



ATHENA

Association for Therapeutic Eurythmy in North America

ADVENT 2018



ATHENA

THE ATHENA BOARD MEMBERS

2018-2019

Mary Ruud, President, Corresponding Secretary,
Liaison to AAMTA
Chicago, Illinois
414-915-7968
livingartseurythmy@gmail.com

Jason Yates, Vice-President, Recording Secretary,
Web Designer
West Vancouver, British Columbia, Canada
778 508 3554
j.alexander.yates@gmail.com

James Knight, Treasurer
Portland, Oregon
503-721-1570
365k@yahoo.com

Miyoung Schoen, Membership & Media, Oversees AnthroMed
Fair Oaks, CA
916 844 7389
myschoen@gmail.com

Jolanda Frischknecht, IKAM Liaison
Portland, Oregon
jolandamf44@gmail.com

Michael Hughes, Children-in-Need Fund
Makawao, HI
808-572-8161
michaelandsheri@gmail.com

Nancy McMahan, TETNA Liaison
Fair Oaks, CA
ncymcmahan@hotmail.com

Johanna Rhode
Chicago, Illinois
ljohannsrhode@gmail.com

Representatives in the particular Fields of Therapeutic Eurythmy

Early Childhood/Kindergarten – Mary Ruud
Grade school – Open
Clinical Settings – Open
Private Practice – Dale Robinson
Curative Education/Social – Gillian Schoemaker
Elder Care – Jeanne Simon-MacDonald
Crisis and War Zones – Open
Dental Eurythmy – Polly Saltet
Eye Eurythmy – Barbara Bresette-Mills

TABLE OF CONTENTS

Announcements, Articles, Reviews, and Reports	Page
Letter from the President, <i>Mary Ruud</i>	4
Letter from Childen-in-Fund, <i>Michael Hughes</i>	4
Letter from the Editor, <i>Maria Ver Eecke</i>	4
Announcing a New Course of Therapeutic Eurythmy Training 2019, <i>Glenda Monasch</i>	5
Eurythmy Therapy (ET) for Women's Health, <i>Miyoung Schoen</i>	8
A New Image for the Birthing Process, <i>Dr. Ana Lups</i>	10
Books on the Theme of Menopause, <i>Recommended by Alicia Landman-Reiner, M.D.</i>	11
Sambucus vs. Hormones: A Natural and Preventive Approach to Female Health, <i>Bertram von Zabern, M.D.</i>	11
Report on AAMTA Summer Conference, <i>Christi Pierce Nordoff</i>	12
Perspectives on Cancer, <i>Jeanne Simon-MacDonald</i>	15
Book Announcement, <i>Dr. Victor Bott</i>	16
Announcements	18
Calendar	18

Front Cover: "The Angel of Truth," by Annael Anelia Pavlova

Back Cover: Eurythmy therapy session with Miyoung Schoen
(above); Mercury Seal (below)

ATHENA NEWSLETTER

Please send contributions to:

Maria Ver Eecke,
34 Margetts Road, Chestnut Ridge, NY 10977
editor@eana.org

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Although welcomed,
the viewpoints expressed in the
ATHENA Newsletter are not necessarily
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www.therapeuticeurythmy.org
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LETTER FROM THE PRESIDENT

Dear Members,

Wishing you a lively yet peaceful Advent season!

Shakespeare, at the beginning of Hamlet, reminds us of the mysterious quiet of this season;

*Some say that ever 'gainst that season comes
Wherein our Saviour's birth is celebrated,
This bird of dawning singeth all night long;
And then, they say, no spirit dare stir abroad,
The nights are wholesome, then no planets strike,
No fairy takes, nor witch hath power to charm,
So hallow'd and so gracious is the time.*



ATHENA's AGM was held last summer in Portland, Oregon, after Jan Ranck's third course on Music in Therapeutic Eurythmy. Nine members and one guest were present. New Board members were welcomed, as several others step off the Board.

We thank Mary Brian, Stella Elliston, Susann Herb-Eddy, and Dale Robinson for their service as they take their leave from the ATHENA Board. The Board was joined by Michael Hughes from Hawaii, James Knight from Portland; Johanna Rhode from Chicago joined this fall. The Board is here to serve the members of ATHENA and all members are welcome to bring their initiatives; writing for the newsletter, offering local workshops and teleconferences and sharing experiences with other members.

Mareike Kaiser has agreed to return to North America to offer her Therapeutic Eurythmy for Dental Problems. The dates are set for July 21-28, 2019, and we are working on a venue on the West Coast. This is a two-part training (to be held in the summers). Mareike offers so much more than the dental eurythmy work, including exercises and practices to build capacities and to strengthen what we can offer to our patients.

The Board has noticed that there is a declining interest in the AnthroMed international certification among our members. This international service mark is relatively new, and ATHENA was one of the first groups to join. The advantage of an international recognition will grow as we become better known; it gives us legitimacy both as an organization and as individuals. It does require a small yearly fee which goes to the international body in Berlin, Germany, and does require keeping track of professional development hours. If you have questions, contact me for a conversation. We can also speak via teleconference.

TETNA, the therapeutic eurythmy training here in North America is moving to new leadership, Glenda Monasch and Maria Helland-Hansen. We offer our support for this important program for our profession and thank Seth Morrison and Anna Ree for their many years of work.

ATHENA will again host a pre-IPMT conference the day before the doctors begin their training, April 27, 2019, 9:00AM to 4:30. The theme is Women's Health.

Mary Ruud

Verse

*Dwelling in silence on the beauties of life
Gives the soul strength of Feeling.
Thinking clearly on the truths of existence
Brings to the Spirit the light of Will.*

Rudolf Steiner, 1906

LETTER FROM THE EDITOR

Dear ATHENA Members,

This issue of the newsletter had some birth pangs in its creation. It reminded me of a saying by Heraclitus: "Change is the only constant in life." Please be aware of all the changes within the ATHENA Board. Such beneficial ongoing work is in good hands with our previous and present Board members!

In this issue Miyoung Schoen offers a comprehensive article on Women's Health, along with her own diagram. This research is excellent preparation for the pre-IPMT conference in Chestnut Ridge, NY. [See Calendar on page 18.]

Dr. Lups wrote "A new image of the birthing process" in 2010, which only now comes to publication. Thank you to Mary Ruud, who has been in contact with Ana Lups. Mary and I are continually looking for relevant content for our newsletter. Please consider submitting to our newsletter.

AnthroMed Library is a wonderful source for articles! The article, "Sambucus vs. Hormones: A Natural and Preventive Approach to Female Health," by Dr. von Zabern is informative and is reprinted in this issue. Another article, "The Skin and Menopause—Naturally" by Irina Segal may be found at <http://www.anthromed.org/Article.aspx?artpk=240>.

Jeanne Simon-MacDonald and Christi Pierce Nordoff offer their extensive reports on the AAMTA Conference. Readers will appreciate the detailed reporting in both documents.

As eurythmists, we continually observe the subtle changes in life, as we learn to perceive what we see. This work in therapeutic eurythmy continues to be a blessing.

With peaceful contemplations,

Maria Ver Eecke

*I have seen THE HUMAN BEING in his deepest aspect,
I know the world, down to its foundation stones.*

*Its meaning, I have learned is love alone,
And I am here to love, and ever love again.*

*I spread out my arms, as HE spread HIS,
To embrace the whole wide world as HE has done.*

Christian Morgenstern

ANNOUNCING A NEW COURSE OF THERAPEUTIC EURYTHMY TRAINING 2019

Dear Therapeutic Eurythmy Colleagues, Friends of Therapeutic Eurythmy, and ATHENA Readers,

We are pleased to announce that a new Therapeutic Eurythmy Training course (TETNA) will begin in the summer of 2019. The first block will begin June 17 through July 12 and will be in Camphill Village, Copake. The course is a part-time three-year graduate training course with blocks of 4-5 weeks in the summers and two weeks in February. The graduation and the presentation of the graduate projects will take place in the last of these, February 2022. TETNA is accredited by the Medical Section/International Collegium of Therapeutic Eurythmy Trainings at the Goetheanum in Dornach, Switzerland.

Maria Helland-Hansen and Glenda Monasch are the incoming directors of the new training, responsible for the organization and overview of the therapeutic eurythmy. We are incredibly fortunate to work together with Dr. Maria van den Berg who brings the overview for the medical content for the duration of the training and gives the majority of the medical lectures. Seth Morrison and Anna Ree, who have carried the training these past 18 years, will continue as consultants to the training. We are joined by specialty therapeutic eurythmists from the US and Europe.

The Camphill Community has again so generously agreed to house the training for its duration of the three years, as it has in all these past years. The training will take place in Camphill Copake in upstate New York, with the course participants being accommodated in Camphill Village Copake. This therapeutic setting and the experience of social therapy in practice are essential to our training in North America, and makes it unique in the therapeutic trainings worldwide. As we are fully housed and accommodated in Camphill Village, Copake, the course cost includes board and lodging for the duration of the training.

If you would like further information, or to receive the application forms and course requirements, please write to Glenda Monasch or Maria Helland-Hansen.

We look forward to hearing from you.

With warm regards,
Glenda

Glenda Monasch email: gem.sce@me.com

Maria Helland-Hansen email:
mariahellandhansen@sbcglobal.net



*Maria Helland-Hansen
(left)*



Glenda Monasch (right)

Training Therapeutic Eurythmy in North America

I would like to give a brief reflection on a process that has been so very inspiring to me. In the summer of 2016, I and eight other eurythmists from all over the U.S., embarked on the journey of becoming therapeutic eurythmists.

Little did I know what a life changing experience this would be. Not only are the doctors and teachers all incredibly knowledgeable and share freely from their life experience and studies, but the training also brings in experts for each discipline, making sure we get the best education possible. Our teachers have also given us the opportunity to observe therapeutic sessions with their own patients, which was for all of us an incredible privilege. The conversation and studies are filled with knowledge and openness for discussion.

The training takes place in Camphill Copake, NY. This community has been so very supportive and has been going above and beyond to ensure our wellbeing and nourishment in all ways possible. With great interest and unwavering enthusiasm we are welcomed each time, making us feel part of a special community.

Now in my third year in this training, I am able to enrich my own school community, by starting to bring eurythmy therapy to the children. On a personal note, it has been life changing and incredibly deepening for me and for my teaching.

I am hoping to encourage others to consider this path, to deepen the work of eurythmy. Our class will have our graduation in February 2019, and the next course will start summer of 2019. If anyone is interested, you can contact one of our teachers, Glenda Monasch, for more information.

Sincerely,
Skeydrit Bähr

CHILDREN-IN-NEED FUND

Dear Colleagues,

I am just taking over the holding of the ‘Children-in-Need Fund’ from Stella Elliston. This is a wonderful fund we should all be aware of. The CNF provides financial assistance for families with children who cannot afford payment and who are not in AWSNA accredited Waldorf schools.

There is some flexibility with this fund. It possibly could also apply to children with special needs, and end-of-life eurythmy therapy.

This wonderful fund also grows by others donating to it. Maybe you know someone, not only yourself, who would like to contribute to it. Both to use, or supplement the fund, please feel free to contact me directly, or the ATHENA website.

It is our intention to gradually reach out to Society members, and others, so that this fund becomes better known.

Michael Hughes, on behalf of our ATHENA Board



EURYTHMY THERAPY FOR WOMEN'S HEALTH

Miyoung Schoen, MA in Waldorf Education,
Eurythmy Therapist(ET), Rhythmical Massage
Therapist(RMT) and Certified Autism Therapist

*"I seek within me creative forces working
and living powers creating."*

From the Eurythmy Meditation

After receiving my Eurythmy Therapy (ET) diploma in 2014, I've been immersed in the study of anthroposophical medicine and therapy to learn more on physiology and pathology behind illness through extended courses in RMT and ET. During the time I encountered a week course on Gynecology from Dr. Jana Vorbachova (Specialist Gynecology and Obstetrics) and Ursula Browning (Eurythmy Therapy trainer and nurse). It changed my perspectives on women's health; how to look at the whole person in time and space and their relationship with the environment and cosmos.

What is the etheric body? How does it respond to the movement in eurythmy?

A typically developing child will stand, walk, and speak by age 3-4. It's truly a marvelous process and cardinal achievement in childhood. What makes human beings so unique from other animals? It's our built-in capacity to imitate and to speak languages, which becomes the basis for all learning and creative thinking. Steiner referred to this member of the human being as the etheric body, which is the vehicle of the forces of growth; it contains within it all those forces bound up with the processes of nourishment, and also those forces connected with the power of memory. All this is imparted to the airy formation when we speak. "The Etheric Man is the Word, which contains within it the entire alphabet. God eurythmises, and as the result of His eurythmy there arises the human form."¹

Educational Eurythmy—Building foundations of health for boys and girls

The eurythmy curriculum has been an integral part of the Waldorf curriculum since the first school opened in 1919. The educational aim of eurythmy has been clearly defined. Thus we may say: for the child, eurythmy is a gymnastics derived from the soul; in turn the soul receives a great deal from it. Eurythmy affects the capacity of thought and the capacity of will by developing mobility of thinking, interest and truthfulness. It also affects the feeling life in a beneficial way, which lies between the capacity of thought and will. When we carry out eurythmy the child takes hold of the inner harmony between the higher, the more spiritual man and the lower, the more bodily man.²

ET for Women

Eurythmy therapy helps to strengthen, regulate and harmonize the functions of body and soul. The exercises help to improve posture, mobility, spatial orientation, breathing, circulation, and warmth. They stimulate the life forces and powers of healing which are inherent within the human being. It also strengthens a sense of well-being and self-confidence. "Movements thus carried out react on the diseased organs. We observe how the outwardly executed movement is continued inward with a health-giving influence into the organs; the moving gesture is exactly adapted to a diseased organ. Because this method of working in the human being through movement, affects body, soul and spirit, it works more intensely in the inner nature of the unhealthy human being, than all other movement-therapy."³

In this article I summarized key therapeutic eurythmy exercises specifically indicated to benefit women's health. Although the physiological changes during puberty, pregnancy, menopause, and aging process are well documented, the cause and cure for most women's illness remains unknown citing genetic, environmental, and biographical factors as possible variables. In anthroposophical medicine and therapy, the rhythm of menstruation represents dynamical changes among the four members; ego, astral body (AB), etheric body (EB), and physical body (PB). Thus the course of therapy follows the diagnostic principles and balancing factors among the four members. To better illustrate the rhythm in connection with the ET exercises, the menstrual cycle is divided into the following four phases:

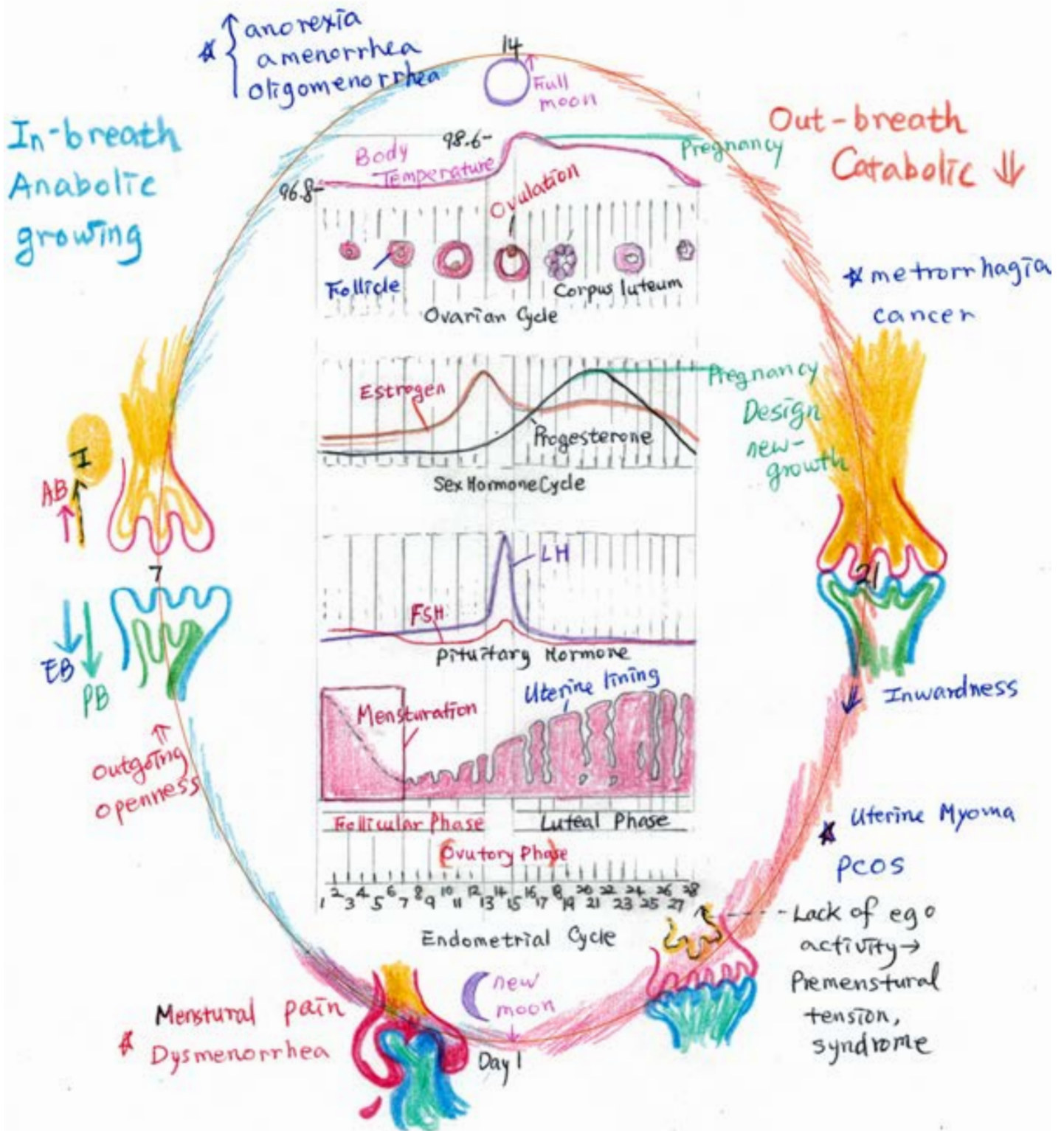
1. Follicular phase I: during menstrual bleeding averaging 3-7 days.
2. Follicular phase II: after menstruation until the release of the egg
3. Ovulatory phase: egg is released from follicle
4. Luteal phase after the egg release

[See Diagram on next page.]

During the follicular phase the ego/AB release their binding from the EB/PB and expands to receive cosmic influence. Right after ovulation the return of the strengthened ego is clearly marked with the temperature rise. Ego and AB start to engage tightly with the EB/PB in the thick lining of the womb to prepare for possible fertilization. This binding process brings inwardness of soul and related mood changes including irritability. If the egg is not fertilized, the corpus luteum degenerates and no longer produces progesterone. The estrogen level decreases, the top layers of the lining break down and are shed, and menstrual bleeding occurs. All technical details and modifications of the following ET exercises are not explained here and should be consulted with certified therapeutic eurythmists trained in the field of gynecology. ET sessions are to be carefully planned in consideration of each individual's age, constitution, medical history and co-existing symptoms or illnesses.

The critical points also include the timing and duration of each session based on the patient's rhythm of menstruation and physical / emotional capacities. In general all of these exercises are done (1) when there is NO pain, (2) outside menstruation period (3) outside trimester of pregnancy and with extreme care during pregnancy – sitting and lying down position generally accepted (4) followed by a rest period at the end of a session, and (5) with comprehensive stress management plan, partly embedded in the ET exercises.

Thus ET sessions are usually planned during Follicular II and Luteal phases. It often presumes long-term practices to bring about lasting effects. The following examples may address only certain symptoms. Ultimately constitutional remedy may help defend against tendency for deformation and imbalance. And ET is most suitable for that remediation. It's crucial that patients with prolonged illness or pain consult with medical doctors to receive appropriate and comprehensive treatment options including ET.



(a) Abdominal Pain

*Various pain syndromes can be positively influenced through ET. This includes pains in the musculoskeletal system, functional abdominal pain, and longer-term effectiveness in disease such as migraine. ET has an acute pain relieving effect when it is successful in dissolving non-physiological tension of the astral organization and achieving a longer-term effectiveness on the underlying disease process.*⁴

1) Warm-up to open the rhythmical system: walking antispast meter (iambic followed by trochee), ‘L-M’ with shoulders

2) For Menstrual cramp, middle pain (abdominal pain associated with ovulation): Head Shaking ‘M’ has a very strong quieting effect on all possible irregularities in the lower body, again by way of the etheric body. The important thing is to carry it out so long as the pains are not present. From *Eurythmy Therapy*: “An unique exercise to move the head from side to side contrasts with the calm and steady arm movement and still metabolic area.”

3) ‘E’ in front of abdomen, which is very beneficial for disturbances of the abdomen is the carefully performed, not exaggerated.[6] It helps AB engage with EB/PB in a harmonious way.

4) Closing with ‘H-A’ (breathing out with gentle eurythmic laughter) and ‘A-H’ veneration.

(b) Irregular periods: Rhythm out of order (e.g., amenorrhea, oligomenorrhea, metrorrhagia)

Step-I. Balance in-breath and out-breath, Harmonize thinking, feeling, and willing

- 1) I-A-O, ‘R’, ‘A’, Dactyl rhythm
- 2) Choriambus walking on figure 8
- 3) L-M
- 4) B-E-M

Step-II. Strengthen EB

- 1) Breathing hexameter with Dactyl meter
- 2) L-M: enhance breathing
- 3) Pentagonam with five vowels
- 4) Tone ET: musical TAO (b-a-e-d)
- 5) Large-’A’ regulate AB, especially kidney when disturbed physiologically and psychologically.

Step-III. Structuring and Incarnating

- 1) Rod exercise – Spiral
- 2) kibitz-’M’
- 3) ‘F’ with jumps then sit and watch the color(red light character)
- 4) Large ‘E’
- 5) Large-’I’ helps strengthen ego-force and straighten posture (use with ‘L’)

Definitions from MedicineNet:

Oligomenorrhea: infrequent period.

Amenorrhea: an abnormal absence of menstruation.

Metrorrhagia: Uterine bleeding at irregular intervals, particularly between the expected menstrual periods. Metrorrhagia may be a sign of an underlying disorder, such as hormone imbalance, endometriosis, uterine fibroids or, less commonly, cancer of the uterus.

(c) Cancer, Lymphoma, Endometriosis: Cancer sequence (O-E-M-L-Ei-B-D) In lymphoma disease ET has also an essential significance. The theme of surrounding and formation of an own space and developing an envelope that is able to breathe are important thoughts.³

(d) Depression

1) from hormonal influence resulting in digestive problems (abdominal pressure, eructation, apathy, insomnia, extreme, fatigue): D-T-S

2) Postnatal Depression, Sleep Disruption, Anxiety: ‘A-Ha’ veneration, Love-’E’, ‘B’, G-O-I, Hallelujah exercise, O-M, Calming sequence.

(e) Epilepsy/bad digestion in conjunction with irregular periods: I-A-U with legs, L-M-R with arms, and then alternate them.

(f) Pre-Menstrual tension headache/migraine

Migraine-’B’ (preventive use only) combined with the exercises in (b)

(g) Anorexia mentalis resulted in amenorrhea (abnormal absence of menstruation):

- 1) L-M-S-R.
- 2)Constitutional mitigation to bring ego/AB close to EB/PB.

(h) Heavy bleeding

- 1) 7-fold-rod
- 2) ‘B’, ‘N’, ‘S’, ‘U’

(i) Prolapse

- 1) ‘C-D’ with contrast and zodiac gestures in mind
- 2) ‘B’, ‘L’ with contraction, levity in focus
- 3) ‘U’ or Hope-’U’ (upward variation)

(j) Stimulating vitality: L-M, N-O-R-M, Hallelujah, etc.

(k) Kidney Disruption: ‘B’, ‘P’, ‘S’, ‘A’

*‘A’ directs a person in an open and wondering inner attitude toward the soul-spiritual being that can be carried into the body with its downward movement. In patients with kidney diseases, the astral body cannot sufficiently permeate the organism and remains imprisoned in a constellation that is characteristic of the neurosensory pole.*⁵

(l) Liver-intestinal disturbances: L-I -M-A-R-U

(m) Allergy, weak, bladder, strengthening immune system: T-S-R-M-A

(n) Anemia: ‘B’, Spiral form with appropriate sequences.

(o) Osteoporosis Prevention: It depends on the patient’s health conditions and constitution. Among many exercises, digestive consonants alternated with vowels and thyroid balancing (S-M-I-A) can be helpful.

(p) To Promote Pregnancy: All exercises are done in gentle and flowing manners.

- 1) O-B: Boundary giving and self-containing. Bending and stretching of legs in ‘B’ gives strength and flexibility.
- 2) Three-fold walking with only long steps. Short steps and contraction generally not recommended for pregnant women.
- 3) Concern on miscarriage: ‘B’, A-U
- 4) Etheric holding: L-O
- 5) Habitual miscarriage : M-L-R done by stepping gently or seated.

(q) Menopause:

- 1) Large-‘I’ with great joy! Colors are important.
- 2) Light Streams Upward/Weight Bears Downward
- 3) S-M-H-M
- 4) Yes/No
- 5) Hope-U
- 6) M: color focus on cool-green
- 7) Love-E for circulation
- 8) B-F-M for bladder infection

Health beyond menopause – Autoimmune diseases and Osteoporosis

Study of the following statistics suggest that women’s health should involves life-long strategies.

- Prevention of osteoporosis starts in teenage years since puberty period plays an important role in the development of the skeleton and bone mass for the entire life span.
- Some research suggests that women are at a higher risk of developing autoimmune diseases because they have a biologically stronger “inflammatory response” than men when their immune systems are triggered. Studies show the common diseases are most often triggered in women during their reproductive years. Common autoimmune diseases includes rheumatoid arthritis, Type-1 diabetes, MS (multiple sclerosis), Crohn’s disease and irritable bowel syndrome, scleroderma, thyroid related illness, and lupus.
- On the positive note women on average live longer than men and have higher survival-rate in many types of cancer. In spite of the concerns listed above, the inflammatory process and the power to bear a foreign body actually builds up the soul force of resiliency. Its transformed soul quality may well create

beauty, seek truth, and connect goodness in all humanity. Eurythmy therapy can effectively aid women’s health for all ages and is best used as a preventive measure. One needs to be proactive.

It is indeed so: through earnest practice one will make exceptionally good progress, most particularly in eurythmy (therapy).⁵

References and Resources

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- 3 *Fundamentals of Therapy*, Rudolf Steiner, Ita Wegman, 1925
- 4 *Internal Medicine*, Mattias Girke, 2016
- 5 *Foundations of Curative Eurythmy*, Margarete Kirchner-Bockholt, MD, 1977
- 6 *Eurythmy Therapy*, Rudolf Steiner, 1921

The Menopause: A Time for Change, Eveline Daub-Amend, 2009

The Anthroposophic Approach to Medicine, Volumes 1, 2, 3, Friedrich Husemann, Otto Wolff, 1989

Quotations from Great Teachers and Poets

The core of the Feminine comes directly as a ray of the Sun. She is not the earthly figure you hear about in Love songs. There is more to her mystery than that. You might say she’s not from the manifest world at all, but ‘the creator of it’.

Rumi

‘Life is standing at the edge of an abyss of forgetfulness waiting for the light of the world to be born. This birth needs the wisdom of the feminine, and women must take their place in this time of great potential. And when her Light is awakened, she will bring the world back into harmony and balance.’

Llewellyn Vaughan-Lee

‘Woman’ in the fullest meaning of the word means “a door which is opened by God’s Key alone.”

Beinsa Douno, an excerpt from his book
The Woman – Source of Love and Life

Teacher Beinsa Douno lived in Bulgaria under the secular name of Peter Deunov (July 11, 1864–December 27, 1944) bringing spiritual renaissance to the human soul. Through the Words he spoke, he gave instructions for applying the Divine Teaching for many generations. He touched upon many subjects, but he was very particular with regard to one subject: the role and the mission of women in establishing the New Culture on Earth. He held special classes open only to women to guide them toward the fulfillment of their mission for the benefit of humankind.

The Editor

A NEW IMAGE FOR THE BIRTHING PROCESS

In the last forty years of practicing medicine in Columbia County NY State, the most exciting challenge certainly was the accompaniment of the pregnant mother and assisting her in the event of parturition. Usually it was the home birth desired by the parents and, as a practitioner of Anthroposophic Medicine in a rural area, I always felt it was an honor to participate. A true learning process. Being a mother myself, giving birth in a mid-sixties in a sterile cold hospital environment, I certainly had sympathies for the courageous woman who wanted to make a conscious choice to change the reception of the new earthling in an environment of warmth and joy.

In my personal history I remember the battle to secure a natural birth and the right to breast feed in a calculating medical system in the beginning of my path to motherhood. Even as a medical professional it ended up that I was shunned or rather left to my own devices for all pre and post-partum care. A bit of a nightmare! But then I did have the strong memory of my parents who both as physicians had delivered women in their homes, in the late thirties and throughout the occupation in northern Holland which was not an easy time. Out of the hundreds of deliveries they assisted there were no incidents reported of loss of life for the mother or other complications caused by neglect. From them I sensed an all pervading strength and levelheadedness and the capability to allow natural events for the mother to unfold. They had learned about patience, patience for the uterus to do its work, recognizing this muscle as an integral part of the birthing process.

Anatomically the wall of the uterus has a dominant layer of smooth muscle fibers both longitudinal and circular which undergo a hypertrophy as well as an increase in the number of fibers up to twenty four times during the ten lunar months of pregnancy. The female hormone estrogen stimulates the smooth muscle fibers to undergo hypertrophy and hyperplasia. The muscle fiber is unique in its response to hormonal messages. Contraction of the muscle can be stimulated by the hormone oxytocin, a pituitary gland extraction, and prostaglandins. This occurs naturally when the fetus' birth time has arrived and he/she is assigned the role as the captain of the ship named "natural childbirth." Contraction of these muscles allows expulsion of the content to take place not only through shortening of the body of muscles, but also by stretching the tight mouth or cervix so that the fetus can move down the birth canal and be vaginally delivered. The growth of the fetus cannot be separated from the astounding development of the muscular mass of the uterus organ which is not only the incubator for the fetus for ten lunar months, but will also become the tool of expulsion for the child in the birthing process.

It is established that the tools for the child controlled delivery are available in the form of hormonal secretion by the

mother, oxytocin or the prostaglandins excreted by the fetal membranes. The understanding that each delivery is different and unique has an absolute validity if we take into consideration that each birthing human being is an unique entity breathing the air of the earth. For those of us who have assisted in births this diverse experience is not a surprise.

We experience that the spontaneous relaxed birth, becomes the expression of the being we assist in our midst. How often did mothers remark, that there was a correlation between the child's first introduction to life on earth (expression through birthing) and the signature of the new being in the making of footprints on the earth. We have those children who know their wants, are direct in their communications and are quickly satisfied. There we can refer back to a delivery that was strong and short, no nonsense. Than we have a birthing process that naturally went slower as if the child needed to take its time, an introduction to the real signature of this new being. Both variations of birth can be experienced by the same mother. During the process of birthing , the mother can become acquainted with the character or soul-configuration of this child, especially in the will activity when the child is asked to use the uterine muscle in the delivery.

Foremost the work of the birth assistant becomes twofold. First one learns that the natural child birth can be divided into stages connected with the movement of the fetus into the birth canal. The completion of the first stage sets the second stage in motion etc. The assistant works with the parameters of time and progress set out through knowledge and experience. If it is accepted and understood that the child sets the pace, the assistant has two masters to serve.

The Child and the Mother

It is the mother that has to be convinced during the deliver, that a part of her body does not belong to her, she needs to donate it to the incoming being so that the process of expulsion can be enhanced . In this letting go an enormous act of trust is established. Can I as the woman in parturition accept that the individual being, birthing, does not want to cause me pain? Does a natural process for cooperation exist? Yes!! As the uterine contractions become longer and more intense, a twilight zone can be entered into, a consciousness where in the mother is able to concentrate on the prolongation of the individual contractions, a relaxed trusting, an unconditional state of donating, standing back to allow the child to take over. In assisting we need to be present for the mother and father in a process of an unending sacrificial act.

An image that may be helpful is the word play between Hystera and Hysteria. Both are Greek words, the root Hystera means Uterus. Hyster-i-a is a mental manifestation in which a second personality of emotional instability takes over. Hysteria could be the state of losing it during parturition, the process of birth. Of course not only for the parents, but also the obstetric team. That is the time when modern intervention is being proposed. With the promise and belief that the modern

medical system truly heals and does no harm we as consumers trade in our rights and ability to selfheal and the choice of dignified alternatives. There is no doubt in my mind that medical intervention may be justified even for obstetrical care. Witnessing however the astounding rise of surgical intervention promising the mother a pain free, speedy, programmed delivery, the time has come for the woman to go back to the drawing board and reconnect to what child birth is all about. Out of my own experience I have attempted to provide a new image, an image that recognizes the triumph of natural childbirth. Both the adult and the new earth being can find the intimacy and ecstasy of an experience that inspires the initiation of a parental unit. In our preparation for this portentous event we can use a meditation throughout the pregnancy.

*I stand before you
New miracle of life
You entered my being
And I await in awe
Your first footprint
In this your new life.*

Ana Lups, MD

Dr. Ana Lups has a family medical practice at Pleroma Farm in Hudson, upstate rural New York, which she developed as a biodynamic agricultural center and therapeutic retreat.

Dr. Lups received her medical degree from the University of Pretoria Faculty of Medicine.



SAMBUCUS VS. HORMONES: A NATURAL AND PREVENTIVE APPROACH TO FEMALE HEALTH

Bertram von Zabern, M.D.

From adolescence on, women are subject to treatment with hormones in order to regulate the menstrual cycle, to protect against pregnancy, and to eliminate various effects of menopause. Unfortunately, prolonged treatment with estrogen (such as Premarin) and progesterone, or their combinations (e.g. birth control pills) have side-effects. Manufacturers list the enormous number of 50 to 60 different side-effects caused by contraceptive pills, including myocardial infarction, thromboembolism, cerebral hemorrhage and cancer. There are conditions, like osteoporosis, that cannot be prevented by exercise and diet, in which hormone treatment becomes a necessity with risks to be considered. However, the terrifying list clearly shows that in most cases hormone medication has a negative impact on long-term health. No doubt they are prescribed too often, as for routine treatment of hot flashes, while natural approaches offer a much better alternative.

Hormones are primarily the result of life processes, not their cause. A healthy female body will produce the amount of estrogen best suited to her constitution. The timing from the onset of the first menstrual cycle, as well as the interval of the monthly rhythm and the timing of menopause is tailored by nature to be part of the health of the individual woman. There may be a benefit for a young woman not to have her menstrual period naturally for a few months while under stress and other conditions. Equally, the change of life is a very important healthy transition. Therefore the indiscriminate prescribing of birth-control pills and menopausal estrogens are an artificial interference with the wisdom of the body and of nature.

In anthroposophic medicine, we try to understand the workings of nature. The female cycle is an example that shows how cosmic rhythms work in our lives. Since antiquity, doctors have been aware of the similarity of the 28-day moon phase with the average menstrual rhythm. Even the average gestation of an embryo comes amazingly close to 10 x 28 days. There are other obvious cosmic effects in our lives, most prominently: the sun-bound sleep-wake cycle, the seasons of the year, and the effects of the full moon, new moon, solstice, etc. These cosmic rhythms are received differently and modified by each individual to suit their being.

Due to the imperfection of human life, the interaction with cosmic rhythms and their energies can become irregular and discomfiting. At the point of illness we need help from a being purely devoted to, and in harmony with, the cosmos: a plant. Elderberry is such a plant. Its flowers, given as a tea, make us feel hot and induce perspiration. As a homeopathic preparation, Elder flowers (Sambucus) have the opposite effect; they become an excellent medication for menopausal hot flashes.

BOOKS ON THE THEME OF MENOPAUSE

Recommended by Alicia Landman-Reiner, M.D.

Dina Taylor; *Women of the 14th Moon* (women are in menopause after the period has been missed for more than 13 moons)

Sasha Greenwood; *Menopause Naturally* (friendly sensible advice, dietary advice)

Christine Northrup; *Women's Bodies, Women's Wisdom*

Transitions can be awkward or painful, whether adolescence or menopause, and one must make one's way through. But the journey is well worth it because a new kind of growth, on a new level, becomes possible. The second half of a woman's life is like the flower and fruit in a plant. For them to appear the former burgeoning leafy growth has to come to an end. The reproductive forces, specially crafted for the reproductive period, transform themselves at menopause, making way for a higher kind of soul birth – a new creativity.

Alicia Landman-Reiner, M.D.

From AnthroMed Library

<http://www.anthromed.org/Article.aspx?artpk=528>

Let us observe some details of this plant. Its umbrella of tiny flowers reflects the dome of the sky. The flowers produce a peculiar scent and taste that reveal an active chemistry. Such a flowery chemistry was called “sulfuric” by the alchemists, because the chemistry of sulfur is connected with the heat processes in nature. Anthroposophy, as taught by Rudolf Steiner, gives new insights into the remedial relationship of human and plant life. The flower’s chemistry works in human metabolism, where heat processes are most active. That is especially true for Elder flower; its sulfuric strength is of a gentle, nutritious nature. Just smell the delicious aroma of the elder flower tea, or taste the peculiar gourmet flavor of a soup of the berries, made with apples and lemon peel!

It would not be the best approach to tell a patient that hot flashes are common and healthy, so she should suffer them through. But it would be worse in most cases to ‘rebalance’ her hormones with estrogens. Heat reactions are known to activate the immune system and they work as a preventive against cancer. Therefore, hot flashes should not just be suppressed. Mother Nature has wisely designed the change of life to free the mature woman from the monthly preparation for childbearing, and to strengthen her constitution for many years to come.

Based on insights by Rudolf Steiner, homeopathic preparations of elder flowers have been developed, enhanced by the spongy core of the twigs, also a significant part of the plant, and larch resin. This medicine is available from Weleda as *Flores Sambuci comp.*, dilution and from Raphael Pharmacy as *Sambucus comp. pellets* (which I mostly prescribe in this particular respect) and ampules. When a patient reports that the hot flashes have become much less, we have done more than “manage the discomfort.” We are led to admire the wisdom of a plant that can uniquely transform sun heat into nutritious heat in its plant life and, as a medicine, transform the metabolic heat of hot flashes into the inner strength of keeping energy in balance and order.



Editor’s Note: Hot flashes are like lightning, divine flashes that vitalize and warm you toward a new self. Recognize them for what they are and you will greet them with awe. Hot flashes quicken, while night sweats cast off the old.

Dr. von Zabern has a family practice in Temple, N.H. He is the author of Warmth: Living Element and Healing Substance and Organic Physics.

From AnthroMed Library

<http://www.anthromed.org/Article.aspx?artpk=480>

REPORT ON AAMTA SUMMER CONFERENCE

Held at the Hartsbrook Waldorf School,

Hadley, Massachusetts, August 2018

The Main Conference began on Thursday evening, August 2, with a lecture by Dr. McGavin. David McGavin is a generalist/family practitioner who is a founder of Blackthorn Medical Centre in Maidstone, England, which has an emphasis on chronic illnesses. He is also a pain consultant at the Vanbrugh Community Pain Management Centre in Greenwich, SE London, and runs a specialty service, along with two therapists, which is called “Kairos”. In 2017 the British Medical Journal awarded the center for its innovative approach to chronic pain.

In his evening lecture “Chronic Illness – What do you do when you don’t know what to do?” Dr. McGavin shared with the audience his journey of coming to understand Anthroposophically-extended medicine. His lecturing style is quite frank and humorous. David spoke about how he was initially skeptical, but that Joop Van Dam was an important influence for him. Joop recommended to David the “nervousness exercises” from Dr. Steiner’s pamphlet “Overcoming Nervousness”. David was finding himself speeding through the day, as so many of us do, multi-tasking, trying to see patients in a very limited amount of time, and keep several balls in the air at once. It was unsustainable and he didn’t know how to manage it all. After he started working with the various exercises for a time, he said it was amazing how it helped him to cope. This brought him to a further interest in anthroposophy.

The next day, in a lecture entitled “Ethereic Advantage, Complex Pain: Becoming familiar with the etheric, engaging the patient”, Dr. McGavin shared with us about his work at “Kairos”, with an extremely unfortunate and underserved population, many of whom are immigrants, refugees, and working class poor, in South East London. Dr. McGavin told us that initially, he had a strong antipathy to working with these patients. But gradually, he came to have the utmost respect for what they were dealing with in their lives. They were often sent to him when other doctors could no longer find any way to help them. He developed a simple way to talk to them, without complicated medical (or anthroposophical) jargon, so that they could understand and begin to take charge of their own situations. He would give them a two-fold picture; he would say “There are two members: you and your body. You come in during the day. (Here he would lock his fingers together, one hand coming down to meet the other hand). The pain and tiredness is coming from your body; it is not you, your body remembers, even when you forget. This situation you are in is not your fault.” He told stories of different patients who had suffered terrible traumas, for example a refugee monk who had been tortured and thrown out of a second story window and had chronic neck pain; this monk had had so many traumas in his life, that it took many

weeks before he even thought to mention that particular trauma to David. Dr. McGavin said that when the patients realize that they are not the cause of the pain, but it is their body, they feel a sense of overwhelming relief, and can start to find a way to overcome the situation. As the patients started to feel better over the next weeks and months, Dr. McGavin would gradually find ways to get them involved and invested in taking on more responsibility for their own health. His patients take an average of 41% less medicine than patients in other clinics!

One of the themes that I took away from this conference was that of the catabolic and anabolic forces at work within us. The neurasthenic constitution (characterized by an overly strong, forming nervous system) has a catabolic effect on the organism. (My question: If one thinks of the attack on the life forces from our overly intellectual modern educational practices, our information overload from the internet, and the incidence of sleep disorders, then doesn't the need for anabolic, upbuilding processes seem not only obvious but urgent in these times?)

Dr. McGavin emphasized that when the sounds are heard in therapeutic eurythmy, they go into us, and the etheric body and growth forces of the child are stimulated in such a way that there is an upbuilding (anabolic) corrective measure that occurs; the body is being nudged by the therapeutic eurythmy (more than the artistic eurythmy) to stimulate the upbuilding forces. He mentioned that if the patient is older, the eurythmy does not nudge, but crashes against the physical body. However, he said, at every age you can incite the anabolic forces. They are taken in in a semi-conscious state. In the night the higher hierarchies are working in the anabolic processes. When the astral and I are separated, the spiritual world can build up the body.

The next day we heard from Dr. Matthias Girke, who lectured on Palliative Care. Dr. Girke is the senior internist at Havelhoehe, an anthroposophic hospital and clinic in Berlin. He shares the leadership of the Medical Section at the Goetheanum with Georg Soldner. Dr. Girke spoke about how the hospital where he works is a "normal" hospital, but also makes use of remedies, external applications, therapeutic eurythmy, therapeutic painting, music therapy, speech therapy. These therapies can be done individually but also in groups. He spoke about three levels of pain: 1) Somatic pain, the body, 2) Soul pain in the soul and 3) On the level of the Spirit, the individual seeking a solution for difficult biographical situations.

Dr. Girke said that chronic pain has a biographic history. He said that Rudolf Steiner points out to us that if there is toxic stress and shocks in early childhood, there is a higher risk of somatic pain in joints and muscles and body pain in later life. Such illnesses as diabetes and rheumatoid arthritis can then be common; and there is a higher incidence of fibromyalgia in patients who have had sexual abuse. If there is too much consciousness in the early stages of life, the brain

is affected. (For example, studies have shown that when babies between the ages of birth and six months are all put together, the cortisol in the saliva is elevated. When there is a family situation, with different ages, it is better.) Toxic stress and shocks create actual alterations in the structure of the brain, for example in the following areas:

Hippocampus region, associated with memory. One of the few places where there is a replication of cells, life.

Amygdala – fight or flight – related to the astral organization

Frontal Cortex - related to the "I" organization

Dr. Girke spoke about how a lot of children experience early toxic stress. He said a warm atmosphere and an inner understanding of the children can help and that doctors can prescribe *Argentum metallicum D6*, *Bryophyllum argentum D2* or *D3*, and ointment of *Oxalis 30%* on the abdomen region.

If one suppresses the pain on the somatic level, this energy can then appear at another level (for example depression at the soul level). When one uses morphine there is a risk of depression.

What is pain? A sense perception? Dr. Girke said that an exaggeration of sense perception leads to pain. Pain is an inner soul feeling, not a sense perception. Patients who experience pain also feel isolated. One needs to hear and listen to patients, what is going on in their souls. Dr. Girke said it is important to improve the etheric level of these patients, as they have too much consciousness (astral). He spoke about the polarity of consciousness and movement. Inflammation is the metabolic side of movement. The development of cramp means a sclerotic tendency in the organism. With inhalation there is a tighter incarnation, with exhalation a looser incarnation.

- Willow suppresses inflammation.
- Morphine and poppy extract removes the astral (morphos is connected to sleep and to form; at night the astral is forming the etheric body.) Reduces pain, but not fever and inflammation.

For conditions related to the Nerve-Sense System, Dr. Girke spoke about *Aconitum*, *Rhus Tox*, and *Nicotiana comp*.

For conditions related to the Metabolic-Limb System, he spoke about *Belladonna* and *Mandragora*.

With rheumatoid arthritis there is a deep influence of the Nerve-Sense System that leads to a sclerotic alteration of the joints.

Arthritis = Acute Inflammation

(If you reinforce the acute inflammation it can help the arthritis...fever or bee stings help.) If you have arthritis you have fallen in to gravity. The etheric level gives you levity.

Arthrosis = Chronic Inflammation, destroying the joints, sclerotis

If you have a dominance in the Nerve-Sense System you get the sclerotic diseases (COPD, Osteoporosis, Diabetes, Dementia/Alzheimers), Cancer.

If you have a dominance of the Metabolic processes in the organism you get inflammation and allergies. With allergies, you need the qualities of the Nerve-Sense System to give shape and do processes to heal.

There is a relation of inflammation to the eyes.

There is a relation of tumors to the ears.

With illnesses of the Nerve-Sense System, the first step is to improve warmth, movement, and do therapies that activate the opposite part of the organism. If the Nerve pole is dominant you get the sclerotic diseases; if the sense pole is dominant then you get cancer. Cancer is a disease of the surfaces of the body (epithelial surfaces and structures). Cancer is a tendency of the organism to become a sense organ. If there is a physical location of this sense organ in a wrong place one gets a tumor. It has a very hard structure, on the physical level. On the etheric level, neoplasia proliferation, not integrated into the whole human organism. Too much early consciousness and toxic stress that is not metamorphosed is a precondition to cancer. A remedy is mistletoe; the mistletoe grows on a host tree. The host tree is used to reinforce the etheric level of the organism.

In cancer there is a de-differentiation. When the tissue loses shape and form, a high grade malignancy might be possible. You can't recognize the mother cell. There is a loss of form. Form and shape are caused by the astral body. If the astral separates from the etheric, de-differentiation ensues. (When hypnotism is used, there is a separation of the astral from the etheric. It is known that hypnotism increases the risk of cancer and mortality.)

Ego (I organization)	Malignancy
Astral	De-differentiation
Etheric	Neoplasia
Physical	Tumor

The astral body brings human shape. The Ego organization modifies the shape to create individual form (fingerprints, etc.).

Cancer patients are cold – the warmth is disturbed. Malignancy – “Mal” = evil, an attack to the I-Organization, directed against the individual being. Liberty for our “I” is threatened. Cancer is so intelligent, it can create resistance to the remedy. What is the being who is so intelligent?

It has been observed that normal wildlife (rabbits, deer) will not get cancers. Animals who are in connection with humans can get cancer. Cancer is a disease of our time. It is a sleeping state of the higher members. So the question is, how to bring the higher members together with the etheric and physical?

On the Saturday evening, Dr. Stefan Schmidt-Troske lectured on “U-Health: An Anthroposophic model for health

promotion and secondary prevention”. This was a public lecture. Dr. Schmidt-Troske spoke about his work as the director at the Herdecke hospital in Germany for ten years, and how he helped to bring it through a difficult time. At the end of the 1990's Herdecke was going to close. There were 1300 people working there. Patients had stopped coming. Health Insurance companies were going to stop supporting it. There were hardly any doctors wanting to work there. Stefan guided them through this difficult time.

After his time at Herdecke he went to different countries to look at various health care systems. He was asked to be at Gesundheit Active (Active Health), an organization founded by an Anthroposophical Doctor, Martin Muller. They reached out to 10,000 people and asked them to tell their stories. They wanted to take the perspective of the patient. Stefan studied with Otto Scharmer who invented “Theory U”. There is the point of view that we have to involve all of the stakeholders, make people a part of the team, create a space for processes to occur.

Dr. Schmidt-Troske spoke about the two kinds of time mentioned by Rudolf Steiner: a stream from the past into the future, and a stream from the future into the present. Stefan asked: Could a diagnosis be affected by the future? Where is the process going to? Where do I want to be in a certain time? How will I look back on where I am now?

He said that patients would like to learn, but their doctors won't teach them; the attitude toward empowering patients is not very strong. When a patient comes to your outpatient clinic, it is helpful to ask:

What? (What is going on that you are coming here?)
 How? (How did it develop, what was the process?)
 Why? (Patients often want to know, why is this occurring.)
 Where to? (They are looking for a new beginning.)

He talked about the seven Life Processes:

Breathing (exchange, perception)
 Warming (connecting)
 Nourishing (nutrition, processing)
 Secreting (Individualizing)
 Maintaining (Practicing)
 Growth (Growing)
 Reproduction (Creativity)

He asked, “Why not take these and create a public health movement in North America?” Create little programs based on these seven life processes... Create sustainable groups that work independently. Make Anthroposophical medicine more open and practical to people.

These are just a few of the thoughts that were spoken at the conference. Other highlights included: The AAMTA Annual General Meeting where new members were confirmed and thanks and appreciation given to those going off the AAMTA Board. Although she was not able to attend, it was relayed that Barbara Bresette-Mills is ready to step down after completing several three-year terms on the Board; however she has agreed to one more year on the Board while a new

person is found to take her position.

A power-point presentation by Dr. Branko Furst that he gave recently in Holland to a group of conventional doctors, with the theme that “The Heart is not a Pump”. The doctors in Holland were very enthusiastic about his research, as were the conference participants!

We also had time for meetings with our various professional groups, and Polly Saltet invited the therapeutic eurythmists to her home, across the street from the school, for a discussion about conference themes.

We had time for small group discussions on several case histories of patients. The groups were chosen to have a balance of doctors and therapists represented. It is always helpful to have a variety of perspectives so that we can learn from each other.

Before the start of the main conference, there was an offering of “einreibung treatments” for a limited number of participants, at a reduced price. For those of us who had never experienced this before, it was truly an amazing experience and a real treat!

The venue of the Hartsbrook School was ideal. We had amazing meals supervised by Elizabeth Sustick (she and her family run a renowned whole foods restaurant in the area); there were dorm rooms at a nearby college available at a reasonable price; and we had plenty of space for all of our activities.

There was a post-conference meeting with Dr. Steven Johnson, Dr. Stefan Schmidt-Troske, and Dr. Matthias Girke to discuss public health outreach. The intention of this meeting was, among other things, to develop a broad educational and collaborative network to shift the conversation about what defines health. I was not able to stay for this post-conference meeting, but know that several participants I met over the week had travelled long distances especially to attend the post conference.

Respectfully submitted,
Christi Pierce Nordoff
Therapeutic Eurythmist
Charleston, SC

Stimme eines jungen Bruders

*Ich verrinne, ich verrinne
wie sand, der durch Finger rinnt.
Ich habe auf einmal so viele Sinne,
die alle anders durstig sind.
Ich fühle mich an hundert Stellen
schwellen and schmerzen.
Aber am meisten mitten im Herzen.*

*Ich moechte sterben. Lass mich allein.
Ich glaube, es wird mir gelingen,
so bange zu sein,
dass mir die Pulse zerspringen*



Rainer Maria Rilke, Austrian Poet (1875 - 1926)

PERSPECTIVES ON CANCER

In a lecture at the AAMTA conference in Hadley this summer Dr. M. Girke (who together with Dr. Georg Soldner is the head of the medical section in Dornach) developed a perspective on cancer which I found very helpful. This may not be new for some of you, but it seemed like an important starting point for our considerations when working with cancer patients. He spoke of two streams of illness arising from the upper aspect of the human being and two streams coming from below. He presented the Nerve and the Sense aspects of the Nerve-Sense System at two different streams:

1. From the Nerve-side comes sclerosis (diabetes, COPD, dementia among others) and...

2. From the Sense-side: Cancer
From the Metabolic-Limb System he also brought two streams of illness:

3. Acute Inflammatory conditions from the metabolism

4. and Allergies

He developed the thoughts on cancer, reminding us of Dr. Steiner's saying that cancer is a sense organ in the wrong place. He mentioned a poem by Rilke from *The Book of Hours*:

Voice of a younger Brother

*I'm slipping, I'm slipping away
like sand, slipping through fingers.
I have all at once so many senses
and each thirsty in a different way.
I ache and swell
in a hundred places.
mostly in the middle of my heart.*

*I want to die. Leave me alone.
I feel I am almost there,
to be so afraid
that my pulses will burst.*

Rilke was 24 when diagnosed with leukemia.

Dr. Girke went on to explain how he understands this concept of a sense organ in the wrong place. In our senses we have a strong relationship to the outer world. When we look at something we make a connection to the thing we look at outside of us. When we listen to a concert we are with the music in the space around us. We can note also that many of our senses are on the surface of our body and cancer occurs in the epithelial layers of tissues, on the skin or the lining of the digestive tract. *Through our senses the astral body and ego lift out of the physical and etheric bodies.* This is the crucial thought – that there is a kind of loosening between the astral body and ego and the physical and etheric bodies.

He elaborated how the tumor works in the four-fold human being.

Physically the tumor is hard and dense.

It is growing, growing, growing, but not integrated in the whole organism. It creates an ‘island’, separate and isolated.

‘Dedifferentiation’ – the cells lose their form. You can’t recognize the origin of the cells. The Astral Body is the bringer of an appropriate human form and shape. When it withdraws this forming and shaping gets lost. (An example: It has been proven that individuals who work with hypnosis have a higher incidence of cancer.)

The “I” Organization continues this forming and shaping activity of the Astral Body and individualizes the form when working appropriately. For example: Fingerprints. The Astral Body brings a human shape which is individualized by the “I” Organisation. In cancer this individualizing is weakened or removed.

To repeat: There is a loosening and separation of the higher members, “I” and Astral Body, from the physical and ether bodies, creating a kind of sleeping state, while the individual is awake. For our therapies we need to reinforce the reunification of the four-fold members. Very helpful is also the presentation by Dr. Victor Bott in his book *An Introduction to Anthroposophical Medicine*. He elaborates on precancerous conditions that we can recognize and treat before a tumor is evident.

Dr. Girke went on to give an example of how the I Organisation and Astral Body are very connected to the physical and etheric bodies in the glands. The astral body stimulates the glands. When we sleep the glands are dry. The motility of the gut stops as well.

* * * *

Consider the sequence Rudolf Steiner gave us for cancer:

Oh – Engaging the Soul, connected to the body

Eh – Connecting the Ego to the etheric body

M and L Create a breathing relationship between the four members

EE or I – Address the core of the Individual

B and D – Confirmation of the reunification of the fourfold human being.

What could make more sense? Through this sequence there is a breathing reunification that occurs. When Dr. Broder and Elke von Laue were here in 2010 they said they always work with this sequence for cancer patients, whatever kind of cancer they have. They said there is a disturbance in both the vocalic and consonantal processes within the organism afflicted with cancer.

But I have also worked with Pirrko Olillainen, therapeutic eurythmist from the Filder Klinik in Germany, who developed different sequences for different kinds of cancer. She always works with OEMLIBD when a patient has breast cancer (for which our sequence was given originally), but for the many different cancers of the metabolic system she suggests other sequences. For example, for colon cancer she suggested working with consonants. I have also found her indications helpful as a second stage once the full cancer sequence has been learned.

I am grateful to Dr. Girke for this clear, convincing presentation on cancer, and also to AAMTA for organizing this wonderful conference!

Jeanne Simon-MacDonald,
Therapeutic Eurythmist

AN INTRODUCTION TO ANTHROPOSOPHICAL MEDICINE: EXTENDING THE ART OF HEALING

Dr. Victor Bott

Sophia Books

Hillside House, The Square

Forest Row, RH18 5ES

Available from Amazon for \$13.74

Paperback – July 1, 2004

In modern times, Western societies have become increasingly familiar and comfortable with the numerous complementary and alternative forms of medicine, often derived from Eastern sources. Rudolf Steiner’s anthroposophical medicine, founded in the early part of the twentieth century, renews the origin of Western medicine. But unlike many modern medical practices based on reductionist, materialistic thinking, Steiner’s holistic system encompasses a picture of the human being as an entity of body, soul, and spirit. Anthroposophical medicine brings harmony to these different aspects of the human constitution.

Victor Bott, a medical doctor, offers a comprehensive overview of this remarkable system of medicine. He presents a new approach to understanding various types of diseases, including a discussion on the stages of human development; the roles of organs such as the lungs, liver, kidneys, and heart; specific diseases; and indications about why people become ill. He also discusses the increasing prevalence of cancer and specific phenomena such as the menstrual cycle.

This volume will illuminate medical practitioners and therapists who want to learn more about anthroposophical medicine and anyone who would like a deeper understanding of diseases and a key medical approach to dealing with them.

NATURE'S ELEMENTS

Meditation from the Christmas Course for Doctors

*Ye healing Spirits,
You unite
With Sulphur's blessing
In the ethereal fragrance;
You come to life
In upward springing Mercury
Dewdrop
Of growing
And becoming.
You make your halting place
In the Earth Salt
Which nourishes the root
In the soil.
I will unite
The Knowledge of my Soul
With Fire of the flower's fragrance;
I will bestir
The Life of my Soul
On the glistening drop of leafy morning;
I will make strong
The Being of my Soul
With the all hardening Salt
Whereby the Earth with loving care
Nurtures the root.*

Rudolf Steiner

From "A 'breviary' for the anthroposophic medical movement," Michaela Glöckler

"If we were able to utter the alphabet from a to z, in such a way that the whole could take shape in the air, we should have the form of the human etheric body. This etheric body contains within it the forces of growth, of nourishment and of memory; all this is imparted to the air when we speak. The etheric man is the word which comprises the whole alphabet."

From Lecture One, *Eurythmy as Visible Speech*,
Rudolf Steiner

Fluid

Rudolf Steiner wrote in a meditation: "I will bestir the life of my soul on the glistening drop of leafy morning." In a similar vein he said to the young doctors, "Water is the outer manifestation of feeling."

Air

The rhythm of breathing is connected with the astral body, "the body that is borne or carried by the air organism." In both inhalation and exhalation, the air within us is in continual rapid interchange with the outer air, where it meets the atmospheric influences of light and warmth. The breathing rhythm meets the rhythm of the blood inside us and continues through the whole being in the blood.

Foundations of Curative Eurythmy, Kirchner-Bockholt

Warmth

The ego works through warmth. It displays a structure or organization throughout the human body. This is the 'heat organism' through which the ego or human spirit acts.

"The ego is directly active in the blood and above all in the warmth of the blood. Here it enters into the inner movement of warmth. The ego creates in the blood a balance between the influences flowing into a person from outside, through the sense organs of the head and the inner impressions rising up from the various organs."

Foundations of Curative Eurythmy, M. Kirchner-Bockholt

*I want with cosmic spirit
To enthuse each human being
That a flame they may become
And fiery will unfold
The essence of their being.*

*The other ones, they strive
To take from cosmic waters
What will extinguish flames
And pour paralysis
Into all inner being.*

*O joy, when human being's flame
Is blazing, even when at rest.
O bitter pain, when the human thing
Is put in bonds, when it wants to stir.*

Rudolf Steiner's Last Verse, March 1925
The Editro

AN APPRECIATION

This past summer in Portland I had the opportunity which a number of us have had, of doing the Therapeutic Tone Eurythmy workshop with Jan Ranck. Jan, while adding her own style, faithfully carries the impulse of this work from Lea van der Pals, which Annemarie Baeschlin and now Jan Ranck continue bringing to others.

Recently I found in a book of Prokofieff's on Novalis, this thought from Novalis: "Every illness is a musical problem; healing a musical solution." Prokofieff then writes about this thought, "In other words, every illness is a dissonance which has arisen between the rhythms of the human organism and the rhythms of the cosmos; and every act of healing is really it's overcoming, the transformation of this dissonance into a consonance, that which brings all the functions of the human organism into a correspondence and a harmonious interrelationship with the great world, or macrocosmos." While in such quotes we find overall the great benefit and gift of eurythmy; I also thought of these therapeutic musical eurythmy workshops, and think we can have much gratitude for those carrying this work.

Michael Hughes

**STUDY WITH THE ASSOCIATION OF
ANTHROPOSOPHIC MEDICINE
AND THERAPIES IN AMERICA**

The study this November was from Chapter One of *Leading from the Emerging Future*. A review of the book follows: We have entered an age of disruption. Financial collapse, climate change, resource depletion, and a growing gap between rich and poor are but a few of the signs. Otto Scharmer and Katrin Kaufer ask, why do we collectively create results nobody wants? Meeting the challenges of this century requires updating our economic logic and operating system from an obsolete “ego-system” focused entirely on the well-being of oneself to an eco-system awareness that emphasizes the well-being of the whole. Filled with real-world examples, this thought-provoking guide presents proven practices for building a new economy that is more resilient, intentional, inclusive, and aware.

The study also included a small excerpt from Steiner’s *The Esoteric Essence of the Social Question*.

Contact: Dr. Blanning AAMTA <Aamta@wildapricot.org>

Anthroposophic Medicine <PAAM> Patient Association is free for friends. Help protect our rights and freedom.
www.paam.wildapricot.org/Patients-and-Friends/

**LILI KOLISKO INSTITUTE FOR
ANTHROPOSOPHICAL MEDICINE**

Dear Friends,

This is a reminder that you can still register for the webinar and listen to it any time! Dr. Rentea considers this presentation to contain discussion of some of the most important spiritual gifts that R. Steiner gave us.

Advent Webinar December 12, 7 PM CT, on the theme of The Christmas Foundation Rhythms. Are they leading us to the Christ in the Etheric?

Webinars are a fundraising event for our anthroposophical Kolisko research. To support the research work at the Kolisko Institute, the webinar has a registration fee of \$15 if registering until December 12. You can listen to the webinar live or you can access the recording of the live event after the fact, anytime on your own schedule (the webinar recording will be sent to anyone who is registered).

Subsequently, the webinar can be purchased after December 12th for \$25 via the Kolisko Institute website where past webinars are available.

<http://www.koliskoinstitute.org/kolisko-institute-webinars/>

However, we do not want financial considerations to stop anyone from participating in this important webinar, if you have any financial concerns please contact us at 262-912-0970, ex. 5.

Wishing you a Happy Thanksgiving and Advent Time,
Ross Rentea, MD
For the Kolisko Team

Kolisko Institute Webinars

Past recorded webinars available for purchase:

Understanding Anthroposophical Potencies
Understanding Anthroposophical Potencies, Part 2
How to Increase the Effectiveness of Anthroposophic Therapies
How to Increase the Effectiveness of Anthroposophic Therapies, Part 2
A New Line of Anthroposophic Remedies
The Mysteries of Iron and the Developing Child
Arsenicum – A Core Anthroposophic/Homeopathic Remedy
Pelargonium Root Extract – Novel Immune Respiratory Protection
Some Thoughts on Substances Related to Christmas and the Twelve Holy Nights
Cardio-Vascular Vitality(I)
Helleborous – A Major Therapeutic Renaissance for this Healing Plant
Astragalus – Anthroposophic Insights into a Fundamental Remedy
Rudolf Steiner and Mushroom Therapies
Michael and the Being of Eurythmy; A Christmas Imagination

The Michael and the Being of Eurythmy Webinar is free to those who have made a \$100 or more donation to the Kolisko Institute. Please email info@koliskoinstitute.org to receive the webinar recording.

Christmas and the Mystery of the Etheric Body (a two-hour webinar!) This webinar is available for \$35-follow process above. The webinar is offered for free to anyone who has made a donation of \$250 or more. Please email info@koliskoinstitute.org to receive the webinar recording as a donor.

The Foundation Stone and Its Rhythms (two-hour webinar!)
The Foundation Stone and it’s Rhythms: The Leaders to the Christ in the Etheric World

<http://www.koliskoinstitute.org/kolisko-institute-webinars/>

CALENDAR

ATHENA Pre-IPMT Workshop

Chestnut Ridge, NY

April 27, 2019

9:00am to 4:30pm

Registration deadline is April 20, 2019.

<https://paam.wildapricot.org/event-3013913>

Dental Therapeutic Eurythmy with Mareike Kaiser
Location on the West Coast (to be announced)
July 21-28, 2019



ATHENA

Association for Therapeutic Eurythmy in North America
in connection with the Medical Section, Dornach, Switzerland

Presents:

Women's Health – Experiencing the Approach and Potential of Eurythmy Therapy

A Pre-IPMT Workshop
Saturday April 27, 2019 9:00 A.M. – 4:30 P.M.
at **Eurythmy Spring Valley**
260 Hungry Hollow Road, Chestnut Ridge, NY

Fee: ATHENA and AAMTA members: \$70 For non-members \$85.

Registration Deadline: April 20, 2019

Questions? Contact Mary Ruud at (414) 915-7968 livingartseurythmy@gmail.com
or Dale Robinson at (510) 339-2769, dale1022@sbcglobal.net

Therapeutic Eurythmy (TE) is in the unique position of accessing the formative forces issuing out of the starry heavens and working through our soul into our body. Moreover, it allows the patient to participate consciously in these forces and the healing process.

This workshop is intended as a collaborative research between medical professionals and eurythmy therapists to both broaden and deepen our understanding of the working of TE and how we can best make use of it with our patients. Working with the perspective of Anthroposophic Medicine regarding various conditions affecting women we will seek to meet them with the cosmic and soul dimensions provided by the use of TE. A lot of our time will be devoted to experiencing the TE gestures and exercises and the forces at work in and through them.



EURYTHMY THERAPY SESSIONS

