

**Training Programme
for
metal colour light therapy**





Course participants / lecturers in August 2022 – at Lichtblick e.V., Schwörstadt (D)

Lichtblick e.V., Schwörstadt (D)

in cooperation with:

Filderklinik, Filderstadt-Bonlanden (D)

Blackthorn Medical Centre, Maidstone (GB)

Grace Garden School, Bristol (G)

Verein für Metallfarblichttherapie, Björnlunda (S)

Phoenixmottagningen, Järna (S)

Haus der Farben, Frickingen (D)

Therapeuticum Raphaelhaus, Stuttgart (D)

Lebensgemeinschaft Bingenheim e.V., Echzell (D)

Helios Center for Therapeutic Arts, Carbondale, Colorado (USA)

Private Practice for Art Therapy, Standish, Maine (USA)



Lichtblick - glass colours made with gold - exhibition room /seminar room

**This further training in metal colour light therapy
is recognized by the Medical Section, Goetheanum, Dornach**

The original training created by Marianne Altmaier will form the basis of this course. In working on the content with students, new developments in methodology have emerged over the course of time.

Intensive observation exercises form the basis of the training. Individual experience enables the student to grasp the content, which endeavours to develop knowledge to the level of inner experience. This is practiced in artistic activity, in listening to the language of the metal colour light glasses and in understanding their effects.

Further observation exercises include the tonal qualities of the metals, the elements, glass casting and engraving. Various lectures on the substances and metals used in glass making as well as medical aspects, help to deepen understanding. Integral to the training is the regular exchange of experiences, forming a trusting collegueship within the group which is an essential basis for research into metal colour light therapy.

Commitment to an individual path of development through the training is encouraged and regarded as a core element. To develop the practice of metal colour light therapy in new situations needs strong initiative and pioneering spirit. The bonds created during the course of the training form a supportive environment for sharing and encouraging each other to find new possibilities for this therapy.

We reserve the right to make changes in the programme of the training modules. Current needs of the international training participants will be taken into account as far as possible.

The training modules will be carried out by the staff of Lichtblick e.V., the trained metal colour light therapists at the respective places of work and by external lecturers.

Schwörstadt, Oktober 2022
Friedlinde Meier and Lucien Turci

Programme

The application of Metal Colour Light Therapy requires sound training. The programme is based on 21 years of experience in the application of metal colour therapy in clinical, outpatient and curative education settings, as well as on qualitative and quantitative research results on the effects of this new form of therapy.

The training will take place in locations where this therapy is practiced, where the therapy glasses are made and used. It will therefore be an itinerant training.

Conditions

The training is a further training for anthroposophical therapists such as art therapists, music therapists and eurythmy therapists, doctors, midwives, alternative practitioners and curative teachers.

The certificate, upon completion of the training, is awarded in relation to the underlying therapeutic, medical or curative education training.

Period of training

Start: August 2023 - over 3 years in 2 modules each.

The first module of each training year lasts 8 days and takes place at Lichtblick e.V. in Schwörstadt /Germany. The workshops for glass production engraving, exhibition and seminar room and a treatment room for metal colour light therapy are located there. The spring module lasts 6 days and takes place in institutions working with this therapy.

Individual study. Participants will be loaned a small metal coloured light glass for their own studies. The glasses will be exchanged with fellow students as needed to experience different metal qualities during the course

Virtual meetings: In the Zoom meetings, among other things, the results of personal studies are shared and observations on the work with small glasses regarding qualities of the metal colour light glasses and current questions.

Short contributions from the lecturers on the metals and on their work with patients complement the exchange.

Year work: In each year of training, the participants prepare a written work on the theme of the year, which is then presented orally.

Job shadowing: Observing with metal colour light therapists in the first two years of training.

In the third year, a longer placement with your own therapeutic work takes place under the mentorship of an experienced metal colour light therapist, which also serves as the basis for the case studies in the final thesis.

First year 2023/24

**Year's theme: The transformation of the Goetheanum window art
to a metal colour light therapy**

Summer module - 8 days in the glass studio in Schwörstadt

On the year's theme:

Exploring Rudolf Steiner's intention for this art form and experiencing the impulse for transform it into a therapy

Visit to the Goetheanum and study of the colour windows

- Study of the windows of the 1st and 2nd Goetheanum
- Colour sequences, motifs, main points and signs
- The wooden sculpture of the representative of humanity

On the production of the metal-coloured glasses

- Substances (quartz, lime, flux, metals)
- Transformation processes
- From metal

to the light-flooded coloured glass

Dynamic drawing on coloured grounds

- Drawing and colourful design on a motif of the Goetheanum windows, to develop a therapeutic motif. Metamorphoses through the qualities of light, density, movement gestures, breathing and warmth.
- Design and engraving exercise of an individual metal colour light motif

The metal colour light therapy glasses

- Observation exercises

Year work - Each participant chooses and deepens in writing /art a theme from his or her questions arising from the first year of training.

Spring module - 6 days at Blackthorn Medical Centre, England

Presentation of the individual study of 1st year of training

Working with the Goetheanum window motifs - colourful creation

On the development of the earth and the human being

Warmth- light/air - substance - motif in the metal colour therapy glasses

- observation exercises, research results

The Metal Colour Light Therapy Glasses

- observation exercises from different aspects

On the metabolism of light - On the accompaniment of various with specific metal coloured light therapy glasses

- Basic concepts of metal colour light therapy and individual modifications
- Therapy examples

Second year 2024/2025

Year's theme: On metals and their effects

Summer module - 8 days in the glass studio in Schwörstadt

On the annual theme:

In this year of training, the metals can be experienced from different aspects and in connection with the planets (e.g. through eurythmy exercises).

The metals in the fairy tale "Eros and Fable" by Novalis

The language of the metals through coloured light - observation exercises

The musical tones of the metals and their movement - observation exercises

Iron and iron relatives, gold and copper - Lectures

- on the production of glass
- Medical aspects of these metals

The metal colour light therapy glasses

- Observation exercises, therapy examples and research results

Metal colour light therapy and musical accompaniment

- The language of metals in coloured light and musical motifs - therapy examples

Metal colour light therapy in curative education

- Release of spasticity, deepening of breathing, inner and outer uprightness

Year's work - each student chooses a topic from his/her questions on the effects of metal and elaborates on it independently, in writing.

Spring module - 6 days at Vidarklinik in Järna, Sweden

Presentation of the year's work for the 2nd year (part 1)

Metals and their phenomena - gold and silver - copper and iron

The qualities of the elements: earth, water, air, light, warmth

- Observation exercises
- Deepening movement exercises and artistic exercises on the elements

The metal-coloured light therapy glasses - observation exercises from different points of view, including the elements

The elements in connection with the human organization - design and effect on the body, rhythmic functions, soul forces, ego and self

Metal colour light therapy in the outpatient setting

- Therapy examples

Third year 2025/2026

Year's theme: On the destiny of man, humanity and metals

Summer module - 8 days in the glass studio in Schwörstadt

Presentation of the year's work from the 2nd year (Part 2)

About the theme of the year:

This year of training shows ways of practice for a deeper understanding of the 12 metal colour light therapy glasses in relation to human destiny. Training paths of the metal colour light therapist for understanding the patient and therapeutic intentions are worked out.

Observations and painterly practice paths on the figures of the Last Supper by Leonardo da Vinci in relation to individual human destiny, the destiny of humanity and the development of the earth.

Which therapeutically effective qualities can be experienced?

What is the connection to the metal colour light glasses?

Movement and encounter exercises in connection with the Last Supper

Eurythmic exercises on the zodiac

On the destiny of the metals - Lectures

The Metal Colour Light Therapy Glasses

- Observation exercises from different points of view
- Therapy examples
- Exercises on after image and after sound

Spring module - 6 days at the Filderklinik, Filderstadt /Germany

Criteria of application in the metal colour light therapy glasses - Warmth, breathing, rhythm, light and density

- Metals and metal polarities
- Substances and transformation processes
- Colour and colour polarity, after image - with self-awareness exercises
- Constitution and indication

On the 4fold observation of the human constitution as therapeutic orientation

- Constitution, indication and current therapy situation
- On the structure of a course of therapy - aspects of effect and design
- On the afterimage of the colour light and resonance in the observer
- On the therapeutic conversation
- Presentation of research results

Throughout the 3rd year of training

Carrying out metal colour light treatments within an internship

- We help to find - individually possible - internships (DE/EN)

Final thesis of the metal colour light therapy training

- Therapeutic topic and two case studies on metal colour light therapy
- the topic of the final thesis should be related to at least one of the two therapy courses.

The final thesis can/should include the following categories:

- Therapeutic topic in relation to metal colour light therapy.
- Documentation and evaluation of two therapy courses
- Self-experience with metal colour light
- Own practice path
- Own questions about research and development of metal colour light therapy
- Metal colour light in relation to other therapies

Submission of the thesis - is possible - welcome from Easter 2026.

However, the latest submission date is 15th June 2026.

After review by the person in charge of training, any necessary corrections or additions can be made.

Submission of the final thesis - is on 15th September 2026.

End of the training is in autumn 2026

Expected mid-October / early November 2026

Oral presentation of the final thesis in front of a committee

Certificate

accompanying literature:

Rudolf Steiner:

- *The Inner Realities of Evolution*
- *Occult Science, an Outline*
- *The Goetheanum Windows*
- *The Young Doctors Course, Lecture 4 Easter Course*
- *Mystery Knowledge and Mystery Centers, lecture 4*
- *The Mission of the Archangel Michael, Lecture 6. 30th November 1919.*

Marianne Altmaier:

- *Metallfarblichttherapie*

Rudolf Hauschka

- *Substanzlehre*

Wilhelm Pelikan

- *Sieben Metalle*

Alla Selawry

- *Metallfunktionstypen in Psychologie und Medizin*

Werner Barfod

- *Planetengebärden und Menschenwesen*

Friedrich Benesch- Zur Äthergeographie der Erde- Leben mit der Erde

Leonardo da Vinci's Abendmahl

Stefan Schindler

- *Lichtwirkungen aus biologisch-medizinischer Sicht und unter anthroposophischen Gesichtspunkten nach Rudolf Steiner: Und ein Leitfaden zur Implementierung qualitativ guten Lichtes in der Praxis*

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