

From the moment
we take our
first breath and
open our eyes
our whole being
begins to breathe
in life. Not only
through our lungs
that need to
take in air to be
able to live, but
our whole soul
starts to take in
the world around
us through our
senses.



Our senses are the bridge between our own inner world and the world outside. Through touching, tasting, sensing our inner wellbeing, through exploring movement and balance, seeing and hearing, we build ourselves a basic understanding of life. We form our own sense of self, our own image of who we are, what life is and what it means to be human. How we are perceived and treated by the people around us, how the atmosphere in our house is, the neighbourhood, our culture, all this we meet through our senses and internalise.

As baby, toddler and young child, we are very open to the world around us, more so than in later age. We are fully engaged to learn, to connect, to find love and a home in the world. And out of what we

meet and experience we create a home inside ourselves. We build up our confidence in life (outside) and in ourselves (inside).

As adults making sense of our life is something that many of us keep doing for the rest of our existence. Now more out of a conscious response to what we encounter in our daily life. Life can become a path of self development, a path of initiation towards our True self. To look for meaning and an inner strength, a source of motivation to change our life so that we do what really matters to us.

In biographical counselling a lot of what I work with are these three core items. To find meaning in our own life and in the world, to find love for the world, for myself and for what I do in my life, and to find this inner strength again, a source

Making Sense of Life

With Biographical Counselling

words Carine Biessels

of health coming out of my own will. Like in many types of humanistic counselling, a big part of the work can be looking at our experiences in our past and digesting what has been too painful to face before. By doing this old wounds find the care that they have been waiting for. The numbness of depression, the anger of injustice, the pushed away pain can find space, care and a place of meaning in our life. When that happens it can be like boulders are removed from a stream, our energy for life is flowing again. We can find new inspiration, courage and above all love and understanding for ourselves and humanity.

Next to individual counselling I enjoy working with groups using knowledge out of anthroposophy - meaning knowledge (Sophia) of mankind (Anthropos) - and our own biographical experiences. It

is wonderful to see how people transform through sharing life experiences and meeting each other in such deeply honest ways.

By exploring what is around us in daily life and how we experience the world, we can come closer to an understanding of life and our own unique self. One way to deepen this experience is to more consciously use our sense experiences. Anthroposophy speaks of 12 senses, 12 doors we have as human being to connect with the world.

A new 10 week course named 'Making Sense of Life' will start on Monday 7th January 2013. The course will run over 10 Monday mornings and costs £130. Through exchanging events out of our biography together with using creative exercises such as

drawing, writing and bodywork, we will exploring our own unique tools for life and look at those life questions most dear to our hearts. We will also explore the 12 senses out of the views of Anthroposophy and some of the theories behind biographical work. Readers of Wellbeing can receive a 10% discount for bookings until 14th Dec 2012. For more information about the course 'Making Sense of Life' or biographical counselling please visit www.biographicalcounsellingwork.co.uk

Carine Biessels works as biographical counsellor at Equilibrium Health Centre in Lewes and Pixton Medical Centre in Forest Row. Next to her work as counsellor she gives courses and workshops in Emerson College.