

# Lisa Romero in Edinburgh

August 30th - September 1st

Evening lecture and two one-day workshops

**Health and Healing in the Community and Relationships**

**Friday August 30th**

**Towards Health and Healing; Helping Others Forward**

**Saturday August 31st**

**Healing and the Self-A Healthy Inner Life  
Meditations and Exercises for Our Inner Health and Growth**

**Sunday September 1st**

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: Friday- Edinburgh Steiner School, Spylaw Road, Edinburgh, EH10 5BR  
Saturday/Sunday -Hoyland House, Tiphereth, Edinburgh, EH13 0PQ  
Cost £10/£7 lecture £40/£30 each workshop**

For further information/registration please contact [anthebooking@gmail.com](mailto:anthebooking@gmail.com)

Anthroposophy in Edinburgh: <http://anthroposophyscotland.org.uk>

# Health and Healing in the Community and Relationships

What is health and what is healing today both for individuals and for the whole community? Is what is currently considered a "normal" state of health actually healthy, and are the current conventional methods of healing appropriate? This lecture will consider what we can do to develop the connection inwardly that supports healing in the community and in relationships? As we look to the future where humanity becomes more and more individualised (Rudolf Steiner described our current time in history as the Consciousness Soul Age) we are challenged daily by our modern busy life and its disruptive effect on the relationships between individuals and communities. This prompts us to continually re-meet our attitude towards health and healing

## Towards Health and Healing; Helping Others Forward

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 this as health practitioners of either body or soul.

This workshop is highly valuable for health practitioners, Waldorf teachers and those with a living interest in health and healing. It will include exercises that will help practise how to develop this approach to facilitating healing in others

## Healing and the Self- A Healthy Inner Life Meditations and Exercises for Our Inner Health and Growth

How can we create and maintain a healthy inner and outer life? Through understanding the nature of both inner and outer growth we can more readily do this and as a result take the next step in our lives. The inner life is not a room or space but a living, growing world that has its reflection in the outer sense world. Developing this aspect of ourselves affects not only our own lives and the decisions we make but also affects the lives of others around us. Through understanding the inner path we can recognise how to utilise the inner exercises that both develop and support our onward journey.

This workshop will include exercises and meditations that will help cultivate and understand the fruits of the inner work. It 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.