

Biographæa



Metamorphosis

2. Working with Life Moments

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Biographæa 2

Working with Life Moments

Chapter 1

1.1 Transforming the Soul

1.2 Life Moments

1.3 Human Metamorphosis

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Process

instrumentalises

Change

which

becomes

Metamorphosis

by unfolding

through

Repetition

and

Differentiation

and

Transition

so thereby

enfolding

Transformation

of your

Soul

into the

World Soul

Transforming the Soul

The human soul metamorphoses through biographical development. At the end of your life the constitution of your soul is different from how it was at the beginning.

In this volume you are guided into the exploration of how 'change', 'metamorphosis' and 'transformation' are working as 'processes' in your biographical development.

Chapters 2 and 3 introduce briefly what the categories: 'change', 'process', 'metamorphosis' and 'transformation', have to do with each other in the context of how they are being instrumentalised in this volume.

After 'mapping out' your Life Line in sufficient detail, you can identify 'sequences' of moments in your life which align with certain cycles, rhythms and intervals.

To further your creative exploration of such 'sequences', you need practical access to a range of 'perceptual tools', 'artistic' instruments' and 'literary applications'. These are presented abundantly in Chapters 4 to 7 of this volume.

Thus equipped you can learn gradually how to observe metamorphoses you went through or are going through now. This invigorates your awareness of change and transformation in your biographical development.

Through exploring *biographical metamorphosis* you attain deeper knowledge of your Destiny Potential by developing consciousness whilst change is happening.

At certain moments in life you want to apprehend the meaning of your experience in particular situations. Being able to recognise and organise turning points and patterns is a prerequisite for being able to digest, i.e. 'process', what you have been going through. In turn this leads to an enduring transformation of the soul, thereby releasing your Destiny Potential to realise your own humanity.

Whereas evolution happens to you, metamorphosis happens through you and transformation happens because of you, when you are committed to ...

... serving Humanity

Life Moments

Each moment in life is precious, from birth until death. These Life Moments are infinite, because you can never define their duration in time absolutely.

They can be just seconds, as life visions flash past your inner eye during an accident, or when others make a decision that turns your life upside down.

They can drag on forever, like when you wait for a train, or as the hours go by when you hope for a call from your beloved, after a terrible fight. They can be timeless, with profound peace and joyful healing, as you embrace each other unconditionally, watching the Sun setting into an ocean of love.

They can be filled with eternal emptiness, when all is irrevocably lost, or with the instantaneous conviction of a lifetime of experience and dedication.

Memories can become elusive for a questing mind; sometimes you cannot recall Life Moments when you want, whilst at other times they just emerge unbidden into consciousness. Either experience can be a blessing or a distraction, wonderful or awful, a help or a hindrance.

By working with biographical development you are practicing awareness. This is a state of consciousness in which your attention gradually becomes engaged by all the circumstances related to the frames of time, and space, and meaning, which are incident to any moment of your life.

The quality of such awareness can be characterised, for example, as being like the state of consciousness you expect of a surgeon who is operating on your body, or of the pilot of an aeroplane in which you are a passenger. Consultants, who accompany others in their biographical development, school themselves rigorously in the practice of similar states of awareness.

You know such awareness when you experience trust in your Self¹, just like the trust you invest in such highly trained and skilled professionals. As you become familiar with the quality of such trust, this helps you to evaluate your *perception*, *observation* and the *realisation* of your endeavours.

Working creatively with biographical exercises facilitates your navigation of differentiated states of consciousness, during the process of interacting with what has happened, what is happening, and what could happen.

Sometimes I need to wake up, sometimes I need to let go and forget; the time when I sleep is precious too. In sleeping, dreaming and waking, all Life Moments can become ...

... **Threshold Portals of Change**²

