## **International Online Biography Gathering 2023**

### **Featuring**

Core Aspects of Biography Work

3 Lectures, Dr Michaela Gloeckler

Anthroposophical Psychiatryof Body, Soul and Spirit2 Lectures, Dr Martha Koelman

# Study Guide

#### Presented by

Living-way ... Holistic Biography Work Australia Association for Holistic Biography Work India

Taiwan Association for the Promotion of Biography Work

Biography Dialogue Institute Japan

#### **Time Plan**

5 hours: AU 17:00-22:00 | CN,TW 15:00-20:00 | IN 12:30-17:30 | CH,DE 09:00-14:00 | UK 08:00-13:00 |

	I				I	I	
Time	Min.		Friday – 16 June 2023	,			Sunday – 18 June 2023
		9 .		Please log-in until 5 minutes before the start of the day.			
00:00	05	Verse	Verse	Verse	00:00	05	Verse
00:05	05	Individual reflection	Individual reflection	Individual reflection	00:05	05	Individual reflection
00:10	10	Organisational info	Organisational info	Organisational info	00:10	10	Organisational info
		Mood of the day	Mood of the day	Mood of the day			Mood of the day
00:20	60	Biography-work as a Key to a	The "I" and its Double	Salutogenesis and Resiliency in	00:20	60	Anthroposophic Psychiatry
		new Self-understanding		Biographic Consultations			of Body, Soul and Spirit - Part 1
		Michaela Gloeckler	Michaela Gloeckler	Michaela Gloeckler			Martha Koelman
01:20	10	Short break	Short break	Short break	01:20	10	Break
01:30	20	Q & A	Q & A	Q & A	01:30	60	Anthroposophic Psychiatry
							of Body, Soul and Spirit - Part 2
							Martha Koelman
01:50	20	Break	Break	Break	02:30	20	Break
02:10	60	Learning groups on the lecture	Learning groups on the lecture	Learning groups on the lecture	02:50	60	Q & A
		topic	topic	topic			Preview Master Class
							Mental Health
03:10	10	Break	Break	Break	03:50	10	Break
03:20	60	Presentation	Presentation	Presentation	04:00	20	Presentation
		Julie MacLeod	Natasha Singh	Vibha Hariharan			Worldwide Biography Confer-
		David Bowie	Mahatma Gandhi	Sri Ramana Maharishi			ence 2024 in Japan
		A Biographical Study	A Biographical Study	A Biographical Study			Fumiko Chikami
04:20	20	Presentation:	Presentation:	Presentation:	04:20	15	Reflections on the day
		Association for Holistic Biog-	Living-way	Taiwan Association for the Pro-			Three reports by invitation.
		raphy Work	Holistic Biography Work	motion of Anthroposophic Biog-			
				raphy Work			
04:40	15	Reflections on the day	Reflections on the day	Reflections on the day	04:35	20	Reflections on the Gathering
		Three reports by invitation	Three reports by invitation	Three reports by invitation			
04:55	05	Verse	Verse	Verse	04:55	05	Verse
05:00		End	End	End	05:00		End
		Please note: yellow units were recorded for this Study Guide.					
	<u> </u>	,					

#### Welcome to this Study Guide

#### It contains the Lectures and Presentations of the 2023 International Online Biography Gathering

#### Why this Study Guide?

This Biography Gathering was a special occasion linking colleagues from around the world. Some of the fruits of Biography Work became more visible.

As the 4-day Gathering unfolded, we realised that the contributions made were rich in content and very interesting. We wanted to 'capture' them in such a way that they would remain useful to both participants and other colleagues once the Gathering finished.

Therefore, we have created this *Study Guide*. It gives you:

- Each day's presentations video lectures, visuals, and information on reading material suggested.
- The opportunity to deepen learning if you have attended the Gathering
   listening to the lectures again, consulting further suggested reading.
- Where we know that a suggested reading is difficult to access, we have provided extracts.
- If you were not able to be present, or could only attend part-time, working through this guide engages you with the content of the Gathering.

We suggest you work through this *Study Guide* in a systematic way. Start with Chapter 1, which gives you the sequence of presentations for each of the 4 days. Links are included to the lectures and presentations, and information is given to link you to the other resources related to each part of the day.

The following page gives you the Table of Contents for this Study Guide.

We recommend opening the bookmarks for this PDF file. The *Study Guide* has been formatted to make it easy to navigate between the different sections.

Enjoy!

#### Self-care

We recommend that you practice self-care whilst working through this *Study Guide*. Stop and take a break if you feel overwhelmed, personally challenged, or over-tired – don't push yourself. Have a rest or go for a walk or do something else that you know will relax and rejuvenate you. We know that learning is more effective when our "I" can understand and integrate new learning material.

Here is a powerful meditation from Rudolf Steiner which may be helpful to care for your emotional and mental well-being. It comes from his *Notebook* (1924, GA268).

In you lives essential human nature
which comes face to face with God; it is eternal,
and in the round of the seven great spirits.
It is beyond all that is angry or fearful in you.
It rules with the powers of the higher world
and the powers of the lower world serve it.
It controls its own life and its own health
and can do this also for others.
Nothing will surprise it, nor can misfortune befall it;
It cannot be thrown into confusion, nor will it be overcome.
It knows the spirit of all that is past, present and future.
It has the secret of raising from death, and of immortality in its possession.

Take care and with warm regards from Canberra in 2023,

#### Karl-Heinz Finke & Laura Summerfield

mail@holisticbiographywork.com www.holisticbiographywork.com www.facebook.com/HolisticBiographyWork/

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#### **Chapter 1 4-days of Gathering**

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Day 2	Presentations with Video links
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Day 4	Presentations with Video links

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- Day 1-3 Foundations of Human Experience
- Day 1-4 Cain and Abel
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- Day 2-2 I am the Way, the Truth, the Life
- Day 2-3 The truth will set you free
- Day 2-4 The Concept of God after Auschwitz
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- Day 2-6 Guardian of the Threshold
- Day 2-7 Dialogue on Conscience
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- Day 3-1 Fundamentals of Therapy
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Anthroposophical Psychiatry of Body, Soul and Spirit

#### **Chapter 4 Biographical Analysis: Visuals**

Part 1 David Bowie by Julie MacLeod-Part 2 Mahatma Gandhi by Natasha Singh Part 3 Sri Ramana Maharishi by Vibha Hariharan

#### **Chapter 5 Organisations: Visuals**

- Part 1 Association for Holistic Biography Work, India
  Part 2 Living Way...Holistic Biography Work, Australia
- Part 3 Taiwan Association for the Promotion of Anthroposophic Biog-

raphy Work

#### Chapter 1 – 4 Days of Gathering

#### Day 1 – Presentations with Video Links

#### **Quote – The Wishes of the Soul are Springing**

The wishes of the soul are springing
The deeds of the will are thriving
The fruits of life are maturing
I feel my destiny
My destiny finds me
I feel my star
My star finds me
I feel my goals in life
My qoals in life are finding me

My soul and the great world are one

Life grows more radiant about me Life grows more arduous for me Life grows more abundant within me.

Source Rudolf Steiner, Verses and Meditations

This quote indicates a three-fold interconnectedness-

- 1. Between the Human Being and the social world in Destiny,
- 2. Between the Human Being and the Cosmos in the Star, and
- 3. Between the Human Being and Gaia-Earth with our *Goals* in Life.

The verse gives a Guiding Image for biographical explorations into a cosmic origin, our karmic motivations, and our connectedness to Gaia-Earth.

## Video 1.1: Lecture Michaela Gloeckler Biography-work as a Key to a new Self-understanding

- Click on the link above or find the Lecture online in your **Study Resource Folder on Google Drive.**
- You will find the related *Visual* on the next page.
- You will find information on the *Readings* suggested by Michaela Gloeckler in Chapter 2, Day 1 (1-1 to 1-4).

## Video 1.2: Question & Answer Related to Michaela Gloeckler's Lecture

• Click on the link above or find it online in your **Study Resource Folder**.

## Video 1.3: David Bowie – A Biographical Study by Julie MacLeod

- Click on the link above or find it online in your **Study Resource Folder on Google Drive.**
- You find the related Visuals in Chapter 4, Part 1 of this Study Guide.

## Video 1.4: Association for Holistic Biography Work by Sandhya Durai and Rashmi Malhotra

- Click on the link above or find it online in your **Study Resource Folder on Google Drive.**
- You find the related *Visuals* in Chapter 5, Part 1 of this *Study Guide*.

Source

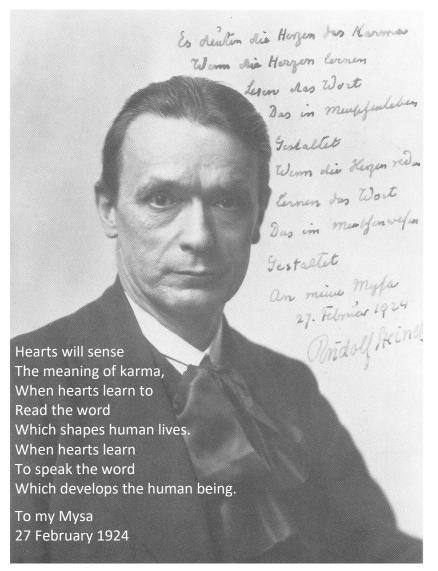
#### The Psychosomatic Paradigm: The Four Members of the Human Being and their Activities

Michaela Gloeckler, Education for the Future, InterActions, Stroud, UK, 2022 Quinta/Essentia Willing Thinking Feeling **I-Organisation Astral Organisation** Laws Laws that make that ensure wholeness and consciousness in identity experience relationships possible INTEGRATION DIFFERENTIATION **Etheric Organisation Physical Organisation** Laws of matter Laws of life processes, rhythms and time filling physical space PROLIFERATION, GROWTH, **INCORPORATION OF** REGENERATION **SUBSTANCE** 

The Psychosomatic Paradigm; the four members of the human being in their body-related activities and their out-of-body workings as thinking, feeling and willing ("quinta essentia")

#### Day 2 – Presentations with Video Links

#### Quote - Heart will sense the meaning of karma ...



Source Rudolf Steiner, Verses and Meditations

## Video 2.1: Lecture Michaela Gloeckler The "I" and its Double

- Click on the link above or find it online in your **Study Resource Folder on Google Drive.**
- You will find the related *Visuals* on the next 3 pages.
- You will find information on the *Readings* suggested by Michaela Gloeckler in Chapter 2, Day 2 (2-1 to 2-8).

## Video 2.2: Question & Answer Related to Michaela Gloeckler's Lecture

• Click on the link above or find it online in your **Study Resource Folder**.

## Video 2.3: Mahatma Gandhi – A Biographical Study by Natasha Singh

- Click on the link above or find it online in your **Study Resource Folder on Google Drive.**
- You will find the related *Visuals* in Chapter 4, Part 2 of this *Study Guide*.

## Video 2.4: Living-way... Holistic Biography Work by Laura Summerfield and Karl-Heinz Finke

- Click on the link above or find it online in your **Study Resource Folder on Google Drive.**
- You will find the related *Visuals* in Chapter 5, Part 2 of this *Study Guide*.

Source

#### The Psychosomatic Paradigm: The Four Members of the Human Being and their Activities

Michaela Gloeckler, Education for the Future, InterActions, Stroug, UK, 2022 Quinta/Essentia Willing Thinking Feeling **I-Organisation Astral Organisation** Laws Laws that make that ensure wholeness and consciousness in identity experience relationships possible INTEGRATION DIFFERENTIATION **Etheric Organisation Physical Organisation** Laws of life processes, Laws of matter rhythms and time filling physical space PROLIFERATION, GROWTH, **INCORPORATION OF** REGENERATION **SUBSTANCE** 

The Psychosomatic Paradigm; the four members of the human being in their body-related activities and their out-of-body workings as thinking, feeling and willing ("quinta essentia")

#### **Day 3 – Presentations with Video Links**

#### **Quote – The Wishes of the Soul are Springing**

The wishes of the soul are springing
The deeds of the will are thriving
The fruits of life are maturing
I feel my destiny
My destiny finds me
I feel my star
My star finds me
I feel my goals in life
My goals in life are finding me

#### My soul and the great world are one

Life grows more radiant about me Life grows more arduous for me Life grows more abundant within me.

Source Rudolf Steiner, Verses and Meditations

One of the main topics on this day is <u>Salutogenesis</u>. Following the question what constitutes health <u>Aaron Antonovsky</u> found: resilience. And what makes us resilient? SOC – a <u>Sense Of Coherence</u>. And what brings about SOC? Three components: comprehensibility, manageability and meaningfulness. 6 This is one of the main contribution Biography Work can bring to a persons life, that life is comprehensible, manageable and meaningful. In the quote introduced as a guiding image for Biography Work this is reflected in the line:

#### My soul and the great world are one.

The experience of being in *tune with life*, being *in the flow* or *experiencing oneness*. Facilitating this brings the *Therapeutic Side Effects* into Biography Work.

## Video 3.1: Lecture Michaela Gloeckler Salutogenesis and Resiliency in Biographic Consultations

- Click on the link above or find it online in your **Study Resource Folder on Google Drive.**
- You will find the related *Visuals* earlier in the *Study Guide*.
- You will find information on the *Readings* suggested by Michaela Gloeckler in Chapter 2, Day 3 (3-1 to 3-6)

## Video 3.2: Question & Answer Related to Michaela Gloeckler's Lecture

• Click on the link above or find it online in your **Study Resource Folder**.

## Video 3.3: Sri Ramana Maharishi – A Biographical Study by Vibha Hariharan

- Click on the link above or find it online in your **Study Resource Folder on Google Drive.**
- You will find the related *Visuals* in Chapter 4, Part 3 of this *Study Guide*.

#### Video 3.4: Taiwan Association for the Promotion of Anthroposophic Biography Work by Sophie Wu

- Click on the link above or find it online in your **Study Resource Folder on Google Drive.**
- You will find the related *Visuals* in Chapter 5, Part 3 of this *Study Guide*.

#### **Day 4 – Presentations with Video Links**

#### **Quote – Building Community and the Earth**

... individuals voluntarily allow their feelings to stream together, and this again causes the forming of something which goes beyond the merely emancipated human being. An emancipated human being possesses their individual soul which is never lost when it has once been attained. But when people find themselves together in voluntary associations, they group themselves round centres. The feelings streaming in this way to a centre once more give beings the opportunity of working as a kind of group soul, though in quite a different sense from the early group souls. All the earlier group souls were beings who made human beings unfree. These new group beings, however, are compatible with a person's complete freedom and individuality. Indeed, in a certain respect we may say that they support their existence on human harmony; it will lie in the souls of people themselves whether or not they give as many as possible of such higher souls the opportunity of descending to humanity. The more that people are divided, the fewer lofty souls will descend into the human sphere. The more that associations are formed where feelings of fellowship are developed with complete freedom, the more lofty beings will descend and the more rapidly the earthly planet will be spiritualised.

Source

Rudolf Steiner GA102, *The Influence of Spiritual Beings Upon Man*, Lecture 9, 1 June 1908, Berlin

## Video 4.1: Lecture Martha Koelman Anthroposophic Psychiatry of Body, Soul and Spirit

- Click on the link above or find it online in your Study Resource Folder on Google Drive.
- You will find the related *Visuals (PPT)* in Chapter 3.

## Video 4.2: Lecture Martha Koelman Anthroposophic Psychiatry of Body, Soul and Spirit

- Click on the link above or find it online in your **Study Resource Folder on Google Drive.**
- You will find the related *Visuals (PPT)* in Chapter 3.

## Video 4.3: Question & Answer Related to Martha Koelman's Lecture

- Click on the link above or find it online in your **Study Resource Folder**.
- You will find the related *Visuals (PPT)* in Chapter 3.

# Video 4.4: Worldwide Biography Conferences and the 2024 Conference in Japan by Fumiko Chikami

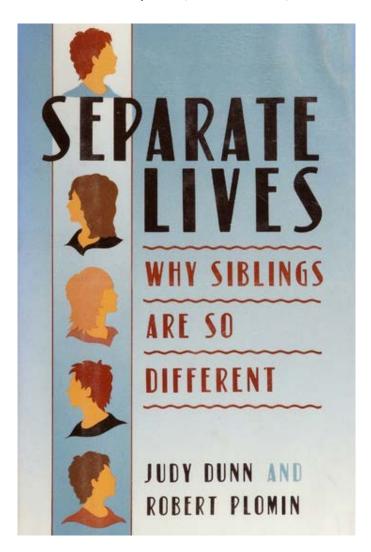
• Click on the link above or find it online in your **Study Resource Folder on Google Drive.** 

#### **Chapter 2 – Michaela Gloeckler – Readings and Resources**

#### Day 1-1 - Separate Lives - Why Siblings are So Different

Suggested Source Day 1, Lecture

Judy Dunn, Robert Plomin, Basic Books 1990, 240 pages



Find it at the Internet Archive – you can become a user and borrow books. https://archive.org/details/separateliveswhy0000dunn/mode/2up

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#### Day 1-2 - Those who walk towards truth ... Die zur Wahrheit wandern ...

Suggested

Day 1, Lecture

Source Christian Morgenstern, Wir fanden einen Pfad, 1914

Translation Karl-Heinz Finke

#### **German Original**

Die zur Wahrheit wandern, wandern allein, keiner kann dem andern Wegbruder sein.

Eine Spanne gehn wir, scheint es, im Chor... bis zuletzt sich, sehn wir, jeder verlor.

Selbst der Liebste ringet irgendwo fern; doch wer's ganz vollbringet, siegt sich zum Stern,

schafft, sein selbst Durchchrister, Neugottesgrund – und ihn grüßt Geschwister Ewiger Bund.

#### **English Translation**

Who wander to truth walk alone
No one can be for the other on this path a brother.

A short span it seems we go in choir ...
Till at last we see each one lost.

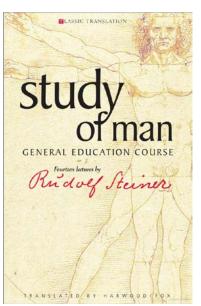
Even the dearest struggles somewhere afar, yet whoever completes it wins to be star,

Creates, their Enchristened, New God's ground – and is greeted by siblings in eternal covenant.

#### Day 1-3 – Study of Man or: The Foundations of Human Experience

Mentioned Source Day 1, Lecture

Rudolf Steiner, GA293, 14 lectures, Stuttgart, 1919



These fundamental lectures contain the core of Steiner's view on the psychology of the human being. He covers such topics as mental pictures and will; memory and imagination; the soul activities of thinking, feeling, and willing; the forces of sympathy and antipathy; the twelve senses; the hierarchy of forces that move the will; and much more. This volume was part of the basic training material given by Steiner to the teachers of the first Waldorf School in Stuttgart and is still an important part of Waldorf teacher training.

See also AnthroWiki GA293

#### **Foreword**

At the end of the first world war, Emil Molt, managing director of the Waldorf-Astoria cigarette factory in Stuttgart, foresaw that a completely new basis must be found for education in the new world which even then was beginning to arise. He therefore invited Rudolf Steiner to become the educational director of a school he intended to found for the children of the workers in his factory — the first Waldorf School opened in 1919.

Steiner asked a number of people from all walks of life to become the original teachers in this school, and they gladly responded to his call. To them he gave the course of fourteen lectures contained in this book, as well as two other courses published in English as Practical Course for Teachers and Discussions with Teachers, which should be studied in conjunction with this work.

This and many other books by Rudolf Steiner can be found in *The Rudolf Steiner Archive*. Click here: *The Study of Man – GA 293* 

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#### **Foreword**

#### A Note on the Revised Translation

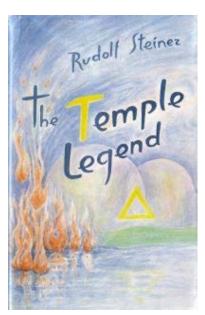
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August 21, 1919
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August 29, 1919
August 30, 1919
September 01, 1919
September 02, 1919
September 03, 1919
September 04, 1919
September 05, 1919

#### Day 1-4 - Cain and Abel (The Contrast between Cain and Abel)

Mentioned

Day 1, Q&A Session

Source Rudolf Steiner, GA93, 20 lectures, 1904 to 1906, Lecture 2



These lectures form part of the teachings of Steiner's first Esoteric School, in existence from 1904–1914. Steiner elucidates here the esoteric content of symbolic pictures found in myths, sagas, and legends, focusing particularly on the Temple Legend and the Golden Legend. For modern consciousness, he says, the right effect depends on our permeating the picture language with a conceptual content as a preliminary step to imaginative thinking. Though compiled from incomplete notes, these deeply esoteric lectures form a unique and indispensable part of Steiner's complete works.

#### **Excerpt from lecture 2**

•••

'Abel was a keeper of sheep.' As a shepherd one accepts life as the Creator has presented it. One does not cultivate the herds, one tends them. Therefore Abel is the representative of the sex which does not reach spirituality through its own individual effort of understanding, but only receives it as a revelation of the Godhead and then merely tends it. The keeper of flocks, the guardian of that which has been placed on the earth, that is Abel. The one who creates things for himself, that is Cain. Cain lays the foundation of zither playing and other arts (Genesis 4:21–22).

Now comes a contrast in their attitude towards the Godhead. Abel receives from the spirit and offers up the best, the highest fruits of the spirit. God regards the offering of Abel with satisfaction — of course, because it is what

This and many other books by Rudolf Steiner can be found in *The Rudolf Steiner Archive*. Click here: <u>GA93 – Lecture 2: The Contrast between Cain & Abel</u>

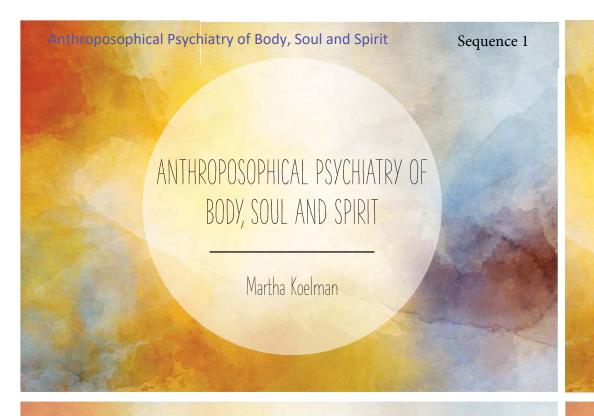
He Himself has bestowed on the earth. Cain makes a different claim. He turns to God with the products of his own intelligence. That is something quite foreign to the nature of God, because it is something which man has achieved out of his own freedom.

Cain is the type of man who aspires to the arts and sciences. That has nothing to do with the deity to begin with. A profound truth is expressed here. He who has occult experience knows that the arts and sciences, in spite of having made man free, do not lead him to the spirit. Rather are they the things which lead him away from what is truly spiritual. The arts have sprung up from man's inner being, which have their roots in the earthly plane. That has no immediate appeal for the deity. It produces the conflict which arises when the smoke of Abel's offering, the spirit implanted in the earth by God himself, is accepted by the divine worlds, but the smoke from Cain's offering is rejected and remains on the earth. What is independently produced remains on the earth, like the offering of Cain.

That, too, is the same as the contrast between male and female. Female is inspired by what is received directly from God. 'Pneuma' is achieved through conception. What Cain has to offer is human work on the physical plane itself. That is the contrast between female and male spirit. Here these two are fundamentally opposed to one another.

Man is not only a physical being but is spiritually both male and female at the same time: he is both the one who receives and allows himself to be inspired and the one who works upon the inspirations and combines them through his intellect. These two functions were now separated — we can regard male and female simply as a symbol from now on — from now on the principle of inspiration was transferred to those who were like Abel, who remained shepherds and priests. It was not transferred to the others. They dedicated themselves to the worldly things of science and the arts and confined themselves purely to earthly activities.

#### **Chapter 3 – Martha Koelman – Visuals**





#### Martha Koelman

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- \* Sensory activities
- \* Relationship between world, body, soul and "I"

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  - → Psychology of the four main organs: lungs, liver, kidney and heart

The physical-soul-mental constitution

- \* Resilience and Salutogenesis
- \* Disturbance of the soul faculties

(c) Martha Koelman

June 2023

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## **Chapter 4 – Biographical Analysis – Visuals**

Part 1 - David Bowie

Presented by Julie MacLeod, New Zealand

David Bowie: The Search for the Self



#### INTRODUCTION

#### I'm not a prophet or a stone-age man, just a mortal with potential of a Superman' David Bowie, Quicksand

David Bowie was a multi-faceted artist who explored the world of music and performance. His creative work traversed a profound path of personal growth and spiritual development.

In The Way of Initiation, Steiner tells us that mastery of the ego is at the heart of all human endeavour. He states that whether we are conscious of it or not, at this time in history, every one of us is engaged in this work.

To do this, one must come to know oneself, by shedding light on what is concealed in the subconscious mind. As we come to understand the subconscious energetic patterns operating withing ourselves, those patterns will loosen their control over our conscious mind. As we bring ourselves into balance, we attune to perspectives through which we move closer to our higher selves.

David Bowie undertook this journey, using art and music as vehicles not just for stardom, but for a conscious exploration of the various aspects of his human self; he consciously set out on a personal odyssey of self-exploration.

The young Bowie was a voracious intellectual reader, interested in philosophy, literature, art and technology. He was drawn to the Kabbalah, Buddhism, and esoteric teachings which provided him with a framework for understanding the interplay between the spiritual and material realms.

His reading constantly reinforced for him the fact that in our time, the 20<sup>th</sup> and 21<sup>st</sup> centuries, we find ourselves in a spiritual vacuum, and that it is up to us to somehow find new ways to live authentically and with meaning. To understand what it is that lives within us. He was aware that this spiritual void very much affects young people, and that finding a new form of spiritual sustenance is imperative for humanity.

Through his artistry, David Bowie ventured into the realms of experimentation, utilising his work as a medium for embarking on a profound Spiritual Quest. Embracing a transformative path of self-discovery, his creative output aligned with his introspective journey and observations of both the individual and society.

This inner exploration not only facilitated Bowie's personal evolution but also enabled him to forge a profound artistic and musical impact on the world.

Age	Planetary influence	Biographical Summary
0		England Born in Brixton, 1947. Socially unconventional family for the time. Emotionally austere home life.
9	Lunar 0.5	The Crossing of the Rubicon saw Bowie display aptitude for dance and various instruments
11	Jupiter 1	Inspired by Little Richard
14	Saturn 0.5	School yard fight - one dilated pupil. Sets him aside from others with this distinctive look Given an education by his brother in music, literature, philosophy, Western esotericism and Eastern spirituality.
18	Lunar 1	At the time of his first lunar node, David changed his name from 'Jones' to 'Bowie' Hard lessons in love and loss. Considers taking the vows of a Buddhist monk.
22	Jupiter 2	Releases 'Space Oddity' at time of the moon landing. David's father dies suddenly and unexpectedly Meets Angela Barnett David and Angela have a son, Zowie
25 Fire Trial		Ziggy Stardust
27	Zero point	Los Angeles Cocaine addiction Living in a paranoid world of occult study and practice
29 Water Trial	Saturn 1	Incredible creative output Movie — The Man Who Fell to Earth Cocaline addiction, personal and financial problems.
31	Christ Baptism	Berlin Dedicates himself to overcoming his addiction with the help of Coco Schwab.
32		Switzerland David stopped taking on new personae and presented a stripped-down version of himself. He won his bat with addiction and took up an even more conscious exploration of his own humanness. Musical experimentation back in Berlin

Age	Planetary influence	Biographical Summary
35 Air Trial	Jupiter 3	A reformed man emerges Global superstardom
37	Lunar 2	Crisis of meaning: Bowie depressed and in an artistic vacuum.
42	Second Spring	Bowie reconnected with his muse and became artistically reinvigorated
43		New York During the mid-life crisis period, David met Iman, his future wife
45	Saturn 1.5	Proposed to Iman
47	Jupiter 4	Happily married Respected 'elder stateman' of the art world
50		Bowie Bonds – financial freedom
55		Daughter born
56	Lunar 3	His influence honoured: Voted #29 of top 100 Britons of all time
58	Saturn 2	Heart attack. Forced to slow down
59	Jupiter 5	Last live performance Grammy lifetime achievement award
60		Recouped rights to Bowie Bonds. Great financial wealth.
68		Lazarus musical
69		Released final album Blackstar on birthday. Died two days later.

#### Part 2 - Mahatma Gandhi

Presented by Natasha Singh, Mumbai, India

M K GANDHI A Biographical Study

#### Gandhi – an unlikely hero

A simple man not daunted by an enormous challenge

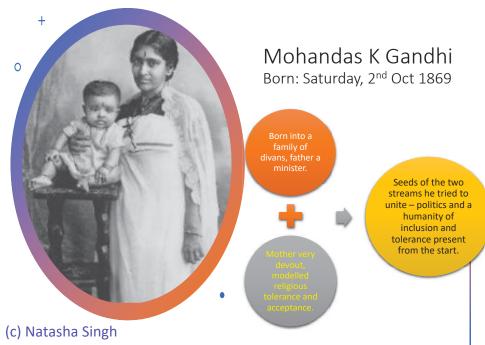
A small, shy, soft-spoken man who led India to independence from British rule

A lawyer, activist, political and spiritual leader

Espoused and developed unique non-violent means of fighting – non-cooperation

Continues to inspire leaders and movements for freedom and civil rights across the world

5



In awe of authoritative father

Grew up in a large joint family - 25 members, comfortable with communal living. Parallel themes of Revered mother grappling with outer - met a monk, authority and developing imbibed concepts inner regard for practices of non-violence of non-violence, sacrifice and sacrifice. and respect for different religions. Moved to Rajkot Joined school. Unremarkable shy, tongue-tied student.

MOON

Experienced goodness and a cocooned life as the youngest child.

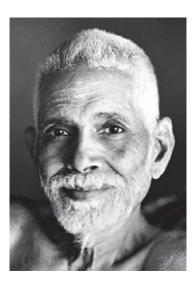


June 2023

#### Part 3 – Sri Ramana Maharishi

Presented by Vibha Hariharan, Chennai, India

#### **Biographical Analysis**



Unai/yē/māt/ri Ō/dā/dulat/tinmēl Uru/diyā/yiru/pāy Arunā/chalā.

Sit firmly in my mind, lest it elude Thee, Oh Arunachala!

Change not Thy nature and flee, but hold fast in my mind, Oh

Arunachala!

Akshara Mana Malai

Bhagavan Sri Ramana Maharishi





#### Septennial 1 – The unfolding

Bhagavan Sri Ramana Maharishi was born as Venkateshwara to Sundaram Iyer and Azhagammal. He was born in Tiruchuzi on December 30, 1879, on the day of Arudra which is celebrated in glory of Lord Siva.

A blind woman perceived him surrounded by light and foretold that he was an avatar. This was a significant prediction. His being named after a sanyasi (renunciate) uncle is also significant considering developments later in life.

Sundaram Iyer was a court pleader, astute and ambitious. Azhagammal was very devout, particularly to Lord Dakshinamurti, the Aadi Guru – the Primal Teacher.

Venkateshwara lived a normal, happy childhood. Helped around the house and was initiated into learning at age 7 with the Upanayanam (investiture of the sacred thread)



# American Mission High School

#### Septennial 2 - Play

This was a joyful period for Venkataramana. He was  $2^{nd}$  of 4 children. He joined village school (Tamil medium) and was erroneously enrolled as Venkataramana in school records.

He was recognized as one with the golden touch.

He was sent to live with uncle Subbu Iyer in Dindigul and then Madurai to purse schooling in the English medium at the age of 9/10 years marking the Rubicon.

His father's passing at the age of 12/13 marked the end of childhood.

His deep sleep and meditative states are indicative of tendencies in later life.





#### Septennial 3 - First death experience

Venkataramana's life took a turn when in his 16<sup>th</sup> year he heard of Arunachala. He was deeply moved by Sekkiars's Periya Puranam.

At age 17, he had a death experience which caused him to ask of himself 'Who am I?' and through this inquiry, attain self-realization. He found solace in the Meenakshi Amman temple.

The same year, he left home on a journey to Tiruvannamalai in search of Arunachala leaving a letter behind for the family not to go in search of him – the journey was as if by design.

In Tiruvannamalai, he entered deep meditative states (Sahaja Samadhi) and dwelled in silence to the point of losing awareness of the body.

His mother and brother visited him and implored him to return home – and his response marks the first upadesha.

1

#### **Chapter 5 – Organisations – Related Visuals**

#### Part 1 – Association for Holistic Biography Work

Presented by Rashmi Malhotra and Sandhya Durai, India





## Association for Holistic Biography Work



www.holisticbiography.com

#### Genesis

The ground was being prepared as 15 of us were going through the Biography Work training with Karl Heinz Finke

The seed was received into the hearts of a set of Biography Consultants in India who wanted a space to keep meeting...connecting...learning...

A small group perceived a national professional organization that was also a space for to connect, enrich, support & grow....

The seed was initially held by some of us ..... And few of us carried forward the seed till it became a seedling ....









#### Birth Signature

Only when the few were ready to be guided by the Spiritual World and realized that the Association wishes to manifest for a larger purpose - for the world, for the larger Biography community to come together, the Association was born effortlessly....

Interestingly, the motto still stayed the same - Connect, Enrich, Support and Grow.







#### Part 2 – Living-way... Holistic Biography Work

Presented by Laura Summerfield and Karl-Heinz Finke, Australia

#### **Holistic Biography Work**



Base Camps in Canberra – Australia Berlin – Germany Virtually at www.HolisticBiographyWork.com mail@holisticbiographywork.com



#### **Karl-Heinz Finke**

- · Director of Studies
- · Lecturer in Adult Learning, Biography Work and Anthroposophy •
- Tertiary studies in Social Sciences
- 30 years of teaching experience •
- · Over 500 courses taught worldwide



Laura Summerfield

- Co-Facilitation, Administration and Student Support
- 15 years as Psychologist/Counsellor in community and educational settings
- Tertiary qualifications in Psychology and Steiner Education

#### Holistic Biography Work

#### **Three Holistic Pillars**

#### Holistic **Biography Work**

- Gudrun Burkhard
- Helmut ten Siethoff
- NPI Nederlands Pedagogic Institut
- · Bernard Lievegoed Book: Phases
- Rudolf Steiner: The Study of Man / Foundations of Human Experience (GA 293)

#### **Holistic Adult Education**

- Coenraad van Houten
- NPI
- Centre for Social Development
- SEA Social Ecology Associates
- Christopher Schaefer
- Tino Voors
- Ernst Ammons
- Steve Briault
- the Senses and the World of the Spirit (GA 134)

#### **Holistic Personal Development**

- Coenraad van Houten
- Shirley Routledge
- Angela Youdale
- The Anthroposophical Schooling course (UK)
- The Summer Schooling Course (UK)
- · Schooling Courses in Australia and New Zealand
- Rudolf Steiner: The World of Rudolf Steiner: How to Know Higher Worlds (GA 10)

#### ... bringing Spirit to Life

#### **Holistic Biography Work**

#### **Educational Activity**

Countries	Years	Biography Training Cycles (BG) Schooling Courses (SC)	Workshops
Germany	1993-2022   29	BG 11   SC 1	ca 180
United Kingdom	1997-2007   10	BG 2   SC 6	ca 50
Brazil	1999-2002   3		5
Hungary	1998-2001   4		ca 10
Australia	1998-2020   22	BG 4   SC 2	ca 70
New Zealand	2005-2012   7	BG 2   SC 2	ca 35
India	2011-2022   11	BG 3	ca 50
Thailand	2014-2021   7	BG 2	ca 30
Taiwan	2019-ongoing   4	BG 2	ca 25
Online (Global)	2 <mark>02</mark> 1-ongoing   3	BG 3 in progress	ca 50
9 Countries and Online	30 Years	29 BG  11 SC	ca 505

... bringing Spirit to Life

#### **Holistic Biography Work**

#### 13 Annual Courses

BG 10   Taking Charge	Comprehensive Learning Pack - Log-book, Study Guide & video lectures:			
Facilitated online sessions	Optional online 4 days, 5 hours   twice annually & on demand. Start anytime			
BG 11   Typologies	BG 21   Life Encounters	BG 31   Mission and Meaning		
January to March	January to March	January to March		
2010120 1111 111 111 11				
<b>BG 12   Mental Health Challenges</b>	BG 22   Trials and Thresholds	BG 32   Mental Health Crises		
March to May	March to May	March to May		
BG 13   Communication Skills	BG 23   Destiny and Karma	BG 33   Process Design		
May to July	May to July	May to July		

Comprehensive Learning Pack - Study Guide, Reading and video lectures. Start anytime - purchase Learning Pack. Optional facilitated deepening online in small groups of 3 or 4 | 3 days, 5 hours | Online at end of course dates as above.

**BG 20 | Helping Conversation BG 30** | Destiny Learning **BG 40 | Meeting Conflict** July to September July to September July to September

Comprehensive Learning Pack - Study Guide, Reading and video lectures. Start anytime - purchase Learning Pack Optional facilitated deepening online in small groups of 3 or 4 | 4 days, 5 hours | Online at end of course dates as above.

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#### Part 3 – Taiwan Association for the Promotion of Anthroposophic Biography Work

Presented by Sophie Wu

