

# Life Panorama Chart



Please enter your name and date of birth (dd/mm/yyyy) above the dotted lines below.

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Use this **Life Panorama Chart** as a tool to summarise and examine a Life Journey.

This personalised edition of the **Panorama Chart** is a resource developed by accredited Biography Consultant and Trainer *Karl-Heinz Finke* with the support of *Laura Summerfield* and *Ashish Malhotra*. It is made available freely thanks to a generous donation from a graduate of our **Holistic Biography Work** Training Program. Use it for yourself; share it with family, friends, students, clients, and so on. It is licensed under the *Creative Commons* (see details below).


If you find this **Panorama Chart** useful, and want to help us develop more resources for **Holistic Biography Work**, consider making a donation (however small) via our PayPal account: [PayPal.Me](https://www.paypal.com/US/merch001). Thank you.

This **Panorama Chart** is used effectively by students in our courses world-wide. We are aware that there are other archetypes available to examine a life journey, but we have found this one to be the most accurate and helpful.

Alongside self-reflective work, this **Panorama Chart** helps to summarise discoveries and reflections on the developing capacities in body, soul and spirit. The biographical laws in relation to a life story become more visible.

You can **download** further free copies of the **Life Panorama Chart** [here](#).

For further information about our courses and training, please visit our website [www.HolisticBiographyWork.com](http://www.HolisticBiographyWork.com).

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# Mapping a Life Journey on a Life Panorama Chart

As *Holistic Biography Work* uses Life Years – not Calendar years – for recording life data, the **Life Panorama Chart** helps by correlating them. The **1<sup>st</sup> Column** on the Chart shows both the Life Year and the Calendar dates for the individual whose date of birth is entered on the first page. The first Life Year starts with birth and ends just before the first birthday and so on. Insert a *Date of Birth* on the first page, and an algorithm calculates this correlation.

In the **3<sup>rd</sup> Column**, important life events are entered – up to 3 in any one year – Biography Work carries the challenge of differentiating the more important from the less important life events. This *Chart* provides a concise summary.

In the **4<sup>th</sup> Column** reflections on the experiences in relation to these events is noted. Or a more general reflection on what that Life Year has been about. A final essence is summarised with a title for each 7-year life phase or *Septennial*.

Note that in the **2<sup>nd</sup> Column**, there are pivotal moments noted in the lives of Christ, Buddha and Muhammad. Influential individuals leave their imprint in the Earth's Ether – their life events may have a resonance for others during these life phases. The life of an influential teacher of your own choice may provide fruit for research and discovery.

The **2<sup>nd</sup> Column** also contains the cosmic influences of *Moon*, *Jupiter* and *Saturn*, calculated down to specific dates according to the *date of birth*. They are marked as: *Lunar Nodes* (18y7m9d, LUN#), *Jupiter cycles* (11y10m8d, JUP#) and *Saturn cycles* (29y5m15d, SAT#). For the *Lunar Nodes* and the *Saturn cycles* the half-nodes or half-cycles are also marked. Sometimes the cycle corresponds with key archetypal life events, e.g. the '*Zero Point*' and is not noted separately. These three cycles were chosen to be depicted as they seem to be the most influential in contemporary biographies. The *Mars cycle* (1.88 years) is too repetitive to chart, and the cycles of the lower planets (e.g. *Mercury*) are shorter than a year.

According to biographical theory, educational and vocational events are related to *Jupiter* influences. *Saturn* themes are: crossing thresholds, transformation or endings, and new beginnings.

Please note that in this **Life Panorama Chart** the cycles are noted beginning on the day of birth. Sometimes a cycle starts in a later Life Year, but then rolls on through the rest of a person's life. NB: If a cycle or rhythm is discovered in a life, it can be used for prospective Biography Work – to check when the cycle will be repeated in future, and to prepare for that.

With the essential moments of a life depicted in the **Life Panorama Chart**, other interconnections, rhythms, patterns or repetitions may be discovered. It has proven helpful to use different symbols or colours for similar life events to better visualise what emerges.

The journey of discovery starts when the 4 completed pages of the **Life Panorama Chart** are displayed side by side – printed or on a screen. The pattern of the journey becomes more apparent. Correspondences (mirroring) may be noted across the 7-year life phases summarised in the **Life Panorama Chart** as follows – Septennials 1, 6, 9 and 10 will be laid side by side; also Septennials 2, 5, 8 and 11; and finally Septennials 3, 4, 7 and 12. The Life Years in each Septennial are colour-coded to help in examining possible interconnections.

Finally, some ideas about *Lunar Nodes*. At the time of the *Lunar Nodes*, the *Sun*, *Moon* and *Earth* are in the same relative positions as they were at the moment of birth. This constellation re-occurs every 18 years, 7 months and 9 days and is interpreted as a chance to reconnect or realign our lives with our birth impulse or life-mission.

## Derivation of this Life Chart:

If you are working in the field of biography work or have done research about the underlying theory, you may have noticed different ways of creating Life Charts. The framework for our **Life Panorama Chart** was first developed by Bernard Lievegode (*Phases: The Spiritual Rhythms in Adult Life*) based on Rudolf Steiner's specific indications (see GA103, lecture 7, 'The Mystery of Golgotha', 26 May 1908). It was further developed by Gudrun Burkhard (*Taking Charge: Your Life Patterns and their Meaning*) and then by Karl-Heinz Finke (*Biography Log-book*). Following Steiner's Archetypal picture of human development these researchers use the interconnections between the Life Phases as depicted in Table A. Table B is a model which does not follow this Archetype, and is not recommended.

Table A	Use this Archetype	
Phase 1 ►	Phase 6 ►	Phase 9 ►
Phase 2 ►	Phase 5 ►	Phase 8 ►
Phase 3 ►	Phase 4 ►	Phase 7 ►
Turning	Points	

Table B	Don't use this model	
Phase 7 ▲	Phase 8 ▲	Phase 9 ▲
Phase 4 ▲	Phase 5 ▲	Phase 6 ▲
Phase 1 ▲	Phase 2 ▲	Phase 3 ▲

We wish you all the best on your journey of discovery into the fabric and multiplicity of human lives,

Canberra, April 2021

Karl-Heinz Finke and Laura Summerfield



P-1		Birth to 21 years	Body – Focus on Physical Development
LY	▼▼▼▼	Incidents, Facts: What happened?	Experiences: What was the experience related to the incident?
☾	Moon	1 <sup>st</sup> Septennial	Title:
1			
to			
2			
to			
3	Defiance Phase		
to			
4	Early Memory		
to			
5			
to			
6			
to			
7			
to			
♀	Mercury	2 <sup>nd</sup> Septennial	Title:
8			
to			
9			
to			
10	Rubicon LUN 0.5		
to			
11			
to			
12	Rite of Passage JUP 1.0		
to			
13			
to			
14			
to			
♀	Venus	3 <sup>rd</sup> Septennial	Title:
15	SAT 0.5 14.7y		
to			
16			
to			
17			
to			
18			
to			
19	LUN 1 18y7m9d		
to			
20			
to			
21			
to			
▼▼▼▼		Self-realisation – Turning point: from Education to Self-education	





P-2		22 to 42 years	Soul – Focus on Soul Development	
LY	▲▲▲▲	Incidents, Facts: What happened?	Experiences: What was the experience related to the incident?	
☉	Sun	6 <sup>th</sup> Septennial	Title:	
42 to				
41 to				
40 to	Muhammad Enlighten			
39 to	Crisis of Meaning			
38 to	LUN 2 37y2m20d			
37 to				
36 to	Buddha Enlighten			
☉	Sun	5 <sup>th</sup> Septennial	Title:	
35 to				
34 to				
33 to	Christ Crucifixion			
32 to				
31 to	Christ Baptism			
30 to	Buddha 4 Sights SAT1 29.4y			
29 to				
☉	Sun	4 <sup>th</sup> Septennial	Title:	
28 to	Zero Point			
27 to				
26 to				
25 to	Crisis of Talents			
24 to	JUP 2 23.6			
23 to				
22 to	Birth of "I"			
▲▲▲▲		From Soul Development to Spirit-Self Realisation		





P-3		43 to 63 years	Spirit – Spiritual Development	
LY	▲▲▲▲	Incidents, Facts: What happened?	Experiences: What was the experience related to the incident?	
♄	Saturn	9 <sup>th</sup> Septennial	Title:	
63 to	Fire Trial Phase			
62 to				
61 to	Muhammad Dies			
60 to	JUP 5 59.3			
59 to	SAT 2 58.9			
58 to				
57 to				
♃	Jupiter	8 <sup>th</sup> Septennial	Title:	
56 to	LUN 3 55y10m1d			
55 to				
54 to				
53 to				
52 to				
51 to				
50 to				
♂	Mars	7 <sup>th</sup> Septennial	Title:	
49 to				
48 to	JUP 4 47.4			
47 to				
46 to				
45 to	SAT 1.5 44.1			
44 to	Mid-life Crisis			
43 to	Second Spring			
	▲▲▲▲	Spirit-Self-realisation – Leading into Spiritual Development		



P-4		64 to 84 years	Spirit – Transpersonal Development	
LY	▼▼▼▼	Incidents, Facts: What happened?	Experiences: What was the experience related to the incident?	
♅	Uranus	10 <sup>th</sup> Septennial	Title:	
64 to	Fire Trial Phase			
65 to				
66 to				
67 to				
68 to				
69 to				
70 to				
♆	Neptune	11 <sup>th</sup> Septennial	Title:	
71 to	Water Trial Phase			
72 to	JUP 6 71.1y			
73 to	▼▼▼▼ Years of Grace			
74 to	SAT 2.5 73.1			
75 to	LUN4 74y5m?d			
76 to				
77 to				
♇	Pluto	12 <sup>th</sup> Septennial	Title:	
78 to	Air Trial Phase			
79 to				
80 to				
81 to				
82 to				
83 to				
84 to	JUP 7 83.03			
	▼▼▼▼	From Spiritual to Transpersonal Development – Preparing for the final transition		