



# Typologies

Understanding  
Self & Others

# Study Guide

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*Holistic Biography Work ... bringing spirit to life*

# Welcome

## Welcome to your Study Guide for the Typologies Course:

**BGO–11** Typologies – Understanding Self and Others. *Exploring Temperaments, Soul Types, Qualities, Rhythms and Cycles in life.*

During this Module, we explore the ways in which we may come to better understand ourselves and others.

Since Human Beings recognised their separation from the greater Cosmos and from each other, there have been attempts to understand individual differences, and what these differences might mean. In this module, we use several lenses to explore these differences.

We start by using the lens of **4 Temperaments** situated in the **Etheric Body** to better understand behavioural patterns.

Moving on to the **Astral or Emotional Body** we use the **7 visible Planets** (following astrological traditions Moon, Mercury, Venus, Sun, Mars, Jupiter, and Saturn) as Archetypes to characterise **7 Soul Types** associated with these planets.

In addition to the different qualities of light radiating from these planets, they have distinct **cycles of movement influencing cycles and patterns in life** on earth e.g. the fertility cycles, day and night, the seasons.

Spiritual Science suggests that the sphere described by these planetary orbits are filled with Spiritual or Angelic beings radiating special qualities. From a **Karmic Perspective** these beings seed **Life Themes** as gifts and challenges into the fabric of our lives. These **Seeded Themes** inspire the questions we have formed for the **Groupwork in Chapter 3**.

**Chapter 2** conveys the Cosmic-Karmic picture behind these themes and the derived questions. Texts and Lectures give you the background. **The texts are best studied after the experiential exploration – using The Fellowship of the Ring, the seven Turner paintings, and the group-work.**

We have merged two topics into one module. In Gudrun Burkhard's training there was a module on Typologies, and a separate module introduced the Karmic-Cosmic perspective together with Life Themes.

In this Module, we also explore how we connect with each other and the world around us. In this exploration we see our "I" or the "I-function" as being of central importance. It is the entity within us, which integrates experiences, develops understanding, and creates meaning.

## To maximise your learning on this course, we will guide you through the following study resources and learning activities:

- Listening to Lectures from Karl–Heinz Finke, located within your *Study Resource Folder* online. Their associated Visuals are included within this *Study Guide*. Your *Study Guide* includes links to these Lectures.
- Recommended Reading and Optional Reading – these are located at the end of your *Study Guide*, in Chapters 4 and 5.
- Self–reflection, and questions to consider in relation to your life journey, to gain insights for understanding and for sharing within group–work sessions.
- Activities, including creative activities – drawing, self–assessment, film examples, etc.
- Work through this *Study Guide* and you will gradually build a picture of the cosmic and earthly realities that impact on our individuality.
- You will also be prepared for small group sharing, whether that is within our Training Program or for personal development work with us or in a Study Group.

Have a *Learning Journal* available for note–keeping as you go through this self–development journey. Keep chalk pastels and other art materials nearby for your sketches and drawings.

Warm regards from Canberra,

*Karl-Heinz Finke & Laura Summerfield*

# Chapter 1 – Typologies – Soul–Types related to the Planets

## Part 1 – Introduction

### Quote – I hold the Sun within me

*I hold the Sun within me  
As King he leads me into the world,  
I hold the Moon within me  
She preserves my form.  
I hold Mercury within me  
He holds Sun and Moon together.  
I hold Venus within me,  
Without her love all is nought.  
She unites herself with Mars  
Who speaks my being in the word  
That Jupiter may illumine the whole  
With wisdom light.  
And Saturn the mature  
May ray within me,  
The colours of my being ...*

Source This verse by Rudolf Steiner was written to Ita Wegman, and found amongst her papers. Allow it to speak to you about the qualities of these 'planetary bodies'.

### About Part 1 – The Gifts of the Planetary Spheres

There are 4 Gifts related to the Planets and Planetary Spheres, which are explored within this course.

They are depicted on the **Planetary Spheres Visual – 11.03.01** – see Part 3.

1. **Seven Soul Types – our qualities -**  
*The planetary spheres tune our 'instrument', and colour our affinities and the inner attitudes with which we meet the world.  
Seeded by the Planets' radiated light–quality, quality of movement, and position within the Solar System.*
2. **Processes in Time (Planetary Cycles) –**  
*Repetitions, patterns, durations, rhythms in life –  
Seeded by the Planetary cycles, and the interrelation between Earth, Moon, and Sun (e.g. Lunar nodes)*
3. **Themes seeded by our Journey through the Planetary Spheres –**  
*Karmic Review & Preview in the Planetary Spheres between death and re–birth – Seeding Themes, Tasks, and Questions.*
4. **Resonance with Spiritual Beings (Hierarchies) –**  
*Seeding the development of consciousness, and life events and resonances in respective life phases.*

### View Lecture 1 -Typologies and Types

- Click on the Lecture link to view. You will find this lecture in your online *Study Resource Folder*. It introduces this course.

### Visual 11.01.01 – Variations on Human Typologies

- You find this *Visual* in this Part 1 of your *Study Guide*.

## Reading 1 – The Four Temperaments

- Read **Rudolf Steiner's** paper, *The Four Temperaments*. Here you will find Steiner's general description of what we might call the 4 Classic Temperaments – Choleric, Phlegmatic, Melancholic, Sanguine. Our Temperament lives within our Etheric Body. It is part of our human '*instrument*' for this life, and very difficult to change. It offers us certain strengths and challenges. You will find this Reading in *Chapter 4, Reading 1*.

## More on Temperaments

Some further information on Temperaments –

- Temperaments were mapped by the **Greeks** –
  - Physician **Galen** – suggested a matrix of hot/cold and dry/wet related to the elements.
  - **Hippocrates** – associated health with the balance of the 'humours' – fluids within the body – blood, black bile, yellow bile and phlegm.
  - **Plato** – identified 4 character types – Iconic, Pistic, Noetic and Dianotic types.
  - **Aristotle** – found 4 sources of happiness – Hedone, Proprietari, Ethikos and Dialogike.
- There are many 4-fold Type indications –
  - **Kant** in the C19 – identified 4 Temperaments – Melancholic, Phlegmatic, Sanguine and Choleric.
  - **Marston** in the C20 – identified 4 Traits – Dominance, Inducement, Submission and Compliance – this later became the basis for the DISC assessment.
- There may be some equivalences. Wikipedia is interesting although a little confusing on this.
- [https://en.wikipedia.org/wiki/Two-factor\\_models\\_of\\_personality](https://en.wikipedia.org/wiki/Two-factor_models_of_personality)

## Activity: Self-reflection

- Reflect on what you already know about yourself in relation to your Temperament and how you express this in your life.
- Take notes and find some examples. You will be able to look back on this initial self-assessment as you work through this module.
- Use your *Learning Journal* or the space below (if you have printed this page) to record your reflections.

## Visual 11.02.01 – Types in Spiritual Science & Psychology – Steiner, Jung, Marston

### The Temperament –

– is a typology described by **Rudolf Steiner** and helpful in *Holistic Biography Work*. The Temperament becomes visible in the second Septennial (8 to 14 years) and is related to the Etheric body. This is the area where habits are situated on a dream-like level of consciousness. The Greek teaching about the bodily-fluids suggests that the temperaments have been related to the life or etheric forces manifesting in the fluid element. The four temperaments are related to the elements as follows:

**choleric, fire**

**phlegmatic, water**

**sanguine, air**

**melancholic, earth.**

### Carl Gustav Jung

When **Rudolf Steiner** introduced his model of the Temperaments in the early 1900s **Carl Gustav Jung** lived in Switzerland and as a Psychoanalyst also worked with the idea of typologies. He described two polarities:

**extravert**

<vs>

**introvert**

**goal orientation**

<vs>

**people orientation.**

The resulting quadrant has been the starting point for other type indicators like the DISC, Myers-Briggs Type Indicator (MBTI), Keirsey Temperament Sorter, etc.

### DISC –

– is based on research done by **William Moulton Marston**. Marston defined: <D> Dominance, <I> Inducement, <S> Submission and <C> Compliance.

Like the temperaments, DISC now describes four categories:

<D> **Dominance (Drive)**

Marston: Dominance

<S> **Steadiness**

Marston: Submission

<I> **Influence**

Marston: Inducement

<C> **Conscientiousness**

Marston: Compliance

### Sources

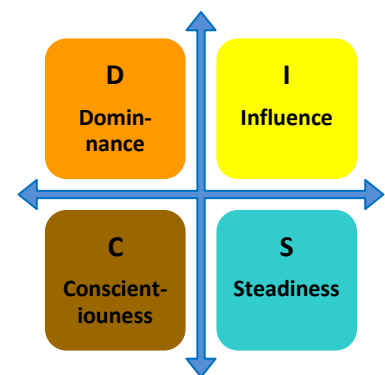
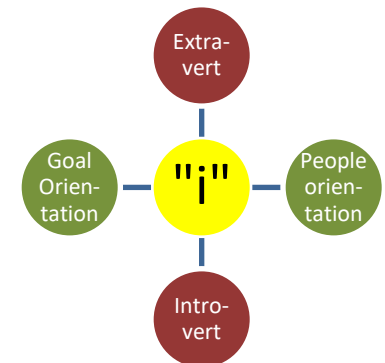
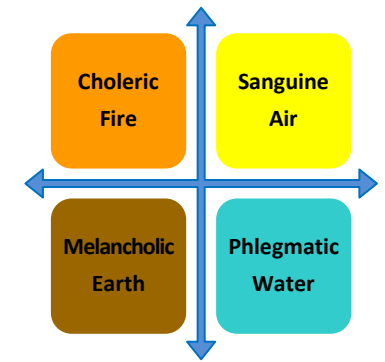
Rudolf Steiner, *The Four Temperaments*, GA/CW 057, Lecture: Berlin, 04/03/1909

William Moulton Marston, [https://en.wikipedia.org/wiki/William\\_Moulton\\_Marston](https://en.wikipedia.org/wiki/William_Moulton_Marston)

DISC, <https://www.discprofile.com/what-is-disc>

Goethe and Schiller, *The Rose of Temperaments*

[https://en.wikipedia.org/wiki/Color\\_psychology#/media/File:Goethe\\_Schiller\\_Die\\_Temperamentenrose.jpg](https://en.wikipedia.org/wiki/Color_psychology#/media/File:Goethe_Schiller_Die_Temperamentenrose.jpg)



# Activity Sheet 11.02.04 – Bulls–eye Diagram: Temperament – Based on Self–assessment and DISC

Print up to Use

## 1 – Self–assessment

Temperament	Rating (1 to 10)
Choleric	
Sanguine	
Phlegmatic	
Melancholic	

On a scale of 1 to 10 do a self–assessment. Which Temperament do you express strongly? Which less? Which least?

Then place your results as dots on the diagonal lines of the diagram. Each ring relates to your Rating.

Connect the dots. A plane with four corners appears.

Where is the centre of gravity of the plane?

Reflect on the result.

## 2 – DISC percentages from test

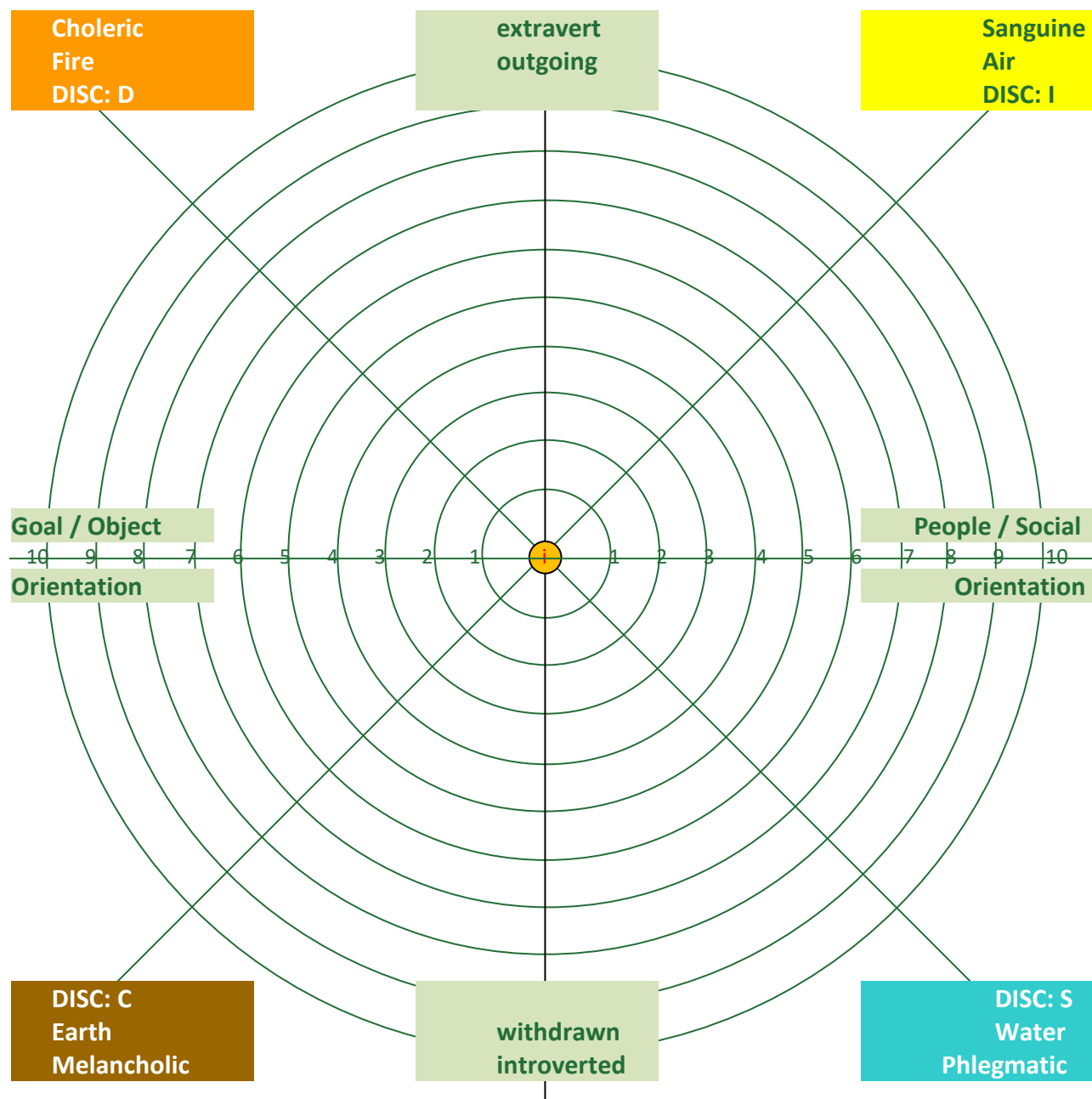
DISC Type	Percentage
D	
I	
S	
C	

Using a different colour, place your DISC percentages on the diagonals of the diagram. (1=10%, 2=20% ...)

Connect these dots.

Where is the centre of gravity for this plane?

Reflect on these results and any differences or similarities between the 2 different assessments.



# Activity Sheet 11.04.05 – My Soul Type, Based on Questionnaire and Self-assessment

Print this Sheet

## 1 – Self-assessment

Rate yourself (from 1 to 10) on each of the Planetary Soul qualities. How much do you resonate with each?

Soul Type	Rating (1 to 10)
Moon	
Mercury	
Venus	
Sun	
Mars	
Jupiter	
Saturn	

Place your ratings for all except SUN on the labelled diagonals intersecting the concentric circles. Now connect the dots. Where is the centre of gravity for this plane?

Now use your rating for SUN to colour in the circles from the centre up to the number of your rating in a light colour.

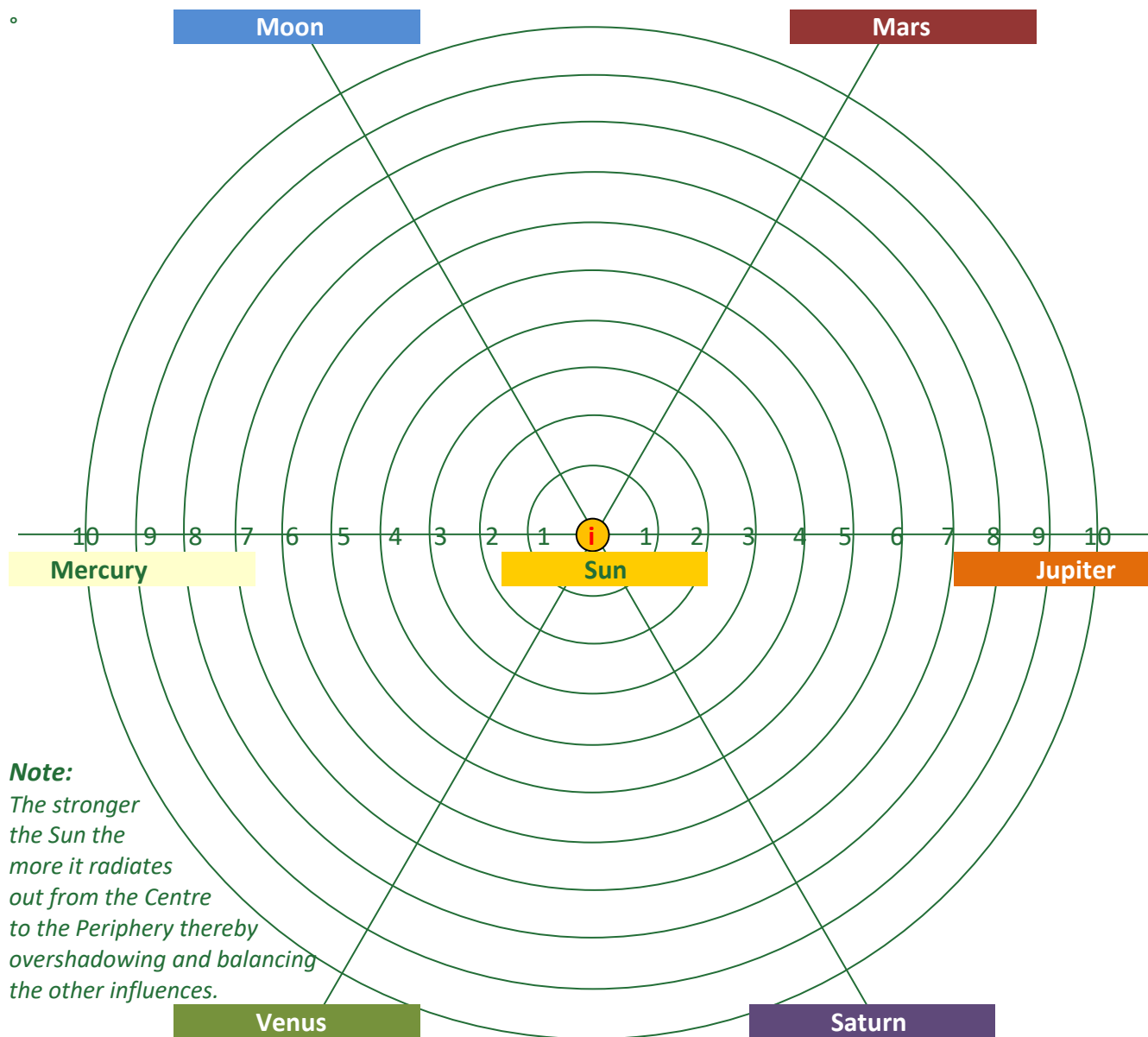
## 2 – Questionnaire results

Place the results (the calculated values) of your Soul Type Questionnaire in the table below.

Soul Type	Results – Values
Moon	
Mercury	
Venus	
Sun	
Mars	
Jupiter	
Saturn	

Use a different colour to place these values on the diagram. Connect the dots. Where is the centre of gravity for this plane?

Now overlap your SUN value with a different light colour. Reflect on the differences and the results.



**Note:**  
 The stronger the Sun the more it radiates out from the Centre to the Periphery thereby overshadowing and balancing the other influences.

# Chapter 2 – Themes and Patterns Seeded in Human Biographies Related to the Journey through the Planetary Spheres

**Note** This Chapter 2 gives the cosmic and karmic context for the group-work in Chapter 3. You can jump to the groupwork preparation and read this later.

## Part 5 – The Planetary Spheres: Cosmic Karmic Influences and the Earthly Perspective

### Quote

*Hearts will sense the meaning of karma  
When hearts learn  
To read the word  
Which shapes  
Human lives.  
When hearts learn to speak the word  
Which develops  
The human being.*

Source A verse from Rudolf Steiner, written for Ita Wegman on his 63<sup>rd</sup> birthday.

### About Part 5

**Part 5** provides the background for understanding two directions or aspects of Karma:

- Firstly, **Instrument Karma** as result of a Cosmic Metamorphosis, or the **Cosmic Perspective**, and
- Secondly **Incident Karma** or the **Earthly Perspective**, seen in emerging **Biographical Themes** – as gifts, challenges, and patterns – influencing the way how we interact with the outer world on our life's journey.
- The latter are also **seeded** by cosmic–karmic influences, but they have a more earthly and biographical flavour, and therefore present an **Earthly Perspective**.
- For example: From a Cosmic Perspective – Direction Karma, Affinity Karma and Nature Karma relate to the karmic Metamorphosis.
- From the Earthly Perspective - we meet Karmic Demands and Karmic Fulfilment on our life's journeys.

**Part 5** conveys general ideas and more about the *Earthly Perspective*. **Part 6** provides more information on the cosmic journey through the Planetary Spheres and the *Cosmic Perspective*.

### View Lecture 7 – The Karmic Perspective ...

- Click on the link above or find this Lecture in your *Study Resource Folder*.
- This Lecture looks at the Cosmic perspective and Metamorphosis – the formation of our Instrument Karma.

### Visual 11.05.01 – Karma related to the Planetary Spheres

- You find this *Visual* in this Part 5 of your *Study Guide*.

### Reading 4 – Destiny Determining and Liberating Planets

- R. Steiner: GA228, Lecture, Dornach, 27 July 1923.
- You will find this Reading in your *Study Guide Chapter 4, Reading 4*.

### Summary 11.05.02 – Destiny Determining and Liberating ...

- This is a summary of Rudolf Steiner's Lecture created by Karl–Heinz Finke.
- This Reading provides a *Cosmic Perspective* on the Planetary Entities.
- You find this *Summary* in this Part 5 of your *Study Guide*.

### Reading 5 – Karmic demands and karmic fulfilment.

- R. Steiner: GA 236, Lecture, Dornach, 18 May 1924
- You will find this Reading in your *Study Guide* in *Chapter 4, Reading 5*.

### Summary 11.05.03 – Karmic demands and karmic fulfilment

- This is a summary of Rudolf Steiner's lecture created by Karl–Heinz Finke.
- This Reading provides an *Earthly Perspective* on Karma.
- You find this *Summary* in this Part 5 of your *Study Guide*.



# Chapter 3 – Groupwork

## Introduction

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In preparation for these Group-work Topics, we explore questions related to the themes of each Planetary Sphere, and how they are expressed in the individual life journey. You will reflect on these questions and apply them to your own biography.

Some questions will resonate more with you than others – reflect on these more deeply.

If you are attending the online group-work sessions related to this course, then you will be able to share the fruits of these reflections with each other. These Topics for the Group-work need to be prepared well in advance of the online sessions. See our suggestions below.

### Prior Preparation

- Please start with the **Prior Preparation** for this groupwork at least one week before you meet online for your sharing.
- It is not enough to read through the indications for sharing on the evening before the group-work starts! You need to live with these questions for a little time and it is important to take notes.
- The questions are not a questionnaire. Some questions may not apply to your life.
- Focus on the questions which are relevant for you, and which resonate with you.
- Some questions you can be left aside. They may become meaningful to you later in your life.

### The Karmic perspective

In **Chapters 1 and 2**, we prepared for this Group-work by giving, for all the 7 planetary bodies, detailed characterisations and descriptions. We have described what each planet is seeding as cosmic influences which we can follow as earthly biographical phenomena.

For our group-work, we have formed guiding questions. These connect to biographical phenomena associated with the planetary influences.

Reflect on these questions and take notes. Your reflections will increase your awareness of:

- Your connection to the different Planetary Spheres.
- Possible karmic connections.
- The gifts and challenges that are expressed in your individual biography.
- Greater self-knowledge.

As a reminder about cosmic and karmic interconnection we have inserted the overview again which depicts the journey through the planetary spheres, as review after death and a preview in preparation for the next incarnation.

You will find this on the following page of your *Study Guide*.