



Our fifth post-Atlantean period in particular is one in which people are made to experience much that is chaotic. And people often have to put themselves into such chaos as much as into what is in harmony.
Rudolf Steiner, GA 186, p. 111

Newsletter August 2016

To the co-workers of the anthroposophic medical movement



From left to right: 1. Participants at the IPMT in Sydney, Australia in July 2016. 2. Dr Jasmin Peschke, ecotrophologist, Coordination Centre for Nutrition (see News, page 2).

Dear friends,

This “Brexit summer” gives us cause for thought in various respects. In the context of the IPMT advanced training weeks in East and West, questions of ethics and a “value-based culture” which connects rather than divides and is not governed by the economisation of all fields of life also repeatedly came up for discussion. Here anthroposophy turns out to be a helpful instrument for understanding, mediating, but also appreciating what exists in terms of cultural heritage, and how today it can once again provide a cultural foundation.

But it also becomes clear in intercultural dialogue how the pre-Christian values in religion, culture and society were primarily oriented towards harmony, the order of divine truths, veneration, love, a sense of duty, discipline, respect and integration, that is to say the subordination of the individual to the family or the state. It is not until Christianity that a fundamental transformation of values occurs in that the impulse of freedom, and with it the individualisation of each person and their potential independence from family and society, becomes the norm. As a result each person “alone” must find and take to heart the truths which they can live with. But that also inevitably means passing through chaos, error and culpability.

Thus in preparation for the Michaelmas period let us recall the three anti-social instincts which – if we are aware of them and do not let them take over – release entrepreneurial forces through which each one of us, wherever we are, can contribute out of insight and in freedom to the establishment of a culture of humanity.

Rudolf Steiner describes them in his lectures *The Challenge of the Times* (GA 186):

In the thinking, the antisocial instinct rules of wanting to persuade the other person, wanting to make them intellectually dependent, to “lull them to sleep”. We can overcome this tendency by taking an interest in the opinion of the other person and helping them through open questions to obtain new perspectives for themselves – completely out of themselves.

In the feelings we tend to deceive ourselves – because we project our sympathies and antipathies into the other person and are disappointed when the latter fails to live up to them. But if our feelings become organs of perception for the individual character of the other person, then they can serve to understand the essence and take us closer to the truth of the other and ourselves.

In the will, we have a tendency to annoy others through our action. We can transform this by letting what we do be guided by the needs of those around us and placing ourselves in the service of what is required.

Thus we are particularly pleased that the basic subject of the annual conference in September is the question about the healing action of the etheric forces, and that the more than 50 different working groups reflect the demand for advanced training which lives among us at a professional and interdisciplinary level.

With warmest greetings

Michaela Glöckler

Other news

Current situation of Samarita Solidargemeinschaft e.V.: Supportive communities have been called into question by the health authorities for some months. Hence Samarita, founded in 1997, has adopted a higher public profile. Please go to www.samarita.de to find out more and register there as a supporter with a small personal statement.

Coordination Centre for Nutrition in the Section for Agriculture: The ecotrophologist Jasmin Peschke, with a doctorate in nutritional science, will bring together insights about healthy and responsible diet and, for example, organise study days on nutritional therapy, nutrition and education or on nutritional quality in plant breeding. She collaborates closely with the Nutrition Group founded by the Section for Agriculture and the Medical Section together with the Working Group for Nutrition Research in Germany. For direct contact or financial support: nutrition@goetheanum.ch, tel.: +41 (0)61 706 4132.

Resumption of production of the mistletoe preparation Isorel®: A new production facility is being built in Thörl-Maglern, Carinthia/Austria to make this proven medicine. With a ground plan of a seven-pointed star, the so-called "star building" is intended to support the differentiated mistletoe production process. The trustees, physicians from the charitable LUKAS Stiftung für menschengemäße Medizin, have in the course of many years had very good experiences with ISOREL® and want to make this medicine available again. The project requires assistance and donations. Further information may be obtained from Dr Elisabeth Krauß: +49 7043 959907, Dr Wessel von Loe: +49 7043 920874 or at <http://www.isorel.co.at>.

Book recommendations

Thomas McKeen: *Anthroposophische Medizin - Einführende Vorträge und Aufsätze*. (Reprint of the book *Wesen und Gestalt des Menschen*). Salumed-Verlag, Berlin 2016

Peter Selg, Maurice Orange, Hartmut Ramm, Severin Poechtrager (eds.): *Mistelforschung und Krebstherapie*. Verlag des Ita Wegman Instituts, Arlesheim 2016

Chinyelu Kunz, Courtney Diener-Stokes, Seneca Shahara Brand: *Farmhouse Manna. Nourishing Recipes and Rituals for Head, Heart, Hands & Soul*. Hickory Grove Publishing, Phoenixville, PA 2016

Over 40 recipes provide inspiration for the use of seasonal, regional and organic wholefood. All the proceeds from the book go to the early childhood programme of Kimberton Waldorf School, Pennsylvania:

<http://www.kimberton.org/support/farmhousemannacookbook>

Internal Medicine. Foundations and therapeutic concepts of Anthroposophic Medicine by Matthias Girke can be ordered for 149 euros using the email address dagmar.brauer@medsektion-goetheanum.ch and collected at the annual conference in September.

Dates and events

- 14-15.9.2016 **Conference for members of the School of Spiritual Science in the anthroposophic medical movement**
Invitation and registration from michaela.gloeckler@medsektion-goetheanum.ch
- 15-18.9.2016 **The etheric body as source of the developmental forces.** International annual conference of the Medical Section at the Goetheanum. Programme and registration at: http://www.medsektion-goetheanum.org/EYED2/files/file/pdf_EN/JK_2016_Programm&Anmeldung_EN_neu.pdf
- 21.9.2016 **What works how? And why? Symposium on the dimensions of therapeutic processes in integrative nursing, therapy and medicine** at Herdecke/DE.
Please request programme from: m.bertram@gemeinschaftskrankenhaus.de
- 19-22.10.2016 **International study conference on therapeutic and educational creative speech** at the Goetheanum/Dornach:
https://www.goetheanum.org/fileadmin/vk/2016/10_Sprachtherapie/ST_2016_Programm_und_Anmeldung_EN.pdf
- 22-25.10.2016 **The occupational profile of the school physician.** International advanced training for kindergarten and school physicians in all required languages: <https://www.goetheanum.org/Kindergarten-und-Schulaerztetagung.8187.0.html?&L=1>
- 29.10.2016 **"FLUCHT" Symposium** for people, initiatives and organisations with an anthroposophical background working with refugees. 10.00-18.00 in Stuttgart.
Further information: b.schiller@start-international.org
- 23-30.11.2016 **International Postgraduate Medical Training/IPMT in Mumbai/India:**
[https://www.medsektion-goetheanum.org/EYED2/files/file/pdf_EN/25_Indien_2016_engl\(III\).pdf](https://www.medsektion-goetheanum.org/EYED2/files/file/pdf_EN/25_Indien_2016_engl(III).pdf)

Dornach, 15 August 2016