

## SPIRITUAL FOOD FOR THE NEW MILLENNIUM

by Victor Landa

*"By Their Fruits Ye Shall Know Them"*

--Matthew 7:20

In 1924, Rudolf Steiner gave eight lectures on Agriculture establishing the basic guidelines for what became the "Biodynamic" form of agriculture. Since then, biodynamics has become a world-wide movement that continues to grow along with the consciousness of the population.

Well known for his clairvoyant gifts, Rudolf Steiner founded the Anthroposophic Society in 1913. He also started the Waldorf system of Education, Eurythmy (form of movement), Anthroposophic Medicine and the Artemisa and Camphill farms that care and provide support for mentally disadvantaged individuals.

The lectures of Steiner compiled in the book entitled "Agriculture" were the result of his being asked by his followers why, as they observed, was a degradation of the quality of plants taking place.

The answer was based on the very simple premise that the "soil is sick." Steiner gave a severe warning in 1924 that the use of chemical pesticides and fertilizers was poisoning the soil making it more and more sick, and that this was affecting plant and animal life and would have serious consequences in human life.

The content of these eight lectures then, *is a protocol to heal the soil*. Through a healthy soil comes healthy plants, animals and human beings thus restoring "harmony to the universe." Creating and maintaining healthy soil is no minor task. Consequently, the form of agriculture prescribed is very precise, intellectually challenging and labor intensive. For this reason the growth of the biodynamic movement has not moved at a very fast pace as has other forms of agriculture such as organic that started twenty years later.

The fundamental conceptual difference between biodynamic and other forms of agriculture is that *real "healing" does not take place in the absence of a spiritual component*. Biodynamic agriculture provides this spiritual component. No matter how many elements are put together in whatever combination and although symptoms might be alleviated, real "healing" cannot take place without an infusion of spiritual forces. Jesus Christ illustrated this principle very clearly. He did not use herbs, needles or concoctions. He didn't even touch the individuals who came to him for healing. It was His capacity to reach directly into the individual's spirit and make the correction there that brought forth the "physical cure" which is a manifestation of the spiritual healing that had taken place.

Rudolf Steiner explains that food grown biodynamically brings in the cosmic forces necessary for the spiritual enhancement of the individual. In fact, when asked by a student, Ehrenfreid Pfeiffer: *"How can it happen that the spiritual impulse, and especially the inner schooling, for which you are constantly providing stimulus and guidance bear so little fruit? Why do the people concerned give so little evidence of spiritual experience, in spite of all their efforts? Why, worst of all, is the will for action, for the carrying out of these spiritual impulses so weak?"* the thought-provoking and surprising answer was: *"This is a problem of nutrition."*

The spiritual infusion is the most valuable asset of this form of agriculture. Other benefits are that the plants, vegetables and fruit are unparalleled in taste and nutritional value. They are rich in vitamins,

minerals and life-force or "prana". Their flavor and sense of love-giving properties are striking. **It is truly "Spiritual Food for the New Millennium" and will help to accelerate the process of evolution of the planet in the most effective way.** What a significant favor it is to humankind to infuse love and kindness into our food and thus into ourselves instead of the violence and anger that are the natural companions of a competitive "anything-for-profit" motivation.

Biodynamic farming requires a very special kind of farmer and farm [1]. This should become more and more common as the level of consciousness of the planet is raised.

As Rudolf Steiner explained, the ideal farm should be self-contained. This means that besides the area for farming itself, which should be as diversified as the climate and soil allows, the physical layout of the farm should have the following elements: animals such as cattle, poultry, etc., a pond with fish, flowers, bees, a reasonable size forest and an untouched area. Food for the animals should be grown on the farm following the same protocol as for the rest of the farm and manure should be used for composting and fertilizing.

As to the farming itself, it includes crop rotation, companion planting, composting and knowledge of cosmic forces in order to schedule daily and seasonal activities in accordance with their influences [2]. For example, at a certain time of the day sap flows to the upper part of the plant; depending on the plant's use, harvesting is either done then or reserved for another time. The cosmic calendar specifically determines when the biodynamic "preparations" should be used. The preparations are very specific additives that are part of the catalytic effect between the spiritual and the physical.[3] Making and applying these preparations is labor intensive, exacting and demanding. Just as any spiritual accomplishment, it demands consistent and persistent effort.

Following this protocol becomes a real challenge for the farmer. It is the farmers' energy that is going to influence the kind of cosmic forces that are to be infused in the plants. That is why Rudolf Steiner encouraged the farmers to practice meditation. He said:

*These things that take place through human influence, though they cannot be outwardly explained, are inwardly quite clear and transparent. Moreover, such things will come about simply as a result of the human being practicing meditation, preparing himself by meditative life, as I described it yesterday's lecture."*

By its very nature the farmers life is conducive to a spiritual lifestyle. If we observe what most spiritual traditions establish for their members these are but natural to the farmer - rising before sunrise, practice of solitude and silence that prepare the mind for a state of meditation, physical exercise and a healthy diet.

Farmers like birds and flowers rely on God's provision for their daily sustenance. They must learn how to read the skies in order to nurture and protect their crops. If the objective is to obtain spiritual food, farming requires knowledge not only of a scientific nature to deal with the exoteric aspects of the process, but also knowledge of a spiritual nature to deal with the esoteric aspects. The farmer must make studying both of these aspects part of his daily life.

We can see why we can expect "spiritual food" from this form of agriculture. The lifestyle and the mental expansion of the farmer is a key ingredient. Also, the fact that these farms provide a valuable supply of fruits, vegetables and grains supports the practice of vegetarianism which in itself leads to spiritualization of individuals.

On the other side of the spectrum we have the commercial farming with it's "anything-for profit" motivation, which in many cases translates into satisfying shareholders' demands above and beyond any

human or environmental consideration. One manifestation of this is seen when entering a grocery store and finding 10% or less of its area dedicated to fresh produce against 90% or more of boxed devitalized, processed and chemically loaded unnatural products that are changing completely the natural eating habits of the population. Additional hidden costs are the deleterious effect of unnatural food on the environment because of the use of non-renewable resources and because of the waste and contamination that is a by-product of this modality. Furthermore, the 10% that is fresh produce comes mainly from commercial farms that depend on chemical fertilizers and pesticides that are slowly poisoning the soil and us. Indeed, this is a contrast to the biodynamic form of food production.

As a response, the organic market is growing in leaps and bounds. However, it has grown to the extent that it has gone beyond the point of being a threat to becoming attractive for "big industry" which has already started to get its share. As a result, and to nobody's surprise, signs of decay are starting to show. Certification companies are sprouting everywhere and certification is on the way to becoming a commodity for whoever wants to pay a certain amount of dollars. But this is only the beginning of the decaying process. The real downside has already started with the proposal of government regulations with totally watered down standards that make of the term organic a caricature of what is normally considered a life-giving, health enhancing plant. Forget about the spiritual.

The "big industry" has enough muscle to pass these kind of regulations. There is even the intention to forbid any private certifier or provider from establishing standards that are more strict than the "official" ones thus ensuring that the deceit to the consumer is perpetrated by anybody who is in the farming activity and eliminating any possibility of allowing the population to choose what is best for its well-being. Spiritual food, that is food grown biodynamically, seems to be the answer. It may well lead to a referendum of planetary proportions - a very appropriate "field" where spirituality and materialism will be facing each other.

The Biodynamic Farming and Gardening Association started a program by which biodynamic food is made available to anyone, any place in the United States as it is sent directly to your doorstep via UPS or the USPS.[4] Presently, the variety and supply is not large but it is growing and the Association is engaged in a process of promoting more farmers to turn to this form of agriculture. The supply varies with the season but there should be enough for anyone interested to at least have a hint of how different this food is.

[1] *For a free copy of "The Bio-Dynamic Farmer: Backbone of a Spiritual (R)evolution" and "Spiritual Food for the New Millennium - The Spiritual Impact of Demeter Bio-Dynamic Agriculture on Consumers" write or call Shanti Yoga, 4217 East-West Highway, Bethesda, MD 20814; 301-654-4899 or 1-888-384-9642.*

[2] *The Stella Natura calendar gives exact information for timing farming and gardening activities such as planting, harvesting, applying the preparations, etc. It is available from the Biodynamic Farming and Gardening Association, Inc. at PO Box 550, Kimberton, PA 19442; 1-800-516-7797.*

[3] *To learn more about biodynamic preparations, write or call the Josephine Porter Institute for Applied Biodynamics Inc. at PO Box 133, Woolwine, VA 24185; 540-930-2463.*

[4] *To order biodynamic food, write c/o Shanti Yoga, 4217 East-West Highway, Bethesda, MD 20814 or call 301-654-4899 or 1-888-384-9642.*