

The Temple of Life

*Biography Work 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 his life as 'Jesus' the **space** of the human body as well as 33.3 years of archetypal **time** became a temple for the being of 'Christ', which is viewed 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**: we enter our own temple through the portal of birth and leave it through the portal of death. The entirety of the 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 one has come into this life and what one has 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 one can acquire such knowledge is the observation and investigation of one's own biographical development. Through this one can learn out of personal experience how to create one's biographical development in the future.

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

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

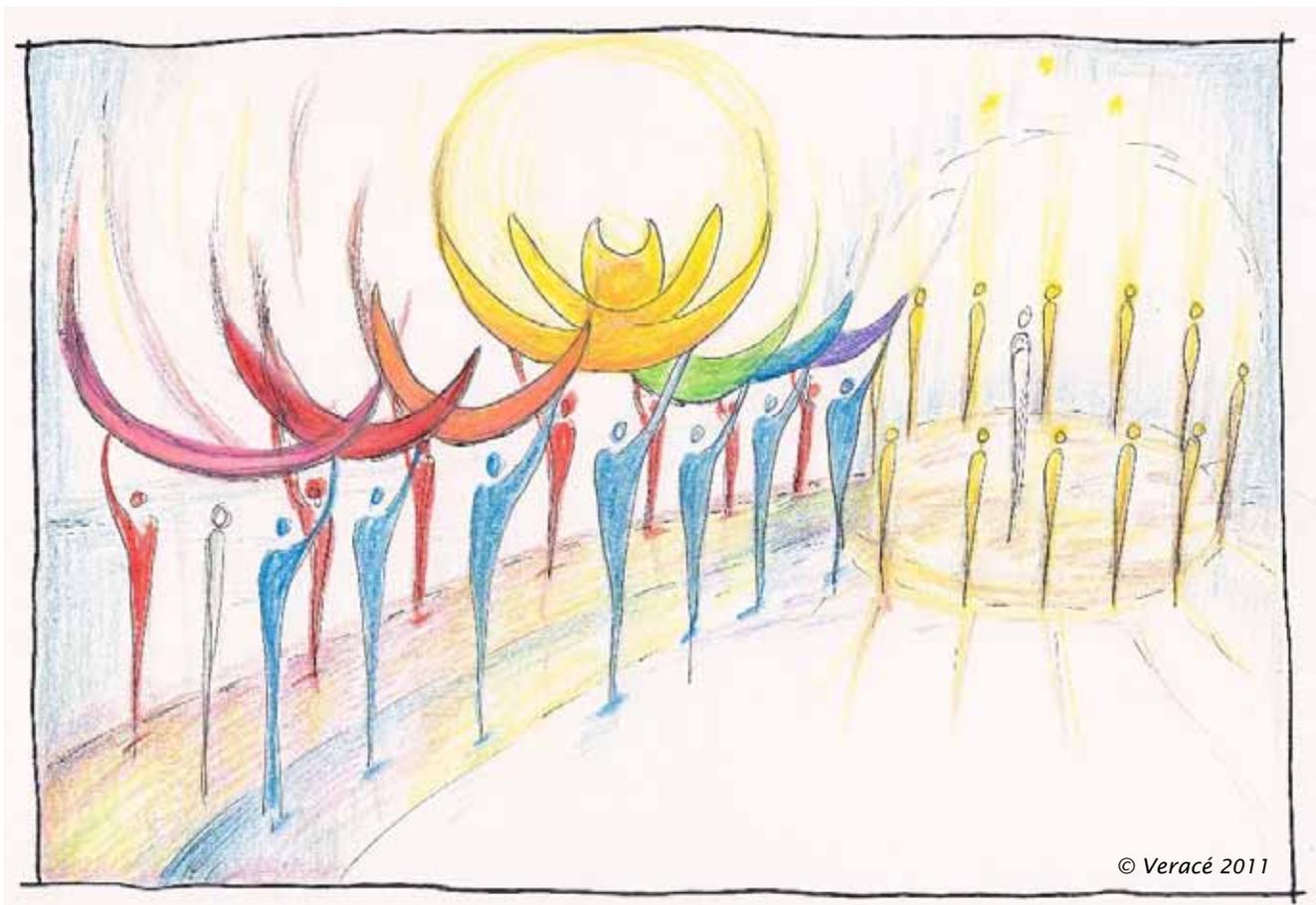
Biography work evolved in connection with experiences and acquired knowledge of the 20th Century in the most varied fields of self-development - amongst others, those of psychology and psychotherapy - together with the spreading of different forms of artistic expression, and with the laws of biographical development discovered through spiritual science. The path of life up to the age of 63 years, 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 one's 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 concern is to become ever more conscious in freely creating destiny for the future.

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 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 fixed stars.

Previous experience leads to the view that further work on individual karma beyond the threshold of 63 is not a necessity. This is confirmed in the reports of many people who experience more and more a feeling of freedom after 63.

Is there still a task then, a developmental purpose, which gives a deeper meaning to the continually increasing average life expectancy? Even when in this remarkable development many factors are playing a role: the national, social, economic situation, as also gender, life style, vocation and spirituality in the leading of one's life, one may indeed ask why human beings are living longer? The reason can hardly be only the age specific pleasures of life. Long life is not just 'blessed' with roses but also 'graced' with thorns.



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Further development of the instruments of biography work 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 a human being has been involved for 63 years with her individualisation, she enters into a freedom not only to create her own life but also to accompany the creation of the future of her fellow human beings, i.e. conscious community building. In order to be able to fulfil this task, self-knowledge is required. Biography work with its tools is particularly suitable to help in acquiring this, because it makes it possible to decipher the book of one's life up until this moment. Biography work is capable of helping one to realise the essence of one's life development until now. With this one can discover a personal key to one of the twelve great portals in the new activity filled space, surrounded by the cosmic starry circle.

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 these consequences in their incarnations*. Freedom lies not in these consequences, which always stem

from the past, but instead in the consciously created interaction with the experience of karmic effects. *Destiny Freedom* is created for the future by the individuality taking on responsibility in the present for the conscious development of her soul.

Now we can, and also should, 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 one practices *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*. The creation of *Destiny Freedom* is perpetuated through the *conscious emancipation of the soul* from inherited, cultural and vocational programming of the past.

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

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