



Newsletter of the Medical Section

Christmas 2021

For the consciousness soul, which first receives the element of intellectuality,
is strengthened by allowing true love to enter into this,
the coldest element of soul.
And the warmth of true love is there in its highest form
when it goes out to the Jesus child
who appears on earth during the cosmic initiation night.

Christ works in absolute freedom in the calculable element,
and in this way He renders innocuous the Ahrimanic which craves
for the calculable alone.

Rudolf Steiner: "A Christmas Study: The Mystery of the Logos"
and "Heavenly History – Mythological History –
Earthly History. The Mystery of Golgotha".
In: *Anthroposophical Leading Thoughts.*
Anthroposophy as a Path of Knowledge.
The Michael Mystery. GA 26, Forest Row 1973.



From left to right: Concentrated listening during the school doctors conference in the Schreinerei hall; screenshot: art therapy work during the online Anthroposophic Conference Malaysia 2021; after a one-week online unit at this year's IPMT in Colombia, there was another week of face-to-face professional development courses – here the anthroposophic nursing group.

Dear Co-workers and Friends of the Medical Section,

We send you heartfelt blessings for the coming Christmas season and hope that this quiet time "between the years" will give rise to good forces for the new year! Current events with their different impacts in different countries challenge us to look anew at the forces of healing and development in the human being, cultivate our relationship with the other person, and deepen our connection with nature and the macrocosm. Rudolf Steiner characterises this moment in human history and the festive season associated with it in two contributions at Christmas 1924 (for the source see opening quotation). In a special way they bring to consciousness the polarity between cosmic warmth and the cold ahrimanic hatred "of all that unfolds in freedom", between the uncalculable essence of freedom and the earthly calculable world of "dimension, number and weight".

In times of the Covid-19 pandemic we encounter this force dynamic to an increased extent. Many peo-

ple and many of us currently experience in politics and society a degree of hatred for individual freedom that is difficult to bear. In western and central Europe in particular, this comes to expression in caustic journalistic attacks on anthroposophy and Anthroposophic Medicine. But the opposite trend, which only emphasises the freedom of the individual and "cannot reconcile itself with anything that is calculable" leads not uncommonly to sweeping and derogatory judgements about those who think differently.

In this tension it is essential for us to connect inwardly with Michael: "He stands with his own being in the uncalculable; but he brings about the balance between the uncalculable and the calculable." The power of our own I as a spiritual being, human freedom, lives in the uncalculable.

At the same time, the earth is given to us in dimension, number and weight as the substance to be cared for and transformed in full respect of its calculable

laws. And this is also true for medicine: in every patient – and all of us are also patients – the laws of destiny meet with the developing individuality which – like a developing child – must be understood, supported and strengthened. For karma is not something unchangeable, which has human beings irrevocably at its mercy, but it can be shaped by them.

Accordingly we encounter in the pandemic on the one hand the typical, supra-individual nature of the disease, the destiny of our time, and on the other hand the individual human being in resilience and in the confrontation with the disease. Anthroposophic Medicine has shown itself to be a powerful help in the pandemic, both in the treatment of Covid-19 and Long Covid patients, as well as in the prevention and, if necessary, the treatment of vaccination side-effects.

Sustainability as a *leitmotif* of Anthroposophic Medicine

Let us not forget that today seventy percent of all people worldwide die as a result of chronic, non-communicable diseases,¹ which can be alleviated or cured mainly through a change in lifestyle, diet and active exercise and through medicinal and non-medicinal treatments that stimulate the self-regulatory capacity. We can also say: through strengthening the I. Experience shows that such changes succeed above all when they are accompanied by inner soul and spiritual change processes. We can characterise Anthroposophic Medicine in this context as an impulse in medicine to apply the idea of sustainability to body, soul and spirit in a practical way: accompanying the child educationally and medically in such a way that the focus is on their lifelong physical health and, above all, to prevent chronic diseases; strengthening the soul life in youth and middle age and in doing so including therapeutically the experience of art, artistic therapies and eurythmy therapy to a greater extent; also stimulating the spiritual life in adults and the elderly to undertake regular inner exercise, meditative practice and an active, consciously conducted approach to health and illness which enables a meaningful orientation beyond the threshold of death.

The burden of chronic diseases today threatens to become as crushing globally for future generations as the climate crisis. In both respects, effective preventative practice is becoming increasingly urgent. The critical field of prevention in the twenty-first century is chronic, non-communicable, non-vaccine-preventable diseases. As we pass through the vale of the Covid-19 pandemic, we should together focus on how we can

make our contribution to the most important health challenge of the twenty-first century and anchor it in general awareness. After all, it is this sustainable orientation which Rudolf Steiner gave to Anthroposophic Medicine – as he did to Waldorf education and biodynamic agriculture – from the very beginning.

News in brief from the Medical Section

Anthromedics, our specialist portal with numerous contributions on current practice topics and the basics of Anthroposophic Medicine, is **now available in three languages**: English, German and Spanish (<https://www.anthromedics.org/>). Special thanks are due to our research associate Dagmar Brauer in this regard.

Also trilingual and continuously updated is our **website on mistletoe therapy** (<https://www.mistel-therapie.de>), which we had already referred to in the last Newsletter – so two important and extensively informative websites are now available as sources of information also in Spanish.

In October, the second of the five-year **IPMT (International Postgraduate Medical Training) courses was held in Colombia** with great success, the atmosphere was very warm and the people in training very committed. Also in October, the **International School Doctors Conference** was held at the Goetheanum; the main topic was the practice of school medicine in Waldorf education under the current challenging conditions. In addition, the successful **2021 online cycle of the anthroposophical art therapies** also came to an end in October: the subject of anxiety and fear was dealt with in several online events with lectures by various specialists, supported by work on the topic alone or in groups in the interim.

At the end of October 2021, a **working group on anthroposophic rheumatology** was formed. In addition, the **working group of surgical subjects (surgery, ENT, gynaecology, anaesthesia)** will be constituted at the Havelhöhe Hospital in Berlin in January 2022. Interested physicians who would like to attend the in-person meeting can still contact Claudia Holtermann in the Section's secretariat (info@medsektion-goetheanum.ch).

An impressive example of excellent organisation and broadly based communication of anthroposophical content was on display at the **Anthroposophic Conference Malaysia from 7–14 November 2021**: about 1500 people from various Asian countries took part in the virtual conference and were able to attend lectures and working groups in the fields of medicine, education and agriculture, among others.

In India, a **five-year training course in Anthroposophic Medicine** based on the IPMT will start from **14–20 December** at its own initiative (https://ipmt.medsektion-goetheanum.org/files/PDF/en/Brochure_Final.pdf).

¹ <https://www.who.int/news-room/fact-sheets/detail/non-communicable-diseases>

From 15–18 June 2022, the **International Early Childhood Conference "The Dignity of the Child"** (<https://www.goetheanum.org/en/the-dignity-of-the-child>) will take place with Michaela Glöckler and international experts from paediatrics, education and obstetrics – we are pleased to announce it and hope that by that time the Goetheanum will be largely accessible again from all parts of the world. This also applies especially to our forthcoming **annual conference "The heart around us – the importance and meaning of the therapeutic community"** which is planned for 13–18 September 2022.

We would like to introduce Sonja Burger, **who has joined the conference organisation** of the Medical Section. Alongside François Bonhôte she has been responsible for the success of our conferences in the various formats since mid-October. We welcome Sonja Burger as a new member of the team and look forward to our continuing work together.

Matthias Girke and Georg Soldner

NOTICES

Specialist Anthromedics portal integrates Spanish language page: With immediate effect, Spanish translations are available on www.anthromedics.org in the "Practice" and "Basic Concepts" sections. Around fifty percent of the specialist contributions published so far in German and English have been translated; additional texts are being added on an ongoing basis. Use the language selection at the top of the homepage – and take a look at the website every so often. We think you'll find it worthwhile. Feedback welcome to d.brauer@anthromedics.org.

<p>Recomendaciones prácticas interdisciplinarias</p>  <p>Aquí encontrará las descripciones interdisciplinarias Best Practice de los cuestionarios terapéuticos desde embarazo y nacimiento hasta medicina paliativa.</p> <ul style="list-style-type: none"> • Embarazo • Nacimiento • Niñez temprana • Enfermedades infecciosas • Enfermedades psíquicas • Oncología • Medicina paliativa 	<p>Bases de la medicina antroposófica</p>  <p>Aquí encontrará las descripciones básicas de la medicina antroposófica como también una introducción a la imagen del ser humano y el amplio espectro de los conceptos terapéuticos antroposóficos.</p> <ul style="list-style-type: none"> • Medicina antroposófica • El paciente en el centro • La imagen del ser humano y la comprensión de la enfermedad • Remedios y terapias • Farmacopea antroposófica
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Podcast on vaccination freedom of choice: The Goetheanum has published a first podcast: the editor-in-chief of the weekly *Das Goetheanum*, Wolfgang Held,

spoke with Georg Soldner about the subject of vaccination freedom of choice on 7 October 2021. It is available (in German only) at: <https://goetheanum.co/de/nachrichten/georg-soldner-zur-freien-impfentscheidung>.

Tankred Stöbe receives Federal Cross of Merit: Dr med Tankred Stöbe, emergency physician at the Havelhöhe Community Hospital Berlin/DE and active with Doctors Without Borders, who most recently reported on his work in Afghanistan during the annual conference of the Medical Section, has received the "Cross of Merit with Ribbon" of the Federal Republic of Germany, for which we congratulate him warmly! In 2016 he had already been awarded the Paracelsus Medal, the highest award of the medical profession in Germany – representing all physicians who volunteer to provide emergency aid worldwide.

Introductory course in Anthroposophic Medicine at Colombian private university: Thanks to the efforts of the Colombian anthroposophic medical association ADMAC, the respected private university Universidad de los Andes in Bogotá/Colombia will offer an introductory course in Anthroposophic Medicine (AM) for interested medical students from February to early March 2022. Under the title "Humanism in clinical practice – a perspective from Anthroposophic Medicine", lecturers such as Matthias Girke and Jorge Vega will span a thematically wide arc covering the history and also the future importance of AM, the schooling path as much as different forms of therapy or specialties such as gynaecology and palliative medicine.

Interdisciplinary training in Anthroposophic Medicine in France: From February 2022, a new training course in Anthroposophic Medicine will begin for physicians of all specialties, midwives, pharmacists, nursing professionals and members of other health care professions in France, organised by IFEMA, I-Dentités, AFERPA and "à la Croisée des Chemins". It will deliberately focus on the interdisciplinary approach. The face-to-face training is based on a one-year common basic course for all disciplines which will then divide into different profession-related branches (two years for physicians and nurses, one year for the other professions). A special aspect in terms of the interdisciplinary orientation is that each participant will have the opportunity to take part in modules of disciplines other than their own. Due to the current situation, the first module may take place online. For more information see contact@ifema.fr. The complete training programme plus registration form are available at <https://www.ifema.fr/formation-base/>.

Abnoba GmbH and Carl Gustav Carus Institute united under one roof: After two years of construction work, the new building at Allmendstraße 55 in Nief-

ern-Öschelbronn/DE was occupied on schedule, despite the coronavirus pandemic and temporary lockdown. The climate-friendly new building is integrated into the site on which Johanneshaus and the Öschelbronn Hospital are also located with their freshly occupied new building. This means an enormous gain in work and development opportunities!



Photo: West side of the new building: to the left of the entrance Abnoba GmbH, to the right of the entrance Carl Gustav Carus Institute.

Clown Working Group: Anyone who works as a clown, for example in anthroposophical institutions and hospitals, is warmly invited to contact the Clown Working Group. Its purpose is to enable those working in the field of clowning or those interested in it to get to know each other, to exchange ideas and to meet for a seminar or a conference. Contact: sebastian.juengel@goetheanum.ch

Growing interest in Anthroposophic Medicine in South-East Asia: A few days ago, the week-long Anthroposophic Conference Malaysia took place online with more than 1500 participants. How will humanity master the future? This was a key question and Anthroposophic Medicine, biodynamic agriculture and institutional and individual senior managers were asked to share in this format aids proven and to be develop – thanks to a lived spiritual-visual connection from person to person with success. The eight-minute video by Tan Dao and Pu Yu gives an insight: <https://youtu.be/KqX8dtgF-0g>.

In Memoriam: Our paediatric colleague **Eve Lagrange** (born 1928) crossed the threshold on 15 Oct. 2021. She worked in Berlin until her retirement and then moved to Unterlengenhardt. In retirement she intensively studied eurythmy therapy and attended the further training courses for doctors and their eurythmy therapists that the Stuttgart eurythmy therapy training course offered for many years. Later she moved to Stuttgart to the Nikolaus Cusanus House, was a reader and very involved both in the branch and in the Christian Community. Eve Lagrange was also closely associated with the Dornach pastoral medical work for many years. Our warmest thoughts accompany her.
(Irene Stiltz)

RESEARCH

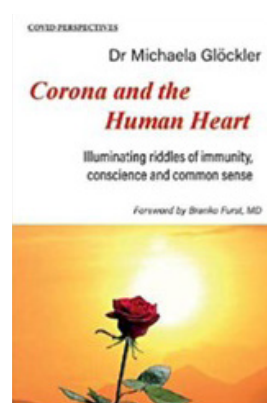
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RECOMMENDED LITERATURE



Michaela Glöckler: *Corona and the Human Heart: Illuminating riddles of immunity, conscience and common sense. Covid Perspectives*, 2. Foreword by Branko Furst, MD. InterAction 2021.

"This timely book represents a breakthrough in phenomenological research that will provide far-reaching insights not only to those who are prompted by the current pandemic to

ask deeper questions related to health and medical freedom, but also to all open-minded researchers in pursuit of bridging the mind-body divide." B. Furst, MD

Ueli Hurter and Justus Wittich (eds.): *The Spiritual Signature of our Time in the Era of Coronavirus*. Forest Row 2021.



"What can we read in the fast-moving events of recent times? Is there a theme – a spiritual signature – that should be recognized and understood?"

Following on from the book of essays *Perspectives and Initiatives in the Times of Coronavirus*, key figures from the School of Spiritual Science at the Goetheanum assess critical societal issues in a series of

striking lectures. In the context of the continuing Covid-19 pandemic, the speakers address questions such as: 'Are we making a religion out of science?', 'How is our behaviour mirrored in the ecosystem?' and 'What effects do inner work and meditation have on the healing powers of the human being?' Offering scientific, artistic, historic and sociological viewpoints, their research is based on expert knowledge and practice in various disciplines such as medicine, agriculture and education. Uppermost in their analysis, however, is the spiritual dimension of the human being. The book also deals with misrepresentations and misinterpretations of anthroposophy." (Rudolf Steiner Press)

EVENTS & DATES 2021 & 2022

From 14 December: Training of Physicians in Anthroposophic Medicine. The Anthroposophic Medical Society – India Chapter in collaboration with the Medical Section at the Goetheanum. 5 yrs training course toward certification. Interested people can send their inquiries to Dr Veera Panch, +91 9840611144, veera-panch@gmail.com.

7–9 January: Discussion on and exploration of criteria, approaches to and methods of healing in collaboration: interdisciplinary workshop meeting from the specialist areas of the art therapies and medicine at the Goetheanum/CH. Because of the format, the number of participants is restricted to eighty. Programme and registration at: <https://medsektion-goetheanum.org/veranstaltungen>.

From 26 February: "Un viaje fenomenológico por el cosmos y los procesos de los metales planetarios a la luz de la antroposofía." [A phenomenological journey through the cosmos and the processes of the planetary metals in the light of anthroposophy]: Pharmacy seminar in eight online meetings with the Swiss pharmacist Albert Schmidli for all those working in Anthroposophic Medicine, Waldorf education and bio-

dynamic agriculture. The units are thematically related to each other, but can also be watched independently. The meetings will be translated into Spanish and Portuguese. Information at <https://programasofiaforma.wixsite.com/medicinantroposofica>. Contact: programasofiaformacion@gmail.com

4–6 March: Studying and Addressing LIFE in Medicine. Anthroposophic Medicine Research Congress. Congress on concepts, research methods and implementation in clinical practice at the Goetheanum/CH (event in English). Programme to follow. Invitation and further information at: <https://medsektion-goetheanum.org/en/events-and-conferences>.

From 18 March: Start of part-time training in Anthroposophic Medicine at the Havelhöhe Medical Seminar in Berlin/DE. The training is a self-contained course with 13 blocks to September 2024. Course leaders: Dr Marion Debus, Dr Jan Feldmann, Dr Matthias Girke. Admission requirement is the commencement of medical studies. Details on content and time as well as registration at <https://www.akademie-havelhoehe.de/angebot-details/aerzteseminar.html>.

15–18 June: "I feel good in your eyes." How do trust, warmth and autonomy arise in the interaction between adult and child? International Early Childhood Conference at the Goetheanum/CH. Programme and online registration at: <https://www.goetheanum.org/en/the-dignity-of-the-child>.

13–18 September: Save the date: International annual conference of the Medical Section "The heart around us – the importance and meaning of the therapeutic community", Goetheanum/CH. Programme to follow.

Our calendar of events

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