

# Listening from the Heart towards the State of

**3-5 March 2023**  
Montespertoli (FI)

*@essereunomikeboxhall*

## An experiential seminar to access the State of Grace with Craniosacral Biodynamics

**“è uno spazio-tempo dove essere sé stessi e fluire con la Vita”**

Take a journey into the heart of your **Being** to finally be yourself, free, at peace and in a **State of Grace**. An intensely and delicately experiential 3-day seminar for everyone: for those who want to experience Craniosacral Biodynamics according to Mike Boxhall's method and for practitioners who want to take their relationship with the client to deeper levels.

In the seminar, according to the model of **Craniosacral Biodynamics**, through a gentle and delicate body contact, you can listen to the body at the deepest level where **we are all ONE**. This is the **State of Grace**, it is **Love** and it is your true nature.

Craniosacral Biodynamics inspired to Mike Boxhall's work and integrated with Laura Di Lernia's years of experience is a tool to access and experience the **State of Grace**, that inner state in which we are reconciled with our life, in which we can heal our wounds due to the lack of love. It is the state in which **we are Love**. "Being heard by the Heart is being healed", this is the fullness of Love.

The awareness of being Love, intact and whole, is the full realization of yourself that will guide the meaning of your life.

Meditation, listening to the body in couple through the model of Craniosacral Biodynamics, feedbacks, a wonderful sense of acceptance and **belonging** to the human community.

In a silent and welcoming farmhouse surrounded by nature, it is the loving embrace of those who return home after a long time. Nourishing and delicious organic buffet food for every need and desire.

The maximum number of participants is 16 people, to accompany everyone in the best possible way. For organizational reasons, registrations will be accepted no later than 20 February 2023.

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## FOR INFORMATION AND REGISTRATION

Laura Di Lernia: [info@essereuno.com](mailto:info@essereuno.com) tel. 3392986229

## TARGET AUDIENCE

The seminar is open to those who want to rediscover the meaning of their life and explore more deeply the relationship with themselves and with others.

For practitioners, the possibility is to access a deeper level of listening to the client.

## THE TEACHERS

### Laura Di Lernia

I am a sensitive woman, in my life have known the wound of lack of love. I have transformed my suffering into the talent of accompanying people to rediscover the fullness of their lives.

After a scientific training in Biology and a three-year university research and teaching experience, I trained in Specialized Kinesiology and Naturopathy. I then obtained the title of Craniosacral Practitioner at the Craniosacral Healthcare of Mij Ferret, Mike Boxhall's student and assistant.

My practice was then oriented primarily to Craniosacral Biodynamics, also through teaching.

I am an accredited Craniosacral Biodynamics teacher, according to the ACSI (Italian Craniosacral Association) standards.

Since 2006 I have followed the work of Mike Boxhall, as a student, organizer of his seminars in Italy and assistant and with him I have completed the two-year course of Teacher Training.

Always passionate about exploring the complementarity between science and spirituality, I found in Mike Boxhall's model the resonance between modern science and the revelation of the human essence, through the expansion of the Feminine Principle and the opening of the Heart.

### Chiara Garioni - assistant

My education, after high school, is initially focused on art. After studying in Venice, I moved to Paris, where I studied Fine Arts and History of Art and, whenever possible, travelling around Europe with her husband, an American sculptor I met at the Academy. Together we lived several months on the Island of Rhodes, where we formed a small international community of young artists.

Later, I settled in the United States, lived in the Village in New York and experienced the most fertile artistic season of the '80s. I then moved to California, then to Florida and from there I embarked on a long journey through Mexico, where I began to approach holistic medicine and Spirituality. Back in Italy, since 1998 I work as an interpreter for Kinesiology and Craniosacral Therapy training courses, translating texts and manuals: Mij Ferret, John Wilks, Colin Perrow, Mary Louise and Christopher Muller and Denise McCann are some of the Teachers I worked with during the years. In 2005, thanks to Laura Di Lernia, I met Mike Boxhall and began to work with him as his interpreter and translated both his books "Conversations in Stillness" and "The Empty Chair". Thanks to his teaching, I undertook the most amazing and compelling adventure of my life.

With Mike, I also completed the two-year First International Teacher Training Course.

In my spare time, I travel on my own with my small moped around Italy, following ancient pilgrimage itineraries and visiting medieval churches, of which I am a passionate researcher.

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## **Mike Boxhall**

*4 January 1930 - 10 April 2019*

Psychotherapist, Counsellor, Acupuncturist, Craniosacral Therapist for 45 years, Mike was the disciple of Irina Tweedie and other great Spiritual Masters.

Five years President of the United Kingdom Craniosacral Therapy Association, he also served as a board member of the US Craniosacral Association for three years.

Mike developed a unique and original approach that includes body, mind and spirit, aimed at the expansion

of the awareness and at the contact with the most intrinsic core of the Being, mainly in group work contexts. His Buddhist approach underlined his work.

For years he has been leading groups in South America, the United States, Spain, Germany, Denmark, the Czech Republic and Italy.

He published the books "The Empty Chair" and "Conversations in Stillness", both translated in many languages.

Translation of the seminar Italian/English/Italian will be provided by Chiara Garioni

## **VENUE**

Associazione "3 Santi", Via Voltiggiano 5, Montespertoli (Fi).

The headquarters of the "3 Santi" association is a farmhouse on top of a hill from which you can enjoy a wonderful 360-degree view.

The rooms with en suite bathroom are very large and bright and can accommodate from 2 to 5 people.

Each room has its own character and specific atmosphere based on colors and elements of nature.

Outside, a splendid swimming pool with salt system. Nutritious and delicious organic buffet food for every need and desire.

## **SCHEDULE**

Friday 10.30am.-1pm 3pm-6.30pm, Saturday 9.30am-1pm 3pm-6.30pm, Sunday 9.30am-1pm 3pm-5pm.

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Laura Di Lernia: [info@essereuno.com](mailto:info@essereuno.com) tel. 3392986229

## **TO FIND OUT MORE ABOUT THE WORK:**

[www.essereuno.com/mike-boxhall-italia/](http://www.essereuno.com/mike-boxhall-italia/) - [www.facebook.com/MikeBoxhall/](https://www.facebook.com/MikeBoxhall/)

[@essereunomikeboxhall](https://www.youtube.com/watch?v=S2likZldmYM) - [www.youtube.com/watch?v=S2likZldmYM](https://www.youtube.com/watch?v=S2likZldmYM)

[sinergie-vitali.it/project/laura-di-lernia](http://sinergie-vitali.it/project/laura-di-lernia) - [www.stillness.co.uk/](http://www.stillness.co.uk/)