

# Association for Holistic Biography work

## The Voice of Biography...

An International Online Magazine  
Special Edition

A throw back to the first  
International Onsite Biography Gathering  
in Puducherry, India. 2025







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## CORE TEAM

### Rashmi Malhotra

Rashmi Malhotra is a Psychologist and an Educator. She is trained in Extra Lesson and has completed Biography training and mentoring under Karl Heinz Finke, in India, in 2021. She is presently 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.

### Ritu Jain

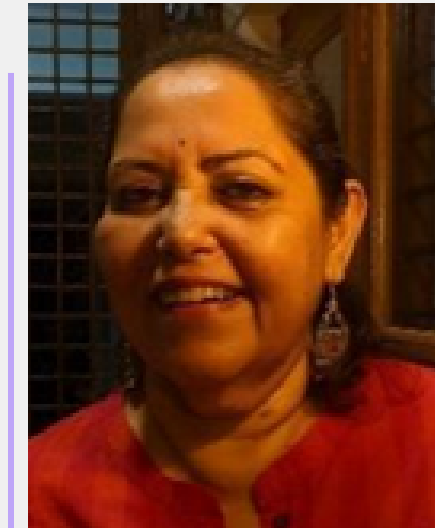
Ritu Jain, a Biographical Consultant, began her journey in a traditional joint family, where the values of unity, empathy, and community were instilled from a young age. After years of thriving in the demanding field of Human Resources and contributing to her family's business, she embarked on a profound shift towards her true calling.



Now, she finds immense fulfillment in guiding individuals through personal exploration and growth. Currently, Ritu is engaged in an advanced training to become a mentor in Biography work.

### Sandhya Durai

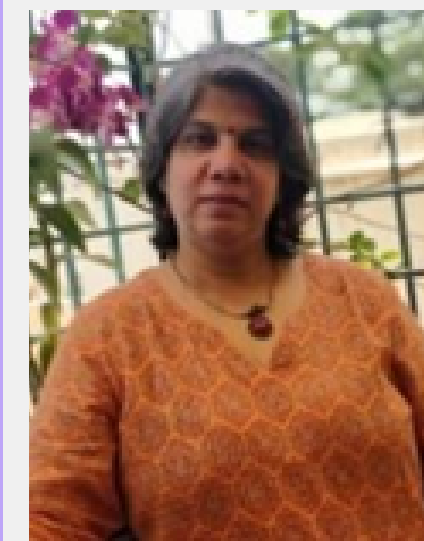
Sandhya met Anthroposophy about 12 years ago and through it, Biography Work. She sees her life as 'before she met Biography Work' and 'after she met Biography Work'. It seems like she has lived two Biographies in one lifetime. The first one was lived unconsciously and the second one is being lived with slowly growing consciousness. The person through whom she met Biography Work, is her trainer, mentor and guru, Karl-Heinz Finke.



She uses Biography Work in her interactions with people, to conduct Biography-based workshops and now she is nurturing the Association along with her colleagues. She sees the life she is leading now as a gift of Biography Work, which she believes has saved her life.

### Sangita Kamath

Sangita Kamath is a certified Biography Work Trainer & Coach schooled under Karl Heinz Finke of Holistic Biography Work (Australia). She has been working in this space for close to a decade now and conducts trainings, workshops and individual mentoring sessions to help people in their journey in the personal and professional spaces.



She brings to her work her personal experiences in the areas of addictions, adoption, co-pioneering a Waldorf school, Midlife Crisis and more along with the tools from her various trainings of Biography Work, Coaching and CBT.



**Rakhee Mathur** (Creative Editor)

Rakhee is in the 50<sup>th</sup> year in her Biography, settled in Bangalore, India. She is married and a mother of two adult children. Following her passion for Art and Psychology, she is 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 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.

# Our Artists



**Sathyadeepa - Kayampoo**

Artist/Art Teacher. She is a self-taught artist and an art teacher. She had done a solo exhibition for a social cause in Germany.

She trained to a Waldorf educator and worked as a part-time art teacher in a Waldorf inspired school, Chennai. She is training to be an art therapist with Sally Martin, a senior art therapist from Australia.

She is also a Biography Consultant, having completed the 3 year Biography Training with Karl-Heinz Finke. Kayampoo is her painting name.

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Dear Fellow Travellers,

Seasons greetings. It gives us immense pleasure to write the founder's note for the 10<sup>th</sup> edition of "The Voice of Biography". We have been able to fulfill a long-held dream of the Association to hold an in-person Biography Gathering in India. We have held the intention from the day the Association was born. Someone said, "hold the intention and it will come true in divine timing and divine way." This year was a special year for us, as we completed 5 years of our journey this October. AHBW turned 5 this year... Yayyyyy!!!

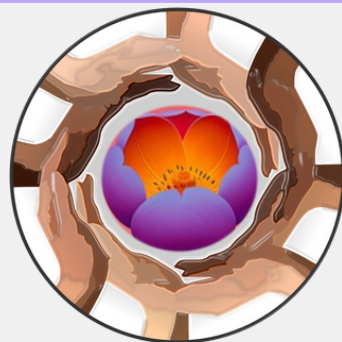
From taking baby steps of holding our 1<sup>st</sup> On-line Gathering to holding our 1<sup>st</sup> On-site Gathering, we seemed to have come a long way.

We still remember the day we felt blessed when we had more than 80 people join us for our on-line Gathering. We felt blessed and humbled at the same time. From there to holding our 1<sup>st</sup> on-site Gathering in the 5<sup>th</sup> year, was a reminder of similar feelings. The present edition gives you a glimpse of the Gathering held with "Faith, Love & Hope" which acted as a test in building resilience. It was heartwarming to see the Biography community come together with so much warmth and feeling so connected with each other.

As we re-visit the vision of being a home for Biography practitioners from all over the world, we move forward with lot of support and love from the community. Hope we are able to be a part of your life as much as you are a part of ours.

Looking forward to meeting you in the New Year with many more initiatives from AHBW and many more members being a part of these initiatives, we wish you Merry Christmas & Happy New Year.

Love & Light,  
Core Team,  
AHBW



# In Bloom and In Becoming

Our work, guided by four pillars- Grow, Enrich, Connect, Support. -

## Grow

- Have grown to over 140 members from across the world.
- In 2026, we will be starting the 3rd Learning & Reading Circles and the 1st Intervision Circle.
- The intention has been to create a shared space where existing members can continue to learn and exchange, while new members are supported and welcomed into the community.

## Connect

- Have co-hosted 3 online and 1 On-site Gatherings in collaboration with Living-Way, Taiwan Association for the Promotion of Anthroposophic Biography Work and Biography Dialogue Institute, Japan featuring Dr. Michaela Glöckler with Mandarin and Japanese translations
- Developing a global member directory with online profiles to help people find Biography consultants and courses worldwide

## Support

- Supported the WBC Finland team in curating an international exhibition on Biography Work for the 2022 Worldwide Biography Conference.
- The exhibition showcased Biography Work from different countries.
- The association aims to support members in using the AHBW platform to offer workshops and masterclasses on Biography Work to a wider audience.

## Enrich

- 10 editions of the magazine Voice of Biography have been published.
- 2 Reading Circles and 2 Learning Circles were conducted for members.
- A Zodiacal Masterclass was led by Alexandra Mettrau (Brazil).
- A workshop titled Exploring the Veils between Life & Death was offered by Jolie Luba (USA).
- Plans are underway to build a global repository of books and research papers on Biography Work, including digital copies, which will be available for members' use.





# A Sneak Peak into the Gathering 2025





## Glimpse of our first International Onsite Biography Gathering 2025 in Puducherry, India

### - Ritu Jain

#### The verse for this Gathering

*There is a knighthood of the 21st century whose riders do not ride through the darkness of physical forests as of old, but through the forest of darkened minds.*

*They are armed with a spiritual armor and an inner sun makes them radiant.*

*Out of them shines healing, healing that flows from the knowledge of the human being as a spiritual being.*

*They must create inner order, inner justice, peace and conviction in the darkness of our time.*

~ Karl Koenig

#### A Vision Brought to Life

The 1st Onsite Biography Gathering in India represented a milestone, bringing together enthusiasts, practitioners, and scholars of biography work under one unified vision. After years of anticipation, this dream finally materialized in September 2025 in the picturesque town of Puducherry, captivating fusion of Eastern Spirituality and Western Heritage. This coastal haven, blessed by the presence of Sri Aurobindo and The Mother, serves as the spiritual foundation for Auroville's experimental township dedicated to united conscious living.

The gathering commenced with the quintessential Indian welcome, participants were greeted with traditional Aarthi ceremonies and adorned with delicate sea shell necklaces, immediately immersing everyone in the warm embrace of Indian hospitality. Once settled into their accommodations, participants joined the opening session by Karl-Heinz's masterclass: Faith, Love & Hope – Building Resilience for Challenging Times. This powerful introduction set the tone for five days of the Gathering.



#### Rituals @ Dawn & Daily Rhythms

The venue for the gathering RKN Resort offered many self-reflective spaces that created a sacred foundation for each day's explorations. Each morning began with the soul-stirring experience of watching the Sunrise along with walks on the beach, accompanied by the melodious chiming of temple bells and chirping of the birds, creating a unique symphony in itself







Our mornings were further enriched through mindful Meditation Sessions which included guided Chakra Meditations and Active Serpent Visualizations, helping participants center themselves for the intensive learning ahead.

Every day followed a beautiful rhythm: the ceremonial lighting of the lamp, followed by Karl-Heinz's profound masterclasses, and then engaging workshops led by contributors.







The workshop topics spanned an impressive range of subjects:

- Introduction to Wombology
- Creating a Shared Meaning of Hope
- Resilience in the Age of AI
- Sacred Seed: A Journey through the Living Laws
- Applied Synchronicity
- Photobiography Work: Seeing Whole, Making Visible
- Building Resilience through Anthroposophic Medicine
- Biographical Phases of Nutrition



These workshops weren't merely educational sessions, they were immersive experiences that invited participants to build resilience through multiple lenses, through creative activities and collaborative discussions that deepened understanding and fostered meaningful connections.

### Evenings of Culture, Joy & Connection

As day softened into evening, the gathering blossomed into a vibrant expression of culture and human connection. One unforgettable highlight was the Laughter Yoga session, where participants rediscovered their childlike wonder, filling the space with infectious joy and uninhibited laughter.



Another magical evening featured Tribal dancers whose graceful movements inspired participants to reveal their own hidden talents. The evening became an impromptu celebration as everyone joined in, creating a beautiful tapestry of movement exchange.







A particularly cherished experience was our Group Outing to explore Puducherry's vibe. Packed into two buses, the entire group journeyed through the charming streets, discovering local markets and savoring authentic regional cuisine, an adventure that added layers of cultural richness to our shared experience.

### Concluding the Gathering

As the themes of Faith, Love, and Hope wove an intricate tapestry through all the days, we finally arrived at the last day of the Gathering. On the fifth day, we concluded with yet another beautiful and insightful lecture on Faith by Karl-Heinz.

AHBW also took this opportunity to share its vision and future plans with all the participants. We expressed our heartfelt gratitude to the volunteers by presenting them with mementoes, and to the participants with certificates made on palm leaf & group photograph as a cherished keepsake of our time together.

We bid farewell to some who were returning home while others continued on a four-day excursion to explore the profound cultural and spiritual heritage of the region.







## The Heritage and Spiritual Excursion

Our heritage exploration began with a Heritage walk through Puducherry's historic quarters. We visited the fascinating Puducherry Museum, which houses an extraordinary collection of archaeological artifacts, sculptures, and colonial-era memorabilia that narrate the town's unique Franco-Tamil legacy. The Church of the Sacred Heart of Jesus captivated us with its stunning Gothic Revival architecture, intricate stained glass windows, and peaceful ambience reflecting the town's multicultural spiritual heritage.

Walking through the French Quarter's cobblestone streets, we encountered beautifully preserved colonial buildings with their distinctive yellow facades and charming balconies, each structure whispering stories of Puducherry's cosmopolitan past. We also explored the Aurobindo Ashram. It was a deeply calming and transformative experience. The atmosphere was quiet yet vibrant with a gentle energy that seemed to encourage introspection and stillness.

## Auroville: Humanity's Experimental Dream

Our journey to **Auroville** was transformative. At the heart of this international township stands the magnificent **Matrimandir a golden spherical temple** that serves as a symbol of the Divine's presence on Earth. Inside this architectural marvel, we participated in **silent meditation sessions** within the crystalline inner chamber, experiencing profound moments of introspection. Together we explored **Sadhana Forest** – an innovative sustainable living community, witnessing firsthand their commitment to ecological harmony, renewable energy, and conscious living. The township's dedication to human unity, regardless of nationality, religion, or beliefs, resonated deeply with our gathering own spirit of inclusive biography work





### Sacred Tiruvannamalai : of Light

Our excursion concluded at the sacred town of Tiruvannamalai, nestled at the base of the holy Arunachala Hill considered one of India's most powerful spiritual centers. This ancient town, dedicated to Lord Shiva in his form as the element of fire, has attracted spiritual seekers for millennia.

We visited the magnificent Annamalaiyar Temple, one of India's largest temple complexes, with its soaring gopurams (temple towers) and intricate stone carvings that speak to centuries of devotion. The tradition of Girivalam : circumambulating the sacred Arunachala Hill, offered participants a moving spiritual experience. Visiting the Ramana Maharishi Ashram created an unforgettable finale to our journey. Visiting the Ashram at the foothills of Arunachala was a deeply quieting and inward-turning experience. There was a palpable stillness in the air—one that seemed to invite silence not as an absence of sound, but as a living presence.

### Farewell

On our final day, as departure time approached, the emotional weight of separation became tangible. The connections forged over these transformative days had evolved far beyond professional networking, they had become authentic friendships rooted in shared purpose and mutual understanding.

Tearful farewells mingled with expressions of gratitude and promises to remain connected. As we returned to our respective corners of the world, we all parted with a silent agreement: this was **not an ending but a beginning**. The seeds planted during these extraordinary days in Puducherry would continue to grow, nurturing the global biography community until our reunion at the next **Indian Gathering in 2027**.





## Experience & Expressions

**We were humbled by the experience and expressions of our participants in the gathering. Sharing a few to give you a glimpse.**

I came with so much of uncertainty, doubts, fear to this group to overcome my fear to meet unknown people to overcome my doubt of am I open to share my part of TRUTH with unknown people. Will there be space to show my and share my HOPELESSNESS, is there Goodness to be vulnerable.

Today I shed my skin of all that I carried and connected and care to myself and others, became trustworthy and believe in the authenticity of my soul and all this is possible when I built RELATION. As I see me in the eyes of others I am I when I meet you

Thank you for the space.

The journey was creatively enlightening.

I carry with me the strong reminder that the spirit lives within each and everyone, the Universe is within as much as without.

KEEP BEING YOU

The Journey I began  
Not knowing the Path  
I ventured in Forest  
Of my Soul

O! so vast and rich  
Untouched, un-noticed

As I rode, my armour  
Dropped

My Sword Softens  
And warmth radiated

In knowing

‘there is always a stone for me to step  
on’

There is always a star to follow/guide

This Forest is irrigated by Love

The River unknown

- Dipti

The journey was stimulating, scintillating in a peaceful way. To see the true spirit of Anthroposophy in action, beyond personal gains, ambitions & extending the warmth of the hearts of the three ladies to everyone around including the hotel staff being open brought deep peace to me.

That it is possible to have organizations that can run with true spirit of Anthroposophy – very humbled to see LOVE IN ACTION. Restores my faith in Anthroposophy and humanity.

Just stay true to the spirit and continue.

You people are doing amazingly well. I am sure you will achieve great heights.

- Dr. Sangita Sohi, Anthroposophic physician, Mumbai, India

The workshops, the talks, everything at the Gathering has been a great experience.

The labour of love & hard work was clearly seen in every aspect.

Wishing you loads of love & strength to carry this forward.





## Experience & Expressions

**We were humbled by the experience and expressions of our participants in the gathering. Sharing a few to give you a glimpse.**

I fell I am in the company of travellers. At times I am and feel I want to be with others.  
 And at times I want to be alone.  
 But actually I am not really alone.  
 I am carried, I am held, & sometimes lulled when I need to rest  
 After the conference/gathering I feel there is so much more work to do  
 I want to be part of this wave of creative change for transformation.  
 And I will take the first step  
 I really want to be able to go back to community work within the marginalized sector,  
 the work I did for 15 years before I met Anthroposophy & became a mother.  
 Could it be that I became a mother, so I can meet Anthroposophy & Biography Work? I think so – Yes  
 And my heart longs to go back to the marginalized community – the farmers, the orphanage, the sexually abused,  
 The possibilities are wide...I am taking this journey  
 - Ester

### THE JOURNEY

Love, Connection, Warmth, Care,  
 Creative, Contemplative, Joyful, Moving,  
 Fun, Gratitude

### THE TAKEAWAY

Inner work & choiceful actions for  
 Presencing, and being the catalyst for  
 evolution of humanity.

### THE WORK AHEAD

Anchored in India, Hosted for the World,  
 Dilemma Dialogues thru Biography Lens.  
 Focus on  
 Core Values & Association Culture -> for  
 structures & Leadership to be sustainable  
 beyond people.

- Anil Grovor

Liebe Alle, wir sind gut in unserem hotel in Sri Lanka angekommen. Ganz vielen liebe Dank an Rashmi, Singita und Ritu für die wunderbare Betreuung. Und danke an alle für eurer Verständnis wegen unser unvollkommen sprach Kenntnisse. Wir gehen reich beschenkt in unserem Ferien. Wir sind sicher, dass wir noch lange den nachklang geniessen werden. Vielleicht sehen wir einige von euch wieder wenn ihr Dornach besucht oder auf den WBC in Spanien.

### English Translation

Dear all, we have arrived safely at our hotel in Sri Lanka. Many thanks to Rashmi, Singita and Ritu for their wonderful care. And thank you all for your understanding regarding our imperfect language skills. We are returning from our holiday feeling enriched. We are sure that we will continue to enjoy the afterglow for a long time to come. Perhaps we will see some of you again when you visit Dornach Goetheanum or the WBC in Spain.

With much love and warm hugs

Joop & Sonja



## Experience & Expressions

**We were humbled by the experience and expressions of our participants in the gathering. Sharing a few to give you a glimpse.**

It has been an amazing experience full of contrast from being held in a welcoming, safe, comfortable space (in the workshop) and being outside in the chaos of the streets of Pondicherry, quite scary on the roads especially at night!

Feelings of a larger community I will love being a part of, like another family I feel I belong to

Keep doing what you are doing/never give up helping humanity, understand the bigger picture of human life.

Thank you.

- Jude (Perth, Australia)

My journey has been and continues to be an unfolding spiral. Somewhere in the centre of it on some infinite timeline arose the impulse to engage with biography work. Life itself has called me to it and I am so grateful there are many beautiful human beings who have long ago formed and shaped this work to smooth the path for those of us, like me, who follow in their own time.

As the journey of the gathering has spiraled outwards the anxious & uncertain feelings I carried have flown away like drops of water as the spiral turns. They have been replaced by feelings of connection, relief & gratitude so that I have been in the right place at the right time.

I carry from here the knowledge of the importance of this work in the ongoing spiral of my life.

Please simply continue your beautiful work.

- Jo Lunay

Journey – journey was beautiful. Instead I understood Karl only 50% (as I know only ABC of Biography Work)

Carry from here – Nothing is impossible. If you listen to your body, soul & spirit regularly in a silent moment [love yourself, have faith in yourself & your manes, to grow and develop yourself]

Like to work with

I am busy at present with my Anthroposophic Physician's Exam preparations. I will like to join.

- Niranjana Bhagat. AMS member.

Auth Medical Section, India

Chapter

It was great. Karl opened new perspectives, he brought together the knowledge that we gained through the training in a special connected way.

I will take with me the love, warmth and care I received from the beginning, before even arriving here with Sangita's and Smita's help for transport, Ritu's willingness to answer and direct us with patience. And of course huge thanks for holding the space for us through all 5 days.

I value the most loving personal connection with all the team and people here. It was like coming together after many years – even if we never met in person. Long evenings, early mornings – everything, everyone I will carry in my heart home.

- Mateja





## Experience & Expressions

**We were humbled by the experience and expressions of our participants in the gathering. Sharing a few to give you a glimpse.**

My journey has been very overwhelming with showers of blessings in unexpected & countless ways. Like the river flows and meets along its way the unknown & makes it hers to live with. I carry this flow of river running smoothly and meeting every opportunity on its way through love & hope. To carry this fruit of wisdom & spread it in all directions and grow & encompass everyone on its way.

- Formi Shah

I can say that my journey has been extremely nourishing from the moment I stepped into the space of the gathering. I remember being pretty anxious but at the same time excited about being in the midst of so many participants who have explored the theme of Biography Work across different parts of the globe. Meeting each one of them has been so satisfying and fulfilling both physically, soulfully and spiritually. And what more could anyone ask for than being with Karl Heinz, our mentor. It has been a dream come true. My initial anxiety considering my physical health was completely laid to rest with all the love, warmth, openness I have received – and it has surprised me too that I made it through without any glitches. So so so grateful to all the warmth and healing. More power to the Association and blessings to all of you.

- Sudha

My journey began with the simple intention – to get to know more closely the work of the International Biographical Association and to deal with the setbacks along the way to get here, experiencing the faith that it would be as it was meant to be, with all the love from you. I carry with this love and warmth that have embraced me throughout this journey. I am glad to know that you are on the path of making this an International Association for Biography Work.

- Maria de Fatima Helou, Brazil

Thank you so much for such a beautiful gathering. Everything was excellent. Your hospitality was amazing. Each of you so kind.

- Lydia

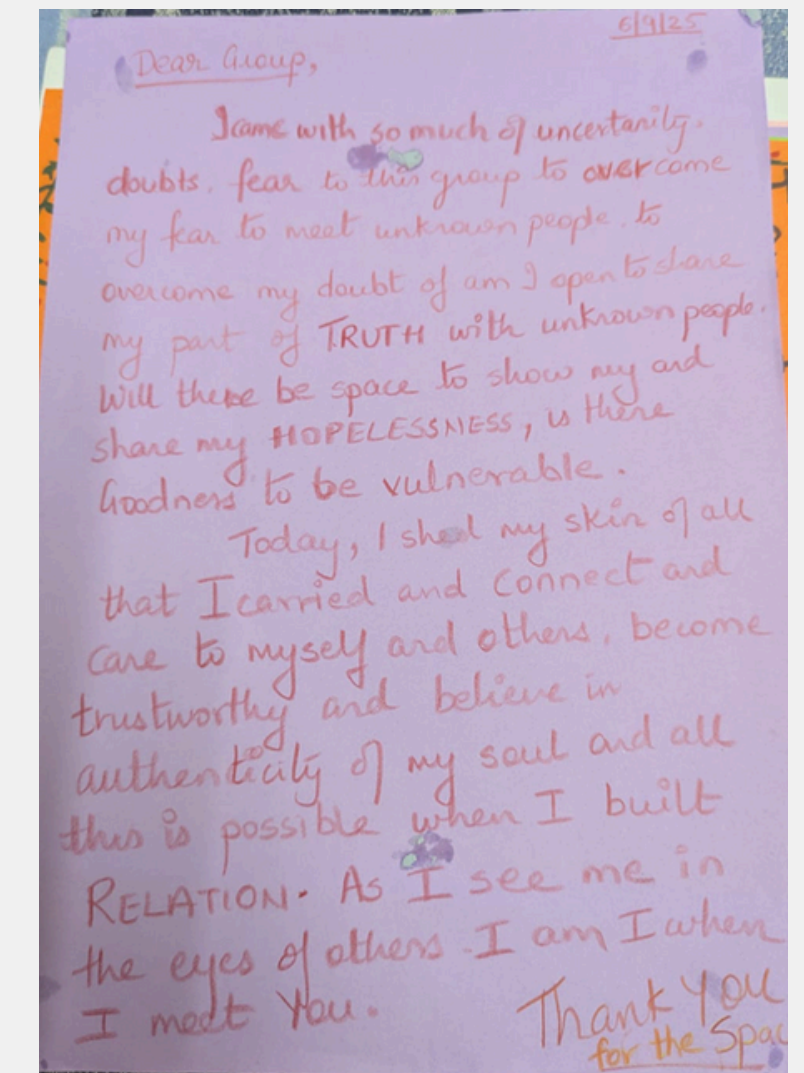
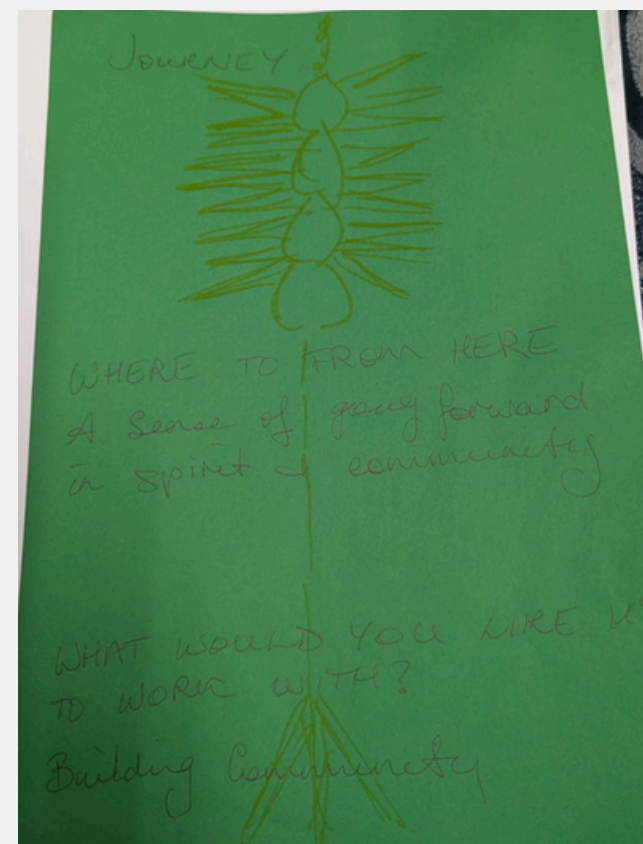
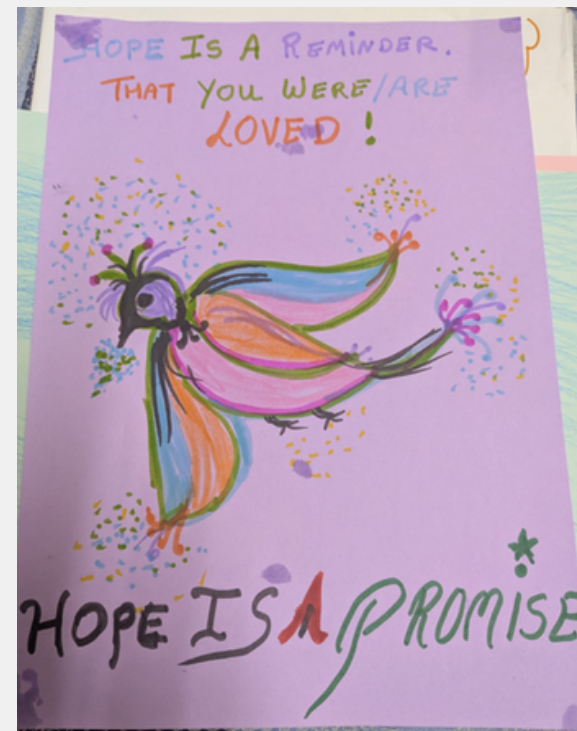
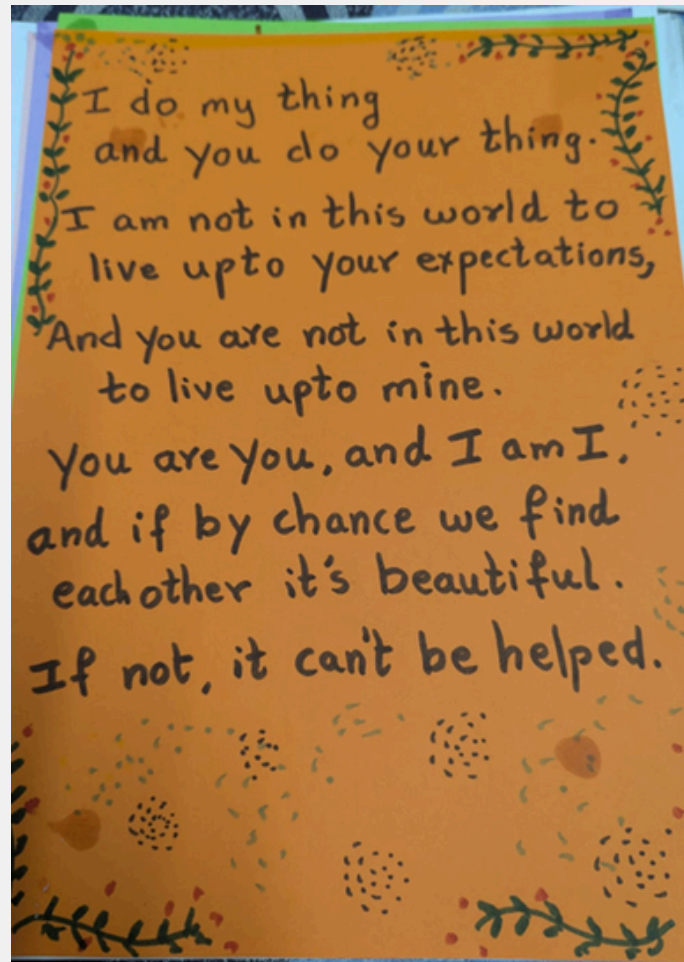
It has been a journey of awareness and self-discovery. I have been meeting old and new aspects of my self through the people and the places encountered through the Gathering. The Work has been affirmed. As long as there is a Human Being, Biography Work may offer its gifts.

- Julie



## Experience &amp; Expressions

We were humbled by the experience and expressions of our participants in the gathering. Sharing a few to give you a glimpse.







## A Special Mention about our Gathering Champions - the ones who made it possible

We deeply appreciate and acknowledge every heart and hand that made the Gathering possible.



Velu - our go-to person  
for everything in  
Puducherry



Arul Dev offered a  
meditation for the  
Gathering on  
Transformation of the  
Body



Divisha Mathur is a young  
talented artist, who  
brought our gathering logo  
to life with her creativity  
and perseverance



Rakhee Mathur for  
presentations and the  
name tags for the  
Gathering



Anita Pathak for the  
contacts of vendors for  
photography and  
transport & helping us  
plan the evening out in  
Puducherry.



Natasha for her ideas  
and offering her  
contacts to make this  
event happening &  
colourful



Vibha for her  
handmade lanyards for  
the name tags



Smita Dwivedi-  
coordinated the transport  
arrangements, making  
reaching the venue easy-  
breezy.



Sudha Prabhu for  
selflessly helping with  
costing for the venue  
and ideas for the  
activities





# Perspectives of Faith, Love and Hope



## Contributions to the Gathering by our members

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Contribution by **Antje Solveigh Streit**

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## Faith

Faith is more than just believing in something. It is a deeply rooted feeling of belonging. Belonging to something that goes beyond what the human mind can comprehend, like invisible roots, faith connects us with life.

Faith is a path of awaking trust, a trust towards a force greater than ourselves, without really knowing all about it. We need to feel, not only understand what connects us to our earthly life, to mother Nature in whom the universe resonates with all its beauty. In these beautiful intertwining forces of the spiritual within the world, faith awakens.

Let us walk the path where we connect to others in invisible, unspoken ways. Let us go on a journey where we may find an inner space where our soul connects to the spiritual, to this feeling of belonging to something bigger than ourselves, let us awaken an awareness of what is vibrating deep within the essence of the world, an awareness of the invisible roots that connect humanity in its whole.



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Contribution by **Antje Solveigh Streit**

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## Love

Love is so much more than we can imagine, it goes beyond hearts and kisses, hugs and devotion. It is a space where we can connect to the essence of our soul, to the essence of the connection of our soul with the outside world, the connection of our soul with the universe.

We need to cultivate a certain kind of stillness of the heart and soul to be able to transform what we receive into light of love, let it then radiate out into the world, entering a profound feeling that the light radiates beyond of what we might have imagined possible, beyond of what we thought our hearts could bear.

This connection holds a space where kindness, generosity comes from the heart of giving, not from an ego of recognition. A space where the spiritual light of love can radiate out into the world through our thoughts, our actions, our being in all the domains of who we are as a humanity.

Contribution by **Antje Solveigh Streit**

## Hope

Hope in a way means that I nourish a deep grounded confidence in life. A confidence that through the difficulties of the moments I learn, a confidence that in the hardship I am experiencing I will find light, a confidence that in pain I will discover love, a confidence that there is an unseen balance to all things.

On our path we might encounter moments when we lose ourselves in the darkness, in those moments we need the courage to look for light within our soul, a light that vibrates with cosmic hope.

It is from the heart's center of my inner self that I need to actively go on the quest in search for that inner light, for that cosmic hope cradled deep within my soul. It is from the center of my soul that I can hear the song of love chanting to my heart, a song holding the secret of healing in regard to the dark forces of this world. Hope that carries the possibility of change and transformation resonating in the depth of humanity's soul



Contributions by **Antje Solveigh Streit**

## Stille Worte

Auf meinem Weg zu mir Selbst werde ich eins mit den Sternen  
Hören will ich die stillen Worte der Welt  
In ihnen keimet das Gefühl von Verbundenheit  
Fühlen will ich die lichtdurchströmte Wärme  
In ihr erwacht das Gefühl von Geborgenheit  
In mir erwacht eine innere Ruhe  
fühlen will ich diese stille  
lichtdurchströmte Ruhe  
Sie spricht in stillen Worten von der  
Geistigkeit der Welt.

## Silent Words (English Translation)

As I journey towards my inner Self, I become one with the stars.  
I open my heart to hear the silent words of the world.  
Words that whisper with a wisdom of belonging.  
a light radiating within the warmth of the world  
Cradles the heart.  
Deep within, a feeling of peace awakens  
I want to feel this warm awakening of silent words,  
It whispers about the spirituality of the world.



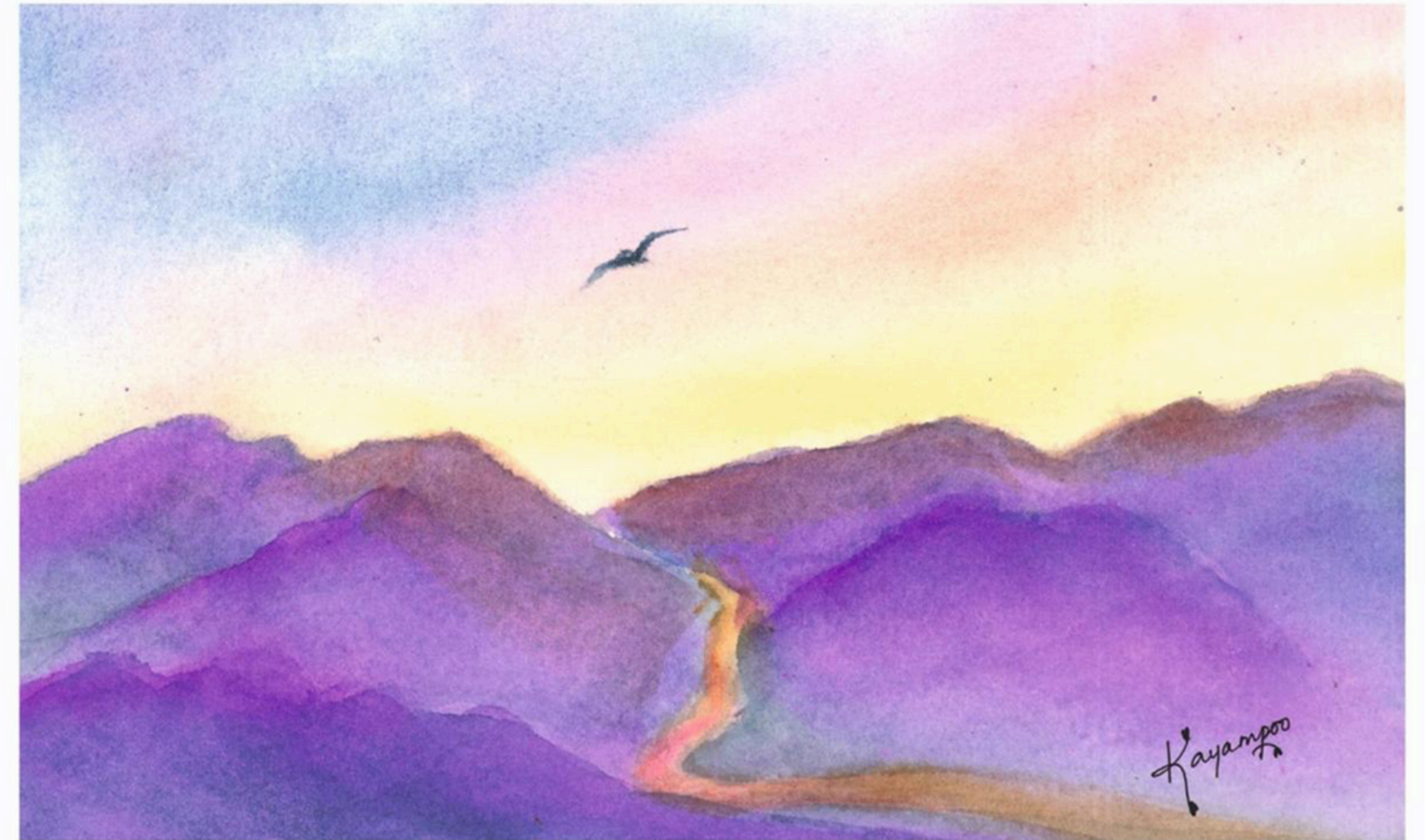
Born in Namibia, Antje grew up by moving around a lot between Namibia-Gemany-South Africa (CapeTown) and then ended up in Switzerland by the age of 23, now mom of 3 amazing boys and living on an organic farm.

Since her 14th year she knew, she wanted to be an art-therapist and by overcoming many challenges in life, she is now an anthroposophical art-therapist since over 10 years, She is currently studying Biography and has also made space in life for art in connection to my path of deepening my understanding of anthroposophy



## Contributions by Sathyadeepa

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Contribution by **Sathyadeepa**

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## Contribution by **Sathyadeepa**



**Sathyadeepa - Kayampoo**

Artist/Art Teacher. She is a self-taught artist and an art teacher. She had done a solo exhibition for a social cause in Germany.

She trained to a Waldorf educator and worked as a part-time art teacher in a Waldorf inspired school, Chennai. She is training to be an art therapist with Sally Martin, a senior art therapist from Australia.

She is also a Biography Consultant, having completed the 3 year Biography Training with Karl-Heinz Finke. Kayampoo is her painting name.

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## Contribution by Tripti Raikwar

### Poem One

Oh PRANA hold me with love Hug me tight  
 while through the cosmos you flow  
 I heal in your presence don't let me go Take me  
 along the path you walk Bouncing with life, as  
 pouring unlock Dancing and singing our souls  
 healing song  
 As YOU freely embrace Me And we move along  
 Drenched in YOUR rhythmic power YOUR divine  
 presence  
 Centering grounding MY SOUL essence.

And Now WE are ONE One within Each My soul  
 RE-LEARNING As SHE begins to teach  
 Like a seed in its kavach  
 Like the flying flower in its cocoon  
 We are in the process of becoming ONE soon.  
 NOW SHE is in ME And ME in HER Quietly  
 Beholding  
 Silently transforming  
 Lying in faith  
 Surrendering to Rest  
 Feeling at Home  
 In our shared space  
 Our Divine COSMIC WOMB.

### CONVERSATION ON HOLD

I remember not when  
 I heard you oh light  
 That far away, twinkles and glows,  
 To gain my attention NOW...  
 Putting on show your longing,  
 Your desire, to talk to me again.  
 In times I know not when  
 Much before my first incarnation into this physical realm  
 Carrying my unrefined burden  
 I could hear every word you were speaking to me...  
 As clear as I converse now with everything in this  
 kingdom of sanity.  
 Oh I know what's wrong with me!  
 I can hear you no more... Where have your voice lost...?  
 Or is it my ability to hear that has been weakened?  
 Is it that your silence is killing me?  
 The unbearable pain, cutting me into pieces  
 Not allowing me to be whole again.

I WISH the pain I hold gets transformed into  
 A strong endeavor and yearning,  
 deeply getting ingrained in me  
 Budding and maturing day by day  
 Slowly but surely facilitating me to speak to you  
 I know you are there for me, waiting  
 To hear from me  
 So that you respond back...  
 My ability to converse with you  
 Can create new source of strength  
 That self rejuvenates and replenishes  
 As time passes by  
 renovating all the pain that resides deep within...  
 The pain deeply embedded in my physical being  
 Getting transformed into POWER for my spirit...  
 Oh what a metamorphosis!



Contribution by **Tripti Raikwar**

**'WHO' Knows it all!**

When I am lost in my thoughts  
What are the thoughts doing  
Have they reached their destination  
And rejoicing, the manifested intention?

When I feel the vibrations  
What are the vibrations feeling  
Are they experiencing me  
How do they feel? Will they ever tell me!

When I focus my attention, on a star  
Did the star feel my staring?  
Or was the star staring at me first  
And thats how its caught my attention.

When I grow silent within and feel still  
What happens to the silence?  
Is it enjoying my inner movements and  
Soothing itself with my chaos.

As I change my mode  
into observing the loads  
Energies being exchanged  
Just a simple pure barter system  
Balancing Harmonising the Change

Ever wondered why a see-saw is called so  
You see-I Saw is like a call,  
So when one Balances  
Who loses it and trips, stumbles or fall.

If What I see sees me  
If What I find Finds me  
If What I seek Seeks me  
Then what I lose, is not my loss alone  
Isnt what I lose loses me too  
Does it bear the loss and moans?

When I lose my innocence  
I receive the knowing  
Does the knowing get my innocence!  
WHO knows!  
(I Smile as I Know THE WHO 😊)



Art Healer | Master Grief Educator | Creative Spiritual Catalyst

As a Coach and Soul Guide, she enjoys helping clients as a Spiritual Inner-Life Curator and Catalyst. Being a story-teller by heart, she loves listening to Life-Stories and this led her to explore Biography work.





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Contribution by **Maria Ester Samaniego**

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**The Ripples of Intention**

After the catastrophic tropical cyclone storm Haiyan had passed, the living tapestry of the village stood still. The sea, once wild with wrath, now lay silent beneath the bruised sky. Its winds no longer screaming and its flood receding into silence. The storm had torn down the walls of homes and their memories. It was not just roofs, roads, and farmlands that lay in tatters, but the unseen landscapes of people's hearts as well.

But amid such silence, something began to stir.

A small group of parents—ordinary people with extraordinary hearts—gathered far from the disaster zone. Each came from different walks of life: a homemaker, artist, puppeteer, teacher, eurythmist, storyteller, and a theater artist. While they were not exactly trained for trauma work, all of them were moved by a common flame—a deep, urgent desire to help in whatever way they could. They believed that supporting healing can take many forms and is not limited to being carried out by registered local or international organizations. Support for healing can include singing lullabies to the younger children, bringing joy through movement, art, and games, singing, creating safe spaces, or simply listening and being present. They did not even have funding to begin with, but because the genuine intention and will to help were alive, somehow support came through their network and even from strangers who believed in their cause.

With stories, movement, art, and games in their pockets, and hearts wide open, the team went from one village to another.

They didn't come to fix or to lecture. They came with their warmth and presence to connect, move, and listen.

The team invited children to move again, not away from fear, but toward joy. Community halls rang with the sound of clapping games, improvised theater, and play with colors on canvas, as the community created music from natural materials found in the area. Parents shyly joined in as well. Laughter cracked the heavy air like sunlight. Through time, rhythm echoed—not just in the feet and hands, but in the spirit.

It wasn't a professional therapeutic intervention. It was an invitation. An invitation to feel again. To remember that the soul has its resilient way of rebuilding.

What started with one team grew. Those who were moved by the team's simple act of kindness slowly began their creative initiatives, guided by free will and creativity. With the renewed energy of both the community that received the warmth and the team that took the courage to help, the one act started to inspire the others. The drop became a ripple, and the ripple a wave.

And the beauty of it all? You didn't have to be trained or polished. You only needed a heart that cared.

*contd...*

Contribution by **Maria Ester Samaniego**

Some came with no skills, only the willingness to help—cooking, carrying water, gathering the debris, sweeping the floors, and holding a child's hand, to name a few. And that was more than enough. And perhaps, to some, that was everything

Faith was rekindled—not just in divine mercy, but in the human spirit. Love returned in the form of shared bread, gentle encouragement, and laughter. Hope no longer hung like a distant star. It bloomed in the soil of rebuilt gardens and community songs.

Over time, the initiative evolved into various forms. Others started mobilizing community resources to provide good food. A quiet revolution of warmth, built on the humble truth that healing comes not just from medicine, policy, or even government dole out support, but from warm connection.

And so, the story continues. The simple and practical support to an area of natural disaster resonated with communities of conflict, extra-judicial killings, abused children, orphanages, and so on.

Because where there is even one drop of sincere intention, it ripples through a family, a village, a country.

Faith, love, and hope that the world can be made whole again, with one heartbeat at a time.



I am Maria Ester Samaniego from the Philippines. I am an Extra Lesson Teacher and HANDLE Screener helping children with developmental concerns on sensory and motor movement affecting their learning capacities. My early childhood training expanded my work as a humanitarian aid worker supporting traumatized children in collaboration with the Freunde Emergency Pedagogy group. I worked with abused children in orphanages doing educational support. As a believer in biographical work, I am now a Biographical Consultant. I consult individuals and groups interested in deepening their understanding of their life stories and those who intend to address specific life concerns. I facilitate biography workshops and write extensive biographical analyses



Contribution by **Masumi Uchimara****An excerpt from “An Outline of the Essential Art of the Peasant, introduction” 1926**

"No individual can be happy before the whole world becomes happy.  
The consciousness of the Self will gradually evolve out from the individual to the group, to society and to the universe.

Isn't that the path the old saints took and taught?

In the new era the world is on its way to becoming a single consciousness and a living organism.

Living rightly and strongly is to feel our galaxy in our Self and to behave accordingly.

Let us seek true happiness of the world.

Seeking a path is already a path in itself."

~Kenji Miyazawa,

*Kenji Miyazawa is one of my favorite writers. He was a Japanese novelist, poet, and author of children's literature. He was also known as an agricultural science teacher, a vegetarian, a cellist, a devout Buddhist, and a utopian social activist.*



Masumi Uchimara

Founder of the Biography Dialogue Institute, Japan;  
An Interpreter; and a Translator



## Contribution by Hotam School - Israel

### Strengthening Resilience and Faith in Challenging Times, through community spiritual work

Over the past few years, as part of our response to the challenges of our contemporary era in Israel and around the world, starting with the pandemic period, we have placed increasing emphasis on creating a spiritual community that studies together, as well as on strengthening our faith – as the strongest "weapon" for building resilience.

In this framework, we opened an international WhatsApp group of Strengthening Spiritual Biographical Messages, based on Anthroposophy and Jewish Kabbalah that were sent on a weekly basis, which recently developed into a working group of spiritual practice. We find that to work in an international group, which has a common spiritual language has great power. Following are some examples of the spiritual strengthening messages that were sent in the group, that are connected directly to the subject of Faith

#### Spiritual Strengthening Message – Faith / Orna Ben Dor

Sometimes, when we are attacked by physical or mental pain, we experience our lives as if they were a sequence of painful events. We review life from birth to the present day, and wonder at all if we were ever happy. The event of age nine, the event of age 17, the events of all childhood and adolescence, are rising. And then all the other crises of adulthood – and the feeling is that this journey is hopeless.

Then, suddenly, we look at who we are today, and what a good place we have reached in our spiritual development, in our giving to the world – and realize that each event and event, painful as it may be, has added its share to our spiritual construction. So, we understand that real life happens on another level; below the surface. There our growth exists, there our connection to the Creator is strengthened.

The most difficult challenge is to bring faith into the difficult event. Not just when the event passes. To believe even in the pain that everything is happening right, and that even in the pain God is, and He sees past, present, future – the whole picture, that is hidden from our eyes.

And it's worth praying for – Give me the ability to see You in my pain; to know that You

are guarding me accurately, even though You are also guarding millions of other people at the same time – because for You, nothing is impossible; because You are infinite, because You are love itself, because You are the merciful father to his children.

And You promised – that one day we will all experience the immense pleasure of Your Light. And all the deliberations, the conflicts, the pains, will disappear as if they never existed — To all of us, without exception.

And we all know that you forgive all of us. 34 “And they shall teach no more every man his neighbour, and every man his brother, saying: 'Know the LORD'; for they shall all know Me, from the least of them unto the greatest of them, saith the LORD; for I will forgive their iniquity, and their sin will I remember no more.”Jeremiah, 34

And that You will not out oust any of us from you, even if it seems to us that we have been abandoned. “We must all die, we are like water spilled on the ground, which cannot be gathered up again. But God will not take away life, and he devises means so that the banished one will not remain an outcast.”2 Samuel 14,14.

So just hold on; do not give up. Redemption is very near.



Contribution by **Hotam School - Israel****Spiritual Strengthening Message – Prayer (poem) / Yael Armony**

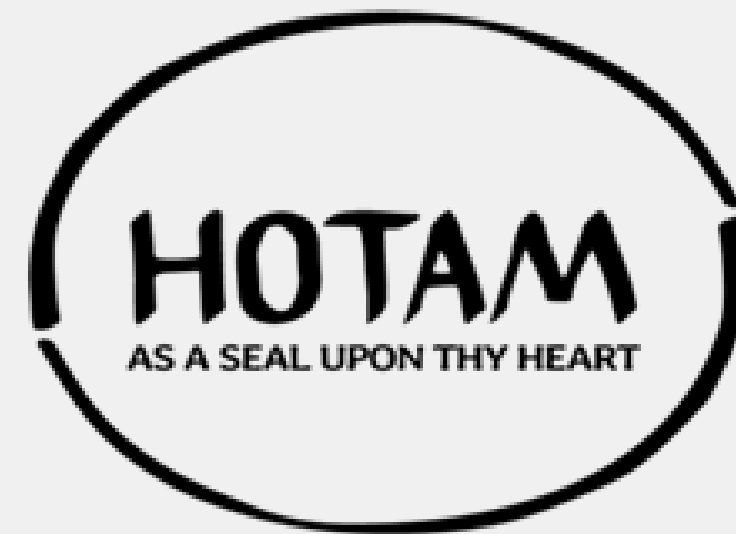
My God, I want you to know  
that I grew up without you,  
Please allow me to grow you within.

Let me see your sparks  
in the wind that blows in the dark,  
in a flying bird,  
and in a falling leaf.  
In the eyes of my little children and  
in their rolling laughter.  
Let me receive your answers with love  
even as they hurt and injure,  
or are incomprehensible,  
Even as they blind my eyes.  
let me pray to you with my words  
Even if they are small and uneducated.

My God, I grew up without you -  
I was told that you were dead  
I was told that you never were,  
I was told that you are only chemistry, or genes,  
or science,

But in my dreams you appear - omniscient,  
seeing and hearing all, including me.

My God, allow me to grow with you,  
With your loving, compassionate gaze.  
Let me create you within,  
That I will never be lonely again.



SCHOOL OF BIOGRAPHICAL COUNSELING  
BASED ON ANTHROPOSOPHY AND KABBALAH

Orna Ben Dor and Yael Armonyr

Over the past few years, as part of our response to the challenges of our contemporary era in Israel and around the world, starting with the pandemic period, we have placed increasing emphasis on creating a spiritual community that studies together, as well as on strengthening our faith – as the strongest "weapon" for building resilience.



## Live with the Question!

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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





## Spiritual Strengthening Message

### What is the difference between philosophy and faith? or between philosophers and believers?

Orna Ben Dor - Hotam School

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Philosophers ask questions believers can understand; they ask similar questions. However, believers hold answers that philosophers can not comprehend. Why? because philosophers ask questions that concern matters that are beyond nature by providing answers that use human intelligence, that is tied to nature laws.

When I can explain something that is external to me, it means that I am separated from it. By adopting faith, one accepts the unity of opposites - faith enables me to sense the creator - the ultimate other - inside myself, not external to me. The creator thus turns from an abstract, distant object to a willful Being. I can sense within me God's will for me, as an invitation. God invites me to work with him in collaboration.

If we detach ourselves from faith, we only deal with our wisdom, which is forever limited!

Our faith must begin with believing in books that were written by initiated people with spiritual insight, and spiritual teachers. It requires submission, devotion and acceptance that there is something larger than me, from whom I wish to learn. As written in "Pirkei Avot" ('Ethics of the Fathers', in Hebrew): "Assume for yourself a master (acquire for yourself a friend, and judge every man to the side of merit.").

You are the one that creates your own teacher!

After finding a worthy teacher, you are the one who chooses to believe he\she will lead you on the right path. Without your doing, your teacher is merely a common person in the crowd. It is all up to you.

The modern mind of the 20th-21st century finds it hard to grasp. Our big ego thinks it knows better. It is unfitting for us to surrender. Especially as we regard ourselves as intelligent and intellectual, perhaps even more than the person we chose as a teacher.

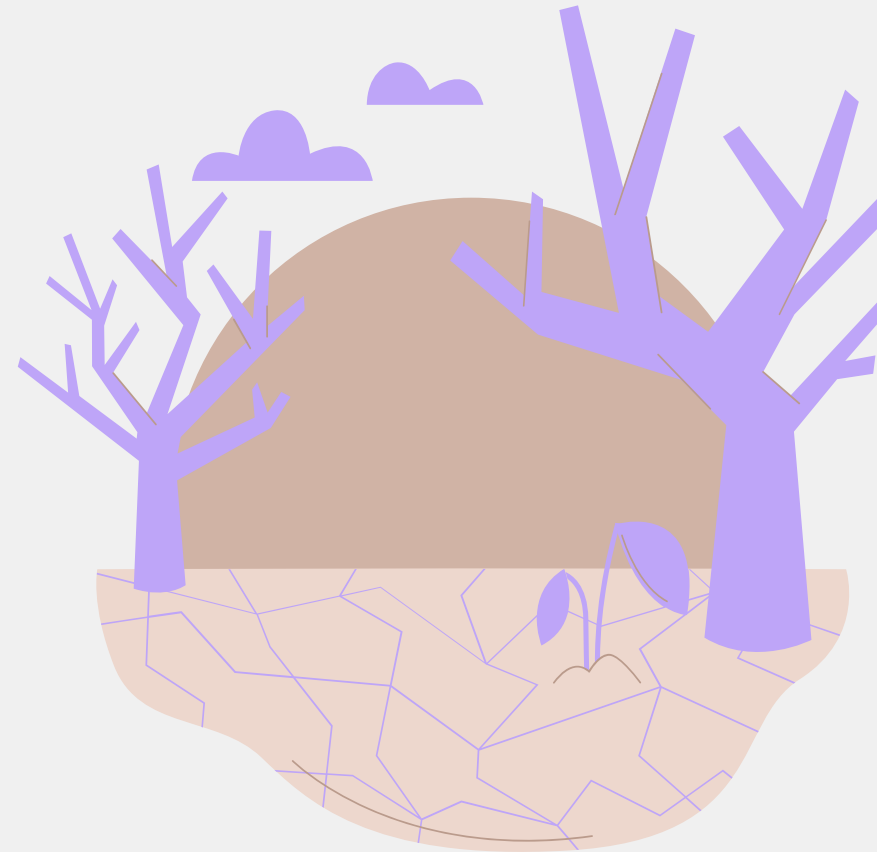
Nonetheless, it is very important to understand that the teacher is only a means to connect, through discussions, books, learning and advice, to what is essentially ours from the start - the connection of my soul to its creator. Without such understanding the relationship between the student and teacher might turn out to be dangerous and harmful.

On a personal note:

I was bestowed with a great teacher! He accompanied me through 25 years of my adult life. From the moment I found him, I did not let go! Hence, I slowly made him my teacher. At first, he did not realize that, but later on he understood. From that point onward, we have remained on the same path together. Even today, when he resides in the spiritual world, he still accompanies me and supports me and the stream of the Hotam school.



# Enrich




Offerings from AHBW  
and it's members







# Upcoming Courses from the Members of Our Community

**Living-way...**  
Holistic Biography Work  
... bringing spirit to life

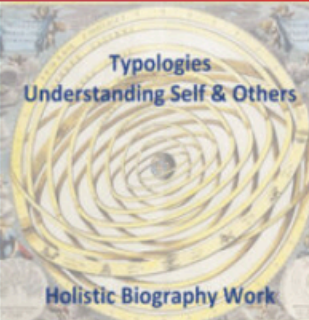
Karl-Heinz Finke  
Laura Summerfield  
[mail@HolisticBiographyWork.com](mailto:mail@HolisticBiographyWork.com)  
[www.HolisticBiographyWork.com](http://www.HolisticBiographyWork.com)

**Take Charge  
Foundation Course**  
Holistic Biography Work

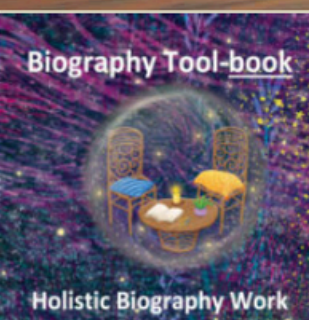
**Foundation Courses**  
**Reflect on your Life Journey**  
Precondition: Interest in sharing own and listening to other Life Stories  
Thu 29 Jan to Sun 1 Feb 2026  
16:00–21:00 | AEDT  
[Read more](#)

**Life Encounters  
and  
Relationships**  
Holistic Biography Work

**Life Encounters and Relationships**  
Exploring the impact of people, places & situations  
Examine attachment theory, gender concepts and the influence of role models.  
Fri 13 to Sun 15 Feb 2026  
16:00–21:00 | AEDT  
[Read more](#)

**Typologies**  
Understanding Self & Others  
Holistic Biography Work

**Typologies**  
**Understanding Self and Others**  
Explore temperaments, soul types, qualities, rhythms and cycles in life  
Fri 27 Feb to Sun 1 Mar 2026  
16:00 – 19:00 | AEDT  
[Read more](#)

**Biography Tool-book**  
Holistic Biography Work

**Biography Tool-book – eBook**  
A Guide to  
Theory & Practice of Biography Work  
180 pages – 170 linked Resources  
[eBook](#) 80 AU\$  
[Print Edition](#) 100 AU\$ – includes postage



## Offerings from the Association

### **BIOGRAPHY PEER LEARNING CIRCLE**

**(3rd cycle)**

**(Once in two months)**

**(This is a free circle)**

**Please fill the form below, if  
interested to know more.**

### **JOIN THE 1st BIOGRAPHY INTERVISION CIRCLE**

**(Once in two months)**

**(A nominal fees will be  
charged for this circle.)**

**Please fill the form below, if  
interested to know more.**

**[CLICK HERE FOR REGISTRATIONS](#)**



## Gratitude!



WE ARE GRATEFUL

To the Spirit World for being our guiding source, to whom we belong and  
to whom we shall return.

To all our co-travellers who are walking the path with us and giving us  
the courage to walk on it step by step.



## The Bridge Verse

The human being is a bridge  
Between the past and the 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 Journey towards the future.  
Grasp future things through past opnes,  
Hope for evolving things through what has evolved.  
So grasp existence in evolving growth;  
So grasp what will be - in what exists

December 21, 1920

Rudolf Steiner

(for Ita Wegman)