

Association for Holistic Biography Work

The Voice of
Biography...

An International online magazine



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Team

Rashmi Malhotra



It's said that mother is the first teacher of the child. In my case, it just went the other way round, for Anthroposophy came my way due to my first child. It was a meeting with his teacher who was working with Anthroposophy that made me think about it. A few study group meetings opened the vast subject to me. It's already been 10 years and now I am qualified to be called a Kindergarten Anthroposophy student.

I am trained in Extra Lesson and completed Biography training under Karl Heinz Finke, in India, in 2018. I continued with my mentoring under Karl Heinz and am presently using Biography work to transform lives of many through individual consultations and group work.

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

Sandhya Durai



I met Anthroposophy about 12 years ago and through it, Biography Work. I see my life as 'before I met Biography Work' and 'after I met Biography Work'. It seems like I have 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 I met Biography Work, is my trainer, mentor and guru, Karl-Heinz Finke.

I use Biography Work in my interactions with people, conduct Biography based workshops and now am nurturing the Association along with my colleague, Rashmi Malhotra.

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 works with individuals and groups in clinical as well as salutogenic settings.





A Note from the Founders

Dear Members,

Greetings!

When we first thought to publish the e-magazine, we felt that we could do it three times a year. After we started effort of collecting articles, identifying the different sections and putting it all together, Rashmi felt that we could do this effort only twice a year. While considering the rhythm of publishing the e-magazine, we first considered April and October, because these mark seasonal beginnings in India.

When we were discussing this with Rakhee Mathur, she suggested June 21 and December 21, the reason being these marked the Summer and Winter Solstices. This was a rhythm of the Earth and the Sun.

This felt very aligned with the Association's intent of being a holding space for Biography Practitioners from all over the world. The syncing of the e-magazine with the Sun's rhythm in relation to the entire earth.

We feel the Summer Solstice as a celebration in the warmth of the Sun and the Winter Solstice as a preservation of the Sun's warmth during the cold and dark days.

In the current global pandemic situation, which is cold, dark and frightening for all of us, we send you this e-magazine as a reminder of the Sun's healing and welcoming warmth.

Love & Light,

Rashmi & Sandhya



CONTRIBUTIONS



The Genesis of the Association and the Journey till now....

- *Rashmi Malhotra & Sandhya Durai*

It was one of those fine relaxed evenings where a group of biography students sitting together after dinner were enjoying a casual conversation. Least aware, that they were sowing the seed of something that was going to be a part of the history of the Biography Work in the world. I was as much a part of the conversation and as unaware as others.

The idea was to build a space where all of us keep meeting and learning from each other even when the training gets over, so that the drive to move on the path keeps getting fueled. We had experienced the three-year Biography journey and realized it's value and the shifts it had brought in our lives.

Five of the trainees decided to take this fun-filled initiative seriously and the idea of the association was born. The idea was simple and small, too tiny to be of any major consequence to us. We were creating a space where all of us could keep connecting, sharing and growing.

The Being of Biography had already decided something else.

As the journey continued, it seemed like there were only two who were destined to take the initiative forward, starting from a scratch and not having a clue of how to go about it. Well, destiny takes you to spaces, you have never visited before.

I guess the feeling of feeling lost is a huge part of surrender. And surrender we did. There was no option. We had to face the fear of failure. The force of destiny or the Being wouldn't have it any other way.

Acceptance of our legal documents by the authorities, at the last minute, after so many attempts and with so many last-minute glitches in the internet, was a miracle for us. We were all prepared to be told try again.

Guess not, it seemed like we were on the right track - the legal body of the association got approved.

The ASSOCIATION FOR HOLISTIC BIOGRAPHY WORK was born on 6th October'2019.

We were ecstatic and had already thought of relaxing, feeling our struggles were over.

But as they say, what is life without struggles and who would know it better than Biography practitioners.

The Association was not ready to stay limited to India and was born for a larger purpose - for the world, for the larger Biography community to come together. (Interestingly, the motto still stayed the same - connect, enrich and grow)

We finally mustered the courage to accept the vision being shown to us by the Association and walk the path, accepting that if we lose, it's ok, we tried.

Our first International Biography Gathering to be held on 19th -22nd November 2020 was announced.

We set out with an intent that the gathering would be an enriching, insightful, impactful, joyous and memorable experience for all the speakers, participants and the Association. We didn't know any more adjectives ;)



We were blessed in more than one way. Few of the pioneers in the area of Biography blessed us by being ready to present in the gathering. Some joined us as participants. Biography community across the globe responded and we had more than 70 participants from around 12 countries. We were honored and humbled by the experience. The Gathering had been well-received.

We realized we were merely humans serving the cause and that's all we need to do – serve.

From the Gathering came the impulse to have our first workshop about Death and Dying. I thought we were supposed to talk about life and living. It touched many hearts and opened the space to talk about death and dying at the feeling level.

The Association has its own ways.

Our first magazine which was also supposed to come in much earlier, finally got released on June 21st, 2021 choosing the special day of Summer Solstice.

As we move forward on our path of creating more ways and spaces for Biography practitioners to connect, enrich and grow, we have only one intention - that the sacred space for Biography practitioners to connect becomes more beautiful as many more members of our community join us in this initiative.

With gratitude to the Being and all those who were a part of this journey & helped us in any way, we bow down in humility and acknowledge your contribution from our heart.



The Two Legs on Which We Walk

-Josien DeVries

During the good forty years I have been involved in Biography Work (BW), I have had to explain probably more than a thousand times what that actually is. And as far as I remember, at the time I have indeed found a 'thousand different ways' of describing, characterizing and defining this our beautiful mission. And I am sure there are even more adequate wordings with which one can express the essence of what we strive to bring into the world. Probably just as much as there are practitioners who describe their professional activities.

For the rather festive occasion of the first edition of this new e-magazine, I gladly share one version I currently feel comfortable with. May it be an invitation to all of you, dear colleagues, to share yours in a next edition, some day.

I am looking forward to meet you in the way you represent our profession.

Action and Reflection.

In 'Friends of My Heart' Claire Blatchford gives us a poem we often use in our biography courses and trainings; especially those modules that deal explicitly with Time and the Lifepath we all go. Moreover, I also chose it as the motto for my ongoing international research group on Biography in Organizations.

In this group -a kind of laboratory- we explore uncovered ground, so the path isn't given. We have to find it: action-research. Every meeting (4 times a year, two hours online) starts and ends with this motto; both in English and in one of the 8 languages present in this group.

The path comes into being by being trod upon,
By being discovered step by step.
Do not sit back and expect the path to appear of itself.
One has to begin, to move, to go somewhere to find it,
Even if the movement only means working toward a right attitude.
The inner compass can direct one in the right direction
So that outer movement is not senseless wandering.

- Claire Blatchford

This poem speaks to me because it confirms a basic truth about life on earth: we may and can embark on the journey. As a matter of fact, it is the only way!

Once born and somehow 'arrived' as an adult, it is up to us. Our life is ours; Go for it!

Ultimately this leads me to a characteristic of BW I value very much: With BW we support and empower our clients. We help them find their drives, goals and mission in life. It is as if we always implicitly (and sometimes maybe even explicitly) say: Great, you can do it, just go for it!

But of course BW isn't only about the future, the next steps, the action and the doing.....



In fact, I noticed, many people associate BW with the Past in the first place. And truly, BW also can be described as 'a structured opportunity for reflection on your life experience' in order to find meaning, a feeling of 'ownership and coherence' and a sense of essence and trust. So how about this, as a definition: 'BW enables action and reflection'.

Or would you prefer to state it the other way round?

Either way, with my clients I walk on two legs. Life is a dynamic process, and so is BW. Step by step the path comes into being and we can become aware of this process, if only we learn to look into the mirror.



And as a reminder or icon for this aspect of reflection, I gladly share a second source of inspiration. It is a piece of art by Michelangelo Pistoletto, I found in a Dutch museum for Contemporary Art: Buddha. For myself I call it: Oh Man, know thyself. Isn't it amazing?

About the Author: *Josien de Vries (*1955, Zeist, NL)*



After attending a Waldorf School she trained as a Career counsellor (1974-'78) and worked as management trainer for social skills at Dutch Telecom. In 1982 on invitation I became staff member in B.C.J. Lievegoed's team at the Vrije Hogeschool.

It is in this Foundation Year Program for young adults, developing general human and social skills, that I met my lifelong partner and colleague Rinke Visser, with whom I happened to share my life's mission.

In 1994 we founded the Instituut voor Biografiek in Driebergen, Holland. Currently I find the basis from where I work in 3Consult: Contact, Co-creation and Compassion.



Re-Cognition of the Leader Within

(A process for the exploration of life to become the true leader in the light of ancient Indian wisdom)

- *Surya Chirravuri*

Potentially everyone is a leader. Here leader does not mean a role, status or an intellectual identity of an Individual. It (leader) represents a realized individual (or in the process of realizing), who is leading his/her life and exploring life possibilities.

What is realization? It means 'realizing the true potential' which exists naturally with the human – the five spirits, powers or true potential are Limitlessness, Bliss, Wholeness, Wisdom, and Freedom.

The inspiration for this work is one of the Mahavakya (The Great Sayings) from ancient Indian wisdom, which says *Aham Brahmasmi* (अहम् ब्रह्मास्मि) - "I am Brahman". At this point in time our sense of Brahman is "The Leader Within".

Structured Approach:

If we are already a potential leader, then what is stopping us to be? It is a self-exploration question. In this exploration, we are removing the aspects that are hindering/blocking our true potentialities - the five powers. For example, impressions, limitations, and contamination are some of the hindering/blocking aspects.

Humans are not only psychological beings, they more than that. The idea of this work is to bring spirituality as well, as a developmental aspect in a simple way through day-to-day living. Though there are many ways to understand spirituality, our sense of spirituality, and spiritual development, as re-cognizing the true potential and the leader within.

We emphasize a three-dimensional approach for the learning possibilities and development – namely spiritual development, phenomenological development, and psychological development.

3E Model:

With the above idea of the three-dimensional approach of development, we are devising a simple model, The 3E model, Existence – Experience – Expression, for this exploration.

Sadhana (A Comprehensive practice):

The ancient Indian wisdom placed Sadhana in a very high place. A **comprehensive practice (Sadhana) consists of two aspects a) knowledge b) action**. Without these two aspects, no practice would be effective.

It is very interesting to observe how miners extract gold from the ore. The non-gold particles are removed systematically by adopting many methods, tools, processes the miner adopts/applies to enrich the gold. In that process, the concentration of gold increases. Interestingly, in the process of mining, the miner is not creating any gold particles. It is already there the miner is extracting the gold. Once the gold, in its purest form, is available we can transform it into any jewellery.



Similarly, through Sadhana the individual explores their life to cleanse or remove that which are hindering/blocking the true potential (for example patterns). The true potential aspects are not awarded or granted. They are not somewhere to be achieved. They are already within the individual, and they are simply **Re-Cognized**.

The below are the elements of Sadhana which focuses on two aspects of Comprehensive practice, Knowledge & Action.

How do we recognize that we are re-cognizing the true potential?

The individual, who is progressing through comprehensive practice shall radiate 26 qualities.

This work reflects a tiny drop absorbed from the great ancient Indian saints who offered wisdom for the greater well-being of humankind. The work is in progress. There are many details I could not explain. Any curious souls can find them in my blog.

Blog: <https://pratyabhijnaasurya.blogspot.com/>

Web site: <https://sites.google.com/view/pratyabhijna/home>

About the Author:



***Surya Chirravuri**, is a self-explorer and is aspiring to create a space for a network of life practitioners in the light of ancient Indian wisdom. He is a certified Biography Consultant and is currently being mentored by Karl-Heinz Finke. He lives and works in Bangalore, India.*



Earth and Man as an Arena of Conflict

- Orna Ben Dor

“In their action, Luciferic forces invite Ahrimanic influences which act from without rather than from within – they are enacted through everything which is presented as exterior forces. Thus, Ahriman is the one who rises through Lucifer, and we – humans – are deeply involved in the conflict between these two entities.”(R. Steiner , Manifestation of Karma, Lecture 7).

Lucifer is the seducer who is also known as the snake of Eden. His aim is to keep Man in the world of the Spirit and disconnect him from material existence, and thereby also from his proper evolution. Lucifer achieves this through the promise of happiness, light, wisdom, and lack of suffering.

Ahriman is the entity that appropriated the cosmic intelligence that was intended for man, but denied it from the warmth of Man's heart. His goal is to distance Man from the spiritual world, turning him into a material, mechanical entity that has forgotten its divine roots. Ahriman tempts Man with eternal life on earth, seducing him to extend his physical being at any cost. Unlike Lucifer, who seduces man through the pleasure principle, Ahriman promises control and power.

What is the cosmic conflict? How are human beings supposed to address it? How has history treated it? How is it expressed in Man and on Earth, in physical terms as well as in spiritual ones? In addition, we will try to answer the most important question of all: Can we liberate ourselves from the conflict? Can Lucifer and Ahriman be liberated? Finally, can the conflict itself be liberated? I will try to answer these questions while emphasizing the importance of the conflict as an independent entity that occurs on the stage of the Earth as well as in Man.

Man is the 'arena of struggle' in which these contradictions take place. The conflict will be traced on all levels of human existence – from the physical to the spiritual – revealing that the conflict itself, and not its solution, constitutes redemption.

The Earth is the fourth materialization of our existence. It was preceded by the ancient Moon, the ancient Sun and ancient Saturn. Each of the first two planets – ancient Saturn and the ancient Sun – had one dominant quality. The Moon was a transitional planet – a planet of metamorphoses which was devoid of inner conflict within the emerging entities.

“You must think away everything that can be perceived by the senses; you must even think away your own inner world, in so far as this consists of the wanted working of the mind. Further you must think away from everything that is in the world, all the concepts you have within you. Thus you must remove from the external world all that the senses can perceive, and from the inner world all the workings of the mind, all conceptions. And now, if you wish to form an idea of that soul-disposition which a Man must have if he really holds the thought that everything is taken away and Man alone remains, we cannot say otherwise than that he must learn to feel dread and fear of the infinite emptiness yawning around us. He must be able to feel, as it were,



his environment tinged and saturated with that which inspires dread and fear wherever he turns, and at the same time he must be able to overcome this fear by inner firmness and certainty."

-Steiner, 'Evolution in the Aspect of Realities'

The Sun represents light, life and beauty, which are also related to the Luciferic element. Saturn stands for darkness and lifelessness, i.e. the death related to the Ahrimanic element.

The Cherubim actually perceive spiritually what is now taking place within the Sun evolution, but they renounce all the fruits of this perception; they forego the feelings produced by these wisdom-filled images that arise there; they allow these to flow into the dreamy consciousness of the Sons of Life as magnificent, magic visions. These Sons of Life in turn work the imagery of their visions into the human ether body, thus enabling it to reach ever higher stages of evolution [1].

Whereas Saturn and the Sun represent a constant, whole essence – the first represents death, darkness and fear, whereas the other stands for life, beauty and fantasy. The essence of the Earth is conflict. The Earth represents a conflict between binary opposites – life and death, spirit and matter, Logos and Eros, man and woman, etc. Man, in his very being, incorporates opposites, in soul and spirit, and these co-exist in harmony, without cancelling each other out.

The Conflict in Human History

Human history is fraught with numerous conflicts that ended with the annihilation of one of the sides. On the macro level, empires conquered other empires, and destroyed them. When individual persons suffer conflict, they try to win by exterminating their opponent – by killing him literally or figuratively, or by demonstrating moral (or other) superiority.

Conflicts that end with the victory of one side are often the result of one of the conflicting sides' inability to contain them. The inability to host the conflict relies on the impulses that reach Man through Lucifer and Ahriman. Lucifer tempts man with happiness and endless light, and makes the developmental transition through suffering redundant. Ahriman, on the other hand, advocates control over the other and the resistant's killing. Both Lucifer and Ahriman act against the conflict since both come from conflict-free planets.

The Different Elements of Conflict within the Human Body – The Conflict between Blood and Nerves

In his work "Study of Man" Steiner presents a flow chart of two kinds of contradictory processes that happen on three dimensions – physical, mental and spiritual.

The first of these processes is referred to by Steiner as the "processes of the blood" and includes the (physical) blood circulation, imagination, fantasy, sympathy (mental), will and Lucifer (spiritual).

The second process is called the "nerve processes" and includes the (physical) nerve system, perception, memory, antipathy and discrimination (mental) and Ahriman (spiritual).

Everything pertaining to the soul is expressed and revealed in the body, so that on the one hand we find revealed in the body what is expressed in antipathy, memory and concept. All this is bound up with the



nerves in the bodily organization. While the nervous system is being formed in the body all that belongs to the pre-natal life is at work there. The pre-natal life of the soul works into the human body through antipathy, memory and concept, and hereby creates the nerves. This is the true concept of nerves. Similarly, in a certain sense, the activity of willing, sympathy, picture-forming and imagination works out of the human being. This is bound to the seed condition; it can never really come to completion but must perish at the moment it arises; it has to remain as a seed, and the seed must not evolve too far. Thus, it must perish in the moment of arising. Here we come to a very important fact about the human being. You must learn to understand the whole man, spirit, soul and body. Now in man there is something continually being formed which always has the tendency to become spiritual. But because out of our great love, albeit selfish love, we want to hold it fast in the body, it never can become spiritual; it loses itself in its bodily nature. We have something within us which is material but which is always wanting to pass over from its material condition and become spiritual. We do not let it become spiritual, and therefore we destroy it in the very moment when it is striving to become spiritual — I refer to blood, the opposite of the nerves.” [2]

The Conflict in the Human Soul

Two forces are at work in the human soul – sympathy and antipathy. Sympathy is the force of attraction, whereas antipathy is the repelling power. Importantly, Steiner does not attach an emotional or moral value to these powers and treats them like powers of attractions and repulsion, much like the magnetic forces.

There is a certain parallelism between physical and emotional processes. Excessive sympathy is expressed in increased physical vitality, turning the individual into a mystic or a theosopher who is sunk into dreams and ‘floats’. This excessive vitality is similar to fever, infections in the respiratory system, pneumonia and extreme physical energy.

Antipathy is expressed in solidification processes, such as calcification, which are parallel to a wood-like thought, i.e. the tendency to become inflexible, pedantic, dry and opinionated.

Both trends are required in order to maintain human life. It would be impossible to understand any topic without the energy of the imagination. Likewise, we cannot achieve order within our world without some pedantry and without achieving a balance and a proper attitude towards the world.

The Conflict in the Human Spirit

In the human spirit, conflict is expressed between a) Man’s willingness to be connected to the spirit while forgetting that he is an entity of spirit that must pass through matter and integrate it, and b) a full identification with material identity.

The process of solidification and calcification contains an essential, invisible and supra-sensual aspect that can be discerned by the trained eye. This aspect is Ahriman. The Ahrimanic forces constantly strive to turn us into a dried corpse. If they were the only ones in actions, we would calcify, wrinkle and stagnate. We would be awake all the time and would not be able to fall asleep. The contradictory forces of vitality, softening, imagination and fantasy are Luciferic in essence. We need them so that we do not turn into corpses. However, if they were the only ones at work, we would remain children. The Ahrimanic treatment of another person as an object, allows the destruction of that person, i.e. his transformation into a ‘corpse’.



Time as an Evolutionary Factor

From an evolutionary viewpoint, Lucifer and Ahriman control Man until the age of 33, at which time the Eternal Self appears.

In human biography, the age of 33 is called the 'Age of Reversal'. Up to that age, Man should materialize into an earthly entity and realize himself in 'matter': study, find a life partner, bear children, develop a career, establish a home, etc. At the age of 33, the first seed is sown for Man's identification with his spiritual identity, gradually making room for the question of self-realization and mission in life.

The evolution of the Earth as well as the individual, are dependent on the fulfilment of tasks in a given period of time. These tasks must be carried out before the demise of the Earth or Man.

If in the mental element – sympathy and antipathy – time does not function as an accelerating force, and Man can continue to move between the two at any time. It is Man's spiritual development that allows him to embody both forces. This spiritual development is, therefore, the ability to maintain both opposites at the same time.

The contradictions within the soul persist over a long period of time, for a whole 'seven year cycle'. The first part of these seven years is marked by sympathy, enthusiasm and initiative; its second part is marked by antipathy, alienation and difficulty finishing tasks. The transition between the two takes place every three-and-a-half years (approximately).

However, spiritual oppositions, wakefulness during daytime and sleeplessness during the night, occur every day and night.

The shorter the period of time required for the transition between the two, the higher the spiritual level of the field in which the conflict takes place, approaching a state of simultaneousness in which **Time is turned into Space**.

The transformation of time into space within Man is expressed by the ability to contain the conflict and its contradictions without choosing one of the sides and annihilating its opposite.

This ability requires a certain containment of the silent suffering of Man – carrier of the conflict and the battlefield between oppositions. This duality is in stark contrast to the Luciferic tendency to avoid suffering at any cost and the Ahrimanic tendency to control the other or exterminate him.

This is how time turns into space as we become independent of time and transcend it to reach the Higher Hierarchies.

Lucifer and Ahriman in the Human Soul

Until the 15th century, Lucifer ruled human evolution. From the 15th century until the present, Ahriman's influence has increased. The biblical Garden of Eden represents the transition from Lucifer (the snake) to



Ahriman. If in the Garden of Eden, God provided for all of Man's needs, the fall required human intervention in the creation as Man began to work the soil. This state characterizes the transition from hunter-gatherer societies to permanent settlements, in which Man interfered in natural processes of growth and therefore also in the creation. It is the transition from Abel to Cain.

Ahriman and Lucifer are constantly in conflict within the human soul, but also struggle against Higher Beings. Ahriman's goal is to turn Man into a creature of cold intelligence, which does not create new things, much like himself. Lucifer, on the other hand, wants to detach Man from the development of the Earth and turn him into spirit.

The role of the Ahrimanic within us is to maintain the homeostasis required for a life of serenity and peace. This tendency is related to the etheric element of the plant world. Ahriman acts within the Etheric Realm – that of life. Thought results from a metamorphosis in the Etheric Realm. Unlike the living thought, characteristic of the 'mainstream' of the Higher Hierarchies, Ahriman's thought is cold and logical – dead. His goal is to rule man by lulling his consciousness and penetrating his unconsciousness.

Because of Man's need of homeostasis, he refuses to experience the conflicts that take place within him, and his instinctive-automatic tendency is to project them onto his surroundings. An essential stage in human development is the willingness to incorporate these conflicts, without trying to get rid of them, by raising his awareness to them.

When we live the conflict and are aware of it, we create the spirituality of the Earth. The projection of conflict generates difficult situations – in politics, between people, and in nature (earthquakes, tsunamis, etc.).

The Physical Conflict

The famous physicist Isaac Newton discovered the conflict between forces that move a mass and the resisting powers within that mass. Each body we try to move, even if placed on wheels in order to avoid friction – will resist movement. Newton called this the **inertia** of matter. Inertia resists change. There is therefore a conflict between the forces that support movement and those that resist it, i.e. inertia. Matter is 'torn' between these two forces.

Similarly, the soul is ripped in states of conflict. The evolutionary forces, the **Higher Hierarchies**, aspire to move us towards the World of the Spirit, and, in fact, towards the end of life. On the other hand, Ahriman seeks to drive us towards eternal life, whereas Lucifer tries to sever the bond between Man and Earth. The conflict between Ahriman and Lucifer, or between Ahriman and Lucifer on the one hand, and the Higher Hierarchies on the other, tears the soul and yields suffering and pain. In other words, human suffering stems from the enduring struggle between these two forces. The fear of death 'rips' us apart and keeps us in our comfort zone.

"When we study human death, which we have often spoken of, we can discover in it something of a counterbalance to Luciferic forces. Death, as you know, is not a single isolated phenomenon; we begin to die the moment we are born, the impulses of death are laid in us from the beginning and eventually manifest in actual death. These impulses within us provide a counter balance to Luciferic forces, for it is death which



leads us out of temporality into the enduring realm.” (R.Steiner, Evil–relation of Ahrimanic and Luciferic Beings, p. 91).

Each time we suffer, something within us, related to homeostasis, dies. Human suffering and the stride toward death are expressed in our plights – old age, economic hardships, family problems, class issues, sickness, etc. Death is related to the **First and Second Hierarchies**, which advance us into the World of the Spirit.

The understanding of the Conflict, and the willingness to maintain it within us, contributes towards our redemption and the salvation of the Earth. The contradicting forces (Lucifer and Ahriman) also have a positive role as they allow us to experience the conflict within us.

Our spiritual development must pass through our ability to contain conflict. In this regard, our friends and family play a central role. If they treat us badly, we experience negative emotions, which, in turn, arouse resistance and a **strong desire** to project the conflict onto others. Redemption resides in the ability to contain conflict, and accept negative emotions with their lethal Ahrimanic quality, without projecting it onto the karmatic messenger who confronted us with the conflict.

One example found in the biblical sources is God’s demand that we contain the conflict within us and control it. He tells Cain: “And its desire is for you, but you should rule over it” (Genesis 4, 7).

Cain’s jealousy of Abel was so insufferable that he sought to rid himself of his brother. In other words, Cain’s inability to contain his emotion drove him to murder. The astral is the emotion, whereas the ability to contain emotion is performed by the ‘I’. In the case of the Biblical example, the sin is astral whereas the “ruling over it” is carried out by the ‘I’. Unlike Saturn and the Sun, the development of the Earth is a synthesis of oppositions and the ability of the ‘I’ to contain them simultaneously.

Conclusion

Our era is still tainted with the conflict-less nature of previous Planets, and our development depends on the resistance to their remains, i.e., the resistance to the influence of Lucifer and Ahriman. Whenever we want to ‘annihilate’ our fellow beings, be they Jewish, Arab, religious, secular, etc., we reject the conflict and project it outwards. The development and redemption of the Earth depends on our ability to contain the conflict within us, take responsibility for it, and not project it on others.

Much like the authenticity of the independence of death in ancient Saturn, as were light and life in the ancient Sun, conflict must become an independent Entity that stands between humans, enabling them to develop spiritually.

If so, Man’s task is to protect the ‘enemy’, his fellow Man with whom he is in conflict, and not to annihilate that enemy. It is that conflict and alleged enemy that allows us to ascend to Higher Hierarchies. Therefore, Conflict itself is the source of development and redemption – ours, as well as the Earth’s.



References:

[1] – See more in: http://wn.rsarchive.org/Books/GA013/English/AP1972/GA013_c04-04.html#sthash.VLanY3oJ.dpuf

[2] See more in: <http://wn.rsarchive.org/Lectures/GA293/English/RSP1966/19190822a01.html#sthash.biEPQ3f>

About the Author:



Orna Ben Dor *is an experienced Biographical Counselor, 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.*



On a Lighter Note....

The Conflict Continues....

- *Anonymous Author & Artwork*



"A man and his dog were walking along a road. The man was enjoying the scenery, when it suddenly occurred to him that he was dead. He remembered dying, and that the dog walking beside him had been dead for years. He wondered where the road was leading them. After a while, they came to a high, white stone wall along one side of the road. It looked like fine marble. At the top of a long hill, it was broken by a tall arch that glowed in the sunlight. When he was standing before it he saw a magnificent gate in the arch that looked like mother-of-pearl, and the street that led to the gate looked like pure gold. He and the dog walked toward the gate, and as he got closer, he saw a man at a desk to one side. When he was close enough, he called out, 'Excuse me, where are

we?' 'This is Heaven, sir,' the man answered. 'Would you happen to have some water?' the man asked. 'Of course, sir. Come right in, and I'll have some ice water brought right up'. The man gestured, and the gate began to open. 'Can my friend,' gesturing toward his dog, 'come in, too?' the traveler asked. 'I'm sorry, sir, but we don't accept pets.'

The man thought a moment and then turned back toward the road and continued the way he had been going with his dog. After another long walk, and at the top of another long hill, he came to a dirt road leading through a farm gate that looked as if it had never been closed. There was no fence. As he approached the gate, he saw a man inside, leaning against a tree and reading a book. 'Excuse me!' he called to the man. 'Do you have any water?' 'Yeah, sure, there's a pump over there, come on in..' 'How about my friend here?' the traveler gestured to the dog. 'There should be a bowl by the pump.' They went through the gate, and sure enough, there was an old-fashioned hand pump with a bowl beside it. The traveler filled the water bowl and took a long drink himself, then he gave some to the dog.

When they were full, he and the dog walked back toward the man who was standing by the tree. 'What do you call this place?' the traveler asked. 'This is Heaven,' he answered. 'Well, that's confusing,' the traveler said. 'The man down the road said that was Heaven, too.' 'Oh, you mean the place with the gold street and pearly gates? Nope. That's Hell.' 'Doesn't it make you mad for them to use your name like that?' 'No, we're just happy that they screen out the folks who would leave their best friends behind.'"



A Personal Journey of Karmic Discovery

- Laura Summerfield

Recently, Karl-Heinz Finke and I ran three *Destiny Learning* Courses online for participants in Taiwan. This went well, with positive feedback received from participants.

During each 5-day course, Karl-Heinz and I demonstrated the *7-step Destiny Learning Process*. I shared a different incident in each course and had the good fortune of having Karl-Heinz help me make sense of incidents and experiences where three *karmic doubles* sprang into action.

During the first course, I shared a recent incident where a painter abandoned an agreed urgent job, and I was left in shock and sorrow. The process led me to grapple with issues of trust and betrayal, and my disproportionate sense of trust and feelings of warmth for people who agree to do something for me, when they are being paid to do it. Of course, the question became: in what kind of scenario would this have been an appropriate response? The detailed 7-step process led me to the picture of a graceful young woman, living in a manor house in a rural countryside with trusted family servants. In a fraught political situation, there is betrayal, followed by a quick and painless death. We called this *karmic double*, the *Smiling Assassin*. Whenever I negotiate with those I pay for a service, this part of myself can be triggered, leading to possible serious miscommunication.

During the second course, I described another recent incident, where I stepped toward the owner of a bicycle that my husband was riding away to test out, and offered myself as a hostage. Walking home, I realised that this response was disproportionate. Where had this thought and my occasional use of military language or strategic/security thinking come from? Following the 7-step process over the 5 days, we identified the *Over-vigilant Quartermaster* – overseeing provisions during a time of war. Now that I have named them, I can see them popping up throughout my life journey, always ready to defend or provide provisions of all kinds.

Finally, during the third course, I remembered a painful incident where I was filled with hot white righteous anger after receiving a dismissive message in a workplace, as if I needed to wield the sword of Michael to defend my work. After work to identify the 5 elements of Trigger, Reaction, Response, Setting and Mismatch within this incident and a related one, I realised that there is an aspect of my *karmic double* that may be called, the *Disabled Monk*. They always expect to be supported in their work and now need to 'wake up' to new realities.

Doing this intense personal work over a month, and sharing my process, affirmed for me the value and power of doing this course and 7-step process. It offers a cosmic, spiritual picture for our development, and a safe practical way of understanding our *karmic double*, helping us to explore both *incident karma* and *instrument karma*.

I encourage any of you who have completed the *Destiny Learning* course to form small groups and continue your personal journey of exploration and realisation using this powerful 7-step process.



About the Author:-



Laura Summerfield, BA (Hons) MEd (Steiner Ed)

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. She is co-author with Karl-Heinz Finke of the [Biography Log-book](#) and is working on several other texts aimed at making Biography Work accessible.

In 2007, Laura completed the 3-year Training cycle in Biography Work with Karl-Heinz, who is now her partner. At 67 years old, she is a wife, mother, and grandmother, and enjoys an active work life and fulfilling 'final' phase in her biography, that draws together many of the threads in her life.



Space and Time, Love and Light

- Jolie Hanna Luba

What is it that warms up when I see a loved one?

How can I become friends with someone that my physical body never met?

Covid brought many considerations for all the human beings living on this planet at this time. People had creative ideas in order to continue to interact with friends and family even when not allowed to be together.

Although we could not share space, we were given the chance to share time. Meetings, classes, study groups, and so many events were transferred to zoom and people from different places were able to connect. That's how I met Rashmi and Sandhya.

"Nothing makes the earth seem so spacious as to have friends at a distance; they make the latitudes and longitudes", said Thoreau. And I would add: "Nothing makes the earth seem so small as to have friends at a distance: they make the time zones!"

If our paths crossed on the street, I don't know if I would recognise Rashmi or Sandhya!
I don't know how they walk or even how tall they are. I don't know anything about the look of their eyes or the touch of their hands, or any other characteristic we take for granted when we are physically with loved ones, like their smell for example.

And yet I feel something deep when I think of them. I have the image of their faces and their names. And a huge gift: everything we shared in conversations. ❤️

I like to think that the pandemic brought a tangible way to experience that which remains when we die - the bond between two people, the gathering of "I"s.

My connection with Rashmi and Sandhya is as real as with people I see every day at work. It's actually stronger. It's similar to my relationship with a long-time friend when we talk over the phone, or via WhatsApp.

What's the meaning of "being together" after all? I believe that if we open ourselves to practice, to "bring down" our spiritual beliefs, perhaps our relationships can give a new meaning to "being together". Yes, we inhabit a physical body and we may fully embody it! Be physically present to the ones who are in front of you; and yet know and feel that you are equally present when you are not sharing physical space!

Spirit is never without matter; matter is never without spirit!

Last week I had a thought. What if I died and was trying to contact a loved one through my heart, sending love, but they had closed their door? What if they were not open to me when I tried to reach them? I would have no phone to text....



It made me think that I need to talk to my family and friends and ask them to always believe in my love for them. It made me think of so many people who have crossed the threshold during this time. And to imagine them trying to reach out to those who have a hard time believing in that which cannot be seen or touched.

After all, they have just taken the journey before us, and in the words of Steiner, *"have only assumed another form. Having died, they stand before our feelings like those who, through life circumstances, have travelled to distant lands, to which we can follow them only later. We have therefore nothing to bear but a time of separation. Spiritual science must help us learn to feel and experience this in the most living way we can."*

May we find ways to bridge the two realms with love and light.

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, starting her 12th year with them.

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 a local group called Death Care Community with monthly meetings.



Encountering the I while Encountering the Other

- Alexandra Mettrau

I would like to introduce myself here at the Association for Holistic Biography Work with a subject that is dear to my heart and that speaks about my personal and professional search. It is also the foundation for the biography work that I practice which was created by Gudrun Burkhard. The topic is about "Encountering the Other".

In the biographical workshops and training, we have always offered some space for sharing each one's life stories and those moments are precisely about that encounter - they foster an awakening to the other.

People who come to this work are usually interested in looking at their own story, with its suffering and learning moments. Most of the time, people don't know each other, and would probably not have met in life because they may not have anything in common. And yet, when they begin to hear someone else's biography, they get in touch with some sort of unexpected revelation through the sharing of a great pain, a moment of resilience, or a sweet gesture. That can be something totally new, unknown and unthought of, or something very familiar, close and surprisingly familiar to aspects of their own story.

Little by little, a listening state begins to emerge through a loving interest, free from judgment. We can see beyond the facts shared, realizing that each one has their own biography, their own origin, and their own story. Each person lives and perceives the actions and situations in a unique way. Even imagining that our choices would be different under similar circumstances, we understand that the situations are never the same. Even if the *external facts* were the same, each one has such a unique *background* that each experience ends up being individual and personal.

Listening to others also helps us get in touch with our inner self in a warm and surprising way. It allows us to inwardly contemplate other options when facing situations and working through challenges. We realize our pain is not the only one, nor the most important, nor the biggest... And sharing our joys and learning experiences can be helpful in healing or softening someone else's suffering, or even our own.

In that way, a community is established, even if only for the space and time of the workshop or training. It is a community of healing, of learning, of consciousness and self-consciousness, of freedom and warmth. Therefore, encountering the other is a key element to encountering the self, to encountering the "I".

In this first article for the Association magazine, I thought of bringing this perception that is so dear to me and in doing so create a space for us to exercise this Encountering. I will begin by sharing a bit about myself.

I am Brazilian, married, with no children. I live in Rio de Janeiro, where I was born, in a house with my husband and some cats and dogs. I like to study and I have degrees in both Law and Psychology, after having studied Biology.



When I was 26 years old, I was in a crisis at the Biology School and that dissatisfaction led me to search for a different kind of education. I was looking for an education that could awaken in children an interest in the world so that they could develop their potential. And although I knew I was not going to work with children, I went to a Waldorf Teacher Training. That was the beginning of a deep loving relationship with Anthroposophy; the beginning of a growing delight for the human being and its relations to the environment and the cosmos.

In these 24 years since then, I became a Biographical Counselor and dove into Goethean studies and Social Art. I have a deep interest in the relationship between the human being and the cosmos, which leads me to study the Zodiac, the planets and the solar system in their origin, and their influence on human beings. Out of this love for the deepest mysteries of macro and microcosmos, I continue my search into the karmic laws and the study of Christ brought by Steiner as a basis for the biography laws and connections. As a coordinator and teacher of the Biography Training and Anthroposophical classes, I try to share my research in a way that may awaken my students' interest and creativity.

About the Author :-



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).



Will Iceberg – A Perspective on Will

- Captain Preetham Madhukar



“It is greater to conquer yourself than to win a thousand battles. Then the victory is yours and no one can take it away from you” – Zen Wisdom

Will Iceberg – A Perspective on Will

“It is greater to conquer yourself than to win a thousand battles. Then the victory is yours and no one can take it away from you” – Zen Wisdom

Will represents action or effort in any form, effort of body (through limbs), effort of feelings (through expression) and effort of thought (through clarity). Will is also karma from a Vedic lens. Like the old saying from rural India, ‘What all Karma have you done? Or What is your Karma?’

Like an iceberg, Will (action or effort) appears at the surface or interface between your inner-desires (bottom part) and your outer-self (top part) through which the world perceives you or you connect with it.

If your inner-being and your outer-self are fully aligned and in harmony, then your outer-self i.e., your physical, mental and emotional states easily follow your inner or true desires or it means your body simply does whatever you’ve asked of it. We can observe this by how you keep your word to others, since we cannot truly see or know how you keep your word for yourself

Here, the ‘word’ means your inner-desire or true-desire. The difficulty is in recognising your inner-desire or voice and not getting confused with your body’s voice.



Your outer-will (actions) is driven by foremost of virtues - courage and courage in turn is driven by genuine love and true love arises from true surrender – surrender to your true-self or the universal spirit that guides you.

‘Will’ is like the engine and courage is the fuel. Courage is need for expressing freely, thinking boldly and for following through with your actions. Our world seems to be running out of fuel both literally and metaphorically with regard to will. This virtue is the absolute need if we are to do any meaningful work.

Similarly, your outer-self connects to an outer spiritual force through your worldly actions (will) showcased through your skills, knowledge, talents, gifts and grace.

As an example, if your true desire is to make a billion dollars or find a cure for a disease or become a 100m Olympic gold medallist, then you will achieve that goal, provided your inner and outer will is fully aligned, in your true control and you have strengthened your will to access real intuition and gained an absolute mastery over your body elements – at this stage, where your outer-will (body) simply follows all your inner-desires.

Some clarifications for the words used above

- *Inner Will = Inner Self = True Desire = True Ego*
- *True Desire = Not someone else’s desire or the society desire, but your own.*
- *Outer Will = Outer Self = Outer or Body’s Desire = False Ego*
- *Body represents your current form in this life and includes your physical, mental and emotional states or beings.*
- *Inner Will is the spirit or spiritual force that resides in your body and uses your body as a tool or instrument to express its true desires to the outer world.*

About the Author:



Captain Preetham Madhukar, Founder & Program Director @ Skills Beyond Education & Inner Strength Guide



Biography Cards



Every biography is a unique composition of specific events. Birth and death, childhood and work, leaving home and finding one's own, the search for love, loss, fear, striving towards a goal.... It appears in everyone's life. The order of the events, as well as the perception of these is utterly personal. Through harvesting your life experiences and observing your development, you change your life into your 'biography'; your personal path of growth towards your destination, towards freedom and autonomy.

The Biography cards picture general life situations. You can give the pictures a certain order to express your own biography and to search for the thread in your life. You can use them as a starting point for sharing your own life stories, either with a listener or just for yourself. They have various options to work with and are great for use in group-work as well as individual counseling.

The Cards are for sale:

<https://www.etsy.com/shop/BiographyArt>

About the Creator: 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.



Exploring Biography from the Lens of Mandala

- *Deepa Mahesh*

Biography work has been a beautiful lens to understand my patterns, my gifts, my struggles, my memories, my learning's. With my life unfolding in an ever-interesting way, and with my deep interest in studying my biography over and over again and looking at the essence of my experiences to gain new insights, I embarked on this journey to see and study my biography from the lens of Mandala practice.

What is a Mandala?

A mandala is a geometric configuration of symbols normally represented in a circular form. It can have many concentric circles called Aavarna (in Sanskrit). Inside a large circle, the mandala practitioner starts either inside out or outside in to represent the art that they wish to. The symbols and images that are represented in the mandala come from the depths of the unconscious of the practitioner and they have deep significance to the intention set by them.

The most special thing about the process of drawing the mandala is the syncing of breath. Every line, curve, colour or space represented in the mandala is co-ordinated with the breathing pattern of the practitioner. A mandala without syncing the breath is just a drawing, but this form of mandala practice stays alive even after the inner world is represented through symbols. It heals the practitioner and it offers a possibility of healing to those who view the mandala.

To me, this method of mandala practice is a deep self-awareness and self-reflection tool. I have been immersed in this practice for the last 1.5 years (sometimes one every day, other time more or less) with a deep inquiry "Who am I?" in the depths of my being. Every word I write as answers to this inquiry feels not enough for me to really know it.

My Urge

As a practitioner, I draw only when I have a deep urge to represent my inner world through this art form.

The Inquiry that expressed itself was

"If I drew my biography as a Mandala, how would it look like?"

And what emerged was this art"





Mandala 1 – 1 to 7 years



Happy joyous inside out.

I lived with my grandparents and parents and with my mothers' siblings.

I was happy, radiated joy to all those who came to me.

I brought Light (the meaning of my name) to their life. I was the first grandchild too. I was pure (black and white strokes)



Mandala 2 – 7 to 21 years



This 7 was the time when I started splitting and fragmenting.

In my inner was a range of feelings – loneliness, extreme fear, guilt, shame, held captive, not free, stuck

In my outer, I felt joyous, bubbly, radiant, always smiling, ever helpful, obedient, never said No to anyone,

In the inner I was melancholic, in my outer others saw me as Sanguine.

I believed I was Sanguine.

Confused to the core, I couldn't choose my vocation, education, pursuits or friends. I was heavily dependent on my mother, that made me shrink further but also feel comforted that I didn't have to do it all by myself.

In essence it was a “BEAUTIFUL SPLIT”

Mandala 3 – 21 to 42 years



The split continued silently,

The inner became even more dark and expanded;

Outer also became more colourful and expanded.

There were life experiences in pockets full of true joy, enthusiasm, unconditional love, marriage, kids birth, a very loving family I was married into, extreme success at work were few of them to mention.

Was I satisfied with them? Yes, momentarily.

The void and the darkness inside was growing. I was searching. For something, someone to fill my “Bottomless Pit”

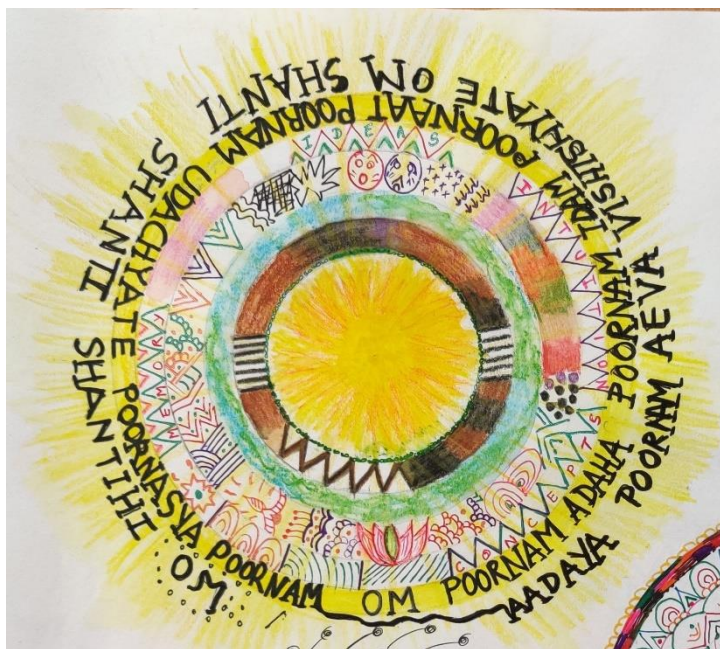
Every time I thought I found that person, experience, object and settled, I travelled to the colourful outer. Without that experience, I quickly travelled to the dark inner, which was an

inconsolable experience.

My only respite was “I never stopped asking myself. Who am I really?” all these years. And I longed and longed to see myself without these experiences, people, objects but never knew how I could have that experience once.



Mandala 4 – 42 to 44 years



Life circumstances landed me into my biggest of life's learning's. and the answer I was seeking is what is the representation in this Mandala.

In my inside, I am radiance, brilliance, pure light energy

In my outer, I radiate the same inner energy outside and touch numerous life's thought my Being.

Finally I am aligned, I am true to my name (Deepa which means Light).

The last words in the mandala are a verse from Ishavasya Upanishad (a sacred text) which means

"Om, That is complete, This is complete, From the completeness comes the completeness"

If completeness is taken away from completeness,

Only completeness remains

Om, Peace peace peace"

I feel a completion within and outside. I am in awareness of my Divinity, my Power, my light.

I welcome all experiences, people and things and also draw boundaries consciously.

I live with the awareness that "I am light"

Integration Mandala

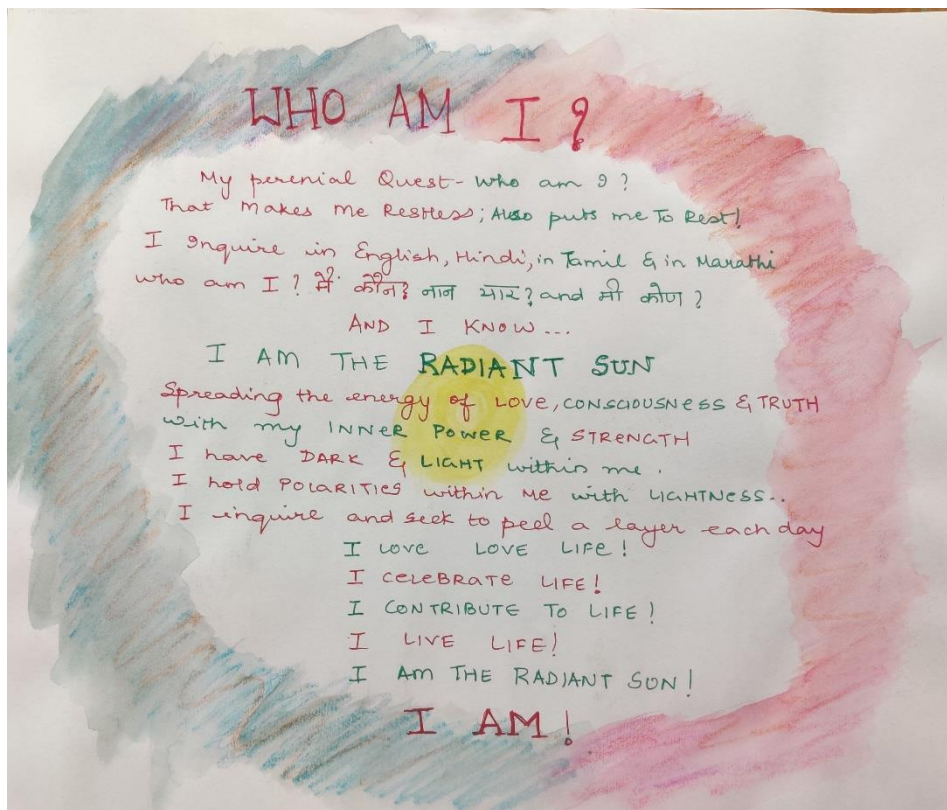
From the above images, finally as an integration to my Biography, the last Mandala emerged.



I hold the good and the bad within me, I hold all polarities, I hold the seed and the flower. I am so full, radiant and complete.



There is no seeking anymore. I feel so fulfilled.
I am ready to live my life purpose every minute.
This is the final poem after I drew the Mandala



My birth signature was about the presence of a polarity of Holding fear/confusion AND flow/smoothness

This has also been my life's struggles.

Most of my life (till 42 years of age) I have been confused and extremely fearful and I split further and further.

Having understood the wisdom of my biography, today, I have learnt

1. How to hold confusion and unclarity
2. How to hold ease and flow
3. How to hold both with joy and deep acceptance without projecting or acting out or victimising myself.

I love my life on this earth and look forward to more unfolding and more layers coming to my consciousness.

I bow down to the wisdom my life offers and the practice that Biography work and Mandala work has offered to me.

About the Author:



Deepa Mahesh is the Founder & CEO of Poorna Wellbeing. She enables "Root to Shoot Transformation" in Leaders and Organisations through Life and Leadership Coaching, Wellbeing interventions and Speaking events. She integrates multiple modalities to raise human consciousness and shine the light on their "True Self". She graduated as a Biography Consultant under the tutelage of Karl Heinz Finke and has been striving to integrate the wisdom with Eurythmy, psychology, expressive arts, mandala art and more to enable deep inside out transformation in clients. She is a Life Long Learner and her children and her own biography have been her biggest teachers.



An Integral Approach to Self-Mastery LiFE Metamorphosis

- Anil Grovor

The pandemic has been an inflection point in human history. **Individuals** are coping with unprecedented stress. **Leadership** is adapting to unpredictable reality. **Organizations** are reinventing for Work from Anywhere. **Society** is experiencing a complete metamorphosis.

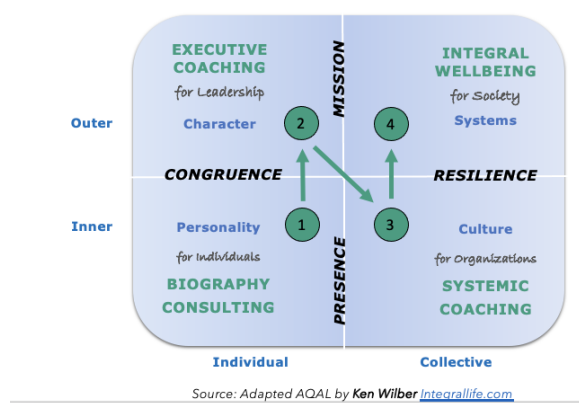
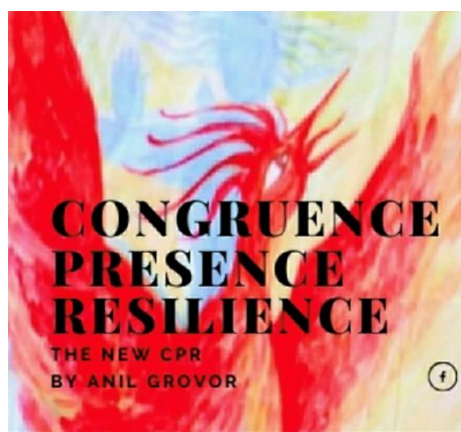
This is an SOS for Humanity and needs a CPR. The **SOS** implies giving attention to *Self, Others & Systems*. The **CPR** implies doing the inner work to develop *Congruence, Presence & Resilience*. It requires a Journey of **Self-Mastery** of at least 9 months for sustainable change.

Knowing **Self** starts with exploring one's values, examining one's beliefs, measuring one's propensities, and seeing one's patterns. Relationship with **Others** is the modern-day initiation and pathway to individualization. Sustainable change is possible only with **Systems** Thinking.

Congruence implies alignment of Thoughts, Feelings & Actions. **Presence** implies being in the *Here & Now*. **Resilience** implies sensing and responding to the emergent reality. CPR was a phrase we coined for LiFE Metamorphosis in 2019. The pandemic has made it an imperative.

LiFE Metamorphosis is an Integral approach to Self-Mastery for Individuals and Leadership. It is a 9-month journey with 12 group sessions, 12 professional coaching 1-1s and 12 action learning 1-1s in curated cohorts of 12 participants. Aspirants are in 40 to 60 years age group.

Atmatva Integral Metamorphosis (A.I.M. Model) is powered by creative collaboration of global conscious practitioners of Wellbeing & Coaching. This facilitates Individuals, Leadership Organizations and Society to Reinvent Self and Systems to thrive in the post pandemic world.



Atmatva Life Chart (A.I.M. Model Chart) is the evolution of Panorama Chart used in Biography Work and flips the life chart to start with *Here & Now*. This accelerates insights and interconnections for Individuals and Leadership based on their seven-year life phases.





LIFE Metamorphosis

A.I.M. Model Chart by ANIL GROVOR



Humanising Karma WINTER - Seeding	Mission Karma AUTUMN - Fruiting	Affinity Karma SUMMER - Flowering	Nature Karma SPRING - Leafing
10 th Life Phase: 63 – 70 yrs FIRE TRIAL Clearing Clutter	9 th Life Phase: 56 – 63 yrs ESSENCE Embodying Wisdom	6 th Life Phase: 35 – 42 yrs DISCERNMENT Crisis of Meaning	1 st Life Phase: Birth – 7 yrs TRUST Imitating People
11 th Life Phase: 70 – 77 yrs WATER TRIAL Navigating Ambiguity	8 th Life Phase: 49 – 56 yrs HARMONY Aligning Mission	5 th Life Phase: 28 – 35 yrs BALANCE Karmic Encounters	2 nd Life Phase: 07 – 14 yrs RELATION Learning Together
12 th Life Phase: 77 – Death AIR TRIAL Embracing Unpredictability	7 th Life Phase: 42 – 49 yrs STRIVING Mid-life Crisis	4 th Life Phase: 21 – 28 yrs INTEREST Crisis of Talents	3 rd Life Phase: 14 – 21 yrs TRUTH Outgrowing Family

Source: Adapted from Life Panorama Chart devised for Biography Consulting by Karl-Heinz Finke, holisticbiographywork.com

LIFE Metamorphosis is anchored in *Biography Work* or *Life Story Work* pioneered by Gudrun Burkhard, and Bernard Lievegoed. The approach is influenced by indications of Rudolf Steiner (1861-1925) and has been developed as **Holistic Biography Work** by **Karl-Heinz Finke** from his study with Gudrun Burkhard, Coenraad van Houten, and Helmuth ten Siethoff.

About the Author :

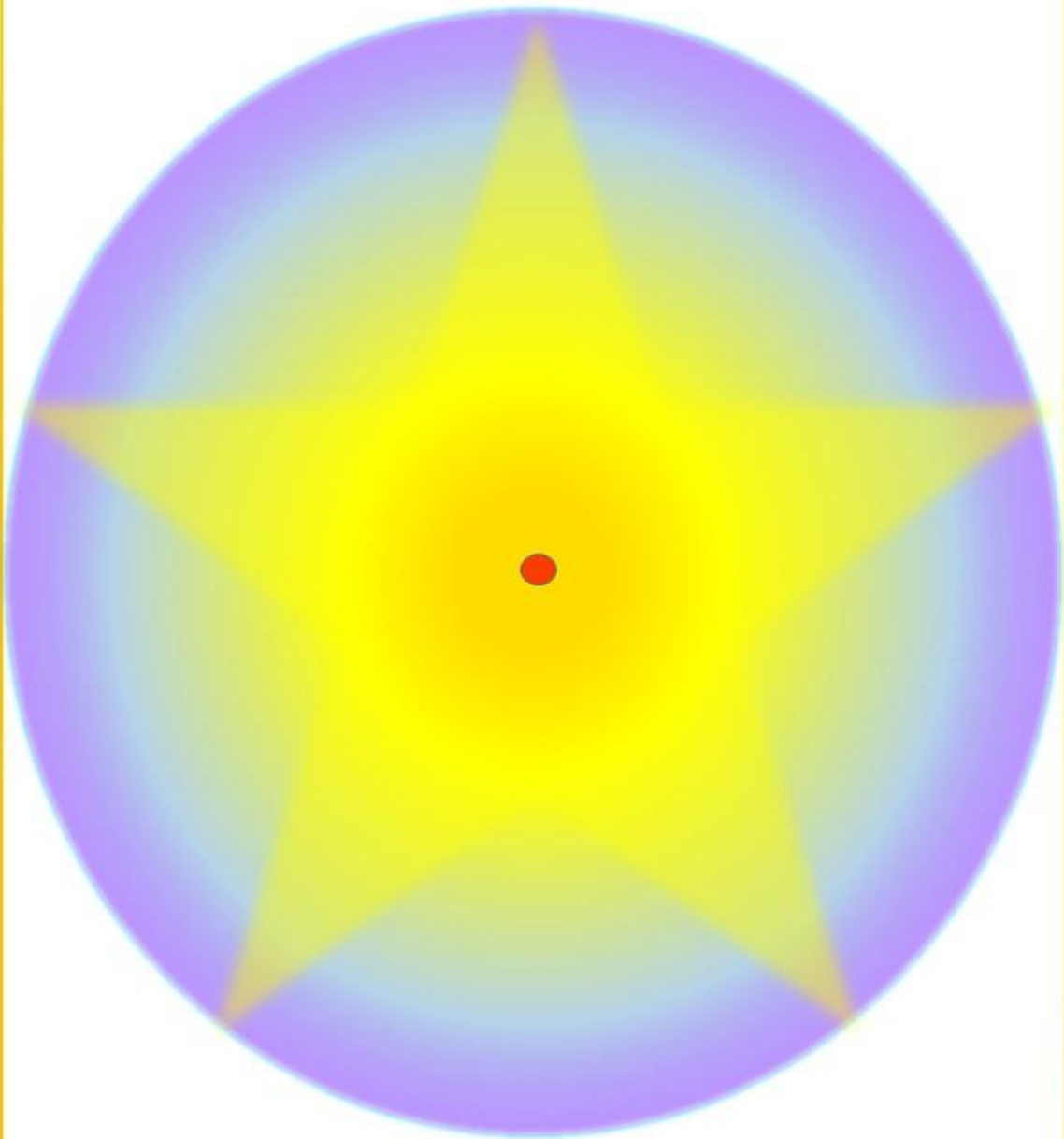


Anil Grovor started his research in this field in 2000 with his relocation to Hyderabad. His journey of learnings with Dr Lakshmi Prasanna (Anthroposophy), Karl-Heinz Finke (Biography Work), Chrystal Haynes (Eurythmy), John Campbell (Culture Transformation Tools), Peter J. Reding (Professional Coaching), Cliff Kaiser (Polarity Thinking), Raghu Ananthanarayanan (Yoga Sutras), Sushanta Banerjee (Process Work), Ashok Malhotra (Existential Universe Mapper) and many other brilliant mentors is complemented with 30+ years of lived experience as a Corporate Leader, Serial Entrepreneur and **Professional Coach**.

Contact anil@atmatva.com (Anil Grovor, Executive Chairman, ATMATVA) for collaboration.



Engaging the “I”



Live with the Question!

Rashmi Malhotra

*"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 a set of biographical questions for all the fellow Biography practitioners, across the world, to look at, ponder on and be with. They are based on exploring the theme of '**Uncertainty**' which we all face everyday and in the Covid times, found it in the face.

- ***What does 'uncertainty' mean to me?***
- ***Where have I experienced it in my life and in what forms?***
- ***What did it ask of me- in thinking, feeling and willing realm?***
- ***What did I give? What did I get?***
- ***How was the process for me?***

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



Meeting the Book!!

Rashmi Malhotra

“Thinking and feeling correspond to the two-fold nature of our being to which reference has already been made. By means of thought we take an active part in the universal cosmic process. By means of feeling we withdraw ourselves into the narrow precincts of our own being.

Thought links us to the world; feeling leads us back into ourselves and thus makes us individuals. Were we merely thinking and perceiving beings our whole life would flow along in monotonous indifference. Could we only know ourselves as Selves, we should be totally indifferent to ourselves. It is only because with self-knowledge, we experience self-feeling, and with the perception of objects pleasure and pain, that we live as individuals whose existence is not exhausted by the conceptual relations in which they stand to the rest of the world, but who have a special value in themselves.”

- “Human Individuality”
The Philosophy of Freedom

Rudolf Steiner’1916

Thanks to Orna Ben Dor for introducing me to this thought-provoking, reflective book, in Community Studies by Hotam School. My journey with this book is far from over, for each line of the book gives me a lot of food for thought. What I bring here is what excited me about these few lines from the book and made me wonder about us as “human beings and our innate desire to be free”. {Interestingly, it is also linked to the theme of our Gathering in 2022.} Hope you find some answers to the questions related to your innate desire of FREEDOM.



Biographical Activity

Laura Summerfield

As Biography practitioners, we know the importance of reflective activities in our life. This section aims at providing Biography practitioners, one activity every edition, for us to work with ourselves and our companions.

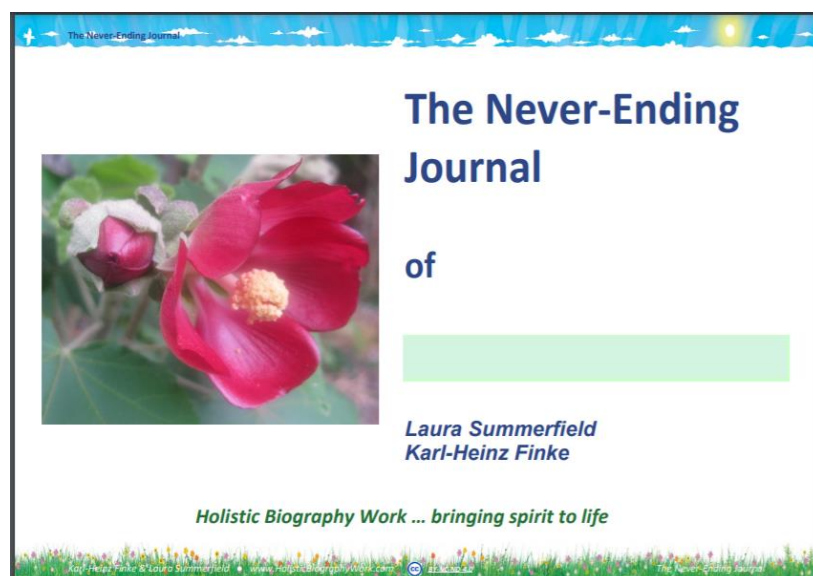
Do share your thoughts and ideas or any other activities that you would like to contribute to your Biography community. We would love to publish it.

For this edition, the Biographical Activity is **The Never-Ending Journal** by **Laura Summerfield**

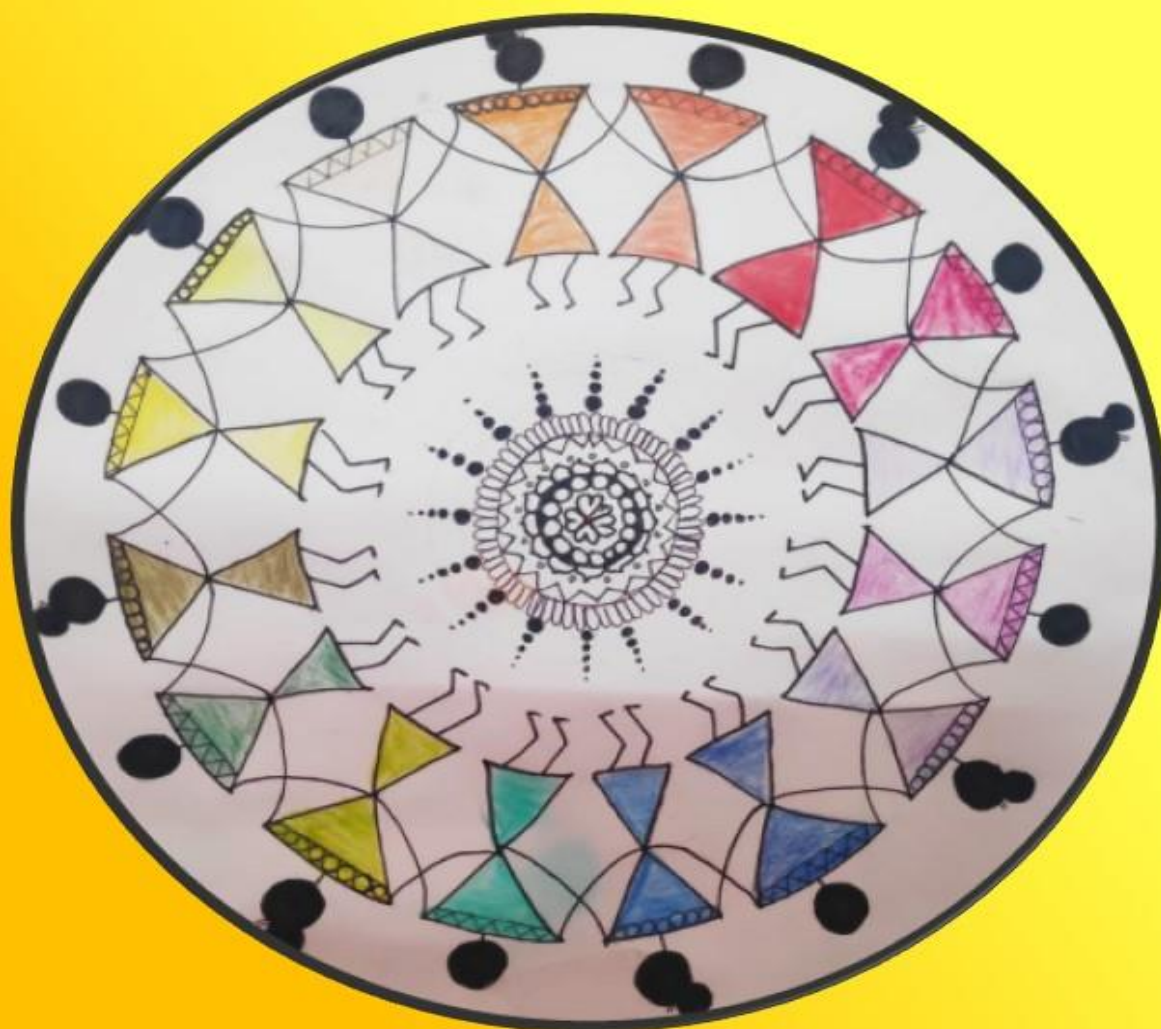
Laura had presented her “Never-Ending Journal” at the Association’s first gathering.

Here is the link for the same. We hope that your year’s experiences will be recorded and remembered in this beautiful journal, that Laura has so thoughtfully put together.

<https://holisticbiographywork.com/.../The-Never-Ending...>



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

94 members strong

...and counting

We have colleagues from these countries as members of our community

**Argentina | Australia | Brazil | Chile | Finland | Germany | India | 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)**

Professional Associations are professional bodies of Biography practitioners, across the world.



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.

Hotam School for Biographical Counseling and Research of Karma

Practicing Karma in English via zoom 2021-2022:

<https://www.ornabendor.co.il/en/english-practicing-karma-via-zoom/>

Community Studies in English, Spanish and Portuguese:

<https://www.ornabendor.co.il/en/english-on-line-studies-in-the-community/>

Living-Way

<https://holisticbiographywork.com/training/>

The following courses are available for online studies in Holistic Biography Work. Each consists of a Learning Pack with a Study Guide, lectures, readings, activities.

Courses available now:

- Introductory Course – First Steps in Biography Work.
- Foundation Course – Take Charge of your Life.
- Typologies – Understanding Self & Others.
- Trials and Thresholds – Awakening to Initiation through Life.

These courses will be released during 2021:

- Mental Health Challenges – Recognising Common Mental Health issues.
- Communication Skills – Sensing with 4 ears in human communication.
- Helping Conversations – Deep Listening & Empathy in Encounter.

Trainees in our first Online Training Program have started their studies.

Next intake: toward the end of 2021 to start studies in 2022.

Enquiries: Karl-Heinz Finke & Laura Summerfield, mail@holisticbiographywork.com

Skills beyond Education

www.innerstrengthguide.org/

About Inner Strength Guide

This is an online portal to help a person gain personal mastery with high impact, powerful tasks & insights into yourself.

The Inner Strength Guide draws deep inspiration from 3 B's of Anthroposophical practices i.e., Biography, Bothmer and Bio-Dynamic Farming. The portal and guides also use other modern research practices, old-seafaring models to navigate everyday live using practical nuts and bolts to make your day and life more meaningful, playful and robust.



You can reach out at preetham@skillsbeyondeducation.org to know more about the annual membership, the fee and the enrolment process.

New Adult Learning Movement

Programs at www.newadultlearning.com are for personal and professional development, for parents, organizational development and trainings to be a New Adult Educator. They are offered in 3 one-week intensives or a series of 10 weekend sessions in person or on-line.

THREE PATHS OF LEARNING

- Path 1 – Sevenfold Learning – Practicing transforming knowledge into new wisdom
- Path 2 – The Path Inward – Awakening to karma and destiny
- Path 3 – Creative Spiritual Research – Co-creating the new in the self and world

Path 1 - The Sevenfold Path

Learn and practice the sevenfold path that moves from self-knowledge to a wisdom-filled worldview and onto newly awakened creative forces for life. Movement and Watercolor Painting.

Path 2 - The Path Inward

Step onto the path of Karma and experience how your past is both holding you back and leading you forward. Remember your destiny intention, which has the potential to transform your moon karma into sun karma. Movement & Pastel Exercise.

Path 3 - Creative Spiritual Research

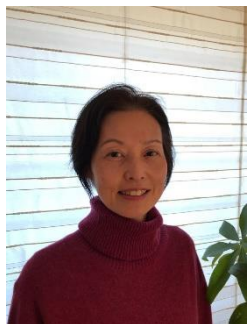
We were once naturally in communication with the spiritual world. As we evolved, we lost this connection and can now cultivate our relationship consciously through our interests, intentions, and initiative. Become a co-creator with spirit and live into your unique destiny. Speech & Clay Work.



Introducing the Members of Our Community

This section entails the introductions of our members from across the globe and intends to help us know each other.

Masumi Uchimura



Hello from Japan!

I am a former Steiner school teacher (English language) and currently working as a biography dialogue facilitator together with my colleague Kaori Akimoto.

Both of us are also organizing members of the GAIAjourney Japanese language track. GAIAjourney is an online program offered by Otto Scharmer (senior lecturer at MIT and a Steiner school graduate) and his group. Through this program, we've been learning a lot about how to bring anthroposophical impulse to the world without using our (sometimes notorious) jargon.

Regarding biography work, Kaori and I are currently facilitating two groups of people (12 people in total) using the "Biography Log-book" as a tool. I translated this book into Japanese with great help from Karl-Heinz Finke and Laura Summerfield. We really appreciate their efforts in making this tool available to a wider audience!!

Capt. Preetham Madhukar



Capt. Preetham is a Trustee of Varuna Foundation, the Director at Skills Beyond Education and Inner Strength Guide

A ship captain by profession who has sailed as a master mariner across seas and oceans for over twenty years. He brings his rich experience of working with various crew nationalities and life learnings from shipboard voyages to connect with his workshops and training programs and navigate through everyday life.

He founded "Skills Beyond Education" in 2016 by drawing inspiration from varied spiritual and educational philosophies on education and human values and blending with his personal experience and knowledge of working with young cadets & officers.





Offerings from the Association



Looking Back with Gratitude

Annual Event – Biography Gathering

1st Virtual Biography Gathering'2020

19th -22nd November'2020

**LIFE PATHWAYS
& BIOGRAPHY
WORK -
STEPPING
CONSCIOUSLY
INTO FUTURE**

A Gathering of Biography Practitioners & Students

We were touched and inspired as our community members came together with enthusiasm in the Association's first event.

Our sincerest appreciation and gratitude to each of the participants for their presence and support



Deep Gratitude to our Speakers, as we share one-word feedback from our participants



Sharing from the Participants

Gratefulness for the Gathering (*Sanna Dia*)

Be humble for you are made of earth,

Be noble for you are made of stars.

Looking back at our gathering, I feel how it moves on in my soul as a poem. Truth painted with careful words. Tones that resonated in my will to become more and more in tune as a human being in relation with our earth and cosmos. There were bridges created between my Inner world and my outside world and nurtured with images like: "listen to music and paint what you hear and look at a painting and make music out of it."

It stroked me that we were asked to bring the courage to see ourselves as incomplete, for we are always in the journey of becoming.

We were guided into speaking and listening as an art: "When I speak I also listen, from soul to soul, also during the night. With my soul I listen to who we were, who we are and who we will be in the future. I hear the words and I hear the unspoken. I hear the tone; I see the facial expressions and I listen through all my senses. Am I available to hear and see you? Not through my ears and eyes, but through my warmth, my interest. Is it the interest in myself hearing you? Or is it my interest in hearing you."

I have been taught in the training to see myself and the others through all the layers.

Layers...

Everything inside us is in relation to how the planets are in the cosmos. The cosmos affects us because it formed us. We must bring in tune all these layers within us; the 12 zodiac signs, the 7 planets, the 4 temperaments, our constitution, to help ourselves develop on our path to become creators. We can perceive the rhythms and the relations that are around us. We can relate and reconnect, for all this potential is within ourselves.

We were invited to strengthen our 'self' as a centre of the universe of which we are a tiny part.

Awoken is my sense of responsibility as an individual and as human being, that we are the cosmos.

We are guided by what nature wants from us. Are we able to tune in with what nature, life, creation needs? Can we hear the screaming and the pain of creation? Let this pain creates awareness as a spiritual exercise. To resonate with what life on earth is calling us to do. Let us move on from the idea of 'owner' to 'caretaker' of life, of our environment.

I reflected on the days backwards on all the sensory experiences, and took them to the night. I took the dear people I met during the break-out rooms and many questions into the night. I woke up and looked



back into the night. There the fruits of the night grew out of the nutrition of the day before. The seeds of those fruits I plant within my deeds and decisions. And it encourages me for which I am very grateful.

Sanna Dia



My name is Sanna Dia. I worked for twelve years as a drama teacher and mentor in a Waldorf school in Amsterdam. I have always experienced my students as my teachers. Now I live with my husband and our three youngest children in an old farmhouse in the hills of northern Italy where nature speaks of her needs in a truly clear way to us. And by understanding her needs and acting out caring for her, I experience a wisdom that flows to me as from an ancient source, that resonates with the Anthroposophy. Now I am putting all my energy into helping parents and (kindergarten) teachers to become more aware of the importance of our connection with nature and our natural Self; nature's elements resonate within us and we may experience, around and in ourselves the divine world of creation. (We also have guest rooms if you would like to stay over, feel welcome). Warm greetings, Sanna

www.la-strella.com or [Sanna Aisha Andréa-Dia | Facebook](#) or sanna.a.dia@gmail.com

Experience of Karl's contribution (Padmini Sheshadri)

Dear Karl,

Biography in my understanding is the human journey for finding a path that is directed from the soul. It gives the soul an imaginative experience which will enrich him in exploring his own personal development. He can also intuitively visualise his understanding of how to play an active part in making life meaningful. From the astronomical point of view it gives us a thorough understanding of what kind of person we really are. Socially, human beings can create an environment to live in freedom. Finally a new journey unfolds a path that directs the soul to an inner path to wisdom.

Padmini Seshadri



I'm Padmini Seshadri. I run a school called Inodai Waldorf school in andheri, Mumbai. I'm a sports, gymnastics, gardening mentor and teacher and outdoor education facilitator. I met Anthroposophy in 1996 from Ms. Aban Bana. I am also one of founder-member of Tridha Waldorf school. We started our own school Inodai. I'm a member of the school of spiritual science.



Looking Back with Gratitude....

Jolie Hanna Luba for holding the space
during these workshops

Association for Holistic
Biography Work
presents

Opening the Door
between
Life and Death!!!

An Introductory
Workshop

by

Jolie Hannah Luba

on

May 8, 2021 at 7:30pm IST

Association for Holistic Biography Work
presents

Exploring the Veils
between
Life and Death

May 22nd, 29th, June 5th, 12th



Sharing of Experiences from the participants



Yesterday's Rainbow Painting. I dance and swirl with love, to meet you at the rainbow bridge, where we have been meeting since time and space unknown... that's where you have been lovingly dropping me and later carrying me back home each time, without fail. Looking forward to meeting you again, after I shun my organic weight, disconnect the earthing, as my soul's choices to heal itself, through this realm gets over, as my coupons for the Earthy-ride are used and exhausted ♥ 😊 🙏 – Tripti Raikwar, Trishti Healing



{P.S. There were many more beautiful sharing. Due to paucity of space, we couldn't mention all of them. Deep gratitude to all for participating and sharing. }



Looking Forward....

Association for Holistic Biography Work

presents

The Master Class

on

Zodiacal Forces in Human Soul

by

Alexandra Mettrau



Dates : July 24-25, July 31-August 1, August 7-8

Time : 6:30 pm - 10:00 pm IST; 10 am - 13:30 pm Brasilia Time; 9 am - 12:30 EDT
(The master class will be for 3.5 hours each day with half an hour break.)

Venue : Online with Zoom

Who can attend : Biography Practitioners, Anthroposophic Psychotherapists,
Anthroposophists

Fees:

For Members: 8000 INR/90 EURO/110 USD

For Non-members: 9000 INR/ 100 EURO/120 USD

For more details and to register, please visit www.holisticbiography.com

Goal of the class

The class aims to

- help us understand what the Zodiac means and how it manifests in our Biography.
- help us to build a new relationship with the stars
- investigate our own Biography in order to get in touch with and develop the Divine Spark that lives in us.
- prepare us to use the understanding of the Zodiac in our work with clients.

Know your facilitator :



Alexandra is an Anthroposophical researcher, a Biographical Counselor, 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.



Association for Holistic Biography Work
invites contributions for

The 2nd Virtual Biography Gathering
Dates: October 21-24, 2021.

Theme:
**Possibility of True Freedom: An Exploration in the
Consciousness Soul Era**

In the time of the Consciousness Soul, where there is so much apparent freedom externally, the possibility of true freedom, both external and internal, becomes more relevant.

This leads us to the theme for the 2nd Virtual Gathering and the questions that flow from the theme.

1. What is true freedom? Is it even a possibility?
2. Challenges and tasks of the Consciousness soul era
3. Gifts of the Consciousness Soul era and Responsibilities we carry
4. Where are we really free?
5. Who and what determines freedom?
6. How can we become free - Tools and Exercises
7. Role of Experiences in determining our freedom

Looking forward to your contributions.
More details will be up shortly on our website
www.holisticbiography.com





WE ARE GRATEFUL

To all of you who wrote articles for the e-magazine and shared their feedback to our offerings.

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

To all those who saw the possibilities of this e-magazine and encouraged us to think bigger.

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)



