

Newsletter from March 26th, 2020

Greetings from South Florida and the world of quarantine. Quarantine comes from the Italian word quaranta. When a ship would visit Venice and had crew on board that was sick, the city officials would not allow anyone from the ship off for 40 days - quaranta.

The world is beginning to express itself biodynamically. As biodynamic teachers and practitioners, we explore the embodiment of slowness and stillness. I am watching the world slow down and periodically come to a stillpoint. So always the antidote is within the suffering itself.

Then there is the issue of fear. It is very important to differentiate necessary fear from unnecessary fear. Necessary fear might be our concerns around work, food and our health which are important. Unnecessary fear revolves around the parts of life that we cannot control. Can you make that differentiation? My wife and I are not exhibiting any signs of the virus. We are about 15 days into our self-quarantine. We love the slowing down, cleaning out closets and the attic. We love the stillpoint that we can feel in the traffic pattern on our streets and in the sky over our heads. We are able to hear the insistent birdsong of spring that fills the air. This is biodynamic practice.

I feel it is a mistake to work biodynamically in our contemporary situation with a focus on rates and rhythms, the timing of the CRI and mid tide and long tide. For me, rates and rhythms are now irrelevant in biodynamic practice. There is only the embodiment of slowness and stillness with a focus on feeling our heartbeat from the place where the heart meets the lungs. To self-quarantine is to embody slowness and stillness. Based on this theme, I have created six new videos. [CLICK HERE](#) for my new sky gazing meditation.

During the next month, I plan on creating 15 short videos on why and how to meditate in order to build deep compassion for the planet. This whole set of videos will be available for a total of \$50. [CLICK HERE](#) to order the entire series of 15 videos. You will receive the first five videos in the set right away and the others will follow in the next few weeks. These first five videos are contemplations about the nature of mind set to the ocean waves breaking on shore.

Here is their table of contents of the first five videos:

1. Why meditate? How is a self is formed. 2:25 minutes
2. Why meditate? Three aspects of mind. 2:13 minutes
3. Why meditate? Non-thought, non-self. 2:19 minutes
4. Why meditate? Compulsive thinking. 3:26 minutes
5. Why meditate? Pure presence. 2:43 minutes

Then within the next 10 days will be the next five videos on developing intermediate skills of Buddhist meditation and finally by Easter, five more videos on compassion meditation. This will be a complete course on meditation and compassion for our times. These are not intended for beginners but rather starting right off with an intermediate sense of the subtle body and the nature of mind from a Buddhist perspective. We must all now increase our spiritual capacities given the complexity of the pandemic upon us. Fear reduction now and at the time of death is of critical importance.

My wife Cathy and I are quite well and look forward to returning to our teaching schedule.

Blessings, Michael

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