



Newsletter of the Medical Section

Christmas 2023

In the human soul profound
Lives the spirit sun victorious;
The true forces of the mind,
They are capable of sensing it
In the inner life of winter,
And the hope that drives the heart:
It beholds sun spirit's triumph
In the blessed light of Christmas,
Emblem of the life most high
In the winter's deepest night.

Rudolf Steiner, 23 December 1913, CW 40



From left to right: Another successful IPMT in Colombia with the participation of specialists from several South American countries; intensive work on patient case studies during the Clinical Mentoring Programme in Colorado/USA.

Dear Colleagues,
dear Friends of the Medical Section,

At the turning of the year, we will come to a special celebration, in fact, multiple celebrations. For just after Steiner guided the Anthroposophical Society through to a new form and future at the Christmas conference, he then met with a group of young doctors to teach about the esoteric core of medicine. With these two destiny events, Steiner demonstrated great capacity to live in both formal description and flexible imagination. The therapeutic pictures given in the *Course for Young Doctors* are beautiful and complex. They ask us to hold polar images, and to recognise that both ends of a spectrum are healthy, and also inherently illness-causing, if and when they become imbalanced. This therapeutic course provides helpful guidance for today's world, where so many realms of life feel out of balance or displaced.

A key picture comes with Steiner's explanation that every *substance* is in fact a *process* that has come to rest. Every physically perceptibly mineral, plant, animal or human substance is the result of a tremendous spiritual process! What an amazing turn of soul, to first pour such earnest thought into discussing and ratifying the statutes for the Society; then, already on 2 January, to turn and work with a group of young and inexperienced medical students to plant the **seeds for a new medical impulse**. Steiner worked so warmly to lift, loosen, inspire and embolden the participants.

He used phrases like "that is a hypertrophy of knowledge" – something one would rarely, if ever, meet in a standard medical or therapeutic training today. In fact, he emphasised how different thera-

peutic work must be, for it will not be successful if it is only a set of knowledge, unaccompanied by a deeper “will to heal”. What can be the substance of an art of medicine if there is no true moral process behind it?

With these 100-year celebrations, it is useful to use this lens of substance and process to think about our own medical movement. What substance has come into being? What spiritual processes actively live amongst us? After 100 years, have we achieved what we hoped for? Does the century-mark indicate an end point, a dying down, or does it mark the beginning of new impulses and insights?

The answer is most certainly “yes”, as both are true. As a spiritual scientific movement, active in the world, there is need for ideas, perceptions and impulses to come into concrete expression. And, at the same time, we face a continual risk of hardening, a drift towards fixed perspectives, which must eventually be dissolved and loosened.

Which is best, substance or process? The answer is again “yes” to both. Our communal work will be inherently complex and sometimes even confusing, because we are always manifesting and dissolving in order to remain in a living stream of continuing development. And that there will always be urging (or argument), that the wrong thing is being done, in both directions.

Steiner certainly lived with these aspects of complexity and contradiction. He spoke at times about how writing was actually a painful process, how once spiritual thoughts and perceptions were fixed into language, they no longer lived in the same way. Yet, he devoted tremendous time to the writing of his basic books and allowed for stenographic recording of his more than 6,000 lectures. Where would we be without that richness of recorded word? And yet, how often are specific words or phrases taken from those works (often without their broader context) and then used to harshly criticise Steiner and anthroposophy as a whole?

As our anthroposophic medical movement has grown into more varied types of therapy, more languages, more parts of the world, we should celebrate that richness. But bringing process into so many different kinds of “substance” also risk splintering. To counter it, we must repeatedly ask: which manifestation is the correct expression of a spiritual truth? Is my own work a true manifestation of what I intend, what I hope for? Does it match my life, my work, my language, my country? As I develop along my own path, can I connect back to process so that I can stay in conversation and collaboration with others?

These considerations have a unique relevance if you are working with anthroposophy outside of the German-speaking world, for then you are working

with translation of Steiner’s translation of spiritual perception (process) into written language. One can get caught in long debates about which translation of Steiner’s meditations is correct. But that challenge is beautifully matched with the continual opportunity to create a new translation, to find a new expression or wording. The potential fixity is matched with flexibility.

The more we grow, and elaborate, and diversify, the more we must also build a culture of living conversation to continually lift and find what unites us in our striving. Working to create those spaces may be one of our most important tasks as we move into a new century of Anthroposophic Medicine.

Many questions of complexity meet us today. We are living at a time of great challenge in the world: we are unkind to each other, we do not love the earth enough. Some feel that the best answer is to pull in, hold back, and protect; others to move out, encounter, explain. Which is the movement of process, which of substance? It is not always easy to make blanket determinations.

Here are perhaps **a few examples where we must weave between substance and process:**

- What does it mean when Anthroposophic Medicine is trying to find a first, humble foothold in many parts of the world, and at the same time finding that there are dedicated anthroposophic practitioners in other places who are retiring, but cannot find a younger colleague to take over their fully developed practice? How do we work to support both situations, what is needed?
- Why is it that some very effective remedies are no longer prescribed and therefore being discontinued, and yet in other places, colleagues must improvise and often potentise medicine themselves? What is our relationship to the being of substance, and how does it live and change?
- How do we foster ways to think and move together in process, yet also leave each individual free to find the specific expression that is fitting to their own destiny path?

An important question for the future is: how will we hold those tensions? The more we can work with them, in conversation, the greater our therapeutic striving can shine into the next century.

At this time we also wish to specially acknowledge the pain, challenge and loss for all those experiencing war and conflict in the world. You are seen and we hold you in our hearts.

Adam Blanning, Marion Debus and Karin Michael

NOTICES

Why the “Course for Young Doctors” is important!

A core aspect of Anthroposophic Medicine (AM) is the question of the meaning of an illness in the context of each unique biography. This makes it a system of medicine that should be used in a very individualised way; guidelines (including those from AM) only help to a very limited extent. In my opinion, the so-called Course for Young Doctors shows us a path to the medical independence that is so necessary! Over the last three years, we young medics (<https://www.yiam.world/>) have been studying this course, in which Rudolf Steiner shows us how we can become better companions for our patients on their healing journey by working on ourselves. That is not easy. Is it even possible when working in today’s medical system? I myself do not yet live up to this aspiration, but I have understood that self-knowledge and training in perception are prerequisites for a healing encounter with my patients – so that I can recognise the individual need for healing and help the other person to find access to the sources of recovery. In order to fulfil its role, AM needs therapists, nurses, pharmacists and doctors who follow this training path authentically and consistently. From 3 to 7 January 2024, we want to devote ourselves to this impulse in order to bring it into our personal present and into our common future! <https://goetheanum.ch/en/events/yiam24>.

Sophia Wittchow, assistant physician in Basel, member of the conference preparatory group

Anthroposophic body therapy further training in Thailand:

A second course in massage as developed by Dr Simeon Pressel started in April 2023. The Bothmer gymnastics and therapy project started in October 2023, and a rhythmical massage therapy course will begin in January 2024. The courses will be held in English, partly with translation into Thai, so that they are also accessible to participants from other countries in the East Pacific region. For online events, it is planned to provide programmes across courses in order thus to promote exchange between participants. Further information: Massage by Dr Simeon Pressel: <https://t1p.de/bm712>, Bothmer® therapy: <https://t1p.de/5w5ph>, rhythmical massage therapy: <https://t1p.de/a3ojh>.

Successful accreditation of further training in rhythmical massage therapy in São Paulo (BR):

A high-quality accreditation process was carried out for the Medical Section. The further training, which was carried out under the responsibility Associação Asklepios, is now recognised on the basis of the manual for the accreditation of training measures within the framework of training and further training in rhythmical massage therapy of 2022. Congratulations!

Further training in therapeutic speech “Taufrisch II 2024-2025”: “I-words you-words that transform you” (Rose Ausländer). “Taufrisch” is for physicians, psychologists, therapists, students and interested individuals in Arlesheim (CH), accredited by the Association of Anthroposophic Physicians in Germany (GAÄD) and the Association of Anthroposophically Oriented Physicians in Switzerland (VAOAS) – solidly based, interprofessional and in-service. Learn about the effectiveness and areas of application of therapeutic speech! It starts on 2 February 2024 and consists of seven modules in two years, following the diagnosis and therapy procedure regarding posture, breathing, voice, articulation, thinking, speech perception as well as concrete exercises, perception training and training of your own speech. Registration: info@lichtung-sprache.com, Information: www.lichtung-sprache.com.

New university-certified further training in music therapy from 2024, Master’s programme from 2025:

In March 2024, the Alanus University of Arts and Social Sciences in Alfter (DE) will launch an in-service further training course in music therapy that teaches an art-based and integrative approach based on the anthroposophical understanding of the human being. This makes an important contribution to a complementary treatment concept. The Master’s degree course in Music Therapy, which is currently being accredited, will then begin in autumn 2025. Once the admission requirements have been met, you can transfer directly to the Master’s degree programme and obtain your Master’s degree after a further three semesters. The credit points (60 ECTS) earned in the further training programme are fully recognised for the degree course. Further information at <https://www.alanus.edu/de/weiterbildung/detail/musiktherapie>.

Anthroposophic Medicine contributes to the reduction of antibiotic resistance:

For years, our colleague Prof Dr Erik Baars from the University of Applied Sciences Leiden (NL) has been researching, publishing and campaigning to reduce the use of antibiotics and antimicrobial resistance (AMR). He now coordinates the international research agenda of the GIFTS-AMR project group: <https://storage.googleapis.com/b2match-as-1/C9ad3nj4FFGkP4o-9eVhHSgxN>. Warm thanks!

IN MEMORIAM

We remember our deceased with heartfelt gratitude and affection for our colleagues:

Anna Meuss, born on 11 May 1930, crossed the threshold in Stroud (GB) on 28 October 2023. The funeral service took place at the Christian Community in Stroud on 8 November. For decades, Anna Meuss was an immensely loyal, reliable and humorous co-worker of the Medical Section as a translator for a wide variety of conferences, but also of books on a wide range of specialist topics in Anthroposophic Medicine. Her range of anthroposophical terminology was extraordinarily broad and she was already translating consecutively when there were no loudspeakers and booths at the Goetheanum – on an open stage. She did not use the emerging electronic translation programs, everything was the work of her hand and voice.

Sylvia Auer, born on 27 March 1936, died in Stuttgart (DE) on 6 November 2023. The art therapy professional community and her patients experienced her as a warm-hearted, committed and responsible colleague and therapist. She worked at the Filderlinik hospital for many years and was involved in the first German basic work on anthroposophical art therapy, *Therapeutisches Malen und Zeichnen* (Therapeutic Painting and Drawing), which was preceded by ten years of research in the Medical Section.

Andreas Zucker, born on 7 January 1949, returned to his spiritual home on 16 November 2023. The funeral service for our medical colleague took place in Überlingen (DE) on 20 November. He last practised as a general practitioner in Salem. In addition to his intensive patient work, Andreas Zucker maintained a special connection to Liane Collot’Herbois’ light-darkness-colour painting therapy. In collaboration with art therapy colleagues trained in this method, he had built up significant expertise with regard to supplementary medical aspects and in terms of the understanding of the human being, and he described the treatment course of patients in several books. These works remain wonderful sources for understanding the (sick) human being as a being of light, darkness and colour.

Hermann Fischer unexpectedly crossed the threshold of death on 19 November 2023 at the age of 66. We associate him with strong proactive initiative in the development of a new mechanical process for the production of mistletoe preparations for oncological use, the idea for which was based on the discovery of references in Rudolf Steiner’s extensive lecture work. He was also keen to use spiritual science to identify other mistletoe host trees as a potential source of new medicines. Hermann Fischer

found entrepreneurial supporters for these concepts, so that he was still able to participate in the promising realisation of his life’s tasks. His funeral took place in Linz (AT) on 27 November.

RESEARCH

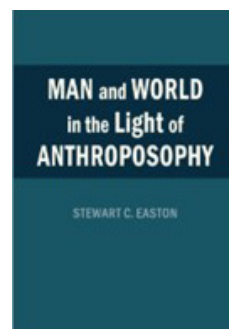
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RECOMMENDED LITERATURE



Stewart C Easton: *Man and World in the Light of Anthroposophy*, Hudson, NY 2023 (Reprint of 1989 ed.).

In this book, the author gives the reader a clear overview of the complex terrain along this path, explaining that anthroposophy is not so much a philosophical system as a “seed” of new consciousness. He described in the second part of this work: a medical science that is truly holistic, an agricultural system that is in harmony with nature and the cosmos, an educational method that nurtures head, heart, and hand toward the freedom that comes from reaching one’s full potential, and much more.



Thomas Hardtmuth: *Immunität und Individualität. Was Kinder für ihre gesunde Entwicklung brauchen*, Dornach 2023.

“This text contains a wealth of current research that scientifically underpins the connections between brain physiology and the microbiome, between immunity and individuality. Anyone who reads this book not only feels well informed, but also deeply touched on a human level [...] and motivated to put this knowledge into practice.” (Michaela Glöckler)



Jos Meereboer: *Leben mit Autismus. Eine besondere Art des Daseins*, Dornach 2023.

The experienced Dutch special needs teacher Jos Meereboer makes a valuable contribution with this sensitive and descriptive book, which deepens our understanding of people with autism and can help us to relate

to them and take an interest in their experience of the world.



Peter Selg: *Lebens- und Überlebenskunst: J. W. von Goethe*, Arlesheim 2023.

The author's written version of a lecture in which he developed Goethe's art of living and surviving in health and mental crises in consistently maintaining his own life's work, his own life's mission.

EVENTS 2024

3–7 January 2024: “How do I find the good?” 100 years Course for Young Doctors. An international, multiprofessional conference in English and German, with translation into Spanish, at the Goetheanum, Dornach (CH). With Peter Selg, Sophia Wittchow, Karin Michael, and others. Programme and registration at <https://medsektion-goetheanum.org/en/events-conferences/>. Accompanying online workshops for people who are unable to attend the in-person conference can be booked in the media centre of the Medical Section: <https://medsektion-goetheanum.org/en/events-and-conferences>.

11–14 January: 24th International Study Days for Anthroposophic Arts Therapies “The heart awakens.

The etheric forces of the heart in the therapeutic encounter” at the Goetheanum, Dornach (CH). With Karin Michael, Monica Bissegger, Ulli Kleinrath, Laura Piffaretti, Bernadette Gollmer, Ulrikke Stokholm and others. Programme and registration at <https://goetheanum.ch/en/events/kt2024>.

17–18 January: Authors' colloquium on the 2023 thematic focus of the journal Merkurstab “Substance and process in anthroposophic pharmacy and medicinal therapy” at the Goetheanum, Dornach (CH). Pharmacists, doctors, scientists and interested persons are invited. Contact and registration with Jonathan Neisecke: j.neisecke@merkurstab.de. Further information available soon at <https://medsektion-goetheanum.org/veranstaltungen>.

19–21 January: “Right to childhood”, promoting creativity instead of early digital dementia. ADHD, power of concentration, developmental disorders. A hybrid event organised by the Medical Seminar Bad Boll (DE) in cooperation with the GAÄD and the Medical Section at the Goetheanum, Dornach (CH). With Jan Vagedes, Manfred Spitzer, Paula Bleckmann, Silke Schwarz, David Martin, Karin Michael, Georg Soldner and others. Programme and registration at: <https://www.medseminar-bad-boll.de/>.

8–10 March: Research conference of the Medical Section “The scientific status and future of the AM therapies” at the Goetheanum, Dornach (CH). The conference language is English. Programme to follow. Further information at: <https://t1p.de/h379t>.

22–23 March: “Mistletoe therapy now”, second on-cological training course in Leipzig (DE). Further information available soon at <https://www.gaed.de/veranstaltungen.html>.

8–11 May: Congrès médical anthroposophique 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. Detailed programme and registration at <https://t1p.de/b4hXu>.

29 May–1 June: “Life Forces”, International Congress on Pregnancy, Birth and Early Childhood. Information on the congress at <https://t1p.de/5wvja>.

Save the date: 10–15 September 2024: Annual conference 2024 of the Medical Section at the Goetheanum, Dornach (CH).

Our calendar of events

<https://medsektion-goetheanum.org/en/events-conferences/>