

# THE INNER WORK PATH AND ANTHROPOLOGY

*Courses For Establishing Or  
Deepening Meditative Practice*

WITH LISA ROMERO

## THE EVOLVING CONSCIOUSNESS, GENDER AND SEXUALITY RETREAT 2014

*“Without sense-born love, nothing material would exist in the world; without spiritual love,  
nothing spiritual can arise in evolution” Rudolf Steiner*

The human being has the possibility of continually evolving in consciousness. We will look at the stage of development we are at now, where we have been and where we are headed. We will explore how this reflects on the experience of being a man or a woman and the effect it has on sexuality in our times. This workshop is for individuals and couples who are interested in understanding how gender differences and similarities work in childhood development, human relationships and spiritual development. Looking at the gifts, the struggles and the purpose of this on the inner path. When working out of anthroposophy we are asked not to judge the other on gender and to teach in a unisexual way. Only through deep understanding of the un-freedom of being man or woman can we contribute to the education and development of others in freedom.

*Retreats provide a nourishing & balanced space to Immerse in the inner work. Lectures and health giving experiences of eurythmy, art, singing and external applications (oil dispersion baths, compresses etc) support daily practice and rejuvenation.*

**27<sup>TH</sup> JUNE - 1<sup>ST</sup> JULY 2014**

**TIME** FRIDAY 3PM - TUESDAY 3PM

**VENUE** BYRON BAY NSW

**COST** \$1100 (ALL INCLUSIVE)

**TO DISCUSS THE COURSE PLEASE CONTACT**

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**FOR BOOKING ENQUIRIES AND DIRECT ENROLMENTS**

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**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