

# **”The Practice of The Power of Now”**

## **Experiential Seminar conducted by Marina Borruso Together with Julia Lagun**

**Mitakeyama, June 6-9 2009**

Eckhart Tolle is one of the greatest spiritual teachers of our times.

Universally recognized. His teaching has been inspiring hundreds of people all over the world. His books have been translated in many different languages and they are an inspiration for people of different cultures and different spiritual paths.

Marina has been very close to him for many years, she has been translating all his books into Italian and she has been teaching the practice of “The Power of Now” for almost 10 years in many different countries in West and East Europe.

She is the author of two books. One on Eckhart’s teaching and the other on her own personal spiritual path and her teaching during the last 30 years, her book is having a great response in all over Italy.

Marina teaches with the blessing of Eckhart. Her teaching is powerful and unique. It is so essential and simple to reach people from different cultures.. She created different practices and meditations to make easier for people to bring the practice into their daily life.

Julia Lagun has been working with Marina since 1997, offering practice of Consciousness Movements as a part of Marina’s retreat and workshops.

**The practice of present moment:**

The actual world situation is not easy; the economic crisis, unemployment and all the social problems...

Can the spiritual practice be any of help?

The teaching of an enlightened master like Eckhart Tolle can give us a practical answer to all the fear and worry of our daily life, and all the challenge that the life is proposing us now?

Yes, because the practice of being in the Presence, so incredibly simple that we should never let go of, help us to dissolve every identification of our experience of suffering that our personal history propose again and again.

**In this retreat you will learn;**

how to be present

how to recognize the pain body and not to be possessed by it

how to recognize the ego and get dis-identify from it

how to stop suffering

how to step out the past and create a new present for you

how to use the different situations to become more aware

how to have relationships without ego

<The seminar will be held in a beautiful Buddhist monk’s retreat inn! >

Information and Enrollment pls contact Kay Ohnishi: [kayohnishi@gmail.com](mailto:kayohnishi@gmail.com)