



NOVEMBER 2025

Hello everyone,

November in Australia is high spring. Biodynamically speaking, this is a key time for putting out the soil and atmospheric sequence of sprays.

We strongly recommend doing this around Moon opposition Saturn, occurring on 15 November at 10.29 AEDT.

This sequence can be achieved by putting out the soil spray - either Horn Manure or our Biodynamic Soil Activator - on Friday afternoon the 14th, and the atmospheric spray - Horn Silica - early on the following morning the 15th.

If you decide to put out both sprays on the day of the opposition (ie: Saturday) - Horn Silica early and soil spray later - some say that this is ok.

Good stirring and spraying if you do so...

John and Kaz



Key biodynamic spray dates

NOVEMBER 2025

[Note that this strongly vitalising influence is “in orb” for up to 12 hours either side of the opposition time. It is believed that spraying out biodynamic soil preparations (late afternoon) and atmospheric preparations (early morning) back-to-back reinforces the balance between the Moon’s calcium influence and Saturn’s silica influence, giving pasture and crops greater resilience to weather extremes, diseases and pests.]

November 15th, 10.29am

Moon descending periods

[This is the recommended/usual soil spraying time, when the Moon’s influence is working below the soil surface.]

November 23rd – December 6th

Moon ascending periods

This is the recommended/usual time to spray out the atmospheric preparations when the Moon's influence is more above the soil.

November 8th – 22nd

Sequential spraying dates to encourage rain

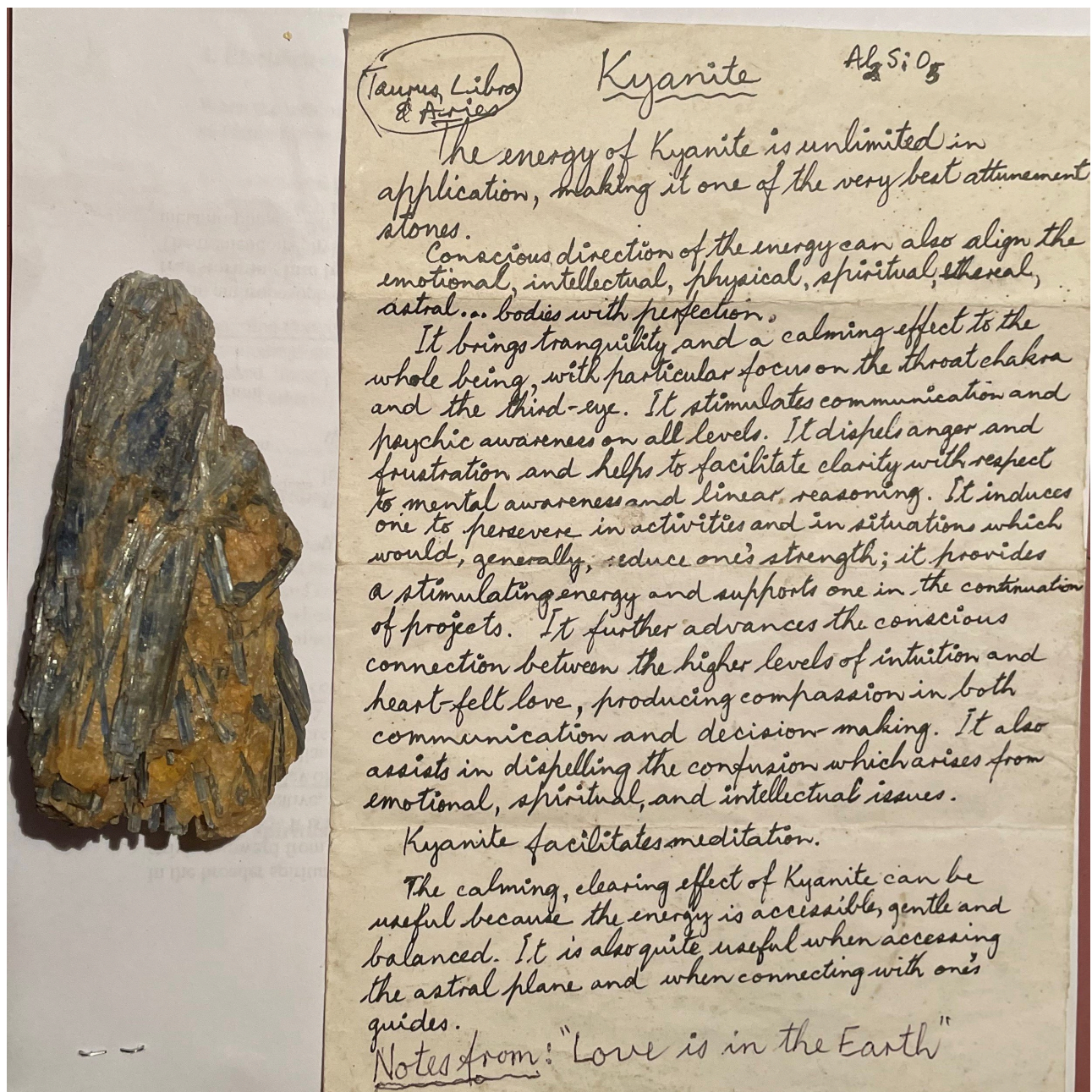
[To encourage rain, consider buying a *Rain Plus Kit*. A series of four soil and atmospheric sprays are put out over three successive days when the Moon is in a water sign and preferably near Full Moon.] The best sequential spraying dates for October 2025:

November 2nd-4th

Order a Rain Plus Kit in time to spray out on the dates suggested above.

Please allow seven days for postage.

Read more...



Kyanite at a glance

John Hodgkinson

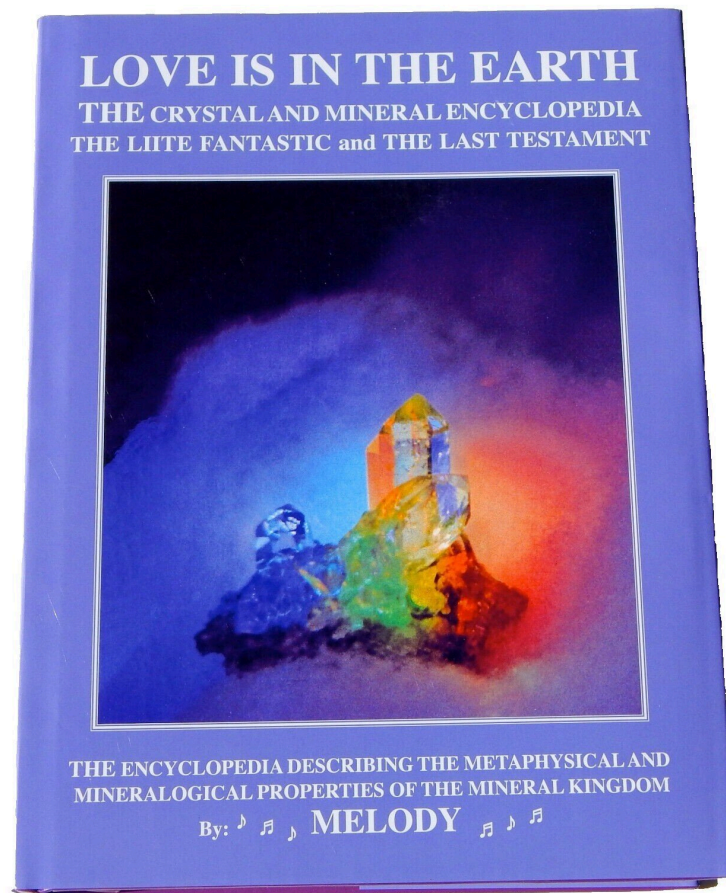
The energy of kyanite is unlimited in application, making it one of the best attunement stones. Conscious direction of the energy can also align the emotional, intellectual, physical, spiritual, ethereal, astral... bodies with perfection.

It brings tranquility and a calming effect to the whole being, with particular focus on the throat chakra and the third-eye. It stimulates communication and psychic awareness on all levels. It dispels anger and frustration and helps to facilitate clarity with respect to mental awareness linear reasoning. It induces one to preserve in activities and in situations which would generally reduce one's strength; it provides a stimulating energy and supports one

in the continuation projects. It further advances the conscious connection between the high levels of intuition and heart-felt love, producing compassion in both communication and decision making. It also assists in dispelling the confusion which arises from emotional, spiritual and intellectual issues.

[Read more...](#)

BOOK REVIEW



Love is in the Earth

This is not just a brick of a book, but a besser block, at just under 4.5kg!

It is a wonderful encyclopedia describing the metaphysical and mineralogical properties of a large portion of the mineral kingdom. I love its firm base in geology and mineralogy, and take its exuberant astrology and spiritualism with a certain happy skepticism.

It has served my long term interest and curiosity for many years now, having been published in 2008.

Being a prized possession, the fact that it was expensive pales into relative insignificance. I might go as far as to say that it is good value!

GIVING THE GIFT OF BIODYNAMICS



Why not consider giving biodynamics as a Christmas gift this year for someone your love.

Our Home Garden Kit contains everything you need to start biodynamically. It contains, compost, soil and atmospheric preparations designed for urban and homestead gardens for up to 1,000m² (1/4 acre), along with 1 portion each of Soil Activator, Horn Silica (501), Summer Horn Clay, Fresh Equisetum (508) and 1g set of Compost Enhancers. See our webpage for more information.

WORKSHOP



Presented by:

Hamish Mackay



Hamish has been working with biodynamics for 50 years and presents biodynamics as a cost effective and enjoyable way to produce high quality food and fibre suitable for human health and well-being; at the same time improving our environment.

Biodynamics

Biodynamics encompasses a multitude of successful farms, vineyards, orchards and market gardens of all shapes and sizes on all continents. Biodynamics is known for enhancing food nutrition, quality and taste.

Biodynamics adds to the pleasure and interest of home gardeners.

AN INTRODUCTION TO BIODYNAMICS

Grazing, cropping & horticulture
Cootharaba, Sunshine Coast

Tuesday 4 Wednesday 5 November, 2025.
9 am - 5 pm

Farming and Gardening is about more than growing food for our stomachs - or money for our bank accounts.

They are the foundation of our future.

- They connect the material world of our planet Earth with the great world of the Cosmos.
- They connect every individual Human Being with our physical environment through what we eat.
- They nourish our spirit as well as our body and soul.

Come and be inspired by a journey into what it is to be human through food and agriculture

CONTACT: MITCH BRAY 0400 612 882

VENUE: THE BEACH FARM NOOSA
404 Kinmond Creek Road
Cootharaba, Qld. 4565

COST: \$550 or \$440 group rate
includes lunch and refreshments

REGISTER: email or call Hamish and he will send an invoice

bio2024@bigpond.com

0412 862 823

Or, you can direct deposit to:

Biodynamics2024 BSB 633-000

Account: 136 880 945 + name

Biodynamic Soil Activator

- a wonderful way to boost your garden, market garden, vineyard, orchard or farm
- particularly effective at remediating severely degraded or out-of-balance soil
- can be sprayed out monthly, but at least twice a year at active growing times, especially during drought

Also available as *Liquid Soil Activator*, which is pre-potentised requiring no stirring, only dilution.



Biodynamic Agriculture Australia Ltd
www.biodynamics.net.au





Health through regular meals

Dr. Jasmin Peschke and Lea Knöpfler | 10/01/2025 | Nutrition

Goetheamum Section for Agriculture

Our modern lifestyles throw our natural sleep-wake cycle out of balance. Artificial light – including from screens – and shift work can lead to illnesses such as chronic fatigue, obesity and metabolic disorders. The field of chrono-nutrition research investigates the timing and rhythm of daily meals and their influence on health and metabolism. A review by Pot (2018) shows that lack of sleep can lead to unhealthy eating habits. An unbalanced diet also reduces sleep quality. Sleep and eating rhythms influence each other, and a balance is needed to promote health.

Every person has their own circadian rhythm, which can be divided into sleep and wake phases and is adapted to the change from day to night. Chronobiology deals with such biological rhythms, which can also be found in the organs: each organ is particularly active at a certain time of day. Artificial light – whether electric or from screens – strongly influences these rhythms, especially the sleep rhythm. This promotes the development of insomnia, chronic fatigue, but also overweight and obesity. Shift work also has a negative impact on health. In 2007, it was even classified as possibly carcinogenic by the International Agency for Research on Cancer [1].

It has long been known that healthy eating is not only about what you eat, but also when you eat. For example, irregular meals, but also consistently late meals, can increase the risk of overweight and obesity. This topic is addressed by the field of research known as "*chrono-nutrition*", which investigates how irregular eating, the number of meals and the actual time of food intake affect eating behaviour and thus health. Many metabolic processes take place during sleep. As these restorative activities are essential for health, scientific interest in the relationship between sleep and eating habits has grown significantly in recent years. The publication by Pot (2018) summarises numerous reviews on this topic [1]. Some important findings are discussed here.

Read more...



Plant a garden

Robin Wall Kimmerer, Braiding Sweetgrass

"People often ask me what one thing I would recommend to restore relationship between land and people. My answer is almost always,

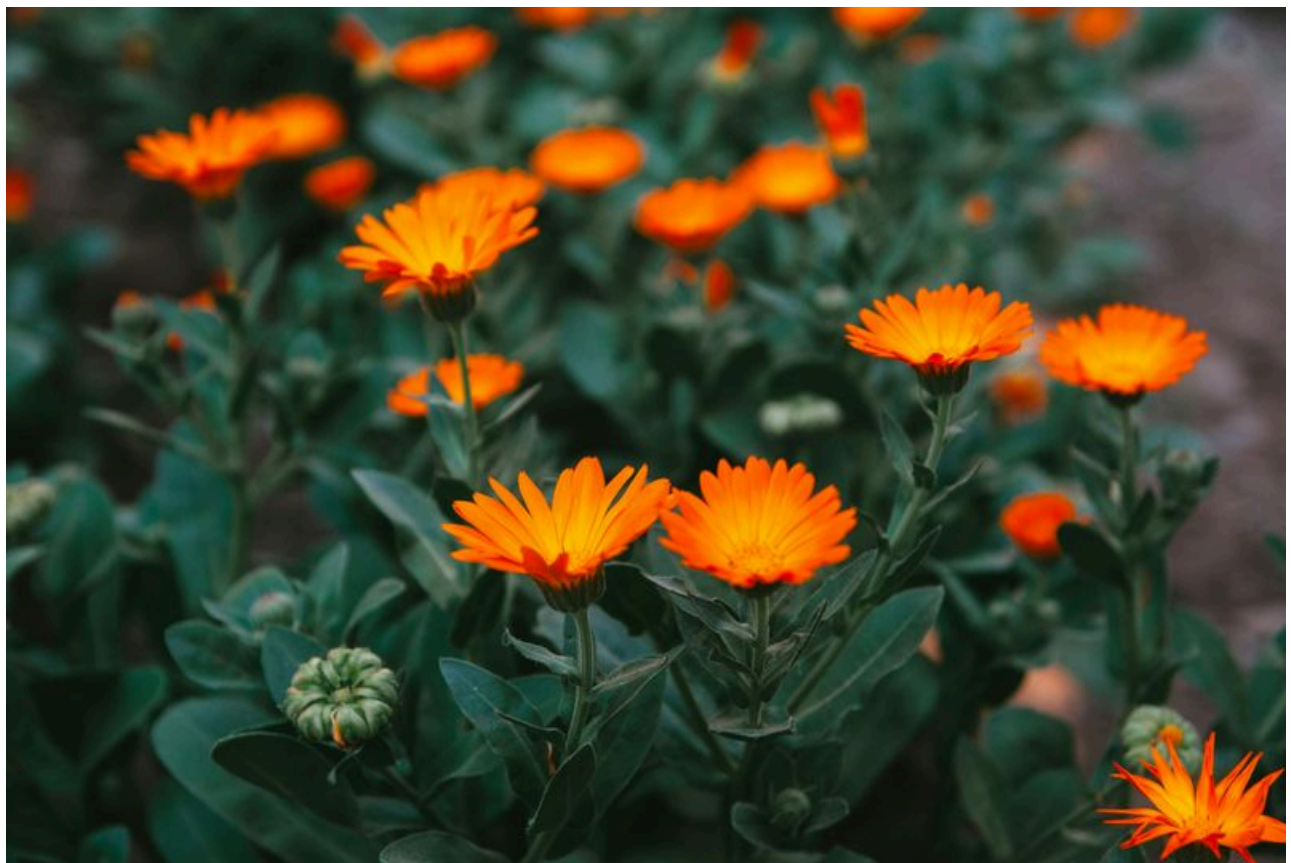
"Plant a garden."

It's good for the health of the earth and it's good for the health of

people. A garden is a nursery for nurturing connection, the soil for cultivation of practical reverence. And its power goes far beyond the garden gate—once you develop a relationship with a little patch of earth, it becomes a seed itself.

Something essential happens in a vegetable garden.

It's a place where if you can't say "I love you" out loud, you can say it in seeds. And the land will reciprocate, in beans."



Calendula

Barbara Pleasant, 15.6.12, Growveg.com.au. Reprinted with thanks.

Most gardeners grow calendulas (*Calendula officinalis*) for their bright orange to yellow summer flowers, but calendulas are much more than a pretty face in an organic vegetable garden. Calendula flowers can be harvested and used as a medicinal herb, and I like to snip petals into herb teas and salads to add colour and nutrition. In addition, the presence of calendulas in the garden may help repel insect pests, and calendula roots benefit the

soil by forming active relationships with soil fungi. Best of all, I can get calendulas to come back year after year by scattering seed heads where I want the next crop of flowers to grow. Calendulas grow so vigorously in my garden that I have often used them as a fall cover crop that is conveniently killed by cold winter weather. Where winters are mild, plants often survive to bloom in spring.

Biodynamic Seaweed Concentrate

Biodynamic Seaweed Concentrate contains plant nutrients, trace elements, alginic acids and other bioactive compounds. Vortically stirred for an hour, it promotes healthy roots, encourages beneficial soil micro-organisms, stimulates flowering and fruiting and helps plants cope with stresses like heat, drought, frost, pest and disease attack.

Biodynamic Agriculture Australia enhances all these qualities by adding the biodynamic compost preparations, 502-507.

Rich in growth hormones, supports bacterial and fungal activity, counters insect attacks, lifts potassium and brix.



Biodynamic Agriculture Australia Ltd
Living Soil Living Food



Feeling the joy of biodynamic farming

Demeter - Biodynamic Federation. Reprinted with thanks

Our 'Feel the Joy' Communication Campaign highlights the essence of biodynamic farming, as a holistic, ethical, and ecological approach to farming caring for the people and the planet. Today, biodynamic farming is practiced in over 65 countries, with more than 7,000 farmers stewarding 255,000 hectares of land. Let's have a look at what it means to practice biodynamic farming!

Holistic approach - Biodynamic farming is a holistic, ecological and ethical approach to farming and gardening. It is the world's oldest organic farming system and one of the most sustainable and regenerative agricultural practices of today.

Going beyond the organic standard, through wholistic management practices biodynamic farming focuses on reinforcing the interaction between soil, plants, animals, and humans in an environmentally friendly and regenerative way. In this way biodynamic farming produces nutritious, high-quality food while safeguarding the environment for future generations. By prioritising soil health, biodiversity, and resilience, biodynamic farmers build a balanced ecosystem that benefits both the land and the people.

Biodynamic farming is managed without any chemical fertilisers and pesticides, using minimal external inputs, sourcing them through collaboration with other biodynamic farmers when necessary. It is the wholistic nature of biodynamic farming that makes it truly regenerative and resilient: the care for the soil, the integration of animals, the use of diverse and regionally adapted seeds, and the recognition of the farm as a whole, interconnected being. By focusing on regeneration and resilience over yield alone, biodynamic farmers give back more to the land than they take from it. In this way, biodynamic farmers are practicing truly sustainable and regenerative farming.

Read more...



Biodynamic farming will be the new organic

José Miguel Castillo manager of Biotomate. Reprinted with thanks.

There's an increasingly stronger parallelism between conventional and organic farming. On the one hand, consumer prices are getting closer and closer, and on the other hand, they are increasingly similar in the use of permitted treatments. Biodynamic cultivation under the Demeter certification has joined the equation.

"I think that conventional and organic farming are becoming the same thing. The general trend will be to promote organic farming, because there's no other way for agribusiness to move forward. I also believe that biodynamic farming will be the new organic. It isn't well-known yet, but there are already consumers for it," says José Miguel Castillo, manager of Biotomate.

Read more...



Spotlight on biodynamic agriculture: A holistic approach to farming

Royal Examiner, 7.10.25. Reprinted with thanks

In an age of industrial-scale farming, some producers are returning to the roots—literally and figuratively—of agriculture. One method gaining ground, especially among small and mid-sized farms in North America, is biodynamic agriculture. While often seen as unconventional, this approach goes beyond organic farming, offering a deeply holistic and earth-centered philosophy that resonates with many farmers and consumers alike.

Farms as Living Systems

At the heart of biodynamic agriculture is a simple but powerful belief: the farm is not just land and crops, but a complete, living organism. Soil, plants, animals, insects, and people are all connected, and their interactions matter. A biodynamic farm seeks to balance and support each of these parts, building a self-sustaining system that thrives naturally.

To promote this harmony, farmers often use methods like crop rotation, which prevents soil depletion, and integrated livestock, where animals contribute to fertilization and land management. Flower strips may be planted to attract pollinators like bees and butterflies, encouraging a vibrant ecosystem that supports healthy crops without synthetic inputs.

Read more...



MY HAPPY PLACE

Reader contribution

Have you got a special place in your garden/property that makes you feel good? We would love to see it! Use your phone camera to capture and email us your image and a brief description (no more than 20 words) to share with fellow BtLers. Unfortunately, not all submissions can be published.

The beautiful Pea flower above is from Patrick Begbie. Patrick is always fascinated by consciously observing nature's geometry. He encourages others to look ever so carefully, even with a magnifying glass, at the flowers and plants around us. This pea has only ever had 500 and 501 and comfrey preparations sprayed on it. A good crop is on its way. This is a flower of a North American Dogwood tree also with a bio-dynamic background. The tree is around 50 years old and still flowers so beautiful although its trunk and branches, shall we say are 'on their last legs'

Thanks Patrick for your wonderful nature observance and contribution.

YOU ARE WHAT YOU EAT



EVERY 35 DAYS, YOUR SKIN REPLACES ITSELF AND YOUR
BODY MAKES NEW CELLS FROM THE FOOD YOU EAT,
WHAT YOU EAT LITERALLY BECOMES YOU

YOU HAVE A CHOICE IN WHAT YOU'RE MADE OF!!!

THEIRONYOU®

Biodynamic Agriculture Australia

PO Box 54, Bellingen NSW
Australia

You received this email because you signed up on our website or made a purchase from us.

[Unsubscribe](#)
