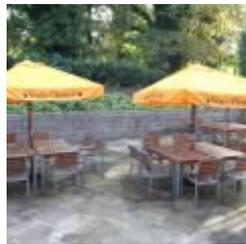


Mike Boxhall RCST.,FCSTA

A 4-Day advanced training seminar in the series “Getting in Touch”
will be held at

Cowdray Hall, Easebourne, West Sussex



14th – 18th June 2018

to be called

“Presence in Stillness”

The purpose of this course is to explore, experientially, the premise that spirituality is not a something that is out there to be acquired by becoming somehow better, but is, in fact, the essence of who we intrinsically are at the heart of our embodied beings.

There is nowhere to go, there is nothing to achieve other than becoming more fully present to our natures. This nature is embodied. For it to be anywhere else would be to reduce it to a concept of the intellect. We must experience ourselves not judge ourselves.

A major part of this work is to just receive without judgment the truth of who we all are when we are not just being a reaction to our habituations. This receiving in stillness can be considered to be a re-balancing of the feminine and masculine principles, which have become sadly over-weighted in favour of the masculine.

In the past Mike has mostly concentrated on working with therapists of one kind or another. More recently, it has become apparent that this is not a work to be reserved for some exclusive club of people but should be offered to anyone who is, perhaps, seeking to expand meaning in life rather than just improve efficiency in an occupation.

The main objective is to work with, to explore, to expand where people come from in themselves rather than suggest how they should do whatever it is they may do. This is exciting as there is continuing revelation. The only prerequisite is that people should be open to explore. There is no room for learning in a vessel that is already full of opinion.

Modern science estimates that 95-99% of the time we live our lives as a reaction to the unconscious and not from the conscious mind where our hopes and ambitions for our fulfilment lie. This can only result in dissatisfaction or, as it has otherwise been called, suffering. We can alter this.

Mike says that you cannot teach spirituality but it is possible to provide the conditions in which it reveals in the safety of a well held group of people sharing their experience. Mike has been doing this work for the last 40 years and teaches in several countries. This year, apart from several engagements at Cowdray Hall, he will be in a number of venues in Spain and Italy as well as Russia, the Argentine, Uruguay, Chile, the United States and Germany.

His students include the following:- therapists of many persuasions, lawyers – including two judges, housewives, teachers, dancers, doctors, midwives, mediators, photographers, cooks, a clown, writers, poets, philosophers, two oil men and a cattle rancher, priests, farmers, land owners, accountants, TV executive, actors and actresses, a washing machine repair man and a four hour old baby (ask me.)

The work is a combination of meditation, talking, interactive hands-on connection (fully clothed) and feedback. The teaching is not a didactic lecture but rather a joint practice between everybody with whatever arises in the present.

- If it seems that this leaflet is remarkably similar to other previous leaflets, then you are right. The work takes place however is never the same as it depends on who is there and what they and Mike bring with them!

Dates:- 14th – 18th June 2018 Thursday 5.30 - 6.00 pm to Monday after lunch.

Cost:- £380.00 Teaching, lunch, dinner and breaks.
Accommodation not included.-see separate paragraph below.

Tutor:- Mike Boxhall, RCST FCSTA

Assistant:- Henrietta Firth, RCST, who has assisted me many times.

Directions:- The Hall is an hour and twenty minute drive from central London. The address is Cowdray Hall, Easebourne Street, Easebourne, Midhurst, West Sussex GU29 0AL. The closest rail station is Haslemere.

Trains run from London Waterloo to Haslemere and take 50 minutes. On the next page is a detailed map and driving instruction, as well as a list of local B&Bs should you want accommodation, as well as local taxi firm information.

Deposit:- To reserve a place, numbers will be limited, please send a cheque for £80.00 to:-
Mike Boxhall. 5 The High Street, Oving, Chichester, West Sussex, England. PO20 2DD
Tel. (0044) 1243 775157.

E-mail mboxhall@stillness.co.uk Fax (0044) 1243 531375

Website:- www.stillness.co.uk This is my teaching website not the Venue website, which is www.cowdray.co.uk .

On receipt of the deposit you will be sent an acknowledgement of your booking.



Accommodation:-

For people who do not come by car, the obvious and closest is the Golf Club accommodation which is a short stroll of five or six minutes through the wood. <http://www.cowdray.co.uk/stay/the-golf-lodge/>

Then a bit further down the road by car, perhaps five or six minutes, there are the holiday cottages. <http://www.cowdray.co.uk/stay/holiday-cottages/>

NB These Cowdray accommodations get booked up rather early when there are major golf or polo tournaments on the Cowdray Estate so you need to keep this in mind and ring early.

There is a small and distinguished other list of B&B accommodation which students have tried and tested and which we can recommend through their feedback and they are listed below. All travelling times to the local accommodation are by car.

Parkfield, Elsted, Midhurst, GU29 0LA Tass and Clare Whittaker. Email clarewhittaker@hotmail.com
They have a number of very superior en suite bedrooms in a peaceful country setting with superb views. (12 Mins)

Pear Tree Cottage - 01730 817216 (5 Mins) <http://peartreecottagebandbmidhurst.co.uk/>

Loves Farm House - 01730 813212 (5 Mins) <http://lovesfarm.com/>

Woolbeding Cottage, Bepton. - 01730 816620 (10 Mins)

Wispers Lodge, Woolbeding. GU29 0QB - 01730 814258 or 0776 5971314 (10 mins)
<http://www.wisperslodge.co.uk>

1 The Old Store, Easebourne Lane, GU29 9AY - 07519 647343 (within walking distance)
<http://theoldstoremidhurst.co.uk>

There are many others which can be found on the Visit Midhurst website:-
<https://visitmidhurst.com/sleep/>

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MIDHURST

BGOs Private Hire 01730 716327

HASLEMERE

Three Counties 01428 642189

PETWORTH

Petworth Private Hire 01798 342691

R S Private Hire Taxis 01798 343889