

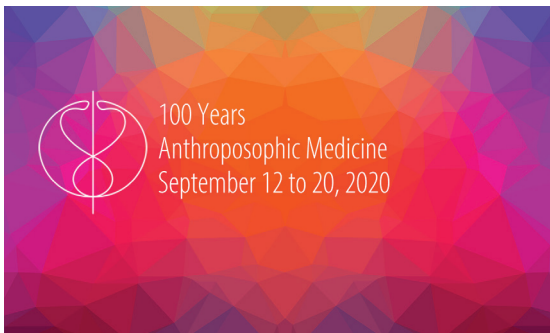


## Newsletter of the Medical Section

At Easter time 2020

When from cosmic expanses  
The sun speaks to the human mind  
And joy from depths of soul  
Unites with light in seeing,  
Then from the mantle of the self  
Thoughts move to distant reaches  
And dimly bind  
The human being's essence to spirit existence.

Rudolf Steiner, GA 40, p. 23, Easter mood



From left to right: Advance notice of the international annual conference “Crossing Bridges—Being Human!” (12–20 September 2020); Giancarlo Buccheri (1950–2020); Magnolias at the Goetheanum.

### Dear co-workers and friends of the Medical Section!

The Easter festival this year fell in a peculiar time. The corona pandemic is leading to isolation and outer calm as it spreads worldwide. Numerous events of the Medical Section have had to be postponed, some even cancelled. On the other hand, many people have come together for inner reflective work and have studied, for example, Rudolf Steiner's first medical course or worked with meditative content.

Training courses and lectures are meanwhile being held as **webinars** (Web seminars) and reach many people in that way. The Easter conference devoted to the hundredth anniversary of Anthroposophic Medicine, organised by the Society of Anthroposophic Physicians in Germany (GAÄD), could not take place in the planned form either and was instead held as a two-day electronic symposium on 24/25 April. In the same way the Arlesheim Medical Training (CH) organised a webinar on infectiology which was very well attended by 150 people. And the participants of the English Training in Anthroposophic Medicine will not be able to carry out their next module together at Emerson College (GB) in May as planned either but will work together in alternative form in an interactive webinar.

Sadly, restrictions on travel and larger events means that the **International Early Years Conference on Pregnancy, Birth and Early Childhood** (10–13 June

2020) **has had to be postponed** by a year. The conference is planned to take place at the Goetheanum at Whitsun from **19–22 May 2021**.

During this time of the outer cancellation of many activities, a **retreat of the Goetheanum Leadership** took place at the Goetheanum from 31 March to 2 April 2020. It concerned itself with future-related topics and in particular the question of the living sphere – in June this will lead to agreed projects to lay out the thematic path of the coming period.

The central topic is the understanding, cultivation and support of life: how do we understand the earth as a living being and in this spirit work in the sections of the School of Spiritual Science? What are the consequences for agriculture, but also for an ecological change of direction in medicine and pharmacy? It became clear: science continues to explain life in terms of death. The physicist Niels Bohr pointed out as long ago as 1932 that an analytical science cannot understand life since as a consequence of its method it destroys the living entity to be investigated and thus loses life (Bohr, Niels: *Atomphysik und menschliche Erkenntnis*. Braunschweig 1985, p. 20. English: *Atomic Physics and Human Knowledge*).

When nature is observed with causal analytical thinking, it loses life. Abstract and “dead” thinking

carries the forces of death into nature. The world turns into what we conceive it to be and how we shape our relationship with it. In this sense we not only need an ecological change of direction in the life sciences but a new and deeper understanding of life and thus the etheric world. How can the living sphere be experienced and appropriately understood? How as a result do we also obtain a deeper understanding of the mode of action of our medicines and therapies? The latter often address the living organism's own activity – particularly clearly in procedures which are practised such as eurythmy therapy – and do not work “causally” such as antibiotics for example (justified as they might be in some cases). But “typical medicines” of Anthroposophic Medicine and potentised medicines with a regulatory effect are not adequately understood either with a quantifying and causal analytical method because their efficacy is substantially also dependent on the response of the organism and therefore requires an understanding of the living sphere.

The living sphere cannot be described by means of simple cause-effect relationships which determine the present from the past or align it teleologically in accordance with future goals. Life is realised in each moment in mutual interaction and resonance, in “reciprocal causal relationships” (Rudolf Steiner, GA 300b, p. 105).

A living example of this is the current course of COVID-19: not the virus alone but its interaction with the organism, the disposition of the infected person determine the course of the disease (which can even pass almost unnoticed). We are familiar with reciprocal causal relationships at a higher level from interpersonal encounters. Here we can sometimes perceive the reciprocal resonance as far as into our own body and experience how at the same time we change the other and are changed by them. This can show us how much we can do to help so that the encounter of a person with the SARS-CoV-2 virus, for example, currently circulating around the world, proceeds as far as possible in such a way that the disease takes a good course. Especially the maintenance of human relationships, good care and nursing at a human level – of course taking account of all necessary hygiene measures – can contribute to a good course! The complete isolation of a person, on the other hand, often has a weakening effect on the presence of their I and forces of resistance. An integrative, ecological system of medicine will with ever greater awareness pay attention to and study the resonance that is triggered in the patient by its therapies, nursing practice and the way it shapes the therapeutic relationship.

But in this way we also experience in us and the patients the connection between life and light, the vital, unconscious metabolic and immune processes on the one hand and the light of consciousness based in the nervous and sensory system on the other.

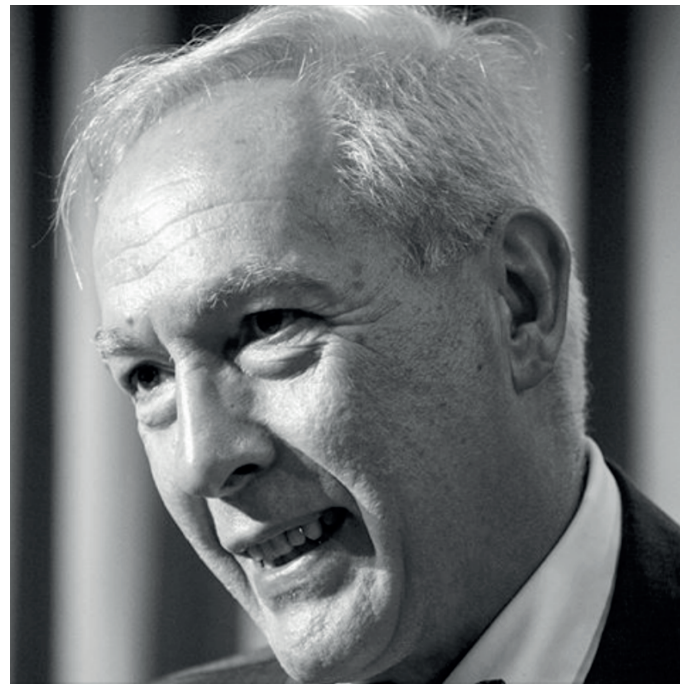
In the human, threefold organism, the transition from life into light occurs in the rhythmical system, particularly in the region of the heart. That in particular is why the heart is the central organ of our conscience, why we feel the centre of the presence of the I in our body to be the heart. Through the severe progressions of the disease which occur, the current pandemic directs our particular attention to the middle of the human being. Here an Easter mystery is written into the threefold organism which gives our work and our questions about the care of the living sphere their spiritual orientation.

*Matthias Girke and Georg Soldner*

## NOTICES

### Obituary:

**Dr med Giancarlo Buccheri (1 June 1950–7 April 2020)**



On 7 April 2020, Dr med Giancarlo Buccheri crossed the threshold after a severe four-week infection with COVID-19. After his medical studies in Turin, he worked at the Ita Wegman Clinic in Arlesheim (CH) from 1975 to 1977. He was a member of the first group of anthroposophical physicians in Italy. He translated the cycle *Introducing Anthroposophical Medicine*, with which Rudolf Steiner founded Anthroposophic Medicine, into Italian.

Giancarlo Buccheri's forceful will and his loyalty to anthroposophy shaped his work. He combined spiritual assurance, firmness and persuasiveness in a refined way with a sunny and subtle humanity informed by the soul and spirit. He led the Italian anthroposophical medical association SIMA for a long time as its

president. From 1991 to 2007 he was the president of the IVAA (International Federation of Anthroposophic Medical Associations) which he rebuilt from the bottom up as an organisation to secure the legal and political position of Anthroposophic Medicine. He put a face to this system of medicine in Europe and was able to win the trust of politicians, authorities, and partners in complementary medicine. In Italy he founded an umbrella association for complementary medicine and was its representative in the health ministry in Rome.

Giancarlo Buccheri together with colleagues was intensively involved in the work on the Vademecum of Anthroposophic Medicines and took care of its translation into Italian. After a number of years on the Weleda board of directors, he turned his attention in the last seven years of his life to setting up the “Fondazione Antroposofica Milanese”, the largest work centre for anthroposophy in Italy whose president he was.

Giancarlo Buccheri always combined Anthroposophic Medicine with anthroposophy in general and the School of Spiritual Science. He led the medical section in Italy for about twenty years. Last but not least, a work edited by and written with him was recently published: *Clinica medica antroposofica* (Edizioni Minerva Medica), the foreword to which might well be seen as his spiritual legacy.

**World conference to take place:** We firmly hope that despite major changes in external circumstances “Crossing Bridges – Being Human!” will take place at the Goetheanum from 12–20 September 2020. Visit our website for all the information and the opportunity to register online – we look forward to meeting you in person! <https://bit.ly/2KogHmi>

**Change in the Psychotherapy coordination team:** After several years of working together with Hartmut Horn, Ellen Keller is leaving as co-coordinator. She will shift her focus from work in international bodies to national bodies. The whole of the IKAM team is very grateful to her for her valuable development work in this specialist field! The Italian psychotherapist, art therapist and special needs teacher Giovanna Bettini will now support the coordinator and is warmly welcomed by IKAM.

**The specialist Anthromedics portal has current therapy recommendations available:** For dealing with infectious diseases:

<https://www.anthromedics.org/PRA-0551-EN>

For dealing with anxiety, pain, dyspnoea and oedema in palliative care:

<https://www.anthromedics.org/PRA-0561-EN>

**stART international team offers international social art programme:** “Challenging times” is starting with four different social art projects in more than twelve

different languages. The projects are an invitation to stabilise oneself through joyful and meditative artistic work at a time when anxiety and insecurity are taking hold everywhere. Information and registration at:

<https://sites.google.com/view/challenging-times/>

**Mistletoe therapy website in English:** As of 4 May 2020, most of the website on mistletoe therapy will be available also in English: [www.mistletoe-therapy.org](http://www.mistletoe-therapy.org). There is a new section (also on the German site: [www.mistel-therapie.de](http://www.mistel-therapie.de)) with scientific information about meta-analyses and reviews of mistletoe therapy: <https://bit.ly/3a9fxpb>

**Article by Georg Soldner, “Questions in the SARS-CoV-2 epidemic”:** Extract from the Academy Rundbrief newsletter of the GAÄD, April 2020 issue, on the subject of the corona pandemic:

## RESEARCH

Gerlach K, Baars E. *Dokumentation in der Heileurythmie: Strukturen, Fragebögen, Messinstrumente*. Der Merkurstab 2020; 73(2):77-85. DOI: <https://doi.org/10.14271/DMS-21202-DE>

Kiene H. *Das Gegenteil von Evidence-Based Journalism: Der MedWatch-Artikel zum »vermeintlichen Mistel-Wunder«*. Complementary Medicine Research März 2020. DOI: <https://doi.org/10.1159/000506391>

Kienle GS, Werthmann PG, Grotejohann B et al. *A Multi-Centre, Parallel-Group, Randomised Controlled Trial to Assess the Efficacy and Safety of Eurythmy Therapy and Tai Chi in Comparison with Standard Care in Chronically Ill Elderly Patients with Increased Risk of Falling (ENTAIER): a Trial Protocol*. BMC Geriatrics 20, 108 (2020). Download: <https://bit.ly/2ynaefK>

## RECOMMENDED LITERATURE

Michaela Glöckler (Ed.), Georg Soldner, Birgit Emde, Heide Tetzner: *Self Medication in Anthroposophic Medicine*. Wissenschaftliche Verlagsgesellschaft 2020. E-Book-Text (PDF), ISBN 978-3-804737488.

Alexander Schwedeler: *Fully Human. Being Fully Human in the Age of Artificial Intelligence*. SchneiderEditionen 2020. ISBN 978-3-943305517.

Rudolf Steiner: *Care for the Soul. Between Body and Spirit – Psychotherapy Founded on Anthroposophy*. Rudolf Steiner Press 2019. ISBN 978-1-855845633.

Rudolf Steiner: *The Bridge from the Physical to the Spiritual and Moral. Three lectures, given on 17., 18. and 19. Dec. 1920 in Dornach*. New edition. Verlag des Ita Wegman Instituts 2020. ISBN 978-3-906947433.