



# BIODYNAMIC NATURE CEFALÙ

27 NOVEMBRE - 1 DICEMBRE  
2024

**Educational  
experiences,  
perspectives for a  
knowledge of the laws  
and phenomena of  
Nature.**

With HORTUS Heart:

**KAI LANGE & LUCY  
VOELCKER**

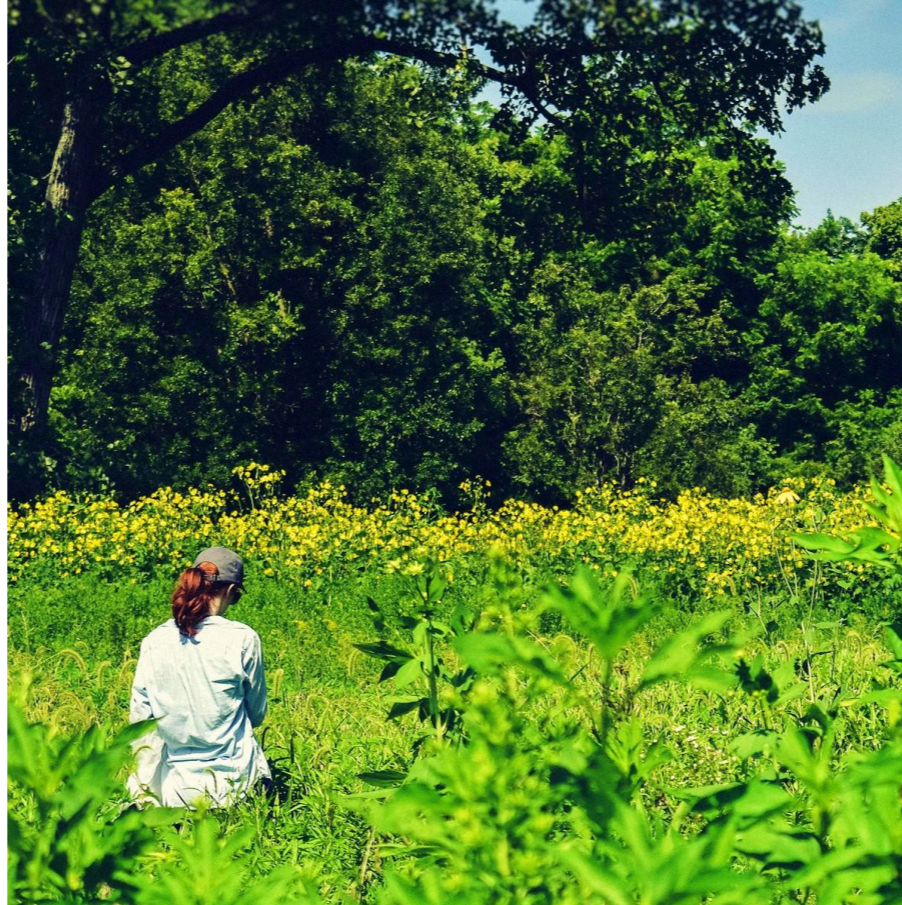
And teachers

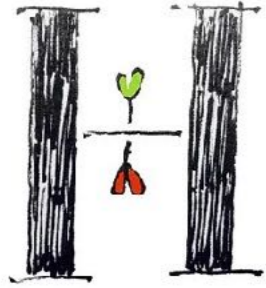
Dott. Carmelo Samonà

Prof. Rosario Schicchi

REGISTRATION

[info@rinascita18.com](mailto:info@rinascita18.com)





## KAI LANGE & LUCY VOELCKER

[www.hortusheart.co.uk](http://www.hortusheart.co.uk)

**Kai Lange** is responsible for training in biodynamic agriculture in Great Britain. **Lucy Voelcker** is an expert in land art. Our British colleagues will come to Sicily to offer a unique biodynamic course.

**Kai Lange** is the training coordinator at the Biodynamic Agricultural College, UK. Since 1985, he has worked as a biodynamic farmer and cultivator in Germany, Denmark and the UK. His work with horses, cows and goats has taught him the gift of domestic animals to the farming organism. Kai's passion is to share his love for the creative work of the land. I am touched by what the earth offers us. Besides healthy food, we are nourished by beauty, colours, sounds and smells, which make us dream. When we listen to nature and the earth, we are moved to engage and become creative. Our creative dialogue can enrich nature instead of exploiting it. If our hands engage with the earth in this way, it will touch our hearts and connect us to the essence of life...

**Lucy Voelcker** an artist always in touch with the earth for inspiration, her work has evolved over the years. As a child, she was very close to nature. As a young adult, she was drawn to environmental issues. She was consumed by fears for the planet. When she had her first child, she felt compelled to find a way to create a path towards a positive way of being and hope through her work. Over these years, her relationship with the Earth became more intimate and expansive. In 1993, during a Vision Quest, he discovered a gateway to Earth using his voice. Upon reflection, I realised that all these years of focused observation had served as a form of meditation and a portal to Spirit. Moreover, every place on Earth corresponds to an inner place. Since then, I have developed tools for travelling deeper: some influenced by Celtic, Native American and Indian traditions, created through experience and imagination. So many possibilities have opened up that I feel compelled and inspired to share them and to help others find ways to create change in their lives, while contributing in a positive way to the change needed in this world, through the development of a deeper sense of belonging. With the insight and inspiration offered by connecting with Nature we find our true self and our unique gift.

**The farm organism and the relationship between Universe, Earth and Man is the basis for the practice of biodynamic agriculture and the integration of man with the environment, for the restoration of the ecosystem and the quality of food.**

Facilitated training for farmers in Sicily with motivation and presentation to be sent to:  
[info@rinascita18.com](mailto:info@rinascita18.com)

The training programme includes accommodation on a farm with shared kitchen/meals. Accommodation is also available locally.

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# BIODYNAMIC NATURE

**Sicilian Earth:** in Sicily, we realise very early how strong the presence of Earth, Sea and Fire is, under a wonderfully bright sky (Air). The four elements resonate in and around us. This land is full of wild flowers. The strange animal forms of the cacti have much to tell us, but in a foreign language. We encounter Olive trees individually and by the thousands, old and young, some charred by fire.

And the Citrus fruits: a large extended family of relations that expands our concept of Orange, Lemon and Mandarin, discovering numerous tastes and seasonal differences. There is so much to feast on. And then we meet the People. We are welcomed and embraced by those we meet, these Guardians of the Earth, and they, it seems, are as eager to meet us as we are to meet them. We learn about their lives, their call to be there, their hopes and dreams.

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**What we share:** we want to create honest and truly reciprocal relationships in which we live in harmony with Nature, join in our gratitude and devotion to co-create, sustain and grow beauty and prosperity for all who share, whether human or not, within the great web of life. We begin in our land and radiate into our community and beyond. Through our love and growing wisdom, we penetrate even the densest places of pain and conflict.

**Where do we begin to live in this vision?** We start with ourselves. Each of us, in our own way. We start with our body, our senses and our Heart. We trust our imagination and nurture it by connecting with Nature. We ARE the elements. We attune ourselves to the Air, Fire, Water and Earth within our bodies. We become reacquainted with the Earth of our Soul and our desire to connect in a deep and meaningful way with where we belong. Together we unlock our creative imagination and the key is through our hearts.

# PROGRAMME

## Five-day seminar 27/11-01/12/2024

**Tuesday 26 November 2024:** Arrival at the farm. Lucy Voelcker and Kai Lange (UK) will prepare a space corresponding to the Heart Chakra.

**Wednesday 27 November, morning:** we gather in the circle as a group, introducing ourselves. We will walk on the Earth to get to know it and to find our resonance. We attune ourselves to the elements within and without. Lucy will open the circle with a simple ceremony of greeting and calling in the four directions. **Training:** compost and biodynamic preparations: benefits, realisation and application.

**Thursday 28 November, morning:** meeting with the Olive Tree. **Training:** biodynamic tree paste: cow dung, clay, lime, rock dust, biodynamic preparation.

**Friday 29 November, morning:** meeting with Citrus, exploration of the 'astral' sensitivity aspect, animals, birds, insects, and the benefits of domestic and wild animals. **Training:** Biodynamic silica preparation: benefit, realisation and application.

**Saturday 30 November, morning:** meeting with Crystals/rock/soil, how to provide warmth and resilience to soil and plants. **Training:** biodynamic Cow Pat Pit (CPP) preparation: benefit, implementation and application

**Sunday 1 December, morning:** open to what is happening. Manifestation and intentions. The power of the mind and ritual. Closing the circle with stories and food.

**Afternoons from day 1 to day 4:** Participants can invite the group to their land, where we share practical skills and experiences, led by Kai Lange.

## Our offer: your experience

- Enhancing sensitivities and skills
- Connecting to the earth
- Healing and supporting the earth
- Co-creating with the earth
- Exploring the harmony, balance and beauty of the earth organism
- Encountering the spirit of the earth, plants and crystals
- Production and application of biodynamic preparations - medicines for life;
- Invoking the four directions and four elements
- Recognising and developing the twelve senses
- Initial intention and meaningful ritual



## CONDITIONS OF PARTICIPATION

Training programme  
120.00 euro (4 days)

Accommodation with bed linen  
and towels included: 45.00  
euro per night per person.

Shared meals: on-site  
contribution for shared  
expenses.

Registration closes by 9  
November until the maximum  
number of places is reached.

## **RINASCITA18 ACCADEMIA**

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Vowing to matter  
destroys souls,  
Being in the spirit  
unites men,  
Seeing oneself  
in one's neighbour  
builds worlds.

Rudolf Steiner

**RINASCITA18  
ITALY**

**ANTHROPOSOPHICAL HIGHER EDUCATION  
ROMA AND SICILY**

