

Biography Work: “Human Being Know Your Self!”

Biography Work is anchored in the *General Anthroposophical Section of the School of Spiritual Science at the Goetheanum*.

The practises and possibilities of Biography Work are completely aligned with the core purposes of the Michael School, i.e. to inspire the individual human being to develop themselves directly out of their own innermost forces. Like the Michael School itself, the knowledge and applications of biographical development serves all Sections of the School.

Study of the books and work with lectures by Rudolf Steiner, particularly his esoteric legacy “The Path of Meditation in the Michael School”, form the preconditions and cultivate the necessary consciousness for an understanding of Karma, Destiny Freedom and Reincarnation which is essential to Biography Work.

Anthroposophy offers contemporary human beings a modern schooling path, that meets the needs of today's reality on physical, soul and spiritual levels. Biography Work based on this “Living Practice out of Knowledge of Humanity” has been developed and practised over the last decades, and has proven itself to be a most effective instrument for working with life issues and personal development, as well practical instrumentalisation of the anthroposophical schooling path.

Consciousness Soul Development

The consciousness of the human being is developing such that each one of us is being challenged individually to take responsibility for the next steps in their own biography, and to determine themselves how they relate to their other human beings and to the World. Thereby, we are being challenged to discover and gain understanding of that which is universal to being human and how to develop this in the best possible way, so as to contribute to the further evolution of culture and caring for the Earth.

Biography Work serves the process of becoming a human being. This kind of challenge is a new development for Humanity in which one can experience oneself as a modern human being.

Biography Work as a Vocation

Biography Work, by encompassing a fundamentally new approach to recognising the contemporary human being, which makes its task that of placing their complete biography at the centre of interest, has in recent decades evolved into an independent discipline.

During the 1980s and 1990s various training initiatives around the world pioneered the promotion of Biography Work as an independent profession. In the meantime a whole range of *Training Programmes* with comprehensive curricula and professional certification processes are being offered. New training initiatives continue to establish themselves, currently distributed in over 45 countries worldwide.

Since 2003 an international collegiate: the *International Trainers Forum* meets annually. This organ working in collaboration with the *General Anthroposophical Section of the School of Spiritual Science at the Goetheanum* is responsible for specialised collegial exchange of research and development, as also for an intervision based evaluation and peer recognition of the curricula and certification processes of professional trainings for Biography Work based on anthroposophical spiritual science.

In order to serve the task of establishing this vocation in diverse societies, a growing number of professional associations for Biography Work based on Anthroposophy have emerged in many countries over the years. Their memberships perceive their individual vocational endeavours as being acknowledged by the *General Anthroposophical Section of the School of Spiritual Science at the Goetheanum*.

Conferences and Networking

In order to serve professionally active colleagues from all over the world to strengthen international networking and exchange their research and development of Biography Work with each other, the organisation of the biennial *Worldwide Biography Conference* in 2001, 2003 and 2005 was inaugurated in collaboration with the *General Anthroposophical Section of the School of Spiritual Science*, at the Goetheanum in Switzerland; returning there again in 2017.

Meanwhile, organisers of the *Worldwide Biography Conference* in the Netherlands (2007), the UK (2009, 2011, 2013), Germany (2015), Hungary (2019), Finland (2022), Japan (2024) uphold continuity of communication with the School of Spiritual Science through their regional societies as well as the Goetheanum, so as to build an international organ of collegial community, for those who strive to create a spiritual ecology which promotes the impulse of Biography Work in the spirit of ‘Freedom’, ‘Equality’ and ‘Humanity’ working out of a living foundation of Anthroposophical Spiritual Science.