



*On the Cross of the  
World Body,  
The World Soul reveals  
Herself:*

*Living in Five  
radiant streams  
Through Wisdom,  
Love,  
Power of Will,  
All-sense,  
And I-sense,*

*She finds  
In herself  
The World Spirit.  
-Rudolf Steiner*



## 4th Annual Invitational Conference

April 4-7, 2013

### *Biography Work Out A Weekend at the Inner Gym*

In every conversation lies the opportunity to perceive and connect with one's higher self and also that of the other. A tall order. Heart-thinking. How will this feat of consciousness ever come about? As biography workers, we know well the gift of self-development. It is encouraging in the deepest meaning of the word. And there's a reason we call it biography *work!* It requires real strength to explore the invisible, even more so to hold that the invisible matters, that it is the thing. At this conference we will take a lead from Signe Schaefer's forthcoming book, *Why on Earth? - The Practice of Human Becoming* (Steiner Press, Fall 2013), where she offers a picture of the Inner Gym:

*...a place to drop in for enlivening body, soul and spirit activity.... Cardio-vascular routines would be replaced by stretching consciousness toward living heart thinking. Nature observations would give access to organic rhythms of growth and the miracle of diversity, and in the process awaken unexpected reverence. Instead of listening to the loud and pounding beat of an anonymous musical taste, there would be space for inner quiet, and encouragement to listen for an inner sounding. There would be art activities... playful movement activities....*

We come together to renew ourselves, enjoy one another, practice our craft and remember our role in passing on the gifts of biography work.

**The conference will begin at 7pm on Thursday, April 4th  
and will end at noon on Sunday, April 7th.**

#### **FEE \$85 - \$150**

Payable to:  
Center for Biography and Social Art  
41 Hubbard Ave.  
Northampton, MA 01060  
or by PayPal at:  
<http://biographysocialart.org/giving/>

A portion of all fees will be dedicated to financial aid and future Center-sponsored activities.

Please contact us if you have need of financial support.

We thank you for your contributions --in spirit and matter--to the work.

**REGISTRATION DUE  
MARCH 22nd**

For additional inspiration, see: "Organs of Spiritual Perception, Contemplation of the Ego from Twelve Vantage Points, and the Thinking of the Heart" by Rudolf Steiner (Vienna, March 29, 1910), from *Macrocosm and Microcosm*. Also found at: [wn.rsarchive.org/Lectures/MacroMicro/19100329p01.html](http://wn.rsarchive.org/Lectures/MacroMicro/19100329p01.html)

**Lower Brookside  
Threifold Educational Center  
Hungry Hollow Road, Chestnut Ridge, NY**