



International Association for Anthroposophic Body Therapies

IAABT Member Letter – Michaelmas 2022

Dear members and friends of the IAABT,

The annual meeting of the medical section with the topic „The Heart in the Periphery -the Importance of the Therapeutic Community“ was again divided into three parts this year:

1) The specialized conferences:

- Medicine & Pharmacy
- Art Therapy Painting & Drawing
- Therapeutic speech formation
- Eurythmy therapy
- Patient advocacy
- Psychotherapy- for the healing of anxiety disorders

2) The spiritual deepening

3) The multiprofessional conference.



The common beginning of the conference was the welcome by Matthias Girke and Georg Soldner. As a special guest speaker, physician Machteld Huber presented the concept of »Positive Health«. After her own experiences as patient and long-time patient care professional, she has developed this and continues to expand it. She wants to bring about a change in thinking towards a holistic understanding of health. Not to put all attention on complaints and problems, but on the person himself with self-management, on his resilience and what gives meaning to his life.

Thus strengthening resilience: instead of weaknesses, bring strengths increasingly to awareness, combined with the question: Do you want to change something?

Machteld Huber presented the ideas and the diagram »My Spider Web« from her Institute for Positive Health in the Netherlands. This diagram records the current state of the person by means of a diagram »spider web« with 6 items – physical function, mental health, meaningfulness, quality of life, participation and daily activities.

It works with 3 components: Comprehensibility, Feasibility, and Meaningfulness (What fits the person?).

The manual »**Positive Health in General Practice**« is currently being translated into German, and can also be read on the [website www.iph.nl](http://www.iph.nl).

The conference day started with getting in the mood for the day with 7 active opportunities. A morning contribution with meditations on the topic was caring and practical for everyday life by pediatrician Karin Michael.

At the time of St. Michael's Day, to find the center of rest and to form the inner space with St. Michael's powers by a saying of Rudolf Steiner:

I carry peace within me

*»I carry peace within myself
I carry within me
The forces that strengthen me.
I want to fill myself
With these forces warmth,
I want to permeate myself
With the power of my will.
And I want to feel
How peace pours
Through all my being,
When I strengthen myself,
The peace as power
In me to find
Through the power of my striving.«*

(GA 268)

In the conference of medicine and pharmacy the topic was pollinosis -hay fever- with the well-known preparation **Gencydo**. The name Gencydo is based on the fact that once Gentiana (yellow gentian root) as a bittering agent and **Cydonis** (quince) were the main components. Currently, this is lemon with the fruity part, which grows from the outside to the inside, and polar to it is quince, which has the hardening tendency inside. In the case of hay fever, a soul being too connected with nature can be divined, the scattering pollen and the reaction to it. There the polarity of the sugar process stopped in the lemon and the protein formation in the quince strengthened in the middle to the hardening helps. Other additional preparations to support the healing process were discussed during the meeting and one was encouraged to continue research. A preclinical study with Gencydo statistically demonstrated curative efficacy. A treatment scheme in 3 phases with Gencydo, vehement physical activity (Stoffwechselsystem- bowl system) and rest was also proposed.

Especially by Boder von Laue one was called to self-activity, with the hint, only when within the read, by Steiner established, in the Steiner text the opposite is found, the problem can be grasped spiritual-scientifically truthfully.

A spiritual anniversary was »**100 Years of Movement for Religious Renewal**« of the founding of the Christian Community at the Goetheanum. The Christian Community was founded on September 16, 1922, with the performance of the first act of human consecration. It was mostly Protestant educated theologians who had asked Rudolf Steiner for help. Nevertheless, he never considered himself as the actual founder.

P. Selg commemorated the historical event with dignity in a special memorial lecture outside the congress session.

In the middle part of the congress the spiritual deepening was accentuated, and the 16th class hour was held with lectures and talks. With the commemoration of the dead, the care of the community of the living and the deceased were remembered.

In the multiprofessional conference, the third part of the conference, the working groups were the area where individual further education was provided with many different offers.

P. Selg devoted himself in the Saturday evening lecture to the image of man in medicine. From the technically neutral image with maximum feasibility medicine should be built in the future with courage, light and strength, a medicine of spiritual beings.

On Sunday, Gerald Häfner presented the community building with the three essential forces - blood, language and memory. The blood with the heredity, the language with the social forms of communication and the common memory with a group-like image forming a group.

Joao Torunsky spoke about community building in cultus and cognition through the power of the heart: transforming the powers through one's own sacrificial act and abandoning the conventional ideas with the struggle for cognition.

In addition to past communities or future communities, **communities of responsibility** should be formed.

The **Declaration for Traditional, Complementary and Integrative Health Care** can be accessed and signed at www.tcih.org

Here to close: the well known saying as the motto of Rudolf Steiner's social ethics:

*Healing is only when
in the mirror of the human soul
the whole community is formed
and in the community lives
strength to the individual soul*

Another highlight of the conference was the yurt, which was located opposite the west entrance of the Goetheanum and became a real magnet during the conference:

The Yurt – an Oasis of Relaxation

In addition to the conference program, it was possible to get to know the different methods of anthroposophical body therapy and to experience them on one's own body.

Therapists from rhythmic massage, massage according to Dr. Simeon Pressel, massage according to Volkier Bentinck, chirophonetics, anthropofonetics, Bothmer therapy and color meridian therapy were available to anyone interested for application or information. There were also offers from the care with rhythmic rubs, wrappers and compresses.

Even if the weather was not always sunny and friendly and from time to time small streams flowed through the yurt (rain), the interest was great. 248 treatments were performed from Wednesday to Saturday and there were many enthusiastic spontaneous responses. We will gladly take up the impulse again for the annual conference in 2024.

This summary of the conference is based on my notes and memory.

Helmut Mayer



Save the Date: November 5th 2022, 2–4 p.m.

Membership meeting for all IAABT members with the Board of Directors on the topic:

IAABT in the Future. What do our members need from us, what can IAABT contribute to the future medical community.

The link to attend will be emailed to all IAABT members on 1/11/2022.



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Warm greetings to all people around the world!

The IAABT Board

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