

Hello everyone. I'm Laura Di Lernia and I am in charge of Mike Boxhall Italia. I attended and organized Mike Boxhall's seminars in the past thirteen years and I took up the baton to carry on the propagation his Work.

I'm here to present the teaching I offer in my seminars "From Doing to Being: Presence in Stillness". To be precise, more than a teaching, i. e. somebody providing precepts that are received by somebody else, it is a group exploration of what prevents us from being fully ourselves: our habituations, our undigested life experience, our sufferings. Starting from the awareness resulting from this exploration and thanks to a sense of acceptance and loving compassion that we'll learn to develop together, the possibility to let go of those obstacles emerges, in order to undertake the journey towards the revelation and manifestation of who we really are.

It's about listening to our own story and to the other's with a sense of benevolence and commonality, not in order to try to be better, but to come back to our wholeness, to a sense of reconnection with ourselves and, as a consequence, with the other.

From a practical point of view, this work uses the model of Biodynamic Craniosacral as a modality to contact the body in a delicate and non-directive way. Our entire history, the history of the whole universe is held in our body, and when we are able to listen to the body with a sense of full presence, reception and non-judgment, then we contact the deepest core of ourselves. And from this place, or state, a new story can unfold, a sort of rebirth into the present, a story of freedom of the being, so that we can express who we really are.

This work is located in the heart and in reception, welcoming, non-judgment and loving compassion, which have an infinite potential, and not on the intellect and the knowledge, which are, by their own nature, limited and limiting.

We could define this work as "Embodied Spirituality": the Spirit, the Universal Intelligence are not separated from the body, as the body is a manifestation of the Spirit. This is a spiritual work taking place in the body, and we listen to the body by relying upon the Intelligence which permeates and supports the universe, starting from the qualities of the heart, which are infinite, and not from those of the intellect, which are limited, by their very nature.

After all, what we think about ourselves is nothing else but an habituation: who we really are, behind and beyond our life story, our identifications and our sufferings, is infinite, just like infinite is the Intelligence which continuously embodies and manifests within ourselves, and that we witness while emerging during the Work, in this joint practice of being human being.

This is what it is all about, being whole human beings, totally embodied, and not being better: therein lies our full realization and our greatest liberation.

So, you are all invited to share this journey. We are all walking the same path. I can't wait to meet you soon and I embrace you all.