



Thou Being, offspring of worlds, who in thy Light-form  
art strengthened by the Sun under Moon's control,  
Thou art endowed by Mars with his creative resonance,  
with Mercury's swinging movement of thy limbs;  
Enlightened by the rays of Jupiter's wisdom,  
and by the love-bearing beauty of Venus,  
And Saturn's age-old spiritual inwardness  
consecrate thee to life in space, to growth in time!

Rudolf Steiner, CW 233a

## Newsletter of the Medical Section

Easter 2024



*From left to right: A further medical conference was held in St Petersburg in February, which Matthias Girke attended; in distinctly warmer temperatures, also in February, five physicians in Argentina were certified in anthroposophic medicine by Michaela Glöckler; at the beginning of March, the Research Council, a body of experts that meets regularly and works on fleshing out the strategy for research in anthroposophic medicine, met in the run-up to the research conference.*

Dear Colleagues,  
dear Friends of the Medical Section!

During the Christmas Conference Rudolf Steiner described how human beings in earlier times of the earth's development, before they entered condensed earthly existence, encompassed the whole earth as widely extended, etheric-cosmic beings. In doing so, they initially carried the entire plant world within them in a watery air-like state, only to separate it from themselves as they progressed in their development and – as messengers of the gods – carry it from the cosmic surroundings to the earth. "Humans felt as though they had surrounded the Earth with the garment of plant growth [...] and as though the Earth were thankful for this enfolding [...]." (CW 233, p. 68). There was an intimate relationship be-

tween human beings and the earth, mediated by the plant world – as an image of comprehensive primal health. The knowledge of this meant that in earlier cultures a moral element always resonated in the **relationship with nature**. A naked natural science with often destructive consequences and without an inner moral relationship with nature would have been unimaginable.

At the **Research Congress of the Medical Section at the Goetheanum from 8–10 March**, Astrid van Zon reported on how our current alienation from nature is inextricably linked to mental illnesses such as loneliness, social anxiety and loss of meaning. Conversely, a living relationship with nature sus-

tainably promotes mental and physical health ("green mental health") and increases resilience, independence and the ability to build relationships.

When we are looking for a **medicinal plant** for a medical condition, the **memory of the intimate relationship of the human being to the plant world at the beginning of the time on earth** also resonates. The healing forces lie hidden in this relationship. But they are "spellbound" in today's earthly conditions and must be liberated again by appropriate pharmaceutical processes, such as the homoeopathic potentisation process for example, in order to awaken the healing powers that lie dormant within them. It is moral forces that the therapist and pharmacist combine with the correspondingly processed medicinal plant so that the spiritual forces of the plant can be revealed. As the patient overcomes their illness through the medicine to attain new health, nature has also been raised to a higher, future level in the medicine.

In his opera *Parsifal*, which will be performed at the Goetheanum again this Easter, Richard Wagner lets this "resurrection process" of nature through the human being resound in the "**Good Friday Spell**":

"Now all of creation does rejoice  
at the Redeemer's loving trace,  
wanting to consecrate its prayer to Him.  
Him on the cross it cannot behold:  
so looks up to the human redeemed [...]"

A completely new "One Health concept" can thus be formed that does not stem from fear of nature, but from love for it. This will hopefully give us the enthusiasm to continue to stand up for our medicinal products in the future.

Gratifyingly, an unprecedented collective effort in Germany succeeded in collecting even more than the required 50,000 signatures for the **petition against the removal of homoeopathy and anthroposophic medicine** from the health insurance catalogue of benefits, so that the Petitions Committee should deal with the issue.

Alongside this, however, a further threat calling into question homoeopathy and anthroposophic medicine is already looming at European level in the course of the current **revision of European pharmaceutical legislation** – with far-reaching consequences should this come to pass. Here, too, the pharmaceutical manufacturers and the medical associations in close cooperation with academics (special thanks go to Dr med Harald Hamre and his team) are undertaking intensive preparatory work.

With warm Easter greetings  
Adam Blanning, Marion Debus, Karin Michael

## NOTICES

**New mother/father-child health clinic opens:** On the beautiful Baltic island of Rügen/DE, the "Phönix" anthroposophical health clinic has opened its doors after years of preparation. Here, family health is writ large: relief from everyday tasks, attentive care, attention to rhythm and body-related therapies help to strengthen the vitality of parents and children. With professional support, it becomes possible to perceive our own and our children's developmental needs in a new way, to live in resonance with ourselves, our fellow human beings and nature and to find ways to reduce the pathogenic effects of stress. Our heartfelt wishes go to "Phönix" for a successful future! For the shortfall in funding due to the cost-intensive upgrading and conversion of the building, people are being sought who would like to help with donations, loans or even co-operative investments. Further information at: <https://phoenix-auf-ruegen.de/>.

**Welcome to encounters, discussion and collaboration at the Goetheanum:** Our annual international conference will take place from 10 to 15 September under the title "Therapeutic Intuition – Perception and Reality in Diagnosis and Therapy". The findings of anthroposophic medicine provide essential insights into the process of encounter, into the development of our abilities towards therapeutic intuition. This includes recognising the ways in which karma leads us into a relationship with each other. Physical, soul and spiritual developments unfold in the "enabling space" of destiny. It is part of all our encounters, be they with patients, colleagues or communities, with the earthly or spiritual world. "How can we perceive what is true?" and "What concrete benefits does anthroposophical spiritual science bring to the art of healing in today's world?" We will shed light on these questions through specialist conferences, spiritual deepening work, multi-professional working groups, lectures, case presentations and workshop discussions. All information coming soon at <https://medsektion-goetheanum.org/en/events-and-conferences>.

**Rhythmical massage therapy training course at Emerson College/UK:** The new training course in English starts on 3 April and is aimed at anyone who works in the medical field and is interested in anthroposophy. Experienced lecturers Aoiné Landweer-Cooke and Shashi Gopaul Seedheeyan will guide participants through the ten modules. The training is supported by the accreditation procedure of the International Coordination of Anthroposophic Medicine (IKAM). Upon successful completion of the accreditation, participants will receive a certificate recognised by the Medical Section. Detailed information at <https://emerson.org.uk/course/rhythmical-massage-therapy-training-uk/>.

**New standard set in the depiction of anthroposophic art therapies:** With great care, investment of

time and intensive collaborative work, the publisher Salumed Verlag in Berlin/DE has now published three of four planned specialist and textbooks on our therapeutic arts. A particular challenge for *Plastisch-Therapeutisches Gestalten* (<https://www.salumed-verlag.de/gesamtverzeichnis/plastisch-therapeutisches-gestalten.html>) and *Anthroposophische Malthherapie* (<https://www.salumed-verlag.de/gesamtverzeichnis/anthroposophische-malthherapie.html>) was the reproduction of hundreds of photos and graphics, which is why the publisher chose a large format and thus ensured a beautiful composition of the books. For *Therapeutische Sprachgestaltung* (<https://www.salumed-verlag.de/gesamtverzeichnis/therapeutische-sprachgestaltung.html>), over 100 QR codes were integrated that lead to demonstration videos. On behalf of the Medical Section and the authors, a very warm thank you goes to the team at Salumed Verlag: Prof Dr Ulrich Meyer (publishing director and copy editing), Dr Jette Anders (copy editing), Nina Polumsky (typesetting and layout) and Catherina Schneider (administration)!

## RESEARCH

Büssing A, Weit M, Baumann K. *Experiences of Awe and Gratitude and Related Triggers Among Religious Brothers and Sisters: Findings from a Cross-Sectional Study in Germany*. *Journal of Religion and Health* 2024; Jan. [Open access](https://doi.org/10.1007/s10943-023-01983-5). DOI: <https://doi.org/10.1007/s10943-023-01983-5>.

Hancock M, Ketterl P, Vinas X, Werthmann PG. *Case cluster of RT-PCR COVID-19 positive patients with an unexpected benign clinical course with vitamin D, melatonin, vitamin C, and Viscum album*. *Der Merkur* 2024;77(1):9-12. DOI: <https://doi.org/10.14271/DMS-21733-EN>.

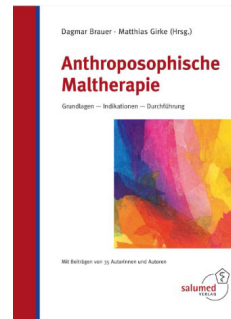
Huber T, Krüerke D, Simões-Wüst AP. *How physicians and nursing staff perceive effectiveness and tolerability of Bryophyllum preparations: an online survey in an anthroposophic hospital*. *Complementary Medicine Research* 2024. DOI: <https://doi.org/10.1159/000536015>.

## RECOMMENDED LITERATURE



Dietrich von Bonin, Franziska Schmidt-von Nell, Esther Böttcher, Jan-Gabriel Niedermeier: *Therapeutische Sprachgestaltung. Theorie und Praxis einer anthroposophischen Kunsttherapie*, Berlin 2024. This book presents a comprehensive overview of the indications and principles of action as well as the practical application

of therapeutic speech. It deals with the background and professional occupational standards as well as the current state of research with extensive references. The interventions, which have often been tried and tested over decades, can be accessed for the first time in over 100 videos directly via QR codes, making this work a reliable companion for prescribing, practising and teaching.



Dagmar Brauer, Matthias Girke (Eds): *Anthroposophische Malthherapie. Grundlagen – Indikationen – Durchführung*, Berlin 2024.

Thirty-five authors provide their expertise here for the growing relevance of painting and drawing therapy in medicine (practice and clinic), special needs education, social therapy and rehabilitation. This work presents the basic principles, methods and techniques of painting and drawing and describes their application, indications and efficacy from the perspective of the anthroposophical understanding of the human being. A large number of examples from practical work – with over 320 colour illustrations – help to find effective treatment paths for patients and clients. It is aimed at people who are training in art therapy or who want to deepen and expand their art therapy work, as well as physicians, psychologists and other therapists who prescribe or use art therapy.



Ita Wegman: *Mysterien und Heilkunst. Aufsätze und Ansprachen 1925–1933*, Arlesheim 2024.

This collection focuses on the mystery centre that formed the transition from the ancient oriental to the Greek mysteries. Here there still lived for human beings one last possibility of a direct connection with the ancient sacred divine wisdom in such a way that out of their sensibility they could process that which was revealed also in their thinking.



*Komplementärmedizin. Beratungsempfehlungen für die Selbstmedikation*, Stuttgart 2024.

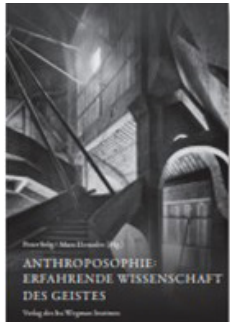
With therapy recommendations from the fields of phytotherapy, homoeopathy: single and complex medicines, anthroposophic medicine, aromatherapy, Schuessler salts, spagyrics, Bach flower remedies as well as recommendations on dietary supplements and the microbiome. With the collaboration of Birgit Emde, Michaela Glöckler and others.

Bernard Lievegoed: *El hombre en el umbral. El reto del desarrollo interior*, 3a ed., Madrid 2024. Una de las obras más importantes del médico neer-

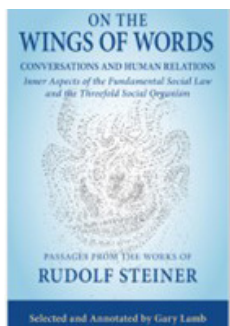


landés Bernard Lievegoed fue publicado en tercera edición. Este texto aborda fenómenos como la anorexia nerviosa, las adicciones y los comportamientos psicopáticos desde una perspectiva antroposófica y nos ayuda a afrontar los retos del presente y del futuro.

Peter Selg, Marc Desaulles (Eds): *Anthroposophie: Erfahrende Wissenschaft des Geistes*, Arlesheim 2024. This volume contains the main papers from the conference on "The Scientific Nature of Anthroposophy", which was held in the context of attacks in the media – and also in connection with the endeavours related to the goals aimed for at the Christmas Conference 1923 / 24. With contributions by Peter Heusser, Hartmut Ramm, Jean-Michel Florin, Marc Desaulles and Peter Selg.



Rudolf Steiner: *On the Wings of Words. Conversations and Human Relations: Inner Aspects of the Fundamental Social Law and The Threefold Social Organism*. Selected and annotated by Gary Lamb. New York 2024.



This volume, edited and compiled by Gary Lamb, provides a succinct yet thorough overview of Steiner's many remarks and insights into the mysteries of social encounter, as well as offering helpful commentary and contextualisation.

## EVENTS

**3–7 April:** International specialist conference on eurythmy/eurythmy therapy "Movement creates mobility – Eurythmy as a source of life", at the Goetheanum, Dornach/CH. With Hana Adamcová, Stefan Hasler, Ulrike Wendt, Michael Werner and others. Programme and registration at: <https://srmk.goetheanum.org/en/conferences/conference-2024>.

**11 April:** Webinaire 2 de médecine anthroposopique: Les polarités chez l'enfant. "La polarité Fer/Soufre" avec Christiane Boudot, Claude Boudot, Xavier Perrut de 14h à 17h30, en langue française. Programme et inscription en ligne <https://afedma.fr/polarites-chez-lenfant/>.

**18–20 April:** Medical conference at the Rudolf Steiner Halde "When soul abilities are lost", in Dor-

nach/CH. Invitation and further information at <https://www.haldetagung.ch/>.

**27 April:** Two-part webinar on anthroposophic arts therapies "The heart awakens. Deepen, research, exchange". Part 1 in German, English, Spanish. Online from 14.00–18.00 (CET). Programme and online registration at <https://medsektion-goetheanum.org/en/events-and-conferences>.

**27 April–4 May:** The 2024 AnthroMedicine Conference "Seven Constitutional Gestures in Diagnosis and Treatment", in Loveland, Colorado/USA. With Adam Blanning, Martin-Günther Sterner, Albert Schmidli, Ken Smith and others. An event organised by the Physicians' Association for Anthroposophic Medicine (PAAM) in cooperation with the Medical Section. All information and registration at <https://paam.wildapricot.org/event-5433308>.

**8–11 May:** Congrès médical anthroposopique interprofessionnel "Le JE humain, Sa nature et ses manifestations, applications au diagnostic et à la thérapie" at the Goetheanum, Dornach/CH. The conference language is French. With Claude Boudot, Jean Chazarenc, Marion Debus, Michaela Glöckler and others. Programme and registration at: <https://t1p.de/b4hxx>.

**20–24 May:** Whitsun conference "Language – Speech – Communication. Challenges of our time and ways to master them" at the Institute for Waldorf Education in Witten/DE. With Rainer Patzlaff, Karin Michael, Nicolai Petersen, Jens Heisterkamp and others. For detailed information see flyer (<https://t1p.de/3ytd>).

**25 May:** Webinar on anthroposophic arts therapies "The heart awakens. Deepen, research, exchange". Part 2 in German, English, Spanish. Online from 14.00–17.00 (CET). Programme and online registration at <https://medsektion-goetheanum.org/en/events-and-conferences>.

**29 May–1 June:** "Life Forces", International Congress on Pregnancy, Birth and Early Childhood. With Karin Michael, Philipp Reubke, Ina von Mackensen, Christoph Meinecke, Claudia Grah-Wittich, Georg Soldner and others. Information on the congress at <https://goetheanum.ch/en/events/kk24>.

**30 May:** Anthroposophic pharmacy and medicinal therapy "Ferrum hydroxydatum – the effect of iron in respiration and blood" at Weleda AG, Arlesheim/CH. Detailed information and registration for this new in-depth series at <https://t1p.de/p5erj>.

**1 June:** Online webinar "The dignity of the child" – "Life forces". Beginning 17.00 (CET), only in English. Programme and registration at <https://medsektion-goetheanum.org/en/events-and-conferences>.

**7–9 June:** Pastoral medicine conference "100 years of pastoral medicine". Programme at: <https://medsektion-goetheanum.org/en/events-and-conferences>.

**27–29 June:** Séminaire d'approfondissement de l'eurythmie thérapeutique in Trois-Epis (Alsace) in French. With Wilburg Keller-Roth, Yolande Marx and others. Programme and registration at <https://afedma.fr/seminaire-dapprofondissement-de-leurythmie-therapeutique/>.

**25 August–1 September:** All Africa Anthroposophic Training near Gaborone, Botswana/ZA. A week of deep immersion across different disciplines that have all been enriched and enlightened through anthroposophy. With Michaela Glöckler and others. Further information will soon be available at <https://www.aaat.online/>.

**6–9 September:** Teach the Teachers: "How Can We Bring an Understanding of Karma to Today's New Learners?", at the Goetheanum, Dornach/CH. Programme to follow shortly at <https://medsektion-goetheanum.org/en/events-conferences>.

**7–10 September:** Conference of the School of Spiritual Science for psychotherapeutic practitioners "Becoming a True Human Being". The conference language is English. With Giovanna Bettini, Wolfgang Drescher, Jacqueline Gerbrands, Boris Krause, Susan Overhauser, Tatiana Pavlova and Ursula Schöbel.

Programme and registration at <https://medsektion-goetheanum.org/en/events-and-conferences>.

**10–15 September:** International annual conference of the Medical Section "Therapeutic Intuition – Perception and Reality in Diagnosis and Therapy", at the Goetheanum, Dornach/CH. Programme to follow shortly at <https://medsektion-goetheanum.org/en/events-conferences>.

**25–26 October:** Study day on mistletoe and cancer in Arlesheim/CH. An event organised by the Association for Cancer Research in cooperation with the Medical Section, Association of Anthroposophically Oriented Physicians in Switzerland and Klinik Arlesheim. Programme and registration soon at [www.studientag.ch](http://www.studientag.ch).

#### Save the dates 2025:

**14/15 March 2025:** Research Congress of the Medical Section at the Goetheanum, Dornach/CH.

**9–14 September 2025:** International annual conference of the Medical Section in the Goetheanum, Dornach/CH.