



biodynamic^{uk}
association

Contemporary Spirituality & Mental Health

An exploration of diversity of approach and recognising
our own path in relation to nature and the land

Welcome

Practical life and spirit

(a moment to reflect what has brought us here and what we can share)

Seek the real practical life,
but seek it in such a way that the spirit
which dwells within it is not deadened for you.
Seek the spirit
but seek it not in super-sensible greed,
not out of super-sensible egoism,
but seek it so that you can apply it selflessly in
practical life in the material world.

Apply the ancient words:
Spirit is never without matter,
and matter is never without spirit
in such a way that you say to yourselves:
we will do all things in the material world in the light
of the spirit,
and so seek the light of the spirit that it may
enkindle warmth for our practical deeds.

Rudolf Steiner, 24.9.1919

Our Session – some thoughts

- Might working in connection with Nature help me and help nature?
- When I seek balance and harmony for nature and the ecosystem on my farm, does that make my connection different?
- If I see life as a path of personal development and growing awareness of all that surrounds me – does that help me in my wellbeing?
- When I see challenges and difficulties as part of growing into myself, does that help me stay sane, be grounded?

Spiritual paths are personal and diverse

Working as a farmer or grower can lead to much time on one's own ... or time just with machines

What can sustain me?

What does sustain me?

Can my world view help connect me to myself and others?

Might seeing life in everything as part of a living planet reduce loneliness?



Question - if we have a connection to spirit, might this help our mental state?



- How do I experience
 - Nature
 - Landscape
 - My land
 - My environment
 - Connection to spirit
 - ? ? ? ? ?





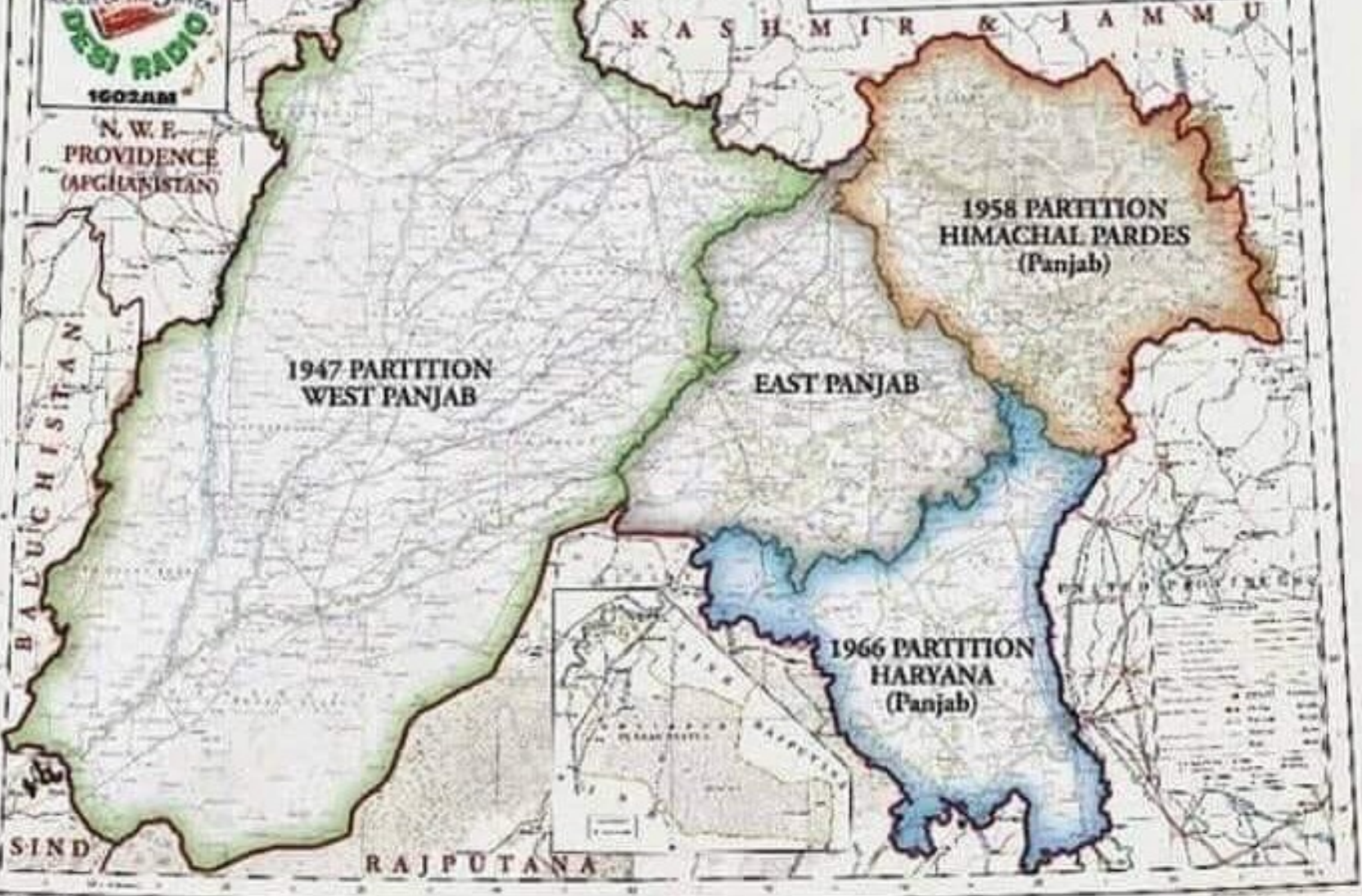
From the land
to the land
through
generations





PANJAB

The Land of Five Rivers



FARMINPUNJAB







Welcome to
**Plaw Hatch
Farm Shop**
A Community-owned Farm





Moon rhythms, and seasonal celebrations



FLEGMAT

SANGVIN

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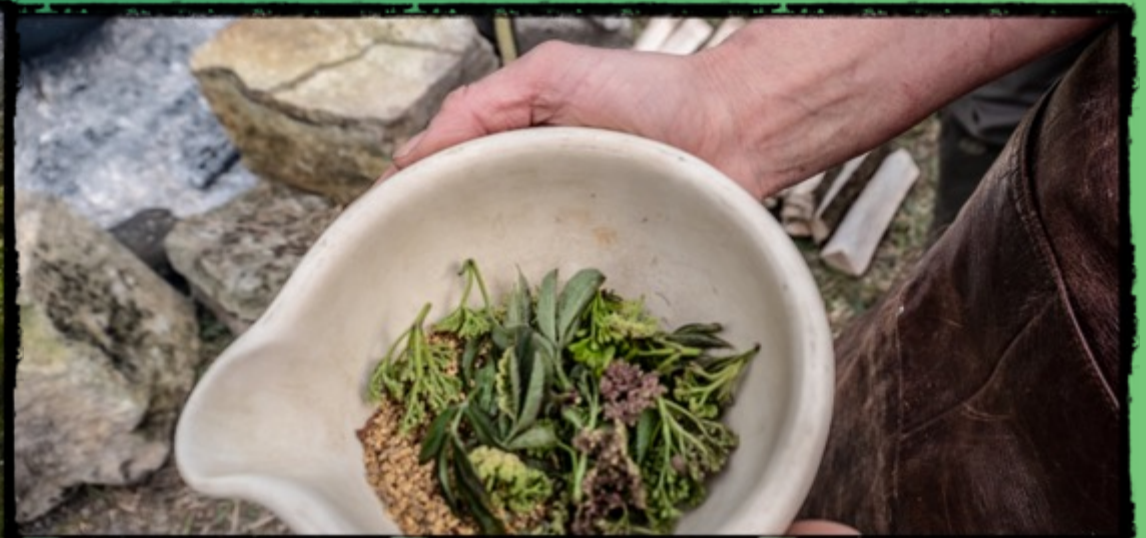
TAELANC

me COLERIC



FOUR ELEMENTS





CERNE GIANT FESTIVAL



CELEBRATING HUMANITY
within the LANDSCAPE









Seeking my place and path to reality and spirit

















Lauriston Farm Limited

Carols for the farm

- 1) I saw tree ships
- 2) Away in a manger
- 3) God rest your merry gentle men
- 4) In the bleak midwinter
- 5) O come all ye faithful
- 6) Ding dong merrily on high
- 7) While shepherds watched their flocks
- 8) Angels from the realms of glory
- 9) Silent night
- 10) Tomorrow shall be my wedding day







Lauriston Farm
Biodynamic - organic



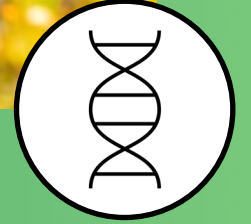


A search for vitality

The Macrocosm:
The cosmos



The Microcosm:
The human being





Ether



Air



Fire



Water



Earth









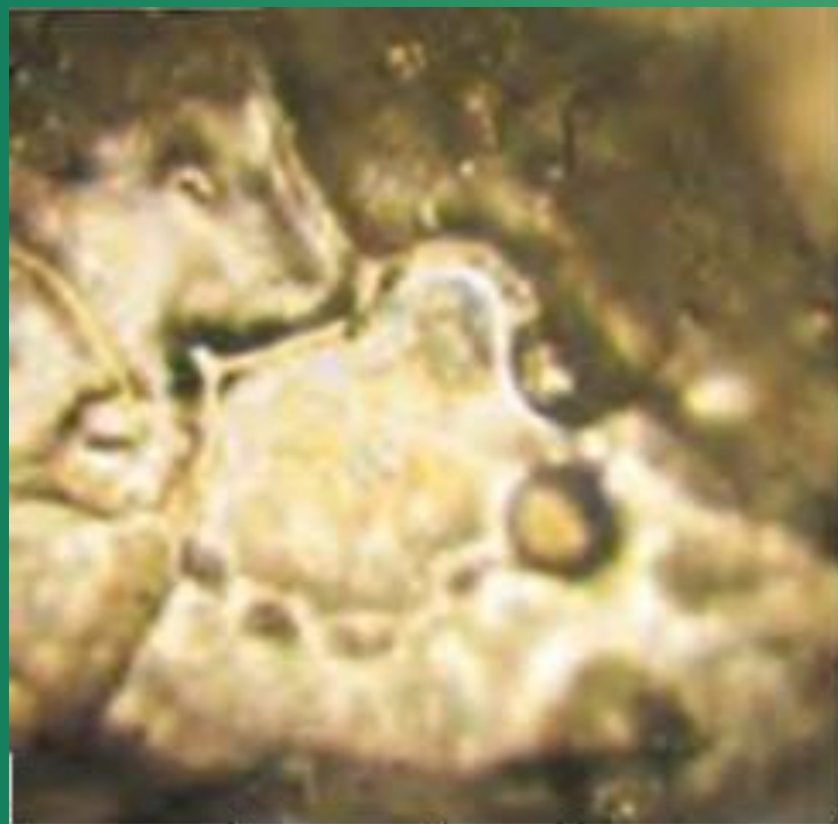


Relating to vibrational intelligences in landscape

farming as husbandry

The sacred marriage of resident to host,
people to place

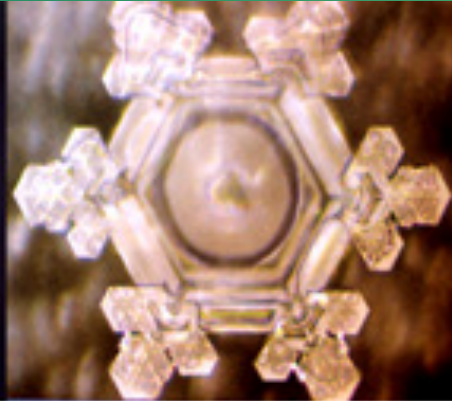




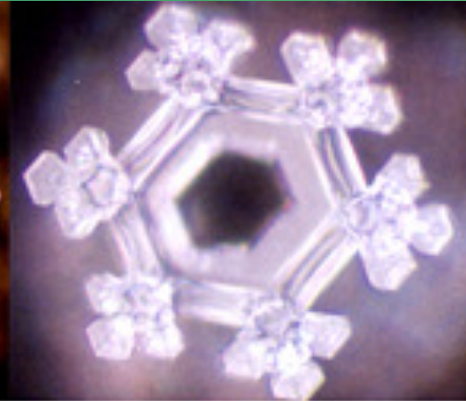
The photo on the left is of an ice crystal frozen from severely polluted water. The photo on the right is the same water refrozen after having been blessed by Dr. Emoto. One can plainly see that we do have the ability to not only heal ourselves, but our Earth as well.



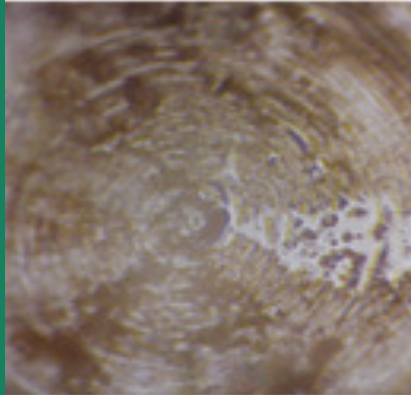
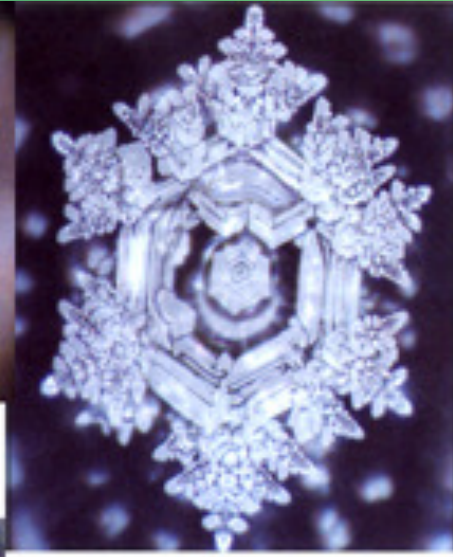
Compassion



Thank you



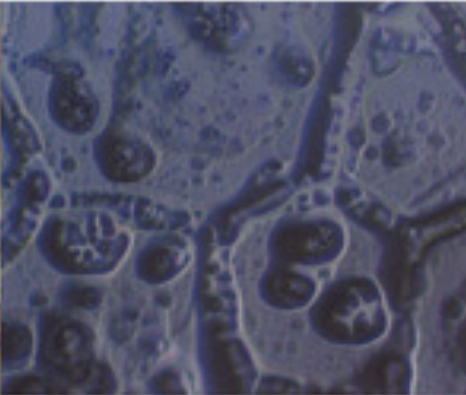
Wisdom



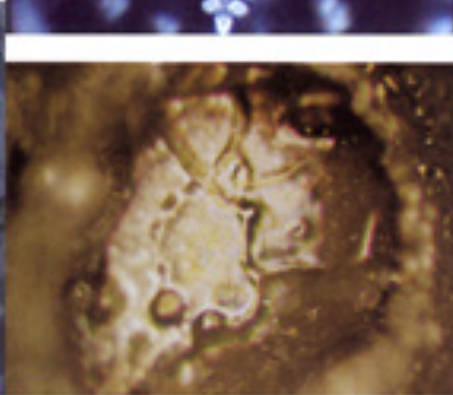
Heavy Metal
Music



I will kill you



You fool



Water before &
after Buddhist
prayer















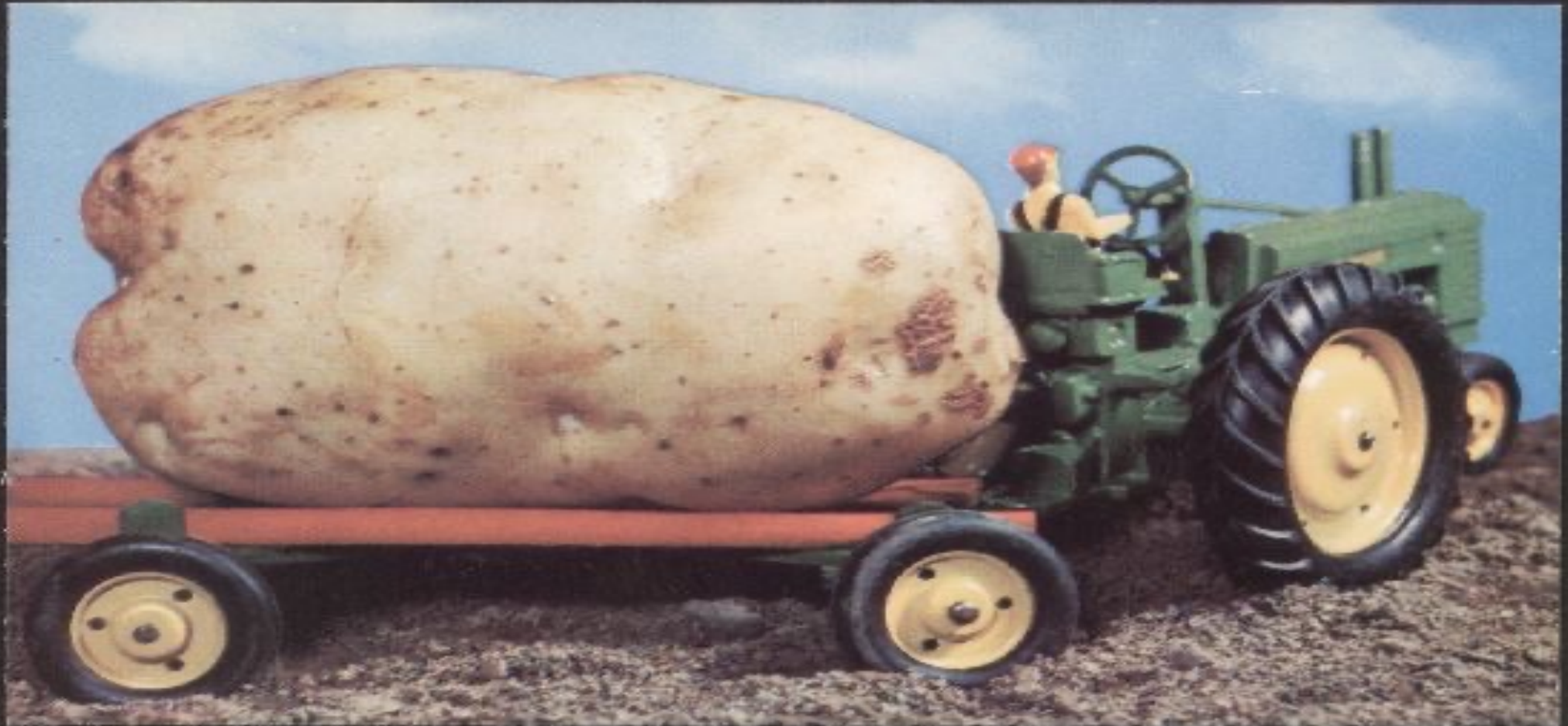


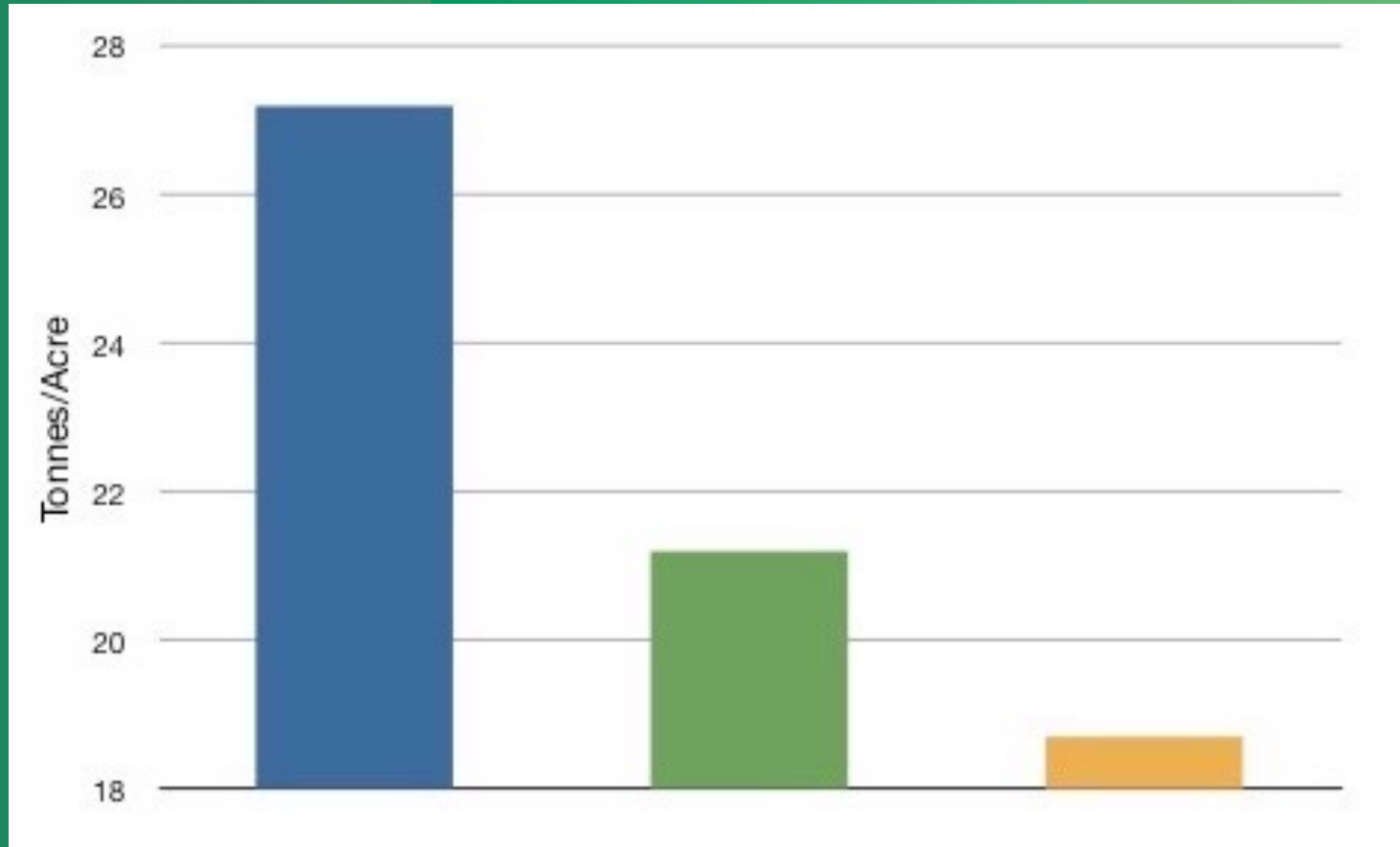


Perthshire, Scotland

Energetically enhanced potato crops showing
increased yield averaging 3 tons / acre













NSW, Australia

Best ever sorghum crop @
2.3 tonnes/ac

Previous best 1.6 tonnes/ac

Previous average 1.0 tonne/ac

High populations of beneficial insects (spiders & wasps)

Agronomist – only client did not have to spray for
heliopsis grub

Organic Dairy Farm, Gloucestershire England

65% reduction in mastitis

increased forage yield

increased milk fat & protein

reduced calf mortality

resolved poltergeist activity from house & milking parlour

eliminated bloating from alfalfa forage

Apple Orchard NSW, Australia

Usually three harvests in season to
accommodate retailer specifications

98% uniform ripening across crop after plant
communication,
allowing single harvest





Any Questions to the panel?

We rejoice and give thanks for earthworms, bees, ladybirds and broody hens; for humans tending their gardens, talking to animals, cleaning their homes and singing to themselves; for the rising of the sap, the fragrance of growth, the invention of the wheelbarrow and the existence of the teapot we give thanks. We celebrate and give thanks.

Amen.



Audience - Discussion in groups

Group discussion: - groups around our panellists – *groups of 5-7 best*

- *What is spiritual in connecting to land for you?*
- *What is special about land and nature?*
- *Am I on a path of personal development?*
- *Can this help mental health?*



Let's bring our thoughts together on what matters what makes a difference ...



- What key points do we want to share, as this may help others who are searching?

Thank you for joining our session – do be in touch if you have questions or wish to explore anything with any of us

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