

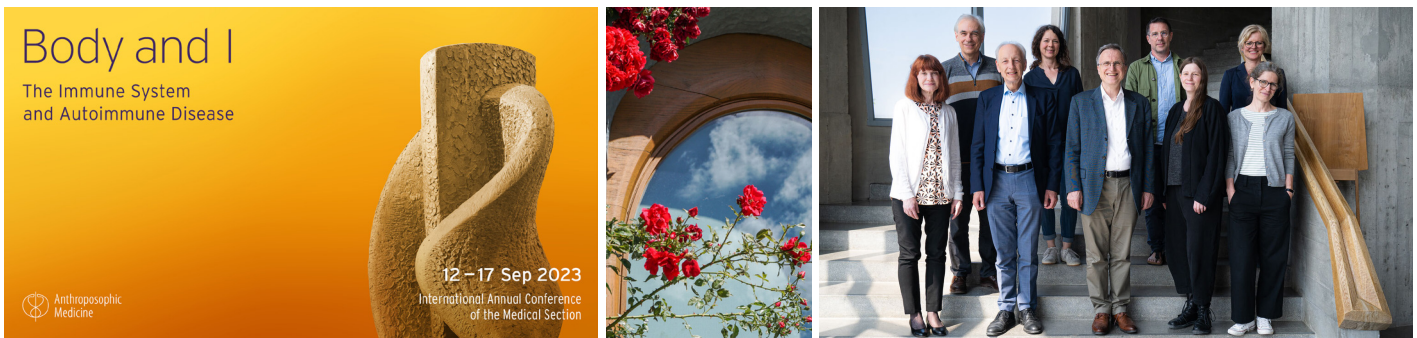


There is only one temple in the world,  
and that is the human body.  
Nothing is more sacred than this high  
form.

Novalis (1772–1801,  
in: Novalis: Schriften, Vol. III, Stuttgart 1983, p. 565)

## Newsletter of the Medical Section

Summer 2023



*From left to right: Autoimmune diseases – the topic of this year's annual conference to be considered on a multi-professional basis; summer detail at the Goetheanum (Photo: Xue Li); a recent photo of the Medical Section team (Rolf Heine and Mathias Hofmann are missing) taken for the remodelling of the foyer at the Goetheanum: columns installed will provide information in text and pictures about the individual Sections.*

Dear Co-workers  
and Friends of the Medical Section,

We warmly invite you to the forthcoming annual conference of the Medical Section from 12–17 September. It will address the human autoimmune diseases, which are becoming increasingly common worldwide, and thus a multiprofessionally challenging topic. Why does my body become "alien" to me? – is the question some patients ask. And how can a familiarity with the body be restored? It is about the relationship between the spiritual being of a person, their "I", and their body. The latter not only appears individualised in its outward appearance, but is also shaped by the individuality of the person down to its smallest structures. "There is only one temple in the world and that is the human body. Nothing is more sacred than this high form." This is how Novalis put it, as quoted at the beginning, thus indirectly pointing to the divine origin

of this "high form" and the "temple dweller": the human I. The body is the instrument of the I, also that of destiny. Thus the bodily constitution determines the temperament of the human being in their earthly life and thereby the character of many of their actions. The body carries within itself predispositions to health and illness which thus also help to shape destiny. It is placed in the stream of heredity and needs to be individualised in order to become a suitable instrument for the eternal being of the human being.

The being of the I joins with the body in various ways during life. In childhood it must take hold of the body and individualise it; in old age it must detach itself from it. But even within the threefold bodily structure the I is connected with the body in different ways: it can become active in the consciousness world with-

out the body or it can take hold of the body in the activities of the will. In the nervous and sensory system the I is therefore not intensively connected with the organism, but in the metabolic and limb system it is effective in the activities of the will. The rhythmical system mediates between these two polarities and thereby determines the health of the body.

Shock-like experiences, but also chronic stress can lead to an alienation of the I-organisation from its body if there is a corresponding disposition. This means that the causes of autoimmune diseases are complex. We know about the physical, genetic dispositions. Increasingly, however, the psychosomatic, that is, mental and spiritual influences are also becoming known. Overwhelming life experiences alienate the soul and spiritual being from its body and can thus lead to autoimmune diseases, which lead either into sclerosing processes to a greater extent or develop inflammatory disease patterns. The therapeutic need here is to strengthen a healthy, warming activity of the I in the body, it is about developing new confidence in the soul and spiritual perspectives. Experiencing meaning and a perspective gives the soul new strength and reduces its restlessness and anxiety. Trust and loving human relationships have an effect that strengthens the life organisation. Hope and assurance, which arise from new perspectives and supportive life principles, have an effect all the way into the physical body. In this way, the latter can be freed from alienation and be made familiar to the person again.

Through the various therapeutic methods that we intend to address at the annual conference, we can give patients with autoimmune diseases help to alleviate the alienation of the body and to strengthen the body-oriented action of the constitutional elements.

Anthroposophic Medicine thrives on the collaboration between the therapeutic professions, needs exchange and interdisciplinary development. This includes the spiritual deepening of the therapeutic work. The physiological function of the immune system is to distinguish the self from the alien, so it needs a kind of self-knowledge and knowledge of the world. The recognition of our own body in the sense of immunological self-tolerance, that is, saying "yes" to it as an instrument of the individuality, prevents the destructive attacks of the immune system, and thus autoimmunity. Self-knowledge and world-knowledge not only determine the life processes of the immune system, but are the central developmental task of the human being. In many situations in life, the challenge of self-knowledge, that is, "know thyself", presents itself as a developmental task. However, efforts in this direction must not lead to isolation or even alienation from the world. On the contrary, self-knowledge leads to knowledge of the world, just as, conversely, knowl-

edge of the world is connected with self-knowledge. At the annual conference we will be looking at the questions of human spiritual development and will deepen them through work on the path of knowledge of the Michael School, on the Gospels and the Foundation Stone Meditation.

We are very much looking forward to the forthcoming annual conference of the Medical Section at the Goetheanum, to meeting with you and to sharing experiences on these big topics!

With warm regards

*Matthias Girke and Georg Soldner*

## NOTICES

**Three-year further training in medicine and education and for school doctors 2023-2026 (in German):** "Salutogenesis and health promotion in childhood and adolescence" in twelve modules has been designed for educational and therapeutic professionals and is a cooperation between the von Tessin Centre for Health and Education at the Freie Hochschule Stuttgart – Seminar for Waldorf Pedagogy Stuttgart and the Medical Section at the Goetheanum with Dr med Karin Michael in charge. The content is based on A Antonovsky's integrative approach of salutogenesis as well as on developmental physiology and psychology in connection with the anthroposophical understanding of the human being. Central topics are sensorimotor skills, embodiment, regulation and rhythmical functional order, sleep, nutrition, movement, ability to act, imagination and creativity, learning and memory formation, resilience and the healthy development of self-confidence and autonomy. For further information on prerequisites, time frame and certification, see <https://www.tessin-zentrum.de/v/salutogenese-und-gesundheitsfoerderung-im-kindes-und-jugendalter>.

**Interprofessional therapy recommendations for restless patients:** The Palliative Care Group (CARE V) has reviewed and written up its experiences gained hospital and practice settings in an internal review process. The texts are freely available on the "Anthromedics" specialist portal for Anthroposophic Medicine (<https://www.anthromedics.org>) and include an introduction to understanding restlessness (<https://www.anthromedics.org/PRA-1012-EN>), to specific nursing and the external applications (<https://www.anthromedics.org/PRA-1024-EN>), to eurythmy therapy in states of restlessness (<https://www.anthromedics.org/PRA-1013-EN>), to art therapy ([2](https://www.</a></p></div><div data-bbox=)

[anthromedics.org/PRA-1014-EN](https://www.anthromedics.org/PRA-1014-EN)), music therapy (<https://www.anthromedics.org/PRA-1022-EN>) and pastoral support (<https://www.anthromedics.org/PRA-1025-EN>). Some of the texts mentioned are currently still being translated. Avail yourself of Anthromedics!

**Mystery Dramas with accompanying programme on "Meditation and Destiny":** We warmly invite you to Rudolf Steiner's four Mystery Dramas at the Goetheanum from 11–16 July 2023. The focus this time will be on the dramas as well as on lectures and workshops on the inner location of meditation and self-knowledge. We learn through the dramas that there can be a space of our own making that increasingly sustains and transforms the human being. Buffeted by external as well as internal events, we experience in the drama the progress and growth in strength of the individual protagonists in their community. On this occasion, the Mystery Drama ensemble is made up of well-known actors and actresses as well as new performers who have joined the cast. The dramas will also be translated into Spanish. They can be booked as an overall conference or tickets can be bought for the individual dramas. There is a special price for students and school pupils. Ticket booking at <https://mysteriendramen.goetheanum.org/>.



**New management at AnthroMed gGmbH:** Katharina Hein will be taking over the management of AnthroMed gGmbH. The aim of the AnthroMed® trademark (<http://www.anthromed.de/en/start/>), which was registered on 17 January 2008 with the Swiss Federal Institute of Intellectual Property, Bern (CH), is to promote the qualitatively defined spread of Anthroposophic Medicine. AnthroMed gGmbH was asked by the Medical Section to create the trademark in such an open way that all interested fields of Anthroposophic Medicine have the opportunity to participate in the use of this trademark.

## RESEARCH

Klafke N, Bossert J, Kröger B, Neuberger P, Heyder U, Layer M, Winkler M, Idler C, Kaschdailewitsch E, Heine R, John H, Zielke T, Schmeling B, Joy S, Mertens I, Babadag-Savas B, Kohler S, Mahler C, Witt CM, Steinmann D, Voiss P, Stolz R. *Prevention and Treatment of Chemotherapy-Induced Peripheral Neuropathy (CIPN) with Non-Pharmacological Interventions: Clinical Recommendations*

*from a Systematic Scoping Review and an Expert Consensus Process.* Medical Sciences (Basel) 2023;11(1):15. **Open access** DOI: <https://doi.org/10.3390/medsci11010015>.

Krafft H, Boehm K, Schwarz S, Eichinger M, Büssing A, Martin D. *Media Awareness and Screen Time Reduction in Children, Youth or Families: A Systematic Literature Review.* Child Psychiatry & Human Development 2023;54(3): 815-825. **Open access** DOI: <https://doi.org/10.1007/s10578-021-01281-9>.

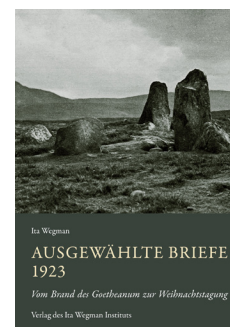
Lorenz P, Zilkowski I, Mailänder LK, Klaiber I, Nicolay S, Garcia-Käufer M, Zimmermann-Klemd AM, Turek C, Stintzing FC, Kammerer DR, Gründemann C. *Comparison of aqueous and lactobacterial fermented Mercurialis perennis L. (Dog's Mercury) extracts with respect to their immunostimulating activity.* Fermentation 2023;9:190. **Open access** DOI: <https://doi.org/10.3390/fermentation9020190>.

## RECOMMENDED LITERATURE



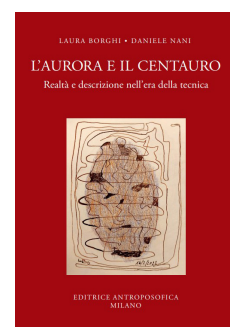
Markus Sommer, Anne Sommer-Solheim, Karl-Hermann Lieberknecht: *Plastisch-Therapeutisches Gestalten. Theorie und Praxis einer Anthroposophischen Kunsttherapie.* Berlin, to be published July 2023.

A team of experienced art therapists and a physician have been working on this book for some years. It is published in large format, 650 pictures illustrate the text. For a brief description and table of contents see <https://www.salumed-verlag.de/gesamtverzeichnis/plastisch-therapeutisches-gestalten.html>.



Ita Wegman: *Vom Brand des Goetheanum zur Weihnachtstagung. Ausgewählte Briefe 1923.* Edited by Peter Selg. Arlesheim 2023.

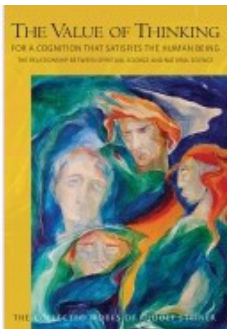
Wegman's letters provide an impressive insight into the developments in Dornach and Arlesheim after the destruction by fire of the first Goetheanum and her journey with Rudolf Steiner after this disaster, also with regard to the Anthroposophical Society.



Laura Borghi, Daniele Nani: *L'Aurora e il Centauro. Realtà e descrizione nell'era della tecnica.* Milan 2023.



Si è cercato di ricostruire la gnoseologia della visione goethiana del mondo, che Rudolf Steiner ha elaborato fino a coniugare la rigosità delle scienze positive con la creatività tipica dell'arte.



Rudolf Steiner: *The Value of Thinking For a Cognition that Satisfies the Human Being. The Relationship Between Spiritual Science and Natural Science.* Translation and introduction by Christian von Arnim. Forest Row 2023.

The lectures are supplemented with an introduction, comprehensive notes, line drawings and an index.



Albrecht Schad: *Vom Leben unserer Erde. Eine Liebeserklärung an unseren Heimatplaneten,* Stuttgart 2023.

A vivid account of what life is in general, how living organisms interact with each other and with their environment, and how the earth itself can be understood as a living organism.

## EVENTS

**1–8 July:** International Postgraduate Medical Training in Iloilo/PH. Programme and contact address for registration at [https://ipmt.medsektion-goetheanum.org/files/PDF/Philippinen\\_2023\\_dt.pdf](https://ipmt.medsektion-goetheanum.org/files/PDF/Philippinen_2023_dt.pdf).

**16–23 July:** International Postgraduate Medical Training in Beijing/CN. Programme and contact address for registration at [https://ipmt.medsektion-goetheanum.org/files/PDF/China\\_2023\\_dt\(III\).pdf](https://ipmt.medsektion-goetheanum.org/files/PDF/China_2023_dt(III).pdf).

**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, pre-school teachers, special needs teachers, eurythmists, physicians, social therapists, Demeter farmers and all those interested. Programme and registration at <https://medsektion-goetheanum.org/en/events-conferences>.

**26 July – 2 August:** International Postgraduate Medical Training in Nantou/TW, languages of tuition: English/German/Mandarin. Programme and registration at [https://ipmt.medsektion-goetheanum.org/files/PDF/Taiwan\\_2023\\_de.pdf](https://ipmt.medsektion-goetheanum.org/files/PDF/Taiwan_2023_de.pdf).

**29 July – 5 August:** International Postgraduate Medical Training In St. Petersburg/RU. Programme and contact address for registration at [https://ipmt.medsektion-goetheanum.org/files/PDF/St%20Petersburg\\_2023\\_dt\(II\).pdf](https://ipmt.medsektion-goetheanum.org/files/PDF/St%20Petersburg_2023_dt(II).pdf).

**19–26 August:** International Postgraduate Medical Training in Banská Štiavnica/SK. Programme and contact address for registration at [https://ipmt.medsektion-goetheanum.org/files/PDF/Slowakei\\_2023\\_dt.pdf](https://ipmt.medsektion-goetheanum.org/files/PDF/Slowakei_2023_dt.pdf).

**24–27 August:** 6th Berlin Summer School for Integrative Medicine in Berlin/DE (in German). For physicians, nursing staff, health promotion professionals and medical students. Programme and registration at [https://www.charite.de/service/veranstaltung/veranstaltung/details/6\\_berlin\\_summerschool\\_fuer\\_integrative\\_medin/](https://www.charite.de/service/veranstaltung/veranstaltung/details/6_berlin_summerschool_fuer_integrative_medin/).

**9–11 September:** Teach the Teacher: Bringing Spiritual Development and Transformation into Modern Healthcare Education. Whether you are new to teaching about anthroposophic therapies or have long experience in training situations, we invite you to join us for a new cycle of the Medical Section's Teach the Teacher (TTT) programme. This three-year course provides opportunity for therapeutic, nursing and medical trainers, both new and experienced, to learn from each other. The goal is to deepen our own teaching skills, learn new tools, gain confidence and flexibility, build and mutually support each other in community. Year 1: Teaching about Reincarnation. Goetheanum, Dornach/CH. 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>.

**12–17 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://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/>.

**27 September – 1 October:** Goetheanum World Conference 2023 "Reshaping a World Movement". A transdisciplinary working conference at which common challenges and questions of our time will be considered, and artistic interventions, impulses for the

future and encounters will be given space. Programme and registration at: <https://goetheanum.world/en>.

**29 September – 1 October:** Seminar on therapeutic eurythmy for sick or traumatised animals in Gangel/DE. Languages spoken: German/English/Italian. Programme and registration: [christinevandraaen@gmail.com](mailto:christinevandraaen@gmail.com) and [sabrina.menestrina@biodinamica.org](mailto:sabrina.menestrina@biodinamica.org).

**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/events-conferences>.

**16–23 October:** International Postgraduate Medical Training in Tuluá/CO. Information: [eventos@admac.com.co](mailto:eventos@admac.com.co).

**21–24 October:** International further training for school and kindergarten doctors. "The formation of and search for identity in the first three seven-year periods". This includes the controversies and viewpoints on gender, diagnosis and therapy of autism spectrum disorders, and the child conference. Programme and registration at <https://medsektion-goetheanum.org/en/events-conferences>.

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

**3–7 Jan 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 summary at <https://medsektion-goetheanum.org/en/events-conferences>. Registration option to follow.

#### Our calendar of events

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