

# THE INNER WORK PATH AND ANTHROPOSOLOGY

*Courses for Developing the Self and  
Establishing or Deepening Meditative Practice*

WITH LISA ROMERO

## DEVELOPING INNER CAPACITIES

This course will explore the capacities of individual souls and how they are developed within the Consciousness Soul age. The Consciousness Soul age is at the beginning of its development but requires effort from the human being to take it forward in a healthy way.

Working out of Consciousness Soul is working with the most progressive part of our being. For the spiritual hierarchies to support progression, developing humanity must also be working progressively. And if we are to help others progress, we have to work with the most progressive part of ourselves. This course is therefore particularly useful for those working with others in a teaching, health related or developmental way.

The subtle changes that are perceived in the finer sheaths of the human being are significant transformations in our inner development. In order to keep developing Consciousness Soul, we need to understand what it is developing into. Through understanding the inner path we can gain insight into our individual relationship to the various steps that are asked of us and recognise how to utilise the inner exercises that both develop and support the progressive forces within ourselves. This allows the progressive beings to work with us.

Every soul capacity is a modification of Love. Our true being is the eternal I and the eternal Soul. All that is transient in us must be identified so that the Eternal can be evolved. In our onward journey some experiences are likely to make us question if we have taken a wrong turn. By seeing the path that all must take, we can objectively evaluate our next step and learn how to work healthily from each stage.

*This is a useful course for both those beginning with an inner practice and those who have taken one or many steps on this transforming path.*

**NOVEMBER 6 – 8 2015**

**TIME**

FRIDAY 6 - 8PM

SATURDAY & SUNDAY 9:30AM - 2:30PM

**VENUE**

MYOCUM NSW

**COST**

\$300

**CONTACT**

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**LISA ROMERO** is a complementary health practitioner and adult educator who has applied anthroposophy to her practice since 1990 and delivered education enriched with anthroposophy since 1998. From 2006 the primary focus of her work has been teaching inner development and anthroposophical meditation. Steiner Books has published her books: "*The Inner Work Path - A Foundation for Meditative Practice in the Light of Anthroposophy*" and "*Developing the Self - Through the Inner Work Path in the Light of Anthroposophy*".

Lisa lectures and presents courses and retreats on the inner work and anthroposophical meditation for professional and personal development. These are offered throughout the year in many communities worldwide. 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 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 continues to teach in 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.