

“Nature is a unity, with forces working in from all sides. Those whose eyes are open to these manifest forces will be able to understand nature”

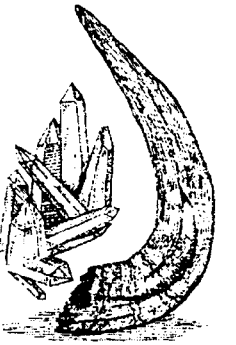
Rudolf Steiner – *Spiritual Foundations for the Renewal of Agriculture*, p. 129

SO THAT THE EARTH MAY BE HEALED
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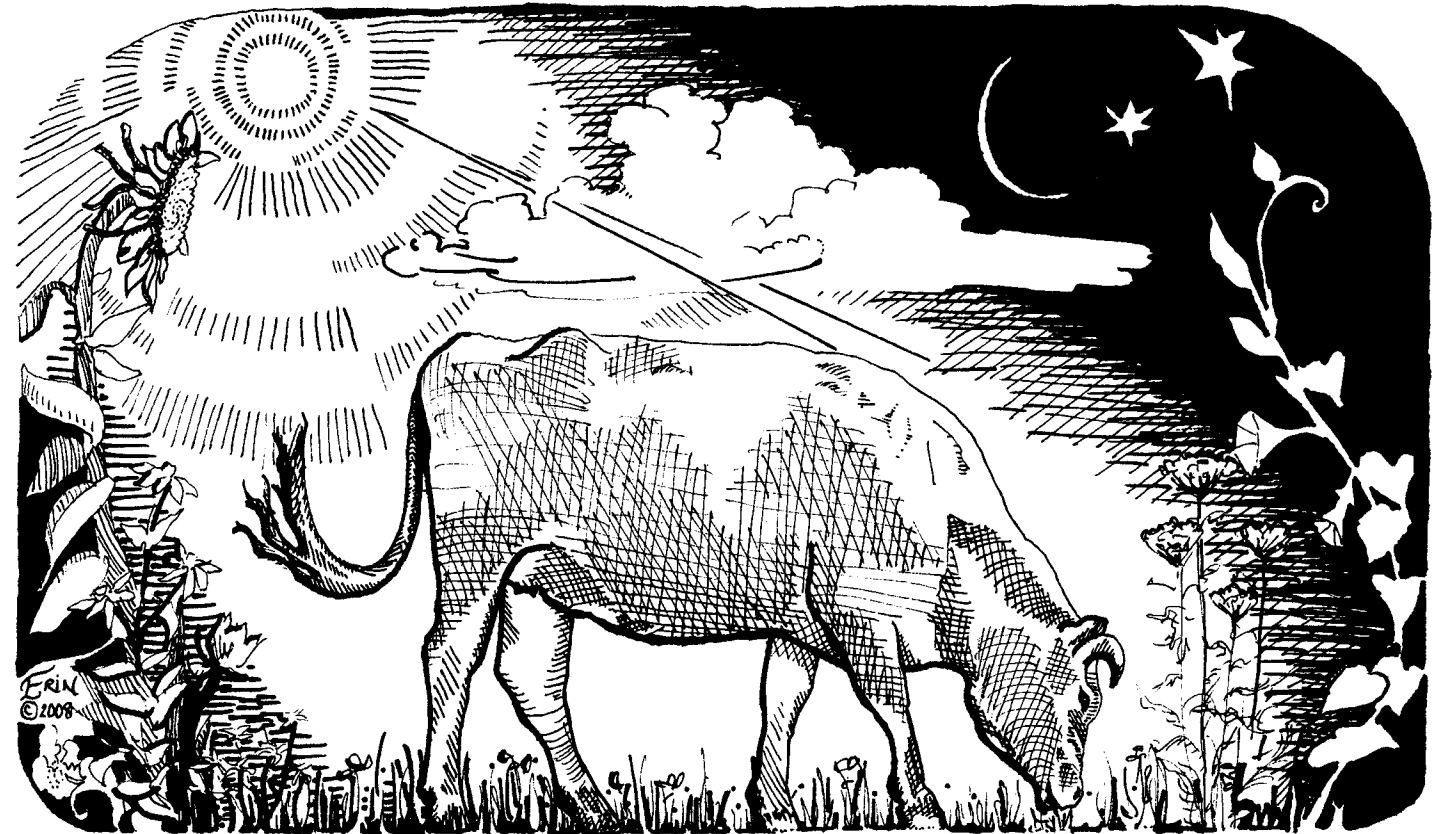
Newsletter of the Josephine Porter Institute • Woolwine, Virginia

Issue No. 61

Insights into Hugo Erbe's Cow Stomach Preparation

Hugo Erbe, perhaps best known as the originator of the Three Kings Preparation, created many other specific remedies, twenty-one of which are published in the book *Hugo Erbe's New Bio-Dynamic Preparations* (by Hugo Erbe). For the last four years the Josephine Porter Institute has been producing experimental quantities of Hugo Erbe's Cow Stomach Preparation based on Erbe's instructions. The process involves, following slaughter, mixing the contents of the four cow stomachs with rainwater and a portion of

the cow's blood. After a period of initial fermentation, BD #500 and compost preparations #502–507 are added, and a further fermentation time takes place. For applications, a portion of the final mixture is strained and diluted. Erbe's suggested applications include: adding to the compost, improving liquid manure, and as a soil conditioner. Beginning on page 3, three biodynamic practitioners share their experiences using this preparation.



Editor's Notes

Dear Readers,

I have to admit, it can be a bit awkward at the dinner table with friends, and they ask, "So Christy, how is work going?" In my mind, I imagine myself replying, "Well, I am collecting a series of articles on the Cow Stomach Preparation, you take the blood of the cow, mix it with the undigested contents of the cow's stomach and..." You get the picture. All kidding aside, I have never used this preparation, but after talking with folks, and reading the experiences of those published in this issue of *Applied Biodynamics*, I am looking forward to trying the spray on my own farm and experiencing the positive results of yet another generous gift of the cow. There seems to be a beauty to this preparation, a sensitivity and a deepening of the relationship between the being that is the cow and how we can use her forces, processes and her group soul to benefit the farm on many levels. I encourage you to buy a unit, observe any experiences, and then please write and tell us about it so we can share it with our readers.

We welcome back artist Erin Coffin. Her art work appeared in *Applied Biodynamics* throughout the mid-1990s. Jennifer Greene contributes again, this time she shares her impressions from her participation in the Fall 2007 JPI

Preparation Making Workshop. Details about the 2008 Workshop are in this issue. The occasional column "Anecdotes and Antidotes" has returned, this time with Hugh Courtney's advice on how to estimate how much Pfeiffer BD Compost Starter to use in your compost and understanding the differences between Biodynamic Compound Preparation, X(500) and "Prepared" 500 by Alex Podolinsky. Do you have a question? Send it in and we will do our best to answer it in the column in an upcoming issue, so we can all learn from each other, and share new ideas and discoveries. Now that the world is going "Green," chances are if you are reading this newsletter, you were Green back when green was just another color in the rainbow. So now what? Maybe our job is to continue to refine our understanding of biodynamics, and continue to push the envelope "So that the earth may be healed."

Christy Korrow

Applied Biodynamics

Applied Biodynamics is a quarterly publication of the Josephine Porter Institute for Applied Bio-Dynamics Inc. (JPI). The subscription price of \$30.00 per year helps support JPI research and development. Back issues are \$7.50 each.

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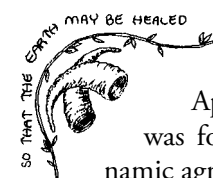
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Mission

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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tively "read" to learn about the spiritual forces and influences active in the life of the plant. This form of mental exercise provides access to a thought process that strengthens imaginative capacities. Through this enhancement and deepening of sense observation, we develop an intensified capacity for spiritual observation. Those familiar with anthroposophy and Steiner's book *Intuitive Thinking as a Spiritual Path*, will identify *Extraordinary Plant Qualities for Biodynamics* largely as a manual for cultivating living thinking as access into the free spiritual world, and will also recognize exercises that were originally given by Steiner in *How to Know Higher Worlds*.

This book is translated from the German, and published in Scotland. This might explain why the language feels formal, and it relies heavily on referring back to Steiner's words, paraphrasing and recapping his original ideas.

The positive potential of the book lies in the initiative undertaken by the reader. The observational exercises lead to an expanded state of awareness, and the ability to obtain personal insights into not only the biodynamic preparations, but the four kingdoms of nature and the spiritual worlds that live within and beyond them. The stated purpose of the book is to contribute to "...a basis for working with the preparations independently..." and the path of spiritual development described is the same realm from which Rudolf Steiner was able to access and pull together the ingredients which become the original biodynamic preparations. The content is quite dense, and although it is

only 150 pages, the book contains the kind of information that can be read in small bits and then carried around in one's thoughts and soul for a considerable period of time. These practices can be used throughout a lifetime.

Extraordinary Plant Qualities for Biodynamics is what I feel to be one of the best books on biodynamics I have read. Why? It presents an anthroposophic view of the practices, not in an airy-fairy way, but founded in sound Goethean science – penetrating the spiritual world through phenomenal observation (including observation of our own thoughts). This is an activity, a process which one must DO, not just read about, in order to have the experience, and not merely information. This form of free independent thinking will advance biodynamics into the future, when each person has their own individual experience and relationship to the preparations work. The light-filled thought described in this book is necessary for us to develop in order to go beyond a mechanistic view of the preparations and obtain unique insights into their use. To be able to grow with them as human consciousness changes and shifts, as the energies of the earth shift, this consciousness – an awakened sensibility – is essential. Perhaps this is the most significant influence biodynamics has on our culture, the use of preparations as a gateway to inner-awakening – perhaps so that the earth may be healed, and in doing so, we may end up healing ourselves.

Healing Effects of the Biodynamic Preparations

The biodynamic preparations heal not just earth substances; they heal the substance of water as well. They heal, albeit, indirectly, the light and air and warmth substances. By putting the biodynamic preparations on our farms and gardens, we can transform and cleanse the atmosphere by the daily inbreath and outbreath of the Earth, as that breath passes through our biodynamic soil. There might even be enough curative potency in that out breath from our soils that it will have an impact on neighboring lands downwind when the next inbreath occurs.

– Hugh Courtney

From the introduction to *What is Biodynamics? A Way to Heal and Revitalize the Earth, Seven Lectures by Rudolf Steiner* (SteinerBooks)

Extraordinary Plant Qualities for Biodynamics

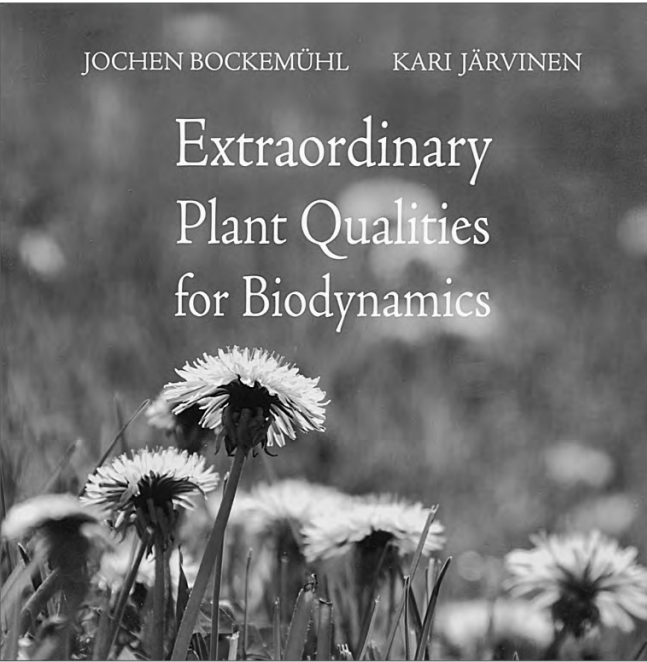
By Jochen Bockemuhl and Kari Jarvinen

Reviewed by Christy Korrow

“The life of the whole earth is ultimately guided by the attitude of human beings and the actions resulting from them.” (From *Extraordinary Plant Qualities for Biodynamics*; Floris Books 2006)

This book begins with what some might consider an unlikely focus for a book on biodynamic preparation plants – by addressing self-reflection. Jochen Bockemuhl, retired from the Natural Science and Agriculture Department at the Goetheanum in Dornach, Switzerland, and Kari Jarvinen who teaches biodynamics at Snellman College in Finland, present this work as essential to gain insight into the “effects obtained when dealing with the preparations.” Questions are posed such as: We change the world with every thought and deed but are we aware of our connection between our intention and the effect on what we have previously viewed as a world unto ourselves? Our life is reflected in our surroundings but to what extent are we aware of the picture we create? What the authors of this book propose could be looked at as:

- A: Thoughts, feelings and will
- B: The perceivable world
- Reality = A + B



It is from this point that Bockemuhl and Jarvinen lead us into an exploration of new ways of seeing into agriculture. By looking toward the spiritual world, we cultivate an attitude that allows us to cooperate with, and contribute to, the healthy evolution of the earth. Simple observation exercises reveal how we are connected to outer reality, and specifically, in the case of the subject matter of this book, teach us how to look in ways that are not limited to physical phenomena, giving us the opportunity to rethink our relationships to the biodynamic preparations.

The authors begin by asking us to enter into contemplation of our own thoughts, feelings, and will impulses. We are asked to observe a tree branch in winter, using an aesthetic/artistic sensibility; then we move on to observing landscape in the chapter: “Awakening to Landscape Moods.” In order to grasp something as a whole, in this case the preparation plants, we can observe the plant in the context of the character of the landscape in which it is found. Habitats of the preparation plants, their place in space and time, and atmospheric influences on the habitats are all considered.

The view continues to widen in the chapters: “The Year as an Archetype of Human Soul Activity” and “The Connection Between Plant Life and Our Own Experience,” where, once again, the focus is placed on our thought processes, and the relationship between our inner soul rhythms and the outer cycles of the seasons, with more descriptions of how we can grasp an experience of forces through perceptive thinking. The medicinal qualities of the plants as they relate to humans are also considered, along with short chapters on preparations production, and animal sheaths.

Drawing from anthroposophic perspectives, we are introduced to concepts Rudolf Steiner presented in his books *Theosophy* (such as body, soul and spirit) and *Extending Practical Medicine* where Steiner described etheric influences as those forces streaming in from the farthest reaches of the universe, and the astral world as those forces which stream through spiritual entities, who are thus revealed through those influences.

A lengthy chapter is devoted to detailed botanical descriptions of each preparation plant. As an exercise, we are asked to delve, with our imagination, into the exact details of a plant’s growth habits, shape, form, scent – all we can possibly observe with our senses. This phenomenological observation is seen as a gateway, or sign post we can objec-

Vineyard Consultant Puts Cow Stomach Preparation (HUGO ERBE #5) To Work

Hugh Courtney

Philippe Armenier of Santa Rosa, California, who serves as a viticulture consultant to a number of vineyards both large and small, has asked a number of his clients to put Hugo Erbe #5, the Cow Stomach Preparation to work in their vineyards.

Thus far, the principal use of HE #5 has been to apply it early in the spring of this year (2008) by adding it to the BD #500 and stirring the two together. Subsequently, the combination of BD #500 and HE #5 is sprayed out on the soil beneath the vines. Philippe has been particularly interested in using the Cow Stomach Preparation as a means to counter the effects of a very dry, hard summer, which he believes will be the experience in the vineyard for 2008. In prior seasons, when using the Cow Stomach Preparation as a separate spray, his observation is that the plant appears to be greener with a capacity to go through the summer in better shape.

Philippe points out that in biodynamic farming, we are moving away from monocultural practices in our use of the forces of the biodynamic preparations. For example, with the vineyard, we are applying the animal to the vineyard in our use of compost made with the six compost preparations in it, but especially are we applying the animal with our use of the BD #500. Use of that preparation gives us one aspect* of the cow in the form of a finished, or fully processed product.

The Cow Stomach Preparation, on the other hand, brings another aspect of the cow, in a less finished form, but in a form that is very strong in the digestive forces of the cow. Those unfinished, but very strong, digestive forces

when applied to the soil provide a possibility for that soil to go further in ‘becoming’ or to move forward towards a more complete “individuality.” [continued on page 4]

Further insights into the reasons for the ingredients used in the Cow Stomach Preparation

In the lectures given in Dornach in Autumn 1923 (*Man As Symphony of the Creative Word**), Rudolf Steiner pointed to the special nature of the cow as the animal which embodies the mysteries of the digestive process in an archetypal way. In the Agriculture Course, he described the growth of plant life on the surface of the Earth as a higher form of digestion within Nature. Both these considerations may help to explain the following.

The quadruple stomach of the cow is the site of the most comprehensive cosmic alchemy on Earth.

A cow’s blood is the carrier of its cosmic individuality, its “cowness” (the Group Soul). By including some blood in the preparation we appeal to this high spiritual being for its powerful support. In using the contents of the cow’s stomach, we facilitate the continuation of the process of disenchantment of the elementals which had already begun with digestion – in particular of those elementals which had previously been enchanted into the growth processes of the fodder plants.

The stimulus given thereby to these processes also produces an enlivening of and support for the re-enchantment of the elementals into the small creatures which inhabit the compost heaps (which are treated with the preparation) or the cultivated earth on which the preparation is sprayed.

The essential aim of this preparation is the stimulation of the desired processes and the support which this gives to the request for help from the four groups of “very useful” elementals. – Hugo Erbe

From *Hugo Erbe’s New Bio-Dynamic Preparations* (by Hugo Erbe)
Available from JPI for \$22.00 plus shipping and handling.

**Man as Symphony of the Creative Word* has been retitled *Harmony of the Creative Word*. The book is available from JPI for \$22.00 plus shipping and handling.

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*)

Such forces make the soil a greater organism, indeed an organism of digestion as well. The BD #500 gives direction toward a finished or complete form, while the Cow Stomach Preparation provides forces from the cow leading to the future through the digestive process that it imparts to the soil. Use of the Cow Stomach Preparation enlists the powerful smell of the animal, that is, the astral aspect of the being of the cow in our effort to create a farm organism. It is a means to enlist the powerful digestive forces of

The Cow Stomach Preparation

W. Jason Harris, JPI staff-member

It was a clear blue-sky day this morning in Woolwine, Virginia, just an hour north of the Carolina border. The pair of chestnut thoroughbreds, newly arrived during this winter, were impatiently inspecting the perimeter of their enclosure, a three-acre parcel complete with barn and run-in, meticulously preserved and freshly painted. It was readily apparent that the three-year-old horses were highly excited and quite nervous about their new home with us here at the farm where the Josephine Porter Institute is located.

I was advised that applying a spray treatment of the Hugo Erbe Cow Stomach Preparation might be just the right thing for calming these intrepid red beauties.

Larry Mabe, a co-worker and technical science advisor here at JPI prepared a series of microscope slides to first analyze contents of the Cow Stomach Preparation before applying it to the animals. To my surprise, there was little microbial activity present in the magnification that we were able to achieve. We examined a few batches of the preparation from different stages of fermentation and finally decided to add the water and start stirring.



Crocks of Cow Stomach Preparation fermenting at JPI.

the group soul of the animal, Cow, that most marvelous creature of digestion.

*On another note which requires much further contemplation, Philippe Armenier pointed out that when we employ the milk and honey spray, or when we employ whey in a tree paste formulation, or as an addition to other sprays, we are also bringing in a somewhat different aspect of the cow's forces.

I took a five gallon bucket and a timepiece, and sat and stirred the Cow Stomach Preparation by hand for one full hour. During that time, I reflected on the words that Mr. Hugh J. Courtney had passed on to me about the mysterious nature of the cosmos and interconnectedness of all things seen and unseen. The hour passed quickly as I stirred the solution into that familiar vortex, switching directions at rhythmic intervals, creating that moment of absolute chaos. A smile spread across my face at the thought of the sheer simplicity of it all. I switched directions and stirred again.

When the hour was fully finished, I took the bucket, half full of the prepared solution, and with a long-handled whisk brush I proceeded to the area near the barn where the horses stood grazing. Reaching the brush into the bucket, I walked slowly to the flank of one of the horses, and with a flick of my wrist, sent an atomized arc of the Cow Stomach Preparation into the air, and down upon the side and back of Kali Ma, the chestnut mare. Her reaction was typical, I guess. When the unfamiliar liquid hit her back like a localized thunder shower, she flinched and quickly moved away from me. I then carefully approached the gelding who had taken casual notice of his sister's display, and began applying the solution with that familiar arc. He too reacted by moving just out of range, yet stayed close enough to his feed so as not to be interrupted during his lunch break.

Undiscouraged, I began applying the Cow Stomach Preparation to the barn and the run-in, before turning my attention toward the herd of bovine beauties we nurture here for the purpose of producing the preparations.

Walking down the road with my bucket of Cow Stomach Preparation, I felt a harmonious link with the universe. I wondered how many other people were using or applying biodynamic preparations that day. Wondered how many planets were saved by this process and how many had to fail before these processes were understood. I wondered what, if any, effect it would have on me, as I was saturated

Anecdotes and Antidotes – Biodynamics at Work

Hugh Courtney, director of JPI, answers reader's questions

Reader: *What is the difference between Biodynamic Compound Preparation (BC) based on the recipe of Maria Thun and that of the X(500) and "Prepared" 500 by Alex Podolinsky?*

Which is better suited to a tiny plot in a community garden in New York City which will get a little manure, but no compost? Even though I can't count on having this 7' by 12' plot next year, I feel I want to do something for it. Any suggestions?

Hugh Courtney: First of all, the BC contains cow manure, basalt powder and ground eggshells plus the BD Compost Preparations #s 502, 503, 504, 505, 506 and 507. The prepotentized or (X)500 is simply manure which has been pre-stirred before being placed in the cow horn for burial in the earth. That pre-stirring (in the same hour-long fashion as is used in the making of the BC) assumes the possibility of reducing the final stirring time in water to a mere twenty minutes, as is the case for the BC because of its pre-stirred for an hour process. The Podolinsky or "Prepared" 500 is finished BD #500 into which a certain quantity of the six compost preparations have been placed, which makes it a "compound" preparation as well. However, it still requires the full hour stirring time in water before being applied. Furthermore, the protocol for using the "Prepared" 500 developed by Podolinsky specifies that it is to be used only after treating the soil for two full years with the regular BD #500.

Our general recommendation is to treat the soil first with BC (twenty-minute stir), then follow with BD #500 (hour-long stir), or alternatively with (X)500 (twenty-minute stir) if age or physical infirmity or time constraints are a factor. For the third year, one can switch treatment to the "Prepared" 500 (hour-long stir) if desired. One other option is to use the Pfeiffer BD Field and Garden Spray which contains BD #500 (in high proportion) as well as the Compost Preparations BD #502-507 (in lesser proportion) which requires no stirring, has a much simpler storage requirement and does not have to be used all at once. The latter in your situation would allow for repeated treatments with a single unit and would probably improve the soil in a considerably shorter time with those repeated applications.

No matter which route you choose to take, it is highly recommended that after each application, you cultivate or rake the soil, so as to incorporate the droplets of biodynamically-activated water more deeply into the soil, rather than letting a great deal of their energy radiate into the atmosphere, if just left lying on top of the soil.

Hope this helps with your decision, the earth needs the biodynamic preparations in almost any form it can receive them.

Reader: *I have just finished assembling two windrows of compost – a mixture of fall leaves, grass clippings and rotted straw (plus the odd kitchen scraps). Each row is approximately 18' long by 4' wide by 2 1/2' to 3' high.*

How much Pfeiffer BD Compost Starter do I need for these two windrows?

HC: Each unit of Compost Starter will treat approximately a ton to a ton and one half of material. Calculating the tonnage in your pile is achieved by multiplying dimensions:

$$18 \times 4 \times 3 = 216$$

Reduce this by approximately one-quarter, since the dimensions are of a triangular or trapezoidal shaped pile.

$$216 \div 4 = 54$$

$$\text{So, } 216 - 54 = 162$$

$$\text{Divide by cubic yards (3} \times 3 \times 3 = 27)$$

$$162 \div 27 = (\text{approximately}) 6 \text{ cubic yards}$$

The formula to convert cubic yards to tons is: 1 ton equals 1 1/3 cubic yards. So each of your piles contains somewhere in the neighborhood of 4 to 4.5 tons requiring 3 units of Compost Starter for each pile.

Upcoming Workshops and Events at JPI

AUGUST 23, 2008: ANNUAL OPEN HOUSE AT JPI
Refreshments served.

SEPTEMBER 27, 2008: MICHAELMAS WORKSHOP.
How to make horn manure (BD #500) and Stinging Nettle (BD #504) preparation. Cost is \$60.00; lunch is included in the price.

Visit <www.jpibiodynamics.org> to view the complete 2008 JPI calendar.

Other National Events

AUGUST 1-3, 2008: NATIONAL BIODYNAMIC CONFERENCE AT RUDOLF STEINER COLLEGE IN FAIR OAKS, CA
For complete information, go to <www.biodynamics.com/2008conference>.

OCTOBER 3-5, 2008: HARVEST FESTIVAL AND BIODYNAMIC CONFERENCE AT LONG HUNGRY CREEK FARM, RED BOILING SPRINGS, TN

JPI booth and workshops for the public. Visit <www.barefootfarmer.com/dyn/events.html> for details as they become available.

for life, and carries the forces that the preparations impart to it. We witnessed how diligently and carefully the preparations are stored and distributed, not only throughout the United States, but also abroad.

I appreciated how the staff at JPI is knowledgeable, practical, thoughtful and immeasurably helpful with all of our questions. Hugh Courtney's ability to see insightfully each detail needed for the production and care of the preparations was immense. And there is an enormous store of research possibilities, which must be explored, as well as writing that must be done.

It was an honor to be at JPI and I recommend that every member of the Anthroposophical Society and all school communities read Rudolf Steiner's agricultural lectures in order for each individual to gain an inner understanding of the place of the earth where they reside. It is equally important that the Agricultural Section, as well as the Natural Science Section, experience the kind of alchemy

that Rudolf Steiner describes in his agricultural lectures, the alchemy between death and life, between earth and cosmos, between man and beast, and the plant between the earth and sun. We would then gain a wisdom in our social workings.

Jennifer Greene is a JPI board member and founder of the Water Research Institute in Blue Hill, Maine. She is a researcher and educator and gives water phenomena workshops across the United States, and has presented at three World Water Forums. Recently, her letter, addressed to "The People of the World," was included in *Water Voices from Around the World*, a book containing many letters from environmental leaders worldwide. In May of 2008, the book received first place Gold Award in the "Outstanding Book of the Year" category for the book "Most Likely to Save the Planet" at the world's largest international book awards competition, the Independent Publisher Book Awards.

Annual Fall Workshop – October 22–26, 2008

Harvesting of Sheaths, and the Making of the Biodynamic Preparations

Five days of hands-on workshops and lectures. Guest speaker to be announced. Wednesday through Sunday, October 22–26, 2008. Cost of \$500.00 includes all meals. Some housing available, tenting permitted. Call 276-930-2463 or visit <www.jpibiodynamics.org> for further details.



by the application process as well. Would I have super bovine powers? What would they be if I did?

Before long I found myself among the cattle. Fully horned and preoccupied by their incessant chewing, they watched me enter their feed lot. Now, sometimes I get intimidated by the big girls and their sharp curved horns, but today I was armed with a whisk brush and a white bucket full of cosmic medicine. My fear turned to joy as the animals seemed very curious about the contents of my bucket, and they began to surround me. They came from far and near to inspect the man with the white bucket. When all the animals were close enough to catch a droplet, I pulled the long handled whisk brush from its watery quiver and with a gentle turn of my wrist, I delivered "Erbe rain" all over that little herd.

Now everyone knows there is a clear distinction between horses and cows, but none so profound as to the difference in the way the two species react to being "rained" upon. To my instant delight, the cows stood perfectly still and allowed me to apply the Cow Stomach Preparation via my trusty whisk brush until each animal glistened with tiny beads of preparation, like giant "Chia pets." All at once, each cow lowered herself to the ground and settled into a restful position, exhibiting a posture of an even more reflective quality than usual. I continued to apply the solution to the barn and general carousing area. When the bucket produced its final drop of the preparation, I made a small prayer of thanksgiving and left the herd to dry in the noon day sun.

As I made my way up the stairs to the office to make my report, I gazed back to where the herd had congregated, and after taking careful count of the group, I entered the building.

Conversation arose, and after a time, I walked outside to find each member of the herd precisely where I left them. Not one of them had moved an inch in three hours time. They were in a sort of bovine bliss. They stayed in that same position until evening when they retired to the little knoll in the pasture behind my home here. There is a clear yet protected view of the night's sky, perfect for stargazing cattle. Yes, things are a little different here at JPI, and we like it that way.

As far as the horses are concerned, they settled down after four days time and are quite at peace here with us at JPI. The cattle are still being nurtured and fed the best biodynamics has to offer in an effort to preserve self-sustaining agriculture and promote the finest preparations in the world of biodynamics.

Lloyd Nelson, Asheville, North Carolina

I have sprayed it several times in different locations, and I almost always mix it with BD #500 and Biodynamic Compound Preparation (BC), and sometimes with Pfeiffer Field and Garden Spray.

Two experiences stand out as the most remarkable:

A person was collecting old food from a local grocery store. The person heaped it up into a large pile, so it was composting in quite an anaerobic manner. The pile was completely covered with maggots. We sprayed the pile with BD #500, BC and Cow Stomach Preparation. The next day, the larvae were completely gone. They had disappeared without a trace.

The second was when I was in the process of spraying a fence line on land in northern Tennessee. There was a herd of cows on the other side of the fence who became very interested, active and did a lot of mooing as I drove my truck and spray rig along the fence row, spraying. The entire herd began to run and chase us, for one-quarter mile. When we turned around and went back in the other direction, they continued to run and follow the spray rig back up the fence line.

My impressions are that the Cow Stomach Preparation "tunes into" the elemental beings, and, in effect, the elementals become more visible when we use this preparation. This was evident in the dramatic outer activity I observed when the cows were running on the other side of the fence, and also in the reduction of the maggots. Steiner described how the ego lives in the blood, and I felt the connection with the group soul of the cow as the cows were chasing the sprayer. It was as if I was working with the group soul of the cow.*

I have fond memories of observing this preparation as it was fermenting at JPI. There was a layer of fungus that would appear on the top of the mixture, a beautiful white crusty layer. When you poked into it, the juices would bubble through and you could sense that a true alchemical process was taking place.

*Editor's note: Rudolf Steiner stated that an animal does not have its own individual "higher self" or "ego," but shares an over-lighting unified group soul or ego with animals of the same species.

For those interested in conducting their own trial with this unique preparation, JPI has available 10cc bottles for \$10.00 each (plus shipping and handling). Mention this issue of *Applied Biodynamics* and receive a \$2.00 discount.

Preparation Making at the Josephine Porter Institute

Jennifer Greene

I was raised on a farm in the hill country of Vermont and first came across biodynamics at High Mowing School when I was a student there. After getting a graduate degree in education I taught at High Mowing for a couple of years; among my courses was gardening. To add to my practical upbringing on a farm, I decided to take the Agricultural Course at Emerson College with Dr. Herbert Koepf. I milked the dairy herd at Emerson's Tablehurst Farm, which was headed by Katherine Castelliz. It was an incredibly rich time. I returned to Maine to work with Marjorie Spock and then went to Wilton, New Hampshire where I brought back into production about thirty acres of abandoned farm land. I ran a market garden and had a farm produce stand.

While at Emerson we made all the biodynamic preparations. A cow was culled from the herd of roughly 125 head of beef cows and slaughtered. It was a moving experience. Since that time, I have had occasion to make some or all of the biodynamic preparations, gathering the sheaths from wherever possible.

Last fall, I was invited to the JPI seminar on biodynamic preparation making, to present some workshops on water. Here, I saw the quality control, dedication, and a well-organized system for teaching the making of all the preparations. Naturally, different phases of the preparations were shown as appropriate for the time.

I will offer a few impressions.

The cow quickly lost her identity as a specific individual cow and, in the process of preparation making, became a cosmic being for all the earth.

The diverse group of participants came from all over the country. What united them was a veneration for the processes that unfolded, beginning with the introduction Hugh Courtney gave on the cosmic nature of the cow on the first evening. Afterwards, we went and saw the creature in the paddock where she was with her bull calf, of about eight months. The next morning, the butcher came and somehow the cow knew cosmically what her sacrifice was and walked right toward the raised rifle. She went down and the blood was caught from her slit throat for Hugo Erbe's Cow Stomach Preparation. The mood of reverence for the wisdom of the progression of death, and awe for the



The cow who was chosen to be slaughtered for preparation making.

courage necessary to cross the threshold, for those who were following the process, and for the cow, was profound.

The cow quickly lost her identity as a specific individual cow and, in the process of preparation making, became a

cosmic being for all the earth. As the digestive system fell out of the carcass into a big pan for further processing, it was a marvel to think that the skeleton was able to carry such a weight; it seemed so delicate, as if the digestion was carried by life itself and wrested the mass from the full force of gravity while within her. This was another momentary glimpse into the cosmos.

My impression is that the site is perfect for the leading biodynamic preparation center for North America. The whole farm is used for the preparations and holds the cosmic picture somehow.

The JPI farm has a perfect topography for the biodynamic preparations. The ridge, which is a kind of spine of the farm, contains the buildings – the JPI building, the barn, paddocks and private housing. On both sides of the ridge, lie valleys. In one valley, all the cow horns with BD #500 (horn manure) and (X)500 (pre-potentized horn manure) are buried. We filled several thousand cow horns with manure and buried them in pits that had been dug by the Boy and Girl Scouts. In the other valley were the pits with the mesenteries with dandelion, the intestines with chamomile, and later other preparations, the stinging nettle, and the stag bladders with the yarrow.

At the head of the ridge there is a ravine, where a small stream flows. In a little swale the skulls with the oak bark are buried. Also at the head of the ridge there is an amazing outcropping of quartz crystals. It is here, in a grove of trees, that the cow horns filled with BD #501 (horn silica) are buried. A cathedral-like atmosphere, with streaming light beams, shone on the area. It was magical.



Participants head out across the idyllic JPI landscape in search of yarrow blossoms.



Lush greens in the garden at JPI

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Dr. Ehrenfried Pfeiffer considered Josephine Porter the best preparation maker that he had seen, and from seeing the quality of the preparations, and sensing their vitality, it is clear that the tradition is being faithfully carried forward. The preparations are not dry and dusty, but are moist, rich with a fragrance of something living. Water is an element



Jennifer Greene (left) poses with conference participant