



Newsletter of the Medical Section

Whitsun 2023

Whitsun verse
Where sensory knowledge ends,
That is where the gateway is located
Which opens the realities of life
To soul existence;
The soul creates the key
When it grows strong
In the battle which cosmic powers
Fight on their own ground
With human forces;
When through itself it drives out
The sleep which envelops forces of knowledge
With the night of the spirit
At the limits of its senses.

Rudolf Steiner, GA 40, 6 May 1915



From left to right: Visit by Matthias Girke to Belgium at the end of April, where varied work on Anthroposophic Medicine took place with a hospital visit, lectures and a class lesson; Basis for the conference "How do I find the good?" for the centenary of the so-called Course for Young Doctors (Understanding Healing. Meditative Reflections on Deepening Medicine through Spiritual Science, CW 316); intensive week-long work with highly qualified participants during the IPMT in Thailand at the end of April.

Dear Co-workers
and Friends of the Medical Section,

The great Christian festival of Whitsun is approaching, the festival of the Holy and also healing Spirit described by the Apostle Luke in the Acts of the Apostles. Luke, whose Gospel is also called the "Gospel of the Holy Spirit"; Luke, the physician and companion of the Apostle Paul. On 24 April 1924, in his Easter course for young doctors, Rudolf Steiner referred emphatically to this Gospel "as an inner instruction for the will to heal".¹

In the Gospel itself, it is striking that at first the Whitsun event is portrayed as a fiery spirit entering each of the gathered twelve disciples. Evidently their

forming a community is a prerequisite for this baptism in the Spirit. Afterwards they experience a linguistic miracle: all the people in Jerusalem at that time, who came to this town from very different language areas, understood the meaning of Peter's speech and had the impression that the disciples were speaking in their language.

Immediately after the Whitsun event, Luke tells of how the disciples Peter and John together healed a man "lame from his mother's womb" who was laid daily at the gate of the temple to beg (Acts 3:1–10). Peter's language – John remains in the background – proves so powerful here that the paralysed man stands up for the first time in his life and can cross the threshold into the temple. What is the nature of the Holy Spirit, we may ask?

¹ Steiner, Rudolf: *Meditative Betrachtungen und Anleitungen zur Vertiefung der Heilkunst*, Basel, 5th edition. 2008, p. 194.

In the above lecture, Rudolf Steiner clearly refers in this connection to the trinity of the divine, which in the Christian religion is called "Father", "Son" and "Holy Spirit". In anthroposophy and its spiritual centre, the School of Spiritual Science – to which the course for young doctors by its nature also belongs – we can arrive at a living knowledge of the divine trinity and the trinitarian world of hierarchies. In microcosm, this corresponds to the threefold nature of the human being.

The Gospel of Luke has now become known worldwide through its beginning, the Christmas gospel, which depicts the newborn child lying in the manger and the choir of heavenly hosts. We witness how the world of the Divine Father sends Christ, the Sun Being, to the earthly world. Joseph and Mary becoming the parents of the Jesus child is made possible by the involvement of the Holy Spirit. From his thirtieth to his thirty-third year, the future twelve disciples accompany Christ in his work on earth. In doing so, they fail again and again to accomplish by their own strength what Christ expects of them – be it to stay awake in crucial hours of danger, be it to heal an epileptic boy, be it in social togetherness. With the event of Whitsun, this now changes fundamentally: the disciples begin to form a stable social community and they themselves gain new insights into their divine guidance (as this is impressively described by Peter and Paul). In the process, they also move beyond their sphere of life hitherto and gain an international field of activity – the Apostle Thomas is said to have travelled as far as India. But above all, they become able themselves to heal. Now the light, the warmth, the power that was present in Christ before the Easter event, the Mystery of Golgotha, lives in them.

At the same time, the Gospel of Luke describes very clearly how Peter resorts to lying on the night of Good Friday and denies Christ, how Paul, under the name Saul, is initially a religious zealot and persecutor of Christians. Both go through a bitter process of acquiring self-knowledge, which the evangelist describes in all clarity, before they can unfold the power of healing. Luke describes this most impressively in the twenty-eighth chapter of the Acts of the Apostles, when Paul, after surviving a shipwreck, is bitten by a poisonous snake that starts up from the fire of a woodpile that has just been lit. Paul shakes the snake off into the fire, he remains unharmed by the deadly poison to the amazement of all bystanders, and is subsequently able to develop healing activity on the island.

Receiving the Holy, the healing Spirit requires our self-knowledge. Thus the Michael path of self-knowledge is an essential prerequisite for the Raphael-Mercury path, on which we can strive to become a healing companion for the patient and enable the healing powers to become effective. It is a path of inner turn-

around, of overcoming fear, hatred and doubt, and of receiving a higher will that can lead us at the right moment the place where we should perform our work.

In the preparation of medicines, too, the pharmacist takes the path of transforming a substance that is often poisonous in such a way through a process that it can stimulate the self-healing powers of the human being and strengthen the interplay of their constitutional elements in the right way.

The Holy Spirit can fill us with a new language, with fruitful action, with community building out of enthusiasm and understanding for those who speak a different language.

It requires the trinitarian character of the divine, which we approach meditatively in the Foundation Stone Meditation, to make human development, free volition possible. While we receive life from the Father world, experience divine grace in our soul in the relationship with the Son, we can receive the basis of our freedom, the light of cosmic being of the Holy Spirit, from maturing self-knowledge and orientation towards the spiritual world: "Where the eternal goals of gods / Bestow the light of cosmic being / On our own I / For free volition". This is a different freedom from the freedom of human whim. For it poses – as the great Viennese doctor and psychotherapist Viktor Frankl pointed out – the question "before whom" we act as human beings. And by this Frankl means the spiritual world into which is inscribed when we do or refrain from doing something. We are free precisely where most is riding on our decision for others, where our actions and inactions have karmic consequences for the other – and thus also for ourselves. Anyone who reads Luke's Acts of the Apostles and follows Peter and Paul on their paths after the Whitsun event can experience what it means to follow one's inner destiny in this way, listening spiritually.

With these thoughts we would at the same time like to draw your attention to our approaching **international annual conference in September**, the middle part of which will focus on the spiritual sources of Anthroposophic Medicine, including lectures by Matthias Girke, the path of the Michael School with the 11th class lesson, and working groups e.g. on the Foundation Stone Meditation and the Gospels. – In addition, we would like to invite you now already to the conference prepared by the young generation of the Medical Section for the occasion of **100 years of the Course for Young Doctors (GA 316)**, "How do I find the good?", from **3–7 January 2024**. It will take up the meditative reflections and suggestions of the course in many ways and, like for the annual conference, members of all healing professions are cordially invited.

With warm Whitsun greetings

Matthias Girke and Georg Soldner

NOTICES

Teach the Teacher / TTT from 9 to 11 Sept 2023: Under the title "Integrating Spiritual Development and Transformation into Modern Training in the Health Sector", the organising group extends an invitation to a new cycle of the TTT further training series of the Medical Section. It is addressed to colleagues from all medical professions. The conference language is English. In its first year, the conference will explore a topic that can be particularly challenging in modern training: How can we teach about reincarnation? The topic will also be examined through a specific educational process – soliciting and sharing feedback. Another pillar of the programme is the basic principles of education. This trainers' conference is being prepared by a multidisciplinary group whose members come from ten different countries and four continents. You are cordially invited! Please forward this information to interested trainers: <https://goetheanum.ch/de/veranstaltungen/teach-the-teacher>.

Scientific conference on 9 September 2023 in Basel/CH: Klinik Arlesheim and Basel University Hospital are once again jointly organising a scientific conference on current research in integrative medicine. It has been possible to attract distinguished speakers from home and abroad for the programme (<https://bit.ly/41J4LRt>). For all those who cannot attend locally: the conference will be livestreamed. Registration, enrolment and further information at www.wissenschaftskongress.ch.

Eurythmy therapy training in Dornach/CH from June 2023: The next two-year modular programme for (assistant) doctors, medical students and therapists interested in eurythmy therapy will begin with Module 1 on 16–18 June 2023 and will include eleven weekend modules and a certification course. Each module can be attended individually. The parallel lectures of GA 313 / course for doctors and GA 315 / eurythmy therapy form the common thread of the course, which is recognised by the Association of Anthroposophically Oriented Physicians in Switzerland (VAOAS) and the Society of Anthroposophical Physicians in Germany (GAÄD). Responsible: Dr med Marion Debus, Dr med Insa Sikken, Dr med Matthias Girke, Annette and Kaspar Zett. Further information at www.heileurythmie-ausbildung.ch/ausbildung-modular/.

Training cycle in anthroposophic physiotherapy in the Netherlands: Under the sponsorship of Stichting Beroepsopleiding Antroposofische Fysiotherapie (STIBAF), rhythmical massage therapy will be taught in ten weekend modules from September 2023 to May 2025. Prospective participants can find all further in-

formation at <https://stibaf.nl/opleiding-antroposofische-fysiotherapie/eerstvolgende-opleiding/> or contact Hannie Bakker +31 (0)6-25 18 26 76.

Time-lapse video "Mistletoe through the seasons": How does a mistletoe embryo adhere to the host tree, germinate, grow and develop into a spherical mistletoe plant all the way to the ripening of the berries? A seven-and-a-half minute video documents this exciting development, which took five years in real time. Available on the website of the Carl Gustav Carus Institute (Öschelbronn/DE): <https://bit.ly/3IkutVA> (in German). Video with English subtitles: <https://bit.ly/3OihgR4>.

IN MEMORIAM

Joan Smith peacefully concluded her earthly life in Forest Row / GB on 18 March 2023 in her 83rd year. As a nurse – traditional training in Basel / CH, then Camphill nurses' training in Aberdeen / GB – Joan was passionate about teaching anthroposophical nursing techniques. From the mid-1980s she led the first British anthroposophical nursing training outside Camphill at Park Attwood. She later moved to the Sheiling School in Thornbury for a few years. Joan was a member of the Nurses' Initiative Group in the Medical Section and a highly respected colleague who formed a bridge between three generations of anthroposophical nurses and across the Atlantic.

Elisabeth Löffler, born on 10 November 1926, crossed the threshold on 6 April 2023. She was the last living daughter of Franz Löffler, who together with Siegfried Pickert and Albrecht Strohschein was one of the three people who asked Rudolf Steiner about special needs education, the destiny and special care of children with disabilities. This question in 1924 gave rise to the special needs education course and anthroposophical special needs education, first in Jena (Lauenstein) / DE, then in many other places such as Hamborn, and later also in the Camphill movement. Elisabeth Löffler worked as a eurythmy therapist in special needs education (including in Biel / CH) and was very closely associated with the Medical Section.

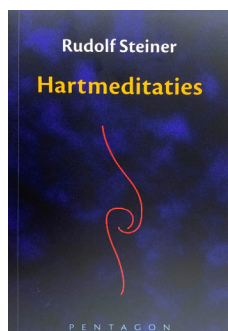
RESEARCH

de Almeida VP, Monchak IT, da Costa Batista JV, Grazi M, Ramm H, Raman V, Baumgartner S, Holandino C, Manfron J. *Investigations on the morpho-anatomy and histo-*

chemistry of the European mistletoe: *Viscum album L. subsp. album*. Scientific Reports 2023;13: no. 4604. Open access DOI: <https://doi.org/10.1038/s41598-023-29799-z>.

Mirzayeva N, Forst S, Passweg D, Geissbühler V, Simões-Wüst AP, Betschart C. *Bryophyllum pinnatum and Improvement of Nocturia and Sleep Quality in Women: A Multi-centre, Nonrandomised Prospective Trial*. Evidence-Based Complementary and Alternative Medicine 2023; Article ID 2115335. Open access DOI: <https://doi.org/10.1155/2023/2115335>.

von Schoen-Angerer T, Manchanda RK, van Haselen R, Liu J, Suswardany DL, Parker T, Benevides I, Aldana Martinez NS, Tolo F, Skaling-Klopstock C, Nicolai T. *The Role of Traditional, Complementary, and Integrative Healthcare in Achieving the Goals of the Astana Declaration and Universal Health Coverage: The Development of the Traditional, Complementary, and Integrative Healthcare Declaration*. Journal of Integrative and Complementary Medicine 2023. DOI: <https://doi.org/10.1089/jicm.2022.0829>.



lation and introduction by Michaela Glöckler and Astrid Schmitt-Stegmann. Available from <https://wikkelfee.nl/Hartmeditaties>.

Otto Wolff: *What Are We Really Eating? Practical Aspects of Nutrition from the Perspective of Spiritual Science*, Hudson/NY 2023.

We are now in the midst of the problems that this book warned about when it first appeared in 1996. The life forces of people, especially young people, are becoming weaker and weaker. Dr Wolff offers a clear description of the foods we eat and what we should really watch out for in them.



RECOMMENDED LITERATURE



Giovanni Maio (Ed): *Vertrauen in der Medizin: Annäherungen an ein Grundphänomen menschlicher Existenz*, Freiburg 2023. With contributions by Joachim Bauer, Thomas Fuchs, Matthias Girke and others.

What is the importance of trust? Might it even have a therapeutic potency? Where does trust fit in?

This book explores these questions by bringing medicine into dialogue with other disciplines from the humanities, social sciences and law.



Rainer Patzlaff: *Sprache, die Gesundheit bewirkt. Ein pädagogischer Impuls Rudolf Steiners im Kontext moderner Entwicklungen*, Dornach 2023.

The author presents the importance of language as a crucial health factor and draws on recent medico-psychological and therapeutic practice. Given the increasing presence of digital

speech, especially chatbots, this is a highly topical challenge.

Rudolf Steiner: *Hartmeditaties. Meditatieve spreuken en onthullingen over het hart*, Amsterdam 2023. Translated by Heleen Tonneijck-Ubbink. Original *Meditationen zur Herztätigkeit gegeben von Rudolf Steiner*. Selection, compi-

EVENTS



12–17 September: International annual conference of the Medical Section "Body and I – The immune system and autoimmune disease" at the Goetheanum, Dornach/CH. Further information at <https://goetheanum.ch/en/events/ms-jahreskonferenz>.

9–11 June: Pastoral medical conference for physicians and priests "The mystery of karma". The spiritual in the garb of the sensory, the sensory in the garb of the spiritual. Programme and registration at <https://goetheanum.ch/de/veranstaltungen/pm2023>.

11–16 June: Postgraduate Anthroposophic Medical Module 2023; language of tuition: English; at Emerson College/UK. Programme and registration at <https://medsektion-goetheanum.org/en/events-conferences>.

23–25 June: 12th Witten Colloquium for Humanism, Medicine and Philosophy on "Spirituality, childhood & old age", Witten-Herdecke/DE. Further information at: <https://wittener-colloquium.de/>.

24 June – 1 July: International Postgraduate Medical Training in Masloc/RO, languages of tuition: German/English/Romanian. Programme and registration at: <https://bit.ly/3MBoTki>.

16–23 July: International Postgraduate Medical Training in Beijing/CN. Programme and registration: <https://bit.ly/4328sCF>.

19–23 July: 28th International Anthroposophical Eastern Europe Conference "Destiny and Human Development" in Kaunas/LT. An event of the Medical Section at the Goetheanum with AKVILA Camphill, Home for Social Therapy Kaunas. For parents, teachers, preschool teachers, special needs teachers, eurythmists, physicians, social therapists, Demeter farmers and everyone else who is interested. Programme and registration at <https://bit.ly/3lmxHrx>.

26 July – 2 August: International Postgraduate Medical Training in Nantou/TW, languages of tuition: English/German/Mandarin. Programme and registration at <https://bit.ly/3o0rMle>.

9–11 September: Start of the new "Teach the Teacher" training cycle at the Goetheanum, Dornach/CH. "Integrating Spiritual Development and Transformation into Modern Training in the Health Sector". For trainers in all medical professions. Programme and registration at <https://goetheanum.ch/en/events/ttt23>.

9–12 September: First Class conference for professionals who work psychotherapeutically "Working with polarities & finding healing through the middle", in English. For further information <https://medsektion-goetheanum.org/en/events-conferences>.

12–14 September: International specialist conference on anthroposophical body therapy "How do we heal – what works?" at the Goetheanum, Dornach/CH. Programme and registration options to follow at <https://www.iaabt-medsektion.net/en>.

4–6 October: Open School of Spiritual Science conference on the topic of religion and spirituality in our work. For all those interested in special needs education, social education and social work, organised by the Anthroposophic Council for Inclusive Social Development at the Goetheanum, Dornach/CH. Further information at <https://inclusivesocial.org/en/event/conference-religion-and-spirituality/>.

11–14 October: International conference on therapeutic speech and drama "Speaking from warmth – the immune system as embodied authenticity". Further information at: <https://medsektion-goetheanum.org/en-and-conferences>.

21–24 October: International further training for school and kindergarten doctors. "The formation of and search for identity in the first three seven-year pe-

riods". Programme and registration at <https://goetheanum.ch/en/events/schulaerztetagung>.

9–11 November: 8th international and interdisciplinary mistletoe symposium "Mistletoe in tumour therapy. Basic research and hospital" in Nonnweiler/DE. Contact/registration: Dr Rainer Scheer, Tel. +49 7233 7043-118, Email: rainer.scheer@carus-institut.de.

3–7 January 2024: "How do I find the good?" 100 years Course for Young Doctors. An international, multiprofessional conference in English and German, with translation into Spanish, at the Goetheanum, Dornach/CH. Programme preview at <https://bit.ly/3lirME6>; provisional registration is possible here <https://bit.ly/45a9HBA>.

Our calendar of events

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