



Wolfgang Held

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**Four Minutes of Cosmic Time.
Living with the small and larger rhythms
of time**

**Vier Minuten Sternzeit.
Leben mit den kleinen und großen
Rhythmen der Zeit**

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With photos by Wolfgang Schmidt.

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Wolfgang Held introduces us to the diverse small and large rhythms that shape our lives: from the smallest rhythmic units in the range of seconds to the great cosmic divisions of the Platonic World Year. Just as man has learned to orientate himself more and more consciously in space, he can seize completely new development possibilities in conscious orientation in the cosmos of time.

How long does a moment last? Why does the future always belong to the now? What is special about the time between Christmas Eve and Epiphany? Why does the new day actually begin in the evening? When are we best able to discover new questions? Why do we get a little tired every four hours? How long can we really be attentive? What does the number 7 have to do with time? Why is there a difference between thinking about something in the evening and in the morning?

„In order to achieve new rhythms in your own life, it is worthwhile to get to know and experience the many existing rhythms and inner qualities of the course of time. In this way we gain a relationship with time and do not fight against it, but time itself becomes our ally because it becomes our tool.“

Wolfgang Held

Wolfgang Held, born in 1964, studied education and mathematics and worked for many years in the mathematical-astronomical section at the Goetheanum in Dornach. He is currently working there in the field of communication and public relations.

