

Here I am
facing
light and shadow

ASD Conference 2026 Hungary
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<https://www.asd-international.org/invitation/2026/>

Anthroposophy in Hungary

To renew the spiritual impulse of the Christmas Conference year by year, we founded The Foundation Stone of the Heart – Anthroposophy as an Emerging Cultural Impulse, a festival held annually on December 28.

The guiding question of our celebration is this: in which areas of life, and in what ways, have we acted, are we acting, and can we still act so that anthroposophy may unfold as a cultural impulse and fruitfully permeate social life? And how can we support one another in this work through encounter, mutual acquaintance, and the connecting of our local and professional communities? Each year, 200 - 300 people gather at a Waldorf school to meet and to explore what we can offer one another.

In the work of thirteen small-group sections this year, we gained insights, for example, into cooperation between medicine and pedagogy; a youthful perspective on finding our way back to the offline world; what sacraments renewed from the source of anthroposophy can offer for the development of spiritual consciousness; how to better understand today's children; the future-shaping effects of participatory democracy; school self-governance through the eyes of Waldorf Development Advisors; the development of organizational consciousness; the importance of cooperation with elemental beings; and the necessity of biodynamic agriculture.

For such richness of anthroposophical initiatives across many areas of life to be possible today, a foundation had to be laid at an earlier point in time...

The Foundation

Anthroposophy reached Hungary in the early 20th century through individual biographies. Dr. Mária Göllner (Nagy Emilné) played a decisive role in carrying Rudolf Steiner's work into Hungarian cultural life. She first encountered Steiner's teaching in 1921 in Dresden, and met him personally in 1924 in Dornach. After Steiner's death in 1925, Göllner Mária resolved to bring anthroposophy into practical life in Hungary, especially through education.



Waldorf Education



This biographical impulse soon took institutional form. In September 1926, the first Waldorf school in Hungary opened in Budapest, at Kissvábhegyi út 21.

Historically, the Kissvábhegyi school stands as the first Waldorf school founded outside the German-speaking world and is generally placed within the first ten Waldorf school foundations internationally.

Today Hungary hosts **43 Waldorf schools**, **60 kindergartens**, and **13 teacher-training programs** – a remarkably high presence in international comparison.

Biodynamic Agriculture

A closely related practical impulse emerged in the same formative years. In 1926, Dr. Mária Göllner founded the first biodynamic farm, in Hungary on her estate in Pesthidegkút. This initiative was historically pioneering it was the second biodynamic agricultural place worldwide.

During the 1920s and 1930s, biodynamic ideas spread among aristocratic estates and progressive farmers. After decades of invisibility, the movement became publicly active again following the political changes of 1989, together with the introduction of Demeter certification.

A new organizational phase began on January 15, 2000, with the founding of the Hungarian Biodynamic Association (today the Biodynamic Public Benefit Association) in Gödöllő. Today, biodynamic farming in Hungary represents a premium level of ecological agriculture, with around 15–20 Demeter-certified farms, a number steadily growing, particularly in viticulture.

Anthroposophical Medicine – Silent Roots and Renewal

The roots of anthroposophical medicine in Hungary grew through decades of silence after the Second World War. From 1945 to 1989, anthroposophical work was banned, and medical practice inspired by spiritual science survived in private life, shaped by discretion and personal responsibility.

During these *silent years*, Dr. Lajos Göllner, the brother of Mária Göllner, continued to practice medicine with an anthroposophical orientation, largely in private apartments. Medical and spiritual-scientific lectures lived on in small circles, often in the homes of writers and intellectuals such as Sándor Török.

After 1990, public renewal became possible. The Hungarian Association of Anthroposophical Physicians was founded, followed in the 2010s by the integration of anthroposophical medical training into university frameworks, including accredited courses at the University of Pécs, Faculty of Medicine.

Today, over forty certified anthroposophical physicians and therapists work in Hungary, complementing conventional medicine with artistic therapies, rhythmic massage, and specialized medicinal preparations – a living example of impulses carried through silence finding social form.

The Lievegoed Impulse

A strong current within Hungarian anthroposophy is the Lievegoed impulse in social and organizational development. Around the year 2000, learning initiatives emerged through international collaboration, initiated by Péter Takáts. Teachers and mentors from ASD – such as Lex Bos, Hermann Seiberth, Lauri Salonen, Christopher Schaefer, and many others – contributed to a decade of intensive study.

In 2006, this work took organizational form when twelve people founded a consulting association. From this impulse, a steadily strengthening alliance has grown. Today, under the name Jövőképző (Future Weavers), a community of around 40 members supports anthroposophical initiatives, Waldorf schools, enterprises, and large organizations in Hungary and internationally, weaving biographical, social, and organizational impulses into contemporary practice.

Living Confluences in the Present

Today, anthroposophy in Hungary lives freely through many groups, initiatives, and study circles. What characterizes the present moment is the living connection of streams: the biographical and organizational work of the Dutch Lievegoed tradition meeting Israeli impulses; the Lievegoed methods encountering Udo Hermansdorfer's Paths to Quality model; and Bothmer Gymnastics entering dialogue with Spatial Dynamics from the United States.

Hungary functions as a place of connection, where different traditions retain their identity while learning to flow together. Something is learning to live between streams – awake, attentive, and responsive to the present.

