



Newsletter of the Medical Section

Easter 2021

Easter mood

When from cosmic expanses
The sun speaks to the human mind
And joy from depths of soul
Unites with light in seeing,
Then from the mantle of the self
Thoughts move to distant reaches
And dimly bind
The human being's essence to spirit existence.

Rudolf Steiner, Calendar of the Soul (1–6 April)



From left to right: Impressions of blossoms in the Goetheanum Park in the run-up to Easter; first broadcast of Goetheanum TV on the subject of vaccination, moderated by Gerald Häfner, on 18 March 2021.

Dear Co-workers and Friends of the Medical Section!

In April we celebrate the **100th anniversary of eurythmy therapy**. It is with great gratitude that we look to this independent therapeutic method of Anthroposophic Medicine developed out of eurythmy. With the movements of eurythmy therapy we can address the etheric, and thus the source of the healing forces in each patient, in a targeted form. Life consists of self-generated movement: even the motion in embryonic development already awakens our reverent amazement, causing the spatial forms of the body to be created out of the world of life and thus time. For forms in the sphere of life are movements that have come to rest. Eurythmy therapy reinforces these movements in the sphere of life and guides them into the formation of substance.

Eurythmy therapy is used worldwide in the outpatient care of patients and in anthroposophical hospi-

tals. Scientific studies have been able to document many aspects of its efficacy, also in comparison to other movement therapies. We will commemorate this birthday at this year's annual conference of the Medical Section from 14–19 September in line with the **series of concurrent hundredth anniversaries of the start of pharmaceutical production and the anthroposophical hospital impulse**.

The **English-language research conference "Regulation, Rhythm and Health"** on Anthroposophic Medicine took place on **5/6 March** and in many contributions also touched on the subject of time and life-supporting rhythm. **Prof. Thomas Fuchs**, Karl Jaspers Professor of the Philosophical Foundations of Psychiatry and Psychotherapy at Heidelberg University, **gave an introduction as guest speaker to the qualities of time**: the understanding of time as a straight

line, as a quality flowing from the past into the future, has not existed for long and only arose through the ability to measure time mechanically. The world of physical things with its causal relationships is connected with the linear understanding of time. In contrast, the time phenomena of the living sphere reveal a "cyclical" course: the germination of the plants, their growth and blossoming is followed by seed formation and subsequent germination. Life breathes "cyclically" in time, develops rhythms in it, which carry the life taking place in time.

The **healing processes in the human organism do not live from linearity either but in cyclical, rhythmically organised processes.** As shown impressively in further contributions at this conference, these are guided by the human soul and spiritual being. Thus we speak not just of hygiogenesis (self-regulation at the level of the life processes) and thus "organic" healing, but have for a long time already referred to salutogenesis and – this more recently – to autogenesis (self-regulation through the creative development of the personality). At a soul level we encounter the future, the current of time coming towards us from the future, which acts to shape the body and create consciousness in that it counters the vital anabolic stream with a formatively catabolic force.

Precisely crises like the Covid pandemic challenge us to awaken to what is coming towards us from the future and what many have already anticipated. Here it is important to discover how this crisis relates to our own I, to our own and our common destiny, and to develop a sense of responsibility, presence of mind and moral imagination in our actions to overcome the crisis. Where the current of time and the counterflow "overlap" (GA 115, p. 191), as Rudolf Steiner once put it, human self-consciousness becomes possible.

Whereas the salutogenesis described by Aaron Antonovsky relates to the "healing forces of the soul", autogenesis relates to those of the spiritual human being with their presence of mind. For all sustained healing is connected with the steps of I development of the human being, and is thus dependent on the human being's action in the body as well as also their development through the great arcs of destiny of repeated earth lives.

Various studies on autonomic regulation on the basis of the medical history questions of Rudolf Steiner, and also on self-efficacy, describe this **level of the forces of healing.** Here **Matthias Kröz** has made a significant research contribution.

Machteld Huber explained her **conception of a "positive health concept"** – very successful in Holland - which starts with the self-assessment of their health by patients in which emotional, spiritual and social aspects are often given very much more weight

than in medical assessments or the decisions of health politicians.

A year ago, the **health and societal consequences of the Corona pandemic** got underway. **Numerous contributions on therapeutic procedures, on an understanding of the disease, on vaccination and on the paths out of the pandemic were published also by the Medical Section.** In the medical movement, as in society as a whole, polarisations occurred which occasionally took on an unusual severity due to a lack of knowledge of the underlying perspectives. There is a **great need of conversation and the exchange of views.** To this end the Medical Section on **10 March organised an intensively attended online discussion forum on vaccination questions and the Goetheanum, too, on 18 March held a live streamed public forum** on this polarising subject (video in German at <https://www.goetheanum.tv/>). **The feedback, almost all of which expressed great gratitude,** voices important perspectives and assistance in this subject, which challenges us all.

The Easter event is connected with the world of the sphere of life. These forces reinforce healing and want to guide human beings to their own essence. Thus the reference to the birth of the I through the Mystery of Golgotha was included By Rudolf Steiner in the Calendar of the Soul, from which the above Easter verse is taken. **Such development of the human being's I is united with the healing forces and the future of the earth in the action of Christ.** Thus this festival is closely connected with all caring and therapeutic professions. So may it let healing forces flow into this wounded time and also lead to the world of the sphere of life being cultivated in society and supported in its health-giving forces.

With all good wishes for Eastertide!

Matthias Girke and Georg Soldner

NOTICES

"World Community – Collaboration and Spiritual Impulses", invitation to the worldwide exchange of views by Zoom on 28 March 2021: What lives in our movement six months after the 100-year anniversary celebrations of Anthroposophic Medicine? Over 60 events took place in parallel around the world and we want to maintain this joint connection! Hence we cordially invite you to an exchange of views by Zoom at 07.30 CET on 28 March 2021 (particularly for friends from Asia/Pacific) as well as at 20.00 CET on 28 March 2021 (particularly for friends from Europe, North and South America).

These international and interdisciplinary Zoom calls are open to all people practising Anthroposophic

Medicine (the Zoom links will be posted on Yammer, the worldwide networking platform of the Medical Section) and are aimed at linking initiatives of Anthroposophic Medicine all over the world.

Be it as a representative of one of the bodies of Anthroposophic Medicine (e.g. a national association), as a representative of a group or initiative you would like to share, or as an individual person seeking inspiration and the opportunity to participate in regional or international networks of Anthroposophic Medicine, everyone within the anthroposophic medical movement is cordially invited!

The focus of our first Zoom call of 2021 will be on events and projects taking place this year in various places around the world – in the hope that people from other parts of the world will join in or be inspired to initiate something similar in their region. There will also be a report about the possibility of regional events as part of the 2021 annual conference. Some information is already available on Yammer and everyone is welcome to take up worldwide the subject of the annual conference, "Ecology, Sustainable Medicine, Health of the Planet and Human Health". The link for dialling into the Zoom call will be made available on Yammer in the open group "World Community – Collaboration and Spiritual Impulses" – please register for this with moritz.christoph@medsektion-goetheanum.ch.

Warm greetings from the initiators Mary Green, Moniek van Duin, Iracema Benevides, Moritz Christoph, Elma Pressel, Adam Blanning and Sophia Witchow.

100 years of Klinik Arlesheim: The first anthroposophical hospital worldwide – Klinik Arlesheim – is celebrating its 100th birthday this year with a comprehensive anniversary programme! Alongside numerous (online) events, many stories on the development of the hospital will also contribute to the celebrations. Find out more at <https://100.klinik-arlesheim.ch/>.

145th anniversary of Ita Wegman's birthday – 100 years of the Clinical and Therapeutic Institute in Arlesheim: The International Group of Friends and Sponsors of the Ita Wegman Institute invites everyone on occasion of these anniversaries to accompany and support the work of the Ita Wegman Archive and Institute with ideas and, to the extent possible, also financially. Research and publication activity is taking place in Arlesheim which, since 2020, is also associated with the General Section of the School of Spiritual Science (Goetheanum). The [annual report \(in German\) annexed to this Newsletter](#) aims to give you a deeper insight and welcomes new interested personalities. Contact: freundeskreis@wegmaninstitut.ch.

100 years of eurythmy therapy course and view to the future: In Dornach on 12 April 1921, Rudolf Steiner

began the lecture cycle on eurythmy therapy for eurythmists and physicians with the words: "With these afternoon session I would like to hint at the first seeds of a eurythmy therapy." Seeds have turned into plants and we may observe and celebrate this growth process together. In these challenging times we would like to present as little affirmative memories, yet also with a view to the future, a new page: <https://eurythmytherapy-medsektion.net/en/methodology/100-years-eurythmy-therapy>. Enjoy these small gifts with us and stay in contact! On 12 May 2021 we invite everyone to Armenia and special needs education with a video. With best wishes from the Eurythmy Therapy Coordination: Hana Adamcová MA, Dr Katharina Gerlach MA and Ingrid Hermansen.

Dornach Eurythmy Therapy Training Course accredited: It is like a gift for the 100th anniversary of eurythmy therapy: the Dornach Eurythmy Therapy Training Course has met all the criteria of the accreditation process of eduQua and also of the professional qualification body Organisation der Arbeit KomplementärTherapie (OdA KT). The vocational qualification now offers access to the higher vocational examination (Swiss diploma). On passing the higher vocational examination, reimbursement of up to CHF 10,500 can be applied for from the Swiss federal authorities. Switzerland thus offered the unique opportunity to recognise and position eurythmy therapy training publicly in the educational landscape for therapy. Lateral entrants are welcome; their previous external learning achievements will be recognised. For the faculty: Annette and Kaspar Zett, www.heileurythmie-ausbildung.ch, info@heileurythmie-ausbildung.ch.

20 years of GAPiD: Twenty years ago, dedicated pharmacists set up the Gesellschaft für Anthroposophische Pharmazie in Deutschland e.V. (GAPiD – Society for Anthroposophical Pharmacy in Germany). Are you interested in anthroposophical pharmacy? GAPiD warmly invites you to a free lecture series: <https://gapid.de/jubilaumsreihe-2021>.

Website of the anthroposophical school doctors: This is now also available in English alongside the German language version: <https://schooldoctors-MedSection.net/en/>.

In memoriam: In the early hours of 24 February 2021, our medical colleague Michael Domeyer suddenly and unexpectedly crossed the threshold of death at the age of 77. On 17 March, at the age of 68, our colleague Maurice Orange crossed the threshold. We accompany both with loving thoughts and hope for their regard also for our tasks.

RESEARCH

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Szóke H, Maródi M, Vagedes J, Székely B, Magyarosi I, Bedő A, Fellegi V, Somogyvári K, Móricz P. *The P.E.A.N.U.T. Method: Update on an Integrative System Approach for the Treatment of Chronic Otitis Media with Effusion and Adenoid Hypertrophy in Children*. Antibiotics 2021; 10(2):134. Free access: <https://doi.org/10.3390/antibiotics10020134>.

RECOMMENDED LITERATURE

Rudolf Steiner: *Memory. Remembering and Forgetting*. Forest Row 2020.

"Rudolf Steiner's research on memory, recollection and forgetting has many implications for the way we learn, for inner development and spiritual growth. This unique selection of passages from his works offers insights into how consciousness can remain autonomous and creative in a digital environment. It also provides ideas for improving education and emphasises the importance of life-long learning." (Rudolf Steiner Press)

EVENTS & DATES

24 March: Livestream of the International Federation of Anthroposophic Medical Associations (IVAA) on COVID-19. Programme and registration at: <https://www.ivaa.info/events/covid19webinar/>.

7–9 April: Eurythmy – creative speech – eurythmy therapy. Online – how does that work? Three-day working meeting in digital format. An event of the Section for the Performing Arts and the Medical Sec-

tion at the Goetheanum. Further information at: <https://srmk.goetheanum.org/en/veranstaltungen/translate-to-en-konferenz-2021-1>.

10 April, 09.00–12.00: Online conference on Anthroposophical Art Therapies: The twelve sense as they relate to anxiety in art therapy. Programme and registration at: <https://medsektion.goetheanum.org/en>.

14–17 April: Online Easter conference of the Society of Anthroposophic Physicians in Germany: "All healing starts with the breathing". Programme to follow at <https://www.gaed.de/events>.

6–9 May: Oncology conference "Breathing, light and warmth. From treating the tumour to treating the patient" at the Goetheanum, Dornach/CH. Programme and registration to follow.

19–22 May: The international early years conference on pregnancy, birth and early childhood "The dignity of the child" is being postponed to 2022. A series of online contributions on this subject is planned for 2021. Information will follow in April.

3–5 June: Medical conference in the Rudolf Steiner Halde at the Goetheanum, Dornach/CH: Let the body be like the I – on the nature of the immune system. For interested physicians. Contact at www.haldetaugung.ch.

14–19 September: Save the date: annual conference of the anthroposophic medical movement at the Goetheanum on the subject "Ecology, Sustainable Medicine, Health of the Planet and Human Health". Programme to follow.

8–10 October: Start of new cycle of "In-service Medical Seminar for Anthroposophic Medicine (BÄfAM)" in Herdecke and Witten/DE. All detailed information at <https://www.baefam.de/>.

Our calendar of events:

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