



## Easter mood

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  
From: Calendar of the Soul, in GA 40

## Newsletter for the co-workers of the anthroposophic medical movement Easter 2017



Pictures (left to right): 1. Goetheanum in the spring; 2. Anthroposophic Medicine Spain: Seminar in Escorial February 2017; 3. Goetheanum Leadership, general secretaries, national council members and representatives from the Anthroposophical Society in Dornach, April 2017

## Dear co-workers and friends of the Medical Section and everyone interested in it!

The fifth International Postgraduate Medical Training/IPMT took place with Michaela Glöckler in Thailand in March with 120 participants. A Society for Anthroposophic Medicine/AM was established there which intends to develop AM comprehensively in the next 10 years. The intention is to turn the IPMT step by step into an annual medical conference which combines the training impulses of various professional groups under one roof. The physicians' group is growing, there are plans for courses in Pressel massage for physicians and prequalified therapists, a nursing training for qualified nurses and parents in home nursing, and a training course in anthroposophical painting therapy; there is also interest in speech therapy, eurythmy therapy, Bothmer gymnastics, and newly in anthroposophic pharmacy. As in other far eastern countries, there is also great interest in the subject of threefolding, money and social questions. In the summer, this subject matter will be the main topic at the annual conference of the anthroposophical group in Thailand; Alexander Schwedeler, coming from Beijing, will speak on it. Work in the context of the School of Spiritual Science has also started in Thailand and Hans Mulder was asked to progress the development of biodynamic agriculture in the country. After all, a great deal depend in the future on anthroposophy being able to demonstrate its productive nature in the fields of life of medicine, education, agriculture and social organisation in such a way that the common source, the common spirit can be felt and experienced out of which these initiatives grow. Working together positively to deal with the needs of our time unites us. It acquires its strength out of our joint work in the School of Spiritual Science and it can strengthen the

Anthroposophical Society as a community of people united worldwide for whom the future of humanity and the earth are of crucial concern.

This future is under threat. Particular at Easter time we reflect on the increase in pollution levels and the overheating of the atmosphere with the associated increase in weather-related disasters – as human beings we are just as responsible for the warmth, the atmosphere of the earth as we are for our human relationships, for peace. Both are closely related. We also reflect on hunger and overeating with their consequences up to and including inner calcification, reflect on the crisis in soil fertility and pollution of the oceans. We feel the strength it can give us to unite ourselves with the being that was resurrected as the Sun being on Easter morning and lives in the atmosphere of the earth. In and with this being we can find our true relationship with the Sun and shape it for the earth. The future depends on it.

Care is the original meaning of the word culture. What I care for regularly can thrive and transform itself, be it in the garden, in meditation or prayer, or be it in the care for a sick person. Rolf Heine developed this dimension of nursing in the context of the School of Spiritual Science conference for nurses which was held at the Goetheanum in March. In practical contributions underpinned by a great deal of experience, the exercise and meaning of meditative work in our everyday lives was presented in a way which was full of life. It could be experienced as the source of the forces of healing and health and in its relationship to the meditative path of knowledge of the School at the Goetheanum.

In February there was intensive anthroposophic medical work with Matthias Girke in Spain. AM obtained visibility through events in the medical association in Barcelona and a symposium at the University of Madrid. The following Spanish seminar for physicians in Escorial made perspectives and impulses for further work visible through the wonderful preparation and organisation, the joyful atmosphere in the many human encounters, and the start of the Spanish spring.

An important perspective became clear through the March conference on the scientific nature of Anthroposophic Medicine: how can the central ideas of its understanding of the human being be communicated? New research contributions on cardiology by Branco Furst and oncology by Harald Matthes followed the introductory lecture by Wolf-Ulrich Klünker, leading on to the practical and anthroposophic medical understanding of the development of the human constitutional elements in the child (Georg Soldner). The French anthropologist Claudine Brelet took up these aspects and developed the image of anthroposophy as a "medicine for the world".

Letting the anthroposophic medical work be guided in this way by the social needs and challenges of the present time is also part of the future orientation of the Anthroposophical Society and School as a whole. Against this background Matthias Girke declared his willingness to play his part as a member of the executive council of the General Anthroposophical Society, starting at Easter 2017.

Thus from our hearts we wish all co-workers and friends of the medical movement a fulfilled Easter time!

*Matthias Girke, Georg Soldner*

## News

On 8 April the members of the General Anthroposophical Society endorsed Matthias Girke as member of the executive council at the Goetheanum. <https://goo.gl/OR1ENr>

Download of the study by M Kröz et al. from the Havelhöhe Research Institute. Impact of a combined multimodal-aerobic and multimodal intervention compared to standard aerobic treatment in breast cancer survivors with chronic cancer-related fatigue – results of a three-armed pragmatic trial in a comprehensive cohort design. <https://goo.gl/y4algc>

The revised new edition of the English Vademecum will be available from Easter.

[www.merkurstab.de](http://www.merkurstab.de), [www.vademecum.org](http://www.vademecum.org)

New: as of now simplified payment via invoice or Paypal  
Matthias Girke: Internal Medicine. Salumed Verlag 2016  
Orders to Ms Fibig: [info@akademie-havelhoehe.de](mailto:info@akademie-havelhoehe.de)

Review of the International Study Days for Anthroposophical Art Therapy. <https://goo.gl/0AS9eo>

Planetary seals course at the Goetheanum – a review. <https://goo.gl/0AS9eo>

Review of the first International Conference on Picture Forming Methods. <https://goo.gl/0AS9eo>

## Book recommendations

Robin Jackson, Maria Lyons (eds.): Community Care and Inclusion for People with an Intellectual Disability. Floris Books 2017  
<https://goo.gl/xLlndD>

Rudolf Steiner: The electronic Doppelgänger. The Mystery of the Double in the Age of the Internet. Rudolf Steiner Press 2016  
<https://goo.gl/BZFoAb>

Peter Selg: Was heißt und zu welchem Ende studiert man Anthroposophische Medizin? Verlag des Ita-Wegman-Instituts 2017  
<https://goo.gl/TT9iDH>

Tomáš Zdražil, Peter Selg (ed.): Anthroposophie und Hochschule. Geisteswissenschaftliche Perspektiven von Forschung, Studium und Ausbildung. Verlag des Ita-Wegman-Instituts 2017. With contributions by M. Basfeld, R. Fried, C. Haid, P. Heusser, W.-U. Klünker, M. Mackay, P. Selg und T. Zdražil: <https://goo.gl/OtfHPz>

## Events & dates

**27–30.4.2017**

International specialist conference for anthroposophic body therapy at the Goetheanum "Posture and approach – experiencing, treating, taking hold of them"  
<https://goo.gl/eM8yao>

**3–5.5.2017**

WORLD CONGRESS INTEGRATIVE MEDICINE & HEALTH Berlin  
European Society of Integrative Medicine International Society for Complementary Medicine Research  
<https://goo.gl/G7uLHP>

**19–21.5.2017**

For the 100th birthday of threefolding. "Riddles of the Soul". Goetheanum <https://goo.gl/VHo7Vk>

**15–18.6.2017**

Social Future Congress. Daring openness. Living responsibility. Shaping collaboration. Bochum  
<https://goo.gl/kNUPfs>

**16–18.6.2017**

Conference of the School of Spiritual Science on pastoral medicine. Berlin  
<https://goo.gl/2X6mR9>

**25–30.6.2017**

Medical study course at the Goetheanum, intensive week  
<https://goo.gl/vCZXmd>

**8–11.9.2017**

Teach the Teacher in Anthroposophic Medicine.  
<https://goo.gl/OS75p6>

**14–17.9.2017**

International annual conference of the Medical Section  
<https://goo.gl/OS75p6>

Events of the Young Medics Forum  
<https://goo.gl/7PxnHO>

Here you can see our IPMTs in 2017  
<https://goo.gl/UEehnh>

Events of the Medical Section  
<https://goo.gl/OS75p6>



News and layout: *Heike Sommer*  
Dornach, Easter 2017

The next Newsletter will appear at Whitsun.