

THE INNER WORK PATH AND ANTHROPOSOLOGY

*Courses For Establishing Or
Deepening Meditative Practice*

WITH LISA ROMERO

FOUNDATIONS OF MEDITATIVE PRACTICE

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.

BYRON SHIRE 7TH – 9TH FEBRUARY 2014

TIME FRIDAY 6 PM-8 PM SATURDAY AND SUNDAY 9.30AM-2.30 PM
VENUE MYOCUM BYRON SHIRE NSW

MELBOURNE 7TH – 9TH MARCH 2014

TIME FRIDAY 7 PM-9 PM SATURDAY AND SUNDAY 9.30AM-2.30PM
VENUE THE MICHAEL CENTRE
37A WELLINGTON PARK RD WARRANWOOD VIC

COST FOR 3 DAYS \$300 (INCLUDES LUNCH)

TO DISCUSS THE COURSE PLEASE CONTACT

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FOR BOOKING ENQUIRIES AND DIRECT ENROLMENTS

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www.innerworkpath.com

PLEASE TURN OVER FOR INFORMATION ON LISA ROMERO AND CONDITIONS OF ESOTERIC TRAINING

LISA ROMERO is a practising homoeopath and adult educator who has applied anthroposophy to her practice since 1990 and delivered education enriched with anthroposophy since 1998. Since 2006 the primary focus of her work has been teaching inner development and anthroposophical meditation and more recently writing a book on this subject.

Lisa lectures and presents workshops and retreats on the inner work and anthroposophical meditation for professional and personal development. These are offered throughout the year in many communities within Australia, Asia and the United States. Lisa's capacity to deliver esoteric wisdom with insight and understanding allows her to meet diverse needs of communities and professions.

For several years Lisa was the lecturer for Health and Nutrition and Male/Female Studies at Sydney Rudolf Steiner College (Parsifal College) where she now continues to lecture the tutors on inner development. She also designed and facilitated the Educaredo Towards Health and Healing course. This training ran eight, year-long courses working with therapists from all modalities as well as Waldorf teachers to bring the practical application of therapeutic and pedagogical methods. She has taught on numerous trainings and seminars for several organisations.

Essentially Lisa's work springs from the inner work, meditation and exercises together with a dedication to the path of unfolding consciousness. She brings a depth of insight that is reflected in the experiences and changes of the participants who share in this work.

"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