



*Stand at the portal of a human life:
See cosmic words written thereon.
Live inwardly in the human soul,
Feel in its ambit world beginnings.
Think of human earthly ending,
Find therein the spirit turning.*

*Rudolf Steiner, Dornach, 20 April 1924
In: Wahrspruchworte, GA 40, p. 84*

**Newsletter
for the co-workers of the anthroposophic medical movement
Easter 2014**



Photos, left to right: 1. Alchemilla in front of the Medical Section; 2. Annual general meeting of the GAS in the Foundation Stone Hall of the Goetheanum, 12 April 2014; 3. New IVAA president Dr. med. Thomas Breitreuz with the outgoing president Dr. med. Peter Zimmermann; 4. Internal Easter meeting of the physicians in the therapy building of Klinik Arlesheim AG; 5. Rolf Heine in the offices of the publisher Salumed Verlag Berlin publishing director Prof. Dr. Ulrich Meyer is on the left.

Dear friends

At this year's annual general meeting for members of the General Anthroposophical Society (GAS) of 12 April 2014, a resolution was adopted which brought great pleasure to many of those who are members of the society. Why? Because Rudolf Steiner formulated statutes for this society which, although they were unanimously adopted on 28 December 1923 after detailed discussion, were never able to obtain legal force. In Steiner's time it was bureaucratic and formal grounds which made it impossible; subsequently it was psychosocial reasons within the membership of the GAS.

After the failure to register his founding statutes, Rudolf Steiner took the statutes of the Johannesbau Association through which the planning, execution and financing of the Goetheanum building had been handled. He arranged through a name change for this association to become the legal entity for the newly founded GAS. He commented to his fellow executive council member Günther Wachsmuth that the founding statutes adopted by the members at the Christmas Conference could be called "Principles". And so it has been to the present day that the GAS lives with the idea of the "Principles" but on a legal and social level with the statutes of the building association. The pleasure is therefore all the greater that it has now been possible after detailed debate at this year's annual general meeting – on occasion of the 90th birthday of the GAS as it were – to give the GAS the clear legal identity which Rudolf Steiner intended it to have. In other words, the founding statutes of 1923 are now cited to their full extent in the purpose clause of the current statutes as legally binding and the responsibility of the GAS for the School of Spiritual Science is related to the clauses in the founding statutes regarding the School, something which guarantees the School its necessary freedom.

This action means that four qualities are now spiritually, legally and economically linked: the Goetheanum building as the emblem of anthroposophical cultural work, the community of people which feels connected with the Goetheanum through its GAS membership, the School of Spiritual Science as an institution, and the members of the sections working worldwide in agriculture, education, medicine and many other fields on the basis of anthroposophy.

I hope that this developmental step will in particular lead to new impulses with regard to the culture of "together for our cause" which is striven for in many places. The subsequent Easter conference was then devoted to reflecting on "90 Years Living with the Christmas Conference Impulse". The speakers and group leaders put their intentions and remarks in that context: Hartwig Schiller spoke about the First World War and the task of anthroposophy to work for peace, Rolf Heine about Steiner's Samaritan course and the impulse of nurturing the soul life, Marion Debus about Steiner's research work with regard to the deceased of the First World War, Wolf-Ulrich Klünker about the figure of John in connection with Rudolf Steiner's last address on 28 September 1924, and Friedrich Glasl about Christ's descent into Hell and the 9 escalation stages in social conflicts. As a result the conference – supported by the work in small groups and plenary discussions on these themes as well as the Beethoven music from Hartwig Joerges and colleagues superbly attuned to the theme – was experienced by many participants as a kind of jointly organised "90th birthday celebration for the GAS"

On 30 April, Peter Heusser was a guest of the Goetheanum leadership. We spoke about his two publications www.medsektion-goetheanum.org/research/forschungsliteratur and the difficulties of achieving the acceptance of anthroposophy as a science in the academic world. Because as self-evident as it might be to undertake research into the health-promoting effect of Waldorf schools or into anthroposophic medicines in the treatment of specific diseases – as impossible it has been so far to legitimise anthroposophy

academically as a science of the spirit. This therefore remains an important goal for the coming years on which we are also working locally in Switzerland at the Goetheanum. As part of this discussion, we also asked Peter Heusser how he sees the Goetheanum, what his wishes are for the future. In his response he referred to two things which are also connected with the impulse of Steiner's founding statutes of 1923: on the one hand community building through the interest of one person for the other and working for a joint cause, and on the other hand the necessity of finding and mandating capable co-workers with whom it is a pleasure to collaborate. As he spoke, I was reminded of Friedrich Glasl's lecture at the Easter conference. Is it not precisely the nine stages he described in which conflicts successively escalate which prevent community building and paralyse and fragment the power of initiative of the individual (Friedrich Glasl: Konfliktmanagement. Verlage Haupt and Freies Geistesleben)? It will therefore be necessary to work more intensively in the coming years on a "culture of de-escalation". This is where the co-workers of the AM movement in particular can help, which is why I wish to recall these escalation and de-escalation stages here:

1. Our perspective narrows to our own standpoint, we can no longer face the other in an unbiased way. Characteristics such as envy, jealousy and ambition as well as the associated potential for criticism easily come into play.
2. The willingness to polarise or be polarised. Luciferic and ahrimanic impulses gain the upper hand.
3. Dialogue is experienced as meaningless, listening no longer works, we create facts on the ground: deeds not words.
4. Clear enemy images establish themselves together with coalitions among the people who are fighting one another more or less openly.
5. There is a fear of losing face and identity. The conflicts are less and less about the substance of the matter but become targeted at the person or persons involved with the aim of neutralising them as far as possible.
6. Threats and extortive behaviour arise.
7. There are limited destructive strikes to weaken the opponent and neutralise him if possible.
8. The intent arises to destroy the opponent completely, to fragment his effectiveness.
9. Both sides are so worn down by the conflict that in the end there are only losers.

It is shocking to realise the extent to which there is a willingness to escalate things not just in the world's well-known trouble spots but also in the conflicts and disputes within the GAS and in the everyday lives of all of us. Opposing this quality of a "descent into hell" with the impulse of transformation and resurrection of Easter is the great task for peace of anthroposophy and its cultural initiatives. So let us here in compensation place the initiatives to train for de-escalation in the spirit of Easter at the side of the escalation stages:

1. Listening to what the other means and wants.
2. Wanting to understand.
3. Honest listening and reflection of the facts.
4. Risking trust, approaching the other anew with inner freedom, not letting him fall.
5. Not feeling personally hurt but waking up to the techniques of evil and the white magic of spiritual schooling.
6. Finding people with whom one can openly discuss the problem so that help can be come from those around.
7. Meditating on the stages of Christian initiation (passion and resurrection) (Rudolf Steiner: An Esoteric Cosmology. GA 94. Eighth lecture of 1 June 1906).
8. "Walking along the path of evil in accompaniment without oneself being evil" (so-called second Michael stream).
9. Making oneself an instrument of peace in innermost freedom and saving what can still be saved.

With best wishes for Easter time

Warmly

Michaela Glöckler

News from the International Coordination of Anthroposophic Medicine / IKAM

The development of the medical system based on anthroposophy has long been undertaken through the initiative of individual colleagues and numerous working groups. A new stage in this work becomes possible through coordinated collaboration. It relates both to the basics of anthroposophic medicine and its various specialist areas. Thus the collaboration between anthroposophical cardiologists, oncologists, neurologists, etc. becomes a new "business goal" not just in Germany but worldwide which is intended to serve the further development of anthroposophic medicine in its various sub-disciplines. This work on content is closely related to the coordination of "training" and of course also to evaluation research. The conceptual work is gathered in the "Anthromedics" portal of anthroposophic medicine which is designed to be the up-to-date overall representation of anthroposophic medicine based on the current literature (Merkurstab to begin with) in German and English (later also in Spanish). In this way a social connection can arise beyond the individual work in the specified fields leading to the representation of anthroposophic medicine both "internally" and "externally". In this way the basic elements of the School of Spiritual Science

and its meditative path of knowledge constitute the basis for such work and its coordination.

Dr med. Matthias Girke

News

"Cancer conference" Arlesheim, Switzerland: forum for the exchange of clinical experiences and deepening the anthroposophical foundations in the field of anthroposophical cancer treatment.

14 to 15.06.2014. www.vfk.ch/information/krebstagung

90 years of biodynamic agriculture and its meaning for the earth and human and animal health. 25.06.2014 *Lecture by Manfred Kränzler, Demeter farmer, Dr med. Dietrich Schlotter, physician.* www.fispermuehle.info

All events of the Medical Section can be found on our Facebook page and our website:

www.facebook.com/Anthroposophic.Medicine

www.medsektion-goetheanum.org/en/events-and-conferences/

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