



What Is Biodynamics A Way to Heal and Revitalize the Earth

By Rudolf Steiner

Steiner Books. Paperback. Book Condition: New. Paperback. 190 pages. Dimensions: 8.3in. x 5.5in. x 0.7in. Created from indications by Rudolf Steiner around 1924, and based on a deep understanding of the life forces at work in nature, farming and gardening with biodynamic methods are spiritual, artistic, and sophisticated forms of organic horticulture that nurture and enhance the earth. It emphasizes the interdependence and unity of all the elements of an ecosystem or landscape including soil, plants, animals, and weather. Taking the soil as the foundation for the vitality and diversity of a farm or garden, biodynamic methods use special herbal preparations to increase the energetic quality of the soil, stimulating plant growth and health. Biodynamic methods go beyond organic practices to actually heal the earth herself. Typical of the biodynamic approach are companion planting, crop rotation, cover crops, green manures, liquid manures, compost, the integration of crops and livestock, and planting and harvesting in harmony with the lunar and planetary cycles. This introduction to biodynamic methods contains five lectures by Rudolf Steiner and an extensive introduction by Hugh Courtney of the Josephine Porter Institute, who unravels not only the practice of biodynamics, but also its spiritual and esoteric background. This item ships...



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