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*Introduction by Christian von Arnim . . . . . xiii*

## CHRISTMAS COURSE

### LECTURE 1

DORNACH, 2 JANUARY 1924

Illusion of imagining the human being as firmly outlined. The physically outlined human being. The fluid human being on which the etheric body acts; the aeriform human being in which the astral body works; the warmth human being which penetrates the human organization. The I works on the warmth human being whereas the latter acts on the rest of the organization, the I therefore does so indirectly. That provides true insight into the relationship between soul and spirit as the soul events act on the warmth ether and through the latter on the organs.

The possibility of falling ill lies in the human organization. The possibility of healing in natural processes which can take over the processes in the human being: etheric body, astral body, I. Calling on higher components of the human being to aid healing. Natural science has to look at things in a different way to accord with the living-cosmic aspect; example of formic acid and the way that figs ripen and honey is produced. Necessity of developing a feeling for nature, also when using a microscope. Consideration of size which is not relative. A look at the real nature of the beehive.

*Pages 1–13*

### LECTURE 2

DORNACH, 3 JANUARY 1924

Characterization of the components of the human being. I and earthly form. I and death. Physical organism and nourishment. Relationship between etheric body and astral body and the possibility of falling ill. Prerequisite for a conscious soul life. The nature of feeling. The development of illness. Inflammation and excess

growth. Illness and the soul life. Liver as the sense organ for the substances of the external world. Heart, a sense organ for the inner world. The organs as intrinsic whole. Assessment of food from the global context of the human organism.

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### LECTURE 3

DORNACH, 4 JANUARY 1924

The forces which come from the earth and the forces which come from the periphery are balanced in the individual organ systems. The head from this perspective; its weightlessness and state of static rest. Cosmic and earthly forces in the head and skeleton. The importance of calcium carbonate and calcium phosphate. Substances as cosmic formative forces and the behaviour of the cosmic essence in that regard. Special consideration of the forces which overcome the lead process. The importance of the magnesium process, rhythmical periods in which the process has a different meaning. Antimony and the metamorphoses of the coal process studied in accordance with cosmic and etheric formative processes in time.

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### LECTURE 4

DORNACH, 5 JANUARY 1924

Exoteric knowledge and the way it is acquired as the basis for the esoteric part of the course. Development of the human being: the etheric body and its relationship with the embryo which is created through heredity, its relationship with the astral body in the period immediately after birth: predisposition for knowledge. Importance of inner schooling and deepening for the physician who wants to heal. Care of the soul forces through rhythmical repetition of knowledge. Such knowledge is illustrated using the example of experiencing a plant, exoteric and esoteric knowledge put into their real context.

*Pages 40–52*

### LECTURE 5

DORNACH, 6 JANUARY 1924

About the change which has to occur in the whole attitude of the anthroposophical movement: 'The esoteric path is a difficult one or it is none at all.' Further description of the cosmic forces by means of the example of the relationship between the nature of plants and the human organism, particularly the head.

Necessity of experiencing such knowledge. Connecting this with inner moral impulses. Description of meditative processes. The will to deepen medical studies esoterically in the same way as has happened so far only in two areas: general anthroposophy and the arts of eurythmy and speech. Description of the way the Medical Section is set up.

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## LECTURE 6

DORNACH, 7 JANUARY 1924

Cognition through the thoughts: skeletal system; through imagination: fluid human being, muscular system. Cognition through intuition: warmth human being and the activity of the organs. The two types of warmth. Aeriform and light state. Metamorphosis of light. Water and the chemical metabolism. The earthy and life. Conceptual medical knowledge and the therapeutic element.

*Pages 68–80*

## LECTURE 7

DORNACH, 8 JANUARY 1924

Answer to a question about magnetic healing. Answer to a question about the relationship between the heart and uterus. Answer to a question about the influence of precious stones on the individual organs. Answer to a question about the effect of post-mortem decomposition processes on the deceased. Answer to a question about the effect of a post-mortem examination for a certain period after death. Answer to a question of the importance of community for the healing abilities of physicians. Answer to a question about iris diagnosis, graphology and so on. About healing and a knowledge of medicines. About the nature of the book *Philosophy of Freedom* and its meaning with regard to the nature of the human being. Imagination and the muscles; inspiration and the life of the inner organs. Outline of the course of study deemed necessary by Rudolf Steiner for a medicine which accords with the spirit. The nature of illness for the physician with the will to heal.

*Pages 81–96*

## LECTURE 8

DORNACH, 9 JANUARY 1924

Karma as a guide for the physician: the will that karma be fulfilled and the will to heal. Introduction to the way of viewing the human organism leading to healing as

the result of cosmic forces, illustrated using the example of Saturn and moon forces. Instructions for meditative deepening.

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## EASTER COURSE

### LECTURE 9

DORNACH, 21 APRIL 1924

Participants are encouraged to ask questions about difficulties which have arisen when the physician was following an esoteric path of schooling. Answers. Emancipation of the western esoteric path from the external cosmos. Instruction for meditation; about the nature of the latter. Explanation of the incarnation process, development of a human body suitable for earth; origin of the hereditary stream and examination of the latter. The nature of scarlet fever and measles; importance of the child's food and breast milk. Importance of direct perception with regard to meditative knowledge; explanation of the same with examples. Obtaining maturity on earth. The seven-year periods as new elements. The influence of the cosmic formative forces. Meditation on the nature of the plant.

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### LECTURE 10

DORNACH, 22 APRIL 1924

About meditating in the right way and the medical profession. Illness as an aspect of understanding healing. Knowledge about healing and the will to heal. Understanding the etheric as something sculptural. Understanding the astral as something musical. The pioneering role in a new medical course of physicians with an anthroposophical orientation. Observation of the primary cause of disease in the patient biography. Meditation.

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### LECTURE 11

DORNACH, 23 APRIL 1924

Introduction to the meditation given in Lecture 10: the creation of form, the creation of the human being from out of cosmic forces. Moon. Ensouling the human being: the action of the sun out of the cosmos in the environment. The human being filled with spirit through the catabolic forces of Saturn action. The cosmic nature of the

forces of the metals. Morality as a force streaming in from the cosmos. Spiritual truths must be repeatedly experienced meditatively. On the karmic situation of the souls born around the turn of the century which seek the spirit.

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## LECTURE 12

DORNACH, 24 APRIL 1924

The origins of the nineteenth and twentieth century medical point of view looked at in their karmic connections. Christianity and Arabism. Instructions for a healer meditation: the cosmic trinity of Saturn, sun and moon at work in the healthy and sick human being.

Instructions for becoming aware of the karmic situation in patients: the will to heal, imbuing medicine with Christianity by becoming aware of the cosmic aspect in the human being. Involvement of the heart in the thinking: the staff of Mercury. The physician should work towards karma being able to come to expression in contemporary culture.

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## LECTURE 13

DORNACH, 25 APRIL 1924

The nature of the components of the human being and their reciprocal relationships. General causes of falling ill, understanding the action of certain medicines. Different circumstances in physical and mental disease, the temperaments.

Instruction for a meditation to acquire imaginative consciousness. The same for the acquisition of inspirational consciousness. Feeling in knowledge, feeling in cognition. Giving the youth movement a more concrete form through help in the spirit of a medicine striving as described previously. The unobtrusive healing of the hereditary forces in education. Relationship of the physician with the patient. Appeal for an inner connection with the Goetheanum which has set itself a certain task as the centre.

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## FIRST NEWSLETTER

11 MARCH 1924

Published by the Medical Section of the School of Spiritual Science at the Goetheanum for the anthroposophical physicians and medical students.

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EVENING MEETING  
DORNACH, 24 APRIL 1924

Relationship between the fluid and solid in the development of the organic. Image creation through extension (cosmic effect) and invagination (earthly effect). The therapeutically important phantom of the organs in the fluid human being. Sculptural principle for understanding the fluid, musical principle for understanding the aeriform. Listening to one another when speaking: study of the I-organization.

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*Meditation for the anthroposophical physicians, autumn 1923 . . . . . 202*

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