



## Presencing Issue 65 New Beginnings Opening the Doors of Healing



**Dear Ones,** Jack Blackburn writing to you again from Tokyo. In two weeks Koito and I will be arriving in Switzerland. We will teach some classes there and visit friends in Europe, coming back on the 19th. Of course we will have to follow Covid rules wherever we go. After we return to Japan we will start another series of webinars and a few hands-on classes. In the last few weeks I have been thinking some more about the changes that have been happening to our profession. Before becoming a bodyworker I was introduced to various forms of healing: emergency medicine, hospice care, allopathic medicine, Therapeutic Touch, Reiki, prayer circles. Each had some success in ameliorating pain and suffering. But this time of Covid is revealing a deeper malaise that individual suffering. I realize now that the changes we are experiencing are not dissimilar to previous eras of human experience. We actually do not know what comes next. We thought that humans ruled the earth and all her creatures. But it seems as if we have lost our way. Is Covid the problem, or is there a lack in the human spirit that needs filling? I said in these pages that we are the only species on this planet that lives in fear of itself. I chose bodywork as a way to ease the pain, but I realize now that fear is our greatest problem. What are we afraid of if not one another? I intend to dedicate these next Presencing issues to an exploration of healing. Blessings and Love and deep appreciation to all my brothers and sisters in touch!

### Continuing Webinars with Jack Blackburn

Receive a class manual and CE Certificate for each class

Class Days Tuesdays and Thursdays

Class Hours: 6 to 8 pm EDT, 5 to 7 pm CDT, 3 to 5 pm PDT

NCBTMB CEs hours are 4 per class, 2 per two hour segment Cost: \$40 each 4

hour class or \$25 for each 2 hour segment



#### Healing and Paradox

Our mistake is equating healing with body symptoms; whereas true healing is the realization of life. In healing we move into the embrace of what life really is. Life is not the short time we spend in the body, life is eternal and un-separated. Healing is a process of moving into the eternal and un-separated. In practical terms healing is joining or embracing the ones we perceive as "others."

**Bob Barnes example:** When Dr. Robert Hardy Barnes retired from medicine and became a hospital chaplain, he realized for the first time that doctors hide behind an impervious mask of authority. When he removed his stethoscope and wore the chaplain badge, no one paid attention to him. He was helping people face death and loss, a realm he had never entered before. He realized that as a doctor he was not dealing with death. In fact he was fighting the patient's symptoms until it was obvious that "death had taken over." At that point he would remove himself from the patient: "I'm sorry but there is nothing else we can do medically." The patient and the family then came under the purview of the chaplain. Bob realized that doctors perform medicine to hold onto the body and not to heal the patient. The doctor, with rare exceptions, has not confronted the fact that everyone dies, even medical authority figures.

Bob developed a course for the UW Medical School called: "Why Doctors Fear Death." He himself started doing the work of accompanying dying patients, especially doctors, and helping them to heal their lives and their sense of failure. He found that when doctors develop symptoms themselves, they feel guilty. They do not want their patients to know they are ill, and when they are dying, they hide themselves away. Bob came to the sense that personal honesty is the best course in dealing with issues of guilt and failure. He wrote a book called: The Good Doctor is Naked, and he chose to live the rest of his life in humor and honesty... and free of guilt. I was lucky to know him and to witness his own personal healing.



#### Decompression Somatics Introduction – Webinar

August 24 - 26

**Unusual Aspects of Touch – Decompression:** One of the discoveries made by osteopaths in the 19th century is that, instead of forcing the release of a tight muscle or joint, it is better to give gentle support to the effort the muscle is making. For example if someone is lifting a bucket of water and you take hold of the handle and lift up slightly you are reducing the effort of the person's muscles. Because of stress, we develop tight muscles in the body. The muscles are carrying a burden even when they are not carrying a physical load. When a muscle or a joint is carrying a load of

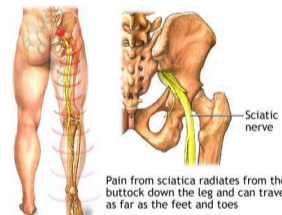
stress when there is no physical need it is called "compressed." If we can support the muscle or joint in a way that reduces its effort, the muscle and the joint relax. It takes almost no effort to perform decompression and about 10 times the effort to force the tissue to relax. Somatics: The second step in working this way is to help the client to feel right into the muscle and joint that is compressed. As the client practices these somatic techniques she is becoming more and more aware of what is happening in her body and she can feel the compressed tissue soften and warm. She will start to take deeper and deeper breaths and her whole body will relax in a parasympathetic response.

[Register Here](#)

#### Decompression Somatics Webinar - Working with Sciatica

August 31 - September 2

**Sciatica:** is a very painful and disabling condition which many bodyworkers deal with in their practice. I had sciatica years before and could find no relief until I blindly stepped in a hole while carrying a load of firewood in my arms... the relief was immediate and lasting. I pondered what had been adjusted by that misstep? I was baffled for years. Even though I knew that the piriformis muscle was clamped down on the sciatic nerve, I also knew that releasing the piriformis did not always relieve the pain. I also questioned what caused the piriformis to become tight. I started to observe that there were various other accompanying factors; the quadratus lumborum muscle was tight, as was the SI joint and the other hip rotators and the sacrotuberous ligament on that side of the spine. Before I learned decompression I found that my usual Trager movements, though helpful in relieving the pain, did not release the engaged muscles or ligaments.



[Register Here](#)

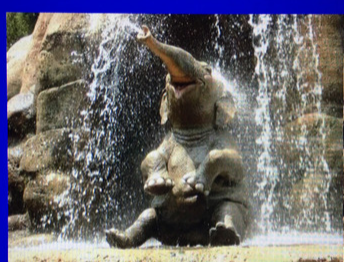
#### Working with Client Pain - Working with Client Fear

Two Hour Presentations by Jack Blackburn

PowerPoint Classes:

Dates, Cost and CEs to Be Determined

#### Pain Transforms in Presence



Presencing - feeling what is NOW  
So pain can be used to create *presencing*

#### Taming the Tiger



Ending Suffering by Transforming Fear

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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