

Wie finde ich das Gute?

"How do I find the Good?"

100 Years 'Course for Young Doctors'

A multiprofessional conference

3 - 7 January 2024

Goetheanum, Switzerland

English, German, Spanish

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Welcome to the conference:

How do I find the Good?

100 Years ‘Course for Young Doctors’

Dear friends of Anthroposophic Medicine,

In every encounter with a patient, we meet the question: What does this individual need for their healing process and how can I contribute? The medicine of today does not recognise the soul or spirit, upholds an increasingly reductionist and materialistic view of the human being, and as such cannot provide an answer!

One hundred years ago, a group of young doctors asked Rudolf Steiner to give guidance on their path of inner development. In response, Steiner gave the ‘Course for Young Doctors’. This course provides a bridge from the scientific-physiological to the moral-spiritual, leading towards capacities which enable the becoming of a true healer. Such a developmental process requires strong heart-forces, an enlivened understanding of nature, the cosmos and of karma, and a will to renew ancient mystery wisdom through the Christ impulse.

In the Holy Nights of January 2024, this impulse will be 100 years old! Our conference will offer a space for the commemoration of this historic event, for the sharing of experiences and for finding ways to incarnate this impulse as a healing gesture for today’s medical system. We will have lectures and workshops where the contents of the ‘Course’ can be brought to life. Importantly, there will also be space for encounter and social warmth, which may help us support each other in carrying this impulse into the future.



Dottenfelderhof, December 2022

The workshops are intentionally being kept small to promote active engagement with the content and each other. Therefore, we recommend registering soon to secure first choices. For those unable to participate in person, we are planning a small online programme. Please register [here to receive updates](#). We encourage those interested to start preparing for this conference and welcome everybody to join our fortnightly online study group of the Course for Young Doctors lectures. You can sign up on our website (www.yiam.world) where you can also get in touch about receiving the warmth meditation as an esoteric form of preparation. All other questions are also welcome.

Please feel warmly invited to join us!

The YIAM team

Conference registration

The event is accredited by the Academy of Anthroposophic Medicine GAÄD with 22 hours of B and 22 hours of personal work. Inline with the WHO benchmarks.

Searching for the spiritual in medicine

The group Young Impulses in Anthroposophic Medicine (YIAM) formed in September 2020 at the end of the Crossing Bridges conference, which had been organised by members of the Young Medics Forum. This Forum was then dissolved, after having served as a vibrant platform for medical students and junior doctors within the German speaking world for many years.

YIAM formed with the intention of providing a platform for young people interested in Anthroposophic Medicine to connect and support each other with common spiritual striving and practical work. This group includes people from all around the world in the different health-related professions and is united by an enthusiasm for a renewal of medicine.

We decided early on to work with the 'Course for Young Doctors', as the questions which the medical students put to Rudolf Steiner 100 years ago greatly resonate with our own. In small groups, we studied the lectures and then met together online once per month, to share summaries, find our own questions and hear from experienced guest speakers. In-person gatherings also took place three times a year, either at the biodynamic farm Dottenfelderhof in Frankfurt, or at the Goetheanum. Through this intensive work, deep connections and friendships developed, bridging the distances between Germany, Switzerland, the Netherlands, Great Britain, Spain, Sweden, Peru, Argentina, Chile, Australia, New Zealand, the United States, and other places too.



Dottenfelderhof, April 2022

The importance of organising an event to honour the 100-year anniversary of the 'Course for Young Doctors' was clear to us within the first few meetings and in partnership with the Medical Section, we decided to host a conference welcoming everyone who feels a connection with this far-reaching impulse.

Beyond this conference, we will continue to work on themes and projects within Anthroposophic Medicine and will always love to connect with other like-minded people! The easiest way to reach us is via our website: www.yiam.world

Wishing everyone a wonderful conference!

Nicole Asis, Moritz Christoph, Magdalene Denneler, Moniek van Duin, Julian Furrer, Demi Franco, Anna Ewa Gardner, Tania Prince, Alina Hüttisch, Matthew Mirkin, Sashank Nyapati, Daniel Peret Geraldo, Marek Roszkiewicz, Rozemariken Scheffers, Svenja Schniewind, Caecilia Verlinden, Sophia Wittchow

Structure of the conference

The conference starts on Wednesday the 3rd of January 2024, at 15:00 in the great hall of the Goetheanum. We will begin with a picture of the origins and intentions of the Course for Young Doctors from Peter Selg.

Every morning at 8:45, we will tune in together with music and meditative content. Following this, we will have contributions on the exercises given in the 'Course for Young Doctors' (Magdalene Denneler and Marek Roszkiewicz), the meditations of the 'Course' (Matthias Girke), and the New Mysteries (James Dyson). After the break, the workshops will take place before lunch. These workshops will focus on deepening content and questions from the 'Course' through contributions and conversation. Your chosen morning workshop will then continue for the whole conference.

Following lunch and some rest time, the afternoon workshops will begin, this time with the focus on experience and practical engagement. Your choice for the afternoon workshops will also run for the whole conference. Each day after the break and before dinner, we will again meet in the great hall to hear a series of lectures on the Ahrimanisation of Medicine (Matthew Mirkin), the Will-to-Heal and the Courage-to-Heal (Sophia Wittchow and Karin Michael), and the Christianising of Medicine (Corrado Bertotto and Marc Schlaeppli).

The evenings will offer artistic performances, a social evening and a celebration of Epiphany on our final evening together.

The events in the great hall will be simultaneously translated in English, German and Spanish.

Wed 3rd Jan

Thu 4th Jan

Fri 5th Jan

Sat 6th Jan

Sun 7th Jan

08:45

Musical and Meditative Tuning into the Day

Warmth/Fire

Light/Air

Tone/Water

Life/Earth

09:30

**Esoteric exercises
in the Course
for Young Doctors**
Magdalene Denneler, Marek
Roszkiewicz

**The meditations in the
Course for Young Doctors**
Matthias Girke

**The meditations in the
Course for Young Doctors**
Matthias Girke

**Michaél, Raphaél, and
the New Social Mysteries**
James Dyson

ARRIVAL

10:30

B R E A K

11:15

Morning Workshops (Questions and Exchange)

FINALE

12:30

REGISTRATION

L U N C H

15:00

WELCOME

**Origins and Intentions of the
Course for Young Doctors**
Peter Selg

Afternoon Workshops (Experience and Practice)

16:30

B R E A K

17:15

S I N G I N G

17:30

**Young Doctors'
endeavours over time**
Various

**Meeting the darkness of
modern medicine**
Matthew Mirkin

**Will to heal,
Courage to heal**
Sophia Wittchow,
Karin Michael

**Creating Spirit-Man in
earth humanity**
Corrado Bertotto,
Marc Schlaepfi

18:30

D I N N E R

20:00

Performance

Evening of Encounter

Performance

Epiphany Celebration

Subject to change

DEPART

Morning workshops

The morning workshops are intended to be for deepening conversation on themes from the 'Course for Young Doctors'. When you register, you will be able to select one workshop. Please note the language of the workshops (in brackets after the title).

M1. What significance do the mantras of the 'Course for Young Doctors' have for medical and therapeutic professionals who are not doctors? (DE)

The meditations given in the 'Course for Young Doctors' are central to the inner path of the doctor. They pertain to all aspects of healing and thus hold relevance also for the other healing professions of pharmacy, nursing and the different therapies. Non-doctor health professionals may further their individual esoteric striving through work with these meditations. We will consider the distinct gestures and tasks of the different health professions on this basis and explore the significance of the meditations for our work.

Rolf Heine

M2. The mystery of the space in-between and healing (EN)

We will deal with the riddle of Steiner's sentence in the sixth lecture: "...If a doctor has a profound knowledge of some remedy, it is necessary for them, to a certain extent, to deny healing themselves by means of this remedy...". How then, should doctors/therapists heal themselves? We will try to experience this question through the listening quality. We will touch on the quality of questioning as a hearing activity and use musical experiences to discover new qualities of questioning and listening.

The theme of the other and I, will accompany our study in discovering some possible directions to understand the in-between and the power of healing, also for the therapists themselves.

Yael Barak

M3. What is the Raphael Easter Circle? (DE)

At the end of the 'Pastoral Medical Course' on the 18th of September 1924, Steiner addressed the attending doctors without the presence of the priests. He pronounced the founding of an esoteric circle within the Medical Section, which was to be represented by seven medical doctors. What has come of this impulse? How is it handled today? What were the original intentions and which of these are still alive? What relationship can we find between a Raphael 'school' and the 'Course for Young Doctors' with its meditative content?

Corrado Bertotto

M4. Meditative paths of initiation in the School for Spiritual Science and the art of healing (DE/EN)

The art of healing does not only need professional competencies, but equally ethical-spiritual ones. We will look at the Anthroposophical path of knowledge, which intends to lead the spiritual within the human to the spiritual in the cosmos. We will consider the relationship of this to the therapist's meditative path of development and work through some practical aspects. The development of knowledge and of healing are connected to the working of Michael and Raphael. We will take these spiritual perspectives into our work.

Matthias Girke and Michaela Glöckler

M5. Karmic aspects regarding illness and healing (DE/EN)

In his 'Course for Young Doctors', R. Steiner points on several occasions to the reality of 'karma', which all therapeutic endeavours should take account of: "one cannot heal against karma". Illness is seen as a precious healing process itself, brought about by karma. Furthermore, the anthroposophical therapists' own karma plays an important role, both when they find their vocation and when they endeavour to bring about healing in their patients. After studying the relevant paragraphs in the course, as well as some related passages in other lectures, we will explore the various questions that may arise for the anthroposophical therapist around the role of karma in illness and healing.

Martin Wittchow

M6. Alchemy - the mercurial process for therapists (ES)

From alchemy to chemistry, an understanding of the triad is developed through spiritual science. Gold as the true Mercury can be found in the lectures by Steiner and other poems. How can we reach out to the forces necessary for our profession? We practice with the mantra "You Healing Spirits" from the fourth lecture, GA 316.

Alejandra Chiappano

M7. Understanding and actively working with young forces in the human being (EN)

We will research and share in the group our understanding of the forces of youth. What is the occult physiology of being young? How can we nurture and care for these forces? How do we get old consciously so that we can access these forces in later life? We will explore the Etherisation of the blood and the Heart as the organ contributing to this spiritual process. We will also look at Heart thinking, to understand it and explore how to cultivate it.

Allamsetty Lakshmi Prasanna

M8. On the composition of the 'Course for Young Doctors' – discoveries on the journey through the lecture cycle (DE)

The question "How do I find the Good?" is asking for a way or a method. Along with the content, the composition of the lectures in the 'Course for Young Doctors' gives a way to develop a real art of healing as health professionals. In this workshop these motifs will be worked on, and aspects of the different paths will be discussed.

Philipp Busche

M9. Finding themes from Rudolf Steiners' first doctor's course reflected in the meditations of the 'Course for Young Doctors' (DE/EN)

There are many similarities between the themes and composition of Steiner's first doctors' course in 1920 ('Spiritual Science and Medicine', GA312) and the 'Course for Young Doctors'. I find it fascinating how motifs discussed in 1920 are picked up again in the 'Course for Young Doctors' in a way that leads to meditations. For example, the contrast between light and heaviness, the growth forces of plants, or the working of the planets on the human being. On each of the three workshop days, we will approach a theme based on the two doctor's courses and discuss and meditate on the relevant meditation. No prior knowledge necessary.

René Ebersbach

M10. What is the role of the Goetheanum in Anthroposophic Medicine?
(DE)

What contribution can the Medical Section make, to bring about a cultural shift from the still strongly Arabic trend in scientific medicine to a medicine of warmth, which respects people as individuals? How do we develop a new mystery medicine, which views the human as a soul-spiritual being, works with a concept of karma and the cosmos and learns to find the forces and spirit in nature? What can it mean if we keep in touch with the Goetheanum as the heart-centre of our work? The 'Course for Young Doctors' can serve as a basis and preparation for this.

Karin Michael

M11. Why medicine is an art and not a science (EN)

During this workshop we will discuss the real being of this art in general and its relation to spiritual and physical worlds. Based on one of Liane Collot d'Herbois's paintings, we will experience and look at medicine as an art and a science, finding out that every human being and every patient (in a different way), and even every healing process, is a kind of art within the physical realm.

Marek Roszkiewicz

M12. Where can we find connections between the karma exercises and the 'Course for Young Doctors?' (DE/EN)

After a brief introduction to the karma exercises given by Rudolf Steiner on the 17th of January and the 4th of May 1924, we will research what relationship these exercises have to medical practice and the young doctor's meditations, especially those in the Easter course.

Christina van Tellingen

M13. Working with the 'Staff of Mercury' in the modern healthcare system (DE)

"If you as young people occupy yourselves with medicine... forgive me for referring to something so menial... the whole atmosphere of the health insurance system and the understanding of the doctor as a healer... does not come into view... It is so in this time... that the doctor is most dramatically challenged by this cultural illness... the doctor becomes completely paralyzed... Therefore, you must watch where your karma places you so that you do not work merely in the sphere of medicine regarded as a trade but in the sphere that is concerned with illness of the social organism... We must function as the whole human being; the heart must always think as well. We must not merely think abstractly about the world, which is essentially what all thinking today does. We must be clear, when we submerge with our thinking, the heart must be brought into all things. We must understand these forces of the heart, which entwine themselves around the thoughts; we must understand once again how to use the staff of Mercury (extract from the 'Course for Young Doctors', fourth Lecture, April 1924).

Johannes Weinzirl and Jana Siroka

M14. This interplay of the will to heal and the will to be healthy has a tremendous role in the therapeutic process (DE/EN)

The will to heal is not awoken in modern medical studies and it remains a life-long task to grow into it. What happens when the will of the doctor and the will of the patient encounter each other? What is true healing in the deepest sense, healing which cannot be forced even with the greatest effort of will? Which situations with patients do we know where these questions confronted us in particularly memorable ways?

Marion Debus

M15. The esoteric path is either a difficult one or it is none (EN)

In this workshop we will put this quote from Rudolf Steiner (fifth lecture in the 'Course for Young Doctors') in the context of anthroposophic exercises and the School of Spiritual Science. What is meant by this inner path? Why is it so difficult? How can the practice of a profession-specific meditation lead to a new understanding of anthroposophic medicine? What have we learned and developed over the last 100 years? Bart Vanmechelen will contribute out of his own practice on this path and will introduce exercises and then hold space for in-depth exchange of experiences and questions.

Bart Vanmechelen

M16. Illness as a being – what does healing mean? (DE/EN)

In conversation we want to occupy ourselves with the question of healing. Why does the human being get ill? What is the deeper meaning to the illness? What meaning do suffering and pain have. What does healing mean in this context?

Gabi Foster

M17. Psychosomatic and somato-psychic illness manifestations in the context of interactions between the Cosmic, Earth and Social Being (EN)

The Soul-Spiritual forces and their influence on the Physical-Etheric can be understood through reflections of social interactions and interpersonal influences through the soul developmental phases. In the context of the cosmic macrocosm and the human microcosm, there exists the Man-Social as the point of entry to harmonise the flow between what comes from above, below and around. Trauma, life experiences and socio-cultural contexts can further impact multiple aspects of the human being. This interactive workshop will explore these mutual interactions and influences on physical and emotional wellbeing and examine why this is relevant to a physicians' work through small group work, insightful self-reflections and creative role plays.

Vasuprada Kartic

M18. Astronomy in medicine - really? What is the significance of the cosmos for the progression of medicine? (DE/EN/RU)

In the fifth lecture of the 'Course for Young Doctors', Rudolf Steiner makes a very clear statement: "... spirituality can only be acquired by a detour through the cosmos" and "the esoteric path is either difficult or it is no path at all". Are such strict and categorical statements still justified today and if so, how do we approach them? If we feel our way into positive answers to these questions, then they make sense for us! If not, why should we follow this 'detour' through the cosmos? Let us live with these questions in our workshop and perhaps feel our way into some answers... I look forward to working together!

Martin-Günther Sterner

M19. The need to heal and the will to heal – St Luke's Gospel and the path of Raphael (DE)

In his lecture to the young doctors on the 24th of April 1924, Rudolf Steiner speaks about the Luke Gospel as one which "has not at all been taken on as an inner guide for the healing will". We would like to take up this indication in our workshop. How can the Luke Gospel inspire our healing will? How can it help us to develop the right feeling, the right mood, in our patient encounters? We will look at single instances of healing in this Gospel, as well as its composition and will come into discussion about this too.

Jakob Kraul and Georg Soldner

M20. Illness and the life of soul – the I's command of the astral body towards the healing of the etheric body (DE/EN)

Introductions, case vignettes and exercises: How the I can learn to recognise the nuances of overflowing feelings in the soul life so that it can reestablish a healthy relationship to the life body and lifestyle. Contributions from psychotherapeutic practice with reference to the second lecture from the 'Course for Young Doctors'.

Ad and Henriette Dekkers

M21. The I organisation uses calcium carbonate and calcium phosphate as substances and as processes (DE/EN)

Using a physiological-goetheanistic approach, we want to consider how in osteogenesis the calcium in bones appears both as substance and as process. In order to achieve an understanding of the development from mesenchyme to mineralisation we need to understand how the four elements and four ethers play together, in order to create the human body. Thus, we can hopefully find an archetypal picture for the becoming and dissolution of bone-substance. This picture is needed for the understanding of all substances mentioned in the third lecture.

Broder von Laue



Goetheanum, September 2022

Afternoon workshops

The afternoon workshops are to take themes from the 'Course for Young Doctors' more into the realm of experience and practice. When you register, you will be able to select one workshop. Please note the language of the workshops (in brackets after the title).

N22. Cold feet warm heart? (DE/EN)

How do I find the Good? A practical approach. We will experience, identify and examine our body's warmth differentiation and get to know diagnostically important areas of warmth. Warmth and warmth ether – can we find a physical order in the body? Together we will experience different ways to warm up (again) and enter an exchange about these experiences. Participants need to be comfortable with using their hands and feet (showing your feet, with and without socks).

Astrid Sterner

N23. Feel in the pulse's number (DE)

Introduction to an Anthroposophic diagnostic approach to the pulse. In the different rhythms and waves of the pulse, an expression of an ordering principle is revealed down to the sense perceptible world, just as clearly as all revelations of the living forces. As a sense organ, the heart reveals the dynamic constellations of the subtle members in the pulse. This can be felt in the pulse at the wrist during real patient encounters, on ward rounds or in consultations. From this, the healing need of the patient can be experienced. The mantram 'Feel in the Fever's Measure' from the fourth lecture of the Easter course can give suggestions and context for this method.

Harald Merckens

N24. What is the sound of gold? (DE)

Six of the seven metals which Rudolf Steiner related to the planets can be heard. The small gongs give an intimate and far-reaching impression. For two of the metals, we will be able to go more in depth with listening, playing, and experiencing. From this we can find the therapeutic qualities which are used in anthroposophic music therapy.

Laura Piffaretti

N25. The human skeleton as an expression of earthly and cosmic forces. A phenomenological journey (EN)

The processes of this workshop were developed for The English Training in Anthroposophic Medicine. It involves observation, drawing and descriptions of the human skeleton which can open participants' eyes to the language of earthly and cosmic form and to experience metamorphosis in the detailed forms of the human body.

Michael Evans

N26. Clay modelling – an attempt to encounter the Etheric (DE/EN)

In the creative work with clay and the watchful perception through our heart, we will attempt to come nearer to an experience of the life forces – and thereby to experience the dialogue between heaven and earth

Ulrikke Stokholm

N27. Approaches to a musical physiology of the human being (DE)

We will begin with the embryonic forming movements of the lungs; this is from the beginning of the evening address: 'the tone and number ether in the form and function of the lungs'. The next day we will go inward: 'the musical dynamics of blood flow'. On the third day we will come to life after death, on the spiritual-musical forming forces of destiny in the transformation of the foregoing life of deeds into the next one. After death, the cosmic, musical harmonies of the spheres take hold of and transform the life of our limbs. In the shadow of this, in physical music, we can feel

into our limbs the future orientation of our will.

Armin Husemann

N28. Understanding the I through Speech (EN)

Speech, with its unique 'marriage' of sense and sound, is like an axis that goes through the whole human being. As the bearer of thought and communication, speech reaches up into our consciousness, while at the same time reaching deep down into our physiology, engaging the breath and close to 100 muscles. We can find the threefold human being reflected in our speech instrument, and the interplay between the heart and the lungs in the dynamic of 'recitation' and 'declamation'. In this workshop we will explore how the sounds and dynamics of speech and poetry can work therapeutically, and how this engages particularly the activity of the I.

Dietrich von Bonin and Kirstin Kaiser

N29. Alchemical Tria Principia through art therapy and "You Healing Spirits" (ES/DE)

Experience is the basis for art therapy, for metamorphosis of forms and colours, for processes within the etheric and elementary realm and as an accompaniment to poetry. The ancient alchemy, including the mercurial process is archetypal of art therapy, we will work on the fourth lecture from Rudolf Steiner and the mantra of the healing spirits. The intention will be to provide an answer through our creative work. Furthermore, the social encounter is like a force of mercurial healing.

Alejandra Chiappano

N30. Experiencing the planetary qualities through drawing the seals (DE/EN)

We will draw the planetary seals given by Rudolf Steiner to gain insights into the developments and metamorphoses in them. Like this, we can come into our own living creative process.

Ron Dunselman

N31. Perceiving the four members (DE)

The course for young doctors contains numerous suggestions to develop one's own capacities of perception. How do we come into an experience and perception of the four members so that we can have a holistic understanding of our patients? This workshop will be about concrete exercises for perceiving the invisible.

Philipp Busche

N32. Perception through touch (DE/EN)

In this workshop you will take turns treating each other using a delicate touch with an etheric quality. With the help of craniosacral therapy, we will become aware of the inner rhythms in ourselves as well as a perception of the living body. Further to this, the organ einreibung (rhythmical embrocation) will be demonstrated and every participant will get a liver-spleen einreibung with the opportunity to also practice oneself. Movement from Eurythmy will help us to experience the forces of the periphery and to form healing therapies out of this, which make a more wholistic perception of the human being possible.

Birgit Faller and Rozanne Hartmann

N33. Luminosity and gravity – a Rosicrucian path to understanding the effects of planetary metals and eurythmy therapy (DE)

How does meditating on the substance of 'leaf' gold connect to the meditation given in the eighth lecture of the Christmas course? What reveals itself through this? We will observe gold, lead, and silver and do some eurythmy, for example the vowels and consonants used in eurythmy therapy. Because "in reality the process of disease is the question, and one remains at a standstill at this point if one's only aim is to get knowledge of the process of disease. The answer is the healing process." (R., Steiner, 22nd of April 1924)

Wilburg Keller Roth and Johanna Voigt

N34. Christ-Persephone. Experiencing the seasons (EN)

The aim of the workshop is to experience and show how we as human beings can perceive the whole year in its changing moods and gestures. We will try to do it through different observations, experiences and meditative ways; to see what alchemical Rosicrucian's observed in the seasons and try to connect it to the archangels, Christ's and Persephones New Mysteries introduced by Rudolf Steiner in the Foundation Stone.

Marek Roszkiewicz

N35. Experiencing the meditation "How do I find the good?" (DE/EN)

This meditation raises the central question of the medical profession. Can I bring the indication to meditate into reality? How do I experience it in the relationship to my patients? How can I make it effective in my everyday life? Why is it a community meditation?

Christina van Tellingen

N36. "You Healing Spirits". Experiencing elemental beings through meditative plant observation (DE)

How can one experience elemental beings to then consciously work with them? How do they lead us to Michael and Christ? Meditative plant observation in four steps.

Ewa Waśniewska

N37. How do I find the good? Perceptions in the Etheric (DE/EN)

In this workshop we want to bring the perception of the etheric in the patient into connection with the search for the good, with the four ethers, with the content of the warmth meditation.

Gabriela Förster

N38. Exercises on the 'You Healing Spirits' meditation with plant scent, plant form and the taste of the roots (DE)

In his fourth lecture of the Christmas course, Rudolf Steiner advises his listeners to engage with plants in order to prepare for the meditation "You Healing Spirits". We will deepen each section of this meditation with sense experiences and connect it with intensive inner experience in the sense of the light-soul processes. In the first part, we will symbolise the scent of the plants, in the second, we will transform the form of the leaves in our thinking, and in the third, we will imaginatively perceive the taste of the roots. We will attempt to perceive and recognise the qualities of the different elemental beings.

Torsten Arncken

N39. Approaching the 'sense for nature' in an experiential way (DE/EN)

"It is a question of observing precisely the finer processes in nature, then one will come to a real knowledge of man" (GA316, p24). In Rudolf Steiners' terminology, we perceive these processes through the so-called 'sense of nature'. It is described as a decisive ability in the healing professions. The trained sense of nature makes it possible to "see the whole" of the most diverse impressions from nature and thus to approach the essence of what is being looked at, beyond its individual components. We will undertake the challenging attempt to practise this in winter and will approach mistletoe with the question of why its essence expresses itself precisely in this time and environment, which is particularly strange for plants.

Robert Fitger

N40. How can I perceive the different ethers through eurythmy and meditative observation? (DE/EN)

Rudolf Steiner's view of the etheric and the four ethers is groundbreaking but complex — even more so if you take into consideration the secondary literature written on the theme. This course concentrates on the 'lived experience' of the ethers and the perception of the own etheric body

following the methods of Dorian Schmidt (research on formative forces) and the eurythmy approach of Marjorie Spock (1904-2008), and of understanding these experiences in the light of the indications given by Steiner.

Mikko Jairi

N41. The four elements as an organ of knowledge. Their development in the 'Course for Young Doctors' (DE)

In the transition from the mythical to the picture-forming representative consciousness, the pre-Socratic thinkers and researchers developed the four elements as a foundational concept of the sense world. Empedocles grasped this concept, and applied it to living beings, including the human. From then on until the 19th century, the four elements defined our knowledge of the world and its natural order. This is still reflected in the states of matter discussed in physics. At the same time, the elemental theory has been replaced in the modern age by the atomistic view of substance, with a differentiation into the multitude of chemical elements. Why does Rudolf Steiner use the four elements repeatedly in Anthroposophy, especially in the foundational description of the human constitution in the 'Course for Young Doctors'? Is it a return to old ideas or is there something new in it? If so, where is this step towards something new? We would like to discuss these topics and look at the connection Rudolf Steiner made between Fire – Working Will, Air – Courage, Water – Sensation/Feeling, and Earth – Thinking. We will also occupy ourselves with the Mantra from the end of the fourth lecture (You Healing Spirits).

Friedrich Edelhäuser

N42. Sunlight, Metal, Colour – A mighty, healing metamorphosis? (DE/EN)

When light shines through glass which has been coloured with metals and engraved - HOW do we encounter iron, gold, copper and magnesium which have been transformed into colour? WHICH sensory, breathing and warmth processes arise in this encounter? Through our own perception of glass used in metal-colour-light therapy, we would like to become conscious of how they work on the whole human being. We look forward to a lively conversation around these experiences and will bring some examples from therapeutic work too.

Friedlinde Meier and Michaela Ganz



Dottenfelderhof, April 2022

Simultaneous translation

The conference will be simultaneously translated into German and English (depending on the language of the speaker), as well as into Spanish. For speakers of other languages, we can offer translation if there are more than ten participants who would need it. If it is less than ten, feel free to bring your own translator. They would get a free ticket to the conference. The deadline for requesting this is the 15th October 2023. Email us at: conferences@medsektion-goetheanum.ch

Conference tickets

Attendance at the conference including lunch and evening meals:

| | |
|-----------------|---------|
| Normal Fee | CHF 550 |
| Reduced Fee | CHF 320 |
| Student Fee | CHF 200 |
| Supporting Fee* | CHF 650 |

*The amount can be decided when completing registration. It allows us to offer support to participants with financial difficulties.

Registration

Online Registration: www.goetheanum.ch/en/events/yiam24

For child-care, please contact us via www.yiam.world

For questions about registration, please contact our colleagues at the Goetheanum Reception: Tel +41 61 706 44 44 / tickets@goetheanum.org

Dormitory accommodation

Dormitory accommodation is available (especially for those still in education/training) for CHF 10 per night, mattresses on the floor are available however, everything else must be brought along. The number of sleeping spaces is limited.

Donations

Donations towards the running of this conference are warmly welcome (please do not use these accounts for transferring your conference fee).

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Young Impulses in Anthroposophic Medicine (YIAM)

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