

# Meditation, Inner work and the Changing World

Lisa Romero



Out of the deepest insights of human development, Rudolf Steiner declared that from the twentieth century onward all human beings would be able to develop a new kind of capacity: a capacity to have knowledge of the outcome of the paths that lay before them—a capacity that would enable us to foresee the inner results of the various choices that lay before us, before walking down one or another path. However, this capacity of foreseeing would need to be preceded by an essential step in human development—a step that constitutes the next stage of evolution for the human being. This step would be the awakening of the higher self, which he also described as the recognition of the “second self.”

In the twenty-first century, we are beginning to see this new stage of development emerging on a wider scale. Many individuals are waking up to the higher ‘I,’ to the second self. This new step reveals itself in various ways in individuals and this talk will explore the various expressions of the new stage of human development and how to evolve this further in ourselves.

Lisa Romero is an Australian complementary health practitioner and adult educator whose primary focus since 2006 has been on teaching inner development and anthroposophical meditation. Through the ‘Inner Work Path’ Lisa offers lectures, courses and retreats for professional and personal development in communities and schools worldwide. She is the author of *The Inner Work Path*, which focuses on meditation practice, *Developing the Self*, written to support the inner work and pedagogical understanding of child development, *Living Inner Development*, offering an understanding of the inner experiences and results of various inner development exercises, and her latest book *Sex Education and the Spirit*.

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