



With Lisa Romero

STRENGTHENING FOUNDATIONS OF INNER WORK AND MEDITATION

This course describes how and why various meditations and exercises work to strengthen the soul and its relationship to the spiritual world.

Rudolf Steiner gave many exercises and meditations to strengthen the human being through its journey of developing consciousness. Together we will explore the inner work, the birth of the higher self, the spiritual year and how exercises can bring us closer to our own experience of these processes. This will enable us to both hold and further our daily practices.

Those wishing to establish a meditative life and long term meditants have found this work invaluable in deepening their relationship to the path.

October 1 – 3

Saturday, Sunday & Monday

9:30am - 2:30pm

(public holiday weekend)

Byron Shire NSW

\$300 (includes lunch)

FOR BOOKINGS AND ENQUIRIES

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LISA ROMERO is an author of anthroposophical inner development books, a complementary health practitioner and adult educator who has been delivering healthcare and education enriched with anthroposophy for 20 years. From 2006 the primary focus of her work has been on teaching inner development and anthroposophical meditation. Steiner Books has published 3 books. *'The Inner Work Path'* which focuses on meditation practice, *'Developing the Self'* written after years of working with Waldorf teachers to support their inner work and pedagogical understanding of child development, and *'Living Inner Development'* which offers an understanding of the inner experiences and of the results of various exercises.

For several years she was the lecturer for Health & Nutrition and Male/Female studies at the Sydney Rudolf Steiner College. She also designed and facilitated the EduCareDo *'Towards Health and Healing'* course which ran 8 year-long courses working with therapists from all modalities as well as Waldorf teachers to bring the depth of anthroposophical insight through practical application of therapeutic and pedagogical methods.

Lisa now lectures and presents courses and retreats for professional and personal development in many anthroposophical communities and Waldorf schools worldwide.

Lisa's capacity to deliver esoteric wisdom with insight and understanding allows her to meet the diverse needs of a range of communities and professions. Essentially, her work springs from the inner work, meditation and exercises, together with a dedication to the path of unfolding consciousness.

"THE CONDITIONS OF ESOTERIC TRAINING"



1. The first condition is that the student should pay heed to the advancement of bodily and spiritual health.
2. The second condition is that the student should feel himself coordinated as a link in the whole of life.
3. The third condition is that the student must work his way upward to the realisation that his thoughts and feelings are as important to the world as his actions. It must be realised that it is equally injurious to hate a fellow being as to strike him.
4. The fourth condition is to acquire the conviction that the real being of man does not lie in his exterior but in his interior.
5. The fifth condition is steadfastness in carrying out a resolution.
6. The sixth condition is the development of a feeling of thankfulness for everything with which man is favoured.
7. All these conditions must be united in a seventh: to regard life unceasingly in the manner demanded by these conditions.

"It should be emphasised that the complete fulfilment of any one of these conditions is not insisted upon, but only the corresponding effort. No one can wholly fulfill them, but everyone can start on the path toward them. It is the effort of will that matters, and the ready disposition to enter upon this path."

Rudolf Steiner *Knowledge of the Higher Worlds and its Attainment* (Chapter V)

Please contemplate these thoughts before the course begins.