

The change in the light spectrum and circadian rhythms: cycles and activities of our Sun

The Mayans, Incans and Egyptians predicted this time of severe and revolutionising change. They predicted an age of abundance, of a Golden Age, maybe like we experienced in Europe in the Middle Ages, when production on the land was so high that the farmers ended up in towns and developed the guilds and craftsmanship and artisanship, we still practice to this day (see documentary: time of the Sixth Sun)

They predicted the death of the 5th Sun and the birth of 6th Sun in 2012.

If you lived a long life and remember the 1960s, the light of the sun was more gentle and more orange and did not all year round burn the plants and the soil (and our skin).

Moreover, we find that the sunspot cycle hasn't been as high in 10,000 years as from 1975-2000 and as low in 5,000 years as from 2000-2019 (see charts). Now it oscillates between very high and very low, accompanied by very strong Coronal Mass Ejections (CMEs), opening up the magnetic field for cosmic rays and information to stream in more freely.

Coincidentally, I found out that when you see in the Maria Thun Calendar that the planets are going through the ecliptic or nodes (dragon points), marked as grey, often it is accompanied by these bright and burning sunlight events, caused by CMEs, creating all sorts of disorders from strong winds, extreme downpours and flooding and in humans, heart conditions in people with weak hearts, etc.

But also, like in the Middle Ages, we can observe that viruses, plants and cells mutate under the influence of fast-moving sun-particles, which penetrate deeply into the Earth's atmosphere. In the Toltec culture carvings were found on their sacred sites in Mexico of mutated and distorted human shapes.

In winter, and in mornings and evenings the sun is close to the horizon and you get more red light spectrum. That induces rest (Para-sympathetic nervous system) and inner growth, detoxing and strengthening us, and for the plants it is expressed in the root growth and helps in the ripening of their fruiting parts.

On the other hand, in summer with the same weather conditions, the same sun, being high in a crystal-clear blue sky, might burn your plants and the harmful radiation penetrates deeply into the soil, without plant cover or mulch. Even though, if there is enough moisture in the soil and air, this summer sun is now transmitting mainly blue spectrum light, except for the hours around sunrise and sunset, when it is in the red, near-infrared and far-infrared spectrum. The blue light enhances stress in us, cell division and rampant cellular growth, inflammatory processes. Leading to chronic illness. This effect is enhanced by modern, energy-saving LED lights, which also emit blue spectrum light, like our screens on electronic devices.

In the plants this blue spectrum light enhances strong vegetative, watery growth and makes them more susceptible to pests and diseases.

The red light spectrum is, according to scientific light research, the light that heals, transmits the love frequencies and matures fruit.

How can we become healers in the garden to ward off these extremes?

Victor Schauberg discovered in the early 1900s, Austrian farmers stirring bizo-electric-acting clay into water and leaving the barrel on the field to restore the protection after ploughing, so the harmful radiation from the cosmos, which usually was met by the plants' life forces, was substituted with this ancient preparation.

Similarly, we can achieve this protection by spraying horn manure preparation and alternating it with horn silica preparation.

The best results since the extreme of temperatures and moisture are more and more common, are achieved, according to the research done in Darmstadt and my own experience, by spraying Feldspar Preparation (available from my Wholistic Living platform). We can make use of these major biodynamic preparations to balance the extreme expression of the blue light spectrum present in large amounts in this day and age. Though blue and UVA has also its healing effects in the appropriate balance.

To help with the maturation of plants and their full expression, which will lead to plants being more productive and resilient to weather extremes, pest and diseases resistant, nutritionally superior and lasting longer in storage, we can enable this by stirring and spraying the horn-silica preparation and the feldspar no later than 1-2 hours after sunrise and the horn-manure preparation around sunset.

The Sun at sunrise and sunset affects the barometric pressure and causes the water body in the soil and in the atmosphere to expand in the morning and contract in the afternoon, evening. We describe these rhythmic responses of the air and the water elements in biodynamics as the Earth breathing out in the morning and breathing in in the afternoon.

What are the physical phenomena, we can observe, which highlight the more hidden processes in the course of the day?

You might have noticed that the sun burns off the dew, mists and fogs in the morning as it rises in the sky and likewise, as it descends in the afternoon, just before sunset we either see the plant leaves guttating (<https://duckduckgo.com/?q=guttation&t=brave&ia=web>), producing droplets at the edges of leaves, and mists and fogs descending on the land, depending on the prevailing weather conditions and if you are in a more natural or industrial environment.

As diligent gardeners, we have the opportunity to use these natural rhythms to improve the balance of the elements in the garden.

Element Earth - Mineral soil: dig over a heavy, waterlogged and soil pest riddled soil in the afternoon in autumn or winter.

Element Water – Soil Water and subtle irrigation:

- Cultivate your soil in the morning and spring to help warm up and dry out the soil, when it is too wet and too heavy.
- Hoe your soil very shallow to create a dust mulch to preserve moisture in the soil and interrupt the capillary pathways to the surface of the soil.
- Hoe your soil in the evening to bring up moist soil to attract more dew and moisture in dry conditions and during the summer months.
- Apply the biodynamic soil activator (horn manure preparation 500) in the afternoon to precipitate moisture in form of dew, mist, drizzle or rain. In my experience works wonders.

Element Air/Light – Wind and Light Quality:

Calm down the air by spraying the biodynamic horn silica preparation in the early morning. The same preparation also enhances and optimizes the use of light when it is deficient or in the excess.

It also ensures that the full spectrum is transmitted to the plants and then released in us when we eat the produce grown in this fashion.

<https://www.youtube.com/watch?v=dxvnRUj1N0&t=71s>

Plant hedges to keep the soil air, saturated in Carbon dioxide around the plants.

Element Warmth – Temperature change during the day:

Make sure you have hedges around your garden to reduce extremes of temperature between day and night and summer and winter.

To summarise:

Other cultural (cultivating) activities we could execute to ensure the best results:

- Sow your seeds in the morning and transplant and prick out in the afternoon.
- Apply your foliar sprays in the early morning when the dew is still on the leaves and apply liquid fertilisers on the soil in the afternoon, evening.
- Apply your manures and composts in the afternoon, evening.
- Harvest first your leaf vegetables with the dew on them, followed by flowers, when the dew has disappeared and fruit towards the midday, when they are totally dry and harvest your root crops in the afternoon for best nutritional results.

I trust this way of working in harmony with the sun and circadian rhythms will give you superior results, particularly, when you yourself will now fine-tune your own daily activities and therefore be in more harmony with nature.

Enjoy this beautiful journey of discovery and remember, this is only an attempt to help you to wake up to make your own observations and discoveries.

Happy gardening

Hans-Gunther



