

## The Temple of Life

*Work with Biographical Development as a Path of Creation of Destiny Freedom for the Future*

Six thousand years ago ancient Egyptian temples were built as abodes for the gods. The **space** of these buildings was designed as a macrocosmic image of the human body. Life was dedicated to the path of initiation through the temple. Later, in the Greek-Roman cultural epoch, the Son of God incarnated as a human being, passed the threshold of death and rose again. During the life of 'Jesus' the **space** of the human body as well as 33.3 years of archetypal **time** became a temple for the being of 'Christ', who is experienced by many as a spiritual archetype for human evolution.

During the last 500 years of European cultural history the human being has become ever more an individual personality in the wider world. A new phase of human evolution has begun; we build new temples, whose design develops through **time**: you enter your own temple through the portal of birth and leave it through the portal of death. The entirety of your individual biography becomes a modern Temple of Life.

The timeless call of initiation to human beings "*know thyself*" means now, above all else, not just to live life, but to become conscious about why you came into this life and what you have made out of it, i.e. *who am I?* In other words: *Observe how you have become what you are today; learn to know what you have learned, achieved, created along the way. Find out what is your task or vocation in this life.* One possibility as to how you can acquire such knowledge is the observation and investigation of your own biographical development. Through this you can learn out of personal experience how to create your biographical development in the future.

Work with biographical development based on anthroposophical spiritual science began reaching a wider community some 40 years ago, and has been developing continually since then. Colleagues who become masters of the instruments of biographical development understand themselves as becoming professional guides and consultants, who are able to hygienically support spirit, soul and physical development in the sense of salutogenesis.

Responsibility for your own health is strengthened through stimulation towards the healing of your personal psychic and physical weaknesses or burdens and in particular through the strengthening or potentisation of your individual 'I' development.

Biography work evolved in connection with experiences and acquired knowledge of the 20th Century in the most varied fields of self-development - amongst others, those of psychology and psychotherapy - together with the spreading of different forms of artistic expression, and with the laws of biographical development discovered through spiritual scientific research. The path of life up to the age of 63 years, that moves through nine seven year phases which are connected with the Planetary Cosmos, are in the meantime sufficiently well known, and form a sound phenomenological foundation, on which to research and create your own path through life.

The human being is able to resolve and further transform karmic issues in the present moment. What is meant here is not research into former lives but the transformation in the present moment of effects which have a karmic origin. *The challenge is to become ever more conscious in freely creating destiny for the future in the present moment.*

Since the beginning of the 21st Century work with biographical development has been increasingly maturing and broadening through newly researched possibilities, including also the biographical laws connected with phenomenology and further development after the 63rd year. A potential leading idea for biographical development is illuminated when we consider an archetypal life span of 99 years. After leaving the rhythmical movement of planetary **time**, the 36 years embrace accordingly the phenomenology of the twelve-fold laws of the intention forming **space** of the Stellar Cosmos.

Previous experience leads to the view that further work on individual karma beyond the threshold of 63 years need no longer be a primary focus. This is confirmed in the reports of many people who often experience more and more a feeling of freedom during this next period of life.

Is there still a task then, a developmental purpose, which gives a deeper meaning to the continually increasing average life expectancy? Many factors play a role in how you continue leading your life: the national, social, economic situation, as also gender, life style, vocation and spirituality. Yet ask yourself why human beings are living longer?

Surely the reason cannot just be the pursuit of age specific pleasures. Long life is not just 'blessed' with roses but also 'graced' with thorns.



Further development of the instruments of work with biographical development in relation to the search for new perspectives and ways of working with this period of life still have a contribution to make over the coming decades.

After 63 years of individualisation you enter into a realm of freedom, in which you can further create your own life by accompanying the creation of the future of other human beings through consciously building community. In order to be able to fulfil this task, self-knowledge is required. Working with manifold instruments of biographical development is particularly suitable to help in acquiring this, because it makes it possible for you to decipher your own *Book of Life*. Working through your biography up to 63 years can help you know the essence of your life in **time** so far. With this you can discover a personal key to one of the twelve great portals in the new activity filled **space**, surrounded by the cosmic starry circle, where you can still develop your future potential in this life and also for those to come.

Karma is described in the following way: "do what must be done", which means in principle, that every deed of the spirit and the body has consequences and the individuality will and must always meet and transform these consequences in subsequent incarnations. Freedom, however, lies not in these

consequences, which always stem from the past, but in the consciously created interaction with the experience of karmic effects. *Destiny Freedom* is created for the future whenever your individuality takes responsibility in the present moment for the conscious development of your soul.

Now it is important to differentiate between *Karma* and *Destiny*.

Individual biography can embrace any spiritual orientation, religion, theology or philosophy. Service within a particular belief, however, will be influenced by how you practise *Destiny Freedom*. Those who apply the instruments of biographical development, honour the battle for the *right to individual development in life*, which permeates the whole of our cultural history since the *Mystery of Golgotha*. Through *conscious emancipation of the soul* from the inherited, cultural and vocational programming of the past you are creating *Destiny Freedom* now.

*Consciousness Soul creates Freedom  
in the Development of Destiny  
for the Future.*

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