



At the turning point of time  
 The Spirit-Light of the world  
 Entered the stream  
 Of earth existence;  
 Darkness of night  
 Had held its sway;  
 Day-radiant Light  
 Poured into souls of men;  
 Light  
 That gives warmth  
 To simple shepherds' hearts;  
 Light  
 That enlightens  
 The wise heads of kings.

O Light Divine,  
 O Sun of Christ,  
 Warm Thou  
 Our hearts;  
 Enlighten Thou  
 Our heads;  
 That good may become,  
 What from our hearts  
 We found,  
 What from our heads  
 We direct  
 With single purpose.

*Rudolf Steiner, Christmas 1923*

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



Pictures, left to right: 1. Advent sun at Gempen, Switzerland; 2. Matthias Girke and Georg Soldner at the 6th "The Gateway of Death and the Gateway of Birth" conference in the Grosse Saal of the Goetheanum; 3. Medical symposium in the Colombian health ministry in Bogota; 4. IPMT group in Calcutta, India;

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

Our heartfelt wishes for a happy and fulfilled Christmastide go out to everyone! As 2017 draws to an end, these good wishes are accompanied by a warm thank you for your productive collaboration in so many fields of Anthroposophic Medicine!

In the encounter with our patients, we need light and clarity in diagnosis, warmth and empathy in the therapeutic relationship and healing efficacy in treatment. These are three qualities which are addressed in Rudolf Steiner's Foundation Stone Meditation for the Anthroposophical Society. The meditation closes with a prayer-like fourth verse which addresses the sun of our humanity and requests the light which warms and illuminates us inwardly. The inner experience of this meditation can become a central source of strength both in supporting the individual patient and in the collaboration between us. So let the Foundation Stone Meditation, as a Christmas message, also radiate its germinal force into the New Year!

The impulse of Anthroposophic Medicine and anthroposophic special needs education continued to develop across the world in 2017.

In Brazil, openness towards integrative medicine is growing; Anthroposophic Medicine is playing a significant role in this context. There has been productive collaboration with the health ministry. Iracema Benevides, who was affirmed as president of the anthroposophic medical association in Brazil, and Ricardo Ghelman (São Paulo) are members of the coordinating preparatory team for the first congress of integrative medicine in Brazil which is being organised

by the Brazilian health ministry from 12–15 March 2018 in Rio de Janeiro with a strong presence of Anthroposophic Medicine. Thomas Breitreuz as president of the IVAA is intensively involved in this development. In Lima/Peru, the first Ibero-American oncology congress of Anthroposophic Medicine will take place from 7–9 June 2018 on occasion of the 100th anniversary of mistletoe therapy; Y.Villegas, M. Girke, M. Debus and H. Matthes are among the participants.

The interest in anthroposophic nursing and external treatments is growing; in Brazil also in a health policy context. We would like at this point to draw attention to the Vademecum of External Applications in Anthroposophic Nursing [www.vademecum.org](http://www.vademecum.org) which, online and free of charge, describes numerous external applications in detail and with brief case reports in German, English and Spanish. These applications can be used affordably in all countries. They can be very well integrated into an integrative medical approach. The editors hope for further experience reports!

The impulse of Anthroposophic Medicine is being consolidated in India. The IPMT in November was held for the first time in the greater Calcutta area, the third largest conurbation in India near the eastern border with Bangladesh. More than twenty physicians participated in December in the third part of the course on anthroposophic mistletoe therapy in Bangalore and will conclude the course in March 2018 in Arlesheim / Switzerland. Anthroposophic mistletoe therapy is the subject of discussion in leading clinical centres and congresses in India. The next course is scheduled to start as soon as May 2018.

In southern Germany, anthroposophic hospitals linked up in December with leading hospitals and university hospitals in the region of Baden-Württemberg to form an oncology competence network in integrative medicine with the support of the health ministry. Thus we can look with gratitude at these developments in West and East and hope that they spread widely to other countries.

Intensive work on the five CARE areas has started: representatives from all the healing profession in several countries are working on guides – widely applicable treatment concepts of Anthroposophic Medicine – which take their cue from the health challenges of the present. We would like to place this work in the global context of our movement. Anyone with an interest in this work who would like to familiarise themselves with its current stage of development and to contribute their expertise and specialist know-how is welcome to contact us!

In 2020, Rudolf Steiner's first medical course, "Introducing Anthroposophical Medicine", will celebrate its 100th anniversary and be published in a revised new edition as part of the complete works. A team of editors would like to prepare a companion volume which, in relation to the original text, includes commentaries on its history, context within the Rudolf Steiner complete edition, reception, as well as the findings of science today with regard to Steiner's statements. It is indeed astonishing how many developments in Anthroposophic Medicine have been set in motion by this course (e.g. mistletoe therapy, external applications, aspects of physiotherapy and rhythmical massage therapy, anthroposophical dentistry, cardiology, diabetology). To initiate this project, we would like to issue a warm invitation to a three-day event from 22–24 January 2018 at the Goetheanum to newly acquaint ourselves with the "[Introducing Anthroposophical Medicine](#)" course and to deepen our knowledge of it - its history, composition, methodology as well as the many different ideas it has contributed to Anthroposophic Medicine

From 9–11 March 2018, an [international research conference will take place at the Goetheanum](#), in which many different researchers from India to Brazil will participate. They will report about their work and future research projects. The dialogue and global scientific collaboration in Anthroposophic Medicine is growing; perspectives and work priorities are together debated and exchanged, and work agreements are reached.

The work in the numerous fields of the medical movement is coordinated by the International Coordination of Anthroposophic Medicine / IKAM. This collaboration will be made easier from 1 January 2018 through our newly set up IKAM office. We are grateful to Mathias Hofmann for having taken on this task. As regards the conference organisation, François Bonhôte joined our team in summer 2017. We are very pleased about the active support!

With all good wishes for Christmas and the New Year 2018 when it arrives! *Matthias Girke, Georg Soldner*

## News

The medical training in Arlesheim starts on 12 January 2018 as a two-year study or in-service course. <https://goo.gl/Rfus8y>

23 February 2018 is the start of the in-service medical seminar of the Association of Anthroposophically Oriented Physicians in Switzerland /VAOAS. <https://goo.gl/3xHT3i>

Autonomous decision or public duty? Few subjects divide opinion as much as vaccination. Contribute to the debate! 23–24 February 2018 conference in Berlin organised by "Ärzte für indi-

viduelle Impfentscheidung e.V." and "Bürger- und Patientenverband Gesundheit aktiv e.V. <https://goo.gl/EFVZ2g>

## Book recommendations

Jens Heisterkamp. *Schöne neue Wirklichkeit*. Info3 Verlag 2017 <https://goo.gl/7RHbB1>

Wolf-Ulrich Klünker, Johannes Reiner, Maria Tolksdorf and Roland Wiese. *Psychologie des Ich. Anthroposophie, Psychotherapie*. Verlag Freies Geistesleben 2016 <https://goo.gl/sg9hGy>

Markus Treichler. *Die vielen Aspekte des Schmerzes*. Info3 Verlag 2017 <https://goo.gl/7RHbB1>

Frank H. Pospischil. *Die grenzenlose Erfolgsgeschichte der Evolution und wie es jetzt für uns weitergeht*. Info3 Verlag 2017 <https://goo.gl/7RHbB1>

Andreas Rohen. *Spirituelle Menschenkunde. Gestaltbildung Seelenkunde Krankheitslehre*. Bookondemand <https://goo.gl/Bp2b3Y>  
Peter Selg. *Der Mut des Heilens. Über Ita Wegman*. Ita Wegman Institut 2017 <https://goo.gl/qTrMNk>

Peter Selg. Ilse Rennefeld. *Eine anthroposophische Ärztin jüdischer Herkunft im niederländischen Exil 1939–1942*. Ita Wegman Institut 2017 <https://goo.gl/qTrMNk>

## Events & dates

### 4–7 January 2018

20th International Study Days for Anthroposophical Art Therapy. <https://goo.gl/OS75p6>

### 13–14 January 2018

The contested middle in the therapeutic relationship II. Conference of the School of Spiritual Science, Berlin-Havelhöhe. <https://goo.gl/p6Bct5>

### 19– 21 January 2018

Am I welcome? Individual Paediatrics. Medizinisches Seminar Bad Boll e.V. <https://goo.gl/qvxqbc>

### 22–24 January 2018

Workshop conference on the new edition of Rudolf Steiner's first physicians' course <https://goo.gl/OS75p6>

### 21–24 February 2018

Humanising medicine. Filder Clinic <https://goo.gl/3DDhsF>

### 23–24 February 2018

Autism spectrum disorder. Thinking and reality. 23rd specialist conference on anthroposophical child and adolescent psychiatry and psychotherapy. Witten-Annen <https://goo.gl/J2Dh4e>

### 2–4 March 2018

Biographical aspects of the astral body in health and illness. Heidelberg <https://goo.gl/x4kWoD>

### 23–24 March 2018

Practical exercises in concentration and meditation. Arbeitszentrum Hannover <https://goo.gl/3DDhsF>

### 27–28 April 2018

7th Witten Colloquium on Humanism, Medicine and Philosophy. Freedom? Awareness of freedom, neuroscientific facts, societal relevance. Further information: [rene.ebersbach@uni-wh.de](mailto:rene.ebersbach@uni-wh.de), <https://goo.gl/dCWWVd>

## All events of the Medical Section

<https://goo.gl/OS75p6>

## All events of the Young Medics Forum

<https://goo.gl/7PxnHO>

## Here you can see our IPMTs in 2018

<https://goo.gl/tptFRs>

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