on the scene this spring, summer and fall such as rosy finches and others.

Away beyond, but right in line with pond and orchard, most of a mile away is Mr. T's hay pile. Mr. T was an eccentric farmer, a neighbor who was known for doing it his way or not at all. He'd cut hay from his fields, and when he couldn't get his asking price, rather than compromise, he'd just pile it up, first in his huge hay barn, and then outside. This happened year after year until last year when he died. We'd watched this pile made with many thousands of bales build over the years. We also wondered, vaguely, about fungal pathogens or unwanted spores coming our way from the damp recesses of those amazing piles. When we heard that Mr. T had died and that Mr. K, the farmer neighbor to the west, had bought the place, we wondered if we could pinch a few intact bales for garden mulch, and Mr. K allowed this. He also told us he intended to deal with those piles by unstringing the bales, load the stuff into a spreader and re-pile, aerating it in the process. A massive job, but Mr. K figured he had a market for it among the local organic growers.

Well, we brought in the mulch, probably twenty pickup loads, and Lord knows that the spores and micro-life had every opportunity to drift our way as this months-long process took place.

We have on the farm the "Little House" which has served over our fourteen years here as apprenticeship housing, workshop participant housing, and for short periods has been rented. Not all of these arrangements have been totally harmonious and we maintain that the land is speaking more loudly regarding who comes and who lives here. The vibration between humans and land would seem to be more balanced.

Birds, hay compost, renters . . . what general impulse is at work here? What's going on? We've begun to see it as boundary dissolution, a fading of the protective/defensive barriers we'd erected with our thoughts. This lowering of boundaries allows outside influences to suffuse the land and our work, influences previously barred. And simultaneously our boundaries melt and we begin to "trust in that ever present help of the Spirit world".

These are some of the things we have noticed since we applied the Three Kings Spray.

Barbara M.V. Scott and Woody Wodraska
Creston, British Columbia, Canada

As New Year's Eve proceeds I have to force myself to take a nap so I can make it till a little after midnight. It is not for the drunken reverie but for the Three Kings Preparation.

The Three Kings Preparation is gold, frankincense and myrrh. These reagents are combined at a specified rate per acre (for application around the perimeter of the property) and ground in a mortar and pestle for an hour from 11:30 PM to 12:30 AM. This is a time when the folk spirits are very active and listening to our wishes, resolutions, and dreams for the coming year; so it is really not a good time to be drunk!

As the three reagents are combined and ground, I think of good things for the farm, positive projects to do, and future goals. While I do this, the scent of the frankincense and myrrh waft around the room and already I can sense the elementals are enjoying themselves and maybe, just maybe, taking my efforts a little more seriously. Once done, the remedy is stored until the sixth of January, Three King's Day.

In early afternoon, on Three King's Day, I start to prepare for the stirring session. Warm water is gathered and I try and find a comfortable place to settle into the one-hour stir. January on Long Island is usually raw, damp and windy, not to be taken lightly. There is always a stiff breeze blowing this time of year, but the odor is pungent and strong, as if you are in a small room with it. It turns creamy brown in the water, looking like a drink. Once dissolved, it is added to the stirring vessel and now the fun begins. As the pot is turned, the steaming water sends a plume of the elixir out into the atmosphere, beckoning to the elementals of what is to come.

Not only is this preparation good for the earth, but it sets the tone for the year and initiates the application of the biodynamic remedies for the season. Since I have been doing the Three Kings, I have started my biodynamic spray applications earlier and have kept them going basically all year long, just not spraying during the coldest periods.

Does it work? Well, since I am not sufficiently "enlightened" enough to actually see the elementals, I cannot say for sure. But this I can say: that what I call the biodynamic miracles are ever increasing on the farm, and the soil and produce just keep getting better as does my inspiration and will forces.

Steve Storch
Water Mill, New York

I am sorry to report that I neither observed nor dowsed any effects from the Three Kings Preparation on my land. I

admit that I was skeptical and am still skeptical concerning its efficacy.

If someone has strong feelings on a preparation, then that preparation will work, albeit, the working will come from the mind and not the preparation. If I had really put my mind on the Three Kings Preparation, it would have worked but the working would have come from my mind and not the preparation.

Harvey C. Lisle
Norwalk, Ohio

I used it with the best intentions – even shared it with my friend Sharon Carson in Delaware – so it got potentized here at the West Coast and shipped all the way across the country to be applied in time on her farm in Delaware. Now since I applied it, members of our BD group were casting doubt whether this prep was really benign since it was potentized at the New Year's Midnight hour. So I have been watching carefully – of course nothing is outrightly obvious short of having spiritual vision. Impossible to say this or that is caused by the prep. Yet – my garden and I myself have been through a few years of difficulty and misery and this showed a vast improvement.

Crops are growing somewhat more normally and we had a great harvest throughout the year – despite a very serious drought that is still ongoing. If we don't get rain soon we'll be in heaps of trouble for next year.

I myself have been pain-free for months and feel like I am gaining insight into problems I have been dealing with. So overall, the impact has been one of healing and harmony. At least it did not bring major disturbances.

I would like to try it again this coming Epiphany. I shall have some potentized prep safely stored away in the prep storage. It smells heavenly.

Heike-Marie Eubanks
Myrtle Point, Oregon

Although I do not see or communicate directly with the little people in my garden, I can feel their presence more strongly since using the Three Kings Preparation. I feel that there are more of them – some below the ground and several kinds above that were not here before the application. They know they are welcome and I use my imagination to encourage them to live here also.

I have the impression that they have given a different tone to the garden that helps everything grow and feel nourished. Before I make any changes in the garden (e.g., bring in a new plant or plants, trim a shrub, etc.) I ask the plant's deva about the proposed change (usually while touching the plant) and usually get an impression of an answer.

My general impression is that there are more fairies, devas, etc. in the garden than before using the preparation and that they have made the garden a magical place. Certainly the number of animals visiting or living in the garden has increased significantly since the Three Kings application (frogs, lizards, raccoons, snakes of several varieties, possums, many kinds of birds). They must really like the vibrations!

Lucy Gregory
West Palm Beach, Florida

In our Albuquerque area the putting together and using the Three Kings Preparation brings a small community together. Jim Barausky and Cheryl Mulholland of the marvelous Albuquerque Community Farm put the prep together on New Year's Eve and stirred it on January 6 with: Jimmy Pettit of Erda Gardens (our CSA), my wife Estelle and myself, and several others who have plots in the community farm or have home gardens.

As for results from last year's spraying we feel that there were good results. Early and late frosts were no problem (no "Frost Giants"), with Erda's tomatoes fruiting and ripening after the first frost. And in spite of a record drought, Erda's plots produced many bumper crops and ample shares for its members. How much this was due to the Three Kings Preparation is hard to say, but we are very eager to see what the next year brings.

Ben Emmett
Cedar Crest, New Mexico

At the end of the growing season in 2000, I was halfway through with my self-designed biodynamic training program. It was around Thanksgiving that I arrived home in Alabama from Threshold Farm in New York. (I had spent the latter half of the season there after finishing an apprenticeship at the Pfeiffer Center.) My family's property in Alabama consists of a small lake surrounded by a considerable amount of forest just south of Birmingham. My family and I had sprayed the biodynamic preparations on the land before, but I wanted to also try the Three Kings Preparation which I had learned of that year. I understood that this prep could be viewed as a ward against harmful influences and an invitation to the elemental beings.

My motivation for using the Three Kings Prep came about when I noticed upon coming home that the surface level of our lake was extremely low. I was told it had been low for months because of the drought in the southeast that year. Strangely enough, even the relatively wet autumn had had little impact. As a young boy, I could never remember the water level sinking that much in any year, as several underground springs feed it. However, I suspect the continual

blasting of nearby limestone quarries and the recent clear-cutting of forest for a huge subdivision adjacent to our land could be at least part of the cause of the lake's inability to cope with a drought. I thought maybe this new preparation along with the others could help overcome the "insanity" surrounding it. We obtained the ingredients and mixed them on December 31 and sprayed them on January 6, according to the instructions I had been given. We sprayed around the perimeter of the lake except an area that is difficult to reach, and the rest we sprayed on and around our favorite areas on the property. Because of the size of our land and the lack of manpower, we did not spray the entire perimeter. I have been told since then that the perimeter spray method is one of several that seem to be effective. Anyway, the next day I didn't notice anything unusual, as I went about my day pretty much forgetting about the spraying. However the following day, January 8, I decided to try my luck fishing from the bank. As I walked toward the lake, a sudden burst of awareness came upon me as I noticed the water level had risen back to normal! Right after that came the realization that the lake had risen about two feet in two days without any rain and it had to be related to the Three Kings Preparation. We were all very excited!

Although I have told this story several times, I have not written about it before now. This experience has convinced me of the merits of the Three Kings Preparation. Perhaps the intent of the people doing the spraying (in our case, we wanted the lake to be healed) is as important, if not more so, than the method (perimeter spraying, etc.) I hope everyone can have the success in helping to heal the Earth that we had in Winter 2000/2001.

Jon Lyerly
Chapel Hill, North Carolina

If you would like to read more about the Three Kings Preparation, please see *Applied Biodynamics*, Winter 2001–2002, Issue No. 35.

Notes

- 1) Jennifer Greene is Director of the Water Research Institute of Blue Hill, Maine. She credits Barbara Booth of New Mexico as the one who introduced her to the Three Kings Preparation.

The Milk and Honey Spray – Another Interesting Tool

Since the winter of 1999–2000, I have worked with the Three Kings Preparation. In a very powerful way this preparation has brought back to my consciousness another spray – milk and honey, which I stumbled upon several years before I heard about biodynamics.

At the time, which I believe was about the year 1969, I was living in the Maryland suburbs, near Washington, D.C., in a modest house with a small backyard blessed with an old apple tree and a magnificent crape myrtle tree. There was just enough space for a small organic garden as well.

My gardening effort was pretty well confined to every other weekend because of the schedule I had to work in my employment, which often involved not arriving home until well after dark. After an absence of several days from any outside yard or garden work, I got up early one Saturday morning to put in a little effort in the garden. When I stepped out into the backyard and glanced around, I noticed that the crape myrtle tree, which had leafed out well by this early June morning, was absolutely dripping from every leaf with a sooty black oozing substance.

While I never quite identified the cause of this affliction, I did happen to have a neighbor across the street who worked for the National Park Service in the District of Columbia as a tree specialist. Although I do not recall his diagnosis, I do recall very clearly his remedy. His advice was couched somewhat as follows, “Well, whenever we have a tree with that kind of a problem, the only recourse is to remove it as soon as possible.”

The ruthlessness of his recommendation was quite devastating, because the crape myrtle was a truly beautiful specimen, much taller than most crape myrtles, and covered a rather significant portion of the backyard. I was particularly fond of it, as it reminded me of the years I had spent growing up in several different areas in the South. Even though my growing-up years involved more than a dozen moves, the frequent presence of crape myrtles nearby gave me a sense of continuity that was otherwise hard to come by.

Needless to say, I chose to ignore the “expert” opinion from my arborist neighbor. Without a solution to my dilemma, I could only resort to prayer for inspiration. The next morning, I woke up and decided that I needed to spray the tree very thoroughly with the garden hose, fitted with a bottle dispenser attachment for applying chemicals. Instead of such unacceptable contents, something inspired me to fill the bottle with milk. The milk was a quite ordinary grocery store product, fully pasteurized, and probably

homogenized as well. I most thoroughly saturated the crape myrtle from top to bottom and all around with the mixture of tap water and milk. I cannot tell you where this insight came from to undertake such an act, but, inwardly, I was very clear and determined that this was something that might help the crape myrtle tree.

What happened over the next few days was quite amazing. Within twenty-four hours, the black ooze on the crape myrtle leaves was, in its turn, covered by an enormous population of ladybug (a.k.a. ladybird) larvae, rather ugly looking creatures, which in this case were of a very dark color, but with deep rose markings. There were only a few actual ladybug beetles which had a coloration and marking that I had never seen before, and to the best of my recollection have never seen since. The beetle body was solid black (matching the sooty color of the ooze all over the tree), with a single red circle on each of its wings.

Over the next several days, the black ooze began to disappear with increasing speed. By the weekend, the crape myrtle appeared to be quite restored to health, with the black ooze entirely gone, and the leaves looking a healthy green, with no evidence of their life-threatening affliction. Shortly after the ooze had disappeared, so too, did the ladybug larvae, and, somewhat later, virtually all of the adult beetles as well.

A number of years later, after I became acquainted with the biodynamic preparations, I again took up the use of the milk spray as an accompaniment to those preparations. Early on in my continuing use of this spray, I was inspired to add a very small quantity of honey. This addition was prompted by my remembrance of biblical references to a “land of milk and honey,” and, perhaps also, by reading some of Rudolf Steiner’s comments about these substances. On the several occasions when I have remembered to add this particular spray to the regimen of biodynamic spray applications, I have always been in awe of the sudden alteration in the insect population. In every instance, the number of beneficial insects has increased tremendously. Such population increases have included ichneumon flies, lacewings, assassin bugs, praying mantis, and, of course, ladybug beetles. No doubt there were other beneficial insects that I am not knowledgeable enough to recognize, or otherwise did not ascribe to the milk and honey spray, such as wasps, or dirt daubers (a.k.a. mud daubers), which always seem to be around to some extent. At the same time, the number of detrimental or unwanted insects substantially decreased in population after applying the milk and honey spray.

In my attempts to understand what forces are at play when using the milk and honey spray, my imagination suggests that the significant astral and etheric energies released by the potentization of the milk and honey in water somehow change the etheric/astral atmosphere to a more positive level. Thus insects, which manifest in the earth sphere rather constantly at times, come in, not of a detrimental nature, but more towards the beneficial end of the spectrum. How one

Sidebar # 1 – The Milk Spray / The Milk and Honey Spray

When certain plants in the garden experience a sudden attack by detrimental insects or when plants seem to be experiencing great stress which is not overcome by the Biodynamic Compound (a.k.a. Barrel Compost) or other BD preparation spray treatment, a spray of milk, or sometimes, a spray of milk and honey, can often bring benefits. While attempts to explain what is actually happening are difficult, the most evident result is a tremendous increase in the population of so-called beneficial insects, often in such numbers as to quickly eliminate as a problem the previous onslaught by the detrimental insects.

The basic formula used is one (1) part milk to nine (9) parts water, (i.e. 1:9 ratio). The honey is sometimes added in a ratio of 1:100 to the entire volume. Particularly when using the honey, the water should be warmed to aid in dissolving the honey. Each mixture is stirred in the customary biodynamic fashion for twenty minutes and then sprayed in a medium to fine mist, somewhere between the large drops recommended for BD #500 and the fine mist recommended for BD #501. We generally stir and spray either five or ten gallon batches with the following ratios:

	five gallons	ten gallons
Milk	0.5 gallons	1 gallon
Water	4.5 gallons	9 gallons
<i>when used with</i>		
Honey	6.4 oz by volume	2.8 oz by volume

Addendum: When one is dealing with larger acreages, the proportions of both the milk and the honey to the total quantity of water can be substantially reduced. For instance, if one is spraying a forty acre field using a 300 gallon tank, the total volume of milk could be as little as 6 gallons (one gallon of milk to 49 gallons of water), and the quantity of honey could be as little as a pint-and-a-half (one quarter cup per 49 gallons of water).

proves this in our present materialistic approach to the earth plane is beyond my capability at the moment. Try the milk and honey spray and experience the results for yourself.

In an earlier issue of *Applied Biodynamics* (Winter 1993, Issue No. 6, p. 4), we chose to include the Milk and Honey Spray recipe in a sidebar within an article regarding the Sequential Spray. (See Sidebar #1, which has been slightly revised from the 1993 version.) While very few people subsequently took up the application of this spray, I have found myself recommending its use to quite a number of people over the years when they are confronted with an assault by various insect pests. Unfortunately, I have not followed up in these cases to tabulate the results, so I have no real data to offer as to the consistency and effectiveness which has been experienced when using the milk and honey spray. All that I can offer are a few anecdotal comments (See Sidebar #2), but these comments certainly do suggest that the milk and honey spray has a real value, and I would encourage the reader to use it as an easily applied emergency spray when insect pests present a problem.

Sidebar # 2 – Anecdotal Experiences Using the Milk and Honey Spray

Emigdio Ballon in Abiquiu, New Mexico reports that after applying the milk and honey spray to forty acres of alfalfa, crop production was much improved in quantity, and virtually no damage by the alfalfa weevil was evident. Helene Beck in Fallbrook, California wrote the following:

Dear Hugh,

How many times I thought of you, you'll never know, but each time I look at our plants and trees, you come to mind. The result of applying the honey, milk, and water was astonishing and was only to be believed when applied. Not known to me at the time, but a couple of times during the year, the bay laurel and another shrub had a bad case of leaf curl. This year, new Meyer lemon trees were overrun with scale and we thought the trees were goners. You saved the day with the suggested application. The result of the disappearance of the pest was not immediate, but the change in the health of the leaf was apparent. With time, what we considered a serious situation began to change. I have spread the word to others now. To think that innocuous common ingredients so close at hand can create major changes in plant and tree health.

While I have recommended the milk and honey spray to many people, I do not always receive the positive feedback in the above two examples. If any of our readers decide to try this spray or have already tried it, we would very much appreciate receiving a note concerning the results observed.

Preparation Making Seminars at the Josephine Porter Institute For 2003

Seminar Part 1 – June 19–22

Seminar Part 2 – October 22–26

Please mark your calendars for JPI's Biodynamic Preparation Making Seminars for 2003. The opportunity to directly experience for yourself the making of the biodynamic preparations rather than to merely watch a demonstration of someone else making a preparation is available at JPI to a greater degree than anywhere else in the country.

We will be more than glad to work out a payment plan with anyone who needs such an arrangement. We can also offer a limited number of work scholarships for those who

need financial help to attend. Anyone who has previously attended a JPI preparation making seminar is also eligible to receive a \$100.00 discount off the tuition fee.

Attendance at these seminars is limited, so make your reservation early. Reservations must be secured by a non-refundable deposit of \$75.00. (A deposit is required to cover costs of advance meal preparation.) For further information, contact the Josephine Porter Institute for Applied Biodynamics, P.O. Box 133, Woolwine, VA 24185; (276)930-2463; fax (276)930-2475; email: <info@jpibiodynamics.org>.



Making the Valerian (BD #507) Preparation

Seminar Part 1 takes place in late spring/early summer, beginning Thursday, June 19 at 8:00 p.m. and ending Sunday, June 22 at 6:00 p.m. This session concentrates on the making of BD Preparations #501, #502, #504, #507 and #508. As time allows, other preparations to be dug up and examined will include #500, #502, #503, #505 and #506. Cost of Seminar Part 1 is \$375.00, which will include mid-day and evening meals (a breakfast bar will be available) for Friday, Saturday and Sunday.

Seminar Part 2 takes place in the fall, beginning Wednesday, October 22 at 8:00 p.m. and ending Sunday, October 26 at 6:00 p.m. This intensive session features the harvesting of bovine sheaths for various preparations and will concentrate on the following BD preps: #500, #503, #505 and #506. If time permits, other preparations will be covered. Cost of Seminar Part 2 is \$475.00, which will include midday and evening meals (a breakfast bar will be available) for Thursday, Friday, Saturday and Sunday

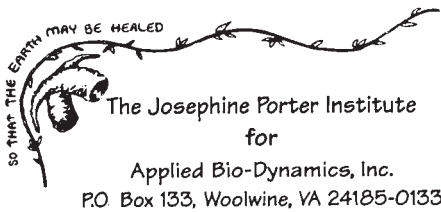


Making the Dandelion (BD #506) Preparation

"This Festival of the Epiphany (celebrated on the 6th of January) will assume greater and greater significance when its symbolism is understood."

Rudolf Steiner – *The Festivals and Their Meaning*, 1904

SO THAT THE EARTH MAY BE HEALED



The Josephine Porter Institute
for
Applied Bio-Dynamics, Inc.
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