

SERBIAN ANTHROPOSOPHIC MEDICAL AND BIODYNAMIC ASSOCIATIONS



Erde und Kultur Fonds

Program 2025

Welcome to the Matica Youth Camp!

The Serbian Anthroposophical Medical and Biodynamic Associations with Matica Foundation, supported by the Lukas Foundation (D) and the Lukas Association (A), are organising the Matica Youth Camp from 10.08. - 16.08. 2025 on the Matica farm, Vršac, Serbia. On the one hand, this marks the start of a five-year training programme in anthroposophic medicine according to the current guidelines, and on the other hand, young people can also get to know other anthroposophic fields of practice such as, agriculture, education and social initiative. This program should give and help young people to get information toward possible professional orientation in their lives.

Anthroposophic medicine is a globally recognised therapeutic system that is based on and broadens conventional medicine. Since anthroposophic medicine was founded in 1920, this integrative concept of medicine has developed an interdisciplinary therapy system. The addition to standard medicine includes a holistic view of the human being, special procedures for the production and application of pharmaceuticals

and innovative forms of therapy and nursing care. The interdisciplinary practice also extends to co-operation with a holistic, sustainable agriculture; the use of life-giving food is seen as an essential element for achieving and maintaining health.

Young people between the ages of 18 and 28 (max. 30 people) who are motivated and interested in the practical aspects of anthroposophical thought - anthroposophical medicine, biodynamic agriculture or Waldorf education - are invited to take part in the programme (previous knowledge or studies in medicine, natural science and/or anthroposophy are not a prerequisite for participation).

Concept and Working Modus of the Matica Youth Camp:

- Becoming familiar with basic anthroposophic concepts and its practical application in life.
- A practical introduction to diagnostics and therapy with anthroposophic medicaments, artistic activities, eurythmy therapy and other modalities.
- Recognizing own place in life and responsibilities that it carries with.

Schooling of sense perception and active ways of thinking

1. In the morning we will start with the new art of movement - eurythmy. This was developed before World War I by Rudolf Steiner, in collaboration with the movement and speech formation artist, Marie Steiner. All processes in nature, in the human being and in the arts can be made visible with the help of movement. Therefore, eurythmy movements do not have a symbolic character, but rather correspond to the inner formative movements and shaping gestures, just as these correspond to the formative language of the realms of nature and of human speech. This is the archetypal alphabet of vowels and consonants which may be found in all languages. When we perform and practice these movements (Eurythmy as "visible speech") we may

develop a more subtle appreciation of formative and shaping processes in nature and in the human being, and hence for the processes of illness and healing. In the course of the first training block, the basic vowels and consonants are taught, their movements practiced, and Rudolf Steiner's sketches for these forms are studied. In subsequent training weeks, gestures corresponding to the tones and intervals in music will be added, as well as the cosmic gestures found in the planetary movements and the gestures of the signs of the zodiac.

2. After an introduction to the phenomenological method of working according to J.W.v. Goethe, we will divide into small groups in order to engage everyone through interactive learning. Goethe gave us the aphorism:

Were not the eye born of the sun. If God's own power lay not in us,
It could never see the sun. How could the Divine enrapture us?

The processes, which we recognize as the aggregate states in the area of natural phenomena (or as the four elements in the sense of Aristotelian meteorology) - the solid state of matter (mechanics), the liquid state of matter (hydraulics), the aeriform state of matter (aerodynamics) and the pure state of matter no longer accessible to physical description, such as warmth (thermodynamics) - stand, according to Goethe, in direct connection to the inner experiences and possibilities of soul and spirit activity. Goethe described this fact throughout his life's work.

We can reduce it to a short saying: "Like recognizes like." Just as the eye forms itself from the light to perceive light, the bones of the foot can only develop fully through walking. Every organ develops its skilled activity through its own doing; so too human beings can only perceive and understand what they themselves have experienced, felt and thought in some form or other. In addition, Goethe also formulated his ethical-

religious way of life: "One only learns to understand what one loves." Developing love as a force of cognition and thus creating a spiritual empathy is the goal of our work. As Goethe said: "Make the kind of observing dependent upon the kind of object to be observed."

3. The third step following movement and inner dialogue with nature by Goetheanistic observation is the schooling of thinking. For this purpose we will read the lecture from Dr. Rudolf Steiner "Philosophy of freedom". After a short introduction, the work takes place in the same small groups as for the Goetheanistic studies. Using this text, a path of schooling in thought is taken that has four stages:

a) Reading of the text, numbering the paragraphs, working through what has been said, in writing. Connections that remain incomprehensible or give rise to questions are written down for further dialogues if they cannot immediately be satisfactorily answered.

b) The train of thought will be followed from the first paragraph through to the last: How does one thought join with the next? Where does the train of thought apparently break off, in order to be taken up again at another place? Where do new thoughts start and - perhaps with apparently no connection - stand next to the first and second thoughts? What is the thread running through? Are we in a position to be able to reproduce the train of thought, developed by Steiner, ourselves? And what about the inner evidence of these thoughts?

c) While the first and second steps have more to do with the way in which the content is brought as thought forms, in the third step the emphasis lies in comprehending the composition of the chapter as a whole: How are the beginning and end related to each other? In the course of the paragraphs, do various important points reveal themselves or does the whole move towards a climax which is all important? Does one thought develop out of another in a more sculptural style or is it a more inspirational style where one thought does not directly join onto the next, but rather is in a loose illuminating association, i.e., a complementing form? In this third

step, which has to do with a deeper, artistic grasping of the way in which the inner and outer structure of the chapter is built up, the possibility arises of unlocking the text in a much more intimate way as a work of art, a composition. Through this it may then be possible to come to a further, deeper understanding of the content in the text and thought relationships.

d) The highest stage of grasping in thought and understanding is the attempt to penetrate to its essential nature, which means „the being" of what is written. Rudolf Steiner's spiritual-scientific research rests upon supersensible experiences, which he was able to translate into clear concepts and thought connections. In that he could also put them into words, he was able to make them reproducible and comprehensible for present-day people. We want to take the reverse path: Going from the written text, to the effectiveness of the thought; from there to the artistic revelation and, in the end, to the being of what is recognized and said.

Diagnosics, Therapy and Pharmaceutical Experiments

First, we will work on the diagnosis of the members of the human being and the therapy arising from this, using either a characteristic case-study from the book *Fundamentals of Therapy* by Steiner/Wegman or an actual one from everyday practice. Some of these will take place over two consecutive afternoons. On the first, the diagnostic method is in the foreground. Then the possibilities of the night are made use of in practice. If I have taken in a picture of a case, a concrete patient situation with as many details as possible, the question arises: What does it reveal to me as possible therapy, for my therapeutic goal? I take this question into sleep and observe what other aspects reveal themselves when I take these ideas regarding the state of illness and health of a patient to a higher wisdom. "Morning is wiser than the evening" is an old folk saying. Looking at the night from a spiritual-scientific point of view shows that just as we look at everything during the daytime from the aspect of the material-physical with the help of our senses, during the night we look at the same things and processes in a social-moral way, from a soul-spiritual aspect. Therefore, some of the case studies

are placed in such a way that the night lies between the discussion of diagnosis and that of therapy. We can thus learn to take note of how particular thoughts or points of view can transform themselves solely because we have taken them consciously into the night.

Professional Ethics, Meditation and Self-development

In close connection with the review and preview of the day as well as the specific questions of participants, the basic elements of the anthroposophic path of inner meditative schooling and self-development will be built up. It will be shown and achieved inner evidence that the ethical-moral development is also the most powerful salutogenic resource. It may become fact that - as Paracelsus said - in the end there is only one true healing power: love.

Matica Youth Camp 5-Year Program

First year:

Introduction to general Anthroposophy thoughts, methodology and diagnostics and treatments in Anthroposophic Medicine. Practical examples of how anthroposophic remedies are produced and how to work with them. Overview of the inner meditative path to understand the human being in his/her emotional and spiritual dimensions according to a concrete understanding of how the system of immunological and self-healing processes can be stimulated by medicaments and meditative work.

Recommended reading for individual study and small group work:

Embryology, Biochemistry, Anatomy, Physiology , www.louisbolk.nl

M.Evans, I.Rodger: Anthroposophical Medicine. Healing for Body, Soul and Spirit Floris Books, Edinburgh, Great Britain 2000

P.Heusser: Problems of Study Designs with Randomization, Blinding and Placebo. Forsch Komplementärmed., Apr 1999; 6(2):89-102

Vademecum for Anthroposophical Medicines, Der Merkurstab, Journal of Anthroposophical Medicine, Vol. 62, 2009; www.merkurstab.de/index.php5?paae=123

R.Steiner, I.Wegman: Fundamentals of Therapy: An Extension of the Art of Healing through Spiritual-Scientific Knowledge. GA 27. Mercury Press, Spring Valley, NY, USA 1999

Second year:

Deepening of the Goetheanistic methodology for observation and for building thinking faculties in order to outline the path of spiritual diagnosis as a complement to mainstream medical diagnostics. Understanding of the etheric body as a system of regeneration and life-giving functions and forces. Developing a concrete understanding of how thinking capacities and life processes are interacting and promoting physical and spiritual health. Follow-up of a variety of single case studies and disease management examples.

Recommended reading for individual study and small group work:

H.U.Albonico et al.: Febrile Infectious Childhood Diseases in the History of Cancer and Matched Controls. Med. Hypotheses 1996; 51:315-20 J.S.Aim, J.Swartz et al.: Atopy in Children of Families with an Anthroposophical Lifestyle. Lancet 1999; 353:1485-88 R.Steiner: How to Know Higher Worlds - the Modern Path of Initiation. Anthroposophical Press, Inc. Hudson, NY, USA 1994 R.Steiner: Esoteric Science. GA 13. Anthroposophical Press, NY, USA 1972

R.Steiner, I.Wegman: Fundamentals of Therapy: An Extension of the Art of Healing through Spiritual-Scientific Knowledge. GA 27. Mercury Press, Spring Valley, NY, USA 1999

Third year:

Soul Development. The healing impact of the arts, especially tone eurythmy, music, speech, painting and modelling therapy. Psychotherapy, psychiatric disease management. Anthroposophie medicine in medical specialties such as internal medicine, pediatrics, gynecology, intensive care, surgery and others. Cosmological understanding of the human being and the earth, projective geometry, metal treatment and working with medical meditations.

Recommended reading for individual study and small group work:

W.Goebel, M.Gloeckler: A Guide to Child Health. Floris Books, Edinburgh, Great Britain 2003

F. Husemann, O. Wolff: The Anthroposophical Approach to Medicine. Vol. 2 and 3 (Vol. 2 out of print, Vol. 3 publ. 2005, Anthropol. Press, Hudson, NY, USA)

G. Kienle, H.Kiene: Die Mistel in der Onkologie. Fakten und konzeptionelle Grundlagen. Schattauer, Stuttgart, New York, USA 2003

G. Soldner, H.M.Stellmann: Individuelle Pädiatrie. Wissenschaftliche Verlagsgesellschaft, Stuttgart, Germany 2002

R.Steiner, I.Wegman: Fundamentals of Therapy: An Extension of the Art of Healing through Spiritual-Scientific Knowledge. GA 27. Mercury Press, Spring Valley, NY, USA 1999

R.Steiner: Education for Special Needs. The Curative Education Course. GA 317. Rudolf Steiner Press, London, Great Britain 1998

Fourth year:

The understanding of "the healer within", the spiritual salutogenic resource of the higher self. The spiritual law of reincarnation and karma and its relevance for illness and health. Inner and outer origins of physical and mental diseases. Meditations for patients. Research methodology, documentation with academic standards. Anthroposophie medicine in daily practice, hospitals, home care etc.

Recommended reading for individual study and small group work:

M.Gloeckler, S.Langhammer, C.Wiechert: Education - Health for Life. Persephone, Dornach, Switzerland 2006. To order: Kooperative Diirnaeu, Im Winkel 11, DE-88422 Diirnaeu, www.kooDerivative.de

H. Kiene: Komplementre Methodenlehre. Cognition Based Medicine. Springer Verlag, Berlin, Germany 2001

G.Kienle, H.Kiene, H.U.Albonico: Anthroposophie medicine. Effectiveness, Utility, Costs, Safety. Schattauer, Stuttgart, Germany 2006 R.Steiner/ Manifestations of Karma: Eleven Lectures Given in Hamburg between 16 and 28 May 1910. Rudolf Steiner Press, London, Great Britain 1995 R.Steiner: Intuitive Thinking as a Spiritual Path. A Philosophy of Freedom. Anthroposophie Press, Hudson, NY, USA 1995 R.Steiner: Course for Young Doctors. GA 316. Mercury Press, Spring Valley, NY, USA 1993

R.Steiner, I.Wegman: Fundamentals of Therapy: An Extension of the Art of Healing through Spiritual-Scientific Knowledge. GA 27. Mercury Press, Spring Valley, NY, USA 1999

Fifth year:

Psychosocial pathology and therapy, the social dimension of doctor's role and responsibility. The role of agriculture and economic life for the well-being of the social and individual life. Education as preventive

medicine, the pedagogical law, pastoral medicine, the esoteric foundation of professional life: Professional life as service for humanity and the spiritual world. Daily life as a path of initiation.

Recommended reading for individual study and small group work:

V.Fintelmann (Hrsg): Onkologie auf anthroposophischer Grundlage. Verlag Johannes M. Mayer &Co. GmbH, Stuttgart, Germany 2002 M.Gloeckler (Hrsg): Anthroposophische Arzneitherapie für Aerzte und Apotheker. Wissenschaftliche Verlagsgesellschaft mbH, Stuttgart, Germany 2005 R.Steiner, I.Wegman: Fundamentals of Therapy: An Extension of the Art of Healing through Spiritual-Scientific Knowledge. GA 27. Mercury Press, Spring Valley, NY, USA 1999

R.Steiner: Agriculture. Spiritual Foundations for the Renewal of Agriculture. Bio-dynamic Farming and Gardening Assoc., Inc. Kimberton, PA, USA 1993 R.Steiner: Towards Social Renewal - Rethinking the Basis of Society. Rudolf Steiner Press, London, Great Britain 1999 G.van der Bie: Foundations of Anthroposophie Medicine. A Training Manual. Floris Books, Edinburgh, Great Britain 2004

Here you'll find a respectable number of English publications about Anthroposophie Medicine for free download: <http://www.anthromed.org> .
<http://www.merkurstab.de/index.php5?paae=121&iana=0> . <http://www.louisbolk.org/index.php?paae=Publications-2>

Here you'll find brochures about Anthroposophie Medicine for free download: <http://medsektion-aoetheanum.org/en/home/informationmedia/>

**MATICA YOUTH SUMMER
CAMP**
10. – 16. august 2025
Matica Farm, Središtanski put 95,
26300 Vršac SRB -

Sunday 09.08.	Monday 10.08.	Tuesday 11.08.	Wednesday 12.08.	Thursday 13.08.	Friday 14.08.	Saturday 15.08.	Sunday 16..08.
	BREAKFAST 6.45						
	7:30 – 8:00 Eurythmy - to be announced						
	8:00 – 8:45 Text work - Rudolf Steiner "Philosophy of Freedom" with Uwe Burka					8.00 - 10.00	
	9.00 - 9.45 Introduction to anthroposophic medicine with (year 1) Anthroposophical understanding of the human being (year 2)					Review of the week teachers and students	
	10:00 - 11:30 Products for external use especially for rhythmical massage Alba Steinlechner and Peter Lassnig						
	11.45 - 12.30 Introduction to oncology in anthroposophic medicine with Marion Debus					leading thought for next camp	
	MIDDAY BREAK /LUNCH						Closure of the camp
	14:00– 15.30 Music Therapy with Zoltan Budai						
	15:45 – 16:30 Working with clay in Waldorf education with Anneke Schauman						
18:00 – 19:00 Welcome, introduction of participants and teachers	16:45 – 17.45 Medical practice with Thomas Meisermann						
	18:00 - 18.45 Rhythmical massage - to be announced						
	DINNER - review of the day						

With 15-minute
breaks between each
activity

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activity

BOOKING FORM

Matica Youth Summer Camp (August 10th –16th, 2025)

Name, first name:

Street, No:

Zip code/town:

Country:

Telephone:

Email:

Profession:

The fee for the whole summer camp (accommodation, meals & course lectures) is 400 euro. This includes warm drinks during breaks:

- I would like a double room (additional cost of 15 euro per night and person)
- I would like a dormitory accommodation (up to 6 persons)
- I am a vegetarian

My date of arrival is Friday, August 08th, 2025 (add 30 euro per night)
 Saturday, August 09th, 2025
 Sunday, August 10th, 2025

My date of departure is Sunday, August 17th, 2025
 Monday, August 18th, 2025 (add. 30 euro for one night more)

Please send this registration sheet together with CV and short letter that would show why you would like to participate and what you expect from this Course - latest by Sat., June 1st, 2025 to:

**Matica Foundation, Jase Tomica 3, 26300 Vršac, Serbia
Phone + 47 92 03 20 62, Email info@matica.org.rs**

For participants who need financial assistance for fees, please write this in the letter.

After we have processed your application, you will receive a confirmation letter with the fee you will have to pay and as well as our bank connection. Please be aware: If you cancel your registration after June 1st 2025 you will lose 50% of the fee.

BANK DETAILS FROM ABROAD

Matica Foundation, Jase Tomica 3, 26300 Vršac, Serbia, Alta Banka AD Beograd
IBAN: RS35190007090000007150, SWIFT: JMBNRSBG, With mention: Matica Youth Camp

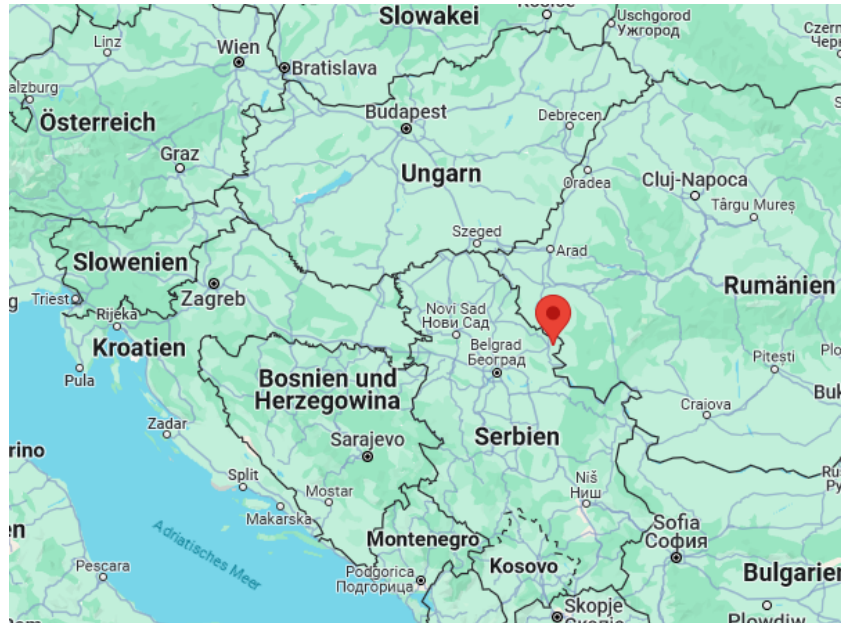
LOCAL BANK DETAILS:

Fondacija Matica, Jase Tomica 3, 26300 Vršac, br. računa: 190007090000007150,
svrha uplate: Matica Youth Camp

HOW TO COME TO MATICA FARM?

We are nearby Vršac - https://maps.app.goo.gl/Bc1wdW6NGCX7trRn9?g_st=ig

Vršac is located between two airports: Belgrade (84 km), Serbia and Timisoara (64 km), Romania. From Belgrade all major airlines are operating and from Timisoara also Wizzair is available. For any additional information please feel free to contact us!



SOME GENERAL INFORMATION IN ADVANCE

If I want to go to Serbia, what do I have to consider? Do I need a visa? Where can I get this? How long does this apply? Etc. Serbia is not part of the European Union. You cannot therefore claim the right to freedom of movement: you might need a visa:

Serbian consular missions:

<https://www.mfa.gov.rs/en/diplomatic-missions/serbian-diplomatic-missions/consulates>

CONTACT TO MATICA FOUNDATION

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