The Earth is a living being and it is not alone in the Universe. Just like any other living being, it has a physical body (manifested in the natural realms), an organism of rhythmical processes and functional systems (breathing, digestive system and others) that contribute to the maintenance of the well being of the whole. But, as a living being it can also react to outward stimuli or any inner disturbance from within. The earth knows that it needs to keep a dynamic balance with the Sun, the Moon and all the other planets and also with its inner functions.

As a living being it is a unique individuality in the Universe, able to organize all its organs, functions and substances for the maintenance of life.

Biodynamic agriculture requires the understanding of Nature’s laws and rhythms, the influence of the planetary forces and the relationships that the natural kingdoms establish between themselves. In an agricultural unit, soil, plants, animals and man as well as the environmental surroundings and the local climate contribute to agricultural production and the keeping of its life which characterize it as a unique individuality.

More than an agricultural method, Biodynamics is an inner attitude of respect for Nature, Life, the noble agricultural activity and also for the spiritual development of human beings. Truly, only the knowledge of Nature’s laws and rhythms, a deep understanding of life’s manifestations in all its realms and a serious realistic devotion to agriculture and all the people who will benefit from it, can produce good quality products. And quality is a key word in Biodynamics; quality in production, quality in distribution, quality in consumption, environmental quality, in all, quality of life.

Biodynamics follows several practical principles:

A sound agronomical practice is necessary for the development of Biodynamics. An animal feeding on healthy plants grown on the farm whose manure will fertilize that same soil and plants is the essence of Biodynamics. Inputs must be kept to a minimum. One of its effects is the low pressure of diseases. If this principle is difficult to implement, an association with another biodynamic farm is advisable.

Composting and Fertilizing: A healthy agriculture starts with a healthy soil. In Biodynamics, fertilization is done primordially by compost produced in the farm from its own animal and vegetal residues to increase the influence of
the local formative forces. Green manure, a good crop rotation and a appropriate animal husbandry that follow the star calendar is strongly recommended.

**Life processes. The Biodynamic processes:** Biodynamics acts essentially on the improvement of Nature’s life processes: germination, growth, flowering, fruit ripening and seed formation. To that end it uses the Biodynamic preparations (made from natural vegetable, mineral and animal substances) that will enhance the plant’s and soil life processes and so contribute to the health of the farm seen as an agricultural organism. The preparations are the basis of Biodynamics.

Environmental development in the farm: The environmental balance cannot be separated from a conscious soil, plant and animal husbandry. An healthy environment is fundamental for the equilibrium of farm organism.

**Biodynamics and the farmer:** Practicing Biodynamics is a time process. It is an inner development process for the farmer in its farm and for the farm within its wider community. It is also an opportunity for the practitioner to go through unforgettable experiences in Nature’s integration and also in personal and social development.