







































preparations longer. Still, there is no one I know of in North America who has made as many preparations *and* for as long a time as Hugh Courtney. Though Hugh had many students, and his light passed to many other candles, The Josephine Porter Institute for Applied Biodynamics continues to nurture a special heart of this sacred flame born out of practical anthroposophy and love for the world.

Even toward the end of his life here, if you asked Hugh a question, he would likely give a non-answer like, “Let me know what you find out.” As frustrating as that can be for a neophyte seeking ready-made answers, it deflected people’s focus away from him and back to the work at hand. I suspect Hugh often knew more answers than he shared. But as muscles only grow with resistance, Hugh did not shy away from making you wrestle with biodynamics by having you test it yourself. As such, I will direct you to the work remaining ahead of you.

It is my earnest prayer that the following articles provide the reader with sufficient technical know-how to begin to learn how to make quality preparations yourself and to remember we do this so *that the earth may be healed*.