

## **Seminar on Biodynamics**

### **"Presence in Stillness"**

**Mike Boxhall RCST., FCSTA**

**World-famous teacher of Biodynamics, philosopher and a sage.**

Mike is now 88 years old. For more than forty years Mike has been engaged in psychological help, psychotherapy (Jungian analysis), acupuncture and craniosacral therapy.

For five years he served as a chairman of the Craniosacral Therapy Association, UK. In addition, Mike was a member of the board of the Craniosacral Therapy Association of North America for three years.

During the last decade Mike has been running advanced self-development courses for practicing therapists, doing private practice and leading an instructional team in the UK. In his work he explores the depths of stillness within the body, mind and spirit, connecting with the health and essence of human being.

In last years, Mike Boxhall has paid much attention to working with infants and infertility in women, seeking positive results.

## **About**

## **Stillness**

Stillness is not something that we do. It is being, being at the centre of our true selves. This still centre is in all of us; we share that with the Universe itself. This place, in the stillness of the centre is dynamic. "At the still-point of the turning world... there the dance is". - T.S. Eliot.

There is no suffering in stillness. There is an end to suffering in the reconnection with the centre. The function of healing therefore is to re-establish in the stillness. In practical terms, what we know about another is limited by the framework of our own experience. Our knowledge is ego-bound. As I do not know everything (and never can as the everything that is to be known is continually expanding at the speed of light), then the bit that I do know is a fixation, a limitation.

As a deduction from this, as I hold a lesion at the edge of resistance, I cease to work holistically and for that moment am engaged in a reductionist intervention, thus limiting by the intention the connection with the Being as a whole.

The heart of this work is doing nothing, just being in awareness and accepting, completely without judgment or reaction, whatever we are being shown. The deeper intelligence that is so vast in the human being, on being reminded through the mirroring, knows what it needs to do. This is what Sutherland meant by "Rely upon the Tide." Once we have a well established ego to start with, let us get it out of the way and just remain in stillness! Everything arises from stillness.

## **Principles of Mike's teaching**

"Getting in touch" is the generic title for Mike's series of advanced courses. There is no aspect of the human being, Spirit, Mind or Body, that does not reveal itself in the body. To touch someone is to use the verb in the active sense. To be in touch suggests something more passive, a receiving or, at best, joint practice. Joint practice is what these courses are all about.

The courses are designed to improve our abilities to hear the story told by the Spirit, Mind, Body through palpation of the body. We shall touch the body with such a deep and present sense of awareness that its story is told and heard as far as its original intention. This allows a return to that original intention and an appropriate modification, in the present, of habits formed out of past experience.

The main thrust of the work is to encourage a stillness and space in the practitioner in which the patient trusts herself to be heard. In this being heard lies the healing. Intelligence knows, the intellect can only ever know partially.

### **Who will benefit from the seminar:**

- Osteopaths
- Doctors of various specialties
- Kinesiologists
- Rehabilitators
- Masseurs
- Reflexotherapists
- Yoga therapists
- Body-oriented specialists
- Professionals using spiritual practices
- People who seek spiritual development

**Dates: June 21<sup>st</sup> – 24<sup>th</sup> 2018**

**Course schedule:**

1<sup>st</sup> day - 9.00-18.00

2<sup>nd</sup> day - 9.00-18.00

3<sup>rd</sup> day - 9.00-18.00

4<sup>th</sup> day - 9.00-16.00

The cost of the course: \$ 800 (prepayment of \$300 or in rubles to the card of the Sberbank, the amount to be updated on the day of departure, it will depend on the currency rate)

**4276 5500 3314 3168**

**ALEKSEI BENASIK**

**Location:** Leningrad Region, Roschino Village, Raivola Country Hotel

Accommodation is charged separately.

12000 rb. for a single room. 17000 rb. for a double room.

To register for the course, please send an application to the e-mail address: school@osteomed-clinic.ru, indicating your name and surname, city, phone number, a name of the osteopathic school and the name of the clinic where you work.

**Enquiry number**

8-904-552-18-51 Alexey

**Attention! Limited number of seats!**

**Prepayment guarantees your participation in the seminar!**