Healing experiences we have witnessed
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When Enzo Nastati came to Paonia for the first time in October 2013, we held a seminar with about 25 people attending. It was a very basic seminar focussed on How to Make Biodynamics Work Better. It was enlightening to many of us who were not practiced biodynamic farmers or gardeners, but it was only years later that we recognized the significance of much of what took place in that first seminar.

One "miracle" we witnessed was the healing of one of my cows. At the time I had a dairy with Jersey cows. During the seminar, one of my cows came down with mastitis. I'd never had mastitis in the herd before so I wasn't well versed in how to deal with it. We immediately tried homeopathic and herbal remedies, but the cow continued to decline over several days. One quarter of her udder was badly infected and eventually showed outward infection, pus oozing from a gash in the teat and finally the entire teat literally falling off and leaving an open pus-filled wound on the udder. At that point I resorted to antibiotic shots, which I had never done before. The seminar was being held in our barn and the cow and calf were in the paddock just below the barn clearly visible to all the seminar participants. So they witnessed everything.

Despite three shots of antibiotics, the cow continued to suffer and eventually went down, unable to even lift her head. Her hungry calf stood beside her looking for milk. I went to Enzo and asked if he could help. Mind you, I did not know Enzo well at that time and because he speaks only Italian and I speak none, we had not really established much of a relationship at that point. But I was desperate, so I asked.

Enzo sighed, but then told me to bring him a squirt bottle of distilled water. Which I did. He told me he would make a remedy for me and to come back in the evening. That evening he gave me the bottle telling me to spray 10 squirts in the cow's mouth every 5 hours for 48 hours. So I set my timer and every 5 hours left the seminar or got up from my bed to tend to the cow. After 12 hours, she lifted her head. After 24 hours she stood up and started to feed her baby. By the end of the 48 hours no one would ever know she had been ill apart from the missing teat.

What Enzo explained to me later was that he had a remedy in Italy that he had made for mastitis. But it was in Italy. So he used his consciousness to make a "quantum leap" and transfer the healing powers to the distilled water in the bottle here in Paonia.

That was our first experience of the kind of work that Enzo really does in the world. Was he a shaman? A wizard? What name could you give to this ability to heal using only distilled water?

A few years later, Enzo was back and this time we had around 50 people attending the seminar. One day, out of the blue, I awoke to find my index finger on my right hand had turned completely black on the bottom of the tip section of my finger. I showed it to my husband who immediately wanted me to go to hospital as he was convinced I had blood poisoning. I delayed as I was busy managing the seminar.

By noon, the black had moved down to the second joint of my finger. It was still only on the underneath side, but the rest of the finger had swollen and was stiff and colored yellowish grey, resembling necrotic tissue. By this time the kitchen staff was alarmed by how it was progressing and gathered herbs to wrap a poultice around it. That only lasted an hour or so as it was my writing hand and we were still having seminar lectures!

By dinnertime, the black had moved all the way down the finger and was beginning to extend into the palm of my hand. Now my husband was really freaking out and I went to see Enzo. I showed him my finger and he just said: After this last lecture.

The moment he finished his talk that evening, he stepped off the dais and motioned for me to follow him upstairs to his room. He had me sit down and took out a small wood screw inserted in a curved washer that was painted ultramarine blue. There was a single spiral etched in the washer from the outside to the screw in the center. He said, "This is what I use for acupuncture on trees, but it will work for this too."

He then held the screw against my finger and with his other hand reached out and made an anti-clockwise spiral toward my finger, ending at the screw. He repeated this three times telling me, "I'm calling the light and warmth from the farthest star." When he was finished he said, "Go to bed."

So I left and went back to my house. Within a hour the black began to retreat from my palm. I went to bed and in the morning my finger was completely normal again.

During that seminar we all learned some practices for helping trees and plants using a similar method that Enzo had used on my finger. We learned a form of massage for the sap in trees. We learned to harmonize the flowing of forces in trees between the first branch and the first root. We learned to stimulate the vitality and humus-building capacity of soils in our gardens. All with only our consciousness and on occasion holding a branch or our fingers at a certain point on the tree, or stroking the soil in a particular direction or rhythm. In short, we learned that man is capable of so much we don't give ourselves credit for.

From the first time Enzo came to the U.S. to teach, he has been leading us on a step-by-step path to become Co-Creators with the Divine. As each of us has practiced and studied and developed a wider view of both the manifest and unmanifest, we have become more and more able to interact with those beings in our care, whether plant or animal. What we took to be healing powers in that first miraculous event with cow mastitis, we now recognize as spiritual beings and entities with which we can have a relationship.

The journey continues every day. Each and every one of us is capable and called to act in these way for ourselves, our environments, and all beings. We invite everyone to join in this journey.