

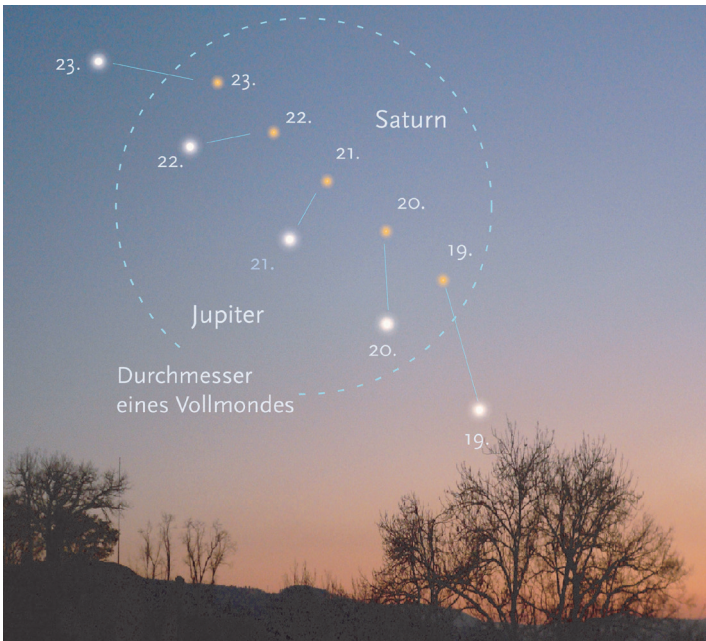


Newsletter of the Medical Section

Christmas 2020

Stars once spoke to human beings,
Their falling silent is cosmic destiny;
Awareness of the silence
Can cause pain to human beings;
But in the mute silence there ripens
What human beings speak to stars;
Awareness of their speech
Can turn to strength for spirit human being.

Rudolf Steiner: *Truth-Wrought Words*, GA 40, 25
December 1922, p. 107.



Jupiter and Saturn encounter one another on the western horizon in the evening of the winter solstice (21 December 2020) at an historically narrow angle. This great conjunction traverses the zodiac with a period of about 20 years. In 1921 it followed the "Spanish flu", in 2020 it is part of the macrocosmic environment of the coronavirus pandemic.

Dear co-workers
and friends of the Medical Section!

The year 2020, the anniversary year of Anthroposophic Medicine, the year of the Covid-19 pandemic, a year that has challenged us in many different ways, is drawing to a close.

Our Indian friends have taken the initiative of an **online conference** called "[One Health Asia-Pacific Anthroposophic Conference](#)" which they will carry out together with colleagues from education, agriculture and medicine from 18–20 December 2020. It will conclude a global series of events for the 100th birthday of Anthroposophic Medicine with contributions and participants from the whole of Asia, Australia and New Zealand as well as three keynotes contributed by the Goetheanum from Jean-Michel Florin (Section for Agriculture), Florian Osswald (Pedagogical Section) and Georg Soldner. The example of this initiative stands

for the great changes we have experienced and mastered worldwide this year.

The political response of most countries to Covid-19 has brought travel beyond the boundaries of continents to a halt. This situation has strengthened independent initiative in many places in the world. That was shown impressively by almost 60 regional events worldwide which were organised in connection with the world conference in September.

In many countries, conferences were only possible online any longer and all of us familiarised ourselves with the **medium of online platforms this year**. On the one hand, we experienced the effort this kind of communication requires, the risk of inner cooling. We missed the warm physical encounter, the hugs and the relaxed conversation. On the other hand this made

it possible to exchange views worldwide about the valuable treatment possibilities for Covid-19 offered by Anthroposophic Medicine and to optimise treatments, both in an inpatient and outpatient setting. Most recently, Prof Harald Matthes – from the Havelhöhe Community Hospital, which as a Berlin anthroposophical hospital has one of the largest intensive-care units for looking after the most seriously ill Covid patients, with about 20 on ventilators – was able to report the gratifying news that its mortality rate was half as high in comparison to the figures from the other hospitals in the capital. Covid-19 calls therapeutically for integrative medicine, and Anthroposophic Medicine has effective complementary therapy concepts at its disposal; precisely also because of its [external treatments](#) which can be used worldwide.

In the **field of oncology**, new paths were embarked upon in Israel under the direction of Eran Ben-Arye with the involvement of Rolf Heine to communicate care measures through digital communication as this was no longer possible in any other way. Hybrid events such as the American seminar on mistletoe therapy with the participation of Marion Debus, but also the video keynotes from Argentina, Britain and Australia at the world conference, show that physical conferences and digital communication are not mutually exclusive.

Online conferences cannot replace the real encounter between us. But they offer many people the opportunity of participation and sharing who through the circumstances of their lives do not have the possibility to take part in a conference physically. Such a contribution will continue to be important also in the future. Spanish- and Portuguese-speaking countries in South and Central America as well as regions of South-West Europe connected up in large online conferences. The **Colombian IPMT** was able to reach eleven South American countries and almost 170 participants. The six-day online course was perceptibly enlivened through work in small groups, artistic activities, instructed eurythmy carried out by everyone "at their own place", as well as by the morning reflections on Rudolf Steiner's Bridge meditation.

We hope that regional cooperation will now increasingly develop in the Asia-Pacific region as well. Something similar is in development for the Eastern European region where a **new multilingual IPMT cycle is in preparation in Slovakia for 2021** and the [Romanian online IPMT in English in December 2020](#) is also open to participants from several other countries.

An international medical training (**English Training in Anthroposophic Medicine**) started at Emerson College in England in February of this year and the further modules will be held virtually. The approximately 30 participants come from various countries around the world and between the modules continue working in small groups with mentoring support.

In the pharmaceutical field, **multi-year courses in anthroposophic pharmacy will start in the following regions**: in Colombia for the Spanish- and Portuguese-speaking countries, in Krakow and Moscow for the Eastern European region – which in Russia also forms a bridge to the Asian region – and in Thailand, near Bangkok, for the the Asia-Pacific area. Albert Schmidli, Mónica Menet-von Eiff (Weleda), who took over the office of IKAM coordinator for pharmacy this year, and Annette Greco (WALA) will lead and accompany these courses. It is becoming increasingly clear how much the rootedness of Anthroposophic Medicine in a country or region is dependent on the competent involvement of local pharmacists who are also capable of producing anthroposophical medicines extemporaneously.

The title **"One Health" of the Asia-Pacific Anthroposophic Conference** as well as the close collaboration with representatives from the Section for Agriculture and the Pedagogical Section, which is being joined by a growing collaboration with the Youth Section and the Section for Social Sciences, all stand for another important step in 2020. Covid-19 has made clear that the health of human beings and nature are mutually dependent and cannot be separated. A conference topic and format such as that of the Asia-Pacific Anthroposophic Conference in December is already taking this into account. The same applies with regard to the next **annual conference of the Section for Agricultural, "[Breathing with the Climate Crisis](#)" at the Goetheanum in February 2021** which will take place online. It is being prepared together with the Youth Section and the Medical Section is also involved.

It addresses an important factor – the **active participation of the young generation in the practice and development of anthroposophy in all fields of life**. The world conference in September provided us with a particularly impressive experience of the depth, commitment and strength with which the young generation was able to carry and prepare this gathering for over three years and in a worldwide situation as difficult as that of 2020 was able to organise a global festival of Anthroposophic Medicine. In this context new connections were made which will now be cultivated and developed. Sophia Wittchow has taken on the role of a coordinator for this in IKAM (International Coordination of Anthroposophic Medicine) for which we are very grateful. The year 2020 has shown how important and productive it is to give the young generation independent responsibility and a voice in Anthroposophic Medicine.

With the climate crisis in mind, **it is becoming increasingly apparent how much modern science requires the addition of spiritual science**, putting us in a position to give moral issues their proper weight out of a contemporary consciousness. The latter might

be summarised under the question: what kind of world do we want to hand on to following generations? To what extent do we want to make ourselves indebted to this generation even further by destroying the basis of its existence and how can we manage a sustainable turn towards a worldwide community of responsibility which asks itself the moral questions and transcends national and private selfishness? While economic forces and the intelligence of modern science are combining convincingly in the extremely fast progress in the development of new types of SARS-CoV-2 vaccines, the question is emerging with ever greater clarity as to how specifically medicine and pharmacy are themselves changing in the climate crisis. Currently they contribute 4.4% of all emissions harmful to the climate – more than air travel. Anthroposophic Medicine and pharmacy can also point to long experience in this field: to the number of environmentally harmful painkillers, hormones and antibiotics that can be avoided and the nature-based pharmaceuticals that can be produced regionally through, for example, biodynamic medicinal plant cultivation in such a way that the environment is vitalised instead of destroyed. Nick Watts, the chief sustainability officer of the British National Health Service – the largest employer in Europe – told the online symposium on medicine and the climate question of 7 November 2020 ("Zero Emission Hospital Havelhöhe – simply implementing the Paris Agreement regionally by 2030") organised by Christian Grah, director of the pulmonary department of Berlin's Havelhöhe hospital, that the National Health Service wanted to be climate neutral by 2040. He further said that the aim was to work together only with such hospitals and also pharmaceutical companies which were guided by such climate goals. It will be a question of our presence of mind that we set out clearly the opportunities offered by an integrative medicine in this dialogue between medicine and the ecological movement. Here Anthroposophic Medicine can find open interest.

After all, in 2020 **we should take Rudolf Steiner's very concrete references seriously that our inner equilibrium and our health are related to the cosmos.** On 7 April 1920, Steiner spoke in the 18th lecture – given to establish Anthroposophic Medicine – about the importance of the activity of the sun and the outer planets Mars, Jupiter and Saturn in connection with great pandemics. He was referring to the most serious pandemic in human history until then, the "Spanish flu", which primarily affected adults between 20 and 40 years of age and claimed many more fatalities than the First World War.

Precisely a year ago, on 16 December 2019, we witnessed a historic low of the sun's activity in the last 200 years – and associated with that a peak in the influence of cosmic radiation from outside our solar sys-

tem which can contribute to the destabilisation and mutation of viruses, something that, too, was predicted by certain virologists, also last year (cf. Wickramasinghe, N. C., Wickramasinghe, N. T., Senanayake, S.: [Space weather and pandemic warnings?](#), in: Current Science 2019;117[10]:232).

But in 2020 we are also experiencing a particular constellation of Mars, Jupiter and Saturn whose close proximity to one another could be seen and took effect worldwide in the conjunctions of Mars and Jupiter on 20 March and of Mars and Saturn on 31 March. And we can observe an exceptionally close conjunction of Jupiter and Saturn on 21 December 2020, at the winter solstice in the northern hemisphere and the summer solstice in the southern hemisphere (cf. the illustration on p. 1).

Steiner's references to the connection between solar radiation, viral mutation and pandemics could be confirmed for influenza (cf. Sommer, M.: *Grippe und Erkältungskrankheiten ganzheitlich heilen*, Stuttgart, 3rd edition, 2020). But what is new and original are his references to the connection between solar activity, planetary position and pandemics which were confirmed in 2020 exceptionally clearly. In this context Rudolf Steiner emphasised the importance not just of the pathogens but also the inner constitution of the person and that primarily a regular rhythm between the head and the chest cavity was key. Taking care of this rhythm is possible in many different ways, in eurythmy therapy, in creative speech and artistically; in a regular life rhythm and anthroposophical meditation. This inner relationship between head and heart is directly addressed in the closing verse of the Foundation Stone Meditation which can let light and warmth flow inwardly towards us at this time of cosmic drama and the cultivation of which gives a foundation to our movement in which we can trust.

In this spirit we send you the warmest wishes for a blessed Christmas time when it comes and hope for beneficial forces in the New Year 2021! We hope that it will bring us together again in person for the large annual conference in September 2021.

The next annual conference will be devoted to three big birthdays: 100 years of anthroposophic medicines, 100 years of eurythmy therapy and 100 years of anthroposophic hospitals. Thus after the festive conference in September of this year the focus shifts to the healing forces of the medicines, eurythmy and their practical application.

Birthdays provide the occasion for thankful commemoration but more so the seed for impulse-giving forces of the future! Here the following is true: healing only succeeds *with* and not *against* nature. We need the earth and the realms of nature to heal and a spiritual understanding of the macrocosm in order to develop the therapeutic forces for healing the human

being. These connections are therefore the overarching theme of the next annual conference whose preparation is already actively underway.

With warm greetings and good wishes for a peaceful and strength-giving festive period!

Matthias Girke and Georg Soldner

NOTICES

In memoriam: On 16 November 2020 our colleagues Dr Wolfgang Goebel passed away peacefully at the age of 86 in the retirement home in Herdecke (DE). He belonged to the so-called Kienle Group which helped to develop the Herdecke Community Hospital and was a key co-founder of clinical anthroposophical paediatrics. In the final years of his life he suffered from dementia but until the end was very friendly and affectionate in his interaction with carers and visitors and always took great pleasure in making music. We take him into our thoughts and hope that he will help to work on the future of Anthroposophic Medicine from out of the spiritual world. – Five days previously, on 11 November 2020, the well-known 76-year-old Swiss paediatrician Dr Remo Largo died in Uetliburg (CH). Both internationally highly respected personalities and authors knew one another well.

The challenge of the caesarean section: For years the number of caesarian births has been rising worldwide, and not always in emergency situations. Within the CARE I working group experts have prepared information and recommendations in three informative contributions for parents and specialists to reduce and avoid complications. Free of charge on Anthromedics: Quality criteria (<https://www.anthromedics.org/PRA-0961-EN>), Birth by caesarian section (<https://www.anthromedics.org/PRA-0963-EN>), Information for parents (<https://www.anthromedics.org/PRA-0649-EN>).

New website for school doctors: Thanks to the effort of Dr Ulrike Lorenz, the new international website for school and kindergarten doctors has been completed together with the team from the Medical Section. Here you can also find the fact sheet "Wie können wir Gesundheit fördern? Zum Umgang mit der Corona-Pandemie in Schulen und Kindergärten aus dem Schulärztekreis". More information available at <https://schooldoctors-medsektion.net/>.

Save the date: "Assisted suicide": On 9 February 2021, 18.00–21.00, the CARE V working group is holding an online symposium on the subject of assisted suicide. A preparatory basic article by Matthias Girke and

Philipp von Trott is already available on Anthromedics: <https://www.anthromedics.org/PRA-0967-DE>.

Online questionnaire on masks for children: Dr Silke Schwarz and Prof Dr David Martin point out that the coronavirus pandemic and its effects on children has been little investigated. Whether the mouth and nose protection, for all its benefits, might also have a detrimental effect on the health of children is not yet clear. For this reason they have developed a register at Witten/Herdecke University for physicians and teachers, as well as parents. The online questionnaire provides the opportunity to document observations on the effects which occur in children when they wear a mask and which are seen as being connected with mask wearing: <https://co-ki-masken.de/>

New specialist CABSIN portal: The Consórtio Académico Brasileiro de Saúde Integrativa has set up an online



portal with more than 1,000,000 searchable scientific publications on traditional, complementary and integrative medicine: <https://cabsin.org.br/>. The supervisory board chairman of CABSIN is our colleague Dr Ricardo Ghelman (MD, PhD, PostDoc). An important network!

a t k a courses: In Switzerland there have for decades been basic art therapy training courses in the fields of sculptural therapies, speech and music therapy as well as design and painting therapy. All training courses are recognised by the Medical Section and in Switzerland by the quality assurance and professional qualification organisation Oda ARTECURA. In 2016 these training courses came together under the umbrella of the Anthroposophical Academy for Therapy and Art (a t k a). The two-year-old Anthroposophical Design and Painting Therapy Training Course in Dor-

nach is an a t k a cooperation partner. The next training courses to start are:

- a t k a study course AmWort, therapeutic training – autumn 2024, <https://atka.ch/studiengaenge/sprachgestaltung/>
- a t k a study course Orpheus Music Therapy – September 2021, <https://atka.ch/studiengaenge/musiktherapie/>
- a t k a sculptural study courses – annually Sept./ Oct., <https://atka.ch/studiengaenge/plastisch-kuenstlerische-therapie/>
- Anthroposophical Art Therapy Study Course, subject area Design and Painting Therapy – autumn 2022, <https://www.studiengang-kunsttherapie.ch/>

Art keeps us healthy: Despite global lockdown situations, we wish everyone joyful and reflective art and cultural experiences – however modest they might have to be! See also: <https://www.bmj.com/content/367/bmj.l6377>

"Education – always": The lecture videos from the International Conference for Curative Education and Social Therapy, "Education – always", which took place from 5–9 October 2020, are available with immediate effect at <https://inclusivesocial.org/en/produkt/international-conference-2020/>.

100 years of Anthroposophic Medicine: To conclude our anniversary year, an editorial appreciation has been published in English by Prof Dr David Martin in the *Journal Complementary Medicine Research* which we are happy to make available: <https://www.karger.com/Article/Pdf/511668>.

SEKEM Medical Centre: In the 13 villages surrounding the SEKEM parent farm, the Medical Centre is organising medical convoys to examine immobile patients, determine their needs and organises help. Many people in these villages are dependent on the public health system which is not in any position to give them outpatient care. The Medical Centre is dependent on donations in order to be able to offer treatment also to people with limited financial resources. If you wish to help: <https://www.sekem.com/de/integrative-gesundheit/?sekem-freunde-deutschland-verein-zur-foerderung-kultureller-entwicklung-in-aegypten-e-y/spende>

Paracelsus Hospital Richterswil closes inpatient section: In the course of a debt restructuring moratorium, the Paracelsus Hospital Richterswil held intensive talks in recent weeks with various possible cooperation partners. Having failed to find a suitable partner within such a short deadline, the hospital closed its inpatient section on 27 November. The Lachen and Einsiedeln hospitals will take the patients from the gynaecological clinic to ensure seamless care. Nevertheless: a serious blow to anthroposophical gynaecology and art therapy.

"The Signature of Our Time": A series of lectures from the Goetheanum Leadership, which started with a lecture by Georg Soldner on 12 October, is devoted to contemporary events from various different perspectives in order to come to a more comprehensive understanding and appropriate capacity to act. All the lectures can be accessed and listened to on the Goetheanum website free of charge. An English translation is also available. The series will conclude on 21 December (Schreinereisaal, 20.00) with a lecture by Matthias Girke: "The importance of meditation and inner development for human health": <https://goetheanum.co/en/signature-of-the-present-times>

RESEARCH

Koster EB, Baars EW, Delnoij DMJ. *Patient-reported Quality of Care in Anthroposophic and Integrative Medicine: A Scoping Review*. Patient Education and Counseling 2020; 103(2):276-285.

DOI: <https://doi.org/10.1016/j.pec.2019.09.010>

Mühlenpfordt I, Stritter W, Bertram M, Ben-Arye E, Seifert G. *The power of touch: external applications from whole medical systems in the care of cancer patients (literature review)*. Support Care Cancer 2020;28(2):461-471.

DOI: <https://doi.org/10.1007/s00520-019-05172-7>

Röling G, Lutz G, Edelhäuser F, Hofmann M, Valk-Draad MP, Wack C, Haramati A, Tauschel D, Scheffer C. *Empathy, well-being and stressful experiences in the clinical learning environment*. Patient Education and Counseling 2020;So738-3991(20)30233-0.

DOI: <https://doi.org/10.1016/j.pec.2020.04.025>

Sethe D, Büssing A, Hilgard D, Berger B. *Validierung der deutschen Version der Pediatric Self-Efficacy for Diabetes-Type-1 Scale*. Psychotherie, Psychosomatik, Medizinische Psychologie 2020. DOI: <https://doi.org/10.1055/a-1088-1316>

RECOMMENDED LITERATURE

Steiner, Rudolf: *Esoteric Lessons for the First Class of the School of Spiritual Science at the Goetheanum*. Vol. One to Four. Sussex 2020.

EVENTS & DATES 2021

9 January, Livestream of anthroposophical art therapies/ICAAT: Further information to follow. Contact: johanna.gunkel@medsektion-ikam.org

15–17 January, Education conference: focus on nature. New impulses for education in the corona crisis, Stuttgart Waldorf School. Programme and registration: <http://www.bildungskongress2021.de/>

9 February, Assisted suicide, online symposium of the Palliative Medicine working group, invitation to follow.

5–7 March, Research conference "Regulation, Rhythm and Health", invitation to follow.

6–9 May, Oncology conference "Breathing, light and warmth. From treating the tumour to treating the patient", invitation to follow.

19–22 May, International early years conference on pregnancy, birth and early childhood: the dignity of the child. "I feel good in your eyes", Goetheanum. Programme & registration: <https://www.goetheanum.org/en/the-dignity-of-the-child-1>

Our calendar of events

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

Dear friends
of the Medical Section,

This time of coronavirus also presents the Medical Section at the Goetheanum with great financial challenges. Until now, the infrastructure for our team and the events was financed by the Goetheanum, something that is no longer possible in this way. Since 2019 we have ourselves had to finance not just almost all our staff costs but increasingly also infrastructure contributions for our conferences. Cancellations and restrictions for conferences as a result of the coronavirus cause additional work just as much as the development of digital and so-called hybrid events.

We are grateful that your many small and larger donations as well as the contributions from foundations have enabled us to realise our planned own initiatives and projects, the activities of the IKAM coordinators and – as far as was possible – our events in 2020 while keeping to our budget. For the – also financially challenging – year 2021 we require your active support to continue our work in its full scope.

We are profoundly grateful for every donation and are happy to issue a donation receipt for sums of 50 CHF/euros and above.

Online:

<https://medsektion-goetheanum.org/en/medical-section/donatehere>

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Warm regards
Matthias Girke, Georg Soldner
and Stefan Langhammer