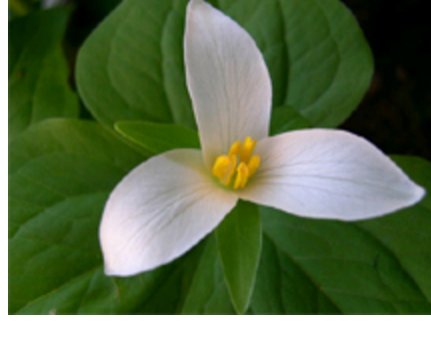




Presencing
JACK BLACKBURN'S NEWSLETTER

Presencing Issue 48

Catching Up To Presence Part II



Dear Ones: I came back from Japan on July 8 and started my preparations for the Focusing International Conference in England. But the first thing I did in Seattle was to get together with my family for a very important memorial. Freda Gladys Nichols was my mother-in-law from my first marriage. I have spoken about her a few times in these pages. Freda passed away at 99 years while I was still in Japan. I had known her since I was 15 years old, when I first met Jacky, her beautiful daughter. The family had come over from England about a year and a half before. Sam, Jacky's father had been hired by Lockheed along with hundreds of European aircraft designers and engineers as part of what was called "the brain drain." Freda was very kind to me when I would come over to visit her daughter. I told her that I didn't

like the tea, I had in Chinese restaurants. She told me that I might like British tea with milk and no sugar. She was right! She gave me precise lessons in making British tea. Six years later I married her daughter. We bought a home in the desert near where I worked at a Lockheed research facility. Freda and Sam became grandparents, and our son Christopher was born. I had many visits with Freda during the last years of her life as she developed dementia. In her mind she really was back in England. I would fix her tea and then we would talk. I would bring up things I knew from her past that would trigger her memories and joyful conversation. I was in Japan when I was told that she had passed. The first thought I had was how much she had wanted to be back in England. I realized that I could make that happen because I was attending a Conference in Cambridge in less than 2 weeks. I spoke with Jacky and our children about taking Freda's ashes back with me. I had little comprehension at that time how much I had loved her for my whole life. As I was catching my flight in Seattle I received a box with Freda's ashes and the proper paperwork for clearing her ashes through British customs. The line through British customs lasted 2 ½ hours! How unique it was to spend these last hours with Freda before passing her ashes on to her British grandson.

Cambridge England: 250 Focusing practitioners from all over the world were going to meet at Robinson College for 5 days in Cambridge so that we could share our interests, experiences, and present classes to one another. Koito met me at the station and escorted me to Cambridge by the underground "tube" and other trains. We shared a taxi ride to Robinson College with a professor from a neighboring college who paid for our ride. Once at Robinson we plunged into many organized activities and meetings with wonderful persons. I met quite a few Chinese from mainland China and was surprised at how interested and involved they were in Focusing based therapies. Koito and I taught a class about using Focusing along with professional touch with seriously ill or injured clients. One of the class attendees was partially paralyzed because he had been shot twice in the back when he was a young boy. Those of you who have read these newsletters before may remember that I have been working with three paralytics during the last few years. I was very pleased that this young therapist showed up at the class so that we could discover how significant it was for him to use his own somatic awareness to accompany my touch and movement. His emphasis in recovery up to that point had been on physical therapy and strengthening. But when he tried to walk had had to lurch forward with the afflicted leg, almost losing balance on his other leg. He was continually battling physical fatigue and emotional discomfiture. We worked together in front of the class for about 30 minutes. We were able to identify the exact places where his hip rotations were inhibited by one of the bullet wounds. which had caused him to lurch forward. He then practiced on his own, creating gentle, slow, and somatically guided movement through that range of motion. Koito and I continued working with the rest of the students. After another half hour he stood up and while the whole class looked on was able to walk normally! We were all very impressed. Here was a new approach to add to his valiant efforts.



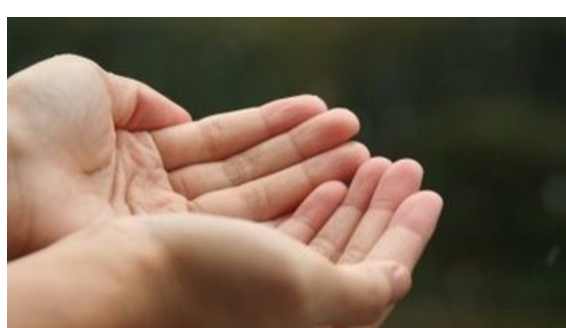
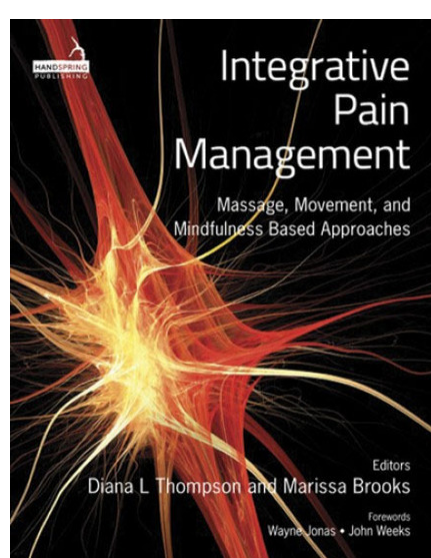
One of the most memorable experiences while we were there was to have a multi-course dinner in the huge dining hall of Kings College which was founded by Henry VI in 1441, whilst we were entertained by live choral music from that period onward. The day we left Oxford Koito and I were conducted into the back entrance of King's College Chapel by Pete the head Porter, which is a unique story in itself. Here is a joyful picture of Pete the Porter and Koito I know you'll love.



British Museum: Koito and I had a day-and-a-half together before I was to fly back home and she was to fly on in Germany and France. She dropped me off at the British Museum while she visited with a dear British friend who had been an English teacher 20 years before in Koito's Japanese mountain village. To say that I was already Cambridge-saturated and maxed to the gills is an understatement. I spent three hours wandering around the BM, fuzzily taking in collections of artifacts from early British expeditions, colonial artifacts, Greek and Roman carvings, Darwin's specimens, a copy of the Rosetta Stone, ancient books on science and philosophy. Finally finding a restful looking bench in the Egyptian collection. I carefully sidled into a comfortable position, and felt my eyelids get heavy and my eyeballs craving darkness and no more stimulation... I felt the pleasure of students who drift off in boring lectures. With my eyelids pleasurably at ease I slowly became aware that there was a large group of persons standing about arms-length in front of me... I could

feel heat and waves of movement. "Should I open my eyes?" They were talking a lot and snapping photos. I decided to open my eyes. One group of Chinese was already moving on and another one was forming in front of me. Perhaps because my eyes were now open, they moved on after taking their pictures, many of which I'm sure included me. I decided I would take my own picture including whatever figure was standing behind me. I have included it in this section, and who is that dude standing behind?

Book Signing: Two days after returning from England I attended a book signing gathering at the University of Washington. The book; Integrative Pain Management which was edited by Diana Thompson and Marissa Brooks is a unique contribution in the field of what is now called Integrative Medicine. Twenty four different authors engaged in what are called alternative therapies contributed chapters from their own unique approaches to working with pain. I had written one of the chapters which dealt with pain from a Trager® perspective as well as my own approach: creating a presencing interaction between client and practitioner. I had received my own copy of the book while at Cambridge so I had limited time to peruse the other chapters before the signing. But while there at what was called the "crow's nest," I did get to meet some I hadn't known and greet long-time colleagues who also had made their contributions to the book. Though we had each written our own chapters independently the overall effect was of a chorus that had been melded together to create new insights in confronting pain. We could all be proud of our collective achievement, especially in proposing alternatives to opioids and antidepressants for pain management.



Open hands

Open mind

Open face

Open heart

Jack Blackburn, LMP, Master's in Theological Studies, Certified Spiritual Director, specializes in body centered spiritual growth and healing. He has been a Trager® practitioner since 1986. He has been a Trager tutor since 1993, has taught Trager electives classes since 1996, and teaches a variety of classes to care giving professionals. He is a NCBTMB Approved Continuing Education Provider and AMTA National Presenter. He is a Focusing Trainer and teaches Bodywork Focusing classes for professionals. Jack is also a Reiki Master and teaches levels I, II, III and Advanced Reiki for Bodyworkers.

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