

# Lisa Romero in Edinburgh

April 13<sup>th</sup> - April 15<sup>th</sup>

Evening lecture and two one-day workshops

**Understanding the Complexities of Child  
Development in Today's World**

**Friday April 13th**

**Strengthening Foundations of Meditative Practice  
and Inner Development**

**Saturday 14th April**

**Love and its Meaning in the World**

**Sunday 15th April**

Lisa Romero is an author of inner development books, a complementary health practitioner and an adult educator who has been offering healthcare and education enriched with anthroposophy since 1993. Lisa offers lectures, courses and retreats for personal and professional development, in communities and schools worldwide. She has written several books: *'The Inner Work Path'* focusing on meditation practice, *'Developing the Self'* written after years of working with Waldorf teachers, *'Living Inner Development'* offering an understanding of the inner experiences, *'Sex Education and The Spirit'* to help awaken an understanding of our communal responsibility for the healthy development of gender and sexuality within society. Her latest book is *'Spirit led community: healing the impact of technology'*.

**Venue: Edinburgh Rudolf Steiner School, Spylaw Road, Edinburgh, EH10 5BR**  
**Cost: £10/£7 lecture £40/£30 each workshop (£75/£60 for all 3 events)**

For further information/registration please contact [edinsteiner@gmail.com](mailto:edinsteiner@gmail.com)  
Anthroposophy in Edinburgh: <http://anthroposophyScotland.org.uk>

# Understanding the Complexities of Child Development in Today's World

A **lecture** to help build an understanding of how we can best offer support through the various child development milestones in light of what Anthroposophy offers. It will look at how we can bring a healthy picture of development in the context of Waldorf pedagogy and consider the ways in which we can help young people stay united to the whole when dealing with the common hindrances they face that can block the progressing levels of experience. This is especially relevant to parents, caregivers, teachers, health professionals and anyone working with children/adolescents.

## Strengthening Foundations of Meditative Practice and Inner Development

This **workshop** is likely to be of interest to those who wish to begin an inner practice and those that have taken one or many steps on this transforming path.

Each of us already has certain capacities but we need to strengthen them in order to be able to make use of them. Developing ourselves affects not only our own lives and the decisions we make but also affects the lives of others around us. This workshop will include several exercises and meditations that will help cultivate and understand the fruits of the inner work.

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 our onward journey. By seeing the path that all must take we can objectively evaluate our next step and learn how to work healthily from each stage.

## Love and its Meaning in the World

There is an esoteric saying that states all paths to the spiritual world go through the heart. In this **workshop** we will look at the place of the heart in the inner work and the meditative life and how we need to understand the activity of spiritual love and its effects on the human soul and the outer sense world.

*“Without sense-born love, nothing material would exist in the world; without spiritual love, nothing spiritual can arise in evolution. When we practice love, cultivate love, creative forces pour into the world.” Rudolf Steiner.*