Warming of water for stirring biodynamic preparations.

‘An unedited excerpt from…’

A PRACTICAL INTRODUCTION

TO THE AUSTRALIAN DEMETER BIODYNAMIC METHOD OF FARMING.

Warming of water for stirring Bio-Dynamic Preparations

One of the many demands placed on someone wishing to apply effective Bio-Dynamics to their property is that a natural heat source is used to warm the water used for stirring 500, prepared 500, 501 and Valerian.

If one thinks of heat as only the number of calories applied to an object to increase the temperature there will be little consciousness of the **quality** of the warmth that penetrates the water.

Many years ago Alex Podolinsky and Andrew Sargood did chromatography tests to see the effect of different heat sources on **quality** of cooked vegetables. These tests were done on a number of types of vegetables, with consistent results. Wood heat outperformed coke, which outperformed gas which outperformed electricity as far as quality of the cooked end product result. Other researchers have done similar testing of heat sources using different indicators. Below is an extract of the results of a test performed by Hauschka published in his book "Nutrition".

> "In these experiments, distilled water was brought to boiling point in a reflux condenser using various kinds of fuel: gas, electricity, coal, wood and straw, and kept on the boil for 20 minutes. The water was then cooled down to 17°C and used as a growing medium for wheat plants.
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> The various test waters heated on the above fuels were poured out into porcelain saucers and wheat seeds were allowed to germinate in these media. The interweaving roots gradually formed a mat that held the developing leafy shoots. Growth was halted on the tenth day to measure root and leaf dimensions, and these were averaged and entered on the chart below.

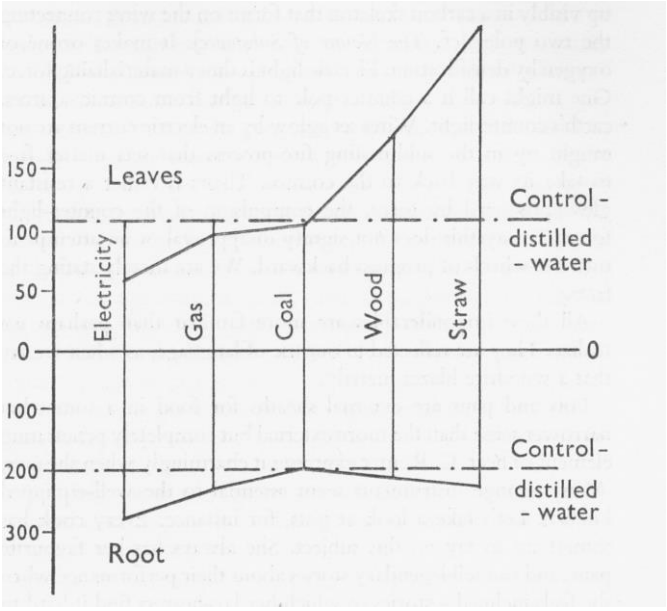

Figure 1: The quality of heat according to its source (effect on germinating plants)

> "The figure shows the average leaf-measurement in the upper curve, the root averages in the lower. We see that the various warmth qualities were transmitted to the seedlings as growth-furthering or growth-retarding forces.
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> The chart shows that electricity had the least favourable effect, wood and straw the most favourable. To one who has made a study of the nature of electricity this comes as no surprise, for electricity always plays the role of a condensing agent. It makes a candle flame turn outside in, making for solidification where formerly there was just the opposite: etherealisation. This builds up visibly in a carbon skeleton that forms on the wires connecting the two poles. It makes ozone of oxygen by densification.
>
> To show this does not signify disapproval or an attempt to turn the wheels of progress backward. We are merely stating the facts."

These results should demonstrate to you why we are insistent that the warming of water used for the biodynamic applications is NOT from electricity, but rather uses wood or gas sources.

It is also ESSENTIAL that no part of the water being warmed is allowed to overheat. Addition of cold water to over-hot water does not achieve a desired effect. While the overall temperature may read 35ºC, what you have effectively done is "killed" part of the water (overheating). This water is no longer receptive to the forces active during the stirring process.

Shauberger indicated that water is at its most energetic at 4ºC. You need only visualize or experience the rushing, purposeful activity of a mountain stream to understand the intense activity of water at these low temperatures. In contrast picture or experience the relaxing, opening quality of warm tropical water. A body floating in water of this temperature softens and becomes receptive. It is this receptivity we aim to achieve with the water we are using for stirring the preparations.

Above 37ºC water ceases to be receptive. Instead the receptivity to external forces is killed. This is why we require the water to be warmed to no more than 35ºC (allows for slight margin of error in heating).

The warming of water to at least 25°C, but not higher than 35ºC is therefore undertaken to allow maximum receptivity to the Cosmic Influences that are streaming down and into the stirring vessel.