



## Newsletter of the Medical Section

Whitsun 2021

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, V. Vienna, 6 May 1915, (GA 40)



From left to right: Pasque flower (*Pulsatilla vulgaris*) – a typical plant currently adorning the rockery at the Goetheanum; cover of this year's annual conference of the Medical Section on the topic "Human and Planetary Health – The Responsibility of Medicine for People and Nature"; impression from the IPMT (International Postgraduate Medical Training) in Thailand which took place in April 2021, partly online, partly with face-to-face events.

Dear Co-workers  
and Friends of the Medical Section!

In times of isolation and social distancing, we look forward to encounters which allow us to meet in real life again and not just virtually. So we invite you very warmly to the **annual conference of the Medical Section at the Goetheanum from 14–19 September 2021!** If we celebrated the 100th birthday of Anthroposophic Medicine in 2020, this year's annual conference with the title "**Human and Planetary Health – The Responsibility of Medicine for People and Nature**" will be devoted to the big birthdays of our therapeutic movement: **anthroposophic pharmacy, eurythmy therapy and the hospital impulse celebrate their 100th birthday.**

How do we deepen our understanding of how substances work in the human being and of the pharmaceutical processes required to this end which "dissolve elements into happenings", producing the ac-

tion of becoming out of finished substance? This is the key question of **anthroposophic pharmacy.**

Eurythmy **therapy** seeks to understand the action of vowels, consonants and words and the relationship between the spirit active in the world of substance and these logos forces at work in the sounds. There are a growing number of academic studies on the therapeutic efficacy of eurythmy therapy. One large study, funded by the German Federal Ministry of Education and Research, on "Tai Chi and eurythmy therapy in fall prevention" in the elderly is currently being conducted under unusual, i.e. partially virtual, conditions (<https://www.uniklinik-freiburg.de/entaier-study/studienbeschreibung.html>).

The therapeutic forces of Anthroposophic Medicine were given their own "building" at an early stage

already – the Clinical and Therapeutic Institute, now Klinik Arlesheim, founded by Ita Wegman. In direct proximity to and in spiritual connection with the Goetheanum as the house of the word, this hospital started its work in June 1921. The **hospital impulse** has a turbulent century behind it and in the last two decades in particular has had to cope with considerable challenges. Now hospitals and anthroposophical departments have come about which have each developed their own profiles on the basis of Anthroposophic Medicine, created connections with university medicine and research, training and teaching, created new forms of institutional togetherness, networked with other hospitals and outpatient settings, and deepened the therapeutic impulses. During the annual conference we want to create opportunities for encounter and reciprocal learning in order thereby to contribute to the hospital impulse starting its new century with much energy.

Medicine requires not just professional skills but just as much ethical and spiritual development. After all, the question of what is "good" for the patient is not a scientific one but essentially a moral one. In this respect, following the specialist conferences of the annual conference, we will concern ourselves with the meditative path of knowledge of the therapist. This path precedes the universally human path of development of the School of Spiritual Science, the Michael School, and leads to the ethical development of the art of healing, that is the meditative path of knowledge of the therapist connected with the being of Raphael.

Alongside the two parts of the specialist conferences and the conference of the School of Spiritual Science, **a third part of our annual conference this year is devoted to multiprofessional collaboration.** An art of healing can only develop through the interaction of the world and the macrocosm. The recovery of the human being requires the healing forces of nature, of the earth. We require a system of "medicine that takes responsibility for people and nature" in the sense of "human and planetary health". This conference topic leads us directly to the current challenges threatening the health of people and the earth. It enquires into the helping contribution which a system of medicine inspired by anthroposophy can make.

We very much look forward to seeing each other again at the Goetheanum. Many impulses for the future have grown out of the last conference on the 100th birthday of Anthroposophic Medicine: about 40 contexts in which young people are working together have arisen worldwide and continue the work of the previous Young Medics Forum in a new and evolved shape. The fruits and impulses of this work all over the world will flow into the annual conference. But we will also attempt to stay in contact with all those who cannot travel to Europe this year.

The pandemic meant that we had to move the early years conference to 15–18 June 2022. On **7 May 2021, a series of five online contributions started which will concern themselves into June with the topics of pregnancy and early childhood with reference to the current challenges in the pandemic.** The mostly dialogue-based contributions come from international speakers in Africa, the USA and Europe; they can also be called up retrospectively if people register at a later time (<https://MedSection.goetheanum.org/en>).

It was possible for the **IPMT (International Postgraduate Medical Training) to take place in Thailand** in the week from 20–26 April 2021. The majority of the 50 participants gathered at the conference location in Bangkok, another group participated online. A powerful and beautiful final session made clear how much initiative and love was poured into this IPMT by the organisers around Dr Kan-anek Kaewthaweesab. Appropriately for the challenges of our time, the focus was on the mental development of people, on topics such as anxiety, sleep disorders and depression. Albert Schmidli provided a Goetheanistic view of the metals and planets, tone eurythmy could be experienced, external applications in palliative medicine and a workshop on eurythmy therapy communicated practical therapeutic knowledge. More and more doctors in Thailand are also active in the field of mistletoe therapy for patients with cancer.

Apart from the activities at the Goetheanum, intensive anthroposophical medical work is taking place in many countries: in **Spain, FECISA is being founded this summer as an umbrella association of the anthroposophical medical therapies;** in **Britain, two new Medical Section coordinators have started work;** similarly in **Brazil.** The **English Training in Anthroposophic Medicine in Britain,** as an English-language medical training, is largely being held online and has found very interesting, interactive forms (<http://www.emerson.org.uk/anthroposophic-medicine>). **Colombia is organising monthly online seminars on topical medical subjects** which place themselves in the context of the IPMT training (<https://www.admac.com.co/eventos/>) and in which experts both from South America and also from Europe are involved, thus enabling important interchange. A **pharmaceutical training is starting this year in three places** (Thailand, Poland/Russia and Peru). In the **USA,** the results of the oncological training there are being compiled in an **English-language publication on anthroposophical oncology.**

The work of IKAM as the coordinating group of the Medical Section has been strengthened. We are very pleased that **Gudrun Rehberg has joined the Coordination of Anthroposophic Body Therapies!** A very warm thank you goes to her predecessor, Conrad

Lorenz, who unfortunately had to end this work. Our good wishes go with him as well as to the newly established Coordination of Body Therapies with Elma Pressel and Gudrun Rehberg!

In the **Goetheanum Leadership we are working on the challenges of the present time**. They require the different sections of the School of Spiritual Science to work together because only by doing so can sufficient forces and helping impulses arise. In different formats, **contributions, discussion and conversation forums** are made available on Covid-19 and the vaccination problem, on the restrictions of basic rights, on attacks on anthroposophy, on the importance of art and on ethical as well as spiritual points of view (<https://www.goetheanum.tv/leben-und-gesellschaft>). The battle of cosmic powers with human forces in the human soul mentioned in the **Whitsun verse** – which introduces this newsletter – is expressed in the events of our time and needs "keys" for the realities of life. They consist of the **individual development of the human being which – and this is a central Whitsun motif – leads to community building**. This is connected with a spiritual being that reaches beyond the angel of the individual human being and can become effective through it.

With warm greetings near and far!

*Matthias Girke and Georg Soldner*

## NOTICES

**National register on dealing with Covid-19:** Our colleague Prof Harald Matthes and his epidemiological research group have succeeded in setting up a register study at Berlin's Charité hospital. The register is intended to help compare: people without Covid-19 vaccination, with Covid-19 vaccination, adverse reactions to the vaccination, people with Covid-19 infection or illness, as well as the occurrence of long Covid and the question of immunity through vaccination versus natural immunity. Only a broadly-based register will make it possible to come to a subsequent assessment of various strategies and vaccines. The register has been examined with regard to data protection law and approved by the Ethics Committee of the Charité. It is aimed at all citizens in German-speaking countries, regardless of whether they have already contracted Covid-19, are unvaccinated or vaccinated, so anyone aged 18 or over can take part. The survey (in German) can be accessed via the following link: <https://sozmed.charite.de/redcap/surveys/?s=FL3MD-D8KFR&l=2>

**Children and coronavirus – the "Here you can thrive!" campaign:** In view of the consequences of the COVID-19 pandemic for children, the "Pregnancy, Birth and Early Childhood" working group (CARE I) of the Medical and Pedagogical Sections would like to put down a marker. Because children need reliable spaces for development at this time in particular. Read the article on the basic principles by our paediatricians Dr Christoph Meinecke and Dr Karin Michael – with many tips on the question "What can we currently do for the welfare of our children?" – here: <https://www.anthromedics.org/PRA-0979-EN>.

The poster about the campaign (in German and English) can be printed out via the following link: [https://www.goetheanum-paedagogik.ch/fileadmin/paedagogik/News/EN-Here\\_you\\_can\\_thrive.pdf](https://www.goetheanum-paedagogik.ch/fileadmin/paedagogik/News/EN-Here_you_can_thrive.pdf). There are also files available for download to print buttons and stickers, also in German and English ([https://medsektion-goetheanum.org/fileadmin/user\\_upload/sec/Bestellformular-Here-you-can-thrive.pdf](https://medsektion-goetheanum.org/fileadmin/user_upload/sec/Bestellformular-Here-you-can-thrive.pdf)). For kindergartens, daycare centres, therapeutic facilities, doctors' surgeries – and parents!



**"Imago Proxima Centauri" founded in Milan/Italy:** Our medical colleagues Dr Laura Borghi and Dr Daniele Nani are co-founders of the new "Imago Proxima Centauri" association. The trigger was "the worrying pandemic scenarios and an accelerating move towards an era increasingly dominated by abstract thinking and algorithms". The main purpose of the association is "the renewal of biology, which until now has been largely dependent on the paradigm of physics. Only a qualitative biology, capable of capturing the essence of life, can help medicine move beyond the domain just comprising quantity and statistics, which has increasingly replaced the category of the human being. An epistemology and phenomenology as developed by Goethe and Steiner are the basic tools for this. The association will promote training seminars, studies and research in this direction which we consider to be fundamental for the proper development of a medicine centred on spiritual science". Contact: [imago.p.centauri@gmail.com](mailto:imago.p.centauri@gmail.com)



**"Initiative for Goetheanism" founded in Ulm/Germany:** The new association comprises pharmacists and biologists and offers basic training in Goetheanism. The first module will take place in Stuttgart from 23–26 September 2021 on the subject: "The metamorphosis of the plant – ways to developing living thinking". Further information and contact: <https://www.anthrobotanik.eu/ausbildung/initiativ-f%C3%B-Cr-goetheanismus/>

**Statement from the Palliative Medicine Working Group of the Medical Section:** The CARE V Working Group has published a statement on voluntary euthanasia. The background to it is that increasing numbers of countries are liberalising assisted suicide and active euthanasia through legal regulations. What is the position of Anthroposophic Medicine in this regard and what can it set against such a development? Read the statement on Anthromedics: <https://www.anthro-medics.org/PRA-0981-EN>

**Remembrance – on the 100th birthday of the physician Hans-Heinrich Engel:** Hans-Heinrich Engel was born in Germany on 29 July 1921. After studying medicine, he found his way to Anthroposophic Medicine via homoeopathy. From 1951 until his early death in 1973, he was active in the Camphill movement as a close associate of Dr Karl König. He not only possessed great knowledge but also had a wealth of creative and therapeutic ideas. In addition to medicine and music therapy, his affectionate interest was devoted to the children at Camphill for whom he himself developed the most effective music for therapy. This led to the significant lectures on "Musical Anthropology" which Engel gave in various countries and conferences and which are published in the Persephone series of the Medical Section at the Goetheanum.

## RESEARCH

Ben-Arye E, Portalupi E, Keshet Y, Bonucci M, Can G, Kading Y, Samuels N, Livas M, Gressel O, Silbermann M, Breitkreuz T. *Enhancing Palliative Care With Mindful Touch: Impact of a Manual and Movement Therapy Training Program in an International Multidisciplinary Integrative Oncology Setting*. Journal of Pain and Symptom Management 2021;61(2):229-236. DOI: <https://doi.org/10.1016/j.jpainsymman.2020.08.004>

Ehrler P, Warning A, Schneider K, Helmert E, Stiller S, Vagedes J, Weißkircher A. *Die Wirksamkeit der heileurythmischen Therapielautreihe TSRMA bei allergischer Rhinopathie – Eine qualitative Inhaltsanalyse nach Mayring*. Der Merkurstab 2021;74(1):37-44. DOI: <https://doi.org/10.14271/DMS-21307-DE>

Michalsen A, Jeitler M, Kessler CS, Steckhan N, Robens S, Ostermann T, Kandil FI, Stankewitz J, Berger B, Jung S, Kröz M, Büssing A. *Yoga, Eurythmy Therapy and Standard Physiotherapy (YES-Trial) for Patients with Chronic Non-specific Low Back Pain: a Three-Armed Randomized Controlled Trial*. Journal of Pain 2021 Apr 20;S1526-5900(21)00208-X. DOI: <https://doi.org/10.1016/j.jpain.2021.03.154>

## RECOMMENDED LITERATURE

Rudolf Steiner: *Eurythmy as Visible Singing*. CW 278. Forest Row 2020.

“The focus of these eight lectures is the source of movement and gesture in the human being. Movement in musical experience is thus traced back to its origin in the human instrument itself. Like the degrees of the musical scale, Rudolf Steiner leads his select audience of young artists through eight stages, focusing on the living principles of discovery and renewal.”  
(Rudolf Steiner Press)

Rudolf Steiner: *Macrocosm and microcosm. The Greater and the Lesser World. Questions Concerning the Soul, Life and the Spirit*. Forest Row 2021.

“Steiner discusses the various paths of self-development that lead across the threshold to spiritual dimensions, transforming human soul-forces into organs of higher perception. In future we will even have the capacity to evolve a form of thinking that is higher than the intellect – the thinking of the heart. The volume includes an introduction, notes and index.”  
(Rudolf Steiner Press)

## EVENTS & DATES

**3–5 June:** Medical conference in the Rudolf Steiner Halde at the Goetheanum, Dornach/Switzerland: Let the body be like the I – on the nature of the immune system. For interested physicians. Contact at [www.haldetagung.ch](http://www.haldetagung.ch)

**4–6 June:** Conference of the School of Spiritual Science on pastoral medicine: Pastoral medical support for trauma and depression. Havelhöhe Community Hospital, Berlin/Germany. Programme: <https://med-sektion-goetheanum.org/en/events-conferences>

**10–11 June:** Paediatric Integrative Medicine, Virtual Congress. Organised by: Centre for Integrative Paediatrics, Department of Paediatrics, Fribourg Hospital HFR, Fribourg, Switzerland, in collaboration with the

Swiss Society of Paediatrics, the Swiss Academy for Psychosomatic and Psychosocial Medicine, and BBS Congress. Programme & registration: <https://bbscongress.ch/2021/sgp-2021-1>

**11 June, from 20.00:** Dialogue-based online event: "Screen-free till three" – Growing up healthily with the digital world with tips for parents. Pia Doegl in conversation with Silke Schwarz and David Martin (German with translation). Discussion in small groups: 16 June at 08.00 and 18.00. To book: Media library of the Medical Section (<https://medsektion.goetheanum.org/en>)

**18 June, from 20.00:** Dialogue-based online event: "Assurance, inner calm, cheerfulness – how do we find the inner resources that the small child expects of us". Philipp Reubke in conversation with Nomathemba Tindlini (English with translation). Discussion in small groups: 23 June at 08.00 and 18.00. To book: Media library of the Medical Section (<https://medsektion.goetheanum.org/en>)

**7 August, 09.00–12.00:** 3rd unit of the 2021 annual online cycle of the Anthroposophical Art Therapies: Nevertheless and absolutely – We carry on! With and

without anxiety – together! All four units are available on registration until the end of 2021. Booking and programme: Media library of the Medical Section (<https://medsektion.goetheanum.org/en>)

**3–5 September:** In collaboration with the Section for the Literary Arts and Humanities: Experience of the senses and experience of the I. "Rudolf Steiner's teaching about the senses and Anthroposophy. A Fragment". Programme and registration: [https://ssw.goetheanum.org/fileadmin/ssw/2021/Fragment\\_III/90-goetheanum-antroposophie-ein-fragment\\_2021-02-22-1-screen.pdf](https://ssw.goetheanum.org/fileadmin/ssw/2021/Fragment_III/90-goetheanum-antroposophie-ein-fragment_2021-02-22-1-screen.pdf)

**14–19 September:** "Human and Planetary Health. The Responsibility of Medicine for People and Nature". International annual conference of the Medical Section on the topics of ecology, sustainable medicine, health of the planet and human health. Programme to follow shortly at <https://medsektion-goetheanum.org/en/events-and-conferences/>.

#### Our calendar of events

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