



I feel light around me,
It is cosmic light;
I feel light in me,
It is human light;
And I want to receive
Human light as cosmic light,
Cosmic light as human light.

Rudolf Steiner, CW 268

Newsletter of the Medical Section

Michaelmas 2022



From left to right: At the beginning of the annual conference, the names of the countries from which participants came were read out, as has become tradition. – The opening lecture was given by Machteld Huber (NL) on the pioneering topic of "Positive Health". – Bothmer® gymnastics was developed as early as the 1920s as the basis for physical education and gymnastics classes at the Waldorf School in Stuttgart. Today it is used in education, but also in personal development as well as in therapeutic, artistic and social settings.

Dear Co-workers
and Friends of the Medical Section,

"The heart around us" – The annual conference 2022

It was a great pleasure to welcome around 600 participants from more than 30 countries to our 2022 annual conference, including participants from Ukraine and Russia and, after the pandemic years, from South America and South-East Asia again.

The conference motif of "The heart around us" was tangible: the third part, the multi-professional conference, dealt with the significance of the heart in the biography of the human being with touching contributions from paediatrics, adulthood and finally on the experiences in the care of the dying person. In the 20

or so working groups of this part of the conference, the various professional groups were able to present their activities and their collaboration and report on therapeutic experiences. A concluding presentation by our Brazilian colleague João Torunsky (Erzoberlener of the Christian Community) explored the importance of the heart forces in community building and highlighted how bringing people together requires a sacrificial power connected with the heart. We have to "sacrifice" preconceived opinions and ideas for a true human encounter, also personal impulses and



From left to right: The breaks were used for lively discussions. – A wonderful impression came from the morning singing in the sound chamber of the West Staircase. – In the foyer, visitors to the annual conference could obtain information from manufacturers of mistletoe preparations and other anthroposophical treatments; the IVAA, VAOAS and GAÄD, as medical associations for example, also had a stand.

intentions, in order to find a free space and a common language that enables community building and thus a heart quality in working together.

The first part of the whole conference consisting of six specialist conferences (medicine and pharmacy, art therapy, creative speech, eurythmy therapy, patient advocacy and psychotherapy) was introduced by a lecture from Machteld Huber on "positive health". This concept (www.iph.nl) acquired considerable prominence in the Netherlands by focusing on the personal wishes of patients for their recovery and making them manifest in a six-part scheme that includes aspects such as bodily functions and mental well-being, but also quality of life. In the meantime, "positive health" has also spread outside the Netherlands and in Colombia has reached South America. There is meanwhile also a handbook available in English explaining the Dutch way.¹

This year, anthroposophical body therapies were not represented with their own conference but could be physically experienced by anyone who was interested, as representatives of various methods – including rhythmical massage therapy, massage as developed by Dr Simeon Pressel and chiophonetics – offered free treatments in a yurt: this offer was enthusiastically taken up by many and was able to convey new insights in a practical way.

The middle part of the conference focused on the spiritual deepening of the art of healing. It was introduced by a contribution on community building, its spiritual sources, the constitutional elements of the community and their care. Trust as an essential community-building force arises from opening up and committing oneself to the other person, requires their understanding, an affectionate relationship and action oriented towards the other. In the workshops, work was done on topics of the School of Spiritual Science and further deepening. As last year, there was

productive work on the Gospels which has special significance with regard to medicine, its ethics and therapeutic attitude.

The annual conference left those attending with much gratitude and new impulses that they took home and to their work places, and so we hope that the personal encounters at the Goetheanum will enliven anthroposophical work worldwide.

The 2023 annual conference will take place from 12 to 17 September, and we hope for many different participants from near and far!

A challenge: Ensuring the supply of anthroposophic pharmaceuticals

There are major challenges facing anthroposophic pharmaceuticals, as the meeting with the pharmaceutical manufacturers following the annual conference once again clearly showed. We are working intensively internationally to improve the supply of anthroposophic pharmaceuticals through national extemporaneous (prepared according to prescription) production. Many obstacles have to be overcome; both Weleda and WALA are working to support this process with the corresponding starting materials. In Brazil and Italy, and soon similarly in Germany, ampoules are also produced extemporaneously. In addition, our pharmaceuticals need more research and evaluation, good communication and information on their indication, efficacy and practical use.

There are **significant changes coming in the product ranges of the manufacturers**; Weleda's industrial production of medicinal products will be concentrated at the site in Schwäbisch Gmünd (DE), where some of the WALA preparations will also be ampouled in future. The industrial production of medicinal products is cost-intensive, forms the basis of regulatory approval or registration and is justified by the corresponding level of prescription frequency. Extemporaneous production, on the other hand, allows flexibility, economic production of small batches, facilitates the reestablishment of anthroposophic pharmacy at

¹ Huber, M, Jung, HP, van den Brekel-Dijkstra, K: *Handbook Positive Health in Primary Care*, Houten 2021.



From left to right: The yurt housed small cabins where free trial sessions of various forms of massage were available: a big thank you goes to the organisers! – This summer, another IPMT was held in Masloc, Romania, and the preparatory team from Slovakia (pictured right) was also able to provide an intensive learning experience for the participants, in both cases thankfully an in-person event.

a national level and the introduction of innovative anthroposophic medicines. Both forms of production thus have their relevance and justification.

In this context, we would like to refer once again to the **Pocket Vademecum**, which was initially published in German this year. With this book, a good adviser for everyday therapeutic questions has been published which presents a selection of important medicinal products and external treatments in detail, fits into the coat pocket and can thus become a companion in therapeutic work.

The **CARE work** in the Medical Section has developed further and it has been possible to publish some new texts on the Anthromedics specialist portal ([www.anthromedics.org/? locale=en](http://www.anthromedics.org/?locale=en)). These articles are published in German, English and Spanish and are read by a growing number of interested people.

From Mexico to China

This year, too, we can report on **several IPMTs** (International Postgraduate Medical Training) worldwide, some of which were happily able to take place again as pure in-person events.

In **Mexico** an IPMT cycle was completed in-person, with eight Mexican doctors gaining certification in Anthroposophic Medicine – we were able to welcome two of them at the annual conference in September. This IPMT with Martin-Günther Sterner and Mónica Menet-von Eiff included a pharmaceutical course in which colleagues from other Latin American countries also participated on a hybrid basis.

For the first time after the pandemic years, an IPMT took place in **Masloc in Romania** with 40 participants attending in-person. In the morning, the focus was on a live patient presentation; in the afternoon workshops, practical instruction was given on external treatments (Gabriela Cimpeanu, Ursi Soldner), pharmaceutical work was done (Horatio Miresan), psychotherapeutic questions were clarified (Hartmut Horn) and medical histories from Romanian physicians were discussed (Georg Soldner).

In July, the hybrid IPMT took place in **Taiwan**. In this second year of the new IPMT cycle, the focus was on the theme of the living. While from the Medical Section Boris Krause and Rolf Heine helped to shape the IPMT, significant contributions were made from the Taiwanese side both in the morning eurythmy, Goethean work and textual work as well as in workshops during the afternoon.

It is gratifying that another IPMT could also be held in **St Petersburg (RU)** in 2022 with 65 participants. It was largely organised by our Russian colleagues working with Denis Koshechkin, with the collaboration of the Swiss music therapist Viola Heckel.

The second IPMT took place in **Slovakia** this summer. About 110 people from different professions worked on the topic of the living and delved into questions about the heart and the movement of the blood (Armin Husemann) as well as inflammatory diseases and their treatment (Matthias Girke). The artistic courses on the first Goetheanum (Christian Hitsch) were especially enriching. We are approaching the centenary of the fire that destroyed it on New Year's Eve 1922/23 (<https://www.goetheanum.org/en/brand-tagung>) – a building which made anthroposophy visible in its language of forms and in the cupola paintings.

In August, the final IPMT took place in **China**; this year it was only possible to hold it online as it was not possible for the 60 or so participants to come together in one place even within in China at that time due to the pandemic. Angela Kuck (gynaecology and obstetrics) and Georg Soldner (training path and prevention / treatment of diabetes mellitus) gave expert contributions, while the Goethean morning work and textual work was overseen by Chinese colleagues. The highlight of this online seminar was three detailed case presentations by Chinese colleagues.

The richly filled summer months drew to a close with the International Annual Conference and lead over to the future perspectives of worldwide anthroposophical medical work. A multiprofessional online training for beginners on the fundamentals of Anthro-

posophic Medicine with local real work contexts – **Foundation Studies** – started in these weeks (see under Notices). Interested people from many countries, especially Thailand, are taking part in this training provision.

The IPMT in **Colombia** will take place in Tuluá this October as an in-person event.

The **Spanish IPMT in Madrid** is scheduled to start in November, and the new **English Medical Training in Anthroposophic Medicine** will start in January 2023 (<https://emerson.org.uk/course/anthroposophic-medicine/>), registrations are still welcome.

As part of a **perspectives conference on international, multi-professional training for trainers** (Teach the Teachers, TTT) held before the annual conference, a new, young initiative group with 13 people from eight countries was formed to prepare the next course (expected to start 8–10 September 2023).

With good wishes for the wide range of work in and with Anthroposophic Medicine, we send very warm greetings to near and far!

Matthias Girke and Georg Soldner

NOTICES

Foundation Studies – Fundamentals of Anthroposophic Medicine is a new offering developed by a team from the Arlesheim Medical Training to provide the global community with a mentored online introduction to Anthroposophic Medicine. The 35-week part-time course combines live-streamed lectures and demonstrations, podcasts, self-study and supervised, regional small-group tutorials. The course started at the end of September 2022 and runs for nine months. The course is aimed at all those who cannot attend an in-person seminar for family, work or other reasons. Medical students, physicians, nurses, therapists, pharmacists and special needs teachers who wish to learn the basic elements of Anthroposophic Medicine or refresh their knowledge are the target group: <https://www.foundationstudies.org/>. Anyone interested can set themselves a reminder for the next course starting in the autumn of 2023!

International Annual Training "The Philosophy of Freedom": "Thinking together creates trust, human warmth. True thinking creates clarity, human light. Trust and truth enable fast, effective action. This is needed more than ever." The group of initiators around the two physicians Prof Dr David Martin and Dr Andreas Schmitt invite you to engage with Rudolf Steiner's *Philosophy of Freedom* in English, German, Russian or Chinese. The course is designed as an annual training and is based on practising the basic content chapter by chapter on a daily basis. Information on the participating lecturers, the training schedule and registration is available on the website: <https://philosophie-der-freiheit.de/en/>.

IN MEMORIAM



On 12 August 2022, **Christoph Rubens**, aged 58, suddenly and unexpectedly crossed the threshold on the last day of his annual leave. The chief physician in cardiology and nephrology at the Helios Hansekllinikum Stralsund (DE) died of a heart attack. "We are deeply shocked," says hospital chief executive David Kayser. "We are losing a very valued and popular colleague in Dr Rubens. During his time at the Hansekllinikum he supported his colleagues and patients with his love for medicine and empathy and as a person was a great asset. We will greatly miss Dr Rubens as a doctor and a person." And: "His view of medicine was more holistic than pure orthodox medicine teach-

es. Dr Rubens focused not only on the disease itself but on the whole person. His socialisation at the Waldorf School in Reutlingen and his national service at a school for the physically disabled were certainly formative in shaping this perspective. As a member of the Society of Anthroposophical Physicians in Germany, where he served for a time on the extended executive board, he perceived the human being in all their dimensions. Together with Peter Selg, director of the Ita Wegman Institute for Basic Research into Anthroposophy, he wrote the book *Das menschliche Herz: Kardiologie in der anthroposophischen Medizin* (The Human Heart: Cardiology in Anthroposophic Medicine)."

The staff of the Medical Section remain deeply grateful to him.



Eckehard Wagner, born on 8 August 1933, died on 9 September 2022. At the age of 89, our dear colleague and major representative of anthroposophic pharmacy found his way back to his spiritual home after long preparation confined to his sickbed at home in

Stade (DE). We owe a great deal to his decades of dedicated work in several fields. His inspiring pharmaceutical contributions at conferences were always underpinned by impressive experiments and showed a captivating enthusiasm for the world of metals and minerals and for a pharmacy renewed out of the spirit of anthroposophy. Our good thoughts go with him.



On 28 September 2022, the physician **Gudrun Burkhard**, born on 14 December 1929, passed away in Brazil. She was the pioneer of Anthroposophic Medicine in Brazil and founded several initiatives, including the Clínica Tobias, Artemisia – Human Development

Centre, where she also developed biography work in which she may be considered a pioneer worldwide. Some of her well-known books have been translated into Spanish, Portuguese and Italian, for example *Taking Charge. Your Life Patterns and Their Meaning*. She wrote a biographical reflection on her own life under the title "Und jedem Alter wohnt ein Zauber inne" (And there is magic in every age), a text published on the website of the magazine a tempo (in German, <https://www.a-tempo.de/article.php?i=201207&c=8>). Gudrun Burkhard was a member of the Raphael Circle and will now work for Anthroposophic Medicine from the spiritual world, we thank her for her important work.

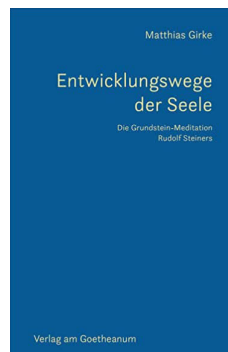
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RECOMMENDED LITERATURE



Matthias Girke: *Entwicklungswege der Seele. Die Grundsteinmeditation Rudolf Steiners*, Dornach 2022.

The Foundation Stone Meditation given by Rudolf Steiner for the founding of the Anthroposophical Society in 1923 supports community building and is a source of strength for the cultivation of anthroposophy in all its fields of life.

Contemporary challenges such as questions about our own being, giving meaning to our biography, and the development of a relationship with our social environment and the cosmos that is in keeping with our nature require new abilities that can be developed through a meditative path of cognition.



Friedrich Edelhäuser: *Wahrnehmen und Bewegen. Grundlagen einer allgemeinen Bewegungslehre*, Stuttgart 2022.

In this phenomenologically oriented work, the way that perception and movement arise is fundamentally analysed. Self-movement shows itself to be the central and constitutive factor that cannot be derived from anything else. In a

rigorous pursuit of this approach, human movement becomes accessible in this work as an intentional act

of an experiencing and corporeal being that in action realises a meaningful and goal-oriented relationship with the world. The importance of the brain and the nervous system in this process is analysed, as is the viability of embodiment concepts.



Harald Matthes, Friedemann Schäd, Ralf-Dieter Hofheinz (Eds): *Integrative Onkologie. Ein Beratungsmanual für Ärzte und Apotheker*, Stuttgart 2022. Holistic view instead of routine treatment – 39 experts from their respective disciplines present the principles of integrative oncology: how cancer develops, image of the human being, the shortcomings of conventional therapies; integrative therapy systems, scientific validation; special medicinal products, evaluation; specific disease situations; common tumours, treatment; oncology guidelines.



Georg Soldner: *Naturwissenschaft, Medizin und Gesellschaft. Reflexionen in Auschwitz-Birkenau*, Arlesheim 2022. This 64-page publication is the elaborated written version of a seminar contribution by Georg Soldner on 12 March 2022 on the topic of "Natural science and the threat to medicine: then, today, tomorrow". The content is of great importance for an understanding of what has been and for the preparation of a different future, in the midst of current challenges.



Michaela Glöckler: *Das Herz als Ort des Gewissens. Wege zu geistiger und körperlicher Immunität*, Stuttgart 2022.

Originally written as part of an article on the coronavirus pandemic, the well-known paediatrician and author of *A Waldorf Guide to Children's Health* has updated and supplemented her ideas and insights into the function of the heart as a

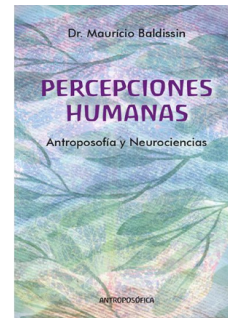
place of conscience and the central organ of our immune system.



Peter Selg: „Das wirklich Tragende im Menschen muss erst wieder aufgerichtet werden“. *Joseph Beuys, Johannes Matthiessen und das Leben im Tod*, Arlesheim 2022.

"The art teacher and landscape designer Johannes Matthiessen (1946-2015), who was active in social projects worldwide, docu-

mented his inner journey dealing with a serious oncological disease and highly modern therapy in two books titled *Krebszeichen. Spuren einer Krankheit*. Following a corresponding wish of Johannes Matthiessen, the Else Klink Ensemble (Stuttgart) succeeded after intensive work in bringing the book *Krebszeichen I* to the stage. Before a performance, Peter Selg spoke about Johannes Matthiessen and Joseph Beuys, who had been important to him." (Verlag des Ita Wegman Instituts)



Mauricio Baldissin: *Percepciones Humanas. Antroposofía y Neurociencias*, Buenos Aires 2022.

En este trabajo de investigación bibliográfica actualizada y de articulación de concepciones teóricas diferenciadas, el investigador y neurocirujano Mauricio Baldissin hace una contribución al co-

nocimiento conceptual y a su aplicación en el ámbito terapéutico y pedagógico. Esta concepción científica colabora entre otras áreas, con la Medicina, la Filosofía, la Psicología y la Pedagogía. Los conceptos enumerados y destacados en esta compilación no contradicen, sino que confirman y corroboran, la teoría y las prácticas terapéutica y pedagógica basadas en la Antroposofía de Rudolf Steiner, cuya aplicabilidad es un consenso socialmente aceptado aun careciendo de un diálogo y una confrontación con el medio científico institucional.

EVENTS & DATES

From October: Three-year interdisciplinary training in Teaching Anthroposophic Medicine for physicians, pharmacists, dentists as well as veterinarians in Roncegno (IT). Information and programme at <https://www.corsoformacionesima.it/>.

5–9 October: International conference of the Anthroposophic Council for Inclusive Social Development "On the Quest for Health. Vulnerability, Love and Balance". This year, the focus will be on the interprofessional spheres of contact with medicine, nursing and therapeutic services. Central will be the awareness of the connection between all our abilities and activities in order to be able to build a resilient and healthy world community. Further information and registration at: <https://www.goetheanum.org/en/on-the-quest-for-health>.

17–24 October: IPMT in Tuluá (CO): Programme at <https://ipmt.medsektion-goetheanum.org/files/PDF/>

[Kolumbien-2022-dt.pdf](#), more detailed information and registration: eventos@admac.com.co.

22–25 October: International further training for school and kindergarten doctors "I and You – Encounter, relationships, security and inner strength as cornerstones of salutogenesis". Goetheanum, Dornach (CH). Programme and registration at <https://www.goetheanum.org/en/further-training-for-school-doctors-2022>.

28–29 October: Arlesheim study day on mistletoe and cancer, in Arlesheim (CH). "Revolution and Anti-tendency" – on the dynamics of forces in the living. Further information and registration at <https://www.studientag.ch/>.

5 November: Third unit of the Tria Principia online cycle of anthroposophic arts therapies. For art therapists, physicians and students from both fields, psychotherapists, non-medical practitioners and others interested in art therapies. Registration via the Medical Section media library website: <https://medsektion.goetheanum.org/en/>.

10–12 November: Medical conference at the Goetheanum in Dornach (CH), Rudolf Steiner-Halde, "Achillea millefolium. What does it teach us as an anthroposophical medicine?". Further information at: <https://www.haldetagung.ch/>.

30 November–4 December: IPMT in Madrid (ES). Programme at <https://bit.ly/3rakB7W>. Registration at <https://bit.ly/3UGjQkA>.

1–4 December: International further training on biography work in medicine and education on the topic: the human soul – the place where destiny is decided, in Kassel (DE). With Carine Biessels, Dr Michaela Glöckler and Dr Susanne Hofmeister. Please request the programme at biografiearbeit.mt@gmail.com.

2–3 December: Ophthalmology conference at the Goetheanum, Dornach (CH). In preparation, further information and registration possible soon at <https://medsektion-goetheanum.org/en/events-and-conferences>.

4–11 December: Eye eurythmy therapy course on eye diseases at the Goetheanum, Dornach (CH). Medical lectures Dr Nino Tabukashvili, eurythmy therapy Margret Thiersch. Information from and registration (until 20 November 2022) with thorwald.thiersch@goetheanum.ch.

From 28 January 2023: English Medical Training in Anthroposophic Medicine in-person and with the possibility of participation by video. Information and registration at <https://emerson.org.uk/course/anthroposophic-medicine/> or <http://www.anthroposophic-drs-training.org/>.

Our calendar of events

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