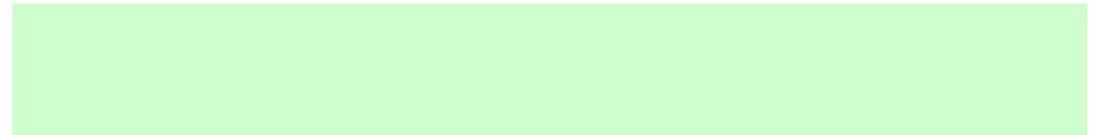




The Never-Ending Journal

of



*Laura Summerfield
Karl-Heinz Finke*

Holistic Biography Work ... bringing spirit to life

Welcome

Welcome to *The Never-Ending Journal*, a flexible resource for recording incidents, experiences and achievements of your life, offered as a gift.

You may never need another journal to record your experiences, thoughts, feelings, decisions, actions, photos, artwork, and so on. Save a Master Copy, then make a new copy each year. Start at any month of the year, saving as you go, and store it when you finish a year's record.

Use

You are free to change this Journal as you wish for your own use. It is designed for you to use in a flexible way to support your life journey.

You may:

- copy it to use as often as you want to, year after year
- write directly into it on its form-fillable pages
- add extra pages as you need them – plus extra pages included
- print it up if you prefer to write into it by hand
- remove pages that you do not use
- add photos or artworks or hand-written messages, and so on
- save or print at the end of each year as a record of that year

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You have permission to share this resource freely with others as long as:

- you attribute it to us as the creators of this resource (BY)
- you do not sell it to others – it is not a commercial product (NC)
- you do not use parts of it to create and share a new/different product without our permission; just share it as it is (ND)

Design

The design features of this Journal:

- A verse or prayer for each month is offered for self-reflection, and has been set to music by Laura as part of her *Sacred Suite*.
- Audio files available for these verses on request.
- Special flowers are featured, photographed by Karl-Heinz on his travels in Australia, suggesting Zodiac moods or colours.
- Virtues are noted for each Zodiac month, originally suggested by H.P. Blavatsky, and expanded and recommended by Rudolf Steiner for diligent daily practice to build new powers and abilities.
- 4 form-fillable pages are inserted for each month, with extra pages provided to insert as needed or to copy.

Acknowledgements

Artwork:

Paul Summerfield, www.psummerfield.com

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Karl-Heinz Finke

Concept and content:

Laura Summerfield

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Facebook: www.facebook.com/HolisticBiographyWork/

July

*Unselfishness –
becomes catharsis*



Deep peace of the pure red flame to you
Deep peace of the pure white moon to you
Deep peace of the pure green grass to you
Deep peace of the pure brown earth to you

Deep peace of the pure grey dew to you
Deep peace of the pure blue sky to you
Deep peace of the son of peace to you
Deep peace of the son of peace to you

Deep peace of the running wave to you
Deep peace of the flowing air to you
Deep peace of the quiet earth to you
Deep peace of the sleeping stones to you

Deep peace of the shining stars to you
Deep peace of the soft white dove to you
Deep peace of the son of peace to you
Deep peace of the son of peace to you

Adapted from words written by William Sharp,
aka *Fiona Macleod*, in his story, *The Amadan* (1899).
Versions of these words are known as *Deep Peace*.

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August

*Compassion –
becomes freedom*



A shade art thou in the heat,
A shelter art thou in the cold,
Eyes art thou to the blind,
A staff art thou to the pilgrim.

An island art thou at sea,
A fortress art thou on land
A well art thou in the desert
Health art thou to the ailing.

The best hour of the day be thine
The best day of the week be thine
The best week of the year be thine
The best year in the Son of God's domain be thine.

Excerpts from the *Invocation of the Graces*,
a verse collected in Scotland in the 19th Century and translated from the Gaelic
by Alexander Carmichael.
Recorded in his book, *Carmina Gadelica – Hymns and Incantations. Collected in
the Highlands and Islands of Scotland in the Last Century.*

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September

Courtesy –
becomes steadiness of feeling



Pitjai inkaart-urna

Arrkana lyilhitjika

Era nthurpa nama

Kutatha kuta

Hymn from Hermannsberg, in Australia's Northern Territory,
in Western Arrarnta language.

Translated from the original German Lutheran hymn, as many hymns were,
when it was a Lutheran mission.

It means: *Come and sing unto the Lord, Love and mercy in his word.*

Shared by Lily Roennfeld and Marion Swift, from N'taria choir. . Laura learnt
this at the National Folk Festival, Canberra 2018, where we were given permis-
sion to sing and share this verse.

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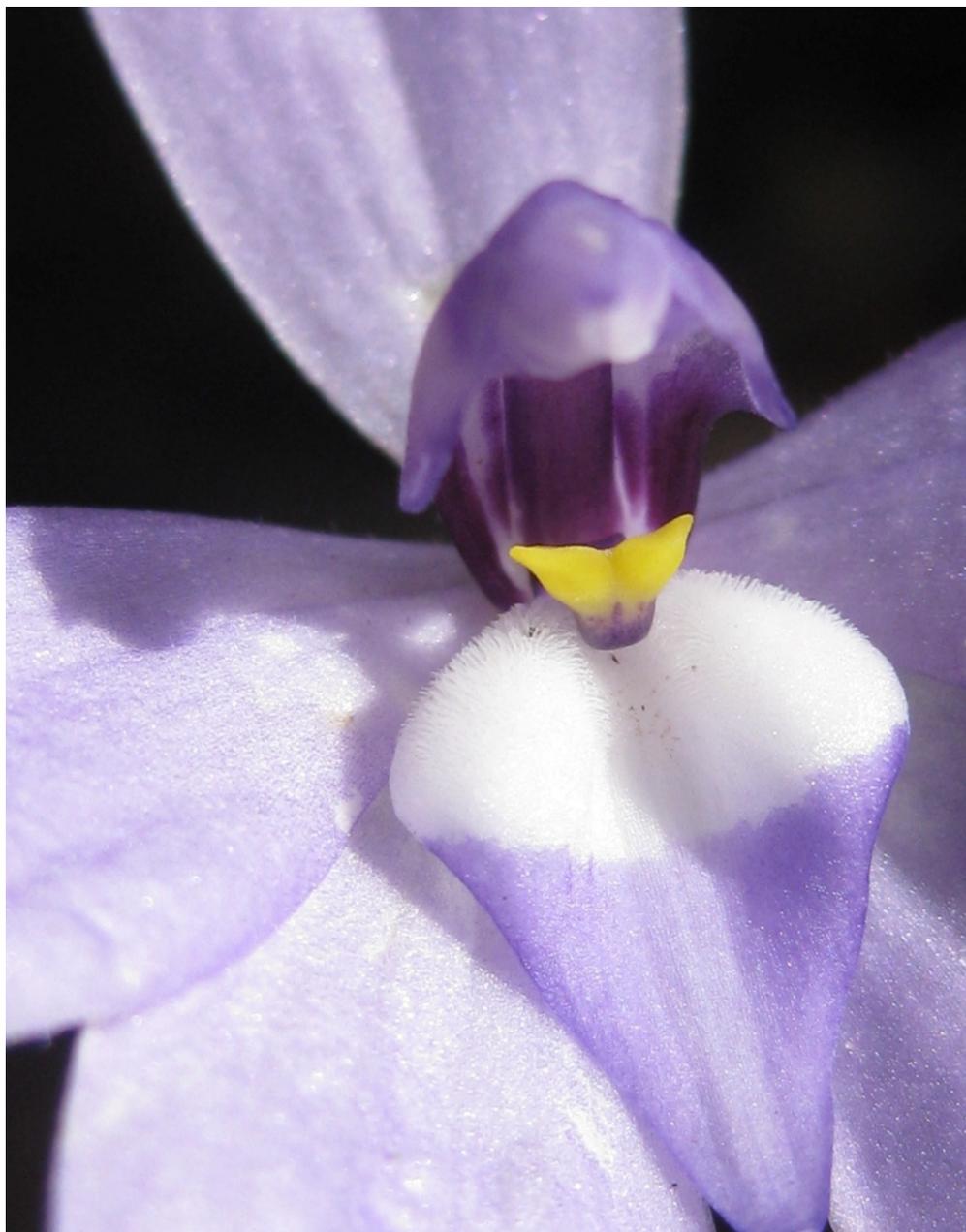
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October



O Michael, I commend myself to your guidance
And Michael, I commit myself to your guidance
With all my strength of heart
So that this day may be a reflection
Of your destiny-ordering will

Rudolf Steiner

A morning verse to Archangel Michael,
translated from the German.
Evening verse is also from Steiner.

Evening verse:

I carry my path into the setting sun
And place all my sorrows in its radiant womb
Purified through love, transformed through light
May they return as helping thoughts
As powers for joyful deeds of sacrifice

*Contentment –
Becomes self-composure*

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November

*Patience –
Becomes understanding*



O Raphael, I commend myself to your Healing
And Raphael, I commit myself to Healing

May this day be an experience of
your flowering essence of Light

Lord Christ, I commend myself to your Love
Lord Christ, I commit myself to Love

May this day be an expression of
your Comfort, Compassion and Grace

Laura Summerfield,
Morning verses for Archangel Raphael and Lord Christ,
Based on Steiner's verse to Archangel Michael.

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December

*Control of speech and thinking (minding one's tongue) –
becomes a feeling for truth*



Birth is a beginning and death a destination
But life is a journey

A going, a growing from stage to stage:
From childhood to maturity and youth to old age.
From innocence to awareness and ignorance to knowing;
From foolishness to discretion and then perhaps to wisdom.
From weakness to strength or strength to weakness and often back
again.

From health to sickness and back we pray, to health again.
From offence to forgiveness, from loneliness to love,
From joy to gratitude, from pain to compassion.
From grief to understanding, from fear to faith;
From defeat to defeat to defeat.

Until, looking forward or ahead
We see that victory lies not at some high place along the way,
But in having made the journey, stage by stage, a sacred pilgrimage.

Birth is a beginning and death a destination
But life is a journey, a sacred pilgrimage.

A Prayer for Yom Kippur, 'Day of Atonement'.
Rabbi Alvin Fine (1916-1999)
From *Jewish Reform high holiday prayer book, Gates of Repentance*.
Used as a 'Reconciliation Prayer'.

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January

*Courage -
becomes the power of redemption*



Hearts will sense the meaning of karma

When hearts learn to read the word
which shapes human lives

When hearts learn to speak the word
which develops the human being

Rudolf Steiner

Verse hand-written by Steiner on a postcard for Ita Wegman,
Translated from the German.

It is dedicated: *An meine Mysa – to my Mysa* – Steiner's name for Ita Wegman,
recognising their connection in a former incarnation.

Dated and signed on his birthday, 25/02/1924

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February



The wishes of the soul are springing
The deeds of the will are thriving
The fruits of life are maturing

I feel my Destiny, my Destiny finds me
I feel my star, my star finds me
I feel my goals in life, my goals in life are finding me

My Soul and the great World are one

Life grows more radiant about me
Life grows more arduous for me
Life grows more abundant within me

Rudolf Steiner
Peace Dance - Destiny, World and Man
Translated from the German

*Discretion –
becomes the power of meditation*

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March

*Magnanimity –
becomes love*



Our Father who art in Heaven
Hallowed be thy name

Thy kingdom come
Thy will be done
On earth as it is in Heaven

Give us this day our daily bread

And forgive us our trespasses
As we forgive those who trespass against us

And lead us not into temptation
But deliver us from evil

For thine is the kingdom, the power and the glory
For ever and ever

Amen

*The Lord's Prayer,
King James version,
From Matthew 6:9-13.*

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April

*Devotion –
becomes the power of sacrifice*



Victorious spirit
Blaze through the powerlessness of timid souls

Burn out self-seeking
Ignite compassion

So that selflessness
The life-stream of Humanity

May well up as the source
Of Spirit re-birth

Rudolf Steiner
Translated from the German

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May

*Equilibrium –
Balance becomes progress*



Lord, make me an instrument of Thy peace
Where there is hatred, let me bring love
Where there is injury, pardon
Where there is doubt, faith
Where there is despair, hope
Where there is darkness, light
Where there is sadness, joy ...
Lord, make me an instrument of Thy peace

Oh Divine Master, grant that I may seek
Not so much to be consoled, as to console
To be understood, as to understand
To be loved, as to love
For it is in giving, that we receive
It is in pardoning, that we are pardoned
It is in dying, that we are born to Eternal life ...
Lord, make me an instrument of Thy peace

St Francis of Assisi Prayer

A prayer of peace attributed to St Francis, although not included in his writings. It first appeared in 1912 in French in the magazine, *La Clochette (The Little Bell)*. Perhaps written by Father Esther Bouquerel.

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June

*Perseverance –
becomes faithfulness*



I hold the Sun within me
As king he leads me into the world

I hold the Moon within me
She preserves my form

I hold Mercury within me
He holds Sun and Moon together

I hold Venus within me
Without her love all is nought

She unites herself with Mars
Who speaks my being in the Word

That Jupiter may illumine the whole
With wisdom light

And Saturn the mature
May ray within me the colours of my being

Rudolf Steiner, written for Ita Wegman
Translated from the German

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