

Perspective image of anthroposophical naturopathic practitioners

"Man is free only insofar as he is able to follow himself at every moment of his life. himself in every moment of his life. A moral deed is only my deed if, in this conception, it can be called a free deed."¹

From numerous lectures by Rudolf Steiner it can be deduced: Freedom arises from a Christian spiritual attitude^{2/3} self-determination from a Michaelic heritage⁴ and morality from a morality from a Rosicrucian action.⁵

Through training and professional debate, the healer acts in freedom towards his patient towards his patient, in self-determination and morality. If one visualises this ideal activity of the healer in a practical way, two great disciplines are required.

On the one hand, the healer must have a professional and solid grasp of the patient's situation, recognise the patient's condition, possibilities, weaknesses and illnesses. illnesses, and he must have the ability, or at least develop it as much as possible, to possible, to conceive of a healthier and more ideal situation out of the present situation and to accompany the patient to it.

This freedom, which is important for the situation of therapy, develops from a professional knowledge, an empathic assessment of the patient's situation and finally from the knowledge of evidence-based medical options as well as knowledge of the applicability of complementary disciplines.

Self-determination is in great danger today as a result of system-oriented measures, imposed on both the practitioner and the patient.

His freedom consists in the fact that the healer can think ideals and bring them clearly into a conception. The individual has the power and the ability to act in a self-determined way through his or her thinking and also to change and order things or his or her circumstances in a health-promoting sense.

In order for thoughts to have an inspiring and moving power, and for feelings to have an authentic authentic radiance, i.e. in order to develop this ability, mental training is required. requires spiritual training. This spiritual training enables the human being to grasp individual integrity while at the same time fostering a development that promotes social skills and social abilities and generally increases the health of body, soul and spirit. Reference is made here to the guiding principles of anthroposophical naturopaths.

The path of schooling, combined with the study of healing, leads decisively to a free, clear and independent as well as socially capable and responsible consciousness. The emerging dichotomy of the so very negative seeming interventions of the will for the The emerging dichotomy of intervening in the patient's will to preserve the patient's integrity and free will, which seems so negative, dissolves when the healer acquires the ability to think a valid ideal for the patient and to represent it with rational authority and expertise.

The capacity for self-determination is a process and is subject to the progressive development of the healer who applies his freedom-promoting, enlightening and responsible activity in principle to the growing self-determination of the patient.

As a result of the fact that many people today experience regimentation as security, there is currently all the more urgent need for enlightening work that goes beyond professional medical advice and promotes the social, psychological and spiritual developmental abilities of the person.

¹ Rudolf Steiner GA 4, p. 130, The Philosophy of Freedom, 1918.

² Rudolf Steiner, GA 26, p. 117f, The World-Thought in the Work of Michael and in the Work of Ahriman, 16 November 1924.

³ New Testament, Letters to the Galatians 5, 1

⁴ Rudolf Steiner, GA 233a, p. 93f, Mysteries of the Middle Ages, Rosicrucianism and Mod. Initiation Principle, 1924

⁵ 5 Rudolf Steiner, On the History and Content of the First Section of the Esoteric School 1904-1914, Rudolf Steiner Verlag, Dornach, 1924. Steiner Publishing House, Dornach, 1996, pp. 211f.

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The quote from Benjamin Franklin, who said: *"He who gives up liberty to gain security will lose both security and liberty."*

The field of tension between evidence-based medicine and empirical medicine can only be resolved by the healer himself through his expertise and rationally acquired experience.

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Participants of the meeting of the International Professional Group of Anthroposophic Naturopath's