

Erde / Earth / Terre / Terra / Terra

Ground

To ground oneself

A „grounded“ or „earthed“ person is an expression in German, referring to someone **who trusts in himself** and his fellow humans. He or she is characterised by calmness, confidence, inner peace and optimism. Shares a deep connection to **mother earth**.

Mythology

Earth spirits and gnomes foster the development of stones, minerals and crystals. They are the shepherds and keepers of the earth, are versed in magic and are able to turn invisible under their magic hoods.

Gnomes
spirits
goblins
trolls

They support the **melancholic** temperament and belong to the element **earth**: We speak of creeping, close to earth plants with deep roots, like oaks, Irish moss, club moss, houseleek, parsley and blackberry leaves. An example of **fruit** would be the apple, and **animal products** include, but are not limited to: Carp, bone-marrow, beef. **Colours** associated with this are violet, grey and mossgreen

Old Wisdom

Hildegard
von Bingen
1098 - 1179

Mankind too has its **throne**, and that is the **earth**.

Earth's healing stones:

Amber: Said to give the recipient or wearer zest for life, and efficiency in decision making.

Serpentine/Ophite: Said to give inner peace and relaxation.

Mountain Crystal: Said to give clarity to one's thoughts.

Paracelsus

1493 - 1541

New Wisdom

Lichen that grows on **stones** releases acid which burns off the outer layer thereof, revealing the **minerals** beneath. This is what allows **moss to grow on stones**.

Lichen, the
foundation of
moss

The earth is the solid of the body and constitutes the physical fundament, **its base:** the lungs

Al-chemistry

The alchemical
process of
transformation

An example of this would be **a piece of green wood**, which is heated. Drops of water will form at the cut end of the wood, so wood contains water. When heated further, it turns to steam, so wood contains air. The wood burns and **turns to ash**, so an alchemist will deduce that **wood contains earth also**.

Art

Joseph
Beuys

1921- 1986



Earth-Phone, Telephone W48 lump of clay, dried grass, cable, wood. 19 x 38,5 x 104,5 cm (Signed and dated with pencil **Joseph Beuys 1968**)

Eat Art

Eat Art, as an approach, was created as early as 1930 by Italian ambassadors of **futurism**, the „cucina futurista“ They declared their banquets to be works of art.

Wiesner-Menu Winter 2018 unter dem Thema „Erde“
Gasthof Rössli
Hauptstrasse 111
6183 Escholzmatt-Marbach
www.stefanwiesner.ch

Stefan
Wiesner
041 486 12 41