



## Newsletter of the Medical Section

Summer 2020

Devotion to the outer world that imbues us,  
that imbues our actions with thoughts,  
is nothing other than love.

Rudolf Steiner: "The path to  
freedom and love and their me-  
aning for world events", Dornach  
19.12.1920, in: *The Bridge from the  
Physical to the Spiritual and Moral*,  
Arlesheim 2020, p. 56.



From left to right: In *changed times* – the annual conference "Crossing Bridges – Being Human!" (12–20 September 2020); combination of drama and eurythmy in *Faust* (10–12 July 2020); livestream on Covid-19, organised by the IVAA and Medical Section (18 July 2020); cover of the English edition of *Perspectives and Initiatives in the Times of Coronavirus*, published in August, which brings together the different perspectives on the pandemic of the sections of the School of Spiritual Science at the Goetheanum.

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

How can we, how can humanity succeed in the future in building a bridge from the physical to the spiritual and moral – the central topic of the world conference of the Medical Section in 2020? We sense that "corona" urges us to make a new start so that morally there can be no return to the world "before corona"; so that our ideals form a vital basis and are guiding stars which give us inner orientation and strength to avoid falling back into thinking and actions which reveal their destructive consequences with ever greater openness.

#### How will we celebrate the anniversary of Anthroposophic Medicine?

The young preparatory group of our world conference is striving for a festival of inspired and inspiring community building. We are thankful that the development of Covid-19 in Switzerland has made it possible for our conference to take place in its entirety at the Goetheanum. For all those for whom the world situation has made it impossible to travel from their continent to Europe, to Switzerland, we are planning to stream the festive event on 16 September 2020 and additional individual elements by video stream. At the

same time we are keen for regional meetings to be held in these countries in parallel with the world conference, e.g. from Friday to Sunday (18–20 September), which also have as their topic the hundredth anniversary of Anthroposophic Medicine.

"Looking back towards the future" can pose the question: how has Anthroposophic Medicine developed in the respective country and how is it prospering? What future perspective are we striving for? Anthroposophy and Anthroposophic Medicine live out of cultivating the inner sources which enable us to have a spiritual understanding of the challenges facing us: be it in the social sphere or globally, or in the encounter with the human being in sickness needing care. Always it is about developing our own senses so we can grasp the being of the other, the essence of the historical situation so that by this means we develop inner vitality and are prompted to take the initiative ourselves.

Here modern community building inspired by the future and healing spiritual forces is a central task on which the growth as well as the effectiveness of Anthroposophic Medicine is crucially dependent.

How can we experience a common light, a common warmth, hearth warmth, both in meditation and in living encounter and collaboration? How can we organise such a festival in the Michaelmas period to inspire us and give us the strength, impulse and momentum for our tasks? We are asking ourselves these questions at the Goetheanum equally as they are being asked across countries on all continents.

We look forward to seeing you if it is possible for you to come and similarly to hearing from other countries about the initiatives developing there!

We have nevertheless postponed the performance of Beethoven's choral orchestral work, **the Ninth Symphony, for medical reasons, just as we are responsibly taking account of the health aspect in general.** Instead we will conclude our festive event on the afternoon of 16 September with the eurythmy performance "Strings of Light" by the Goetheanum Ensemble. It will include, among other things, the performance accompanied by eurythmy of two movements from the string quartet op. 132 by the composer: the final and middle movements; the latter is headed by the words "Sacred song of thanksgiving from a convalescent to the Deity, in the Lydian mode" – a unique work in the history of music. Other artistic contributions from creative speech, eurythmy and music will help to shape the conference. [The up-to-date programme for the week can be found on our website.](#)

So in a time of social distancing we are called upon to reinforce our inner calm and strength and, on the other hand, to cultivate and intensify our social connections to the extent possible. That is how we can emerge strengthened from the corona crisis.

We are pleased that we were allowed to reopen the Goetheanum as a conference and cultural venue with the medical conference on Goethe's *Faust*, "Crises, precipices and development. The human being and medicine today", from 10–12 July and that in September the world conference of the Medical Section will be the first major conference at the Goetheanum after lockdown. Covid-19 will feature in its content.

### "Perspectives and Initiatives in the Times of Coronavirus"

All the section leaders of the School of Spiritual Science joined together to publish a book (German title: *Perspektiven und Initiativen zur Coronazeit*) in just a few weeks in which they formulate perspectives and initiatives in the time of coronavirus. The **English translation** is due to be published by Rudolf Steiner Press in August under the title *Perspectives and Initiatives in the Times of Coronavirus*. The crisis of the present time requires initiatives across the sections. Thus it has become obvious that the modern intensive farming of game and livestock is morally indefensible, furthers

hunger on earth and endangers our health through the massive use of antibiotics and through stress-induced virus mutations which can jump to humans. We can respond to the call for a "one health" attitude to health only together with organic and preferably dynamic farming and the corresponding veterinary medicine. Only healthy farm organisms in which the livestock also occupy a dignified place are truly viable for the future. The same applies to the way we treat bees. Pesticides are the companions of modern monocultures, contrasting with healthy plant diversity and the corresponding care and breeding of seeds.

In these times we are learning to handle the Internet in creative ways. Here it is becoming apparent that it is our inner attentiveness which determines the extent to which we listen to one another over this medium, work together in it and can also speak about topics of spiritual experience. The English Training in Anthroposophic Medicine, the IPMT for Taiwan and China, and the current online further training on Covid-19, e.g. in Brazil and Germany, have learnt to use the Internet for their purposes in very different ways. More than 4000 people from 53 countries registered for the **further training on Covid-19 on 12/13 June 2020 provided by the German medical association GAÄD, the team from Klinik Arlesheim and the Medical Section.** It is likely to have been the largest anthroposophical medical further training event of the first 100 years of Anthroposophic Medicine in this regard.

A shorter, four-hour international [event on the same subject is being planned by the IVAA in collaboration with the Medical Section for 18 July 2020.](#)

[A basic five-year eurythmy therapy training will start at the Goetheanum in early October 2020](#) as part of which it will be possible to study eurythmy and eurythmy therapy at the same time from day one as well as obtaining the Goetheanum diploma and full professional recognition in Switzerland in both disciplines. With this pilot project the Medical Section is taking account of the desire to combine art and the art of healing more intensively in training. The training is addressed to everyone who from the outset is aiming to work in a therapeutic/preventive capacity as a eurythmy therapist.

With the **IPMT in Columbia in October 2020**, a new **five-year course to become an anthroposophical pharmacist is being prepared which will start in October 2021.** Two **further anthroposophical pharmacy training courses** will start in Thailand and Eastern Europe (Krakow and Moscow) in 2021. Albert Schmidli, Mónica Mennet-von Eiff (Weleda) and Annette Greco (WALA) form the core of this further training initiative.

## Reflection on the healing forces

In a unique way, Rudolf Steiner in his lecture of 13 October 1923 describes the interaction of the four archangelic beings over the course of the year. The centrepiece is formed by "the culmination of all healing truths about the human being" which he connects with the work of the Archangel Raphael. This is centred on the human breathing, including "what goes from the lungs to the heart and from the heart in turn through the whole of the blood circulation. [...] For all healing forces originally lie in the human respiratory system. And anyone who truly understands the scope of the breathing also knows the healing forces out of the human being" (GA 229, p. 74f.).

The time before corona was, seen globally, an ever more breathless time. We encounter many patients compromised in their breathing. If we want to give renewed vitality to the world, if we want to heal and work educationally, ecologically and socially in a healing way, it holds true for each one of us that we should consciously turn time and again to this source. At the same time we have to be conscious of our responsibility for the atmosphere which unites all ensouled beings on this earth; the atmosphere we create between us through the way we work together. In the mirror of the Covid-19 pathology we can learn to identify the healing forces in us, to cultivate them and act out of them.

*Warm greetings from Matthias Girke and Georg Soldner*

## NOTICES

**International Conference for Curative Education and Social Therapy at the Goetheanum from 5–9 October 2020:** specific topics of our the time require specific spaces for encounter. That is why this year we particularly want to invite you, as colleagues in the therapeutic and medical professions, to discuss education questions with us, the international community of inclusive social development workers. Be it inclusive, exclusive, in school or at the workplace – the connecting thought is that learning at various levels, in a wide range of areas, and with individual experiences is a vital process for the whole of life.

We have been able to attract important experts for the lectures spanning the arc from genetics to karmic learning. The working groups reflect the work fields at a practical level, offer debate about methodology and teaching methodology, and artistic and contemplative experiential spaces.

[You can find the complete programme on our website as well as a link for online registration.](#) Regis-

tration and cancellation are possible up to the start of the conference. Every registration gives us backing in our endeavour to make this conference, with its importance for the worldwide movement, possible.

We are aware that there is some uncertainty for many people at present as to whether or not they will be able to travel. As regards the regulations in Switzerland, by which the Goetheanum has to abide, they do currently appear to be quite stable which means that we are able to hold the conference. We would, however, ask you to keep checking the latest status on our website.

Internationale Tagung für Heilpädagogik und Sozialtherapie  
5.–9. Oktober 2020  
Goetheanum Dornach

International Conference for Curative Education and Social Therapy  
5th to 9th October, 2020  
Goetheanum Dornach

**Bildung – jederzeit!**  
Entwickeln, was in mir lebt  
und die Welt bewegt

Programm · Information:  
**inclusivesocial.org**

**Education – always!**  
Developing what lives in me  
and moves the world

Goetheanum · Freie Hochschule für Geisteswissenschaft  
Anthroposophic Council for Inclusive Social Development

We are examining together with the Goetheanum the extent to which it is possible for us to set up online provisions.

You are welcome to contact us if you have any further questions.

*Sonja Zausch, member of the leadership team of the Anthroposophic Council for Inclusive Social Development*

**Specialist information about corona and Covid-19 on the website of the Medical Section:** as a result of the great demand for an assessment of and recommendations for the corona pandemic and its consequences from the perspective of Anthroposophic Medicine, we have set up a page which we will keep updated: <https://medsektion-goetheanum.org/en/aktuelles/covid-19/>

**Multimedia documentation on the subject of Anthroposophic Medicine:** this reportage from the GESUNDHEIT AKTIV citizens' and patients' association, hitherto unique in its content and form, is the result of a major project on 100 years of Anthroposophic Medicine. Case histories illustrate vividly – using authentic examples of people who with the help of Anthroposophic Medicine have found an individual path through serious illness and life situations – what Anthroposophic Medicine is, wants to be and can do (website only in German): <https://anthroposophschemedizin.gesundheit-aktiv.de/>

**New website for Eurythmy Therapy International:** eurythmy therapy has given itself a new public presence with the relaunch of its website in German and English. Alongside notices about events and network addresses, information is provided for patients and those interested in training courses. The International Eurythmy Therapy Trainers Circle in collaboration with the Medical Section at the Goetheanum issues the diploma qualification for eurythmy therapists. Visit the website at <https://eurythmytherapy-medsektion.net/en>

## RESEARCH

Flaxman S et al. *Estimating the Effects of Non-Pharmaceutical Interventions on COVID-19 in Europe*. Nature 2020.  
Free PDF: [https://www.nature.com/articles/s41586-020-2405-7\\_reference.pdf](https://www.nature.com/articles/s41586-020-2405-7_reference.pdf)

Hamre HJ, Glockmann A, Marti J, Soldner G. *Mapping Physicians' Experiences with Medicinal Products from Whole Medical Systems: A Descriptive Analysis of the Vademecum of Anthroposophic Medicines*. Complementary Medicine Research 2020.  
Free access: <https://doi.org/10.1159/000507541>

Rogge AA, Baur I, Blettner G, Holtkamp U, Horneber M, Jahn P, Joos S, Keberle S, Kettelgerdes A, Klemperer D, Längler A, Voiß P, Weis J, Witt CM. *Defining Criteria for Guiding Cancer Patients to Find a Reputable Complementary Medicine Provider: Results of a Literature Review and a Consensus Procedure*. Patient Preference and Adherence 2020.  
DOI: <https://doi.org/10.2147/PPA.S230705>

Weinzirl J, Garnitschnig L, Scheffers T, Andrae L, Heusser P. *Splenic Rhythms and Postprandial Dynamics in Physiology, Portal Hypertension, and Functional Hyposplenism: A Review*. Digestion 2020.

Free access: <https://doi.org/10.1159/000507346>

## RECOMMENDED LITERATURE

Chantal Bernard, Janny Mager: *Color and the Human Being. Inspired by Johann W. von Goethe, Rudolf Steiner and Liane Collot d'Herbois*. Stuttgart 2020, ISBN 978-3-94330-557-9.

Rudolf Steiner: *The Aims of Anthroposophy and the Purpose of the Goetheanum. Eleven lectures, April 1923 – May 1924*, GA 84. East Sussex 2020, ISBN 978-1-85584-571-8.

## EVENTS & DATES

**12–20 September**, Annual Conference of the Medical Section at the Goetheanum: 100 years of Anthroposophic Medicine "Crossing Bridges – Being Human!", Goetheanum: <https://www.goetheanum.org/en/crossing-bridges-being-human>

**5–9 October**, International Conference for Curative Education and Social Therapy: Education – always! Developing what lives in me and moves the world, Goetheanum: <https://www.goetheanum.org/en/education-always>

**21–24 October**, International Conference on Creative Speech in Therapy and Education: "Action Research ...", Goetheanum: <https://www.goetheanum.org/en/conference-speech-therapy>

**24–28 October**, International Educational Support Teachers' and School Doctors' Conference: Child Health as a Basis for Lively Learning, Goetheanum: <https://www.goetheanum.org/en/international-educational-support-teachers-school-doctors-conference>

**26–28 November**, Colloquium: Anthroposophically Extended Pharmacy, Goetheanum: <https://www.goetheanum.org/en/anthroposophsch-erweiterte-pharmazie>