

■ SCHOOL OF SPIRITUAL SCIENCE

Medical Section: Curative Education and Social Therapy Council

## Rüdiger Grimm retires

Rüdiger Grimm, who has been Secretary of the Curative Education and Social Therapy Council for many years, will retire and pass on his duties to Jan Göschel, Bart Van-mechelen and Sonja Zausch at the end of the year. On 7 October he was honoured repeatedly.



Sibylle and Rüdiger Grimm

When Rüdiger Grimm's colleague Johannes Denger does cabaret, it is always very funny. He pointed to some surprising coincidences: Rüdiger Grimm is the third Secretary of the Curative Education and Social Therapy Council (after Hans Hasler and Johannes Denger himself); and he will have no less than three successors. Is the workload not manageable by one? During the International Curative Education and Social Therapy Conference at the Goetheanum Rüdiger Grimm pointed out that the Council was not even staffed "minimalistically". His successors are going to share his job between them.

### A builder of bridges

In his 21 years as Secretary of the Council Rüdiger Grimm created a multifaceted body of work. He coordinated the global movement for anthroposophic curative education and social therapy by travelling, advising, lecturing, offering seminars, and by again and again breathing new life into the various organs of the Council, such as the Training Council, to name but one. He published widely, including standard works on the content and history of anthroposophic special needs education. And it has always been important for him

to build bridges, either through his publications or through his personal human commitment. He also co-founded the Institute for Curative Education and Social Therapy at the Alanus University in Alfter (DE) where he was professor of "Theories and Methods in Special Needs Education". In 2010 he was awarded the prize of the Swiss Hedwig Stauffer Foundation for his "ability to continue and deepen the ever growing dialogue and exchange with approaches and concepts in special needs education that are based on different ideas."

During his time in office more and more countries began to send representatives to the Council. One representative from South America emphasized Rüdiger Grimm's contribution by saying that "our profession gained new dignity". Again and again people praised his qualities: the ability to listen, to say things clearly, whilst always remaining modest and calm. Bodo von Plato from the Executive Council at the Goetheanum referred to the "beauty of your humanity". Rüdiger Grimm will continue to work for the Council until the end of the year. He has made the conscious decision not to take on any duties yet for afterwards. | *Sebastian Jüngel*

Medical Section: Book on meditation in anthroposophic medicine

## Treasure trove

Michaela Glöckler has collated several collections of meditations that are useful for the work in the Medical Section. Now she has published a comprehensive book structured according to the various professional groups: physicians, therapists, nurses as well as patients.

The anthroposophical movement has a particular relationship with meditation: on the one hand it is something one practises quietly, while on the other one is given the impression that "one does not talk about" meditation. (Anthroposophy Worldwide 7-8, 2016, page 13). At the same time there is a whole wealth of meditations for all occasions as well as meditations for particular professional fields such as eurythmy, special needs education and medicine. Because no anthroposophical courses were offered in the past on how one meditates, many anthroposophical spiritual seekers made recourse to Zen meditation. Thanks to the global Goetheanum Meditation Initiative this has now changed.

### Causes

With assistance from Dagmar Brauer, Karolin Steinke and Ulrich Meyer, Michaela Glöckler has created a standard work on meditations in anthroposophic medicine with contributions from 22 authors. (The book has just come out in German, but an English translation is underway). In a kind of book within the book Michaela Glöckler presents the foundations of the anthroposophical view of the human being and of spiritual science before she documents more general (or one could say: salutogenetic) and disease-specific meditations given by Rudolf Steiner. Her own contribution as well as those of the other authors on the role of meditation in the various professional fields of anthroposophic medicine show that the anthroposophical approach focuses primarily on strengthening the competence of the 'I' in the soul. An in-depth dialogue with other approaches to meditation is therefore not so much in the foreground of this book.

For the authors, becoming conscious of why one meditates is more important.

Conflict consultant Friedrich Glasl, for instance, says that meditation is often used as a form of inspirational technique for enterprises that “are in constant global competition and under pressure to be innovative”. For them, meditation is an instrument for performance enhancement. These and other utilitarian considerations can result in the one-sided strengthening of egotistical forces. While anthroposophic meditation is not entirely without purpose-orientation, it focuses – also in medicine – on strengthening the competence of the ‘I’ so that one becomes better at serving others. Medical and therapeutic professionals strive to become susceptible to inspiration and intuition so they know what their patients need. After all therapy is not about acting according to some “recipe” but about understanding the particular life situation of each patient at a deeper level.

### Effects

Arndt Büssing and Peter Heusser have contributed the results of their empirical investigations into the meditative approach of therapy groups, including the assessment of frequency, aspects of spirituality and the effect of meditation on coping with the work load, commitment and life satisfaction.

Other articles illustrate that – and how – meditation works right into the members of the human organization – and generally on the interaction of sensory and metabolic systems as well as physiologically on the regulation of stress parameters such as cortisol levels, the activation of the parasympathetic nervous system or the improvement of the immune system. This book is a treasure trove of meditations and information on how they can be imbedded in the professional practice, on inner attitude and on the practice of meditating itself. | *Sebastian Jüngel*



Michaela Glöckler (ed.): *Meditation in der Anthroposophischen Medizin*. Ein Praxisbuch für Ärzte, Therapeuten, Pflegende und Patienten, 274 pages, 48 Euro, Salumed-Verlag, Berlin 2016

*General Anthroposophical Section: Anthroposophical Studies in English*

## Fifteen Year Reunion

**Around 40 alumni – including the very first student on the course – attended the reunion at the Goetheanum on 6 August. Virginia Sease introduced Joan Sleight to all those who took the course prior to 2014.**



*Alumni of the Anthroposophical Studies in English*

Gathering in the Rudolf Steiner Halle, forming the largest circle the room holds, sitting under the photographs of Rudolf Steiner and the original Vorstand were the Anthroposophical Studies in English directors Dr Virginia Sease and Joan Sleight, subject teachers, friends of the programme and students (some having brought their children). Each shared briefly their country of origin, where their studies have taken them and a look toward the future. There were musical contributions, songs sung and time to remember those who have crossed the threshold. The celebration ended with a visit inside the Goetheanum to view the wooden model of the First Goetheanum and the carved statue of the Representative of Humanity.

In reflecting: destiny led a Californian to Camphill’s Social Therapy training; an Englishman and his Italian partner transformed a vineyard into a biodynamic award-winning producer; the young mother took the Waldorf Teacher Training and founded a Waldorf School Initiative for the community; the concert pianist from Bulgaria landed a position at the Goetheanum and performs internationally; the young man from Hawaii became a doctor; the couple from French Quebec inspired their children to enroll the grandchildren in a Waldorf School; a eurythmy therapist broadened her practice; a hospital nurse from Japan is now a nurse for a Waldorf School; the man from Finland has authored a couple of books on conscious-

ness; a woman from the Czech Republic worked at the Lukas Clinic...everyone, from all over the world, continues their path.

### A balanced curriculum

Some stayed on in Dornach to study at the Painting School, others took Eurythmy or Speech, and some turned a specific question to one of the Sections. All 200 students who have participated in the programme have a story, whether in attendance at the reunion or via correspondence. Many have become Society members/Class members of the School of Spiritual Science.

The strength of the Anthroposophical Studies programme is the balanced curriculum between the works of Rudolf Steiner, the artistic courses, the weekly guest speakers, excursions and space for individual projects, all in the midst of the historic buildings and gardens on the Goetheanum hill.

If you or someone you know would benefit from the Anthroposophical Studies in English at the Goetheanum please apply. Finances? Where there is a will there is a way...tell others your goal, let the local Branch know the desire, start a Go-Fund me page, write a letter with your application because as Goethe said, “Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now.” | *Beverly Martin, Capitola, (California/US), student at the Goetheanum from 2001 to 2003*