



## Newsletter of the Medical Section

Easter 2020

In my heart  
Shines the power of the sun  
In my soul  
The warmth of the world is at work.  
I want to breath  
The power of the sun  
I want to feel  
The warmth of the world.  
Let the power of the sun fill me  
Let the warmth of the world penetrate me.

Rudolf Steiner, GA 268



Photos from left to right: Lecture of Dr René Ebersbach as part of the “100 Years Spiritual Science and Medicine” research conference; rehearsal photo from Faust (photo: Lucia Hunziker); Georg Soldner during a lecture at the research conference.

Dear co-workers  
and friends of the Medical Section!

In this Newsletter we intend to deal with a topic which is affecting and occupying all of us a great deal in these days and weeks – the corona pandemic. Many people are asking us, asking themselves, what thoughts we might have and continue to develop on this from the perspective of Anthroposophic Medicine, but also what prevention is possible.

We have prepared a [statement about our position](#) on various aspects of this globally occurring disease which we would like to share with all of you.

With the start of spring, a hundred years have passed since the foundation of Anthroposophic Medicine with Rudolf Steiner's lecture cycle "Introducing Anthroposophical Medicine". From small beginnings with about 40 medical colleagues at Easter time 1921, a vigorous impulse has come about for an art of healing which takes its lead from the human being and is connected with the realms of nature and the cosmos. It has spread to more than 60 countries on all continents, its content has continued to develop, and it has been realised in research, training and teaching as well as in practice with outpatient and inpatient treatment of patients.

The spirit of this birth of Anthroposophic Medicine could be felt at the recently concluded **research conference at the Goetheanum from 6–8 March**: about

200 people occupied themselves with this lecture cycle in intensive work and followed its surprisingly topical themes. Rudolf Steiner's early descriptions of the importance of the gut bacteria for human consciousness, and thus the highly topical subject of the microbiome, were developed from a gastroenterological, physiological and morphological as well as neurological perspective, as was the problem of the motor nerves and the understanding of heart function, which Rudolf Steiner liberated from the pump paradigm in unmistakable terms as long as a hundred years ago. A key subject in the course is the understanding of cancer and mistletoe therapy. But its reach extends far beyond the medical and dental field and develops significant foundations for external treatments, oil dispersion baths and massage.

We are very grateful that, in good time for the conference, the text of these twenty lectures, revised in accordance with the original shorthand note, was published in the **new edition of volume 312 of the complete edition** and in parallel also **the first volume of commentaries**. The latter explains the background, holding and composition of the course and Rudolf Steiner's notebook entries for it. We are pleased that under the direction and key involvement of Peter Heusser the further commentary volumes on all the lectures of this course will be published in succession over several years from this year's annual conference of the Medical Section onwards.

Numerous activities and conferences introduced the celebratory year 2020: the English-language medical training (**English Training in Anthroposophic Medicine**) began in early February, bringing colleagues from numerous countries to Emerson College (UK) where this module is being held. The course with a total of nine modules may be concluded with certification as an anthroposophic physician.

A first **Teach-the-Teacher training** took place in Argentina with 80 participants which will be continued in 2021 and 2022. This impulse for an interdisciplinary advanced training is thus taking regional root in South America, bringing together trainers from six Latin American countries.

**St. Petersburg** organised a **medical conference on anthroposophic pain therapy**: numerous colleagues and therapists worked on the nature of pain, its somatic, mental and spiritual aspects and discussed the therapeutic possibilities.

Researchers are working together in the field of Anthroposophic Medicine on the **Research Council of the Medical Section**. At the beginning of March, new perspectives were developed and working groups formed at a one-and-a-half-day moderated conference. Our very warm thanks go to Helmut Kiene for his many years of work in coordinating the research, something he is unable to continue to do due to many other obligations. So now we welcome **Prof Ursula Wolf** and **Prof Erik Baars** as the **new coordinators** of the Research Council.

The corona pandemic is unfortunately also affecting the festive events of Anthroposophic Medicine. Thus the big anniversary congress in Stuttgart on 21 March has regrettably had to be cancelled. The international conference of veterinary physicians at the Goetheanum has also had to be postponed to 2021.

According to current planning, the major conference on "The dignity of the child" will take place from 10–13 June 2020 (<https://bit.ly/31QlhSh>), organised by the Medical and Pedagogical Sections. It is connected with the CARE work.

With the *Faust* performances at the Goetheanum – see also the following guest contribution – we then approach the world conference "Crossing Bridges – Being Human!" (12–20 September 2020), for which it will also be possible to register online from 25 March onwards ([www.crossingbridges.care](http://www.crossingbridges.care)).

With all good wishes for the Easter period when it arrives

*Matthias Girke and Georg Soldner*



## GUEST CONTRIBUTION

### "Make evil good through love" – *Faust* at the Goetheanum 2020

Now, in mid-March, after three months of rehearsals, most of the scenes of the new *Faust* production at the Goetheanum are finished in outline. It was clear to us at an early stage that the drama on the stage would also cause movement among those of us involved in the production, movement which we hope it will also be possible to sense for those visiting the Goetheanum.

"Make evil good through love." These words from Christian Morgenstern were handed out by the director, Andrea Pfaehler, as the leitmotif for the production. Just as the medical professions probably know best that new health grows, can grow, out of illness, so the path to love cannot be had without shadows. Faust wants to go out into life, for all his studying has made him die. He knows that to do so he has to say yes to temptation, extend his hand to evil. And

yet the angels, even God himself, stay with him – why?

We are pleased that Michaela Glöckler, Matthias Girke and Georg Soldner will provide a medical framework for the *Faust* cycle from 10–12 July 2020: "Crises, precipices and development – the human being and medicine today" is the title of the accompanying conference (<https://bit.ly/2UoqhjG>).

"We intend to concern ourselves with the spiritual development of the human being in the confrontation with evil, with precipices and thresholds in biographical development, as well as with questions around illness and death", they write in the conference flyer.

Or to put it another way: all the questions which arise today, taking climate change seriously, facing up to a pandemic virus, closing the gap between rich and poor again – all these questions demand answers which come about in the dialogue between the wakeful daytime human being and the dreaming nighttime human being. This is where art, where *Faust* is a source of inspiration for this night side of cognition and intent. At a meeting of the *Faust* ensemble, Georg Soldner reiterated that reading *Faust* was a beautiful thing, but seeing it on stage led to completely different levels of experience and cognition. We warmly invite you to come along.

Wolfgang Held

Communication at the Goetheanum

## NOTIFICATIONS

**Obituary:** Our colleague, teacher and wonderful bridge builder between science and religion, holism and reductionism, nature and the laboratory, spirituality and materialism – Bob Kellum ND PhD LAc LMT – crossed the threshold on 22 February 2020.

He was about to celebrate his 69th birthday and we count on him to stay loyal to us from spiritual realms.

**Homoeopathy helps:** Helmut Kiene and Harald Hamre have responded to the current attacks on homoeopathy with expert reports and opinions. Their work is publicly accessible at: [http://www.ifaemm.de/F11\\_homeo.htm](http://www.ifaemm.de/F11_homeo.htm) and <https://bit.ly/2Q4otlu>.

## RESEARCH

Garnitschnig L, Weinzirl J, Andrae L, Scheffers T, Ostermann T, Heusser P. *Postprandial Dynamics of Splenic*

*Volume in Healthy Volunteers*. *Physiology Reports* 2020; 8(2):e14319.

DOI: <https://doi.org/10.14814/phy2.14319>

Loef M, Walach H. *Quality of Life in Cancer Patients Treated with Mistletoe: a Systematic Review and Meta-analysis*.

medRxiv preprint first posted online Nov. 29, 2019.

DOI: <http://dx.doi.org/10.1101/19013177>

Ostermann T, Appelbaum S, Poier D, Boehm K, Raak C, Büssing A. *A Systematic Review and Meta-Analysis on the Survival of Cancer Patients Treated with a Fermented *Viscum album L.* Extract (Iscador): An Update of Findings*.

*Complementary Medicine Research* 2020;10:1-12.

DOI: <https://doi.org/10.1159/000505202>

Reynel M, Villegas Y, Werthmann PG, Kiene H, Kienle GS. *Long-term Survival of a Patient with an Inoperable Thymic Neuroendocrine Tumor Stage IIIa under sole Treatment with *Viscum album* extract A CARE Compliant Clinical Case Report*.

*Medicine* 2020;99(5):p e18990.

DOI: <https://doi.org/10.1097/MD.00000000000018990>

## RECOMMENDED LITERATURE

Peter Selg, Péter Barna (eds): *Vorgeschichte, Intention und Komposition. Materialien zum ersten Ärztekurs Rudolf Steiners 1920. Studienkommentare zum medizinischen Werk Rudolf Steiners. "Die Zukunft des menschlichen Lebens". Geisteswissenschaft und Medizin (GA 312), Volume 1*. Verlag am Goetheanum, Dornach and Salumed Verlag, Berlin 2020.

Michaela Glöckler: *Schule als Ort gesunder Entwicklung. Erfahrungen und Perspektiven aus der Waldorfpädagogik für die Erziehung im 21. Jahrhundert*. Stuttgart 2020. ISBN 978-3-939374-76-3.

Deborah Maria Gregersen: *Leben und Werk des Dermatologen Sigwald Bommer (1893–1963)*. Inaugural-Dissertation zur Erlangung des Medizinischen Doktorgrades der Medizinischen Fakultät der Albert-Ludwigs-Universität Freiburg i. Br. Salumed Verlag, Berlin 2019.

Free download: <https://bit.ly/3cRoHpW>

Edmond Schoorel, Nicole Weerts: *Schlaf und seine Bedeutung für einen gesunden Rhythmus*. Verlag Urachhaus, Stuttgart 2020.