



Not until I think lightness,  
Does my soul shine,  
Not until my soul shines,  
Is the earth a star,  
Not until the earth is a star  
Am I a true human being.

Herbert Hahn (1890–1970)

## Newsletter of the Medical Section

February 2023



*From left to right: Georg Soldner at the IPMT in Bangalore / India, which took place in December. Also in December, there was a meeting of physicians in St Petersburg / Russia, where the focus was on dentistry. After a long wait the art therapy conference in Dornach brought professionals together again at the Goetheanum at the beginning of January to work together on the theme of courage (photo: Xue Li).*

Dear Co-workers  
and Friends of the Medical Section,

On the night of the turn of the year, more than a thousand people took part in around 50 events to commemorate the burning down of the first Goetheanum. The brightly illuminated building could be seen from afar, and all the historically significant places on the campus were accessible, from the little house of the stenographer Helene Finck, where Rudolf Steiner experienced decisive moments in the early morning of the night of the fire, to the room of the Representative of Humanity, where Michaela Glöckler gave a talk on Novalis at 6am. A class lesson held by Matthias Girke at 7am and the New Year's address by Gerald Häfner, Head of the Section for Social Sciences, enhanced the programme. Later that New Year's morn-

ing, five representatives of the Goetheanum Leadership spoke on the future and research impulses of the School. This was preceded in the last days of 2022 by a special and moving conference on the impulses of the first Goetheanum, the events of the night of the fire and the metamorphosis of the first Goetheanum into the second.

Today, 100 years later, we are living in a challenging time of crisis worldwide. The outlook on the future of many people is, not without reason, marked by sombre fears, and on this soil anxiety and polarising tendencies are, on the one hand, growing. On the other hand, positive, promising impulses and new initiatives are developing in Anthroposophic Medicine.

## How do we shape the relationship between microcosm and macrocosm? – One Health

An essential insight of recent years has been to take the relationship between microcosm and macrocosm even more seriously, also in the anthroposophical movement. At the establishment of biodynamic agriculture in Koberwitz (PL) at Whitsun 1924, Rudolf Steiner pointed out the importance of biodiversity and the creation of an ecological balance in the relationship between animals, plants and soils.<sup>1</sup> Human health, on the other hand, was very clearly described by Rudolf Steiner and Ita Wegman in 1925 as the balance of the human being's constitutional elements, and healing as the correction of any imbalance.<sup>2</sup> Both correspond with each other: "In nature, in the being of the world in general, everything interacts with each other".<sup>3</sup>

The Covid pandemic is related to an extremely problematic human interaction with the animal kingdom, with the living earth: human destruction of nature and perhaps also risky medical laboratory research have arguably contributed decisively to the jump of the SARS-CoV-2 virus to humans. In general, there is a growing awareness of the interdependence of human health and the health of animals, plants, soils, water, air and the earth's warmth envelope. It is important to consciously take up this responsibility, which is why the Section for Agriculture and the Medical Section of the School of Spiritual Science at the Goetheanum have entered into closer collaboration.

In principle, this realisation has lived in anthroposophy for a century; the global public is only gradually becoming aware of it. Terms such as "One Health" or "Planetary Health" stand as scientific terms for this maturing insight and were the subject of our annual conference in 2021, several articles, and most recently also the topic of Witten/Herdecke University's Summer Academy in 2022. Personal contact with leading researchers in this field has shown us respect for a different view of the world and humanity, coupled with a critical awareness of the one-sidedness of a purely positivist scientific approach.<sup>4</sup> From a Section per-

spective, we see an opportunity here to introduce an independently extended concept of the health of humans and the earth into the developing "mainstream" and to show in the form of "best practice" that we have already been practising this in our approaches for decades, for example in our efforts towards an ecologically balanced farm organism and an "anthroposophical lifestyle", described in the scientific literature, which includes the cultivation of a spiritual relationship with the world and has already proved to be beneficial for children's health.<sup>5</sup>

We will devote our [Research Conference](#) next March to this topic and ask the questions about the nature and exploration of life.

Concerns and misunderstandings have arisen in the medical and general anthroposophical movement over this crucial topic. The fact that veterinary medicine, the protection of animals and humans against infection, often through vaccination programmes, and the fear of animal-fattening driven antibiotic resistance played an important role at the cradle of the concept of "One Health", when the term was coined, should not obscure the fact that the One Health approach is rapidly evolving. Thus the leading Swiss One Health expert Prof Dr med vet Jakob Zinsstag, who has also given an authentic account of the history of this approach, writes<sup>6</sup> on the practice of a One Health project in Guatemala: "But we also realised how important it is to give patients the choice as to their healthcare without pushing them into a conflict of loyalties between different medical systems. In this way, their spiritual, psychological and physical health needs can at the same time be better addressed."<sup>7</sup>

However, there is also the concern that in the concrete implementation of the One Health approach, strong, globally organised private interests dominate, whereas originally the guiding idea was that the respective participants in a community, a region ("stakeholder approach") jointly agree on health-promoting agriculture, medicine, education, landscape conservation, etc. A recent publication in *The Lancet* on the topic clearly addresses the issue of equity in the implementation of One Health concepts, where the law that might is right must not apply.<sup>8</sup>

<sup>1</sup> Rudolf Steiner: *Agriculture Course*, lecture 7 of 15 June 1924.

<sup>2</sup> Rudolf Steiner, Ita Wegman: *Grundlegendes für eine Erweiterung der Heilkunst nach geisteswissenschaftlichen Erkenntnissen*, Chap. I, p. 18f.

<sup>3</sup> cf. Note 1, p. 168.

<sup>4</sup> Zinsstag J, Hediger K, Osman YM, Abukhattab S, Crump L, Kaiser-Grolimund A, Mauti S, Ahmed A, Hattendorf J, Bonfoh, B et al. *The Promotion and Development of One Health at Swiss TPH and Its Greater Potential*. *Diseases* 2022, 10, 65 (<https://doi.org/10.3390/diseases10030065>).

<sup>5</sup> Alm JS, Swartz J, Lilja G, Scheynius A, Pershagen G (1999). *Atopy in children of families with an anthroposophic lifestyle*. *Lancet* 353:1485–1488.

<sup>6</sup> cf. Note 4.

<sup>7</sup> Zinsstag J. *One Health: auf dem Weg zu einer integrierteren Wissenschaft*. *Bulletin SAGW* 2020, 26,2, p. 27–31 (p. 29). DOI: [10.5281/zenodo.3959303](https://doi.org/10.5281/zenodo.3959303).

<sup>8</sup> The complete series on One Health in 2023: <https://www.thelancet.com/series/one-health-and-global-health-security>.

When the Medical Section refers to the One Health approach, it is concerned with the relationship between human beings and the kingdoms of nature, that is, with the central topic of microcosm and macrocosm. This is about a positive concept of health in the sense of a self-regulated equilibrium, as it was fundamentally developed by Rudolf Steiner for both medicine and agriculture.

An important contribution in this field has been developed by our anthroposophical colleague Machteld Huber with her "Positive Health" concept (<https://www.iph.nl/>) which she presented at the 2022 annual conference. Human autonomy, the need for independence, self-efficacy, meaning and spiritual orientation play a central role in this – as does, on the other hand, the ability to self-regulate and adapt to the respective living conditions.

Is it not our common desire to contribute to a positive, comprehensive understanding of the health of people and the earth? How do we properly relate the individual aspect of health to the fact that health does not exist privately, but that healthy development also depends on the interaction of all living beings and the social circumstances of life? How do we help to shape the world as it develops and what openness and lack of preconceptions are necessary for this? On the other hand, where is it necessary to realistically recognise the influence of powerful political and private sector interests and to behave in the appropriately critical way? As everywhere in medicine, we are most likely to make positive contributions here too through "best practice" examples and joint research projects, while at the same time strengthening and developing our own identity.

### **International Study Days for Anthroposophic Arts Therapies**

At the beginning of 2023, for the first time after the pandemic and for the twenty-third time in total, the art therapy conference took place, addressing the topic of courage: 140 participants from the various professional disciplines addressed the topic from various perspectives. Thus, for example, the perspective of paediatrics was given just as much space as that from the work with prisoners in the penal system, and workshops dealt with both philosophical and very practical aspects such as body work or speech therapy, in order to make "courage" more tangible from all sides and with all senses.

### **Anthroposophic perioperative medicine**

In January 2023, a symposium of the Anthroposophic Perioperative Medicine Working Group of the Medical Section took place at Herdecke Community Hospi-

tal under the title "Pain – an unavoidable companion of operative medicine?".

In hospital medicine, patients are increasingly being admitted for targeted interventions, which means that interventional medicine is becoming more and more important. What is the relevance of the medicines and therapeutic procedures of Anthroposophic Medicine in this context? It became clear during the symposium that the perioperative support of the patient requires a comprehensive therapeutic approach in order to facilitate the healing process. Anthroposophic Medicine values the positive effects of artistic therapies, body therapies, eurythmy therapy and anthroposophic medicinal products in the period before surgery and during the treatment of post-operative conditions. But spiritual questions were also discussed: how do we accompany the patient in the zone of the pre-op waiting room, that is, an area that represents a threshold of consciousness and is related to the threshold to the spiritual world? How do we strengthen forces of trust, how do we pay attention to the warmth that is so crucial in physical, mental and spiritual terms?

The dedicated working group will continue to work on this important field, which has already produced comprehensive treatment concepts.

### **New medical course in England**

We are very pleased about the newly started three-year course of the international English Medical Training in Anthroposophic Medicine. Around 30 people from almost 20 countries are taking part in this English-language further training course for physicians to become anthroposophical doctors. The further training teaches the basics of anthroposophy and Anthroposophic Medicine, leads to the Goethean observation of nature and teaches skills for the understanding of illness, the examination and encounter with the patient and for therapy.

### **IKAM retreat**

At the end of January, the several-day-long annual IKAM retreat took place at the Goetheanum – that is, the meeting of all those responsible for the various coordination fields of the Medical Section. Numerous reports from the coordinators illustrated the intensive worldwide work in the professional groups.

Challenging issues were discussed such as the intense attacks on Anthroposophic Medicine (especially in Central Europe), as well as the now imminent recognition of the training curricula of Anthroposophic Medicine by the WHO.

This rounds off several years of cooperation with the Department of Traditional, Complementary and

Integrative Medicine of the WHO, which has been supported and actively shaped by the IVAA (International Federation of Anthroposophic Medical Associations), all international anthroposophic medical associations and the professional coordinators. We are very grateful to the presidium – especially Dr med Tido von Schoen-Angerer and Dr med Iracema Benvides – and the staff of the IVAA. We will inform you in our newsletter when the so-called "Benchmarks for Training in Anthroposophic Medicine", that is, the worked out training criteria, will be published. Translations into several languages are already in preparation.

An important item of the IKAM retreat concerned the relationship of the Section's work with the Anthroposophical Society. Which impulses can be realised here? The CARE I (Pregnancy, Birth, Early Childhood and Living with Disability) as well as CARE V (Palliative Medicine) interdisciplinary working groups of the Medical Section are now anchored as official specialist groups in the Anthroposophical Society. We will see what further developments can be successful here.

We send warm greetings near and far!

*Matthias Girke and Georg Soldner*

## NOTICES

**Opening of a rehabilitation centre in Kyiv (UA):** Our colleague Dr Roland Frank (AU) reports on the imminent start of work at a Ukrainian rehabilitation centre which has been set up with his support and the hands-on initiative of Dr Yevhen Volchenko and his team after weeks of preparation. There will be three main areas of care: physiotherapy/physical therapy, psychotherapy and emergency education. The budgeted fixed costs of 6000 euros / month for the first five months of operation have already been transferred. We sincerely hope that this beginning will find further funding and secure a future for this much-needed centre!

**Dr Henrik Szóke PhD obtains habilitation with highest distinction:** On 2 December 2022, Henrik Szóke passed his habilitation proceedings at the University of Pécs (HU) with the highest distinction. His inaugural lecture for students was on "The treatment of febrile illnesses in childhood", his scientific lecture was on "Treatment of infectious diseases with evidence-based integrative medical methods". He has headed the Chair of Complementary Medicine in the Faculty of Health Sciences, University of Pécs since September 2017 and is a board member of the International Federation of Anthroposophic Medical Associations (IVAA). Our congratulations on this success!

**Journal *Medizinisch-Pädagogische Konferenz* – subscribers and authors wanted:** in early 2023, the von Tessin Centre for Health and Education in Stuttgart (DE) took over as publisher. The long-standing editor Birgit Krohmer will continue her work, supported by Dr med Karin Michael and Prof Dr Tomáš Zdražil, the founders of the Centre. The first edition was published at the Stuttgart Waldorf School in May 1948 for teachers and school doctors. Since 2018, it has been a journal for medical, educational and therapeutic professionals and for interested parents. It is the great wish of the editorial team that this form of exchange will be maintained through numerous subscriptions! If you want to get to know *Medizinisch-Pädagogische Konferenz* and subscribe, then use this order form: [www.tessin-zentrum.de/mpk-abo](http://www.tessin-zentrum.de/mpk-abo).

**Multiprofessional introductory seminars in France:** The French medical association AFEDMA, Croisée des Chemins and I-Dentités are offering an extensive annual programme of introductory seminars in Anthroposophic Medicine. It is aimed at physicians, dentists, midwives, pharmacists and nursing staff. The aim is to communicate the basic concepts and methods of Anthroposophic Medicine that are common to the disciplines mentioned and, in this context, to promote interdisciplinary exchange and work. Each participant is

supervised by tutors during the entire training (video conference or face-to-face teaching). In the case of the specific training for physicians, participation facilitates and accelerates the transition into practice and enables access to certification as an anthroposophic physician. Informationen: <https://afedma.fr/formations-medecine-anthroposofique/>.

**Trauma and post-traumatic growth – online conference 2023 in English, German and Russian:** Eurythmy4you is holding an online conference from 29 January to 2 April 2023 to work on how eurythmy can help with trauma. The conference aims to be a stimulus and meeting place for educational and therapeutic work and the beginning of long-term work that Eurythmy4you hopes will bear fruit. All the detailed information can be found on the website <https://www.eurythmy4you-en.com/>.

**Save the date: Conference on Rudolf Steiner's Course for Young Doctors:** From 3–7 January 2024, on the 100th anniversary of the *Course for Young Doctors*, today's young doctors want to renew our medicine by working with this basic work and with all those interested. On big questions from practice – for example: What does the person whom I encounter as a patient need in order to fulfil their karma? How can I help? – we hope for a deep and fruitful exchange. In studying the lectures of this course together, we have found signposts pointing to a path of cognition that builds a bridge from the scientific and physiological to the spiritual moral aspects in medicine. For this we need learning with the heart, a living understanding of nature, cosmos and karma, and a renewal of the ancient mysteries through the Christ impulse.

#### In memoriam:



Photo: © Verlag Freies Geistesleben

**Hans Friedbert Jaenicke**, born on 13 June 1930, returned to his spiritual home on 9 January 2023. He was distinguished by his fruitful work as an educator and Waldorf teacher, as a social therapist and book author, and above all by his developmental work with the children of the Christian Morgenstern School in Wuppertal (DE). His own children gave him eighteen grandchildren and twelve great-grandchildren. We accompany him in our thoughts in lasting connectedness.

**Margrit Hitsch-Schindler**, born on 1 March 1947, crossed the threshold of death on 23 January 2023. As a trained eurythmist and eurythmy therapist, she supported the eurythmy therapy training in Russia with dedication, perseverance and a great sense of responsibility, ensured the development of a collegial relationship,



Photo: © Tobias Hitsch

and made her professional skills available at meetings and conferences in the context of the Medical Section: leading exercises, deepening knowledge, nurturing medical and therapeutic cooperation. We remember her with gratitude and warmth of soul.

## RESEARCH

Thronicke A, Hinse M, Weinert S, Jakubowski A, Grieb G, Matthes H. *Factors Associated with Self-Reported Post/Long-COVID – A Real-World Data Study*. International Journal of Environmental Research and Public Health 2022;19(23):16124. Open access DOI: <https://doi.org/10.3390/ijerph192316124>.

van Wietmarschen H, van Steenberg N, van der Werf E, Baars E. *Effectiveness of herbal medicines to prevent and control symptoms of urinary tract infections and to reduce antibiotic use: A literature review*. Integrative Medicine Research 2022;11(4):100892. Open access DOI: <https://doi.org/10.1016/j.imr.2022.100892>.

Vagedes J, Kassem S, Gressel O, Samuels N, Eden A, Ben-Arye E. *Parasympathetic Versus Sympathetic Changes in Heart Rate Variability After a Multimodal Integrative Medicine Intervention for Frontline COVID-19 Personnel*. Psychosomatic Medicine 2023;85(1):53-60. DOI: <https://doi.org/10.1097/PSY.0000000000001153>.

## RECOMMENDED LITERATURE



Georg Soldner: *Der Heilungsimpuls im Lukas-Evangelium / The Healing Spirit in the Gospel of Luke*. Stuttgart 2022.

Rudolf Steiner recommended to physicians that they look more deeply into the contents of the Gospel of Luke. The author has taken up this suggestion and, in the spirit of a pastoral medical study, has given testimony of the way in which the profound spiritual descriptions of healing from the

New Testament are brought inwardly to life. No other evangelist has devoted himself so deeply to the healing of sick people as Luke.



Peter Heusser, Johannes Weinzirl, Tom Scheffers, René Ebersbach (Eds): *Erläuterungen zum ersten Ärztekurs Rudolf Steiners 1920 – Vorträge 4 und 5. Studienkommentare zum medizinischen Werk Rudolf Steiners – „Geisteswissenschaft und Medizin“ (GA 312) 3.* Berlin and Dornach 2023.



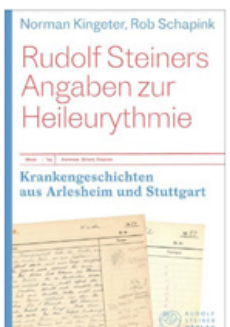
The present work is the third companion volume to Rudolf Steiner's (1861–1925) first course for physicians in 1920. The aim is to continue the work already done by physicians, pharmacists and other specialists and, for the first time, to systematically "flesh out" this course "in detail" in terms of spiritual and natural science. This enables today's readers to have a coherent understanding of Steiner's texts and makes them more aware of the potential that still remains to be tapped.



Elisabeth Krauß, Jan Albert Rispens: *Mensch, Mistel und Wirtsbaum. Grundlegendes zu einer rationalen Wirtsbaumwahl in der anthroposophischen Misteltherapie.* Stuttgart 2022.

"How do I find the right host tree for my (cancer) patient?" In the search for a rationale, the gaze turns in two directions. What is

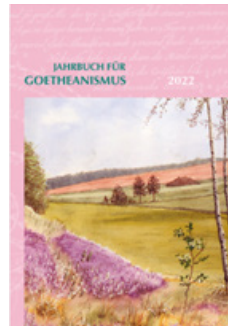
the individual colouring of the life forces organisation of the person suffering from cancer; what is their underlying melody of life, sounding from the soul life? And where within the world of trees can I find the corresponding formative forces that support them in overcoming their illness? These questions lead deep into the anthroposophical understanding of the human being and far into the inner essence of nature.



Norman Kingeter, Rob Schapink: *Rudolf Steiners Angaben zur Heileurythmie. Krankengeschichten aus Arlesheim und Stuttgart.* Basel 2023.

In this volume, 56 case histories with Rudolf Steiner's eurythmy therapy indications and their respective courses of treatment are documented, commented on in detail and medically contextual-

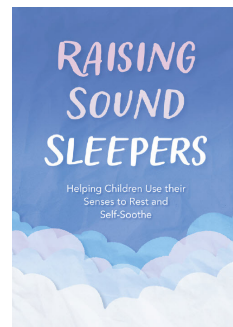
ised, supplemented by an introduction as well as subject-specific chapters. The medical charts with Rudolf Steiner's entries are reproduced in the volume, as are selected portraits of physicians and patients. This volume provides valuable study material for all eurythmy therapy practitioners.



Freie Hochschule Stuttgart (Ed): *Jahrbuch für Goetheanismus 2022.* Pädagogische Forschungsstelle Stuttgart 2022.

The yearbook includes a contribution by Bernd Rosslenbroich on the history and contemporary nature of organismic thinking in biology, in particular with an attempt to find a solution to

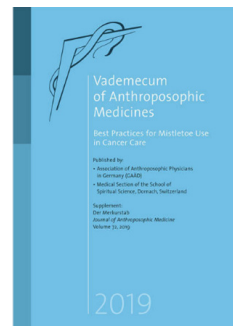
the question of life, including an approach to Goethean biology and its efforts to achieve a true understanding of life. Benjamin Bembé's contribution sheds light on the development of tree shapes on earth in the biology of their form.



Adam Blanning: *Raising Sound Sleepers. Helping Children Use Their Senses to Rest and Self-Soothe.* Edinburgh 2023.

Sleep and rest aren't always the natural processes we expect them to be. Dr Adam Blanning, child-development consultant and holistic physician, suggests that they are learned skills which

grow with children alongside physical developmental stages. In this insightful book he offers practical ways in which parents and carers can support children to use their senses – from taste, smell and touch, through to balance and movement – to selfsoothe, sleep and ultimately build resilience for life.



Association of Anthroposophic Physicians in Germany (GAÄD), Medical Section of the School of Spiritual Science at the Goetheanum (Eds): *Vademecum of Anthroposophic Medicines. Best Practices for Mistletoe Use in Cancer Care.* Book plus CD 2019. [The book can be ordered here.](#)

## EVENTS 2023

**From 28 January:** English Medical Training in Anthroposophic Medicine. In person and with the opportunity to participate by video. Information and registration at: <https://emerson.org.uk/course/anthroposophic-medicine/>.

**3–5 March:** Research Congress "One Health. Studying and addressing LIFE in Medicine" at the Goetheanum, Dornach (CH). With Prof Dr Erik Baars, Prof Dr Bernd Rosslensbroich, Prof Dr Jakob Zinsstag as well as additional speakers. Programme and registration at: <https://goetheanum.ch/en/events/research-congress-2023>.

**10–11 March:** 27th symposium on anthroposophical child and adolescent psychiatry and psychotherapy "Violence – Forms and Consequences" in Witten-Annen (DE). Information and registration through the conference secretariat: Email: [KJP@prokid-herdecke.de](mailto:KJP@prokid-herdecke.de).

**13–18 March:** Medical study week "Work on Rudolf Steiner's medical course in 1921" at the Goetheanum, Dornach (CH). Participation is open to interested medical students, physicians, dentists and pharmacists. Contact Dr Wilburg Keller Roth: [wilburgkeller@bluewin.ch](mailto:wilburgkeller@bluewin.ch).

**27–29 April:** Medical conference at the Rudolf Steiner Halde, Dornach (CH) "Sleeping and waking as rhythm of consciousness processes". Further information at: <https://www.haldetagung.ch/>.

**12–14 September:** International specialist conference of anthroposophic body therapy "How do we heal – what works?" at the Goetheanum, Dornach (CH). Programme and way to register will follow at <https://www.iaabt-medsektion.net/>.

**12–17 September:** International annual conference of the Medical Section "Body and I – The immune system and autoimmune diseases" at the Goetheanum, Dornach (CH). Further information at: <https://medsektion-goetheanum.org/en/events-and-conferences>.

**9–11 November:** 8th international and interdisciplinary mistletoe symposium "Mistletoe in Tumour Therapy. Basic research and hospital" in Nonnweiler (DE). Contact / registration and submission of abstracts: Dr Rainer Scheer, Email: [rainer.scheer@carus-institut.de](mailto:rainer.scheer@carus-institut.de).

### Our calendar of events

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