

# Therapeutic Intuition

Perception  
and reality in  
diagnosis  
and therapy

10 – 15

September 2024  
at the Goetheanum



International Annual Conference  
of the Medical Section

Let peace guide my seeking soul  
In its search for good

Let truth guide my striving soul  
In its striving for light

Let God in me guide me  
In all seeking for  
Light, love, knowledge

Rudolf Steiner, 20 April 1912, GA 268

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Dear Colleagues!

What does it feel like to see someone again whom you haven't seen for a long time? What was it like to finally meet in person again after a long time apart - or after purely "virtual" communication - when the coronavirus restrictions were eased? For many, the experience of coming together again brought joy, warmth, enrichment and vitality. It was often only at that point that you realised what you had really been missing.

Yet the consequences and challenges of this limited connectedness and perception have not disappeared from our everyday therapeutic practice. They are in fact increasing and intensifying as part of a process that has arisen with the increasing reliance on a technologised form of medicine and that has accelerated exponentially in recent years - be it through laboratory tests, imaging techniques, genetic testing, electronic records, telemedical counselling or artificial intelligence. These developments, which in their speed and complexity often transcend human dimensions, consistently lead to the elimination of the human encounter as a central part of the healing event.

The findings of anthroposophic medicine provide essential insights into the process of encounter, into the development of our abilities towards therapeutic intuition. This includes recognising the ways in which karma leads us into a relationship with each other. These dispensations of destiny, in whose "enabling space" physical, soul and spiritual development unfolds, are part of all our encounters, be they with patients, colleagues or communities, with the earthly or spiritual world.

The 2024 international annual conference of the Medical Section will address key questions: "How can we perceive what is true?" and "What concrete benefits does anthroposophical spiritual science bring to the art of healing in today's world?". These questions will be illuminated from many perspectives during the conference, through specialist conferences, spiritual deepening work, multiprofessional workshops, lectures, case presentations and workshop discussions.

We will additionally celebrate the 100th anniversary of the Medical Section and will highlight with special contributions the anniversaries of the Course for Young Doctors, the Special Needs

Education Course and - as Rudolf Steiner's last and most forward-looking act for the medical movement - the Pastoral Medicine Course.

We hope that the decisive contribution of anthroposophic medicine to the comprehensive challenges of our time and its inspiring power for the future can become perceptible in the conference community.

For the Section Leaders and the IKAM Council

Marion Debus, Karin Michael and Adam Blanning

### Literature for preparation:

- Rudolf Steiner: *Anthroposophy. (A Fragment)*, CW 45.
- Rudolf Steiner: *The World of the Senses and the World of the Spirit*, CW 134.
- Rudolf Steiner: *Broken Vessels. The Spiritual Structure of Human Frailty*, CW 318.
- Rudolf Steiner: *Zur Sinneslehre. Themen aus dem Gesamtwerk 3*, edited by Christoph Lindenberg, Stuttgart 2022.
- Rudolf Steiner: *Intuition - Brennpunkt des Denkens*, edited by Edward de Boer, Basel 2014, p. 10 (<https://dasgoetheanum.com/was-meint-rudolf-steiner-mit-intuition/>).
- Maurits in 't Veld, Majella van Maaren: *Developing Clinical Intuition*, n. y. (<https://de.bolkscompanions.com/books>).
- Adam Blanning: *Raising sound sleepers*, Edinburgh 2023.

Tuesday, 10 Sept	Wednesday, 11 Sept	Thursday, 12 Sept	Friday, 13 Sept	Saturday, 14 Sept	Sunday, 15 Sept
	<b>08.15</b> Artistic and meditative prelude	<b>08.15</b> Artistic and meditative prelude	<b>08.15</b> Artistic and meditative prelude	<b>08.15</b> Artistic and meditative prelude	<b>08.15</b> Artistic and meditative prelude
	<b>09.15 Specialist conferences</b>	<b>09.15 Specialist conferences</b>	<b>09.15 Class lesson and workshops</b>	<b>09.15 Case presentation and principle</b> Diagnosis (finding) Training the senses Perception and judgement Elma Pressel, Genn Kameda	<b>09.15 Case presentation and principle</b> Therapy (freedom) The mind to help and will to heal Georg Soldner, Rolf Heine
	<b>10.30</b> Coffee break	<b>10.30</b> Coffee break	<b>10.30</b> Coffee break	<b>10.30</b> Coffee break	<b>10.30</b> Coffee break
	<b>11.15 Specialist conferences</b>	<b>11.15 Specialist conferences</b>	<b>11.15 100 years of the Pastoral Medicine Course</b> Perception of karma Marion Debus	<b>11.15 Workshops</b>	<b>11.15 What kind of medicine do we actually want? How can medicine be truly human?</b> Karin Michael, Adam Blanning <b>The Foundation Stone in eurythmy</b> Goetheanum Eurythmy Ensemble
	<b>12.30</b> Lunch break	<b>12.30</b> Lunch break	<b>12.30</b> Lunch break	<b>12.30</b> Lunch break	<b>12.45</b> End
<b>14.30 Joint start of the conference</b> Adam Blanning, Marion Debus, Karin Michael			<b>13.30 Poster presentation</b> (until 14.45)	<b>13.30 Poster presentation</b> (until 14.45)	
<b>Specialist conferences</b>		<b>Spiritual deepening</b>			
<b>15.00 Inflammation and tumour as eye and ear in the wrong place</b> Armin Husemann	<b>15.00 Specialist conferences</b>	<b>15.00 "The true reality" Dornach, September 1924</b> Rudolf Steiner's last courses Peter Selg	<b>15.00 State of research on therapeutic intuition</b> Erik Baars	<b>15.00 World Community</b> Typical contributions from around the world from those present or via video on the content of the conference Sophia Wittchow	
<b>16.00</b> Coffee break	<b>16.00</b> Coffee break	<b>16.00</b> Coffee break	<b>16.00</b> Coffee break	<b>16.00</b> Coffee break	
<b>16.45 Specialist conferences</b>	<b>16.45 Specialist conferences</b>	<b>16.45 Class lesson and workshops</b>	<b>16.45 Workshops</b>	<b>16.45 Workshops</b>	
<b>18.15</b> Evening break	<b>18.15</b> Evening break	<b>18.15</b> Evening break	<b>18.15</b> Evening break	<b>18.15</b> Evening break	
<b>19.30 Perception of the need for healing - 100 years of meditative deepening of the art of healing</b> Young Impulses in Anthroposophic Medicine <b>Conclusion with eurythmy</b> Ends 20.45	<b>19.30 100 years of the Special Needs Education Course</b> Perception for the other person Jan Göschel, Adam Blanning <b>Conclusion with eurythmy</b> Ends 20.45	<b>19.30 Commemoration of the dead</b> Adam Blanning, Marion Debus <b>Conclusion with eurythmy</b> Ends 20.45	<b>19.30 Case presentation and principle</b> Medical history and destiny in the therapeutic encounter Laura Piffaretti, Mathias Sauer <b>Conclusion with eurythmy</b> Ends 20.45	<b>19.30 "To the Earth"</b> Eurythmy performance by the Goetheanum Eurythmy Ensemble	<b>From 20.45</b> Festive evening

## Differentiated mistletoe therapy worldwide and deepened pharmaceutical comprehension

In 1924, exactly one hundred years ago, Eberhard Schickler, a physician working at the Arlesheim hospital, published the first 22 case reports of patients treated with mistletoe under the title "Ein neues Mittel gegen Carcinom" (New medication against carcinoma), commissioned by and with the close professional support of Ita Wegman. He differentiated between stage-dependent indication areas (prophylactic use, adjuvant therapy, palliative treatment) and provided precise information on the viscum concentration (0.5%-20%), the injection site (close to the tumour or intratumourally) and the injection frequency (every second day for 14 days). The therapeutic successes were impressive.

In the same year, Rudolf Steiner explained the following about the pharmaceutical production process for mistletoe preparations at a meeting of physicians on 22 April 1924:

"First we bring the mistletoe extracts into a vertical movement and then we infiltrate this with a horizontally rotating movement. The idea is to allow the mistletoe extract to form droplets and to rotate in the droplets, rejoining the mistletoe extract in horizontal rotations, so that a special structure is created even down into the smallest rotations. This is actually what first produces the healing effect of *Viscum*. [...] the strictly specific medicine only arises in this complicated way." What is really meant by this enigmatic statement?

Mistletoe therapy has meanwhile become a unique pillar of cancer treatment in numerous countries and therapeutic settings worldwide. Curricular training courses in anthroposophical oncology are taking and have taken place in the USA, Brazil, Peru, India and Thailand. Broad-based experience has been gained in the various applications of mistletoe therapy (subcutaneous, intravenous, intralesional, etc.).

Parallel to this, the original mistletoe preparation Iscar and the first machine constructed in 1922 gave rise, as a result of particular impulses from individual people or groups of people, to various mistletoe preparations, each with a specific character and spiritual background.

At the conference, we intend to address specific clinical questions using case studies from four continents to stimulate our therapeutic intuition. This will be supplemented by presentations on clinical healthcare research, which has also developed in the field of mistletoe therapy in recent years. At the same time, we want to delve into the spiritual and pharmaceutical background of our mistletoe preparations in order to immerse ourselves in Rudolf Steiner's intentions, their various possible interpretations and their potential as a source for a pharmacy of the future.

The conference will conclude with a therapeutic and pharmaceutical colloquium and an overview of important research results and future questions.

Conference languages DE / EN

### 10 Sept - Tuesday

**15.00 Inflammation and tumour as eye and ear in the wrong place**

*Armin Husemann*

**16.00 Coffee break**

**16.45 Welcome**

*Marion Debus*

**Sevenfold therapeutic concepts in Mistletoe therapy with metals and organ preparations**

*Kan-anek Kaewthaweesab (Thailand)*

**Clinical challenge of managing cancer - An Indian perspective**

*Harihara Murthy (Indien)*

**18.15 Evening break**

**19.30 Perception of the need for healing - 100 years of meditative deepening of the art of healing**

*YIAM*

**Conclusion with eurythmy**

### 11 Sept - Wednesday

**08.15 Artistic and meditative prelude**

**09.15 Iscador**

*Stephan Baumgartner*

**Abnoba**

*Gero Leneweit, Rainer Scheer*

**Scientific and spiritual background of the pharmaceutical process**

**Current and future research questions**

**10.30 Coffee break**

**11.15 Special mistletoe sensitivity of Peruvian patients undergoing high-dose therapy**

**- considered from the understanding of the human being**

*Yván Villegas*

**Perioperative mistletoe therapy - experiences from the Bad Berka Clinic for Visceral Surgery**

*Luisa Peter, Sonny Jung*

**12.30 Lunch break**

**15.00 Iscucin**

*Stefan Hirschberger*

**Helixor**

*Marion Zeeck*

**Scientific and spiritual background of the pharmaceutical process**

**Current and future research questions**

**16.00 Coffee break**

**16.45 "Jump start or easy does it"**

**How to find the right dosing and application mode**

**Cases on lymphoma and solid tumours**

*Mark Hancock, Steven Johnson*

*(USA)*

**18.15 Evening break**

**19.30 100 years of the Special Needs Education Course**

**Perception for the other person**

*Jan Göschel, Adam Blanning*

**Conclusion with eurythmy**

### 12 Sept - Thursday

**08.15 Artistic and meditative prelude**

**09.15 Current research results and future research questions in anthroposophical oncology**

*Friedemann Schad,*

*Stephan Baumgartner*

**10.30 Coffee break**

**11.15 Therapeutic-pharmaceutical colloquium: mistletoe therapy and supportive therapies in cancer treatment**

*Georg Soldner, Annette Greco*

**12.30 Lunch break**



### The meaning and dignity of being old. What can we in the healthcare professions contribute?

Conference languages DE / EN

Growing old is not only a personal matter, a challenge for a family, but it is also always a societal task. We live in a time that is characterised by ever-increasing pressure to perform. This already pervades the earliest childhood, the school years, professional life and continues into advanced old age. In the third phase of life - retirement age, when we should also prepare for life in advanced old age - many people have to continue working to secure their livelihood or take on important tasks in voluntary work. But people often become a burden to themselves and their fellow human beings in the fourth phase of their lives, which can be characterised by degeneration and experiences of loss. The actual meaning of ageing is often completely lost in such a "cost-benefit calculation" and the bureaucratic effort involved in caring for the elderly.

Ageing should not just be a burden for everyone personally and for society. How can we regain something from this last stage of life? What can we do to organise ageing in different social settings - at home, in inpatient long-term care, in assisted living, in retirement communities - with dignity? How do we understand age-related diseases such as dementia, Parkinson's and strokes? What do they mean with regard to the life after death and the preparation for a new incarnation?

We would like to discuss these and many other questions at this specialist conference, to which we warmly invite colleagues from all professions related to old age.

*Gabriela Cimpeanu, Rolf Heine*

#### WORKSHOPS:

##### 1 The art of dying today

... in elderly care. Dying is part of life - and like all phases of life, it also requires a conscious approach. Dying *may be* ... in old age. But, how does end-of-life care become support in living - a conscious, individualised approach for the person? Thoughts, practical suggestions, reflections and discussion on the topic.

*Birgitt Bahlmann, expert in anthroposophic nursing (IFAN), teacher of nursing, rhythmical massage therapist. A focus of our work: end-of-life care*

##### 2 Physical and mental illness in old age

Thoughts on mental illness in old age and its physical effects are presented. There is also an opportunity to ask questions and discuss possible therapeutic care interventions.

*Dr med Christian Schikarski, specialist in general internal medicine*

##### 3 Holistic management and collaboration in care facilities

How can we strengthen accountability when external demands are becoming ever greater? How do we look after ourselves, our colleagues and staff to create appreciation and accountability? The workshop will be used to discuss these issues and identify model approaches.

*Julian Schily, has been working in the social services sector for more than 30 years as a chief executive, project developer and consultant, specialising in the care sector for the last 10 years*

#### 4 The twelve senses in old age and caring for them in dementia patients

Sensory activity already begins in the womb and connects the soul's activity with the outside world throughout life. This activity becomes more and more consciously coordinated and internalised in the course of life. In metamorphosed form, it leads to the development of different soul abilities. What changes occur in old age and especially

in people suffering from dementia? What tasks do we face in caring for the elderly and how can we utilise the opportunities available to us in care? Exchange of experience, suggestions and practical tips.

*Gabriela Cimpeanu, nurse, expert in anthroposophic nursing (IFAN), specialising in rhythmical Einreibung and external applications, many years of experience in the field of geriatric psychiatry*

#### 10 Sept - Tuesday

##### 15.00 Inflammation and tumour as eye and ear in the wrong place

*Armin Husemann*

16.00 Coffee break

##### 16.45 Welcome Introductory lecture: The understanding of the human being in healthy ageing

*Rolf Heine*

18.15 Evening break

##### 19.30 Perception of the need for healing - 100 years of meditative deepening of the art of healing

*YIAM*

Conclusion with eurythmy

#### 11 Sept - Wednesday

##### 08.15 Artistic and meditative prelude

##### 09.15 Beauty and wisdom of old age

*Michaela Glöckler*

##### Animals as a support and companion for the elderly

*Sabrina Menestrina*

10.30 Coffee break

##### 11.15 Discussion groups:

How do we want to grow old?

What do the generations have to say to each other?

Moderation *Gabriela Cimpeanu, Rolf Heine*

12.30 Lunch break

##### Workshops:

1. The art of dying today

*Birgitt Bahlmann*

2. Holistic management and collaboration in care facilities

*Julian Schily*

3. Physical and mental illness in old age *Christian Schikarski*

4. The twelve senses in old age and caring for them in dementia patients

*Gabriela Cimpeanu*

16.00 Coffee break

##### Workshops

18.15 Evening break

##### 19.30 100 years of the Special Needs Education Course

Perception for the other person

*Jan Göschel, Adam Blanning*

Conclusion with eurythmy

#### 12 Sept - Thursday

08.15 Artistic and meditative prelude

##### 09.15 "The inner radiance"

*Discussion about dementia*

10.30 Coffee break

##### 11.15 Culture of ageing

*Karin Michael*

12.30 Lunch break

## The four basal senses

The international eurythmy therapy specialist conference focuses on the four basal senses, the sense of balance, movement, life and touch. On the one hand, it will be about working with children and how eurythmy therapy can help them to develop their senses in a healthy way. On the other hand, we would however also like to turn our attention to adults: certain disorders that occur in adolescence and adulthood can be traced back to inadequate development of the basal senses. At a younger age, these include reading and writing disabilities, school anxiety or autism spectrum disorders. In adults, these are trauma sequelae, anxiety disorders, nervousness or sleep disorders. In lectures with

exercises, Annette and Kaspar Zett show how eurythmy therapy can be used to work through basal sensory experiences or compensate for their impact, and how on the other hand early childhood sensory development can be stimulated or strengthened.

In this year too, in addition to movement together, the focus will be on the experiences of colleagues from around the world in practice and the joint exchange of ideas. In the workshops, we will focus on therapeutic intuition in perception and reality in diagnosis and therapy!

*Hana Adamcová, Katharina Gerlach, Skeydrit Bähr, Annette Zett, Tiffany Russel, Kaspar Zett*

Conference languages DE / EN

### 10 Sept - Tuesday

**15.00 Inflammation and tumour as eye and ear in the wrong place**

*Armin Husemann*

**16.00 Coffee break**

**16.45 Opening to the conference topic**

**The four basal senses: early childhood development and developmental disorders, sense of life and sense of touch (e.g. anxiety and autism spectrum disorders), lecture with exercises**

*Annette Zett, Kaspar Zett*

**18.15 Evening break**

**19.30 Perception of the need for healing - 100 years of meditative deepening of the art of healing**

*YIAM*

**Conclusion with eurythmy**

### 11 Sept - Wednesday

**08.15 Artistic and meditative prelude**

**09.15 Joint start in movement Workshops on therapeutic intuition - perception and reality in diagnosis and therapy**

**10.30 Coffee break**

**11.15 The four basal senses: early childhood developmental disorders and sequelae in adolescence and adulthood, sense of balance and kinaesthetic sense (e.g. reading and writing disabilities, lack of concentration and coordination), lecture with exercises**

*Annette Zett, Kaspar Zett*

**12.30 Lunch break**

**15.00 Workshops on therapeutic intuition - perception and reality in diagnosis and therapy**

**16.00 Coffee break**

**16.45 The four basal senses: sequelae in adulthood (e.g. nervousness and sleep disorders, trauma sequelae), lecture with exercises**

*Annette Zett, Kaspar Zett*

**18.15 Evening break**

**19.30 100 years of the Special Needs Education Course Perception for the other person**

*Jan Göschel, Adam Blanning*

**Conclusion with eurythmy**

### 12 Sept - Thursday

**08.15 Artistic and meditative prelude**

**09.15 Joint start in movement Workshops on therapeutic intuition - perception and reality in diagnosis and therapy**

**10.30 Coffee break**

**11.15 Joint review and look ahead to the coming year**

**12.30 Lunch break**

# Specialist conference Anthroposophic psychotherapy

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## Perception, truth, and the contribution of anthroposophic psychotherapy

Conference languages  
EN/DE/RU/ES/IT

The current age brings many challenges. It includes narratives which influence perception and distort the truth because of the fall of the cosmic intelligence. It is now the responsibility of human beings to meet this challenge, develop freedom and restore the connection between human intelligence and the Divine in a way which restores the purpose of human evolution and enables Michael and his hosts to support us.

Trauma undermines our capacity to do this. Our soul and body become weakened. Our thinking and nervous and sensory system, our feeling and rhythmical system, and our willing and metabolic and limb system (the eagle, lion, and the bull) become imbalanced. At the same time our spiritual organs are developing a new clairvoyance, but this allows adversary beings to enter our body and soul. Our capacity to perceive the truth of world events and individual life events is distorted. We jump to conclusions, take intransigent positions, and oppose those who have different views. Such polarisations have increased

and intensified since the beginning of the twenty-first century but so have the possibilities for change and renewal because of the development of the new clairvoyance.

Anthroposophic psychotherapy aims to recognise and work with these challenges and emerging possibilities. Anthroposophic psychotherapists enter the details of clients' lives, recognise the sources of renewal in clients' striving for truth and promote perception of the heart. We aim to meet the cosmic thoughts which work from the outside in a way which supports the possibilities for change and renewal which we routinely meet in our clients in our clinical practice.

*The conference language is English. Translations into Spanish, Italian, Russian and German will be provided. Participants attending in person will need a mobile phone with the Zoom app and headphones to participate in one of the other languages. Registration for online participation is done via the national psychotherapy associations.*

Anthroposophic psychotherapy

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### 10 Sept - Tuesday

**15.00 Inflammation and tumour as eye and ear in the wrong place**

*Armin Husemann*

**16.00 Coffee break**

**16.45 Ceremonial beginning Distorted perception, anthroposophic psychotherapy and the road to truth**

*John Lees*

**18.15 Evening break**

**19.30 Perception of the need for healing - 100 years of meditative deepening of the art of healing**

*YIAM*

**Conclusion with eurythmy**

### 11 Sept - Wednesday

**08.15 Artistic and meditative prelude**

**09.15 The essence of the road to truth: fundamentals of a pedagogical I-development**

*Wilfried Kessler, Hartmut Horn*

**10.30 Coffee break**

**11.15 The pathogenic effect of untruthfulness in life - awakening the patient's truth-judging higher Self. A current challenge for anthroposophic psychotherapy**

*Henriette Dekkers*

**12.30 Lunch break**

**15.00 Interactive session with regard to truth and perception in anthroposophic psychotherapy**

*Ad Dekkers*

**16.00 Coffee break**

**16.45 The dramatic impact of untruthfulness through distortion of perception - its disordering effects upon the social system and the individuality - an anthroposophic approach towards the development of truth: clinical vignettes from India, Canada, Uruguay, Brazil (60')**

**The healing effect of finding the truth for self-discovery and strengthening trust in life. Reports from psychotherapeutic practice. Barcelona, Spain (30')**

*Cristina Moreno González*

**18.15 Evening break**

**19.30 100 years of the Special Needs Education Course - Perception for the other person**

*Jan Göschel, Adam Blanning*

**Conclusion with eurythmy**

### 12 Sept - Thursday

**08.15 Artistic and meditative prelude**

**09.15 The Michaelic rhythm and the Christ rhythm: understanding and implementing the truth and the healing effects of the rhythms in the second verse of the Foundation Stone Meditation in anthroposophic psychotherapy**

*Giovanna Bettini*

**10.30 Coffee break**

**11.15 Review and outlook**

*Giovanna Bettini, Vasuprada Kartic, John Lees, Álvaro Olascuaga, Zheni Nasi*

**12.30 Lunch break**

# Specialist conference Dentistry

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## 7th International Congress of Anthroposophical Dentistry Therapeutic intuition in dental practice

Conference language  
EN

Last year was the centenary of the foundation of the General Anthroposophical Society and the theme of the medical conference was "Body and I". The esoteric background was the construction of the temple.

In 2024 it has been 100 years since the School of Spiritual Science began and the theme of the conference is intuition.

In this case the background is, how can esoteric practice improve knowledge in the therapeutic

field? What is the specific part of the dentist's clinical practice as a tool to better understand the Delphic motto: "O man know yourself"?

We hope that the contributions from colleagues will help us in this reflection.

We look forward to seeing you.

*Celia Lulo, Inge Mittag, Alessandro Vannini,  
Juliana García, Camila Contreras, Stefano Milani*

Dentistry

15

### 10 Sept - Tuesday

**15.00 Inflammation and tumour as eye and ear in the wrong place**

*Armin Husemann*

**16.00 Coffee break**

**16.45 Practising the 12 senses to develop therapeutic intuition**

*Olivier Coutris*

**18.15 Evening break**

**19.30 Perception of the need for healing - 100 years of meditative deepening of the art of healing**

*YIAM*

**Conclusion with eurythmy**

### 11 Sept - Wednesday

**08.15 Artistic and meditative prelude**

**09.15 The eternal feminine draws us towards a higher path of therapeutic ideas**

*Wolfgang Guldenstern*

**10.30 Coffee break**

**11.15 Understanding illness and the process of the remedy, a case review**

*Alejandra Andrade*

**12.30 Lunch break**

**15.00 The community as an anthroposophic therapeutic basis**

*Nair de Fonseca*

**16.00 Coffee break**

**16.45 From the individual to the generic**

*Ivana Moon*

**18.15 Evening break**

**19.30 100 years of the Special Needs Education Course - Perception for the other person**

*Jan Göschel, Adam Blanning*

**Conclusion with eurythmy**

### 12 Sept - Thursday

**08.15 Artistic and meditative prelude**

**09.15 Silica: Image and therapeutic use in anthroposophic odontology**

*Berenice Zamora Espinoza*

**10.30 Coffee break**

**11.15 Mutual knowledge in plenary and "Warmth Meditation"**

**12.30 Lunch break**



# Artistic and meditative prelude

16

Wednesday to Sunday,  
always at 08.15-09.00

## **M1 Spacial Dynamics® (DE/EN)**

Practising the capacity for intuition through movement - and starting off the day feeling fresh and revitalised.

*Christina Spitta*

## **M2 Morning meditation (DE/EN)**

How do we meditate? How are Buddhism and Christianity connected in the developmental stream of humanity? How will they continue to develop? What kind of mindfulness, concentration, meditation and prayer is really helpful and beneficial when, for what and for whom, especially with regard to inner development and (healing) cognition? We want to concern ourselves with these questions through practice and exchange, including modern meditation research and practice.

*David Martin, Silke Schwarz*

## **M3 Eurythmy - "... recollection - contemplation - beholding ..." (DE)**

Together we will gather experiences in the movement triad "I will move", "I move", "I have moved", which we can take with us as preparation, strengthening and to foster sustainability for the conference itself, everyday life and our work. The exercises Love-E, Hope-U, AH-Reverence from the fifth lecture of the eurythmy therapy course will accompany us as a central part of these morning sessions.

Feel free to bring eurythmy / gym shoes.

*Sybille Zehnder*

## **M4 Singing in the western stairwell (DE/EN)**

Let the new day be welcomed with singing! In listening, and with simple exercises for the beauty of our sounds, the parts in our improvisations and songs sound forth in harmony and healing!

*Thomas Adam*

## **M5 Bothmer® gymnastics (DE/EN)**

The exercises of Bothmer® gymnastics in a therapeutic context. How do we perceive our own movement? Moving together, observing each other and transforming individually. I look forward to an exchange in movement.

*Gudrun Rehberg*

## **M6 Loheland gymnastics (DE/EN)**

*Sabine Podehl*

## **M7 Working with the meditations of the "Course for Young Doctors" (DE/EN)**

The five meditations from the "Course for Young Doctors" will be explored through a creative process, one meditation per day. The facilitators for these sessions will vary and all generations and professions are welcome.

*Adam Blanning, Tania Prince, Sophia Wittchow*

## **M8 Work in conversation on the 1 September lesson (DE)**

School of Spiritual Science work for members of the First Class of the School of Spiritual Science.

*Mathias Sauer*

# Workshops and class lessons Spiritual deepening

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Thursday, 16.45-18.15 /  
Friday, 09.15-10.30

The two units of the workshops  
build on one another.

## **1. Art in the dark - with our own hands: seeing - feeling - touching (DE/EN)**

Artistic sculptures are provided that can be explored in peace with the hands through touch with the eyes closed. The sculptures are initially covered so that they cannot be seen. The course participants are guided to the sculptures and get to know them with their hands. The experience of touch and perception is then described in terms of its phenomena and categorised with regard to the activity of the so-called lower senses. The ability of the hands to resonate - as we practise and learn in rhythmical massage therapy and also osteopathy. At the end of this process, the sculptures will also be revealed.  
*Johannes Hermann, Gabi Förster*

## **2. The multidisciplinary image-forming intuitive patient consultation for anthroposophic diagnostics and therapy decision-making (EN)**

In the workshop, at first the results of a Dutch study (2023) on this anthroposophic patient consultation will be presented (Baars et al., 2023). Specific subjects are features and variations of the consultation, ritual aspects, methodological aspects, checklists, the contributions of the different anthroposophic therapies, and the theoretical embedding in conventional science and anthroposophic spiritual science.

Then we will do preparatory exercises and practice with this type of anthroposophic consultation with all participants.

*Erik Baars*

## **3. The spiritual breathing process (DE)**

Using exercises and perceptual aids from therapeutic speech, we will focus on the supersensory aspects of breathing and explore ways of training intuition and understanding destiny. Breath, voice and movement are used in working with word meditations and mantras.

*Esther Böttcher*

## **4. What does the sense of life have to do with the meaning of life? Experimental practice communicated in a real-life way (DE)**

The aim of this workshop is to investigate the phenomenon of the centrally located "sense of life" with the inclusion of other senses. From the sense of life to the meaning of life, a research journey between macrocosm and microcosm. We utilise various methods of scientific work in theory and practice. Preparation in terms of content: *Philosophy of Freedom* (GA 4) (<https://rsarchive.org/Books/GA004/>); "Die 12 Sinne des Menschen" (The Twelve Human Senses) (single lecture, <https://anthrowiki.at/Sinne>).

Equipment: laptop or iPad if possible, personal notebook, clothing for indoor and outdoor activities.

*Charlotte Allmer, Renate Voit*

## **5. On the path to the inner sources of eurythmy (DE)**

Simple basic elements of eurythmy will form the central part of our work. We will approach

them from different aspects and thus work on the transformative forces of our inner mobility. Prerequisites: curiosity, interest, enthusiasm and joy. No previous knowledge of eurythmy is necessary.

*Erdmuthé Worel*

**6. Self-perception and I-perception (DE)** Our secure feeling of being at home in the physical world is closely related to, and indeed a prerequisite for, our spiritual development. This culminates in that I become more I when I perceive as many other "I's" as possible as being related and alien at the same time. We will investigate together to what extent the development of the body-orientated senses enables the so-called spiritual senses and what needs to be done to make up for developmental gaps. With eurythmy and other practical exercises.

If you have eurythmy shoes, please bring them along.

*Edmond Schoorel, Hilda Boersma, Lonneke Winters*

**7. The healing impulse of the Gospel of Luke and the Acts of the Apostles (DE)**

In his 1924 lectures for young doctors, Rudolf Steiner called for the Gospel of St Luke to be taken seriously as an "inner instruction for the will to heal". We will look together at two texts that are only found in the Gospel in Luke: The story of the prodigal son (Luke 15:11-32) and Paul's Damascus experience (Acts 9:22 and 26). After a short introduction and reading the Gospel texts together, we will turn to the question of how we can understand these texts in such a way that we experience a strengthening of our will to heal.

*Jakob Kraul, Georg Soldner*

**8. The path of knowledge of the Michael School – The meditations of the First Class of the School of Spiritual Science (DE)**

In September 1924, Rudolf Steiner took a new developmental step in the work of the First Class of the School of Spiritual Science. In the first unit we will look at the composition of the September lessons and examine them in a freely rendered class lesson on the topic of the last class lessons given by Rudolf Steiner. What future forces arise from the work of the First Class? How are the meditative path of development and medical work connected? What is the relationship between the meditations of the Course for Young Doctors and the path of knowledge of the Michael School? We intend to explore these questions in the second session and also look at the practical aspects arising from them.

For members of the First Class of the School of Spiritual Science.

*Matthias Girke*

**9. On the encounter with the double in illness and health (DE/EN)**

In the Course for Young Doctors, Rudolf Steiner calls illness an "unconscious encounter with the Guardian of the Threshold" or his "demonic reflection". How do we deal with this hidden power in ourselves and in our encounters with other people? How does it relate to our destiny and the presence of the etheric Christ?

*Michaela Glöckler*

**10. The importance of encounter in the therapeutic process and working with the warmth (DE)**

Post-traumatic stress disorders can lead to us experiencing sensory impressions and encounters with other people as overwhelming. The

"tactile network", the fine texture that Karl König describes in his book *Sinnesentwicklung und Leiberfahrung* (Sensory Development and Experience of the Body), can no longer spread out over the things in our environment, but we also find no support in the space of our body. This disconnectedness can appear in different qualities, for example through dissociation or numbness. Together, we want to practise ways through perception exercises and with the knowledge from trauma therapy support to provide a secure basis for the living, breathing stream of perception in the body space.

*Eva Maria Börner*

**11. Finding footsteps of delight - making your own medicine (EN)**

A diminished sense of life leads to illness. Well-being is restored through the stimulation of the sound ether. Experience how music, speech, eurythmy, and special work with the feet put one on the road to health. Mary and Raven work in populations where the life sense is especially challenged and have a wealth of experience to share with you. Please wear clothes that are easy to move in. Eurythmy shoes or stocking feet will be necessary.

*Raven Garland, Mary Ruud*

**12. Exploring Saturn Path research methodology (EN)**

In this seminar, we will explore how Steiner has characterised a path of collaborative research as a central methodology, especially but not exclusively relevant within the Medical Section. This path may be understood as being an enhanced Goethean methodology, potentiated through finding its support and verification through a harmonising of the karma of the in-

dividuals involved. Indications for this motif are to be found in the two parallel lecture cycles given by Rudolf Steiner in Torquay in August 1924 (*True and False Paths of Spiritual Investigation and Karmic Relationships 8*). In characterising this path, Steiner specifically referred to his own collaboration with Ita Wegman. In this seminar we will be referring to more recent attempts and plan to share contemporary experiences of attempting co-working in this manner, frequently referred to as research via the "Saturn Path".

*Michael Evans, James Dyson*

**13. "I am the image of the world, outside and inside ..." (EN/RU)**

The purpose of our meeting this time will be the knowledge of the external forms of the human body and the sphere of the 12 senses as one of the sections of the diagnostic process in anthroposophic medicine. In our workshop, we will be based on Rudolf Steiner's course of lectures *Cosmosophy, Volume 2* (CW 208).

*Denis Koshechkin, Vadim Sivolobov*

**14. September Class Lessons (EN)**

We will work on part of the September (Recapitulation) Class Lessons of the School of Spiritual Science. For members of the First Class of the School of Spiritual Science.

*Adam Blanning, Aoine Landweer-Cooke*

**15. I look into the darkness - Light experiences in meditation and everyday work (DE)**

Encounters with inner and outer chasms are a characteristic of our time. We will focus on the light that appears in this darkness and practise various light meditations together.

*Rolf Heine*

**16. The new yoga will and hearing (DE/EN)**

With the elementary singing exercises of the School of Uncovering the Voice, we will develop our hearing in the sense of the "new yoga will", the "ensouled sensory process", which Rudolf Steiner presented as a supportive exercise for the attainment of a future Michael culture (see CW 194, 30 November 1919).

*Thomas Adam*

**17. Metal colour light therapy - how do the metals speak today, how do they want to and can they help? (DE/EN)**

Through sensory perception, by the perception of metal-coloured glass plates, it is possible to experience a variety of effects on the whole person, on all levels. This can under certain circumstances lead to an encounter with the being of the respective metal. What therapeutic ideas can spring from this?

The following can serve as preparation: Marianne Altmaier: *Metallfarbliththerapie*, Stuttgart 2010; Rudolf Steiner: *Mystery Knowledge and Mystery Centres* (CW 232), lectures 4 and 5.

*Holger Schimanke, Harald Merckens*

**18. Inner certainty: One path to develop from healthy perception to sensing the truth (EN/ES)**

How can we differentiate an illusion, a prejudice or an interpretation from an ethical imagination? We propose Goethean exercises to deepen phenomenological perception. We will go from the inorganic world to processes that demand imaginative capacities. The first step will be to confront ourselves as observers, and then we will be ready to become part of the phenomena. We will seek to develop an inner sense for the truth that can only

be perceived in us through inner certainty.

*Mariela Gatica Valdes, Luciana Colusi*

**19. Touching, shaping, moving, encountering! (DE)**

We start our work together with exercises to experience mainly the four lower senses and the essence of the plastic arts. This is followed by exercises between two people and then in groups in order also to experience the creative power of art in encounters and social processes.

*Mozes Foris*

**20. The path to an epistemology according to the Goethean worldview. From logical thinking to imagination through the synthesis of art and science: a deepening between thinking and perception (DE/IT)**

In the current age of crisis in the Western world, scientific knowledge has degenerated into mere technological practice that only any longer serves to fulfil the demands of consumer civilisation. This has brought forth a work of darkness. We believe it is essential for the human soul to rediscover, in a free and self-aware way, the right relationship with the level of phenomena, without resorting to tradition or mysticism, but by means of a new cognitive approach capable of combining the rigour of the positive sciences with the creativity typical of art, extending as far as the exact imagination. We see this path as an essential task of the Michaelmas time of the spirit.

*Laura Borghi, Daniele Nani*

**21. Humans & bees, sibling beings - warmth, phenomena, mission (DE)**

In this workshop, we intend through meditation to explore the similarities between bees and

humans, by which we are intimately interwoven into this world. This is about warmth - physical warmth, warmth of spirit and soul, social or even destructive warmth. We are sibling beings with opposing tasks on this earth; the bee collects and condenses - the human being dissolves and spiritualises.

*Dirk Otto*

**22. The sensory perception of supersensory effects in teeth and dentition and the recognition of a basic signature of health and disease (DE)**

This workshop will attempt through illustrative description and personal practical experience to gain an understanding of the nature of the disposition for health and disease visible in human dentition and to recognise the value of the teeth as a "karmic" diagnostic tool.

*Claus Haupt*

**23. Medicine and meditation (DE/FR)**

Imagination, inspiration and intuition: how can I discover and experience the activity of the constitutional elements within myself?

*Robert Kempenich*

**50. The Raphael Circle - "esoteric core" of the Medical Section (DE/EN)**

A hundred years ago, Rudolf Steiner founded an esoteric circle within the Medical Section. According to Ita Wegman, this created the "seed" for a "Raphael School". On 18 September 1924, Steiner publicly announced this event to the physicians present following the Pastoral Medicine Course (cf. GA 318, p. 164ff.). Initially, the circle consisted of seven or nine practising physicians who wanted to renew the medical mysteries in association with Rudolf Steiner and Ita Wegman; however, it could certainly be enlarged in the future. What was the intention of this circle and what has become of it to the present?

This workshop is for practising physicians who would like to acquaint themselves with the background and work of the so-called Raphael Circle.

Thursday, 12 September (120 minutes), and Friday, 13 September 2024 (75 minutes).

*Tom Scheffers, Karin Michael*

Friday, 16.45-18.15 /  
Saturday, 11.15-12.30 and  
16.45-18.15

The units of the workshops  
build on one another.

## 24. Anthroposophical pastoral medicine (DE)

We will reflect on the origins of anthroposophical pastoral medicine one hundred years ago, look at current pastoral medicine work and consider possible future perspectives. How is the Pastoral Medicine Course composed? What significance does this impulse have for the treatment and support of patients, and how does collaboration with the other therapeutic professional groups, i.e. the therapeutic community, develop? Against the background of these questions, we will consider the relationship between the therapist's meditative path of cognition and meditation in pastoral medicine.

*Matthias Girke*

## 25. "The body is only the setting of your pain, of the event behind the pain" (DE)

In every disease, specific movement patterns of the person can be observed in relation to the space. Any kind of pain changes a person's relationship to space. We will see how Spacial Dynamics® can contribute to positively changing unfavourable patterns such as incorrect posture, impaired movement etc. that have arisen as a result of pain, thereby reducing or eliminating them. We will show how Spacial Dynamics® is applied in practice. We will practise and refine the applications together and enter into dialogue with each other.

*Dieter Bigler, Anne Krüger*

## 26. Chirophonetics and rhythmical massage therapy - two ways of working therapeutically with physical touch (DE/EN/ES)

Physical touch is an essential means of treatment in rhythmical massage therapy. The hand becomes an organ of perception and conveys new space for the development of the life forces through the quality of the strokes and rhythmical movements. In chirophonetics, the sound effect of the language that the recumbent patient hears is added. The form of the stroke applied to the body transmits the sound effect. We aim to familiarise ourselves with the various ways of using touch to strengthen the life forces and exchange views on similarities and differences.

*Mauro Menuzzi, Stephan Rex, Anja Weidtko*

## 27. The bath as a sensory experience (DE/EN)

What is a bath? What happens in a bath? Which senses can be addressed and how? Three different baths will be demonstrated and qualitatively compared with each other. Perception training. The participants of the workshop are invited to actively participate both in the bath and in perception. The focus is on practice. In order to be able to compare the baths, continuity of participation is required. Bring bathing shoes and swimsuit. Continuity of participation is required.

*Sabine Gerber, Maren Wendt*

## 28. Perception training via the experience of the sense of warmth with and without

## touch - experiences from paediatric nephrology and cardiology as well as neonatology with traumatised and/or recently operated infants (DE)

The simple applications of Elemental Health Care developed by Erna Weerts® strengthen and revitalise individual self-regulatory processes. In addition to stimulating minimal movements, this is achieved in particular by stimulating the body's own living warmth. The warmth of a shell-shaped hand alone can promote wellbeing in an encounter perceived as pleasant, have a calming effect, alleviate pain, release trauma and support the connection between the I and the body after an anaesthetic, and much more.

*Ute Köncke*

## 29. The human soul and animals in nurturing the consciousness soul (DE/EN/IT)

Clinical cases from anthroposophical psychotherapy are presented in which the three animals (which dwell deep within the human soul) must encounter Christ through the human being. Let us be helped by the manger in the grotto (created by St Francis of Assisi) in Bethlehem, where animals are present to bring warmth to the newborn child. Animal souls clearly support and foster the spiritual maturation of humans, especially on their path to the consciousness soul. Are we really aware of the sacrifice they have always made for us? Conversely, do the animal souls also need our care and in what way? Originally, everything was sacrificed for the good of the human being, and now the time has come for the human being to sacrifice themselves.

*Giovanna Bettini, Hartmut Horn,  
Sabrina Menestrina*

## 30. Sensing the interior: A threefold approach to physical examination (EN/ES)

Physical examination is a doorway into the inner life processes of the patient and their presentation of illness. In this experiential workshop, we will work with partners to practice 3 aspects of physical examination: looking, listening, and touching. Differences between these senses will be explored in relation to qualities of perception, clinical relevance, and the effect on the practitioner-patient experience. In practice, this approach can increase clinical insights, deepen the therapeutic relationship, and reduce physician fatigue and burn-out. If possible, please bring your own stethoscope.

*Carmen Hering, Elizabeth Sustick*

## 31. Discovering listening paths (DE/EN)

In this workshop we will work with exercises from audiopaedics. We make instruments forged of bronze, iron and copper as well as stones and wood resound and listen to these sounds, which create deep listening experiences in their connection to the soul, the etheric and the physical. Perceiving the sounds with their phenomena can give rise to a variety of therapeutic ideas. The instruments are easy to play so that our attention can be focussed on listening.

*Jörg Dinglinger*

## 32. Sense of language - thinking - I. Exploring the three upper senses in dialogue between eurythmy and language (DE/EN)

We will work on the following questions: How can the senses be experienced through practical artistic means, speech and eurythmy? Can this lead to a deeper understanding and healing impulse? Please bring comfortable clothing and shoes.

*Kristin Lumme, Mona Lenzen*



### 33. Autism spectrum, 12 senses, 7 life processes (EN)

We will work to understand the experience of the world of people with autism spectrum disorders. This includes exploration of the 12 senses and 7 life processes. We would also like to discuss how to provide support, especially for children with high sensitivity or other sensory needs.

*Karin Michael, Adam Blanning*

### 34. Therapeutic process in light and darkness for bodily senses (EN/FR)

Between the day consciousness in light and the consciousness of deep sleep in darkness of our constitution, the process proposed in this workshop allow to observe in a first time, where am I with my own bodily senses? And then, how to help patients connect with their own, to find a balance.

*Michèle M Saidi*

### 35. Colour perception with all the senses (DE)

The sensitisation of colour perception is possible when we become aware of which colour qualities are conveyed through our senses. The objective sensory quality of colours is explored in subjective exercises and with the help of colour sample cards.

*Jan de Boon*

### 36. Eurythmy therapy and case presentations on sensory development from everyday school life (DE)

We would like to invite you to join us in exploring topics from everyday school life. There are more and more children with special needs, including in Waldorf schools. Post-maturation of the lower senses, laterality, stress and insecurity of chil-

dren and adolescents are constantly present. We will practise case-related eurythmy together on the basis of short case presentations and provide space for discussions about these or other cases. Our concern is to keep teachers, physicians and therapists in dialogue with each other. We can support one another.

Active workshop: please bring gym shoes. All those who can bring a yoga mat for passive eurythmy therapy are welcome to do so.

*Silke Schwarz, Herbert Langmair, Sabina Schmutz*

### 37. Our coexistence with elemental beings in technology, nature and culture (DE/EN)

In his lectures on the hierarchies, Rudolf Steiner also describes the origin of the elemental beings in the course of the evolution of the earth and human beings. Since the 15th/16th century, the elemental beings active in technical development have been gaining increasing power and preparing the incarnation of Ahriman in our millennium. What does this mean for our approach to technology in medicine and our self-image as anthroposophically active therapists, nurses and physicians? How do we cultivate the relationship with the Christian elemental beings who are at the service of transforming the earth into the Jupiter state?

*Michaela Glöckler*

### 38. "Reflecting on the senses" between medical history and diagnosis - the IPPAF schema in everyday midwifery (DE/EN)

Between medical history and diagnosis, the midwife works with inspection, palpation, percussion and auscultation. Originally strongly based on sensory perceptions, her everyday work has become astonishingly technical since the invention

of the stethoscope by René Laennec in 1816 and its further development. We will look at the questions about what we hear from the child's heart during auscultation and also what we perceive about the sound during percussion. With many practical exercises, the path leads us through the IPPAF schema in everyday midwifery, accompanied by the associated historical personalities. "Reflecting on the senses" allows skills to grow ... so we hope in this workshop.

*Merja Riijärvi*

### 39. Physical and mental illnesses in old age (DE/EN)

In conversation with the specialists, we will work in dialogue on burning issues of nursing and medical care for the elderly. Practical tips, etc. are also included.

*Christian Schikarski*

### 40. Fertility today (DE/EN)

Declining fertility and falling birth rates due to socio-demographic and economic factors, as well as environmental influences, can be clearly observed in almost every country in the world today. At the same time, there is an increasing decoupling of the previously natural association of fertilisation, pregnancy, birth, biological and social parenthood, which is manifested in phenomena such as surrogacy and egg donation. Reproductive medicine is an ever-growing economic sector. In this workshop we want to illuminate and understand these phenomena from the perspective of spiritual science and thus become able to give the individually affected couple and the coming child what they need from us in terms of additional qualities for this incarnation.

*Angelika Maaser*

### 41. Being in resonance via the sense of touch (DE/EN)

We will use the sense of touch to provide an introduction to the etheric perception of the patient. Please bring comfortable clothes and an open heart.

*Gabriele Förster, Ute Küpper*

### 42. Perception of the gastrointestinal tract: what is healthy - where does it become pathological? (DE)

The sensory metamorphosis from the upper to the lower human being leads to the perception of substance in the gastrointestinal tract. Clinical pictures such as irritable stomach and irritable bowel syndrome as well as food intolerances and allergies can be regarded as perceptual disorders at the substance level. In this workshop, we want to shed light on the various clinical pictures and therapies as well as aspects of the microbiome and the gut-brain axis.

*Harald Matthes*

### 43. The being of cancer - Individual and world karma (EN)

We will look at the spiritual origins of cancer and the archetype it presents to the individual and the modern world situation. How do certain plant and mineral remedies suggested by Rudolf Steiner and Ita Wegman like Mistletoe, Helleborus, Formica, Plumbum and Antimony deepen our imagination of the forces needed to overcome cancerous processes in world evolution? This workshop is for all levels of interest in cancer.

*Steven M Johnson, Mark Hancock*

### 44. From patient observation to nursing diagnosis in terms of the understanding of the human being (DE/EN)

Nursing observation of patients goes far beyond the detection of pathologies or risks. How do we move from perception to a nursing diagnosis founded in the understanding of the human being? What use is such a diagnosis in an everyday work environment?

*Rolf Heine*

#### **45. Sensing oneself in one's own body (DE)**

In this workshop, we will perform three different external applications on ourselves, experience their effects first-hand and then reflect on them together. The treatments focus our self-perception and give us the opportunity to come to ourselves and regain our own harmony. All necessary materials will be provided. The prerequisite for participation in the workshop is the will for self-experience.

*Detta Dargatz*

#### **46. How to make the patient a team member? How to apply Positive Health practically? (EN)**

Chronically and seriously ill people often feel neither heard nor understood by professionals. Therapists and doctors are very interested in their illness and its conditions, but are less concerned with the personal questions and relevant issues of their patients. In the workshop, we will learn with David McGavin's "Kairos method" and with Machteld Hubers "Positive Health" (introduced by Marco Ephraïm) practical ways to perceive patients in such a way that they can understand themselves better and thus reconnect to their health potentials.

Wieneke Groot, who has gained extensive experience as a patient, will present practical possibilities together with the experienced doctors

David McGavin and Marco Ephraïm, which enable a deeper perception of patients.

*Wieneke Groot, David McGavin, Marco Ephraïm*

#### **47. 46. Eurythmy therapy: the four "body" senses and neurodevelopment (EN)**

This workshop's focus will be on experiencing how eurythmy therapy's enhanced gestures and activities stimulate the four "body" senses (Touch, Life, Self-movement and Balance) and develop the physical sensory organs or neurological systems that give rise to them. Focus will be on exploring and integrating the fourfold nature of the human being and fostering healthy neurodevelopment.

Please bring eurythmy shoes and be ready to move.

*Dale Robinson*

#### **48. Concentration and release as a perceptual ability of eurythmy therapy (DE)**

Perceiving the individual movement pattern from the inside and jointly developing the resonant eurythmy therapy movements from out of concentration / release as a real help suitable for everyday use. In doing so, starting from the trust in the evolutionary series that every human being has experienced in the first 28 days of their embryonic life as a body-creating primal force of creative language deeply familiar to them. The workshop will take place with practical examples of therapeutic work in dealing with cancer and chronic pain syndrome in outpatient and inpatient settings.

Please bring soft, pliable shoes and comfortable clothing.

*Edith Halmayer*

#### **49. The diseases of the teeth in the context of diet and the microbiome (DE)**

In dentistry, the connection between tooth decay and diet has been known for a very long time. However, that periodontal disease is also linked to diet has increasingly become the focus of attention in recent years. Today we speak of dysbiosis and symbiosis of the oral biofilm and see this as the cause of oral disease and health. How the (not just oral) microbiome is influenced by diet and lifestyle will be presented in this working group. Space for questions from all therapeutic directions is absolutely welcome.

*Hanns Martin Zimmermann*



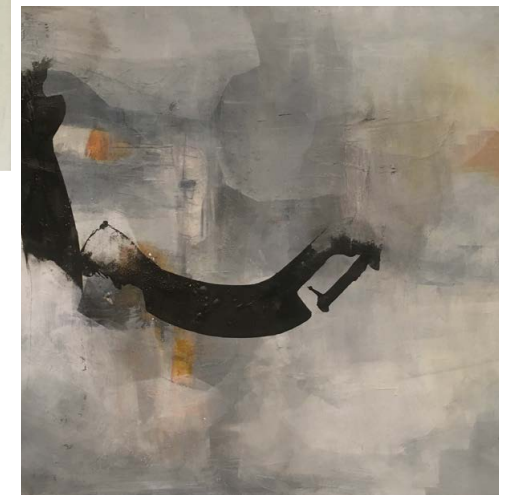
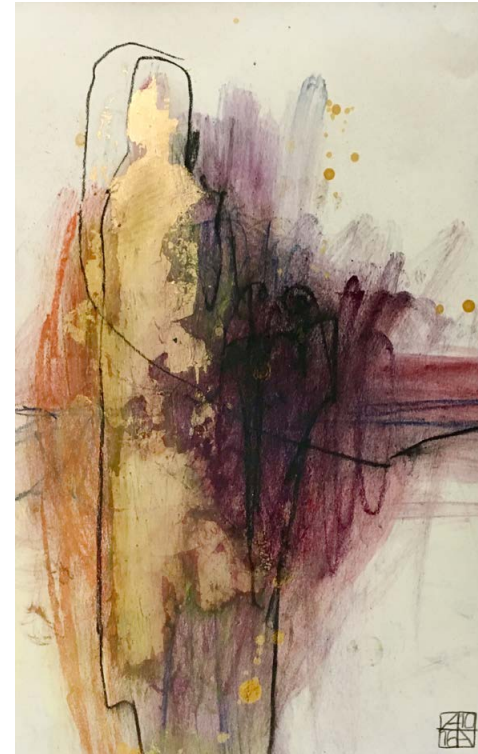
**"... I am interested in the moment when I overcome myself to let go of the supposed beauty in the picture. Only then does a space open up in which something arises that we might call 'true'."**

For Anja Andreae, the path to healing is closely linked with artistic activity. In the broadest sense, this path arises in the discovery of a language that is inherent in the lines and connections of the whole of being in many different ways. In order to understand this language, everything conceptual and above all judgemental must remain silent. Letting go leads to processes of cognition and thus healing. Anja Andreae works experimentally, exploratively and uses a wide variety of materials, such as pigment, paper, putty, but also fabrics. Many of her pictures show layers that repeatedly allow glimpses of the underlying surfaces.

"When I'm painting and things are going well, I leave everything that is conceptual in nature and get into a flow that carries me for a while. I am connected. Interestingly, this flow then always starts to churn and spin around itself when I hold on to something that has been created, that I consider successful. I then work carefully around this place. I don't make any progress if I am afraid of losing something. Only a spirited letting go, even conscious overpainting, brings the liberating movement that sometimes gives the painting process completely new directions."  
[www.anja-andreae.de](http://www.anja-andreae.de)

## ANJA ANDREAЕ

- 1965 born in Bochum
- 1991 graduated in object design in Dortmund, 1994-1998 studied special needs education, drama and creative speech at the Institute for Waldorf Education in Witten-Annen.
- 1998-2022 class teacher in the learning support section of the Bochum Rudolf Steiner School.
- Since 2014, intensification of painting and object design with various exhibitions, painting courses and painting therapy support. 2017 establishment and design of "Halle205 freiRaum für Kunst und Kultur" ([www.halle205.de](http://www.halle205.de)).
- 2021 training as an emergency trauma teacher and specialist counsellor in Karlsruhe.
- Since 2022 lecturer and head of training in the special needs education department at the Waldorf Institute Witten-Annen.



"Movement" pastel / gold leaf (left)  
 Collage - "Stratification" paper / acrylic / ink (above)  
 "Space" acrylic / putty / paper (below)



Friday, 13.30-14.45 and  
Saturday, 13.30-14.45

Dear Colleagues,

We warmly invite you to contribute to the scientific poster presentation as part of the annual conference of the Medical Section, which will be held in the form of an exchange of research results in two directions:

- Studies to investigate the therapeutic rationale or the success of therapy (e.g. observational studies, application studies, best cases)
- Current studies on topics related to anthroposophic medicine (e.g. clinical studies, Goethean studies)

Abstracts can be submitted in German or English; they will be reviewed by 2-3 qualified colleagues (Review Board).

Dr Bettina Berger, Witten/Herdecke University, will chair the poster sessions.

The sessions will take place on 13 and 14 September 2024 and the posters can be presented in German or English.

We hope that colleagues from all AM specialisms will take part!

Warm regards  
Marion Debus, Karin Michael,  
Adam Blanning, Dagmar Brauer

## Participation

The invitation to submit posters is addressed to all those who are active in research in anthroposophic medicine.

## Poster abstract

The one-sided abstract should include:

1. Title
  2. Name, title and institution of the authors
  3. Background and question
  4. Material and methods
  5. Results
  6. Discussion and conclusion
  7. Literature
- (Phenomenological approaches should be structured in coherent steps).

## Abstract submission

Please send your abstract no later than 10 August 2024 by email to [dagmar.brauer@medsektion-goetheanum.ch](mailto:dagmar.brauer@medsektion-goetheanum.ch)

## Poster format

A0 (approx. 119 × 84 cm), portrait format

The abstracts of the successfully presented posters will then be published in *Der Merkurstab* (section "Berichte aus Wissenschaft und Forschung" (Scientific and Research Reports)).

We therefore request that you adhere to the above structure.

We look forward to your participation at the Goetheanum for the annual conference of the Medical Section. The conference is divided into three parts - specialist conferences of various professional groups in anthroposophic medicine; the spiritual deepening of our conference topic; and, in conclusion, the multiprofessional conference which brings the three parts together.

We would, of course, be delighted to welcome you as guests for the whole of the conference. However, you can also register for individual parts or combinations thereof.

Throughout the conference, the lunches are included in the conference fee. The evening meal can be booked separately as required.

The lectures given for all parts of the conference will be translated into German, French, Italian, Spanish, Russian and English. For the specialist conferences, please take note of the languages listed in the respective programme.

## Price structure of the annual conference of the Medical Section 2024

Booking of *all conference parts* from 10 to 15 September 2024 (with discount for booking the whole conference incl. all lunches)

<b>Normal price</b>	<b>CHF 600</b>
<b>Concessionary price</b>	<b>CHF 470</b>
<b>Student price</b>	<b>CHF 280</b>
<b>Support price from at own discretion</b>	<b>CHF 600</b>

## Booking of individual conference parts or combinations

### Part 1 Specialist conferences

(incl. 2 lunches)

<b>Normal price</b>	<b>CHF 270</b>
<b>Concessionary price</b>	<b>CHF 210</b>
<b>Student price</b>	<b>CHF 130</b>
<b>Support price from at own discretion</b>	<b>CHF 270</b>

### Part 2 Spiritual deepening

(without lunch)

<b>Normal price</b>	<b>CHF 130</b>
<b>Concessionary price</b>	<b>CHF 100</b>
<b>Student price</b>	<b>CHF 70</b>
<b>Support price from at own discretion</b>	<b>CHF 130</b>

### Part 3 Multiprofessional unit

(incl. 2 lunches)

<b>Normal price</b>	<b>CHF 270</b>
<b>Concessionary price</b>	<b>CHF 210</b>
<b>Student price</b>	<b>CHF 130</b>
<b>Support price from at own discretion</b>	<b>CHF 270</b>

**REGISTRATION** in German: <https://goetheanum.ch/de/veranstaltungen/jk24>

**REGISTRATION** in English: <https://goetheanum.ch/en/events/jk24>



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