

**Presencing Issue 69
New Beginnings IV
Opening the Doors of Healing
Bodywork and Healing**

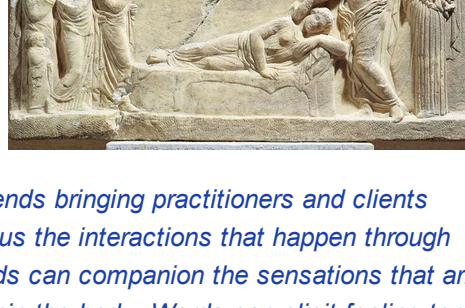
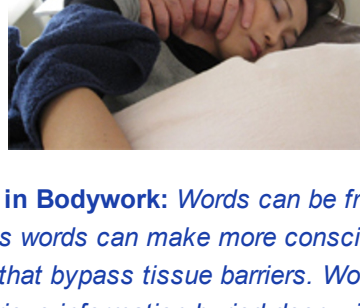
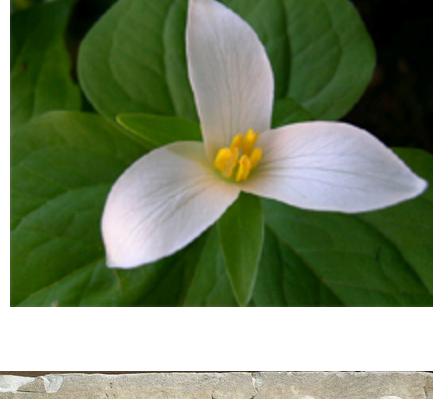
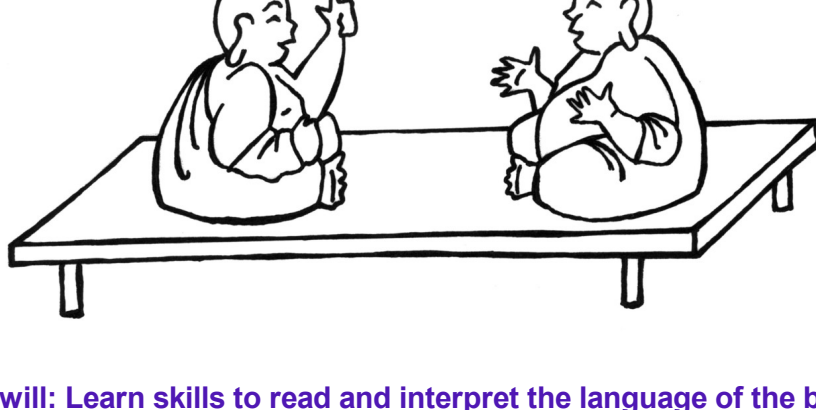


Table Talking the Missing Piece in Bodywork: *Words can be friends bringing practitioners and clients together. Our words and our client's words can make more conscious the interactions that happen through touch. Words can be messengers that bypass tissue barriers. Words can companion the sensations that arise from the body. Words can help retrieve information buried deep within the body. Words can elicit feeling tones that help the client listen. Words can be codices that help us translate the language of the body. Words can lend coloration to changes that occur as awareness grows. Words can be comforts and supporters in places of pain and fear. And words can be trail markers as we mutually discern the path of the session.* **Jack Blackburn**

Bodywork and Two Way Healing: I have started to speak about my association with a variety of healers over the years. As it seems pertinent I will bring more of the details of those associations to the fore. Because of my good fortune in learning from those healers I also tend to view our Bodywork Modalities from a different perspective. In 2012 I was invited to teach a number of workshops about aspects of healing in Japan. In thinking more deeply about my experiences as a bodyworker and my associations with various healers I realized that I could definitely say that healing is a two way experience between practitioner and client. And the primary connection between bodywork and healing is touch! All hands-on professionals experience sessions in which baffling changes occur for both persons. I have written in these *Presencing Issues* examples of those sessions which have stood out for me. I became convinced that our profession as hands-on bodyworkers was destined to become a source for new understandings of body, mind, and consciousness with Presencing as the unifying factor in creating personal healing and transformation. Recently in these newsletters I have been saying more about healing. I'm intentionally trying to enlist you my colleagues in the appreciation and uniqueness of hands-on healing.

Creating Teamwork Between Practitioner and Client: One of the steps in raising clients' consciousness about their bodies occurs when we verbally address those bodyparts we are touching by describing in non-judgmental language what we are doing and what we are feeling with our hands. This introduction to the body's language draws the client's conscious awareness to the site upon which we are focusing; a very important piece in bodily awareness is awakened. We can also ask the client to experience that bodypart when our hands are removed, feeling the echoes of our work. As the client has this felt sense of that part of the body, symbol and meaning arise. The client may have visual or auditory experiences arise as well. When a bodypart is consciously explored, the client usually becomes aware that other non-painful sensations occur at that site. Then the practitioner asks the client to use words to describe the sensations that he or she is experiencing. Those words, when mirrored back by the practitioner, help clients become more and more refined in describing what they are feeling.

UPCOMING WEBINARS with JACK BLACKBURN
THE US TRAGER ASSOCIATION presents
"TABLE TALKING - THE MISSING PIECE IN BODYWORK"



You will: Learn skills to read and interpret the language of the body.
Learn to conduct your sessions with a state of Presence.
Develop more confidence in working with client's pain, fear, and guilt.
Learn how body-centered counseling differs from psychotherapy
Become more aware of issues of transference and counter transference
Learn how you can find just the right words and touch to help your clients open
new doorways of personal growth and healing!

****This class has proven to be pioneering and highly valuable for bodyworkers. It offers training in ways to become comfortable and facile with verbal interactions with clients and how to use words to improve and build upon your hands-on techniques****

Part 1 Finding Presence in Our Bodies... Nov 22 and 24, time 4-6pm PST \$40 4 CES
Part 2 Reflective and Active Listening... Nov 29 and Dec 1, time 4-6pm PST \$40 4 CES
Part 3 Dependent Origination and Path-ology... Dec 6 and 8, time 4-6pm PST \$40 4 CES

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Table Talking Part 1 Excerpt - Bodies and Presence : Despite all the sophisticated modalities we practice and the much new material we have learned over the years our hands-on professions have not moved forward. Instead they remain ancillary services to the other care giving professions. Why? One reason is the dumbing down by the many for-profit massage schools who are preparing high school graduates to enter the world of bodywork, by meeting minimal standards for working at spas and shopping center outlets. I believe it is very important for those of us who have really immersed ourselves in the caring aspects of this work to bring the uniqueness of professional touch to the fore. Verbal interaction with our clients is one aspect of that maturation. There have been many debates and much legislation passed about the scope of practice of the bodywork professionals. As a latecomer to the field of professional caregiving, bodywork has been carefully, and sometimes jealously, scrutinized by each of the other caregiving professions. Our territory, professional certification and scope of practice have been drafted carefully so as not to encroach upon other's realms. Bodyworkers cannot diagnose, we cannot prescribe, and we cannot do psychological work with our clients. Yet we all know that when we are one-on-one with clients we are expected to treat our client's symptoms. We are expected to counsel with our clients and to make recommendations for their continued well-being. Some of this can be legitimately done if the practitioner's training and licensure includes such interaction. But the most basic truth about the body is that it only lives in the present moment. All of the systems which are built into the body are geared to the present moment, all the senses, all the functions, and all of the governing networks. Because of such automatic gearing the thinking mind can operate outside of presence and usually does. However when the mind gears itself to the present moment a whole new realm of consciousness is born. I see bodywork as the potential midwife of this birthing!

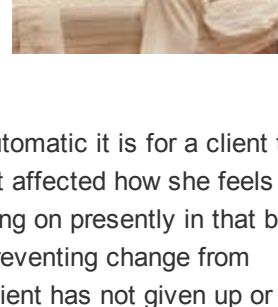
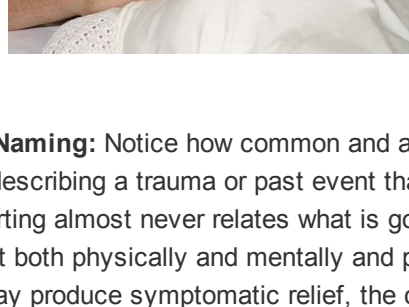
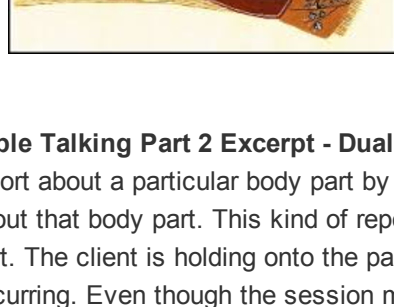
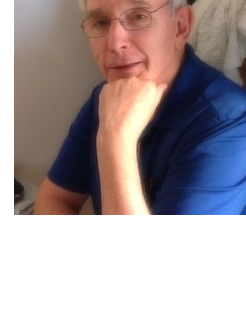


Table Talking Part 2 Excerpt - Dual Naming: Notice how common and automatic it is for a client to report about a particular body part by describing a trauma or past event that affected how she feels about that body part. This kind of reporting almost never relates what is going on presently in that body part. The client is holding onto the past both physically and mentally and preventing change from occurring. Even though the session may produce symptomatic relief, the client has not given up or let go of her perceptions. A somatic practitioner could say, "there has been no real change in the client's relationship to her body." This could be one of the reasons that mechanical change that is not consciously participated in or witnessed by the client may not produce long-term effects. Another method of presencing or working with mindfulness is for the practitioner to share what she is feeling in the client's body while encouraging the client to do the same. For instance, if the client is experiencing pain or any other strong sensations in the body part you are working or highlighting with your hands, have the client describe verbally, in objective, non-judgmental language, the quality and intensity of her sensations. In doing this, you are teaching the client to witness for herself, become more aware of her own body/mind, relationship, develop a feeling or sensory vocabulary, and let go of stories or judgments he/she has been associating with that part of her body. When both the client and the practitioner participate in verbally presencing and witnessing change, a fundamental shift takes place, making the feeling conscious. Trager would reinforce the client's shift in awareness, "there is a part of your mind (the part I'm speaking to right now) which will never forget this feeling. Remember this feeling and you can restore the freedom you feel right now in your body."

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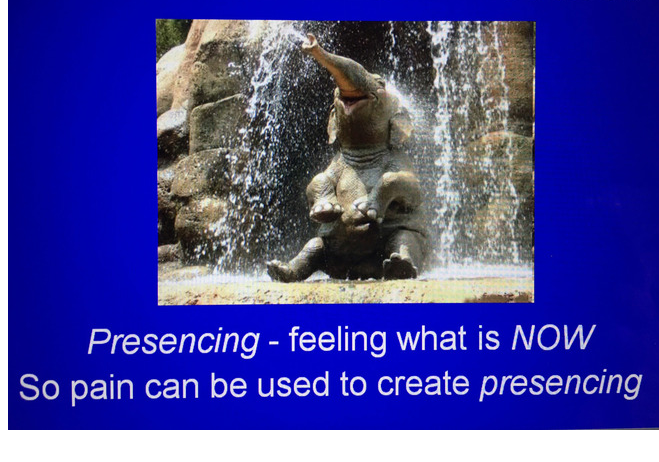


Taming the Tiger

Ending Suffering by Transforming Fear

****Taming the Tiger****
Working with Client Fear -
November 30 - December 2, 4 pm PST
PowerPoint Presentation and Class Sharing
Two 2 Hour Classes NCBTMB Certified Cost \$40

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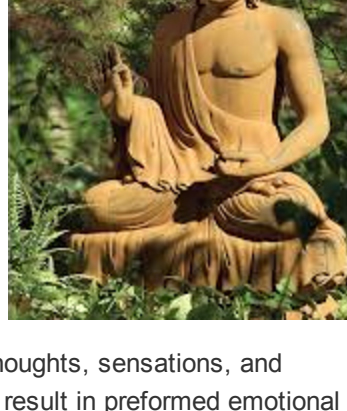
Pain Transforms in Presence

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

****Pain Transforms in Presence****
Working with Client Pain
Power Point Presentation and Class Sharing
December 14th and 16th 4 PM PST
Two 2 Hour Classes NCBTMB Certified Cost \$40

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Table Talking Part 3 Excerpt Dependent Origination: The Buddha discovered why we develop patterned responses (e.g. flinch, hitting, facial muscles grimacing) to occurrences in life. Information comes in through our senses, some reactions are in the brain stem (cerebellum) and those have to do with survival and maintenance but other reactions have been conditioned by the way we store and access our life experiences. The Buddha found, by closely monitoring his own thought and visceral experiences, that they are epiphenomenal. You can't have a thought without accompanying sensation and you can't have sensation without accompanying thought, be it conscious or unconscious. A thought occurs usually in reaction to some inner or outer event. The thought is paired with sensation (the body immediately responds) and then the thought/sensations cluster with similar or related thoughts and sensations stored away in memory banks followed immediately by accretions of other thoughts, sensations, and emotions. These patterned reactions called conditioned mind by the Buddha result in preformed emotional and physical sets that limit our capacity to ever experience anything as fresh and new. One of the benefits of presencing is that it allows us to witness these patterns and dissolve their chains of reaction. By focusing on sensations we have found the philosopher's stone, the ingredient sought by the ancient alchemists to convert the dross material of our lives and consciousness over which we seem to have no control, into the purity of unconditioned or original mind. As practitioners, we can accompany our clients in this process, guiding and supporting them as they enter the physical accretions (pain plus physical and emotional stuckness) to unravel these acquired pieces of the body story – unraveling and loosening the complexes and conditioning we find in our lives.



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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