



Nature, your maternal being,
I carry it within the substance of my will;
The fiery power of my will,
It steels my spirit's impulses,
That they give birth to sense of self,
That I may bear myself in me.

Rudolf Steiner, Michaelmas Mood

Newsletter of the Medical Section

Michaelmas 2021



From left to right: Matthias Girke during a lecture at the annual conference of the Medical Section; impression from the celebration of "100 Years of Rhythmical Massage Therapy" in front of the Goetheanum; concentrated work, theoretical and practical, during the IPMT in Baňská Štiavnica/SK.

Dear Co-workers
and Friends of the Medical Section,

We experienced the annual conference of the Medical Section, held at the Goetheanum from 14–19 September, as a light that gave courage, strength and warmth.

Five hundred and fifty people in total attended the conference, newly organised in three parts, which delighted us. At the same time it was sad that so many interested people from South and North America, Asia, Australia and New Zealand could not travel because of Covid travel restrictions. In order to provide access to particular highlights of the conference, we are keen to make several of the lectures available in our media library in English, Spanish and German for a fee (please add your name to the list of those interested to be informed when the videos are available: <https://bit.ly/3m6Gq5o>).

The conference started with **seven parallel specialist conferences** of the different professional groups. The first evening of the joint accompanying programme was dedicated to the **centenary of eurythmy therapy**. Wilburg Keller Roth organised the festive lecture together with the group of eurythmy therapists around IKAM coordinator Hana Adamcová from Prague, who showed the exercises from the 1921 eurythmy therapy course on stage.

What are the active principles of anthroposophical medicines? This question was addressed at the joint conference on medicine and pharmacy. Vesna Forštnerič Lesjak and Albert Schmidli organised the festive lecture on **100 years of anthroposophic pharmacy** on the second evening of the conference with touchingly vivid portraits of medicinal plants from Slovenia and Chile.

The spiritual and moral dimension of medicine was the focus of the second part of the conference. In two comprehensive lectures, Matthias Girke threw a light on the meditations that Rudolf Steiner gave for medicine. How can we strengthen ourselves inwardly to meet the therapeutic and moral challenges in our professions? How are the productiveness of our outer work and our meditative practice related?

In Rolf Heine's address on the commemoration of the dead, it became palpable that our relationship with the dead also has something to do with our relationship with the earth.

The health of humans and the earth formed one of the main topics in the third, multi-professional part of the conference. Ueli Hurter and Georg Soldner introduced the topic with a joint lecture. If in the modern era the focus was initially on the striving for freedom, overcoming hunger and "epidemics", gaining power over the environment and disease, this very striving threatens to destroy life itself. Medicine and pharmacy themselves contribute significantly to this. Developing the health of soils, plants, animals and humans – "one health" – demands a living relationship, the caring treatment of earth and humans.

On Saturday, Christian Grah from the Havelhöhe Hospital in Berlin, Johannes Kronenberg from the Youth Section at the Goetheanum and the climate change expert Anja Leetz encouraged all of us **to take concrete steps now in our health care institutions to make them climate-friendly.** Possible first steps were summarised by Georg Soldner on Sunday as follows:

- From I to You: don't tackle the issue alone. Look for partners in your own institution and outside (Climate and Health, "health without harm", etc.);
- Obtain a concrete, accurate picture of how your own institution – be it a small practice or a large hospital – is impacting the living environment in many different ways;
- You yourself and together feel the pain that this self-knowledge triggers and thereby internalise it;
- Make a joint decision to go down the road to climate neutrality;
- Develop a common vision for it;
- Determine the specific path: what is accessible first and how do we proceed from there?
- From We to I: what is my task and responsibility on this path.

We will develop a joint network with regard to this topic and set up a monthly climate consultation with Christian Grah from November.

Anthroposophic Medicine unfolds its full therapeutic potential in the cooperation of all healing professions, which was the focus of the working groups in the third part of the conference. The starting point and a particular location for this is the hospital. **Ita Wegman founded the first anthroposophical hospi-**

tal in Arlesheim a hundred years ago, after she had opened a therapeutic centre as a body therapist in Berlin nineteen years earlier. She was as concerned with the further development of nursing, rhythmical massage therapy and artistic therapies as she was with the development of new medicines and medical treatment concepts. **Everywhere in the world this model of multiprofessional collaboration with the patient at the centre shines out,** to which the evening's festive lecture by Sigune Singer-Bayrle, Philipp Busche and Harald Matthes on 100 years of anthroposophical hospitals was dedicated.

On Sunday, the last day of the conference, Tankred Stöbe (Havelhöhe Community Hospital/Doctors Without Borders) gave a touching report from his work in Afghanistan. A hospital was set up in Herat, the entire paediatric care was taken over and help was provided in tireless missions for the suffering, starving population that had been hit by the completely out of control coronavirus pandemic.

The conference was rounded off with encouraging and touching contributions from Colombia, the Philippines, the USA and the Czech Republic on the four parts of the Foundation Stone Meditation, before the eurythmy ensemble of the Goetheanum presented the Foundation Stone in eurythmy. **Eurythmy accompanied the conference throughout.** A highlight of the conference was the 75-minute **composition "Klangfarben"** on Saturday evening with music from Ludwig van Beethoven to contemporary compositions.

Following the annual conference, the **yearly meeting of the executive councils of the anthroposophical medical associations active worldwide took place.** **There have been personnel changes in the IVAA** (International Federation of Anthroposophic Medical Associations): Frank Mulder has stepped down after thirty years on the IVAA board. New board member is Henrik Szőke, who will in future also take over the role of treasurer from Tido von Schoen-Angerer. Thomas Breitzkreuz was unanimously confirmed as president of the IVAA. We congratulate our colleagues and look forward to continuing our work together for Anthroposophic Medicine around the world.

In August, a new IPMT (International Postgraduate Medical Training) commenced in Slovakia and met with a lively response in that country with about 100 participants. After the large IPMT in Český Krumlov/CZ was concluded in 2019, the question arose of a new impulse for Anthroposophic Medicine in the neighbouring country, Slovakia. In summery warm weather, intensive work of the medical professions with numerous lovely encounters came about in Baňská Štiavnica, Slovakia. We are very grateful for the excellent preparation of the Slovakian organising

team and the very nice way the IPMT was carried out.

From 16 to 22 August 2021, the well-attended, five-year course in anthroposophic pharmacy for Eastern Europe began in Krakow/PL, Riga/LV and Moscow/RU. Lectures and demonstrations by Albert Schmidli transmitted live from Krakow alternated with local talks and group work. The second course week is planned for summer 2022.

The present time needs forces of cooperation in times of polarisation and isolation. They require a reflection on the creative sources, cultivation of human relationships, conversation and courage for everyday tasks. These are Michaelic qualities that are particularly needed at present. For this, our best wishes and warm greetings go to all near and far!

Matthias Girke and Georg Soldner

NOTICES



Im Rhythmus des Lebens –100 Years of Eurythmy Therapy: Hana Adamcová, Noëmi Böken, Andrea Freund and Nicolai Rissman have realised a convincing film in good time for the 100th anniversary of eurythmy therapy. In just under 15 minutes, the questions: What is eurythmy therapy? For whom is this form of therapy suitable and how does it work? are vividly answered. The film celebrated its world premiere on 14 September in the large auditorium of the Goetheanum. The viewers' joy at the result was enormous – see for yourself: <https://www.youtube.com/watch?v=95G0oNGhRHw&t=266s>.

Long COVID article on Anthromedics: A recent expert article from the CARE II working group is online, "Long COVID from the perspective of Anthroposophic Medicine – symptoms and treatment options", <https://www.anthromedics.org/PRA-0993-EN>. With

comprehensive interprofessional treatment recommendations!



Anthroposophic Medicine legalised in the Philippines: Our medical colleague Aimee Chua informs us that Anthroposophic Medicine (AM) was licensed for practice in July as part of the Philippine Institute for Traditional and Alternative Health Care. The institute is a branch of the Philippine Department of Health which is tasked with accrediting and monitoring health practices outside conventional medicine. An important decision for the national and international stabilisation of AM!

Spanish-language mistletoe therapy website: We are grateful to be able to meet the need for a Spanish version of the mistletoe treatment website with immediate effect: <https://www.terapiademuerdago.com/>. Like the websites with the same content in German and English, the new site also provides information for physicians and patients.



A Charter for Good Care in the twenty-first century:

The annual conference that has just ended on the responsibility of medicine for people and nature has made it clear that we must have concern not only for people but also for the earth. Concern in a double sense: We have to be concerned because the natural foundations of life so richly given to us are seriously endangered by irresponsible exploitation. And we must and are privileged to care for animals, plants and this living earth, nurture and look after them, just as we care for and look after a person dear to us so that they can develop and progress. Nurses around the world share this concern in both senses of the word. We share our sorrow for the suffering of nature and want ensure good nursing in the twenty-first century. Thus a Charter for Good Care was created within the worldwide anthroposophical nursing movement in the last twenty months. In twelve sections we express our concerns and show what is needed. The Charter is intended to encourage good, loving and responsible care in hospitals, homes and at home, by making everyone an ambassador for the time of change in their own place and with their own possibilities. The Charter can be found on the website of the International Forum for Anthroposophic Nursing (<https://anthronursing.care/en/ifan/charta>). We are happy if it is shared and widely distributed.

New websites of anthroposophical therapeutic speech (ATS): The two websites <https://sound-informed-movement.ch> (SIM, accessible without password) and <https://movement-informed-speech.ch/> (MIS, username = member; password = Mis_2020!) provide videos for people who are in treatment with an ATS therapist but have forgotten how an exercise works. The majority of the exercises were developed by Dietrich von Bonin and colleagues. They reduce the active principles of Steiner's speech exercises to basic elements and can thus be learned more easily. The MIS page contains about 50 exercises for children with videos which are aimed at parents and professionals such as speech and language therapists, support teachers, etc. (Note: The password is changed periodically. Request via the website if no longer valid).

Scientific conferences in Lima/PE and Basel/CH: Both conferences were held with the participation of anthroposophical physicians in an online or hybrid format; in Peru, Dr Yván Villegas was part of the organising committee. The conferences were a great success and it is planned to make individual contributions available online. Further information: II World Summit on TCIM, <https://www.youtube.com/c/CABSIN> and Basel Science Conference, <https://www.wissenschaftskongress.ch/>.



In memoriam – Alheidis Countess von Bothmer, 3.9.1928–25.4.2021:

Bothmer gymnastics came into her life through meeting her husband Hans Jörg, the son of Count von Bothmer. When she first came into contact with

this type of gymnastics, it initially triggered a great deal of scepticism in her. It was only her experiences at a movement conference in 1964 that led her to the certainty that this type of gymnastics embodied something she was looking for. Through her friendship with the anatomist Johannes Wilhelm Rohen she was inspired to a new access to anatomy. He supported her in writing a book about Bothmer gymnastics. In the book it becomes clear how deeply Alheidis was able to read the many-sided relationships between physical-bodily and soul-spiritual developments in movement and in life. This also allowed her to add therapeutic aspects to each exercise. Those who practised Bothmer gymnastics daily over 30 years moved in spiritual substance for the same number of years. (From the obituary by Marc Vereeck)



In memoriam – Ulrike Faeste, 1933-2021:

For all those associated with Etheric Massage in Australia, the death of Ulrike Faeste marks the end of an era. After the Second World War, she began working as a young nurse

in the hospital in Arlesheim founded by Dr Ita Wegman and Rudolf Steiner and was then sent to the sister hospital in Ascona. There, in a crisis, she found personal healing through Ita Wegman's massage. This experience became the basis of her life's work. In 1957, Ulrike was invited to Australia as a nurse to work in the new special needs home – founded by Dr Pohl – and to offer training. Despite the challenges this new life brought, the spirit of Ascona remained within her. She began teaching massage and gained the respect of her students through her dedication to the legacy of Ita Wegman from her formative years and the respectful warmth and relevance of the massage. Her work continues through her students and their students. Vale Ulrike. (Clive Minton)

In memoriam – Dr med Manfred Weckenmann, 27.3.1924–8.9.2021: Our dear medical colleague Manfred Weckenmann crossed the threshold at the Filderklinik hospital on 8 September 2021. In the 1960s and 1970s he played a major role in founding the anthroposophical hospital in Filderstadt-Bonlanden near



Stuttgart/DE, where he worked for decades. On the occasion of the hospital's fiftieth anniversary in 2019, the then 95-year-old was interviewed by a regional radio station about his life's work. In the interview he said:

"The core principle is that one should practise learning to see something in every human being that radiates like the sun, however much they are caricatured by their life. Then I have actually reached what the human being is! And that's my background longing as it were, to get that far, to see the human being that way." We accompany the great specialist in internal medicine with gratitude, warmth and all good thoughts to his spiritual home.

RESEARCH

Jong MC, van Wietmarschen H, Glockmann A, Baars EW, Hamre HJ. *Safety of Anthroposophic Medicinal Products: An analysis of adverse drug reactions from German pharmacovigilance databases*. Drugs - Real World Outcomes 2021.

<https://doi.org/10.1007/s40801-021-00262-7>

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>

Schibel S, Steinert M, Matthes H, Grah C: ACCEPT®: A Complementary Anthroposophical Program for the Palliative Treatment of Lung Cancer – Rationale and a Randomized Feasibility Study. Complement Med Res 2021. <https://doi.org/10.1159/000516820>

RECOMMENDED LITERATURE

Steven Johnson, Nasha Winters, Adam Blanning, Marion Debus, Paul Faust, Mark Hancock and Peter Hinderberger: *Mistletoe and the Emerging Future of Integrative Oncology*. Portal Books 2021.

"The book was structured following the syllabus for a three-day practitioner training hosted by the Physicians' Association for Anthroposophic Medicine (PAAM).

The chapters highlight several of our key lectures in a condensed form. The book serves as an introductory summary of – not a replacement for – those intensive professional trainings." (SteinerBooks)

Karl König: *Before Birth and beyond Death. The Transformation of the Human Being*. Edinburgh 2021.

"A collection of significant lectures and essays by Karl König, inspired by Rudolf Steiner, arguing that the greatest part of humankind exists beyond this earthly life, and highlighting the importance of our connections with them." (Floris Books)

Wolfgang Schad: *Threefoldness in Humans and Mammals: Toward a Biology of Form*. 3rd ed. New York 2021.

"The result of over 50 years of research as a beautiful, authorized edition of Wolfgang Schad's life's work. In chapter after chapter of this monumental two-volume work, Schad demonstrates in detail how the dynamic concept of the threefold organism, first described by Rudolf Steiner a century ago, sheds new light on aspects of mammals, including size, form, coloration, physiology, embryonic development, behavior, and habitat." (Adonis Press)

Peter Selg: *The Mystery of the Earth. Essays in the Time of Coronavirus*. New York 2021.

"This volume gathers a collection of essays on the medical, sociopolitical, and spiritual dimensions of the Covid crisis, written by Peter Selg between Easter and Pentecost 2020. He offers these essays as a means of orientation and of "explorations" (in Paul Celan's meaning). The author emphasizes in his preface, however, that representatives of Anthroposophy nevertheless have an obligation to speak out on the subject." (SteinerBooks)

EVENTS & DATES

7–10 October: Evolving Science 2021. From Living Thinking to Living with Nature – Approaches, Challenges and Perspectives of a Sustainable Science. Natural Science Section at the Goetheanum Programme and registration at <https://science.goetheanum.org/events/evolving-science-2021>

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/CH. Programme and registration at <http://heileurythmie-ausbildung.ch/ausbildung-modular/>

23–26 October: The task of the school doctor in Waldorf education today. International conference and advanced training for school doctors at the Goetheanum. Programme and registration <https://www.goetheanum.org/en/international-further-training-for-school-and-kindergarten-doctors>

29–30 October: "... we must connect it with time". Arlesheim study day on mistletoe and cancer. Programme and registration at <https://www.studientag.ch/>

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://medsektion.goetheanum.org/fileadmin/medsektion/PDF/Online Year Cycle 2021 Arts Therapies.pdf>. Registration at: <https://medsektion-goetheanum.org/en/events-conferences>

5–7 November: 13th European Congress for Integrative Medicine. A joint Online-Congress of the European Society of Integrative Medicine (ESIM) and the International Society for Traditional, Complementary & Integrative Medicine Research (ISCMR). Further information <https://www.ecimcongress.com/welcome>

18–21 November: The position of the physician between the spiritual world and the patient – the action

of the etheric in the healing process. An event as part of the Halde conference at the Goetheanum. Further information at <https://www.haldetagung.ch/programme/einladung11-21.pdf>

From 10 December: Module 5 – Eurythmy therapy course. Eurythmy therapy training for physicians, medical students, those working in therapy and guests. Dornach/CH. Programme to follow.

Save the date 2022

4–6 March: Studying and Addressing LIFE in Medicine. Annual International Congress on AM Research. Goetheanum/CH. Programme to follow.

15–18 June: "I feel good in your eyes". How do trust, warmth and autonomy arise in the interaction between adult and child? International Early Childhood Congress at the Goetheanum/CH. Programme https://medsektion-goetheanum.org/fileadmin/user_upload/Tagungen/Kleinkind_2022/KK_2022_Master_EN.pdf

Our calendar of events

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