



I can see, in looking upwards,
In the sun's bright sphere
The mighty world heart.

I can feel, looking inwards,
In the heart's warm life:
The ensouled human sun.

Rudolf Steiner for HM Wegman (1851–1935)
on her 73rd birthday

Newsletter of the Medical Section

St John's Tide 2021



From left to right: The Goetheanum can open its doors to guests again this summer; detail in the South Stairwell; conversion of the Englische Saal at the Goetheanum for video recordings, Gerard Wagner's wall frescoes have been preserved and are visible in all their beauty (Photo: François Croissant).

Dear Co-workers
and Friends of the Medical Section!

The **time of the solstice** connects us in a special way with the living earth – in summery devotion to nature in the north, in wintry inwardness in the south. Two central impulses of Anthroposophic Medicine are celebrating their **hundredth birthday in these weeks: pharmacy and the anthroposophical hospitals**. They highlight a vision: to work together in a house for patients in such a way that the healing powers in the patient are called upon and strengthened through the work together of nurses, therapists and doctors. A vision that is important at a time when targeted technical interventions one-sidedly shape the image of the hospital. This vision is complemented pharmaceutically by the goal of transforming nature into a diverse living garden and obtaining medicines from it that show themselves to be related to the inner healing

forces in the patient and can strengthen them. The vision of a pharmaceutical art that starts from the living sphere and aims to obtain medicines from it through pharmaceutical processes that are as close to life as possible, which stimulate and strengthen self-regulation. Such an ecological and sustainably effective pharmacy of the living sphere is important in a world in which technologically constructed substances that specifically block or enhance certain functions of the organism shape the image of pharmacy in a one-sided way.

With these jubilees we look at the same time far out into nature, the living earth organism, and into the inner world of the protective house so necessary for healing processes, whose archetype is the human body itself. In his fifth lecture of 13 October 1923 from the cycle on the experience of the course of the

year in four cosmic imaginations (*Das Miterleben des Jahreslaufes in vier kosmischen Imaginationen*. GA 229, 8th ed., Dornach 1999, p. 69–85), Rudolf Steiner links these dimensions in a unique way. He describes as an imagination the **action of cosmic archangelic beings in the living earth organism**, alternating in the cycle of the seasons, and their action in the human organism, culminating in each case in the "opposite season" to their action in external nature.

Rudolf Steiner describes this action in the fundamental sequence in which the human being themselves transforms substances out of nature for themselves, builds up and maintains their body with their help and unfolds their spiritual and soul life.

In the intake of food and the transformation of substance in the metabolic system, the forces of Gabriel in the **summer time** take particular effect: "Those who understand nutrition correctly understand the beginning of healing." (ibid., p. 79). All nutrition requires its balance, its vitalisation through the breathing. All balancing and thus healing processes in the human organism emanate from the respiratory processes in the broad sense: "For all healing forces originally lie in the human respiratory system." (ibid., p. 75). And these are connected with the action of Raphael in the human organism, which reaches its culmination in the **autumn season**. Our power of thought is particularly closely connected with the work of Uriel in the **winter time**, to whom we owe it that the cosmos can be spiritually reflected in our spherically rounded head and that our self-consciousness can unfold. And finally, this arc culminates in the power of movement of our limbs, in the human willpower which receives its impulse from Michael in the **spring**.

In this sequence the **essence of a sustained healing process** becomes clear at the same time. **To begin with, the focus is on the nutrition and nursing of the patient**, which also tries to replace what they have lost in vital forces on their way into the illness. Today, the nutrition question also reveals a planetary side, as the nature and quality of our food is directly related to the question of whether we make the earth a desert or a garden.

Healing processes are directly related to the **ability to intercept and balance pathogenic processes**. We owe this potential to rhythmical processes, first and foremost the respiration and circulation, through to the rhythm of waking and sleeping which is essential for maintaining and regaining health and in which our soul exhales and inhales. In breathing, we also connect with our fellow human beings, indeed with all living beings on earth, in the envelope of air we share. What triggers fears in a pandemic, the mutual contagion through breathing, is only the flip side of the fact that we are all connected in the warmth-air envelope of the earth – and as humanity have become respon-

sible for its healthy balance. In doing so, we feel that the question of our common atmosphere is not only an ecological and cosmic one, but also a social one.

Healing – for the human being as well as for the earth – only becomes sustainable when we change and develop our thinking. Sustainable healing requires self-knowledge, individually, as a community, as humanity. In many life crises, the thinking plays a decisive role in breaking away from habits that make us ill and turning to the essentials. Because reality becomes how we think it. In anthroposophy we approach the earth, like the human being, in our thinking from the living sphere, come about and animated by the work of spiritual beings. In every encounter with another person, but also, for example, in the deepened experience of the solstice, an encounter at an essential level becomes possible that can change us permanently.

After all, healing manifests itself in how we become able to act anew, move anew, create something new. How insight and inner experience become will, attitude and action and the power and spirit of the sun begin to shine out of us.

In this spirit, we want to turn to human and planetary health in our annual conference, deepen our schooling path and exchange professional ideas with colleagues. **Online registration for our annual conference is now open** (<https://www.goetheanum.org/en/human-and-planetary-health>).

With gratitude we view the very recent **opening of the Goetheanum**, where in July the **drama of humanity Faust** will be shown four times in the outstanding new production which has been further worked on since the premiere in 2020 (<https://www.faust.jetzt/>).

Looking back, we are pleased about the **Romanian online IPMT** which took such a lively course with more than 60 participants.

An important contribution from the CARE V working group, to which we already referred in the last newsletter, is the **statement on assisted suicide** (<https://www.anthromedics.org/PRA-0981-EN>) and the discussion recorded on this subject in the Goetheanum series "Life and Society in Transition" with the physicians Matthias Girke, Madeleen Winkler and Raimund Klesse, President of the Swiss Hippocratic Society (in German; online from 5 July 2021 at <https://www.goetheanum.tv/leben-und-gesellschaft>).

We are concerned about the worldwide **suffering of children and young people, who are hardly affected by COVID-19, even in terms of their health, due to governmental pandemic measures**. Here we draw attention to the Medical Section's media library, where the five-part **online lecture cycle on infant health** May/June 2021 will continue to be available in

English, German and Spanish until the end of the year (<https://medsektion.goetheanum.org/en>).

With regard to the **COVID vaccination for children and adolescents**, the Medical Section coordinated and contributed to the contents of the **statement of the Society of Anthroposophic Physicians in Germany** (<https://www.gaed.de/stellungnahme-covid-19-impfung-kinder>). Here we refer to the pre-publication of the scientific article by Prof David Martin, Prof Arne Simon and Silke Schwarz (<https://bit.ly/3AhF26i>).

After this small selection of reports from the wide range of activities of the Medical Section, for which we sincerely thank all co-workers, we and the team of the Medical Section send our warm greetings

Matthias Girke and Georg Soldner

NOTICES

Global initiative for the annual conference of Anthroposophic Medicine, 14–19 September 2021:

Dear Friends from all over the world! The annual conference is approaching and we cordially invite you to prepare it with us. In terms of content, we want to deepen it with three lectures by Rudolf Steiner; we also welcome regional events for those who cannot be present in Dornach; and we are looking forward to contributions for the World Community Space at the annual conference at the Goetheanum. The three lectures are lectures 10–12 from the cycle *Harmony of the Creative Word* (9–11 November 1923). These multifaceted and inspiring lectures focus on this year's theme: human and planetary health. To encourage our work together on the lectures, we will share the questions and impressions that arise for us on the social network Yammer (or by email at sophia.wittchow@medsektion-ikam.org). Matthias Girke and Georg Soldner will also participate in this exchange of views and prepare a video by the beginning of September. Please also send us your questions arising from the work with the lectures by the end of August. We will pass them on to the Section leaders. We hope that by working on these lectures we can strengthen our sense of community and encourage and inspire each other in these challenging times. **On Sunday, 29 August, the next worldwide Zoom meeting will take place, to which we warmly invite you!** For friends living east of Dornach, we hope to have chosen a suitable time of 09.00 CET, and for friends living west of Dornach 20.00 CET (you may also attend both meetings!). The Zoom link will be posted on Yammer

(or email sophia.wittchow@medsektion-ikam.org to request it). In the meetings you can present planned regional events as well as existing work connected with the topic of the annual conference and thus bring them to worldwide attention. As last year, video recordings of lectures at the annual conference will be made available for the regional events. The conference will also feature contributions from the world in the World Community Space. So suggestions, ideas and questions about this are welcome at both Zoom meetings! We want to enable the world to be truly present at the annual conference, even if not everyone can travel to attend! Warm regards from Iracema Benevides, Adam Blanning, Moritz Christoph, Moniek van Duin, Mary Green, Elma Pressel and Sophia Wittchow.

25 years of Havelhöhe Community Hospital (GKH)/Berlin (DE):

"Havelhöhe is where people like people!" This enthusiastic exclamation came from one of the main well-wishers at the anniversary celebration: Dr Wolfgang Schäuble, President of the German Bundestag (Lower House of Parliament). Due to the pandemic, the birthday was postponed to 26 June 2021, which means, strictly speaking, that GKH is celebrating 26 years of existence. The event took place in the large grounds with many dedicated staff members and guests and was broadcast live on the hospital's YouTube channel. Celebrating the successes of Anthroposophic Medicine together with friends gives strength for further initiatives and developments! (Short promotional film at <https://www.youtube.com/user/KlinikHavelhoehe>)

Spanish umbrella organisation FECISA presents itself:

From 18–20 June 2021, the Spanish umbrella organisation Federación Española de Ciencias de la Salud Antroposóficas (FECISA) officially presented itself in El Pardo near Madrid. It brings together various anthroposophical medical and therapeutic professional associations. The aim is an impulse of renewal in Anthroposophic Medicine in Spain, but also to legalise anthroposophic therapies in the country. Networking and the support of research and publications will be as much a focus as the introduction to the foundations of anthroposophy or the organisation of national and international events.

Interprofessional graduate school of Witten/Herdecke University (DE):

A multiprofessional graduate school for integrative medicine and health sciences has been newly established. Witten/Herdecke University has developed a high level of competence in the field of interprofessional teaching and learning and offers professional supervision of academic master's and doctoral theses in medicine, pharmacy, nursing and other health professions here. Contact at <https://www.uni-wh.de/igim/das-graduertenkolleg/>.

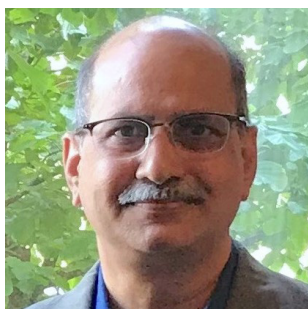
Further training in rhythmical massage therapy in Berlin (DE): At the end of July 2021, the part-time further training in rhythmical massage therapy as developed by Ita Wegman will start again in Berlin-Kladow. The course is aimed at people of all professional groups who have medical/medical-therapeutic training (and are authorised to touch the unclothed person as part of therapy), who wish to familiarise themselves with this form of therapy in Anthroposophic Medicine and obtain this additional qualification. Accreditation of the course in accordance with the IKAM accreditation procedure by the Medical Section, School of Spiritual Science, has been applied for and is expected to be available by the beginning of the course. All information and registration at: <https://bit.ly/3hKHhWZ>.

Further training course in Anthroposophy-based Psychotherapy AbP® in Berlin (DE): Between 10 September 2021 and 30 April 2022, the two lecturers Markus Treichler and Dr Johannes Reiner will offer seven further training modules for psychologists, physicians, psychotherapists and those working in psychotherapy with an interest in anthroposophical psychotherapy, as well as students. Contact, programme and registration at info@anthropsych.de. Web: www.anthropsych.de.



In memoriam: Our dear Argentinian colleague Alicia Rosa Santaliestra, born on 3 August 1957, crossed the threshold of death in Buenos Aires on 16 June 2021. In particular, the friends of the Argentinian Medical Association (Asociación Argentina de Medicina Antroposófica / AAMA) are losing their long-time treasurer and confident planner.

All AAMA projects in recent years have been made possible thanks to Alicia's willingness and perseverance. We accompany her journey into the spiritual world with all good thoughts and send our condolences to her relatives.



In memoriam: Completely unexpectedly, our colleague Dr Srinivasa Rao Nyapati (born 1960), one of the founders of the Anthroposophic Medical Society in India and one of the founders, organisers and teachers of the successful International Integrative Oncology Training in India and Thailand, passed away on 29 June 2021. We will accompany him inwardly and send him our gratitude! Our condolences also go to his family and all our friends and colleagues in India.

RESEARCH

Bartelme R. *Anthroposophic Medicine: A Short Monograph and Narrative Review-Foundations, Essential Characteristics, Scientific Basis, Safety, Effectiveness and Misconceptions*. Global Advances in Health and Medicine 2020;9:1–33. Free access: <https://doi.org/10.1177/2164956120973634>

Landman-Reiner A. *Complementing reductionism: Goethean science part 1: Qualities and wholeness*. Explore (NY) 2020;S1550-8307(20)30098-7. Free access: <https://doi.org/10.1016/j.explore.2020.02.015>.

Landman-Reiner A. *Complementing reductionism: Goethean science part 2: Life's unique principles*. Explore (NY) 2020;S1550-8307(20)30099-9. Free access: <https://doi.org/10.1016/j.explore.2020.02.016>

Tröndle M, Stritter W, Ghelman R, Odone V, Seifert G. *Broadening the horizon for children's health – A qualitative study on the Centro Latino-Americano de Medicina Integrativa Pediátrica*. Complementary Therapies in Medicine 2021; 58:102681. DOI: <https://doi.org/10.1016/j.ctim.2021.102681>

Wopker PM, Schwermer M, Sommer S, Längler A, Fetz K, Ostermann T, Zuzak TJ. *Expert consensus-based clinical recommendation for an integrative anthroposophic treatment of acute bronchitis in children: A Delphi survey*. Complementary Therapies in Medicine 2021;60: ID 102736. Free access: <https://doi.org/10.1016/j.ctim.2021.102736>

LITERATURE

Rudolf Steiner: *Macrocosm and Microcosm. The Greater and the Lesser World. Questions Concerning the Soul, Life and the Spirit*. Forest Row 2021.

“In this classic series of lectures, now retranslated and featuring a previously-unavailable public address, Rudolf Steiner also discusses: the planets and their connection with our sleeping and waking life; the inner path of the mystic; the ‘greater’ and ‘lesser’ guardians of the threshold; the Egyptian mysteries of Osiris and Isis; initiation in the Northern mysteries; The four spheres of the higher worlds; mirror-images of the macrocosm in man; the strengthening powers of sleep; the symbol of the Rose Cross; reading the Akashic Record; four-dimensional space; the development of future human capacities, and much more.”

(Rudolf Steiner Press)

EVENTS & DATES

7 August: 3rd unit of the 2021 annual online cycle of the Anthroposophical Art Therapies: "Nevertheless and absolutely – We carry on! With and without anxiety – together!" Programme at: <https://bit.ly/3jlb3nT>. Registration at: <https://medsektion-goetheanum.org/en/events-and-conferences/>

27–29 August: Eurythmy therapy training for physicians, medical students, those working in therapy and guests. Module 3 in Dornach. Programme and registration: <http://heileurythmie-ausbildung.ch/ausbildung-modular/>

3–5 September: Section for the Literary Arts and Humanities and Medical Section: "Experience of the senses as experience of the I. Rudolf Steiner's teaching about the senses and *Anthroposophy. A Fragment* at the Goetheanum, Dornach. Programme and registration at: <https://bit.ly/2SEObVq>

11–13 September: Teach the Teacher in Anthroposophic Medicine. "Lecturing well. Composition – Technique – Resonance". At the Goetheanum, Dornach. Programme at: <https://bit.ly/2UDj2Cf>. Registration at: <https://www.goetheanum.org/en/teach-the-teacher-in-anthroposophic-medicine>.

14–19 September: Annual conference of the Medical Section: "Human and Planetary Health. The Responsibility of Medicine for People and Nature". Goetheanum, Dornach. Programme at: <https://bit.ly/3x34xGc>; Online registration: <https://www.goetheanum.org/en/human-and-planetary-health>

From 13 October: Online provision Teach The Teacher: "How do we humanise online teaching". Programme at: https://medsektion-goetheanum.org/fileadmin/user_upload/Tagungen/TTT_2021/TTTOnlineEN.pdf

22–24 October: Eurythmy therapy training for physicians, medical students, those working in therapy and guests. Module 4 in Dornach. Programme and registration: <http://heileurythmie-ausbildung.ch/ausbildung-modular/>

23–26 October: International conference and further training for school doctors, in collaboration with the Association of Anthroposophic Physicians in Germany (GAÄD). Programme: <https://bit.ly/2U8sygG>

30 October: 4th unit of the 2021 annual online cycle of the Anthroposophical Art Therapies: "Nevertheless and absolutely – We carry on! With and without anxiety – together!" Programme at: <https://bit.ly/3jlb3nT>. Registration at: <https://medsektion-goetheanum.org/en/events-and-conferences/>

Our calendar of events

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