



Count Keyserlingk quote- Developing Biodynamic Agriculture- Temple Lodge pub.  
 "Seturnine powers are evident in the unusual feature in which a plant holds its stamens up high, offering them to the heavens in a wonderful sea of flowers, while the pistils, drawn to the earth, develop low down on the stem. A space is created in the horizontal as stamens and pistil are held apart in a gesture that can also be seen in the ringed planet. This is a strong polarity of farthest out and the farthest in a kind of 'inner space'."

VA.ERIAN- seeds float from flower head on pappi like dandelion. Rhizomatous root. 3 groups plant metabolites-alkaloids(salt) terpenes(alcohol,merc) phenols(sulf) Most active ingredients(terpenes and phenols) are antispasmodic and sedative – The object of much research and interest, valerianic acid is thought to be composed mainly of borneol esters( a component of many warming essential oils) bringing balance to the relationship between the acid and alcohols. The significant warming of the borneol is thought to be the source of the sedative and anti-spasmodic properties of the oil. It is considered to be a "stimulating sedative". Valerian inhibits the destruction of GABA (inhibitory neurotransmitter in the central nervous system(synapses) this releases GABA which dampens the nervous transmissions in the synapses, depressing the central nervous system. It also acts particularly on the sleeping and waking rhythms through action on the superchiasmatic nucleus (controls endogenous circadian rhythms). It is situated in the optic chiasma of the anterior hypothalamus where the optic nerves cross on the way back to the vision center of the brain. This organ is active chemically as a response to light passing across the retina of the eye. The superchiasmatic nucleus sends impulses to the pineal gland to regulate body temperature and the production of melatonin for sleep induction. Many neurological studies point to the action of the superchiasmatic nucleus and endogenous diurnal patterns that are influenced by temperature.

