

Association for Holistic Biography Work

The Voice of
Biography...

An International online magazine

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Team

Sandhya Durai



Sandhya is a Biography Consultant and is striving to bring Biography Work to organizations and people who work in them. She is being mentored by Karl-Heinz Finke to become a Biography Trainer.

She is the co-Founder of the Association for Holistic Biography Work along with Rashmi Malhotra, a space for Biography students and practitioners all over the world to connect, enrich, support and grow.

She has co-founded Bodhi, a Biography Work initiative with Sangita Kamath, which conducts Biography Work Training and workshops. She is also a partner in Transform

By Design – India which focuses on people transformation using Biography Work and Design Thinking along with other methodologies

Rashmi Malhotra



It's said that mother is the first teacher of the child. For Rashmi, it just went the other way round, for Anthroposophy came her way due to her son. It was a meeting with his teacher who was working with Anthroposophy that introduced her to this Spiritual Science. A few study group meetings opened the vast subject.

She is trained in Extra Lesson and has completed her Biography training under Karl Heinz Finke, in India, in 2018. She is presently being mentored by Karl Heinz Finke and is using Biography work to transform lives of many through individual consultations and group work.

She & Sandhya founded the Association for Holistic Biography Work in 2019 and are now working, in surrender, to nurture it.

Rakhee Mathur



Rakhee Mathur is in the 46th year in her Biography, settled in Bangalore, India. She is married and a mother of two teenaged children. Following her passion for Art and Psychology, she is currently working in the space of Counselling and Art therapy after having worked in corporate sector for many years.

Around the second lunar node, Biography work and Anthroposophical Art Therapy came to her, as an answer to her life's calling for integrating art, psychology and spirituality in her life and in work. She has completed her Biography Training with Karl Heinze Finke and Anthroposophical Art Therapy with Caroline Chanter (Head of Rudolf Steiner Painting School, Dornarch, Switzerland) in 2018. She is a learner for life and a student of Anthroposophy. She works with individuals and groups in clinical as well as salutogenic settings.



A Note from the Founders

Dear Members,

Greetings!

The 6 months from June to December 2021 has been a time of threshold experiences in lives of both of us holding the Association.

The experience of the 2nd Virtual Biography Gathering has been a direct contrast of the previous one. While we announced the topic and dates in the last magazine, something prompted us to change both. In retrospect, our decisions were taken without looking at the larger perspective. Were those decisions a pre-cursor of things to come? We still don't know. Whatever it was, it sure taught us a few things. We both learned that our definition of success has to be re-visited. We learned that accepting what comes is the biggest success. The Gathering has taught us that the intention we set has to be very clear. While you may try and take care of every possible thing, you still need to trust and surrender. The Spiritual World always has the last laugh!!

This topic seemed to have taken on a life of its own. The way the speakers and the messages in the sessions came together, has been nothing short of awe-inspiring. The messages have been important for the future. A epiphany that I had was the topic was so important that it would be an act of will of those who will be present.

The synchronicity of one of our speakers giving her contribution from a restaurant opposite of Ramana Maharshi's Ashram in Thirvanamalai was nothing if not miraculous.

The ambience in each of the Gathering sessions was like that of an intimate setting around a bonfire.

It has also been a time of an unfolding of the path ahead. We have been reaching out to professional organizations to explore how they and the Association can work together. That is in the future and maybe we will be able to write a bit about that in the Summer Solstice edition 2022.

We invite translators of this e-magazine into the different languages of the world. We are happy to pass on recordings of the Gathering to anyone who wants to make the messages accessible to non-English speakers.

Hope you enjoy reading the magazine as much as we did creating it.

Love & Light,

Rashmi & Sandhya

Contributions



Message of Greeting

- *Dr. Michaela Gloeckler*

I am very pleased that The Association for Holistic Biography Work has established a platform for information and communication about this important new field of Biography Work. In the course of my professional life as a paediatrician and school doctor and as the head of the Medical Section at the Goetheanum for many years, I have noticed how beneficial it is when people consciously work on their biography. This not only promotes self-knowledge but also social understanding and a loving view of the biographies of others. Those who learn to see their own joys and sufferings more objectively, will realise that these are not just biographical experiences but invitations to learn and to advance our own development. It will help them to stand calmly and confidently in their daily tasks.

After all, we experience our I in two ways: one is the way we learn to think, feel and to act in childhood and adolescence. We become aware, that it is us, who is the one doing this! The other, however, is everything that comes to us as fate from outside. It begins with the family into which we are born and which is surrounding us continuously throughout life. For this two-fold aspect there the beautiful image of point and circle is significant. We experience our consciousness as a point and the daily confrontation with the environment as our periphery: our living conditions in our family, our professional life, but also in the country we live in, etc. Both together make up our biography - because it is divided into our very personal development, our inner «spiritual biography» so to speak and the outer biography, which is strongly influenced environmentally - by how we appear to others, how we affect the environment and are influenced by it and how well we are adapted.

What I find particularly important for biography work with clients is to ask good questions that help the other person to become aware of the mystery of becoming – a human being. Animals are perfect creatures – plants as well. Humans are incomplete, they are their whole life in a state of 'becoming' and striving to improve their humanity. What is the reason for our incompleteness? Why are we, as human beings, so imperfect? Why can't our body make us perfect human beings through its instincts? If it could, we would be animals and thus neither free nor self-aware nor self-responsible. We obviously owe our freedom to the fact that we are physically and mentally imperfect, so that we can only make ourselves true human beings through our own mental effort. So that we come to understand of what only we are predisposed by nature. Rudolf Steiner expresses this in his Philosophy of Freedom:

Nature makes a natural being out of us

Society makes us into a law-governed being

A free being man can only make of himself.

Nature is unable to create a free being! society demands conformity, compliance with laws and rules, and some states even strive for total control and total surveillance. Only we ourselves can free ourselves - that is, each and every one of us, can make of itself a free being. The German poet Friedrich

Hölderlin put it this way in his novel Hyperion: but keep your spirit free - never lose yourself! No heaven can compensate you for this loss. Do not forget yourself in the feeling of meagreness. No one can rob man of the consciousness of his freedom - for this awakens within his soul and develops through personal insight and initiative. Our I-personality, our Self, reveals itself on the one hand in a sense-perceptible visible way through the body. On the other hand it is also a supersensible being at the same time. For our thoughts are purely spiritual forces and only through them do we know something about ourselves! It is one through Rudolf Steiner's most important results of his research that he recognised that we think with the same forces that we use to take care of our bodily life processes. Physical life is "incarnated spirit", thinking is spiritual activity freed from physical manifestation. That is why experiencing freedom is only possible in thinking. In the books «Philosophy of Freedom» and «Theosophy», Rudolf Steiner describes the important basic out of body experience of thinking in such a way that everyone can discover it for themselves. That is why these two books are so important for biographical work in addition to the third very central book by Steiner: How to attain Knowledge of the Higher Worlds? To get to know one's own freedom and to take one's biographical development into one's own hands out of this experience is one thing that matters. The other is to discover that life itself is a path of Initiation, of ongoing schooling and learning. The book "How to attain Knowledge of the Higher Worlds? can be a great help to discover this. For this book describes an attitude to life that supports one's own development in every respect and awakens new social skills and competences.

I send my best wishes for your second conference and for your important the work, and look forward to staying in touch with you.



Dr. Michaela Gloeckler

Archetype and Use of the Panorama Chart - Part 1

- Karl-Heinz Finke

Please note: This is the 5th chapter from a manual I am writing on **Attitudes, Techniques and Tools for Holistic Biography Work**. The target audience are students on our trainings, and colleagues working with the Theory and Methodology of Biography Work.

I am interested to get some feedback on the content and accessibility of this text.

Canberra, 30th November 2021, Karl-Heinz Finke

The framework for our **Panorama Chart** was first developed by *Bernard Lievegoed*¹ based on Rudolf Steiner's specific indications. It was further developed by Gudrun Burkhard² and then by Karl-Heinz Finke³.

The underlying Archetype for the Panorama Chart and its further application (e.g. **Mirrorings**) follows the Development of Consciousness, as it can be observed in the development of Humanity and the Human Being. Steiner describes this Archetype in different places in his collected works (CW or German GA). One source can be found in CW103⁴. We decided to include this quote here, as it gives some important guidelines for Holistic Biography Work.

"In order to understand this quite clearly, we must once more bring before our souls the way in which human evolution actually takes place. The human being consists of physical, ether and astral bodies and an "I". How does this evolution occur? By the "I" gradually working through the other three members, purifying and strengthening them. The "I" is called upon gradually to purify the astral body, to cleanse it and to raise it to a higher level. When the entire astral body has been purified and strengthened by the special forces of the ego, it becomes Manas or Spirit-Self. When the ether or life-body has been thoroughly worked over and strengthened by the force of the ego, it becomes Budhi, or Life-Spirit. When the physical body has been fully overcome and conquered by the ego, it becomes Atman or Spirit-Man. Then will the human being have reached the goal which above all lies in store for him. That, however, will be attained only in the far distant future. Moreover, we wish it to be quite clear that the ego acts in full consciousness in what has just been described; namely, that the human being consisting of the four members — physical, ether and astral bodies and ego — works by means of the ego upon the other three members, transforming them into Spirit-Self, Life-Spirit and Spirit-Man. For the most part this is not yet the case with present humanity which, as a matter of fact, is just beginning, fully conscious, to work a little of Manas into its astral body. The human being is doing this now. Through the help of higher beings he has already, although unconsciously, worked upon his three lower members during this Earth evolution. In ancient times he unconsciously worked over the astral body, and this then became permeated by the Sentient Soul. The ego unconsciously worked into the ether body and this unconsciously re-formed ether body is what you will find described in regular sequence in my book [Theosophy](#) as the Intellectual Soul, and that part of the physical body,

¹ Bernard Lievegoed: *Phases: The Spiritual Rhythms in Adult Life*,

² Gudrun Burkhard: *Taking Charge: Your Life Patterns and their Meaning*

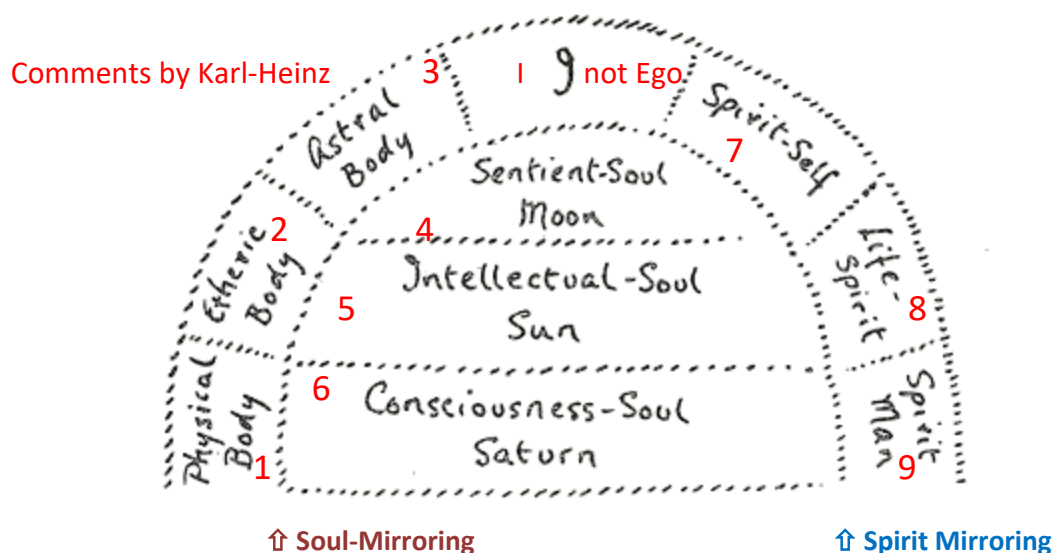
³ Karl-Heinz Finke and Laura Summerfield (2020): *Biography Log-book*, www.HolisticBiographyWork.com

⁴ Rudolf Steiner: *The Gospel of St. John. The Mystery of Golgotha*, CW103, Lecture 7, Hamburg, 25/05/1908

unconsciously worked upon by the ego, you will find described there as the Consciousness Soul. The Consciousness Soul only came into being toward the end of the Atlantean period when the ether body — previously outside the physical body in the head region — gradually drew wholly within it. Through this the human being learned to utter the word "I." Thus variously-membered, he gradually passed over into the post-Atlantean period. It is the task of our age to work Manas or Spirit-Self by degrees into what had previously been received unconsciously. The human being must, as it were, develop Manas within himself by means of all the forces he has acquired by virtue of possessing a physical, an ether and an astral body, a sentient, an intellectual and a consciousness soul; by means of all the forces which these various members can give him, he must develop Manas and also, although in a very small degree, the germ of a Life-Spirit or Budhi. Therefore our post-Atlantean age has the important task of helping the human being to develop consciously these higher members of his being (Manas or Spirit-Self, Budhi or Life-Spirit and Atman or Spirit-Man) in the distant future when he will at last have reached his goal. He must from now on, by degrees, develop within himself the force to evolve his higher members out of his lower."

In CW104 Rudolf Steiner again talks about the Human development and future Self-Development and uses the following board drawing as an illustration. This board drawing and the quote present the Archetype behind the Mirrorings and turning points at 21/22 and 42/43. See the following image.

Rudolf Steiner's board drawing from CW 104 ⁵



The above Archetype is reflected in the following 9-field Panorama Chart.

9-Field Panorama Chart

Physical Development	Soul Development	Spiritual Development
Phase 1 Physical Body	Phase 6 Consciousness Soul	Phase 9 Spirit Human – Atman
Phase 2 Etheric Body	Phase 5 Intellectual Soul	Phase 8 Life Spirit – Budhi
Phase 3 Astral Body	Phase 4 Sentient Soul	Phase 7 Spirit Self – Manas
	↻	↻

Condensed to essential life data and with a summarising phrase as a Motif for each septennial, the Panorama Chart provides not only a helpful overview of a person's life, but also a framework for further explorations into interconnections, repetitions, patterns, mirrorings and themes as they emerge from the deeper exploration of biographical journeys. These correlate biographical phenomena with theories on human development and comparative biographical studies.

Here it is important to clarify, that all the tools and suggestions have to serve the purpose of gaining a deeper understanding of the composition of a biography. E.g. looking for mirrorings between phases or life years is a means to discover interconnections, patterns or themes in a biography, and not to press the biography into a mold.

5-1 Mirrorings between Phases or Septennials

Mirrorings depict interconnections between **Life Phases** or **Life Years**. **Themes** from one **Septennial** or **Life Phase** re-emerge in a **Mirrored Phase**. Incidents from one life year re-emerge and connect to incidents in a mirrored life year. The rows of the Panorama Chart display the connections between phases:

Row 1 Phases 1 – 6 – 9 Row 2 Phases 2 – 5 – 8 Row 3 Phases 3 – 4 – 7.

9-Field Panorama Chart – Mirroring Septennials in Rows of same Color

Physical Development	Soul Development	Spiritual Development
↓ Phase 1 7 Physical-body	42 Phase 6 ↑ Consciousness-soul	63 Phase 9 ↑ Spirit-human
↓ Phase 2 14 Etheric-body	35 Phase 5 ↑ Intellectual-mind-soul	56 Phase 8 ↑ Life-spirit
↓ Phase 3 21 Astral-body	28 Phase 4 ↻ Sentient-soul	49 Phase 7 ↻ Spirit-self
	21 22	42 43
	Soul Mirroring	Spiritual Mirroring

The mirroring around the 21/22 is called the **Soul-Mirroring**. It results from integrative potential of the I transforming and integrating the experiences of the Physical-body (0-7 years), the Etheric-body (7-14

years) and Astral-body (14-21 years) into the Consciousness-soul (35-42 years), into the Intellectual-mind-soul (28-35 years) and Sentient-soul (21 - 28 years).

The mirroring around 42/43 is called the **Spiritual-Mirroring**. This again results from the work of the **I** lifting, what has been achieved by integrating experiences of the Physical-body and the Consciousness-soul to a possible level of new spiritual awareness called Spirit-self. The same applies to the development of the Life-spirit and the Spirit-human.

The self-reflecting, integrating and thereby transformative activity of the **I** is the agent of change. This capacity emerges with the birth of **I** around 21 and can be recognised in the growing capacity of a person to self-reflect. At the end of the soul maturation phases a person is ideally able to self-reflect from a third persons perspective (Consciousness-soul). The birth of the **I** and the inner/soul maturation can lead to the **Spirit-Self-realisation**: "I am of spirit nature" or "in me resides a spark of the universal spirit" or "Spirit-self".

As finding patterns and interconnections is the aim of the mirroring endeavour, it is important to always state what the interconnection is between mirroring phases about: namely the **Theme**. E.g. leaving home in the 3rd Septennial mirrors creating one's own home in the 4th Septennial: Theme "Home" or "Belonging".

Note

This article is in 3 parts. Parts 2 & 3 will be published in the following editions.

About the Author : Karl-Heinz Finke



Experienced Teacher of Biography Work world-wide, active since 1998. Has graduates from 22 three-year Training Programs in Biographical Consultancy, with another 8 trainings currently in progress, including Online. Has studied Adult Education, Anthroposophy, Psychology, Psychotherapy and Social Sciences. His teachers included: Gudrun Burkhard, Coenraad van Houten and Helmut ten Seithoff. His own teaching supports self-reflection, self-guidance, resilience and the strengthening of the 'I' within. Co-author, with Laura, of the Biography Log-book. Is working on a manual describing the tools and methodology of Holistic Biography Work.

Learning from your Life

- Vera G Klein

Learning from your life is for anyone who wants to know why it matters to examine your own life. For those who are looking for tools to give direction to their life in a positive and self-directed way. A book that makes you understand how biography can be a beacon that gives practical meaning to **Soren Kierkegaard's** philosophical words:

'Life can only be understood backwards, but it must be lived forwards'

Given below is the first chapter of the book, to help you get a glimpse of it.

Introduction

In the Art of Biography we look at the course of life from the belief that insight into one's own patterns, connections and themes provides something to hold on to and creates a free space to shape one's own destiny. Every course of life is worth knowing. Especially one's own biography. A reflection on this at any moment in life is a valuable source of self-knowledge. Life events that are understandable, manageable and meaningful can become sources of health.

Everything you experience in terms of happiness or misfortune is part of your life. You can learn from every event so that your wisdom of life can mature. This helps you to come to terms with your life's fate, in the sense of what Nietzsche called 'Amor Fati'; love for your fate. Then life experiences become a source of inspiration.

Learning from your life, an introduction to Biography (Biography-work) begins with looking at what living with questions entails. Then you read about life as development and in Chapter 3, one of the pillars of the Art of Biography, our vision of the human being, which stems from anthroposophy, is discussed. Other pillars are the biographical self-examination of the past and looking to the future, chapters 4, 5 and 6 respectively.

In this research, it is explicitly not about finding clear answers, in fact, it is about enduring questions and experiencing what that brings. Maybe it is an answer after all, maybe it is a new question.

Next to the theoretical explanation you will find in each chapter a number of questions that invite you to look at your own life. How do you do that? Take these questions with you for a while, give them space.

The seventh and final chapter is all about 'starting the work'. Through a number of instructions, you are invited to visualize your life.

Because engaging with the work yourself is what biography work is all about!

Learning from your life is a modernized version of *Ondernemen in de levensloop*, written by Jos van der Brug and Kees Locher and published in 1995. It was the book of a workshop they gave for many years at the former NPI (Institute for Organisational Development) in Zeist.

Life is development

Life itself is movement, and everything is changing anytime

Marten Toonder

Any-time: at any moment in time. Time and change belong together. Living is changing through time. In his book, 'Phases', Bernard Lievegoed wrote that there is a system at work behind the changes in the course of life.

Growth is a systematic change in which a living organism increases in size or weight. But an organism does not just grow by itself. At certain critical moments the ongoing growth will require a restructuring of the inner order of the organism. It's in these moments that Lievegoed speaks of development.

Development thus includes a process of growth, reordering, growth. Re-ordering means letting go of the old order, followed by a shorter or longer phase of unclarity, after which a new order with a different quality crystallises, with new possibilities for existence. Then growth can continue again.

Some examples of development:

The tree. First, there is the seed, which is enclosed in itself and in which you will not find the shape of the tree when you cut it open. That seed grows, swells and bursts open. Stem and roots grow. On the stem, buds appear as a new kind of seed. From these, the leaves unfold. Again, growth continues: stem, root, leaf stem, root, leaf. The main stem becomes the trunk, the other stems become branches and twigs. Then other buds appear, buds that grow flowers. From the flowers come seeds, each of which is the beginning of a new tree. In this process, we can observe the pattern of growth and reordering four times.

The butterfly. The egg 'restructures' itself into a caterpillar, which eats and grows and eats and grows. Then the caterpillar spins itself into a new kind of egg, from which a perfect butterfly emerges. And the butterfly lays eggs again.

The human being. After conception, the unicellular foetus grows into a multicellular organism. This unit of cells restructures itself into three clearly distinguishable parts. Afterwards, these parts grow further; the multicellular organism differentiates again and again, until the child is born. The child grows up and becomes sexually mature. Even though the predisposition for reproduction is present early on in the biological organism, at puberty we can still speak of a reordering of the body. This 'new' body is capable of producing a new foetus or organism.

Now, development does not only lead to prosperity. Decay, too, is part of development. Plants, animals, people come into being and perish. Both forces of grow and forces of decay are present. In the course of seven years, all the cells of a human body are broken down and renewed. Yet you recognise the same person throughout the years. He or she has only grown older. Life has left its mark on him or her, as the saying goes. You can see it in the skin, in a person's whole posture. The body expresses the phase of development.

Yet a human being is not only a physical body. You can also recognise growing older in the way people think, and in the way they participate to life. Experiences have shaped them. What used to be present as a seed, is now blossoming. But even once beautiful blossoms wither to make something new possible. Qualities that were present disappear, such as a sharp eye, a quick analysis or a strong organisational talent. Often, this is a painful realisation, but development is not possible without loss. Looking at the reward, we say: 'a wise personality' or 'how mild she has become'. This points to something else than the physical body. We call it the

psychological development of the human being, which does not need to run parallel to the development of the physical body. Sometimes it accelerates, sometimes it slows down, only to come later. We speak of 'precocious' or 'a mummy's child'. Psychological development, or in other words the development of the soul, has its own dynamics. Although body and soul are closely intertwined, they can present a different picture.

Psychological development also depends to a large extent on the strength of one's spirit, on one's ability to process adversities or to see beyond the given situation. You can see this as a challenge that is present throughout life, but only becomes crucial after the age of forty, when the forces of degradation get the upper hand in the physical body. It turns out that around that age a reordering is needed: from a spiritual power that is supported by physical vitality to a spiritual power that finds its source of energy elsewhere, independent of this declining vitality. You can see most clearly which path has been taken by looking at old people. Some slide into decay complaining, following the decay of their bodies. Others don't allow themselves to be defeated and, despite their diminished energy, maintain a radiant presence. From this point of view, human development has an open ending.

Development is movement in time. The human being develops through time, between forces of construction and forces of destruction, and in interaction with his environment. At the same time, in the course of life, a human being has a constantly changing relationship to the phenomenon of time. An inscription on a clock in Chester Cathedral in England displays this as follows:

*When as a child I laughed & wept
time crept
when as a youth I dreamed and talked
time walked
when I became a full-grown man
time ran
and later as I older grew
time flew
soon shall I find while travelling on
time gone
will Christ have saved my soul by then*

Amen

The relationship with your environment develops between these constructive and destructive forces too, as does the relationship with yourself. A feeling of inferiority is such a debilitating force, as is pride. To start seeing yourself as someone with capacities and shadow sides and to simply observe this, in order to work further on that basis, is such a force of construction. To see yourself as a human being in development. To become who you are. That person is already present in the seed.

Life is movement from within.

Thomas Aquinas

To let what is present in you emerge, to develop from the folds in which it is wrapped. To develop or to unfold yourself.

It is about 'the unused wings folded in our hearts' (Christopher Fry).

About the Author: Vera G. Klein (1958) The Netherlands



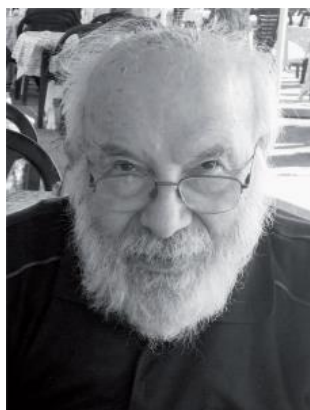
Vera is a Biographical coach, artist, and the director of the Dutch Institute for Biography.

As a child she attended a Waldorf-school and was inspired to become a Waldorf-teacher. In her early 30s, as a home-stay mom, she deepened her studies of anthroposophy, education and communication skills. As her three daughters grew older she entered vocational life as a trainer. The moment she met Biography she knew she'd found her mission: To bring the Art and Science of Biography to as many people as are possibly interested.

As the director of the Instituut Voor Biografiek in the Netherlands (since 2010) she co-created with her colleagues a manifold of open courses and trainings and most recently the Basic Practice Biographical Coaching (BPBC) was developed.

Zvi Briger (1933 – 2020): A Man of Truth - Part 1 - Transforming Anthroposophy into Biography

- Orna Ben Dor



On the eleventh of February, 2020, Zvi (Henry) Briger passed away. Zvi was an unusual Biographical-Anthroposophical counsellor, a Junzi, a researcher of Spiritual Science in the realms of Karma and re-occurring lives, of evil and its mission for the development of the “I”, the question of liberty, the human connection to the Higher Hierarchies, the importance of conflict to human development and many other areas. Zvi has been my spiritual guide for 26 years.

How did I meet Zvi?

I came to Zvi when I was 33. I had absolutely no knowledge of Anthroposophy, not to mention Biographical-Anthroposophical Counselling and of course I did not know at the time that 33 was the age of “inversion” and that at that age the seed for the inversion of our future life is sown – from a person oriented towards earthly realization, to an

individual facing his spiritual calling and future.

Zvi, then 60 years of age, was a beginning Biographical Counsellor but certainly not a beginner on his spiritual path. There was a previously unfound wisdom about him, and with his help I began to understand my life from a higher spiritual perspective. Working with him was unlike anything I had known before. After one year, having realized that my occupation in life up to that time was no longer satisfying or satisfactory for me, I told Zvi that I wanted to do what he was doing but, of course, it seemed impossible in terms of knowledge, wisdom and the intuition that he had.

I will never forget his response: “you must aspire to do the highest thing you can do in this life, regardless of alleged obstacles.” This sentence has been with me from that day onward, and I bequeath it to my students and counselees alike. Although I was a musician and a yoga instructor, I already knew – Biographical Counselling is the highest thing for me.

From that time onward, my soul and my path were bound with his as our relationship changed and evolved alongside each other’s personal development. He accompanied me through many situations, in both our lives, at first as a counsellor and therapist (he remained my counsellor/therapist throughout his life); later on he supervised me on my way as a Biographical-Anthroposophical Counsellor; and finally, when he turned to research and began creating and producing Biographical-Anthroposophical Counselling workshops. Our conversations were enriched by biographical-cosmic questions and answers. He was mainly interested in that “Eternal I” and its development in our time and what our responsibility is, as human beings, to the development of the “I”. After the passing of his wife, when Zvi had stopped personal counselling, I – who had felt a strong bond with him – did not “agree” to part with him and maintained weekly contact with him. That contact gradually transformed from a therapist-patient relationship to one of spiritual guide and pupil and finally to that of two co-creators in the great undertaking of life.

Zvi’s Biography

Just as the angel Michael had fought the dragon (Ahriman), Zvi battled the Ahrimanic influence and withstood it

The description of Zvi’s biography will include a part of the eulogy given at the funeral by his first born son, Boaz Briger, and is based on both my long acquaintance with Zvi and the biographical knowledge I have accumulated through the years.

Zvi Briger was born on Sept. 22, 1933, in Brussels, Belgium, and was named Henry. His father Efraim was a cobbler and his mother Rivka a factory worker.

From my years of experience in Biographical-Anthroposophical counselling, I have come to realize that often people with a spiritual calling (meaning those that have a spiritual designation), are born to parents that are "simple" but honest and hardworking that love them and support them. It is possible that such children have more freedom than a child whose parents tower over and expect to choose a certain route. An archetype for this can be found in the biography of Yeshua-Christus, whose father was a carpenter.

At the onset of the Nazi occupation, his parents sent Zvi and his two sisters (one of whom was his twin) to hide in a convent, and thus they were saved from the horrible fate that in the end was the lot of his parents – the incinerators of Auschwitz. Zvi was then around 9 years old. In Biographical Counselling this age is dubbed "leaving the Garden of Eden" of early childhood and is accompanied by a biographical event that will introduce the child to an experience of deep solitude.

Later he would tell his son Boaz that the last time he saw his mother, he complained to her that she did not bring him sweets. This was engraved in his heart with great pain.

To me Zvi confided once, that during his stay in the convent, he experienced one of the most terrifying experiences of his life, one that later served him in his spiritual research – the experience of infinite eternity. One day he had a sort of vision, in which he was progressing towards infinity with an awful feeling of dread, a feeling that he would keep on going for eternity without reaching any place. Later on Zvi concluded from this that eternity does indeed exist and that Steiner's description of Earth's first planetary incarnation – Ancient Saturn – is a reality that can be experienced in the soul. 1

Zvi's stay in the convent, which was of an unknown length of time, was probably the terrestrial origin of this spiritual experience.

Everyone carries with them constitutive phrases said by significant people in their lives. Such a sentence was said to Zvi by his mother as she placed him and his sisters in the care of the convent: "Don't forget you are Jewish." Zvi never did and in his Biographical-Anthroposophical research, his affinity to Judaism and Jewish Esoteric Teachings (Kabala) are apparent. Contradictory to Steiner's statement regarding the evolutionary role of the Jewish people as completed, Zvi attributed to individuals, coming from the Jewish people the importance of those who continue to lead humanity's spiritual evolution.

After the war his uncle bestowed his patronage on Zvi and took him into his house, where he lived until the age of 16. When he became 16, he and his sisters immigrated to Israel with the youth movement "Youth Aliyah." They arrived at a kibbutz called "Mishmar Ha'emek" and later on, within the framework of the "Nachal" Army Corps, to Kibbutz Nirim, where his twin sister Rachel lives to this day with her family. In Israel his name was changed from Henry to Zvi. Zvi attributed meaning to this. His nick-name was Harry which corresponded to the name Ahriman – one of the two opposing forces and the one that he had been more challenged by. Zvi was not a man of naïve belief. He had to chisel his own way of belief through consciousness, through knowing. Ahriman was forever there, on the threshold, providing cause for doubt. Just as the angel Michael had fought the dragon (Ahriman), Zvi battled the Ahrimanic influence and withstood it. At the end of his life, as we will later see, he was closer than ever to the spiritual realm.

Zvi's acclimation process in Israel was not a simple one. After his military service, he returned to Belgium, where he was to marry for the first time.

His eldest son, Boaz, said:

Father did not have an easy time in this country and shortly after being released from the IDF he returned to Belgium, where he lived with his uncle, studied in a college to become a mechanical engineer, worked as a tutor for boarding school kids and later at a Belgian train company, and married. A few years later, when he was 28 years old, he revisited Israel to care for his older sister Sarah, who was wounded in an accident. Then, in his

return visit, he understood that his heart is after all here in Israel, separated from his first wife, Ruth, who did not want to immigrate, and came to Israel – drove his car to Greece and from there took a boat to Haifa. In Haifa he met our mother, Hanita, R.I.P., and they were married two years after that, In 1963.

1 Rudolf Steiner, Inner Realities of Evolution, GA 132.

In Biographical-Counselling, 28 is the age of “Crossing of a Threshold”, connected to both aware and un-aware willingness to sacrifice the old. Not many cross this threshold. Most people, aware or subconsciously, are not willing to turn their backs on the old, the familiar and rewarding, and step towards the new. They may go forward in all that concerns the physical and earthly life, even the emotional soul life, but spiritually, they cease at the age of 28. Of course, this fact is connected to a person’s personal karma, to their life in between death and re-birth, and to the higher beings they do or do not meet on their journey after death.

In later days, Zvi would say that he had unconsciously sacrificed his relationship with his first wife, a deed that had caused her great pain, but was necessary for his future karma. In his last years, Zvi was tormented over this deed and attributed the chronic lesion in his kidneys to that act. In addition, he regarded that un-healing wound, that robbed him of energy and strength, as that wound of King Amfortas in the epic Perceval legend, the wound that never heals.

Boaz:

Father studied Electrical Engineering in the Technion Institute and we came into the world – Ariel and I. Father graduated with mediocre marks due to the difficulties involving simultaneously working and raising a baby, and he had just barely been accepted to work for “Institute 3” – as “RAPHAEL” was then called. But soon he excelled at his job so that one of the first high-tech companies in Israel – SDSI – “seduced” him to leave in the late 60’s. MATA”M (center for industries of science) did not exist yet, the company was located in Shemen Beach and in the other half of the building another small high-tech company, Elbit, was established. The huge computers you may remember from pictures and old movies from the 70’s were large closets with computer memory discs, swiftly spinning left and right. SDSI developed these discs and father proudly developed the controllers for these discs. Around 1975, SDSI was purchased by the young Elbit and father became an employee of Elbit in the process.

At the age of 42 (the age of the birth of the ‘Spirit-Self,’ often accompanied by an existential crisis), Zvi was affected by a herniated disc that caused him great suffering. As a result, Zvi concluded that what he was doing up until that time no longer suited him (the spine symbolizes the “I,” and the question of the “I” had engaged Zvi throughout his life) that was his “mid-life crisis.” At that point he began to take an active interest in the spiritual realms, studied psychology, alternative medicine, Naturopathy, Anthroposophy and Biography. And from then on – from the early eighties up to his last days – he never stopped studying and teaching.

Boaz:

Psychology, Bach Flowers, Feldenkrais, Bio-Feedback, Reflexology, Astrology, Naturopathy, Homeopathy, Anthroposophy, Biography... This is only the short list version of the fields he studied and researched. We grew up in a home where spirituality was very dominant, and book-cases were very heavily loaded with hundreds of books and tapes in these and many other subjects – in English, French, German and Hebrew.

Zvi encountered Anthroposophy through a spiritually oriented psychologist he had been in contact with. Since he was interested in the therapeutic area, Rivka, the psychologist, referred him to a Biographical-Counselling Training that had just been opened, for the first time in Israel, by Dani Aman.

Zvi felt like he had arrived home. He viewed his life up to that point as a preparation for the encounter with Anthroposophical-Biographical Counselling. Upon completing the three-year course of study, the whole group moved on to supplementary studies with Michal Zur. Zvi did not join. His own unique approach begun to brew within him, one that would take years to become his profound research. In 2004, when Zvi was 67 years old, his beloved wife Hanita, who was a significant and supportive figure in his life, suddenly passed away from cardiac arrest. As of that day, his life was altered. Through her death he experienced a difficult crisis and decided to cease his tasks as counsellor and therapist. From then on, he dedicated all of his time to his life’s mission: the research of Anthroposophy and Biography, that he studied relentlessly up until his last breath. In those years Zvi diminished his contact with the outside world and focused on his work.

It would be a while before Zvi confided in me that he knew that Hanita had sacrificed herself for his spiritual development and for the fruit he would offer the world – the workshops. “I would never have started the workshops if Hanita were still alive,” he said. According to Steiner, between us and those near and dear to us – our parents, our children, our spouses and so on – Karmic relationships and agreements exist. Often, someone will offer themselves, even their life, in sacrifice for the spiritual evolution and mission of someone close.

Boaz:

Father began to research and translate the writings of Rudolph Steiner. The insights that came he began to teach in a course he created in the therapeutic method of “Biographical Counselling.” Since mother passed away, he turned to his life’s project – being a researcher and instructor of the subject. The course he had created and taught so industriously, completely engaged him in the last ten years. His faithful students followed him through all those years. It was his greatest mission – so he told us and the family in every get together, every conversation and so it was manifested in his deeds and in the choices that he made. He distanced himself from life’s pleasures, lived as a monk, didn’t travel or vacation, didn’t seek a new personal relationship, didn’t see friends and limited the time allotted for family gatherings. Preparing the next course meeting was always top priority and to it he dedicated every available hour. It was always inspiring to see how he collected all of himself towards the next meeting and how excited he was each time, as if it were the first. We, the children and the grandchildren, had a hard time accepting it at first but learned to accept it as the years went by.

We were a group of about ten people, and as the years and the workshops went by (a workshop course was one year), we grew fewer. The places that were freed up, were taken by my students from the “Hotam” school, who knew enough to appreciate the knowledge of this unique, once in a lifetime phenomenon – Zvi Briger and the scope of his thought and writings.

There were no mundane conversations with Zvi, no gossip, only straightforward words – scathing as they may be. Working alongside him demanded of whomever came in contact with him to look inward with complete honesty, with great courage, and to acknowledge their life events as the result of the karma brought forth from a previous life. Zvi was the bravest, most authentic man I have ever known. If he concluded that something was no longer of service to him and his evolution, he did not hesitate to abandon it. This world he also left behind when it was time for him to move forward. He left without warning; his mind lucid as ever despite the body’s collapse.

In the eulogy he gave at his father’s grave, Boaz said:

Father did limit the time he spent with his family but not the quality of it. The meetings with him were always very intense. For the most part he would focus on one of those present – a son, a daughter in law, a grandchild – and begin to take interest in their life. There was no “small talk” with father. He would immediately ask direct questions. The interest stemmed from infinite caring, and with lightning speed he would get to the heart of the matter – all the layering stories would disappear and right away he would point to the dilemma or mirror the choice made by that patient... sorry, that family member. It was not always easy or pleasant to face the onslaught of his questions and demands for answers but it was always evident that they came from love and caring and from such deep listening, far more profound than the speaker would listen to himself. Of-course I had dozens of these types of conversations. Dad – thank you for being there for me in the deepest sense possible.

Father – you lived out your last years in a brave, authentic manner and exactly, exactly the way you wanted to. You didn’t bother with “what would people say”. You were tasked by learning; you were lucid until your last moment. Dad, you were a terrific father. You had hardships in your life and growing up, you worked hard all your life. You always kept your sense of humor. You achieved vast accomplishments in many fields – spiritual and material – and I believe that you feel at peace with your life’s course, as an expert in the field of Biography should probably be. I thought it right to share with those here, paying their respects to you on your final journey, a fraction of your personality and your diversified life, and I haven’t even begun to talk about your gifts of writing, drawing, acting and the six or seven languages you knew.

Despite his great wisdom, his talents in acting, literature and music and his grasp of languages, Zvi was a modest person. He was truly a slave of God, in the highest sense. Modestly, hardly recognized by any of the members Israeli Anthroposophy community – excluding those who studied with him and those who learned from him – he worked with exemplary diligence, severity and precision, just as his cobbler father had before him. His life was not an easy one, not in his childhood, shattered by the years of the Second World War, and after that Zvi never complained. He always carried the suffering as suitable payment for spiritual development. “For each elevation we pay with a lowering.” he said, “It is a cosmic law. It is so with the Higher Spiritual Hierarchies”.

Note

This article is in 3 parts. Parts 2 & 3 will be published in the following editions.

About the Author : Orna Ben Dor



An experienced Biographical Counselor, Orna Ben Dor is the founder and leader of 'Hotam School'. Investigating, developing and teaching the subject of Karma and Biography for many years, both in Israel and around the world.

**Translation: Anna Feldman*

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Reflection on

The Layers by [Stanley Kunitz](#)

- *Shivani Singh*

I have walked through many lives,
some of them my own,
and I am not who I was,
though some principle of being
abides, from which I struggle
not to stray.
When I look behind,
as I am compelled to look
before I can gather strength
to proceed on my journey,
I see the milestones dwindling
toward the horizon
and the slow fires trailing
from the abandoned camp-sites,
over which scavenger angels
wheel on heavy wings.
Oh, I have made myself a tribe
out of my true affections,
and my tribe is scattered!
How shall the heart be reconciled
to its feast of losses?
In a rising wind
the manic dust of my friends,
those who fell along the way,
bitterly stings my face.
Yet I turn, I turn,
exulting somewhat,
with my will intact to go
wherever I need to go,
and every stone on the road
precious to me.
In my darkest night,
when the moon was covered
and I roamed through wreckage,
a nimbus-clouded voice
directed me:
"Live in the layers,
not on the litter."
Though I lack the art
to decipher it,
no doubt the next chapter
in my book of transformations

is already written.
I am not done with my changes.

My Reflection

I met this poem while looking for something quite unrelated. One of those 'encounters' that makes you pause and take notice. A day or two later, the email inviting contributions to this magazine came in. The dots connected, what a true reflection of biography this poem is!

The poem starts on a sombre note with the poet reflecting back on his life and seeing his scattered tribe, the abandoned camp-sites of his life and friends he lost along the way. He is left wondering how to gather strength to face his painful losses and carry on. But he already carries the answer within him

*"When I look behind, as I am compelled to look
before I can gather strength
to proceed on my journey"*

In his reflection of his life, he finds the strength to move ahead. And his awakened consciousness and will to "go everywhere I need to go" is met by the guidance of cosmic wisdom. The voice telling him to "Live in the layers / not on the litter". To find strength from the layers of his own life, the experiences he has and the person he has been. Use it to fuel yourself rather than letting it hold you back. Do not stay in amongst the "litter" worrying over every unpleasant thing that has happened.

Such a powerful message. And biography provides us the means to do just that. To reflect on our lives and use it to fuel our future journey.

So dear friends, "Live in the layers, not on the litter." And continue to grow through your changes.



Painting Write-Up

The trifold human standing between his hardened past and as yet hazy future. The flames of his past cast a shadow, creating a bridge over the turbulent waters, aided by the ever-present cosmic wisdom.

About the Author : Shivani Singh



Shivani Singh is a biography analyst and a Waldorf educator. Her quest for deeper meaning was met in painting. Through her venture "Harmonious Hues", she offers painting and story workshops to bring healing, beauty and soulful experiences to children and adults (FB page – ReachHarmoniousHues)

The Stars Once Spoke to Man

- Alexandra Mettrau

"The Stars once Spoke to Man.

It is World Destiny that they are Silent now.

To be aware of this Silence

Can become Pain for Earthly Man.

But in the Deepening Silence

There Grows and Ripens

What Man Speaks to the Stars.

To be aware of this Speaking

Can become Strength for Spirit Man."

Rudolf Steiner (give to Marie Steiner on Christmas day 1922)

This poem has always moved me. I think it is very beautiful and inspiring, but also a bit tragic, which makes me live with questions about its meanings and correlations.

I deeply love the Stars, and my work as a biographical counselor increases this love and interest because it brings me awareness about the relationship between the Human Being and the Stars.

In developing my relationship with the Stars, I have met some important people* who have shed some light on the essence of the poem, which has allowed me to go further.

I am very happy to have the opportunity to express some ideas here in the Association for Holistic Biography Work Magazine. I hope it can inspire everyone to reconnect with the Stars and consciously talk to them.

"The Stars once Spoke to Man."

In ancient times Humanity was able to hear the Divine Word - the *Logos*. The Stars were seen as Divine Beings developing the Cosmic Drama in heavens. By contemplating and listening to their actions and relations we were guided and informed about our origin and destination.

Not all of us understood the language of the Stars but Initiates in the Mystery Centers heard and translated it for Humanity. With the guidance of the Divine Star Beings, civilizations have advanced and been replaced, each bringing their specific impulses to human evolution.

Just as early Humanity needed the guidance of the Stars, every Human Being, as a child, also needs to be guided and cared for by his parents.

Growing, maturing, evolving. This is how we develop; however, each stage of development brings, in itself, gains and losses. As adults, we have discernment, responsibility, freedom, but we stop being children, stop being cared for and protected by our elders. We lose our childlike candor and vivacity.

"It is World Destiny that they are Silent now."

Humanity evolves and gains consciousness. Our knowledge of the world has become increasingly clear and precise. The mythical and poetic language of the Stars has been transformed into mathematical laws. The warm charm of beauty gives way to the cold spell of intellect. Humanity becomes adult, responsible, free. It is now capable of perceiving, understanding and transforming the world around it, and in doing so, it loses its innocence. The time has come to break with the old and walk its own path.

The inevitable consequence of growing up is to take responsibility for one's own actions. Like young adults who no longer want to follow their parents' advice, humanity gradually stops listening to the Stars! And forgets the celestial language. And the Gods are silent so that we can develop human language and knowledge.

"To be aware of this Silence

Can become Pain for Earthly Man."

We often hear that never in human history has so much been accomplished in such a short time. Unparalleled technological achievements have been propelled by the reach of human knowledge and the rapidity of its diffusion.

As a result of a long process of approaching materiality and distancing from spirituality, the marvelous evolution of consciousness promotes us to dominators of the world. We master scientific knowledge, manipulation of the earth, relations with other beings of nature, outer space, oceans, continents... We are not able to control natural disasters, but we already have enough knowledge to predict their occurrence and magnitudes, minimizing their consequences. What was unthinkable 100 years ago, such as computers, space travel, instantaneous global communication, for example, is now commonplace and even obsolete.

Without heavenly wisdom to guide us, we gain the possibility of freedom and of being our own guides, but this means that we have to take responsibility for the consequences of our actions. Every revolution caused by human discoveries has brought extraordinary treasures, but also immeasurable misfortunes: nuclear power, but the atomic bomb; agricultural technologies, but environmental devastation; plastic and petroleum-based plants, but widespread pollution and climate and environmental tragedies.

Full of experience in our evolution, have we learned enough to realize that there is an essential wisdom behind everything that exists, and that only the recognition and reconnection with this wisdom can bring us the missing meaning to our actions in the world, without losing our free will?

Growing as Human Beings, we need to learn to make choices in order to achieve our own individual personality. In trying to achieve this we distance ourselves from our parents and from those who came before us. Often on our lonely journey we reject their advice and deny what we have earned from them, making many mistakes and successes in order to develop as adults. But with effort, suffering and hard learning, we earn our own personal and professional place in the world.

"But in the Deepening Silence

There Grows and Ripens

What Man Speaks to the Stars."

There is no way back to the infantile state of primordial cultures. We are in the middle age of humanity and have now acquired enough awareness to realize that we can learn to talk to the Stars, instead of just listening to the guidance we receive from them, as our ancestors did.

What are we going to tell the Stars? We have enough to talk about: all human accomplishments are news we can tell the universe. But also, all the tragedies we cause.

Near the age of 40 we, as individual Human Beings, have probably reached the maturity that allows us to recognize the wisdom of the path taken by those who came before. Filled with our own experience, we can seek their advice again, knowing that we will choose how best to use it. Some will serve, some will be better than our own solutions, some will not. Now, without pain or guilt, we can use, reject, or adapt them.

"To be aware of this Speaking

Can become Strength for Spirit Man."

Mature speech is one that enables dialogue. By being silent, the Stars allowed us to develop our part in the conversation; they made themselves available to listen.

Now, instead of simply being guided by the speech of the Stars, we can ask and answer, we can talk, agree or disagree, choosing what makes sense to follow and how, thus also contributing, with our part, to the evolution of cosmic wisdom.

But we have to start with the questions, we have to learn to ask the Cosmos, to ask it to speak back to us. The Stars are ready to listen and answer, but only if we know how to ask. And we are only able to ask if we are interested, if we want to know.

To meet a need we have to strengthen ourselves until we are able to search for and create solutions. Suffering strengthens us, because through it we learn about our needs and strive to solve them.

It is urgent that we look for solutions to the problems that we create with our prepotency. But this will only be possible if we broaden our perception and become capable of perceiving that there is something bigger and prior to us: something that created us and that influences us.

To start talking to the Stars, we need to ask them about our origin and destiny, about our relationship with them.

Then we will not be mere spectators of the Cosmic Drama staged by the Stars, but we will become co-creators.

[* I thank Mary Stewart Adams, Jonathan Hilton, and Brian Gray for opening up a broad view of the poem for me.]

About the Author : Alexandra Mettrau



Alexandra Mettrau is an Anthroposophical researcher, a Biographical Counsellor, a Psychologist, a Plastic Artist and an Adult Educator who is passionate about how laws of nature interconnect with human development. She lives in Brazil and works in private practice and in group workshops and teaches in Biography Studies as well as other Anthroposophical Foundation Studies. She is the founder, coordinator and teacher at Trinus Biographical Training in Rio de Janeiro, Formação em Economia Viva (Training in Living Economy), Observatorio de Si (workshops combining drama therapy and biography work) and Programa Novos Olhares (Phenomenological observation training).

Greetings from a Threshold Explorer

- Jolie Hanna Luba

Dear Readers,

I would like to write a little bit about my experience related to the theme of Death and Dying, particularly in relation to the Association for Holistic Biography Work in 2021. I want to start by saying that every time I step into the exploration of the Threshold, I receive an amazing gift that informs my personal relationship with Life and Living. The more I get involved, the more my heart expands. It was no different when I first connected with Sandhya and Rashmi last year, and the community on the other side of the planet! I really feel blessed to have expanded my horizons into the West-East direction, after having lived so much with the North-South polarity.

For about 3 years I have been facilitating a monthly meeting with local people, here in Atlanta (USA) where I live. We have focused on practical aspects of funeral arrangements, we have created space to honor grief and memories of loved ones, we have rehearsed songs and done all sorts of different studies. After the pandemic, things got a bit different, and it hasn't been easy to gather. I am still holding the impulse and working through the difficulties of time and space - two limitations we have as incarnated human beings.

The interesting thing is that while the local group dimmed a bit its presence, the wider community seems to be opening up. I have had two very meaningful online series of meetings that happened during 2021 - one through the Applied Anthroposophy program offered by the Anthroposophical Society, and the other out of an impulse that came after a small presentation I gave for the First Gathering of the Association for Holistic Biography Work in 2020.

During the first half of the year, the Association and I offered two workshops about Life and Death - an introduction and a four-session deepening the studies - which were both very well received. I was glad to hear that a group of brave people were interested in continuing the studies and I proposed a study group called Spiritual Research on the Veils.

During the second half of the year, we met every other week and were able to study three lectures from Steiner. We opened and closed every meeting with a verse, and then we arranged the time so that it included some reading, some sharing, and some journaling or an artistic activity.

It was a very beautiful experience of allowing ourselves a set time to be away from our daily worries and focus our attention on Spiritual content. Such an inner work as we connected with the words, we read in an effort to get a glimpse of what Steiner meant and bring it down to our own understanding. A real digestive process!

We also had to deal with the counterforce of our daily hindrances and all the distractions that pulled us away from the goal of researching the Spiritual world. Part of the group were able to be present for the meetings, while others were following from afar, and we could also feel their presence. We had a WhatsApp group to keep everyone informed.

Many of us were dealing with real life experiences related to death and dying. As we moved through the dates of Oct 31- Nov 2 which are so meaningful to me in connection with this work, we also talked about our upbringing in terms of funeral rites and compared that to what we believe now and how we

move with what is around us. How interesting to see each one's journey of accepting that which was inherited and transforming it to make it their own while navigating society expectations! Biography Work in its essence!

We talked about how important it is to place the lectures from Steiner properly in time and space, considering that he was speaking to a particular audience. (One can see how Steiner sometimes goes on a tangent that's not always clear to us how it connects with the topic at hand.) Also to remember that the ideas were shared as a lecture, and while someone took good notes (a stenographer, but still someone's notes), most of it was not meant to be written material. Of course, we are deeply grateful to have the resources available, but it's important to be mindful of those aspects.

We ended our time together with a feeling of not fully understanding Steiner's thoughts which is common when studying Anthroposophy and can be a bit frustrating, but also works as a teaser to continue studying. Perseverance is clearly the best approach to Anthroposophy.

There was a good feeling of accomplishment for having finished three lectures with such deep material, and we could see how it always connected to our daily situations, or other studies, showing how the angels are continuously guiding our steps. It's lovely to remember that we are part of a bigger plan.

To end this letter, I invite you to contemplate the thought below which was part of my presentation at the Second Gathering offered by the Association for Holistic Biography Work just a few days ago.

To be Free means to be able to die

To be able to Love means to be able to live

One can find more in this lecture:

https://wn.rsarchive.org/Lectures/GA202/English/SN4312/SN4312_index.html

Many blessings on the end of this Gregorian calendar year!

About the Author :



Jolie Hanna Luba was born in Philadelphia, PA (USA), and raised in Brasil where she finished her Waldorf Teacher Training and received her degree as a psychologist. She has been a Waldorf educator for over 20 years and works as an Early Childhood Teacher at the Waldorf School of Atlanta, for more than 10 years. Deepening her studies in Anthroposophy and Biography Work, she found answers to some of her questions around death and dying as well as life and living, and since 2018 she has been facilitating workshops and regular meetings around the theme. Her website is johaluba.wixsite.com/mysite

The Practice of Interest

- *Signe Schaefer*

Biography work was developed for the times we live in and is becoming ever more needed as the Consciousness Soul age advances. Individuals today want to deepen their self-understanding by working with the idea of life phases and also with other aspects of human development such as gender, temperament, or soul orientation. But there is a shadow side to the current emphasis on self-exploration. This can be seen in descriptions of activities at many new age centers around the world. One near me, for example, has these current workshops: *Getting the Love You Want*, *The Story You Have to Tell*, *The Art of Self-remembrance*. Of course, these are worthy subjects, and I mean no criticism of them, but I wonder if they are balanced with attention to the needs of others, or practicing open hearted listening, or remembering with gratitude those who have helped us along our way?

Biography work does, and must, serve the awakening of individual consciousness and offer ways of finding meaning within the complicated challenges of our lives. But when does a focus on self-become excessively self-centered and therefore anti-social? We all experience self-interest at work in the world today, manifesting as greed, me-first ambition, prejudice, hatred toward the 'other', and deepening partisan divisions.

While many biography workers in North America work one-to-one as counselors or in what we call 'biographical conversations', even more are busy with groups – in public workshops, courses, school faculties, parent groups, collegial groups, anthroposophical branches, or as part of large conferences. At the Center for Biography and Social Art we try to bring social artistry into all our activities. Within whatever is offered are small breakout groups to share exercises. These carefully prepared speaking and listening opportunities invite a vital and much needed gift of this work.

In these small groups each story matters. The teller benefits from self-reflection that is held by the listening hearts of the others. And the listeners practice quieting their desire to immediately engage in conversation or to somehow 'fix' the other's struggle. The space becomes alive with heartfelt interest in the other. In reflecting on our own biography, it becomes clear how we become ourselves through the others of our life, and this can be a living experience in the speaking and listening that small biography groups invite. Instead of ever-greater attention on myself, I find myself expanding as I embrace another's striving.

A further benefit of this kind of sharing is the way it counters the isolation that is so prevalent today. In recent years and particularly during the pandemic, we have experienced how technology can connect us with others around the world; but it can also foster distance from those nearer to us. We can lose important parts of ourselves within the virtual world. As we relate online, we may enact an ever more edited version of ourselves. We may begin to feel anxious about actually meeting others in person. What if they see my limitations? We can forget that vulnerability and even making mistakes are part of our growing, as is learning to forgive.

Biography and social art activities offer much needed healing in this time of growing separation. When I listen with an open heart to the strivings of another's essential being, it becomes difficult for me to

dismiss them. Rather, through the practice of interest, I learn about support and encouragement, not only for my own development, but also in the service of others and of our broader social connections.

About the Author :



Signe Eklund Schaefer was the founding director of a professional training program in Biography and Social Art, in the United States. She directed Foundation Studies at Sunbridge College, in New York, for more than twenty years and prior to that was on the faculty of Emerson College in Sussex, England. Since retiring, she has published two books: *Why on Earth? – Biography and the Practice of Human Becoming*; and *I Give You My Word – Women's Letters as Life Support, 1973-1987*. Earlier works include: co-editor of *More Lifeways – Finding Support and Inspiration in Family Life*, and co-author *Ariadne's Awakening – Taking up the Threads of Consciousness*. She is a mother and grandmother and now lives in Great Barrington, MA with her husband of over fifty years. signeschaefer17@gmail.com

The Zodiac and the Human Soul in the World of Color – Part 1

- *Antje Solveigh Streit*

About two years ago I had this crazy idea of creating an art project around the theme of “the invisible realities” that we encounter during our path on earth. Our encounter with the beauty of light and darkness, the four elements, the seven planets, the forces of the zodiac and the spiritual world.

It is not so much about representing what we can already see, it is more about trying to find that “invisible” energy that lives and vibrates beyond of what the eye can see.

So, at the moment I am in the process of trying to create this space, a path where one can walk through a world of color, a world where the colors are in connection to mysteries of our pilgrimage on earth.

I invite you, to be some of the first people to see the beginning of this project and I invite you to enter the space of the zodiac. 12 water-based oil paintings that were created by connecting to the colors, fairy tales and virtues of zodiacs.

It is my way of seeing, feeling, connecting to those invisible mysteries, but who knows, there might be a painting that awakens something in you, a painting or two that reflects something deep within your soul.

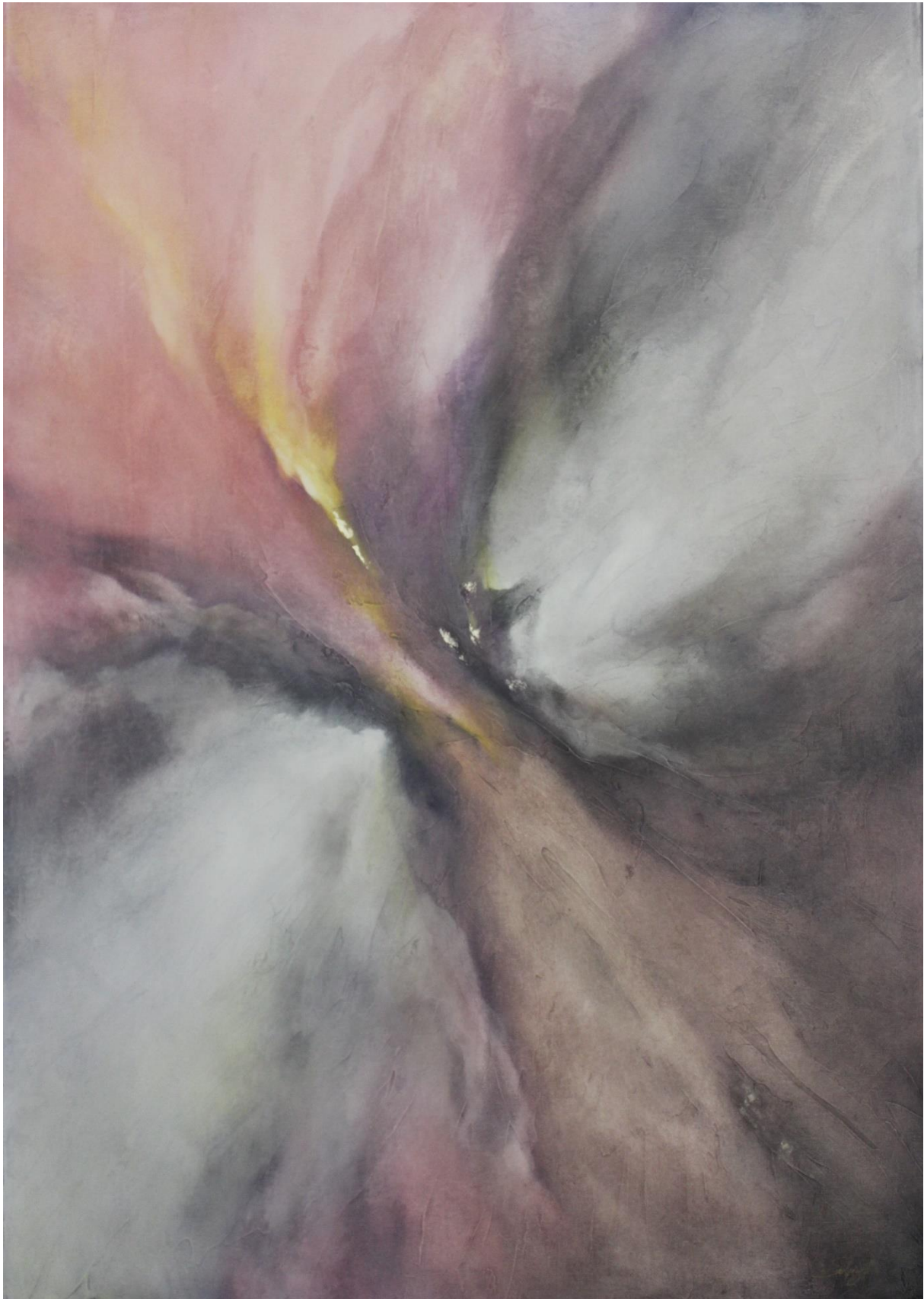
If only one painting touches the soul of one person in this world, then it was worth being an artist...

... enjoy the journey through the colors of the zodiac, enjoy and be amazed by the colors all around you in every day life, may colors warm your heart...

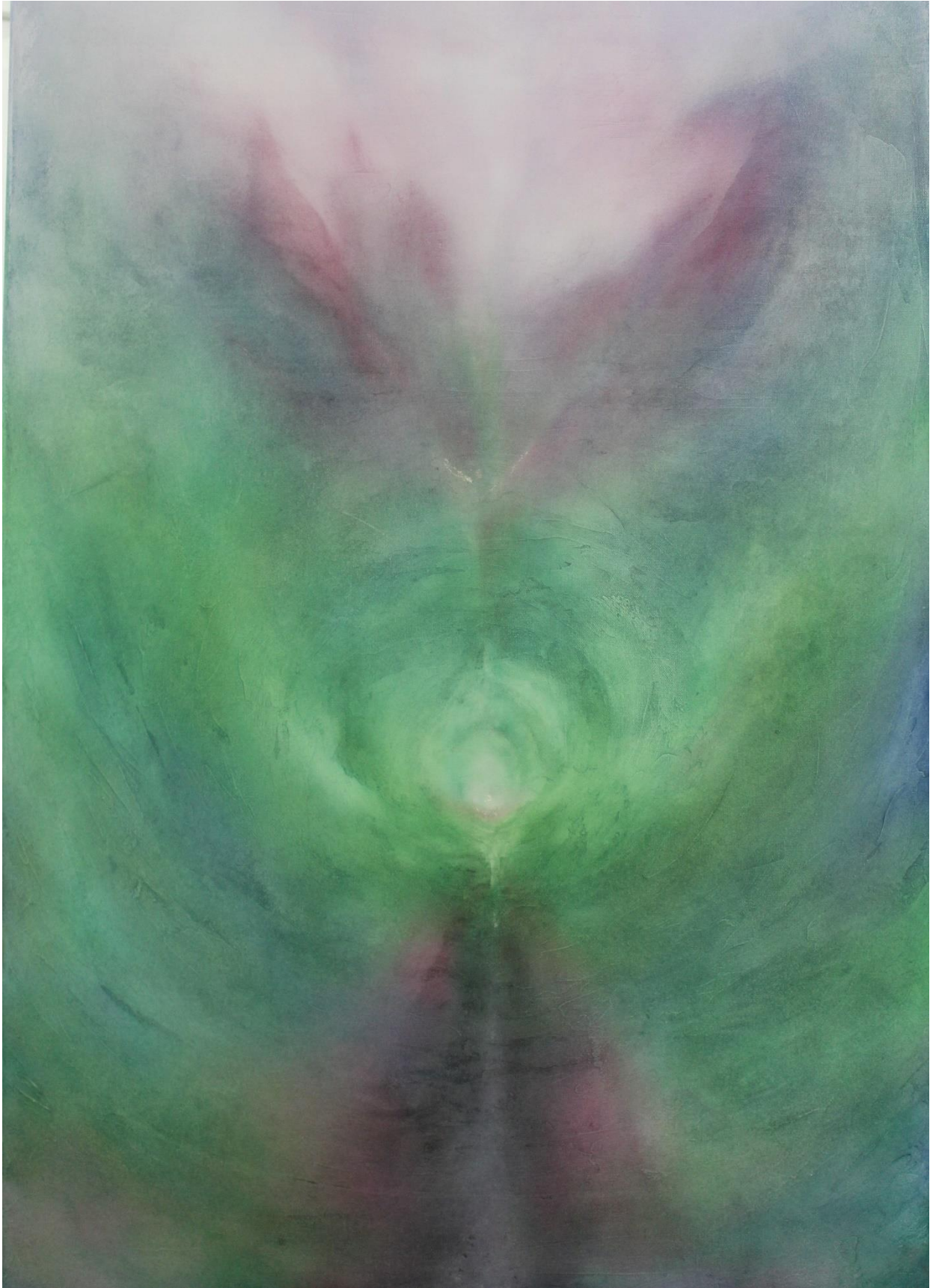
Number under the painting	Zodiac	Virtue and their possibility of transformation
10	Capricorn	Courage becomes redemption
11	Aquarius	Discretion that becomes meditative force
12	Pisces	Magnanimity that turns into love
1	Aries	Devotion becomes force of sacrifice
2	Taurus	Balance becomes progress
3	Gemini	Perseverance that becomes faithfulness

Please Note:

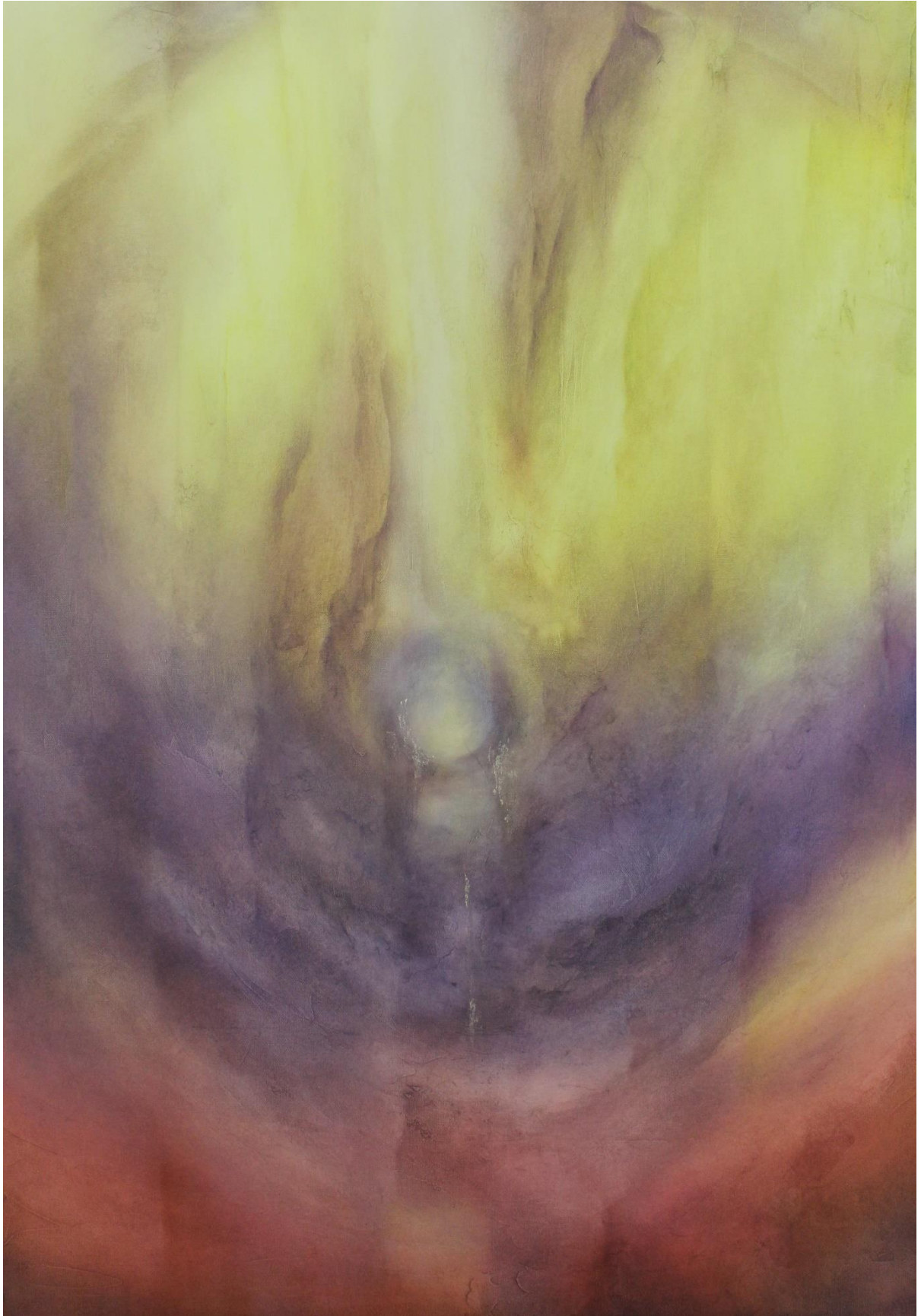
Antje has given us 12 paintings of the Zodiac. In this edition, we are publishing 6 of them – From Capricorn to Gemini, so that we can meditate on one painting each month till the next edition, when we will be publishing the rest of the 6.



Capricorn – Courage becomes redemption



Aquarius – Discretion that becomes meditative force



Pisces - Magnanimity that turns into love



Aries – Devotion becomes force of sacrifice



Taurus – Balance becomes progress



Gemini – Perseverance that becomes faithfulness

About the Artist – Antje Solveigh Streit

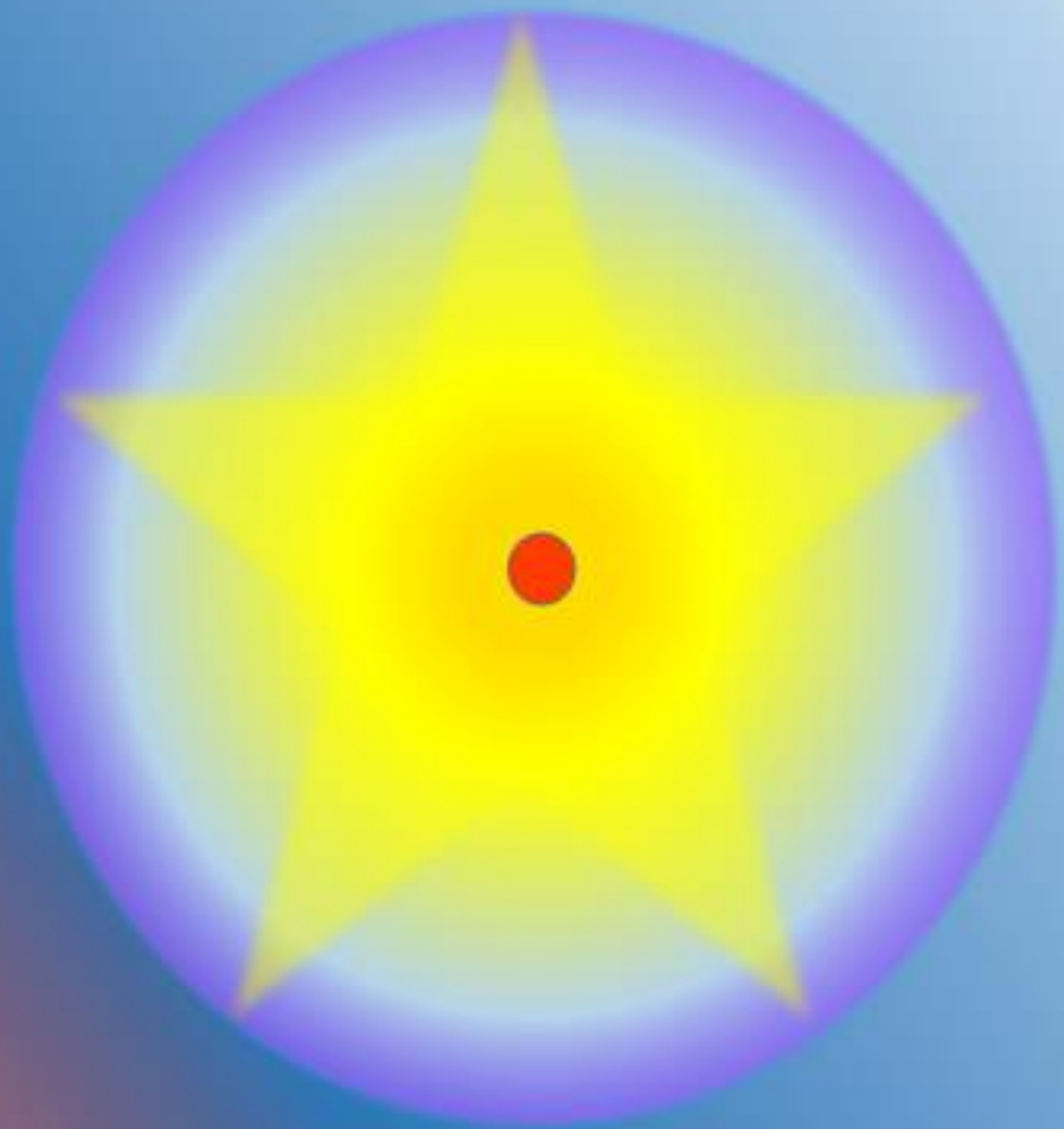


I was born in Namibia, I grew up by moving around a lot between Namibia-Gemany-South Africa (Cape Town) and then ended up in Switzerland by the age of 23, now mom of 3 amazing boys and living on an organic farm.

Since my 14th year I knew, I wanted to be an art-therapist and by overcoming many challenges in life, I am now an anthroposophical art-therapist since over 10 years, I am currently studying biography and I have also made space in life for art in connection to my path of deepening my understanding of anthroposophy.

Engaging the “I”

Biographical Activities



Live with the Question!

*“Be patient toward all that is unsolved in your heart and to try to love the questions themselves
like locked rooms and like books that are written in a very foreign tongue.*

*Do not now seek the answers, which cannot be given you
because you would not be able to live them.*

And the point is, to live everything.

Live the questions now.

Perhaps you will then gradually, without noticing it, live along some distant day into the answer.”

Rainer Maria Rilke

This column is inspired by the quote given above and the importance questions have in Biography work and our lives. They help us explore the unexplored and find our way to what we are looking for.

Given below are biographical questions for all the fellow Biography practitioners, across the world, to look at, ponder on and be with. This section's questions have been contributed by **Natasha Singh**, a trained art therapist and Biography Work trainee.

“In the case of a major destiny event or illness how can one unravel the intertwined threads of karma and destiny to bring insight, clarity and understanding of the learning task?

What if the person is not reconciled to the change of direction the situation made happen, does not accept it as necessary but a thwarting of their desires and carries a sense of incompleteness?”

Would love to hear your experience of working with the questions.

Meeting the Book!!

Rashmi Malhotra

“Who am I ? I’m a spiritual girl, living in a material world, trying to transform my darkness and learn what it means to be a free and loving human being. Really I’m trying to understand what it means to have a soul and spirit in a world that mostly acknowledges only the material aspect.

What is the Meaning of Life? I think life is an opportunity to unfold a little more of who I am becoming; I think the earth is my partner in my development and deserves my respect, love and care because this is where I’m learning to be me.”

Gardens of Karma: Harvesting Myself Among the Weeds, A Memoir

Susan West Kurz

Who am I? What is Life?.... What is my purpose?.... Answers to these and many such important questions drive each of us during our lives. Susan’s book is an insightful journey through her lifetime. Written as a memoir, it sets an example of how one can look at one’s life as a devoted observer, giving us a clear picture of how the seeds of our garden are laid by different encounters we experience in our life time.

It helps us understand the importance of looking for our own answers to these questions, through our own memoir. We Biography practitioners are well aware of the importance of looking at our life stories. Helping our clients work on their life story as a memoir may help them look at their life more objectively and collect all the gifts.

Gardens of Karma is a beautiful example of a memoir well written and can help us think about how we would like to design our own.

Biographical Activity

Observing a Plant as a Preparation for Observing Ourselves and Others

Sandhya Durai

While reading up on Goethean observations of plants, I came upon an article titled **Goethean Observation as a form of Phenomenology** (<https://www.lancaster.ac.uk/users/philosophy/awaymave/405/wk8.htm>)

In the course of my study with Karl-Heinz Finke and my preparation for Biography Work Foundation courses I have attempted to observe plants with objectivity.

This article speaks of a preparatory stage.

“Before the first stage of Goethean observation there is a preparatory stage. In the preparatory stage there is a place for who we usually are: our everyday likes and dislikes; our personal history and this aspect of our ordinary encounter with things is acknowledged and recorded. Care is taken to note the first impression that a thing creates in ourselves as observers. This effort allows what is often a very apposite observation some status. Recording and sharing first impressions also acknowledges the observer as coming to the thing with a history of other perceptions and memories. Placing the personal emphasis only in the preparatory stage could be seen as a form of bracketing. “

For the past few weeks, I have been attempting to recognize and face my personal feelings and evocations to a potted plant which stands in my bedroom balcony and which I see the first thing when I open the balcony door in the morning.

I have been attempting to see this plant exactly the way it is developing, without projecting my expectations of how it should develop. I have not been very successful. Needless to say, I have been disappointed, both with myself as well as with the plant. I intend to carry on with my observations.

I have been trying to see the other plants that stand next to this one the way they are, without allowing my disappointment to color my observations.

I invite you all to observe the first impression that you have when you meet something or someone with all your personal likes and dislikes, your expectations, your subjectivity. Acknowledge and record these impressions. Perhaps after recording these impressions several times, we may be able to move to an objective observation of phenomena.

Please feel free to share with us your experiences on info@holisticbiography.com

Community Connect

A healthy social life is found only when,
in the mirror of each soul, the whole
community finds its reflection, and
when, in the whole community, the
virtue of each one is living

~ Rudolf Steiner



Our Guiding Verse

"The new way of initiation is that of Intuition, Intuition which can be found in a group of people who are working together. Steiner says that such a group must be a karmic group. Karma, not only from the past, but, as can also be the case, karma for the future. We build up a karmic group of people, with whom we were never together before, when together with these people we WILL something. "

- Bernard Lievegoed, Towards the 21st Century: Doing the good

This Verse guides our effort in community building and can also be found on your membership card.

Members of Our Community

From the time we started the Association to the date of releasing this magazine, we are

109 members strong

... and counting

We have colleagues from these countries as members of our community

Argentina | Australia | Brazil | Chile | Cuba | Finland | Germany | India | Italy | Israel | Japan | The Netherlands | Philippines | South Africa | Spain | Switzerland | Taiwan | Thailand | UK | Uruguay | USA |

The members of our community fall in four different categories

Associate Members are currently enrolled in a Biography Training globally or experienced a workshop in Biography

Professional Members who have completed some kind of a training in Biography Work

Institutional Members are organizations who use Biography and Anthroposophical concepts in the work they do. These are our **Institutional Members**.

3 World's Creator (Thailand) | Living-Way (Australia) | Skills Beyond Education (India) | Hotam School for Biographical Counseling and Research of Karma (Israel) | Atmatva Foundation (India) | Instituut voor Biografiek (The Netherlands) | New Adult Learning (Canada) | The Center for Biography and Social Art (USA)

Professional Associations are professional bodies of Biography practitioners, across the world. Two Associations have joined us as Association members.

International Association for Steiner/Waldorf Early Childhood Education <https://iaswece.org/home>
Professional Association for Biography Counsellors, UK <https://www.biographicalcounsellors.org.uk/>

Upcoming Courses from the Members of Our Community

Here are some of the courses that our **Institutional Members** are conducting, for the Biography work to grow. Do join and spread the word to influence the lives of many with Biography work.

The Center for Biography and Social Art, USA

Bringing Biography and Social Art into Waldorf Schools

Awakening Connections; Creating Community

with Jennifer Brooks Quinn and Kathleen Bowen

This two-hour workshop, open to all Biography Facilitators, will share the fruits from five years of bringing the *Awakening Connections; Creating Community* program to Waldorf School Communities in North America. Participants will experience exercises created to strengthen the school's imagination for creating community. We will introduce you to the three sessions we brought to schools and the outcomes.

Reflections from school participants:

"Whenever you take a group of individuals and peel back layers you reveal a strength and wisdom that may otherwise never be witnessed."

"This work reveals us as human beings with a story and a certain vulnerability."

"This work makes us stronger as a community and it enriches us as individuals and this creates social change because when we truly "see" our colleagues we feel a responsibility for how we interact with them. Perhaps this is how we grow to love and respect one another. When we do this work it ripples out to the children in our school and their families and this is invaluable."

January 30th 2022 8:30am EST/ 7:00pm IST
February 5th 2022 12:00pm EST/ 9:00am PST
Time converter: [CLICK HERE](#)

Cost: \$95

Register: [CLICK HERE](#)

About the Facilitators: Kathleen Bowen and Jennifer Brooks Quinn



About Kathleen Bowen

Kathleen began her career working with threads as a knitwear designer and transitioned to helping others as they discover the threads in their life story through conversation and artistic activities. By weaving her deep interest in human development and anthroposophy and her training in biography and social art, she offers workshops, classes and private sessions as well as focused work with schools and community service organizations. She is the founding board member of the Center for Biography and Social Art and a faculty member for the Certificate Program. Kathleen lives in

Northampton, MA. She is a certified Biography Worker.

About Jennifer Brooks Quinn

Jennifer is a counselor, adult educator and Waldorf high school teacher with a private counseling and consulting practice. She has worked extensively in the Spanish speaking world, offering courses, workshops and retreats to schools, teacher training programs and organizations. In addition to her extensive work in Waldorf education and anthroposophical studies, she also has completed trainings in biography counseling and psychosynthesis. She has been the director and a faculty member of Foundation Studies in Anthroposophy in Spring Valley, NY and Brooklyn, NY. Jennifer is presently on the board of the Center for Biography and Social Art. She is a Certified Biography Worker and Counselor.



Bodhi – A Biography Work Initiative : Foundation Course in Biography Work

Bodhi
A Biography Work Initiative
presents

The Foundation of Biography Work

A 4-day, experiential workshop based on Holistic Biography Work

What does this workshop offer?

- An opportunity to look at one's life objectively and to harvest learning from the process
- Tools for self-reflection and transformation
- An understanding of the physical, social and spiritual developmental stages of a human life

Who can benefit from this workshop?

- Individuals wanting to reflect on their life
- Those carrying questions about life situations, relationships, career choices
- Professionals such as psychologists, counselors, teachers
- Business leaders, HR professionals

When 22nd, 23rd, 29th & 30th January 2022

Where Online (Zoom)

Timings 9 am - 2:30 pm IST with short breaks

Fees INR 8000/-

Registrations close on 15 January 2022

Facilitators

Sandhya Durai is a Biography Consultant and is being mentored to become a Biography Trainer. She enjoys doing Biography workshops, is a mother of two and lives in Bangalore, India

Sangita Kamath is a Biography Consultant and Transformation Coach. She works with individuals, couples, parents of teenagers and young adults, families of addicts and organizational groups

For more information, call or WA
Sangita 9742566777 / Sandhya 9900344777

For registration
Click on the link in the attached message

Know our Members

An Interview with Vera G. Klein about her experience of teaching in China

When we first started the Association, we knew Vera as a senior mentor in the area of Biography Work. More recently we have come to know more about Vera as she organized a few virtual meetings with other senior mentors and leaders of Biography Work in US and UK to explore how the Association can work together with others to fulfil its intention of bringing the community closer. During our conversations with Vera, we came to know that she is running a training in China. So, we decided to interview Vera for this edition of Voice of Biography.

AHBW: Dear Vera, please give a brief introduction about yourself.

VGK: As a child of 10 my parents had the intuition to send me to a Waldorf school, a rather unusual thing to do in 1968. I was a very shy and introverted child, and all the stories and the artwork suited me very well. Around my first moon node I met my husband and studied to become a Waldorf teacher. In the time I was a teacher, I already found out that I preferred the agogic over the pedagogics. In the time I raised my three daughters I studied in this direction. Finally, in my mid-forties biography found me and this became my real vocation. Biography work is what I bring as a teacher, coach, artist and director of the Dutch Instituut voor Biografiek.

AHBW: At what point in your Biography did you meet this need to bring Biography Work to China?

VGK: I was 57 when I first travelled to China to teach. The request came at the moment some important destiny tasks had come to a completion. My children had flown out, my parents were in the spiritual world, the menopause had settled down. The biography training and courses in the Netherlands were steady going.

AHBW: How were you called to go and teach there?

VGK: We need to go back to about 2011 or so, when I heard Signe Shaeffer speak about her Biography Work in China. China! I felt it was amazing and appealing: Biography Work in China. Who would have thought about this? That this 'emerging market' was now opening up also for Anthroposophy and Biography. I was immediately attracted to go there and make a contribution- if possible, as I've had a soft spot for China since my early childhood.

At the WBC (Worldwide Biography Conference) 2015 Dresden, we all met the first Chinese participant. It turned out she had not just come for personal interest but with a mission: finding Biography teachers for China. As the Instituut was asked to play a role in the further development of the training of Chinese Biography professionals my portal of luck opened up. In July 2016 we started the first Module of what is now the BPBC, (Basic Program Biographical Coaching) the Online professional training the Instituut has on offer.

AHBW: What were your experience with teaching there?

VGK: What was striking to me was that Biography work evoked the same response in the people we worked with. Joy and tears, love and laughter and ... all that we all are familiar with. This became very clear since we mostly offered the same content and exercises. It was all about artistic and social processes leading to self-knowledge. Especially the artwork was very well received and enjoyed. We have seen very deep processes in people. Very gratifying!

We did need to change the structure of the training. The Dutch training has one class every fortnight. Now we had to build blocks of 5 or 6 days for a Module. As a matter of fact, the BPBC was designed for working in China.

AHBW: What challenges did you face?

VGK: Of the many expected and unexpected challenges we met, language is the most obvious one. Good interpretation, vitally important, was available as Anthroposophy teachers had been around for more than a decade. But not having the possibility to have a little chat with a participant in a pause, to get some direct feedback, gain sense for how things work out, was a loss.

A real challenge was the large Numbers of students. In our Dutch training we have groups of 10-15 students. Now numbers kept rising even over 30. Sure this was an expression of the need, but it also illustration of a lack of a distinction between a “professional training” that leads to certification, and an “open course” for self-exploration.

By differentiating during the work in students (training) and participants (open course) we safeguarded the quality of the professional training.

AHBW: What chances did it bring?

VGK: The redesigning of the program turned out to be a chance. Some personal stories of our students gave inspiration for this. There were, for instance, so many women with wounds in relation with their mother, with deep questions and issues about relationships. This gave me the idea for a Module “Connections” and my creativity started to bubble. The beauty is that the curriculum of this Module is the fruit of my own Biography, and it turned out that some of the exercises of this Module gave students life-changing insights.

AHBW: How have the students received and benefited from it?

VGK: Biography Work, as the possibility to share and be listened to within the context of Biographical development, served a large group of people, students and participants. Over and over again I was mesmerized by the impact of the biographical insights that people gained, and of the examples of willpower to implement changes based upon these. Life-changing benefits indeed.

Until the pandemic the initial demand of the Chinese for a professional training has been met with the completion of 2 cycles of the BPBC, and the last 2 groups on during the pandemic. So, now there are over 40 students that apply biographical coaching in their daily and their vocational life. Some of them are fully engaged in carrying the initiative further, because now we cannot teach in China.

AHBW: How has this experience been significant in your Biography?

VGK: Firstly it was like the fulfilment of a promise that was living in my subconscious. That was a marvellous experience; a circle of destiny closing. And then it is so that every question one receives opens up new windows in your biography. In meeting the spiritual gifts of China my possibilities to further develop biography work got deepening as well as expanding possibilities.

AHBW: Any gifts, or last words?

VGK: One of the biggest gifts was to be able to work and learn with my colleagues to make this happen. I’m very grateful for that. And of course to be able to meet the living spirituality in the people who sought Biography. I miss teaching in China very much. It is comforting to know that our young Chinese colleagues continue to nurture the precious processes of strengthening humanity.

Thank you, Sandhya and Rashmi for this interview. It was a gift as well, to receive these biographical questions.

Sathya Kayampoo



I am Sathyadeepa and I live in Chennai. I graduated as an Electrical and Electronics Engineer. From my childhood, I had a strong inclination towards art. I sketched a lot during my childhood as it calmed me.

Finding a Waldorf Kindergarten for my child brought me in closer contact with art. I did Ira Waldorf Teacher training program where I came to know about painting therapy. I could say it was a pure longing to do painting therapy with Sally Martin, Senior painting therapist, Australia. And my longing became true after our Biography Destiny Module.

Now I am training to be a painting therapist. In my world, colours have a special place. I strongly believe that colours heal us. Deeply moving with colours help us to connect with our inner self. I love to paint with people especially with young children and I love to listen to their stories. I'm always amazed at their imagination.

Painting brings harmony and solace to our soul. Each colour has its own healing qualities. When I found inner peace with the colour journey, I wanted to share the experience with the world. Thinking of starting a day with painting and colours brought more joy in me and it paved the way for starting my early morning painting sessions "Joy of Creating" with adults.

I paint in the name of a rare medicinal flower named "Kayampoo". A Tamil saint has written a song about the healing qualities of Kayampoo which impressed me a lot as his description matched much with my thoughts on painting. Kayampoo is based on intuitive painting. The paintings I create are the expressions of my inner journey.

I believe that my work is infused with subtle energy which interacts with its surroundings and has a calming yet revitalizing effect. I believe that every time I create art, I am manifesting energy. When I paint, I experience peace, joy, love, grace, silence, reverence, resilience...The message of my art is about the healing power of unconditional self-love.

As I began sharing my art, others shared how much joy and peace they got from it. To support a school for special needs children, my paintings were presented at the Rathaus in Alpbach, Germany on March 8th, 2019 for raising funds. It happened with the support of our mentor Elke who has always been encouraging me to work with colours which made me to work more with colours consciously.

I made a 2021 calendar with my paintings and wisdom quotes. I felt humble when people shared the unspoken language of each painting and what did it bring them. I love to spread the joy, love and peace to all. If you wish to experience the joy of working with colours, or if you are a person spreading love, joy and peace through gifting paintings or if you are interested in the 2022 calendar with my paintings, feel free to contact/reach Kayampoo...

Email id: anjaliram1431@gmail.com

Fb page: <https://www.facebook.com/spreadinglovethroughpaintings>

Insta: kayampoo_sathya

A Painting by Sathya



Linda Minke



Along with a rosey, secure childhood in Michigan, my kind and loving parents gave me the name Linda Kay Minke. They valued music and supported me when I strove to become a cellist. I found Steiner while in graduate school, drawn by an interest in meditation and out-of-body experiences and my inclinations toward Germanic culture to a book on the bottom shelf in the local bookstore called Knowledge of Higher Worlds and its Attainment. I read it alone, full of wonder and not much understanding. Years later I went to my first study group in Ann Arbor with Ernst Katz and we explored that very book.

Becoming a musician and walking the path of an initiate have gone hand in hand for me. Many of the exercises suggested in How to Know Higher Worlds already take place in musical training. I am grateful that the Truth and Beauty found in Music have been my beacon in life. I feel fortunate to have played with symphony orchestras for almost forty years and more recently also Irish fiddle and celtic harp. I enjoy teaching private music lessons and staying closely connected with our local Waldorf community.

I have found my interest in joining study groups rekindled by the Zoom possibilities. This is how I found the Holistic Biography Association and also Jolie Luba's groups. I have enjoyed these very much and am very grateful to have attended the recent Holistic Biography Gathering online.

The background of the title is a framed image. It features a soft-focus photograph of a flower, likely a hydrangea, with shades of blue and purple. The flower is set against a dark, starry background, giving it a celestial or ethereal feel. The entire image is enclosed in a thin white border, which is itself within a larger blue frame.

Offerings from The Association

Some feedback about " The Voice of Biography 1st Edition"

Well done! I do hope this takes the efforts to create something new for Biography Work worldwide to a new level.

Karl-Heinz Finke

It not only looks beautiful, it is also very rich in content and very nice in 'tone of voice'. I really think you established something very important for the international, English speaking Biography World!

Thanks a lot for your effort, courage and determination and best wishes for the future with this beautiful instrument for communication, learning and development."

Josien de Vries

Josien de Vries

Thank you Sandhya and Rashmi

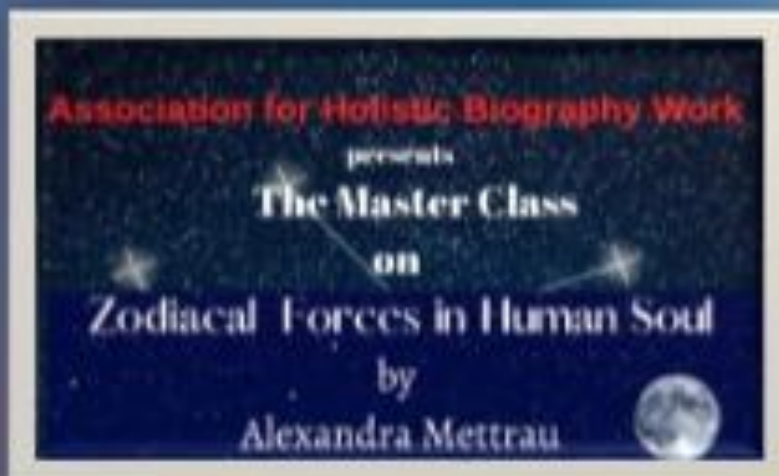
Nicely done work and well- presented.

Capt. Preetham Madhukar

Looking Back with Gratitude

July-August 2021

Workshop on Zodiacal forces in Biography work by our own
Star guide – Alexandra Mettrau



Participants engrossed in experiencing Zodiac at different levels



Feedback from the Participants of the Zodiacal Forces Masterclass

The entire series had a harmonious flow towards imparting the knowledge and the drawings were moving the soul. Alexandra and Jolie worked in perfect sync to ensure that there was no break in the rhythm and understanding of the content.

Anita Prabhakar

It awoke an interest to dive deeper into the subject...it inspired my art!

Antje Sloveigh Streit

All aspects went very smoothly. A special mention to Alexander and the content and resources shared which were superb and very thorough.

Amrita Sethi

Key Takeaways

The stories that explained the qualities of the constellations, helped remember them better

The new way of looking at Zodiac and the difference between Zodiac and Planetary

The lovely incarnation journey of the 12 archetypes - The conscious understanding of the virtues and how we can integrate the same in our lives

A different way of connecting to a subject I have already worked with.

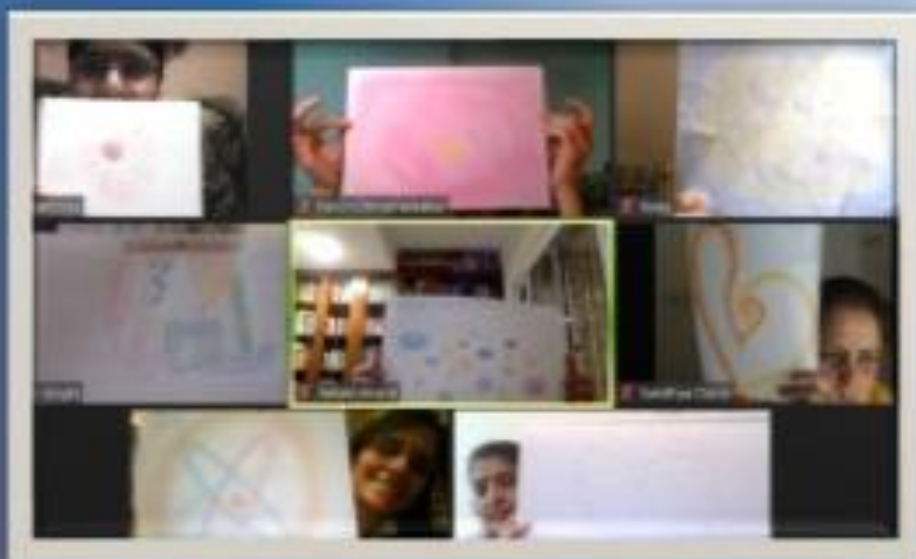
December 2021
2nd Virtual Biography Gathering



Setting the intention for gathering with our
beloved speakers



Moments captured from the Gathering



My Learning about Freedom in the Consciousness Soul Era

Sandhya Durai

Freedom in the Consciousness Soul Era. After this came to us as the topic for the 2nd Virtual Biography Gathering, Rashmi & I discussed it from different aspects. All of these aspects were primarily from the exoteric point of view. The most obvious aspect was framed in this question how does each person, in accordance with their individuality, exercise freedom to do the right thing, despite so many clamouring voices urging them to do the contrary?

Then we got a mail from Philip Jacobsen, a mentor from Germany, about the esoteric significance of Freedom. Based on that mail, we recorded a 50-minute discussion with Philip and posted it on our Facebook page - Association for Holistic Biography Work. In that discussion, I met several concepts which made me think. Here are some that stayed with me:

Freedom and love are two sides of the same thing – a difficult to understand-at-first-meeting kind of a concept. I was not able to make the connection till Philip explained it in detail. Steiner says that freedom happens when you do something that you love. And love happens with full consciousness.

Philip then went on to explain what changed in the Spiritual World at the beginning of the Consciousness Soul Era. He said that The Archai, Spirits of Personality took over from the Exusiai, The Spirits of Form. The Exusiai used to lead humankind. Now, The Archai, rather than leading humankind, wait for the human beings to give the Archai their free spiritual thoughts, so that they can in turn give those thoughts to the Cosmos. That is the starting point of freedom – develop our own thoughts.

This made me realize the great responsibility that we human beings are carrying – to give our free thoughts so that the Archai can give it to the Cosmos.

Another thing that Philip said which stayed with me is that there is Freedom only on Earth. There is no freedom in the Spiritual World. There is great love, but no freedom because the Spiritual World is hierarchical. This thought makes me appreciate what we have. The ability to think freely, to act freely and convey those thoughts to the Cosmos. And it left me with the question – what can I do to use this freedom properly?

I learnt something from each session of the Gathering and I am presenting those as a summarized takeaway for myself to ruminate and act upon.

In order to act out of freedom, I must know myself. What path will I take to know myself? As a first step I will ask myself frequently, How are you, really? And maybe ask the same question of others as well. Thanks to Kathleen Bowen & Jennifer Brooks Quinns.

I went down memory lane and discovered that I had played a lot more than I thought I had.

Susan Kurz lead me on a path of discovering what is my biggest talent – changing the perspective, whether it is mine or someone else's.

I heard Karl say that we need to form new communities. A community where together we build a 'Chariot for Michael', to build something into which the Michael impulse will incarnate. Building such a community is a work of will. But society is so fragmented with so many shades and flavors of individuality – how can I fit into such a fragmented society? I don't have the comfort of being in a tribe with people whom I like, whom I understand and feel understood by. My task is to integrate the fragmented pieces of me. I need to establish the core of who I am. And I need to accept myself for who I am and recognize who I am evolving into.

A very useful piece of information that I heard was how to recognize a Michaelite, someone with whom I can join hands to build something for the impulse to incarnate. Listening to characteristics, I held the question – am I a Michaelite too?

Tripti's session on Wombology brought me to What does my first home – my mother's womb mean to me? This will perhaps allow me to see my mother for who she is and not what I expect her to be.

In a message coming to us from Thiruvanamalai through Dr. Lakshmi Prasanna, I realized that I have been giving birth to different versions of myself throughout my life. A powerful statement that resonated with me was that whatever version of myself I bring, a community should be still interested in me and not expect me to be perfect. This was a guiding image for me when I am part of a community.

Another powerful statement in her presentation was that not only the individual should stop, pause and reflect back, but the community should also reflect to the individual from outside.

A message which came to me before the Gathering started and also during the Gathering is that incompleteness makes us to become true human beings through our own mental efforts.

Vera introduced to the concept of Omdenken or flip thinking. In this kind of thinking we move from Yes, but to Yes, and. Vera gave a practical tip of moving from I should, I must, I have to I can which helps to loosen up and get unstuck – to become free.

I am carrying back with me these insights –

- ⊕ Everything that I do, however small it is, makes a difference to someone.
- ⊕ A small part of me is there in everyone whom I come in contact with.
- ⊕ I perceive myself as a success if I am important in the world that matters to me. Why not make that world me? A step towards total and unconditional acceptance.

Connecting with the community during the Gathering



Learnings from Sessions of the Gathering

We bring here few of our learnings shared by our participants for all of us reading this to reflect on. Though this is just the tip of the iceberg of what was shared, we hope it touches you, in some way...

APARA - Overcoming Challenges of Consciousness Soul Epoch - Anthroposophic Psychology perspective

Presenters- Suchitra Inamdar and Parimal Pandit (Anthroposophic Psychology and Research Association, India)

One healing individual produces ten

We need a free and balanced head, heart, and hands to succeed in any profession

Overcoming the challenges of Consciousness Soul Epoch -striving for individuality in brotherhood governed by Love

Recall an event when I faced a moral dilemma...

Wake up to the responsibility we have for the evolution of humanity as a whole

Karl-Heinz Finke - Setting Rudolf Steiner free from the Anthroposophical Bubble

I am not I, I'm he who walks beside myself

Humanity is developing Consciousness Soul.

The difficulties of development of the Consciousness Soul is to see things for what they are.

We have to meet, recognize, transform, overcome Evil -not to look away, nor to align with it.

In our development we have to face 3 beasts – fear, hate and doubt

We need to subdue fear, restrain hate, not yield to doubt

The Michael School, the whole world is the temple

Form has become less important. Instead it's who and when we meet the right people to enable individual development (example early art wanted to get it right almost like photographs. But not now)

Doing the right thing, at the right time with the right people enhances the potential of individuality.

Build a chariot for Michael, become a companion of Michael, Doing the Good

Spiritual seeker/researcher needs colleagues

Dr. Lakshmi Prasanna - Walking away from your tribe, in search of individual self and returning to your tribe.

I choose to be bound by my Biographical & Biological family – a choice

I want a change and I choose a community – social, vocational, marriage. This is a second birth.

There is a third birth which is not directed by the external. It is from inside and I have to give birth to myself. In this birthing I need all of you.

Christ said that because you all did what you were meant to do, I am what I am.

Meditate on what comes from the heart. Move from the head to the heart.

In the midnight hour between death and new birth, we experience ourselves as a complete free being. Now we can experience it while we are still alive.

Can I individualize without disconnecting?

<p>Vera Klein - Freedom: A path of emancipation of Body, Soul & Spirit</p> <p>What is my connection to freedom?</p> <p>When did I first become aware of it?</p> <p>Where do my patterns inhibit me?</p> <p>Where/when do I feel unfree?</p> <p>Using Omdenken to shift! "Yes, And..." flip thinking rather than "I should, must, need to...say I can..." Create a choice!</p> <p>By freeing myself I can allow others to find freedom</p> <p>Live out of love for the deed and in the understanding of the free will of others</p>	<p>Center for Biography and Social Art - Kathleen Bowen & Jennifer Brooks Quinn - How are you really?</p> <p>Show an object and explain why it represents you</p> <p>Who brought me comfort, solace when I was young? draw a picture</p> <p>Who brought solace recently? And how?</p> <p>We all need to be heard and seen.</p> <p>Dragons live in caves and guard treasures. what is asked of me when I meet the dragon?</p> <p>Draw a dragon from my youth and explain, then another from recent times.</p> <p>The dragon wants to gift us something</p> <p>"How are you really?" (3 rounds, 4 minutes each)</p>	<p>Community Building</p> <p>Who am I?</p> <p>What draws me here?</p> <p>Who is my community?</p>
<p>Preetham Madhukar - Play for grown-ups</p> <p>Adults need to have fun for fun's sake</p> <p>We bond through the activity, conversation happens during 'work'</p> <p>Many questions put to the white board Why is play competitive? Why did I stop playing? The answers can change but the Question is the Truth</p> <p>What games did I play 0-7, 7-14, 14-21</p> <p>What can I play now to stretch the body, fly free as a bird...</p>	<p>Susan W Kurz - Garden of Karma</p> <p>A memoir is written to share an individual's story about a universal truth</p> <p>What are my areas of expertise/talents?</p> <p>Which one did I not have? What was at stake that drove to the learning?</p> <p>Choose a title for my memoir based on this</p>	
<p>Sanna Andrea-Dia - Parenting through wonder</p> <p>How can we enter this world through wonder?</p> <p>Not through the mind, not through feeling, but the silent heart, the patient heart.</p> <p>0-7 wonder is around the children. Children live in images.</p> <p>7-14 – wonder by being near them</p> <p>14-21 – Trust of destiny that they are walking the path</p> <p>Have a dialogue - yes, and...see the image</p> <p>Who approached me with wonder when I was young? describe, give a title</p>	<p>Prasad Naveen – Mandala Building an Eye to See</p> <p>To open the inner eye</p> <p>not only me but the paper, pen, all that's behind me</p> <p>Imagine I am the mandala and the creator is behind me</p> <p>Order comes from silence</p> <p>Draw the same mandala but it will not be the same, higher each time, love each line</p>	
<p>Hotam School - The Authentic I and Freedom</p> <p>The I has 2 faces – The earthly I which is not eternal</p> <p>The 2nd face is the Authentic I – the spiritual. It is invisible by we can see its expression.</p>		

For the human being to stand upright two forces are at work – Gravity (pulling down) and the Lifting Force
Behind every physical force there is a spiritual thought. We don't receive the lifting force on the first day of birth.
The authentic I is the Life Force.
I have to be able to ask in each situation. What is right? Now?

Wombology – Tripti Raikwar

Where is my first home?
How was my home?
Experiencing our first home in the conscious stage now is needed to clear out so much we are carrying unconsciously.

Personal Mastery & Leadership – Janaki Anant

Think creatively for you can bring the spiritual knowledge to non-spiritual aspirants using their language
Spirit is everywhere, we just need to bring it in our and other's consciousness

Towards Developing the 10th Hierarchy : The Beings of Freedom & Love

Are we ready to commit to work towards becoming the 10th Hierarchy?

Looking Forward

Dear Readers,

We look forward to the World-wide Biography Conference in Finland. Here is their message

Dear Colleagues in the Worldwide Biography Conference Community

In these difficult times of change and transition, the Finnish WBC team is doing the very best to keep the Inspiration flowing, hold our Spirit high and maintain lively contact through our international cooperation with colleagues.

The next Worldwide Biography Conference will be held in Finland in 2022. The dates are Wednesday 29th June to Sunday 3rd July 2022.

For this we would like to inform You that the WBC 2022 program is now published on our website <https://www.worldwidebiographyconference.com/>

Registration opens on 1st February 2022 and closes at 24.00 EEST on 15th April 2022.

We thank You all, who have already been actively co-operating and helping us in various ways!

*Could we turn this extended transition period into a challenging, inspirational opportunity?
May the development of biography work blossom in all our localities, regions, and countries worldwide.*

We invite You to celebrate the Christmas and Holy Nights with us. The deep inner journey continues with the 50th rune of Marjatta - the video, which is available in WBC 2022 website.

Yours Sincerely

Hannu and Jaana Tuovinen

Mikko Romppanen

Tuula Karkia

Riitta Niskanen

On behalf of the Finnish WBC team

December 2021

2022@worldwidebiographyconference.com

The 3rd Virtual Biography Gathering

The Association had decided during its inception that it will not host a Gathering in a Worldwide Biography Conference (WBC) year. There are many reasons for this decision. The most important of these reasons is that all energies should be directed to the WBC.

We wish Finnish team all the good luck and support from the Association.

In keeping with this decision, we will not be hosting a Gathering in 2022.

We will see you all in 2023.



WE ARE GRATEFUL

To all of you who wrote articles and sent your
paintings for the e-magazine.

And those who held the essence of the e-magazine in
their hearts and thoughts.

And to each of you who will read the e-magazine and
find something of value in it.

*We found the Bridge Verse to be significant from both the e-magazine's and rhythm's point of view.
We would like to close this edition of the magazine with this Verse which will bridge us to the future.*

The Bridge Verse

The human being is a bridge
Between the past
And future existence;
The present is a moment;
Moment as a bridge.
Spirit grown to soul
In matter's husk
Comes from the past;
Soul growing to spirit
As seed encased
Journeys towards the future.
Grasp future things
Through past ones,
Hope for evolving things
Through what has evolved.
So grasp existence
In evolving growth;
So grasp what will be
In what exists.

Dec 21, 1920
Rudolf Steiner
(for Ita Wegman)