

THE INNER WORK PATH AND ANTHROPOSOPHY

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

WITH LISA ROMERO

THE INITIATION OF THE I & THE CHRISTMAS MYSTERIES

Once the body has grown, the soul begins to develop, either in relationship to the physical body which is limited and transient, or within its own capacities whereby the soul develops through sentient experience into intellectual reasoning and finally towards full consciousness. It is during this development of the capacities which occur through individual effort, that the I may begin its initiation.

The path of initiation leads us towards transformation of the soul's capacities into organs of spiritual perception and a living relationship with the spiritual world. The participation in the truth that is traced out in the spiritual world becomes the source of our giving towards the outer life and transforms the outer world in which we all participate.

Even before we are called onto the path of initiation we can prepare ourselves by understanding the way and the truth of the unfolding schooling we shall take.

Through the inner work path we become aware of the living spiritual year and its reflection in the stages of inner development. The Christmas picture is full of insights and guidance to students of the path; in the yearly opportunity given to us in The Holy Nights, we can experience a time in which the spiritual world becomes more accessible and the preparation and effort we make supports the birth of our Higher Self and the journey towards initiation. The more we understand and live the inner path, the greater we can serve the outer life. As we celebrate the collective spiritual year we can find our individual inner year and our next step onwards.

18 – 20 DECEMBER 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.