

Suggested Guidelines for Forming and Sustaining Circles for Biography Workers/Facilitators

- Participants are formally trained or “grandfathered” in biography work, but not necessarily working actively / outwardly with clients or groups, e.g. those who wish to gain more experience before working with others, those who contribute to the movement through spiritual research, and the like, are certainly included.
- Work with Rudolf Steiner’s teachings / spiritual science provides the backbone.
- Opportunities are created to do *one’s own* biography work (as opposed to networking); exercises are shared to deepen the work and relationships.
- A small circle of 5-7 colleagues is recommended.
- Emotional safety is understood, addressed explicitly if needed; confidentiality is essential.
- Conscious conversation is taken up together online; meeting occasionally in-person is ideal.
- An initial commitment to four meetings (1/mo for four months) is suggested, followed by evaluation and an explicit decision to continue or not.
- The first four meetings include everyone, meaning the search for dates continues until it works for all; after this initial period, some flexibility is likely necessary.
- Facilitation rotates among participants of the circle.
- New themes arise out of conversation and/or participants’ special interests; impulses are voiced and decisions made together about what to pursue and how.
- All aspects of the circle (forming, meeting, working, coordinating...) are ultimately discovered and determined by its participants; yet, it is important that 1-2 members take responsibility for practical matters (meeting reminders, zoom links, tracking topics, etc.).
- Leaving the group thoughtfully, in dialogue with the group, is something to strive for.

Sample outline for 90- or 120-min meeting:

5 min	Coming together
25 min	Warm-up: Verse Introductions / Check-in
50-80 min	Main theme: Intro to theme Biography exercise and sharing Questions and exploration
10 min	Closing: Next meeting -- theme, leader, date and time Verse

A leading thought:

People who work together in association are magicians, because they draw higher beings into their circle. One no longer has to call to witness the machinations of spiritism when one works out of brotherly/sisterly love in a community. Higher beings manifest themselves there. When we give ourselves to brotherhood/sisterhood, this giving, this merging into totality, is a steeling, a strengthening of our organs. When we then act or speak as members of such a community, it is not a single soul that acts or speaks in us, but the spirit of the community. This will be the secret of progress in the future.

– Rudolf Steiner, Berlin, November 23, 1905

Last amended: September 2022