



With Lisa Romero

## **HEALTH AND HEALING IN THE CONSCIOUSNESS SOUL AGE**

As humanity evolves so does our relationship to working with health and healing. As we continue into the consciousness soul age we are challenged by this age in which greater difficulties are arising between people. Through the lens of the inner work, we will enter into the study of the healing conversation, looking at what we can do and what role we may hold in the healing path of another. When we understand our task we may also understand the activity of the healing forces working towards wholeness through the life transitions, crises or illness processes.

Anthroposophy places human freedom as the guiding principle in all its healing modalities, therefore we must also understand what brings un-freedom and how to meet the other in a way that supports freedom when working with either body or soul.

This course is highly valuable for health professionals, Waldorf teachers and those with a living interest in health and healing.

**November 25 - 27**

Friday 6pm – 7:30pm

Saturday & Sunday 9:30am - 2:30pm

**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.