



SEPTEMBER 2022



Welcome

What is this world, if in our daily care, we have no time to stand and stare?

Almost universally, people express an acute desire to get off the treadmill of work and busyness.

We hope that this newsletter, not asking for any predetermined response, gives a welcome break from what is all too often, an unwelcome demand upon your time.

We hope you enjoy the contents.

May Spring 2022 be super springy at your place.

Have a wonderful month.

John and Kaz



The basics vs the metaphysics of biodynamics

John Hodgkinson

Bill Mollison, co-founder of Permaculture with David Holmgren, once told me that in Q&A sessions after his lectures, audience members often asked mundane questions such as how to construct a trellis or the species to plant in a constructed wetland. These types of questions infuriated him, because that level of detail was amply covered in the Designers Manual and other publications.

In public, he was far more interested in promoting higher order or meta-thinking across such areas as self-sufficiency, syntropy, creation of enlightened communities, and the development of critical thinking on a wide range of planetary issues.

Long before Mollison, Steiner had grounded his April 1924 agriculture lectures on high level spiritual considerations, requiring that those attending were grounded in Anthroposophy. Nevertheless, the eight lectures are full of practical detail along with the esoteric.

Unlike Mollison, Steiner had been happy to take and answer “mundane” questions during the lectures.

Amongst the plethora of books and websites on biodynamics today, the rough equivalent of *Permaculture: a Designers Manual* (i.e. a basic reference) would be our *Biodynamic Handbook*, designed as a one-stop source of information and detailed method, to enable anyone to begin biodynamics on a practical basis.

The higher or meta-level of understanding behind biodynamics can be found in Steiner's "agricultural testament", *The Spiritual Foundations for the Renewal of Agriculture*, as well as in many other writings arising from this, plus ongoing biodynamic practice and research. If you don't already possess a Handbook, maybe you should!

I feel that Steiner, had he lived longer, would have become impatient, if not frustrated, by mundane questioning when his motivation behind the recipes for the preparations and methods he described in the eight lectures lay beyond the material plane.



Animal husbandry in Demeter farming

Animal welfare is our highest priority.

Source: Biodynamic Federation Demeter Bulletin 7 Sep 2021

In biodynamic farming, animals are part of the farm organism and their needs and well-being is respected and looked after in every way.

- Farmers create conditions on their farms that allow animals to behave in a way that suits their nature, free-range and pasture-fed.
 - Animal feed ideally comes from their own farm and is not bought in.
 - They are not mutilated – dehorning, debeaking, wing clipping, tail cutting, and tail docking is prohibited.
 - The use of hormones and the preventative use of antibiotics is not allowed.
 - Animals and poultry on Demeter farms are usually kept in small herds or flocks. This allows them to express natural social behaviour, ranking order and provides enough space for them to roam free.
 - Ruminants and other farm animals not only provide valuable manure for compost, but they also shape and enliven the farm. This is why Demeter requires animals to be part of the arable farming process. Cattle in particular, play a central role in the farm organism.
-

Biodynamic Liquid Soil Activator (LSA)

A potent living biodynamic soil spray that brings a healthy balance to the soil.

Contains biodynamic preparations: (500–508)

No stirring required – just dilute and apply.

USES

Broadacre

- pastures and crops, as both a soil and foliar spray
- via stock – pour into water troughs at recommended dilution so that stock can spread over large and/or inaccessible areas

Gardens and Market Gardens

- as a soil spray prior to planting seedlings
- for vegetable gardens, flower beds and pot plants
- for green manure crops to aid breakdown when turned-in
- as a seed bath or root dip before transplanting
- add to liquid fertilisers such as biodynamic fish or seaweed concentrate
- add to water used in compost making
- add to septic tanks and composting toilets to cancel odours and improve microbial breakdown
- add to watering can and sprinkled over worm farm or home composting container

DILUTION [dilution ratio: 1:100]

1 litre LSA in 100 litres water *is sufficient for 3ha*

330ml LSA in 33 litres water *is sufficient for 1ha*

100ml LSA in 10 litres water *is sufficient for 3000m²*

30ml LSA in 3 litres water *is sufficient for 1000m²*
(quarter acre)

METHOD

Shake LSA container, then add appropriate volume for the correct dilution, into sprayer/ spray tank water. Fish/seaweed products can be added at the same time and sprayed out together with LSA. Spray out in droplets for soil spray; mist for foliar spray. It is best to spray after about 3pm or after the heat of the day has subsided.

FREQUENCY

Spray out monthly but at least twice a year at active growing times, especially after rain or during drought.

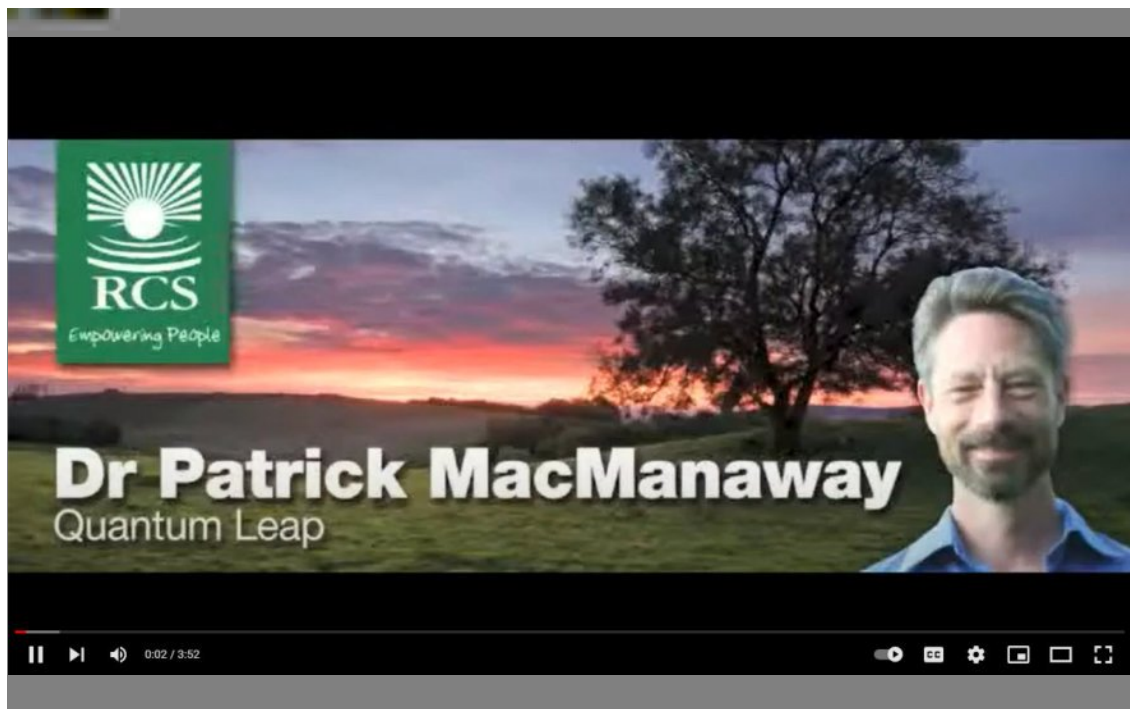
STORAGE

Store in a cool dry dark place as far away as possible from electrical fields and appliances.



Biodynamic Agriculture Australia Ltd

Order online: www.biodynamics.net.au



Dr Patrick MacManaway speaks on the importance of Subtle energy in agriculture

[Click here to watch the film](#) - 3:52 minutes.



Grandmother Speaks... Dandelion

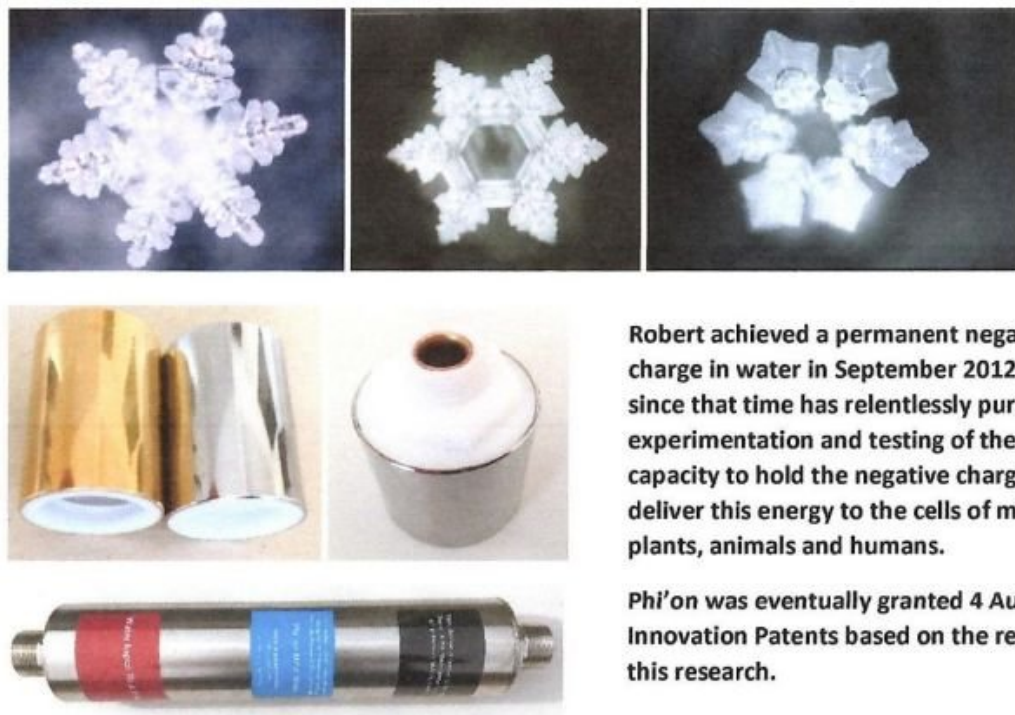
A Spring Tradition

Linda Conroy, Mentor at the Wise Woman University

“At least three green leaves a day for 30 days” I declared as I stood in the center of my overgrown “weedy” garden. I was planning to undertake a personal experiment. I was preparing to test the hypothesis of wild forgers, herbalists and the practices of traditional cultures around the globe. I wanted to know personally what would happen if I ate three dandelion leaves every day for thirty days.

[read more.....](#)

Advertorial



Robert achieved a permanent negative charge in water in September 2012 and since that time has relentlessly pursued the experimentation and testing of the device's capacity to hold the negative charge and deliver this energy to the cells of microbes, plants, animals and humans.

Phi'on was eventually granted 4 Australian Innovation Patents based on the results of this research.

Living with Structured Water

Latest news from Rob Gourlay at phion.com

Water is our world. Starting with our time in womb water, life then progresses in a water environment for our entire existence. If there is mystery in life, then it is embedded in water. The simplicity of 2 hydrogen and 1 oxygen molecules belies its complexity as a universal force and source of energy for all life. Wherever water flows it nourishes and flourishes everlasting life.

Australian indigenous cultures epitomise our relationship with water as an invisible connection to spirit, culture, song lines, and dreaming with water. Rivers often formed tribal boundaries, and the fish in these water systems had different totemic value for different tribal peoples.

Deep in our consciousness is a resonance that natural, flowing or living water is something we feel, something that gives us a sense of vitality and energises us. There is something special about sitting in stillness beside flowing water in a stream or waterfall that sharpens our sensitivity to our place in nature. We can also feel this connection with the first rain after a drought.

However, we increasingly live in an era where water is reduced to a commodity for trading, distribution, and pollution. The urban water that most people are drinking today is literally lifeless, because it carries a *positive* electromagnetic charge.

While the most sophisticated water purification system can remove some toxic minerals, it cannot remove the toxic energy from the water or bring it back to a living, structured state. However, MEA Water® devices produce water that can restore its integrity for cell function.

[read more.....](#)



What is biodynamic gardening?

If you haven't already seen this wonderful video we highly recommend you do.

It comes from the Biodynamic Association UK, and there is a set to view, called "Biodynamic Gardening Club Videos"

[Click here to view and enjoy](#)



Home Garden kit

This small yet powerful package contains everything you need to get started in biodynamics.

The Home Gardener's Kit contains biodynamic soil, atmospheric and compost preparations to create deeper, darker, more friable and fertile soils and grow produce with superior taste, nutrition and keeping qualities.

Biodynamic preparations are made from mineral, animal and plant materials which enhance soil microbial activity, root growth, plant quality and humus formation.

[read more.....](#)



Membership

Thanks for subscribing to receive our free ***Between the Leaves*** newsletter. We truly hope you enjoy and it inspires you further in biodynamics.

We want to LIVE mindfully and lovingly, intuitively with good intentions, while nurturing family, friends, soil, plants, animals and our environment. With busy lifestyles, there is need for motivation and support along with quality biodynamic preparations and products, and that's where we come in, to help you on your biodynamic way.

As a member you receive:

- **Reduced costs on products and workshops**
- **Quarterly *News Leaf* journal packed with great information**
- **Biodynamic Handbook**
- **Sample of Biodynamic Soil Activator with instructions**
- **Encouragement, direction and support**

Our next *News Leaf* comes out early Spring, so consider coming on board today to enhance your biodynamic journey.

If your membership has lapsed, we would love you to renew. Simply log into your account on our webpage and go to "subscriptions" to update.

Your ongoing support and membership help us to create, share and promote biodynamics. It supports our not-for-profit organisation in making and sourcing products, so you can continue to create optimal soil health and grow highly

nutritious and delicious food.

[read more...](#)



Spring *News Leaf*

Our latest *News Leaf* journal is full to the brim with excellent biodynamic

information and stories. It will be mailed to members in early September.
Become a member today to receive your copy.

NL No. 132 will also be available for members on our webpage from 1 September.

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presented by Bellinggen Environment Centre Inc.

MUSIC, WORKSHOPS & DELICIOUS FOOD!

Bellinggen Spring Plant Fair

This popular biannual event comes alive in Spring and Autumn every year and showcases over 100 diverse plant stalls, with a focus on natives.

Landcare, Bellingen Seed Savers, Northbank Community Garden, Bellingen Environment Centre and Biodynamic Agriculture Australia will be there to answer all our questions. Don't miss the biodynamic demonstration with John (read more information below).

It's a good reason to make the trip to beautiful Bellingen

For more information please go to <https://bellingenplantfair.org/>



Go one step further –

free talk with
John Hodgkinson from
Biodynamic Agriculture
Australia

10:30-11am (near the stage)

John will demonstrate and explain how simple decisions you make can achieve amazing outcomes for your time and effort. He will talk about applying the biodynamic preparations to your garden or farm. Free kits to participants.



Work in synergy with nature:

- growing chemical free biodynamic organic food
- enhancing soil fertility to benefit plant and animal health
- improving water holding capacity
- increasing resistance to disease and insect pests
- creating habitat for biodiversity

For anyone inclined to take up biodynamic practice, there is a certain consciousness or attitude involved: the Earth as a sacred being and food as a divine gift.



www.biodynamics.net.au





Thanks for reading our newsletter

Don't hesitate to contact the office, open Mondays and Tuesdays 9am-3pm, and Thursdays 9am-12.30pm.

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Please help spread the good word.

LIKE and FOLLOW our Facebook and Instagram page

visit our webpage



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