

Biographæa 1

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- 1.1 1 In Edition Biographæa the term 'Self' is used in the sense of, e.g. the spiritual
 4.1 core of human being, 'Witness', 'Observing Self', 'True Self' or 'Higher Self'.
 17.1 The term 'Higher Self' is used synonymously with the 'Self', referring especially
 18.1 to the spirit core of human individuality which contemplates knowledge of 'Self'.
 19.1 [link https://en.wikipedia.org/wiki/Self](https://en.wikipedia.org/wiki/Self)
[link https://en.wikipedia.org/wiki/Higher_self](https://en.wikipedia.org/wiki/Higher_self)
[link https://en.wikipedia.org/wiki/Outline_of_self](https://en.wikipedia.org/wiki/Outline_of_self)
[link https://en.wikipedia.org/wiki/Psychosynthesis](https://en.wikipedia.org/wiki/Psychosynthesis)
- 1.1 2 The 'Book of Life', referred to here, is the supersensible, also called 'Akashic
 2.2 Record' of the essential content of individual human incarnations, together with
 8.2 their broader cultural-historical influences; learning to read in it can help to
 reveal the deeper meaning of one's life plans and their consequences.
[link https://en.wikipedia.org/wiki/Akashic_records](https://en.wikipedia.org/wiki/Akashic_records)
- 1.2 3 These attributes may be associated with the nine Seven Year Life Phases
 (see [link 5.1](#)) as follows: I 'gifts', II 'talents', III 'skills', IV 'abilities', V 'crafts',
 VI 'capacities', VII 'competence', VIII 'expertise', IX 'faculties'.
- 2.1 4 A worldview embracing Karma was adopted from the early Vedantic
 religious culture of the 1st millennium BC by the Brahmins, whose
 earliest recorded scriptures, the "Upanishads", contain these ideas.
[link https://en.wikipedia.org/wiki/Karma](https://en.wikipedia.org/wiki/Karma)
- 2.1 5 'Reincarnation' is a variable religious or philosophical concept that the soul
 or spirit, after biological death, begins a new life in a new body, which is
 constituted according to the moral quality of actions in previous lives. In modern
 times knowledge of reincarnation is mainly disseminated through oriental
 Buddhism and occidental spiritual sciences like, for example, Anthroposophy.
[link https://en.wikipedia.org/wiki/Reincarnation](https://en.wikipedia.org/wiki/Reincarnation)
[link https://en.wikipedia.org/wiki/Book_of_Life](https://en.wikipedia.org/wiki/Book_of_Life)
- 2.2 6 Belief, in both East and West, that a 'Guardian Angel' is assigned to
 protect and guide a particular person or group, is witnessed from antiquity
 to modern times. [link https://en.wikipedia.org/wiki/Guardian_angel](https://en.wikipedia.org/wiki/Guardian_angel)
- 2.2 7 'Destiny Freedom': working with freedom now to create destiny for the future.
- 2.2 8 Your 'Destiny Will' incorporates the spiritual intentions with which
 4.2 you entered this incarnation; it permeates not only your physical
 16.1 and soul constitution, but also the configuration of your interpersonal
 16.2 relationships, in alignment with your Karma. Whilst fate implies
 17.2 the absence of choice, destiny involves active participation of an
 entity in the achievement of an outcome that is directly related to itself.
[link https://en.wikipedia.org/wiki/Destiny](https://en.wikipedia.org/wiki/Destiny)
- 2.2 9 Rudolf Steiner (1861-1925), *From Jesus to Christ*, GA131:07.10.11
- 3.1 10 On every continent worldwide are paintings and engravings on rocks,
 in caves and in the open; some dating back over 60,000 years.
[link https://en.wikipedia.org/wiki/Cave_painting](https://en.wikipedia.org/wiki/Cave_painting)
[link https://en.wikipedia.org/wiki/Rock_art](https://en.wikipedia.org/wiki/Rock_art)

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- 3.1 10 Human beings developed differentiation of their consciousness over very
 long time periods. One way of doing this was to create artistic expressions
 of their observations of inner and outer experiences of the natural world,
 including themselves, using any viable outer materials (stone, earth, plant,
 animal, etc.). Whilst developing the faculty of memory by recording the past,
 human beings were also forming consciousness which embraces continuity
 in relation to repeated inner and outer experiences during interaction with
 the natural world and each other. Such activity served communal and ritual
 purposes whilst also promoting socialisation. Consequentially this also led
 to the development of consciousness about what is potentially going to
 happen in the future, which encompasses an intentional component.
- 3.1 11 Ancient Egyptian Cultural Epoch: circa 2,900 to 700 BC.
[link https://en.wikipedia.org/wiki/History_of_Egypt](https://en.wikipedia.org/wiki/History_of_Egypt)
- 3.1 12 R. A. Schwaller de Lubicz (1887-1961), *The Temple in Man*, Inner Traditions.
 Rudolf Steiner (1861-1925), *And The Temple Becomes Man*, GA286.
- 3.1 13 King Solomon (c. 970-931 BC): "What has been will be again, what has
 been done will be done again; there is nothing new under the sun."
Holy Bible, Ecclesiastes 1:9. [link https://en.wikipedia.org/wiki/Solomon](https://en.wikipedia.org/wiki/Solomon)
- 3.1 14 Ancient Greek-Roman Cultural Epoch: circa 700 BC to AD 1500; whilst
 'classical antiquity' closes formally in the 7c, the Byzantine inheritance of
 the Roman mantle of supreme Christian patriarchy lasted well into the 15c.
[link https://en.wikipedia.org/wiki/Classical_antiquity](https://en.wikipedia.org/wiki/Classical_antiquity)
- 3.1 15 'Messiah': recognised in Jewish tradition as the Saviour who is still to
 come and in Christian tradition as the Redeemer and Son of God, but
 not relevant in Islamic tradition, for whom Jesus is an important human
 Prophet who only reveals God and will bring healing in the future.
[link https://en.wikipedia.org/wiki/Messiah](https://en.wikipedia.org/wiki/Messiah)
- 3.1 16 Rudolf Steiner (1861-1925), *Anthroposophy as Cosmosophy*, GA207:16.10.21,
 3.2 *Human Freedom and its Connection with the Mystery of Golgotha*.
- 3.1 17 Original source for the idiom and title of this book "Temple of Life":
 3.2 *The Counter-streams of Life and Death in Biographical Development*,
 4.1 and *Biography as the Temple of Life*, in *The Archetypal Architecture*
 5.1 of *Human Biography* © Christophori I. 1999. [link https://christophori.com](https://christophori.com)
- 3.2 18 'Gnosis' was first and foremost a matter of self-knowledge, which was
 considered the path leading to the goal of enlightenment as the hidden
 knowledge of the various pre-Judeo-Christian pagan Mystery-Religions.
[link https://en.wikipedia.org/wiki/Gnosis](https://en.wikipedia.org/wiki/Gnosis)
- 3.2 19 For example please refer to: *Not in His Image*, *Gnostic Vision*, *Sacred*
Ecology, and *the Future of Belief*, John Lamb Lash, Chelsea Green 2006.
- 3.2 20 'Jewish Diaspora' is complex, but at that time it occurred mainly
 because of the persecution by the Roman Empire, which continued
 under its Christian Rulership.
[link https://en.wikipedia.org/wiki/Jewish_diaspora](https://en.wikipedia.org/wiki/Jewish_diaspora)

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- 3.2 21 This renowned centre of learning in Persia during late antiquity offered training in medicine, philosophy, theology and natural sciences.
link https://en.wikipedia.org/wiki/Academy_of_Gundishapur
- 3.2 22 Circa AD 570 - 632: a religious, political, and military leader from Mecca who unified Arabia into a single religious polity under Islam.
link <https://en.wikipedia.org/wiki/Muhammad>
- 3.2 23 The most intensive period of the Crusades, primarily in the struggle with Muslim dominion in the Levant, but also to gain control over commercial traffic routes (so called 'silk roads'), occurred between AD 1095 and 1291.
link <https://en.wikipedia.org/wiki/Crusades>
- 3.2 24 One source for following up this highly condensed historical commentary is by Rudolf Steiner (1861-1925), *Death as a Metamorphosis of Life*, GA182:16.10.18.
- 3.2 25 Historians distinguish four different manifestations or branches of the Inquisition: Medieval 1184 - 16c, Spanish 1478 - 1834, Portuguese 1536 - 1821 and Roman 1542 - circa 1860. link <https://en.wikipedia.org/wiki/Inquisition>
- 3.2 26 Modern European Cultural Epoch: circa 1500 to 2,700 AD.
- 4.1 27 An inner temple inscription at the Ancient Egyptian Temple in Luxor: "Human Being, know thyself ... and thou shalt know the gods", said to refer to an outer temple inscription "The body is the house of God", resonates with the maxim "Human Being, know thyself" found in the Ancient Greek Temple of Apollo at Delphi.
link https://en.wikipedia.org/wiki/Delphic_maxims
link https://en.wikipedia.org/wiki/Know_thyself
- 4.1 28 One of three phrases inscribed on the pediment of the ancient Grecian Temple of Apollo at Delphi is: "nothing in excess", i.e. "everything in moderation", from which derive the words here quoted: "O Human Being Know thy Measure".
link <https://en.wikipedia.org/wiki/Delphi>
- 4.2 29 'Karmic Resources' are the 'raw materials' of Karma which are woven into the individual constitution of a human incarnation; they are the 'bedrock', the 'stone quarry', the 'building blocks' needed to construct a "Temple of Life" or the realisation of individual Destiny Will on Earth. Both (so called) 'good karma' and 'bad karma' can be understood as 'Karmic Resources' whose potential becomes free according to how they metamorphose during the course of biographical development.
link [Biographæa 1 Life Moments 13.1, 19.2 -20.1](#)
link [Biographæa 3 Life Decisions 6.1-3](#)
- 5.1 30 An 'archetype' is a universally understood symbol, term, concept, or pattern of behaviour, a prototype upon which others are copied, patterned, or emulated; archetypes are used in myths and storytelling across different cultures.
link <https://en.wikipedia.org/wiki/Archetype>
- 5.1 31 'Microcosmic' refers to a miniature version of the greater cosmos.
- 5.1 32 'Macrocosmic' refers to a greater cosmos or universe.

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- 5.1 33 In addition to the following designation of the Seven (visible) Planetary Realms to the nine 7-Year Life Phases, these Seven Planets, moving as celestial bodies, also inscribe their respective orbital cycles into biographical development. The qualities of these cycles are described in *Biographæa 2. Life Moments*.
- 5.1 34 Mystery wisdom, ancient and modern, about multiple levels of 7-fold and 9-fold development of the human being is most thoroughly explained by Rudolf Steiner (1861-1925), e.g.,
Metamorphosis of the Soul 1, GA58:14.03.10;
Christian Mysteries, GA97:12.01.07;
Karmic Relationships 5, GA239:24/25.05.24;
Karmic Relationships 6, GA240:01.06.24;
Initiate Consciousness, GA 243:16.08.24.
- Comprehensive overviews of his spiritual scientific observations concerning human biographical development were first compiled and mediated by:
Bernard Lievegoed (1905-1992), *Phases: Spiritual Rhythms of Adult Life*, 1976;
George & Gisela O'Neil (1906 & 1924-1988), *The Human Life*, 1977 (1990).
- 5.1 35 The interchange of *Venus* and *Mercury* is a complex esoteric issue connected with the interchange of nomenclature for these two planetary spheres in relation to the paradigm shift from the geocentric cosmic perspective, as attributed to Claudius Ptolemy (c. 100 - 70 AD), to the heliocentric cosmic perspective promoted by Nicolaus Copernicus (1473-1543).
Rudolf Steiner (1861-1925) in e.g.:
Macrocosmos and Microcosmos, GA119:22.03.10.
- Usually *Mercury* and *Venus* are associated with **Life Phase II** and **Life Phase III** respectively; however, there are significant phenomenological reasons for recommending that a flexible approach be applied which explores the interchange of these associations in each individual biography.
link https://en.wikipedia.org/wiki/Geocentric_model
link https://en.wikipedia.org/wiki/Copernican_Revolution
- 5.2 36 The zodiac is a celestial coordinate system comprising a circle of twelve 30° divisions of longitude centered upon the ecliptic, to each of which a sign is designated by association with ancient mythological perception of particular star clusters.
link <https://en.wikipedia.org/wiki/Zodiac>
link <https://en.wikipedia.org/wiki/Ecliptic>
- 6.2 37 'Holy Spirit' carries significant meaning for many religions.
link https://en.wikipedia.org/wiki/Holy_Spirit
- 'Communion of Holy Spirit' refers particularly (*but not only*) to the archetypal celebration of community at Pentecost (Whitsun), commemorating the descent of the Holy Spirit in the form of tongues of fire upon the Apostles and other followers of Jesus Christ, and the transcendence of the division of languages.
link https://en.wikipedia.org/wiki/Holy_Spirit_in_Christianity
link <https://en.wikipedia.org/wiki/Pentecost>

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- 7.1 38 Telling stories about one's life helps create biographical meaning; 'narrative psychology' works with the way stories shape lives.
[link https://en.wikipedia.org/wiki/Narrative_therapy](https://en.wikipedia.org/wiki/Narrative_therapy)
[link https://en.wikipedia.org/wiki/Storytelling](https://en.wikipedia.org/wiki/Storytelling)
[link https://en.wikipedia.org/wiki/Narrative](https://en.wikipedia.org/wiki/Narrative)
- 7.1 39 For ready made patterns please check out internet resources, e.g.:
[link https://incompetech.com/graphpaper](https://incompetech.com/graphpaper)
- 7.2 40 Similar to 'mind mapping' which also involves a multiplicity of graphic devices.
- 8.2 41 In Edition Biographæa colours are used to symbolise their association with the principles and application of the three soul capacities, thinking, feeling and willing, which are deeply embedded in all aspects of biographical development:
 11.1-2 a) blue represents the cool clarity of the head and *nerve sense system*;
 12.1-2 b) green represents the rhythmical balance of the chest and *breathing circulation system*;
 13.1-2 c) red represents the dynamic warmth of the abdomen and *metabolic motoric (limbs) system*;
 14.1
 15.1
 16.1
 17.2
- 18.2 Rudolf Steiner (1861-1925), e.g.,
 19.2 *Education of the Child*, GA34:No.33,07;
Complementing Today's Science, GA73:08/10.10.18;
Reality of Higher Worlds, GA79:29.11/01.12.21;
So that the Human Being can become completely Human, GA82:11.04.22;
The Study of Anthropology, GA293:26/27.08.19.
- 8.2 42 A 'legend': 1. describes how to interpret symbols used by cartographers to create a map, to aid its understanding and practical use; 2. is a graphic list of 'devices' used in chart design; 3. both 1. and 2. are also known as a 'key'.
[link https://en.wikipedia.org/wiki/Cartography#Map_key_or_legend](https://en.wikipedia.org/wiki/Cartography#Map_key_or_legend)
[link https://en.wikipedia.org/wiki/Chart#Features_of_a_chart](https://en.wikipedia.org/wiki/Chart#Features_of_a_chart)
- 9.1 43 The *recommended paper sizes* quoted are a useful guideline.
 9.2 You can lay out your Life Line so each 7-Year Phase fills single A4 or A3 sheets, which can be laid out later in a series on the floor. Also you can use a long roll of paper. Some Life Line charts require larger sheets, whose size you must choose according to convenience. Size and shape of paper needed is worth evaluating carefully; e.g. some designs work better on a square format.
[link https://en.wikipedia.org/wiki/ISO_216](https://en.wikipedia.org/wiki/ISO_216)
- 9.2 44 See, e.g., application of *Spiral* in *The Path through the Labyrinth* by Gabriël Prinsenbergh, 1996 Uitgeverij Servire NL & 1997 Novalis Verlag DE.
- 9.2 45 See also application of *Double-U & Rings* in *Biographæa 2. Life Moments*. See also application of *Enneagram & Parabola* in *Biographæa 3. Life Decisions*.
- 11.2 46 *The First Three Years of the Child*, Karl König (1902-1966).
[link https://en.wikipedia.org/wiki/Karl_König](https://en.wikipedia.org/wiki/Karl_König)

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- 11.2 47 The 'life energy' is the 'essence' of the *life body*, also called *etheric body*, *vital body*, *habit body* and *time body*, in connection with, e.g., learning to build up and maintain a healthy relationship with personal behaviour and rhythmic practises, which encompass the organisation of constitutional 'vitality'.
- 12.2
 13.2
 15.2
- 18.2 The all permeating 'formative forces' of the *etheric body* bring about the precise organisation of the mineral and structural composition of the *physical body*, so that its organs and members fulfil the requirements necessary for the physical incarnation of a human soul and spirit.
- The *etheric body* is the 'living organisation' of the relationship between the physical body and soul organism of the human being. Within the human soul, 'life forces' and 'life resources' are interweaving the *physical body* with the *astral body* (see ref. 52).
- The *etheric body* can be likened to the activity of a 'construction manager' working according to the 'architectural blueprints' of the *astral body*.
- 11.2 48 Obviously hereditary traits are transmitted from grandparents to grandchildren; however, of considerably more significance is the important and surprisingly under-researched relationship" between grandparents and grandchildren.
- See e.g. Peter K. Smith (1943-): *Grandparents and Grandchildren* The Psychologist, 2005, vol.18, ed.11, pp.684 - 687.
[link https://thepsychologist.bps.org.uk/edition/2118?items_per_page=All](https://thepsychologist.bps.org.uk/edition/2118?items_per_page=All)
- For example, grandparents are particularly responsible for the transmission of cultural, political, religious, social, moral history and tradition, tolerance and prejudice, character and behaviour which become influential in the biographical development of grandchildren.
[link https://en.wikipedia.org/wiki/Kinship_care](https://en.wikipedia.org/wiki/Kinship_care)
- 11.2 49 *Holy Bible: Gospel of St. Matthew 18:1-6*
- 12.1 50 **Cluster Technique** (NB Always take into account the detailed instructions given in connection with each specific exercise.)
 12.2
 13.1-2 Generally use a sheet of paper (A4 or A3) and inscribe in its centre
 14.2 (e.g.: using word/s, image, symbol, photo) the 'object' of your research
 15.1 (e.g.: question, experience, situation, event, person). Then collect
 16.2 (e.g.: 'stream of consciousness', 'brainstorming', 'mind map') experiences (e.g.: facts, emotions, deeds, articles, persons, places, processes), spontaneously, artistically, playfully, in the 'space' around the 'object', (e.g.: using words, symbols, forms, colours, movements) until the paper is full, or you have had enough or just can't come any further.
[link https://en.wikipedia.org/wiki/Cluster_diagram](https://en.wikipedia.org/wiki/Cluster_diagram)
[link https://en.wikipedia.org/wiki/Brainstorming](https://en.wikipedia.org/wiki/Brainstorming)
[link https://en.wikipedia.org/wiki/Stream_of_consciousness](https://en.wikipedia.org/wiki/Stream_of_consciousness)
[link https://en.wikipedia.org/wiki/Mind_map](https://en.wikipedia.org/wiki/Mind_map)
- 12.2 51 Whilst contemporary usage of the expression "go with the flow" emerged in the 1960s, its origin is attributed to *Meditations* by the Roman Emperor and Stoic philosopher Marcus Aurelius Antoninus Augustus (121-180 AD).
[link https://en.wikipedia.org/wiki/Marcus_Aurelius](https://en.wikipedia.org/wiki/Marcus_Aurelius)

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- 12.2 52 The 'light forces' are the 'essence' of the *light (consciousness) body* or
13.2 *astral body*, which promotes the 'in-formation' for the design or architecture
14.2 of the human soul, under instruction of the emergent 'I'-organisation and its
16.2 adult guides. Effectively the constitution of the incarnated human soul is an
interweaving of the *life or etheric body* and the *light or astral body* (see *ref. 47*).
- 12.2 53 'Rubicon': Italian river which Julius Caesar crossed in 49 BC with irrevocable
consequences for Roman culture; now the term is used when committing to an
irreversible course of action. Thus 'Rubicon' is associated with this turning
point, when a child may experience sudden inner instability, loss of foundation.
This turning point is generally experienced as lying between 9 and 10 years.
Rudolf Steiner (1861-1925), e.g.,
Ideas and Practices of Waldorf Education, GA297:21.05.20.
- 12.2 54 *link Biographæa 2. Life Moments 10.1-3*
- 12.2 55 Referring to the child Jesus: "And when he was twelve years old, they went
up to Jerusalem ... after three days they found him in the temple ... And all that
heard him were astonished at his understanding and answers. ... And Jesus
increased in wisdom and stature ...". *Holy Bible: Gospel of St. Luke 2:41-52*.
link https://en.wikipedia.org/wiki/Finding_in_the_Temple
- 13.2 56 'Icons': role models whose character, personality, vocation can be emulated.
link https://en.wikipedia.org/wiki/Role_model
- 13.2 57 'Childhood' is being referred to here as specifically extending to 21 years of age.
17.2 *link https://en.wikipedia.org/wiki/Childhood*
- 13.2 58 Connected with the first Moon Node Return, a cycle (18 yrs. 7 mos.)
16.2 calculated by astronomy and recognised by astrology.
link Biographæa 2. Life Moments
- 14.2 59 The *ego* refers explicitly to the state of 'egoity' in the human soul which
17.2 is prone to 'egoism'; so often referred to as the 'lower self', which is driven
by passions, desires and yearnings of the 'lower nature' of the human soul.
As witnessed across a broad spectrum of spiritual scientific teachings,
ancient and modern.
Rudolf Steiner (1861-1925), e.g., *Riddles of the World*
(ch.15, *Germanic and Indian Secret Doctrines*), GA54: 08.03.06.
The *ego* comprises the organized part of personality structure, including,
e.g., defensive, perceptual, intellectual-cognitive and executive functions.
The *ego* organises thoughts about reality in order to make sense of
them and the world around. It is that part of the soul which can be modified
by the direct influence of the external world, so as to be able to represent
reason and common sense.
The *ego* is formed primarily in the first 21 years of life by i.a. family, upbringing,
education, tradition, marketing, media, socialisation, politics, religion.

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- 14.2 59 In Edition *Biographæa ego* is not equated with the human 'I', but with the
17.2 term 'ego', as applied in early 20th century psychology and psychotherapy,
e.g., by Sigmund Freud (1856-1939).
link https://en.wikipedia.org/wiki/Sigmund_Freud
link https://en.wikipedia.org/wiki/Id,_ego_and_super-ego#Ego
- 14.2 60 *Sentient (animal) soul* is the part of the human soul that first meets and
receives perceptions from the environment; where also instincts, urges,
desires and passions arise and are experienced and can be developed.
Rudolf Steiner (1861-1925), e.g.,
Metamorphosis of the Soul 1, GA58: 05.12.09, 14.03.10;
Metamorphosis of the Soul 1, GA59: 28.04.10, 05.05.10;
Constitution, Talent and Education of the Human Being, GA60:12.01.11.
- 14.2 61 Louis Armstrong sang *What a Wonderful World*; read lyrics and listen to song.
link https://www.lyricsfreak.com or *link https://www.jango.com*
- 15.1 62 29 yrs. 6 mos. = Saturn Return, 31 yrs. 6 mos.= half way between Birth and 63,
33 yrs. = life span of Jesus Christ. *link Biographæa 2. Life Moments*
- 15.1 63 The term 'biographical node' refers to a fixed moment on a Life Line which
16.2 can be used as a reference point for observing biographical experiences.
18.2 *link Biographæa 2. Life Moments and Biographæa 3. Life Decisions*
- 15.2 64 *Rational (intellectual) or emotional (mind) soul* is the part of the human
soul in which feeling life arising from outer stimulation is transmuted through
the inner activity into experiences like thoughts, concepts, ideas, empathy,
differentiation, judgement and striving for truth (see also *ref. 60*).
Rudolf Steiner (1861-1925), e.g.,
Metamorphosis of the Soul 1, GA58: 14.03.09, 09.12.09;
Metamorphosis of the Soul 1, GA59: 20.01.10, 28.04.10.
- 15.2 65 "Shit happens" ... *link https://en.wikipedia.org/wiki/Shit_happens*
link https://www.urbandictionary.com/define.php?term=shit_happens
- 15.2 66 A 'family of choice' differentiates itself from (but does not exclude members of)
a biological or adoptive family, in that its members are freely chosen, because
they actively fulfil roles and relationships typically associated with and fulfilled
by 'traditional' family (including their 'extended' systems).
link https://en.wikipedia.org/wiki/Family#Family_of_choice
- 16.1 67 The term 'Enneagram' is not being used in connection with schools of
esoteric teaching or personality typing with which it is commonly associated.
link https://en.wikipedia.org/wiki/Enneagram_(disambiguation)
- 16.1 68 This polygon is the simplest of four variations of a stellation with nine vertices
(9/1, 9/2, 9/3, 9/4), known collectively in geometry as regular 'enneagrams'.
link https://en.wikipedia.org/wiki/Enneagram_(geometry)
link https://en.wikipedia.org/wiki/Nonagon

- 16.1 69 The term 'beat-to-beat' interval or 'inter-beat' interval is a measurement of the time interval between individual beats of the mammalian heart.
[link https://en.wikipedia.org/wiki/Interbeat_interval](https://en.wikipedia.org/wiki/Interbeat_interval)
[link Biographæa 2. Life Moments 16.1-3](#)
- 16.2 70 'Physicality' refers to the mineral, corporeal nature of human incarnation, as distinct from 'vitality', without which the *physical body* cannot exist.
- 16.2 71 *Consciousness* or *spirit soul* is the part of the human soul which can know (recognise) truth through activity of a consequent and responsible human 'I' which is imbued with individualised spirit leadership. Existentially the loneliest part of the soul; where thoughts, concepts, ideas, empathy, discrimination, judgement are experienced as spiritually alive; where the contextual exercise of prayer, contemplation, meditation and truth are realised and perceived as a spiritual reality.
- Rudolf Steiner (1861-1925), e.g.,
Metamorphosis of the Soul 1, GA58: 28.10.09, 05.12.09, 09.12.09
Metamorphosis of the Soul 2, GA59: 28.04.10, 05.05.10;
Constitution, Talent and Education of the Human Being, GA60:12.01.11.
- Important here is to understand the simultaneous juxtapositioning of two perspectives, i.e. two experiential tendencies of the soul in relation to the 'threshold of death':
- a) incarnation into the physical realm (see 3rd paragraph in 16.2);
 AND
 b) excarnation into the spiritual realm (see 4th paragraph in 16.2).
- The 'threshold of death' should be understood here as referring primarily to the threshold between:
- a) 'normal waking consciousness' (incarnation)
 AND
 b) 'normal sleeping consciousness' (excarnation);
 whereby the latter state can be transformed into
 'spiritual consciousness', e.g., systematic meditative practises.
- Thus by...
- a) consciously penetrating 'physicality' of body
 AND
 b) consciously differentiating the 'astrality' (see ref. 72) of soul,
 - including their respective 'environments' -
- these complimentary processes establish conditions for birthing human 'I' activity, which itself promotes growth of 'spiritual consciousness' in the soul.
- The development of *consciousness* or *spirit soul* is the prerequisite for the progressive anchoring in the soul of the higher members of the spiritual constitution of the human being in both the states of incarnation and excarnation.
- 16.2 72 The term 'astrality' refers to a supersensible light-bearing 'substance'
 13.2 which both interconnects and constitutes the discreet *astral bodies* of every ensouled entity, including incarnated and excarnated human spirits;

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- 16.2 72 it is a primary component of human soul organs, as well as being a medium which is associated with carrying and mediating a wide spectrum of soul experiences, e.g., passions, desires, emotions, feelings, sentience, dreams, impressions, perception, awareness and thought-forms.
- 16.2 73 Connected with the second Moon Node Return at 37 yrs 2 mos;
 (see also ref. 58 and links 13.2 and 18.2).
[link Biographæa 2. Life Moments](#)
- 17.1 74 The term 'biographical metamorphoses' refers to developmental processes in life which lead to irreversible change. Profound examples are: incarnating, growing up, maturing, growing older and dying.
[link Biographæa 2. Life Moments](#)
- 17.1 75 The term 'biographical resonance' refers to coherent, experiential phenomena which manifest around biographical axes (see next ref. 76) and which can be apprehended in such a way as to yield practical knowledge about further application of the free Destiny Will.
[link Biographæa 3. Life Decisions](#)
- 17.1 76 The term 'biographical axis' refers to the erection of a 'column' for the 'I' at a particular moment, generally a biographical node, on a Life Line, through which experiential phenomena radiating from such a column can be explored, according to relevant methodological guidelines.
[link Biographæa 3. Life Decisions](#)
- 18.1
- 17.2 77 In Edition Biographæa the human 'I' is clearly distinguished from the *ego* as defined above (see ref. 59). The Spiritual Individuality of a human being incarnates in the soul through the developmental activity of the 'I', which is phenomenologically incident throughout life.
- The archetypal moment when the autonomous activity of the 'I' anchoring itself in the soul moves into the ascendant is at 42 years.
- The experience of the 'I' can be characterised as being consciously in alignment with the source of truly emancipated self-awareness in the human soul.
- 17.2 78 *Spirit self* refers to that member of spiritual constitution which can emancipate a human being from physical-soul compulsions by purifying and ennobling the *astral light body* (see ref. 52) through 'I' activity in the soul.
- Simultaneously the *spirit self* is capable of initiating spiritual direction, i.e., leadership of the soul and body through the 'I'.
- In so doing the *spirit self* becomes individualised by the human 'I', as does the human 'I' in turn so attain immortality through such communion with the *spirit self*.
- Comparisons of *spirit self* with terms like Higher Self and Eternal Spiritual Individuality are explored further in Edition Biographæa.
[link Biographæa 2. Life Moments 9.1, 20.1](#)

continued on next page

Page Reference

- 17.2 **78** Rudolf Steiner (1861-1925), e.g.,
Theosophy - The Human Being IV, GA9;
An Outline of Occult Science - The Being of Humanity, GA13:ch.2;
Metamorphosis of the Soul 1, GA58: 25.11.09.
- 17.2 **79** Rudolf Steiner (1861-1925, e.g.,
18.2 *Stages of Higher Knowledge*, GA12,
19.2 illuminates in manifold ways the processes
whereby the three soul capacities,
thinking, feeling and willing (see ref. 45),
are transformed into the three spirit faculties
Imagination, Inspiration and Intuition respectively.
- In Edition Biographæa the latter three terms are written as proper nouns,
because they are used specifically to refer to the spirit faculties as described.
[link Biographæa 2. Life Moments](#)
[link Biographæa 3. Life Decisions](#)
- 18.1 **80** The 'World Ethers' refer to the equivalent of the *life body*
or *etheric body* of the Earth, on the scale of being a planetary
organism (Gaia), as well as to the 'Cosmic' or 'Universal' Ethers';
the latter term includes the 'life ether', the 'tone ether'
(also known as 'chemical' or 'number ether'),
the 'light ether' and the 'warmth ether'.
- Rudolf Steiner (1861-1925), e.g.,
The Human Being as a Symphony of the Creative Word,
GA230: 27.10.23, 02.11.23.
- 18.1 **81** The term 'elixir' alludes here to the legendary 'Elixir of Life'
or 'Philosopher's Stone', sought by many through the ages
as a source of enlightenment, healing and immortality.
- Only you can create this elixir for your Self out of your *life spirit*.
[link https://en.wikipedia.org/wiki/Philosopher's_stone](https://en.wikipedia.org/wiki/Philosopher's_stone)
[link https://en.wikipedia.org/wiki/Elixir_of_life](https://en.wikipedia.org/wiki/Elixir_of_life)
- 18.2 **82** *Life spirit* refers to that part of the human spiritual constitution
encompassing a reservoir of essential, spiritual resolutions of
previous incarnations, that are accessed through the activity
of the individualised *spirit self* (see ref. 78) in the human 'I'
working into the *etheric (vital) body* (see ref. 47) in the soul;
for example, during consciousness schooling work,
meditational exercise, creative artistic endeavour,
religious contemplation and devotional prayer.
- Rudolf Steiner (1861-1925), e.g.,
Theosophy - The Human Being IV, GA9;
An Outline of Occult Science - The Being of Humanity, GA13:ch.2;
Knowledge of the Soul and Spirit, GA56:24.10.07;
Metamorphosis of the Soul 1, GA58:25.11.09;
An Esoteric Cosmology, GA94:28.10.06;
The Study of Anthropology, GA293:25.08.19.

Page Reference

- 18.2 **83** Connected with the third Moon Node Return at 55 yrs 9 mos;
(see also ref. 58 and ref. 73 and [link 13.2 and 16.2](#))..
[link Biographæa 2. Life Moments](#)
- 18.2 **84** Outer events may be experienced as if their cause lies
deep within the soul. Inner soul experiences may seem
as if they are manifesting in outer events.
[link Biographæa 2. Life Moments](#)
[link Biographæa 3. Life Decisions](#)
- 19.1 **85** 'Quintessence' a term used i.a. by Plato (c. 423-348 BC), Aristotle
(384-322 BC) and medieval alchemists to name 'the fifth element'
or 'aether', as variously associated with a pure and all permeating
component of celestial bodies and their motions; later becoming
synonymous with all powerful, healing elixirs.
[link https://en.wikipedia.org/wiki/Aether_\(classical_element\)](https://en.wikipedia.org/wiki/Aether_(classical_element))
- 19.2 **86** *Spirit human* refers to that part of the human spiritual constitution
which is the ongoing realisation of, unique, self-sufficient, spiritual
being, which is able to exist completely independent of any connection
with the material, sensory world.
- It is the activity of the *spirit human* that informs and directs
the process of weaving the individual human Destiny Will into alignment
with all levels of World Karma, penetrating from the highest spiritual,
to the deepest physical, foundations of human incarnation on Earth.
- Rudolf Steiner (1861-1925), e.g.,
Theosophy - The Human Being IV, GA9;
Human Development and Knowledge of Christ, GA100: 20.11.07;
An Outline of Occult Science - The Being of Man, GA13:ch.2;
Knowledge of the Soul and Spirit, GA56: 24.10.07;
An Esoteric Cosmology, GA94: 07.06.06, 28.10.06;
The Study of Man, GA293: 21.08.19, 25.08.19.
- 19.2 **87** **Exercise:** In this Life Phase it is particularly interesting to observe
what is happening on and around the turning point of your 59th birthday,
which marks the 2nd Saturn Return (+/- 3 mos.). You can explore what
happens around this Biographical Node (see ref. 62 and 63) using a *cluster*
(see ref. 50) with words, colours and symbols.
- Based on this you can make a 'soul mirror' on a large vertical sheet of
black paper (*life size is ideal, but not absolutely necessary*). Using chalk
pastels or gouache in a free abstract, impressionistic or expressionistic
style, create a self-portrait which incorporates the aspects of your inner
and outer character that you know are existentially holding you and other
persons back from further self-development.
[link Biographæa 2. Life Moments 9.1](#)

Page *Reference*

20.1 88 You can also work with this exercise at any age from 63 onwards. Also you may find the exercise offered in 20.2 helpful (see *below ref. 89*).

20.2 89 You can use this exercise irrespective of your actual age before or after 63.

You can also work with this exercise during the period of 13 Holy Nights (24th December to 6th January) and 12 Holy Days (25th December to 5th January).

Begin by carrying out the first three tasks during Advent, finishing latest soon after Midnight on 24th December.

Then work with task 4. on each of the following 12 nights.

Complete the final task during the day of 6th January.

Rudolf Steiner (1861-1925), e.g.,

The Birth of the Sun-Spirit as the Spirit of the Earth, GA127: 26.12.11.

link https://en.wikipedia.org/wiki/Twelve_Days_of_Christmas