

Circular Letter

To the Co-workers of the Anthroposophical Medical movement

March 2011

Two 100-year old impulses from "Occult Physiology" by Rudolf Steiner/Prague, 1911

In reference to Self-knowledge:

Man, with all that he has evolved into, is not here for his own sake: he is here for the revelation of the Divine Spirit, of the whole World. He is a revelation of the Godhead of the World... and for one who wishes to reflect, in the occult sense, upon the life of man, upon the essential quality of man's being, this reverence before the nature of man is an absolute necessity, for the simple reason that it is the only thing capable... of awakening those forces which permit us to penetrate into the spiritual foundation of man's nature. (Occult Physiology, lecture 1, p.11)

In reference to the connection of Spiritual-and Natural Science:

... that the tendency of modern science is leading toward a confirmation, in the course of the next few decades, of those things which we are able to bring forward at the present time, though, to be sure, only through occult observation. If I could hold lectures for half a year, instead of this short series, it would be possible out of the findings of modern science alone to bring forward all that is necessary for external proof of what must be only briefly intimated today. (Occult Physiology, London 1951, lecture 7, March 27th, 1911, p. 144)



The Worldwide Celebration of Rudolf Steiner's 150th birthday in a time of greatest concern for the healthy, continued development of humankind and earth.

Dear Friends,

The reports that presently rule the media contain words like insecurity, helplessness, lack of orientation, hopelessness, when referring to the consequences of the earthquake catastrophe in Japan. In this special place of ancient Asian culture, one people representative of humankind, suffers the consequences of unhealthy thinking and working. With this Circular Letter the hope is connected that this suffering will awaken a sufficiently large number of individuals and inspire them to rethink and to work differently – in the sense as it happened this week-end in the elections in Baden-Wuerttemberg, where for the first time the "Green Party" received 24% of the votes and 9 direct mandates.

Following some points are gathered for working therapeutically with radio activity. This is connected with the request that you may add especially concrete experiences from the years after the reactor melt-down of Tschernobyl, so that we may offer these to our Japanese friends for their web-page.

On the Physical Level:

Here there is no protection except prophylaxes and the greatest possible avoidance of direct contact with contaminated soil, water, foods, and air. If this is not possible, there are some things that can serve as a counter-balance and strengthening via the higher members of the human being. For iodine preparations as a protection of the thyroid gland a physician should be consulted. At present, the over-the-counter-preparations are sold out in many places.

On the Etheric Level:

Here the means of strengthening need to be considered individually, according to where the weak points of the organism are and to its ability to compensate. This needs individual consultation. In general the immune forces can be strengthened through good rhythm, healthy foods, not too rich, and sufficient sleep; and in spite of all challenges, joy in life, in other people, and in work. Walter Cloos recommended as a treatment for the consequences of heightened radiation medicines for bone protection: Apatit D6, Conchae D6, Nontronit D 20, and Stibium D6 as powder mix/ Trituration: Take a tip of a teaspoon daily for 4 weeks. Many pediatricians also worked with substances like Argentum, Prunus spinosa summit, Kalium jodatum, Plumbum silicicum, Silicea, Echinacea, Phosphorus and others, following the Tschernobyl catastrophe. It would be very helpful, if we could hear of concrete experiences with these medicines or with others. For chronic cases good results were also achieved with mistletoe. Supleur-baths and applications of Solum uliginosum were used too. The latter were also helpful when applied in alternation: in the evenings on the back, in the

mornings on arms and legs. For Therapeutic Eurythmy especially the co-called soul exercises are used – the “A – veneration” and “eurythmic laughter” but also “steadfast I’ll stand in the world”, “I think speech”, and vocalizing, for instance, the weekly verse from the Calendar of the Soul.

On the Astral Level :

Artistic exercises, especially singing, where the etheric body is stimulated by the astral body. Care of human relationships, through honesty, interest and respectful social connections.

On the level of the I-Organization:

Especially mantras and content connected with the great aims of human evolution, as for instance, the Foundation Stone Meditation of the General Anthroposophical Society and the verse by Rudolf Steiner that takes hold of the will: “Victorious Spirit /flame through the impotence/ of irresolute souls/ burn out the egoism/ ignite the compassion/ that selflessness the life - stream of humankind/ Well up as the source/ of spirit-rebirth”.

I am writing this Circular Letter in Prague at the end of a Conference dedicated to the 100th anniversary of the lectures: “Occult Physiology”, http://www.medsektion-goetheanum.org/EYED2/files/file/pdf/060_Spiritu%C3%A1n%C3%AD%20medic%C3%ADna_mail.pdf

These lectures given by Rudolf Steiner before a large audience of 400 to 500 people were delivered in the same year 1911 as the lectures: “The Spiritual Guidance of Man and Humanity”, and as the publication of the atomic-model. The transformation of substance is the mystery of the “I” and of the Earth. To manage these processes in a balanced measure within human arbitrariness, that is the task. In the Conference 2011, Volker Fintelmann gave the main lectures, and in addition we had the contributions of Martin-Guenther Sterner, Eckehard Fiedler, Michaela Gloeckler and Thomas Zdrzil. There was also much time given for work groups. The participants, approx. 170, experienced the contemporary validity of the occult physiology for an ego-directed understanding of substance and evolution. The mood of enthusiasm permeated the proceedings like a new beginning.

Now some important information :

- For the victims of the earthquake in New Zealand a fund was established. <http://www.anthroposophy.org.nz>
- The purchase of the hospital property in Havelhoehe is moving ever closer. Everyone is asked to participate, if at all possible, in the action “10 Euros for Havelhoehe”: <https://ssl.webpack.de/gag-havelhoehe.de/spenden.html>
- The manifesto of a medical a medical revolution: No more taboos in the battle against cancer (FAZ) <http://www.faz.net/s/Rub117C535CDF414415BB243B181B8B60AE/Doc~EC5454969C7B24F71B6FCAAD2EOF14477~ATpl~Ecommon~Scontent.html>
- March 31 - April 3 in Bologna 1911: Searching for the “I” – 100 year IV. International Philosopher congress. <http://www.allaricercadellio.com/de/home.aspx>
- February 4, 2011 Petronella (Nel) Lievegoed-Schatborn, physician, former co-worker and director of the Zonne huize, Veldheim-Stenia, the widow of Bernard C. J. Lievegoed crossed the threshold at the age of 101.
- An international honorary committee has taken on the umbrella organization of the Rudolf Steiner Year 2011: http://www.rudolf-steiner-2011.com/index.php?set_language=de&ccpage=meldungen_detail&set_zaktuelles=20
- The alliance ELIANT will hand over its successful signature collection on May 13, 2011, to a representative of the commission in Brussels. Concerning the further activities of the alliance see: www.eliant.eu
We want to extend our heartfelt thanks to all of you who have helped and continue to help to ameliorate the still present deficit. We still have to manage approx. 85, 000 Euros.

With best wishes and warm greetings from Prague

Yours

Michaela Glöckler