

Meditation Courses With Lisa Romero

INNER DEVELOPMENT AND THE LIVING SPIRITUAL YEAR

February 22-24

Fri 7pm; Sat & Sun 9:30am - 2:30pm

**Rudolf Steiner House
Sydney**

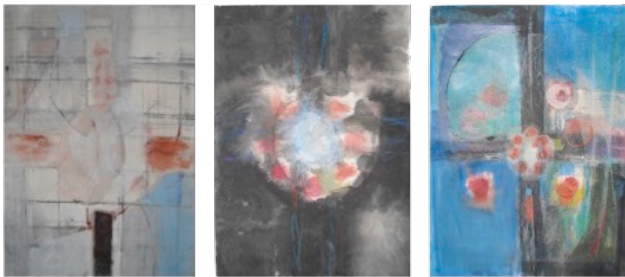
Full fee \$300

"Let us make it clear to ourselves what is really brought about by meditation. Streams of spiritual life are always flowing through the world, these streams can't flow in to us when we are thinking about every day things. But our meditations are like portals that are to lead us into the spiritual world." Rudolf Steiner

The stages of inner development are reflected in the living spiritual year. As we celebrate the collective spiritual year we can find our individual inner year and our next step onwards.

Through doing inner work, we're able to develop the capacities needed to have a conscious relationship to the spiritual world, to understand where we are on the path, and to cultivate and understand the fruits of a meditative life.

This weekend course is open to anyone who is interested in deepening their relationship to the inner work through meditation and the inner exercises that develop and support our onward journey.



THE EASTER MYSTERIES

Feb 15 - 17

Fri 6:30pm; Sat & Sun 9:30am - 2:30pm

Byron Shire

Full fee \$300

Changed from March 8 - 10

Through the exploration of the initiation path in the 21st century we come to recognise that it is out of our freedom that we work on the progressive path of human development, and how we evolve ourselves is in our hands. In freely choosing the path of higher development, we may develop a direct living connection with our deepest spiritual life.

By reading the signs revealed in the understanding of past initiation rites and ritual, we are able to see how the present inner development path awakens us through self transformation. This now allows us to find the living spiritual realities that stream into the world but are hidden today without our own efforts revealing them.

"One enters the mystery centre of one's own heart and a divine being emerges from this place"
Rudolf Steiner

"In the temple of the human body is the holy of holies. Many people live in the temple without knowing anything about it." Rudolf Steiner