



Association for Holistic Biography Work

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2ND VIRTUAL BIOGRAPHY GATHERING

2nd to 5th December 2020



Two Gatherings, Two time-zones, One Spirit!!

Coming in - to celebrate together!
Learning together - in joy!
Going out - feeling full and enriched!

2nd - 5th December 2021

Eastern Gathering 9 am-1 pm IST
Western Gathering 7 pm-11 pm IST

Find more details and register on
www.holisticbiography.com

EASTERN GATHERING

FLOW OF THE DAY

We will read a message of Greeting from Dr. Michaela Gloeckler before we start with the contributions

Time	9.15-10.00 am IST	10:00-10:45 am IST	11:15-12:00 am IST	12:00-12:45 pm IST
Date				
2nd December	Janaki Anant - Personal Mastery & Leadership. Sensitizing Management students about the "I" and the development of consciousness to facilitate the process of individuation.	Deepa Mahesh – Eurythmy A Movement Art for Wellbeing and Inside-Out Alignment	Community Building <ul style="list-style-type: none"> • Laura Summerfield • Working in small groups 	
3rd December	APARA - Overcoming Challenges of Consciousness Soul Epoch - Anthroposophic Psychology perspective Presenters- Suchitra Inamdar and Parimal Pandit (Anthroposophic Psychology and Research Association, India)	Prasad Naveen – Mandalas – Building an eye to see	Community Building <ul style="list-style-type: none"> • Laura Summerfield • Working in small groups 	
4th December	Karl - Setting Rudolf Steiner free from the Anthroposophical Bubble	Tripti Raikwar - Wombology – Looking into your first home	Community Building <ul style="list-style-type: none"> • Laura Summerfield • Working in small groups 	
5th December	Dr. Lakshmi Prasanna - Walking away from your tribe, in search of individual self and returning to your tribe.	Tripti Raikwar - Wombology – Looking into your first home	Community Building <ul style="list-style-type: none"> • Laura Summerfield • Working in small groups 	

There will be a half-hour break between 10.45 and 11.15 am IST

THE CONTRIBUTIONS

Janaki Anant

About Janaki Anant:

Brought up in a deeply spiritual family with rich Indian heritage, and grounded in the Indic Philosophy, Janaki's journey of "self-enquiry" began early in her life. She has been carrying the question "Who am I" and has walked several paths of self-enquiry.

A pedigree education in management, and an adrenaline pumping corporate career spanning over 25 years put the self-enquiry on the back burner, while she rapidly climbed the corporate ladder.



She met Anthroposophy at the age of 48. It was also the time when she had made the most significant shift in her career, having discovered her passion and gift of teaching. She gave up her very senior position in the corporate and became a professor, teaching management to post graduate students.

A Vipassana meditator and a lifelong student of Advaita philosophy, She completed her 3-year Biography Training and is currently undergoing mentoring under Karl-Heinz Finke. Title: Personal Mastery & Leadership. Sensitizing Management students about the "I" and the development of consciousness to facilitate the process of individuation.

About her contribution:

Title: Personal Mastery & Leadership. Sensitizing Management students about the "I" and the development of consciousness to facilitate the process of individuation.

In the process of teaching post-graduate management courses, Janaki realized that the mandate in management education was all about how to best use the resources to create and grow businesses.

The focus was always on all resources outside of one's self, be it human, material or financial resources. It was all about profit maximization and beating competition. The management schools worked entirely on data driven, analytical and problem-solving skills, focusing entirely on the "Head". This realization gave birth to the question "Is it possible to facilitate the soul development of the managers in the making? Can one catalyze the individuation process and bring about the strengthening of the I? Is it even possible to make it a part of management education?"

She has put together and teaching an elective course 'Personal Mastery & Leadership' with the objective of sensitizing Management students about the "I" and the development of consciousness to facilitate the process of individuation.

She will be demonstrating how she conducts this, using non esoteric terminology and integrated exercises.

Deepa Mahesh



About Deepa Mahesh:

Deepa Mahesh is the Founder and CEO of Poorna Wellbeing, a Leadership Transformation company. She enables “Root to Shoot Transformation” in Leaders and organizations through Life & Leadership Coaching, Group workshops and Wellbeing Interventions. Her coaching practice and workshops integrate psychology, arts & mindfulness practices such as Visual Arts, Eurythmy, Meditation, Mandala, Expressive Writing, Poetry, Body Movement & Dance.

Deepa is an HR professional, a Psychologist, a Eurythmy practitioner, Life & Leadership Coach, a Biography Consultant. She is passionate about exploring mind-body techniques for self-mastery and is a practitioner of over 40 wellbeing methodologies.

She has been practicing Eurythmy for the past 6 years and integrating it successfully in her individual sessions and group workshops.

As a mental health advocate, she has been actively spreading the message of holistic health and wellbeing through her work and workshops in corporates and social settings.

She has been an avid journaler for over two decades and expresses herself through words, mandalas, visuals and poetry. These have been her best life companions.

About her contribution:

Title: Eurythmy - A Movement Art for Wellbeing and Inside-Out Alignment

Eurythmy is a form of movement that can bring one’s body back into balance as it is connected consciously to the life-giving forces that human beings need for their wellbeing.

When human beings slow down and commune with nature, engage in exercises that awaken, enliven, enrich the etheric forces, the etheric field gives life to the human body.

Eurythmy as the art of balanced, integrated, harmonious movement is essential for supporting the process of conscious human evolution. As human beings, we all do some basic eurythmy unconsciously all the time: we breathe, walk, stand upright. But we need to begin cultivating harmonious movement consciously on a regular basis.

The aim of the session is to lead simple eurythmy movements to enliven the flow of energy within the participants and to create a healthy breathing environment (in-breathe & out-breath) during the time they engage.

APARA - (Anthroposophic Psychology and Research Association, India)

Presenters: Parimal Pandit & Suchitra Inamdar

About Parimal Pandit:

Parimal Pandit, was born in Baroda, Gujarat and grew up in Pune. She completed her MA Clinical Psychology from University of Pune. She was practicing as a Clinical Psychologist and Psychotherapist in Pune and Mumbai till 2006.

Parimal has currently settled in Chennai and practices as a Clinical Psychologist and Psychotherapist. Parimal met Anthroposophy in 2008 at V-Excel Educational Trust, Chennai where she was Program Director of Counseling and Assessment Dept till 2020.

She is an Internationally Certified Anthroposophic Psychotherapist and Trainer (IFAPA), a Biography Consultant and the Director- Anthroposophic Psychology And Research Association (APARA, India)



About Suchitra Inamdar:

Suchitra is a Psychotherapist as well as an REBT, Hypnotherapy and Biography Work Practitioner. She is the Proprietor, Ekavarta Psychotherapy Centre, Mumbai. Suchitra is an Internationally Certified Anthroposophic Psychotherapist and Trainer and the Board Member, International Federation of Anthroposophic Psychotherapy Associations (IFAPA). She is also a Director of Anthroposophic Psychology And Research Association (APARA, India).

Suchitra has extensively worked with mental illnesses, for the role of psychotherapy in special needs and with different communities (LGBTQ, riot-stricken areas and slums) providing awareness and perspectives on sustainable mental health along with the Ekavarta Centre, that she runs in Mumbai.

She is a believer in the Indic cause and is in the forefront on discussions related to having mental health policies for India that are of India and come from India. She sees Anthroposophy as an able roadmap on this journey.

Apart from being an Anthroposophic Psychotherapist, she is also a professional singer and an excellent homemaker. It is her belief that only an efficient human being and one who has a balance of head, heart and hands in everyday living can make an astute and ethical professional.

About their contribution

Title: Overcoming Challenges of Consciousness Soul Epoch - Anthroposophic Psychology perspective

The presentation will address the following questions

a) How training in Phenomenological observation helps in the development of 'thinking' born out of pure observation, 'feeling' free of sympathy and antipathy which can help develop true empathy and 'willing' free of Ahrimanic and Luciferic influences?

b) The consciousness soul epoch asks each one of us to bear our cross. What does that mean in reality? How does one achieve true freedom to develop one's spiritual essence?

c) The phenomenological approach helps professionals to develop an observational skill needed for spiritual knowledge. This knowledge which each one of us is striving for frees us from the materialistic side effects (if I may use this term) of Consciousness Soul Epoch. The task of this epoch is to overcome the solid material individually in a very conscious manner.

d) Each Epoch prepares for the development of the next Epoch. Through this kind of deep honing of phenomenological skills, the community can develop faculties needed for the spirit self epoch which is to come. True Empathy is the basis of brotherhood. This kind of phenomenological work can help us in developing the above-mentioned faculty.

e) We can develop the freedom in thinking, feeling and willing in its true sense aided by the individual conscious self. We will be looking at these as manifested in the psychological phenomenon of today's world.

Prasad Naveen

About Prasad Naveen

Prasad Naveen, apart from being a facilitator, Psychotherapist and a Guide to many people in Self Mastery and development. He is also a Yoga, Karate, Mandala and Yantra Practitioner.

He has been a student and practitioner of Shadow integration. He has been a disciple and a passionate learner of Eastern Spirituality and has been practicing meditation and various tantric and Advaita structures, tools and techniques to dive deeper into the being. He partners with Shakthi and has developed a space called "Pavithram" at Coimbatore, to support people development.



About his contribution

Title: Mandalas - Building an eye to see

This presentation would help the participants to understand how to focus on creating a mandala which will help one see and self-realize. It will also focus on how to engage with mandalas to reach a higher level of awareness. A personal story can also be told in case that brings in an emotional and human connect for others to relate to.

A Mandala which is drawn on the paper is visual representation of the content in our consciousness at a certain point of time. Mandalas represents visually the cosmic principle within the consciousness. When we draw a Mandala on paper, we draw the lines in sync with our breath. Breath is life, Prana as we know, so in effect the mandala on paper, becomes a representation of ourselves, our essence, our being, on paper. It's like meditation, a tool which has to be given space, time and energy to achieve a certain level of involvement, engagement, focus, alignment to be aware, understand and enhance various aspects in our consciousness.

The word mandala is derived from the root "MANDA", which means essence, energy (in both, material and subtle form) or aura, LA is the container or the vessel of it. "MANDALA" therefore is the "container" that holds the essence or aura by visually depicting our consciousness.

"Yatha Drishti, tatha Srishti". (Quoted from Santhana Dharma Literature - (Bhagavat Gita) It means, how we see the world, the world will appear to us in the same way. Projections of the mind shape not only perceptions but also speaks within and affect the subject.

The Mandala is an outward manifestation of our being and doing. It's a tool which holds the hand of the creator and reflects back the aura of the creator. By virtue of it being a container which contains our aura (the projections, energy, the process, the structure etc), it becomes a perfect mirror platform to "see" ourselves with our inner eye and therefore holds enough space to be aware, purify and work on ourselves.

Karl-Heinz Finke

About Karl-Heinz Finke

Karl is an active Trainer and Consultant in Holistic Biography Work and has completed twenty-one 3-year cycles of Training world-wide. He brings an open, knowledgeable, and diverse background to his work. Karl-Heinz is widely read in Philosophy (including Anthroposophy), Humanistic Psychology and the Social Sciences, and has travelled regularly to teach students in the Asia-Pacific region, including Australia and New Zealand, for the past 16 years.



Currently he is completing Training cycles in Germany, India, Thailand, Taiwan and Australia, whilst mentoring graduates of his Trainings in these countries to be able to continue the Training themselves. He has published several papers on Biography Work. His latest publication is the Biography Log-book, a collaboration with Laura Summerfield, his partner in life and work.

About his contribution

Title: "Freeing Rudolf Steiner from the Anthroposophical Bubble"

Karl experiences Rudolf Steiner as the most creative thinker, social activist, ethical anarchist and the people representing Anthroposophy seem to be rigid, conservative, with bourgeois attitudes and regurgitating thoughts Steiner presented 60 years ago.

The question that Karl is attempting to answer is how can Steiner's thoughts be freely interpreted so that it can be relevant and meaningful for everybody in our times?

Karl asks the specific question as to why the Class lessons need to be studied only under Class members hold special membership cards, where there are books, authorized and published by the Goetheanum?

He will introduce selected aspects of the first-Class Lesson (thinking) followed by an individual imaginative process leading to a drawing of one or each of the 3 beasts (feeling and will).

Tripti Raikwar



About Tripti Raikwar

She is the Founder/Director of Trishti Healing Arts and Therapeutic Solutions and takes pride in using her signature Emotional Wellness Program *H.E.A.R.T* (Healing and Expressive Art Revival Therapy) to help enhance creativity, balance one's emotions through chakra balancing, guided meditative art and more importantly heal deeply by tapping into the inner healer.

She is a Member of BCCT - British Council for Complementary Therapies, FEIL Forum for Emotional Intelligence Learning UK and ATTA- Alternative Therapist and Trainer's Association Maharashtra. A certification from IPHM International Practitioners of Holistic Medicines is in process.

She is a certified Numerologist, Angel Therapist, Chakra Healer and Trauma-informed Expressive Art Therapist (Cathy Malchiodi).

About her contribution

Title: Wombology – Looking into your first home

The Womb Space is the perceived divine portal to experience oneness between the Divine Masculine and the Divine Feminine, which carries the mirror of your soul's reactions.

Our womb /hara (for Men) space is the seat of our subconscious mind, creative storehouse, and potential and is connected with the cosmic womb that carries karmic imprints of varied lifetimes.

Womb Healing is gender-inclusive and benefits all variations of genitalia as it is our first HOME.

Creative approach works best in womb healing, come experience your womb space and connect with your source - The Cosmic Womb through Healing Arts Womb Healing.

Dr. Lakshmi Prasanna

About Dr. Lakshmi Prasanna

Founder of Anthroposophical Medical Society of India, Dr. Lakshmi Prasanna is a trained pediatrician with Neonatology as her specialty. She has worked for many years as a school physician in India and Australia. She was also one of the pioneer parents and Founder Member for the Abhaya Waldorf School in Hyderabad. She is the Director and Education Consultant for Blue Sky Children's Services, based in Australia.



About her contribution

Title: Walking away from your tribe, in search of individual self and returning to tribe .

Laura Summerfield



About Laura Summerfield

Laura is a full-time Consultant in Holistic Biography Work, based in Berlin and Canberra, and supports Trainings online and in the Asia-Pacific region.

For the past 13 years, she has been a Psychologist in Australia, working in private practice and as a Counsellor/Therapist in community health, early intervention, and educational settings (tertiary and secondary).

About her contribution

She will be leading us in singing some of the verses that she has set to music.

WESTERN GATHERING

FLOW OF THE DAY

We will read a message of Greeting from Dr. Michaela Gloeckler before we start with the contributions

Time	7.15-8.00 pm IST	8:00-8:45pm IST	9:15-10:00pm IST	10:00-10:45pm IST
Date				
2nd December	Vera Klein - Freedom: A path of emancipation of Body, Soul & Spirit	Center for Biography and Social Art - Kathleen Bowen & Jennifer Brooks Quinn - How are you really?		Community Building <ul style="list-style-type: none"> • Rhythms of Togetherness with Indian Folk • Community Building in small groups
3rd December	Preetham Madhukar - Play for grown-ups		Susan W Kurz - Garden of Karma	Community Building <ul style="list-style-type: none"> • Rhythms of Togetherness with Indian Folk • Community Building in small groups
4th December	Sanna Andrea-Dia - Parenting through wonder		Prasad Naveen - Mandala	<ul style="list-style-type: none"> • Community Building Rhythms of Togetherness with Indian Folk • Community Building in small groups
5th December	Hotam School - The Authentic I and Freedom		Jolie Luba - Towards developing the 10th hierarchy - the beings of freedom and love	<ul style="list-style-type: none"> • Community Building Rhythms of Togetherness with Indian Folk • Community Building in small groups

There will be a half-hour break between 8.45 & 9.15 pm IST

THE CONTRIBUTIONS

Vera Klein



About Vera Klein

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.

Her special interest is Art, in her own artistic expressions as well as training the Art of Conversation.

About her contribution

Title: Freedom: A path of emancipation of body, soul and spirit.

For us, modern human beings, freedom is an important theme. As we know it often best through experiences of being un-free, of boundaries and limitations, we acknowledge that freedom is seldom a given, but we can and will strive for it.

Finding freedom in our Biography is therefore an active struggle as we have an innate desire to be free, feel free and have the freedom to.

One could state that we have an organ for freedom. This "sense-organ" is a guiding light as we trod our path towards freedom.

In our Biography we can trace back, considering this aspect we would ask:

What is the trail of freedom in your biography? Where did you meet the concept of freedom?

What was one of your first experiences? How do you perceive freedom and where can you create it?

In this session you might find some key-moments concerning freedom. As well as find inspiration for your emancipative path.

Center for Biography and Social Art

Presenters: 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.



About their contribution

Title: How are you...really?

Would you welcome a chance to share your responses – concerns, activities, sadness, or moments of resilience – to the multiple challenges in these times?

In this presentation, you will be guided through simple biography exercises for personal reflection. As we speak out of our own experiences and listen carefully to others, we can practice building strength and support.

Sources of Courage

An exploration of courage in our own life stores. What can we draw from those experiences in these uneasy times?

Capt. Preetham Madhukar

About Capt. Preetham Madhukar

Preetham founded Skills Beyond Education™ in 2016 and a trustee of Varuna Foundation a youth and adult empowerment educational foundation. He has curated a transformational work called the 'Will Boot Camp' by viewing challenges and solutions through the 'Will Lens'. Preetham's refreshing outlook towards life and its challenges helps people look at life in a new light. He brings his vast experience of 20+ years of sea-voyages, rich travel encounters, personal spiritual quest to connect his workshops and coaching programs. This helps adolescents and adults navigate everyday life with joy, simplicity and purpose.

He is also a Rotarian, Secretary of CMMI, Bangalore and the co-founder of Native Homestead, a farming service company inspired by Bio-Dynamic and permaculture farming practices.



About his contribution

Title: When did you last play?

“We don’t stop playing because we grow old, we grow old because we stop playing” – George Bernard Shaw

Play signifies fun and makes us feel alive. Both touch and trust is healing and play brings both these elements. Play can nourish our souls while we look far and wide to find strength, meaning and comfort for our lives.

Movements have been said to have their origin outside of us, in the cosmos, and through the extension of the tips of our fingers and toes into space, we extend ourselves, our etheric body to reunite with the cosmos.

Play also works on the spatial realm and heightens our body awareness through our movements in the 6 directions of space. It overcomes the 'weighing down' effect of the gravitational forces on life through levity.

Play works on thinking, feeling and doing. It nourishes the head, heart and hands. It improves our mood, increases energy levels, keeps our thoughts fresh and hopeful. By playing, you will soon find a new spring in your step.

Susan W Kurz



About Susan W Kurz

As a certified biography facilitator, Susan work with parents, teachers, therapists, writers, professionals working in recovery or anyone who is interested in their own inner development and ancestry.

Through several careers over the past forty eight years, she has been dedicated to sharing a holistic approach to healing, to business, and to bringing Biodynamic principles and Anthroposophy to the public.

About her contribution

Title: Gardens of Karma

Anthroposophy schooled me to think holistically about the world and my place in it.

Biography and Social Art taught me how to feel rather than to react emotionally to my life and to the life of others.

Writing my memoir engaged my will to embrace my karma, accept who I am and take conscious steps to fulfill my destiny while finding purpose and meaning.

In this presentation, we'll be learning a practice to discover the themes in our lives that give us a voice to share our unique but universal story more creatively.

Sanna Andrea-Dia

About Sanna Andrea-Dia

Sanna used to work as a theatre teacher in a Waldorf school in Amsterdam. There she started to coach teachers and parents, reflecting on the relation between them and the children. It became clear that adults need to know themselves by reflecting on their biography, to be able to educate children with dignity and joy.



About her contribution

Title: Parenting through wonder

What does wonder mean to you? How much time you give yourself to wonder and how can wonder be of help in the 'spiritual intimacy' with your children, as Rudolf Steiner mentioned so beautifully.

In this gathering Sanna would like to guide you back to a wonderful moment out of your own childhood. You will draw and observe that situation with great openness and interest. She will talk about how the quality of a moment changes when you melt into it, by consciously staying in that moment for a while. What do you actually experience through your senses, what story reveals itself and what do you find as an essential value experienced in that precise moment? The awareness of those values will not change so much. You will need to live them, bring them to practice within the relation with your children.

In the second slot I will guide you in awakening your creative self, through improvisation and storytelling. Those skills easily open up the spiritual intimacy between you and your children.

The Hotam School

Presenters: Orna Ben Dor & Yael Armony

About 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.



About Yael Armony

Yael Armony is an experienced Biographical Counselor & Art Therapist, a teacher, supervisor and co-manager at Hotam school.

About their contribution

Title: 'The Authentic I' & Freedom

- What is freedom?
- What is the difference between: 'Astral Freedom' (false freedom) and 'Freedom of the I' (true freedom)?
- Who is 'holding' my I and how can I take back possession over it?
- Am I a 'free spirit'?

Yael & Orna will touch these questions and more in 2 sessions that will include a lecture ('thought'), and biography work ('will') on the subject.

This subject is part of the course: '**The Philosophy of Freedom as reflected in our biography**', that was developed at 'Hotam' School for Biographical Counselling and is based on the research of Mr. Zvi Briger of blessed memory, and on the book of Orna Ben Dor on the same theme.

Jolie Hanna Luba

About Jolie Hanna Luba

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



About her contribution

Title: Towards developing the 10th hierarchy - the beings of freedom and love

As we deepen our studies in Anthroposophy and Spiritual Science, we begin realizing that the Divine Plan follow specific Cosmic Laws and one may wonder how freedom play a role in it.

Human beings were granted Freedom when allowed to incarnate in a physical body on Earth. As we experience our individuality, we feel separated from the Spiritual World and we have the chance to learn how to freely engage our will and find the Spiritual World while still on Earth!

The Hierarchies are cheering for us!

They are looking forward to the development of the Human I and the co-creation of the 10th Hierarchy. How would you choose to participate?

Participants will be encouraged to engage in drawing and conversation throughout our 45 minutes together.

THANK YOU

The Association wishes to thank Dr. Michaela Gloeckler who sent us a message of Greeting to be read at the commencement of the Gathering.

We thank each member of our community who are contributing to the Gathering,

For details of the Gatherings and to register please visit
www.holisticbiography.com