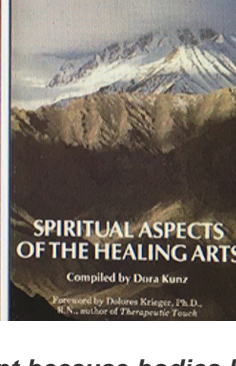
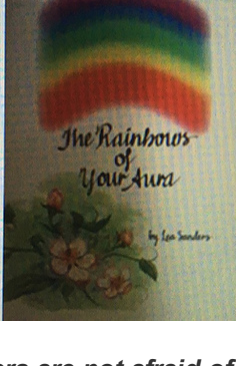
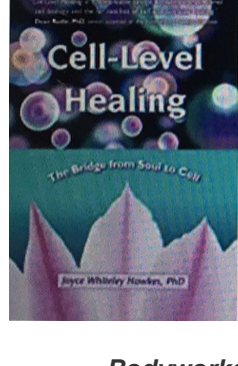
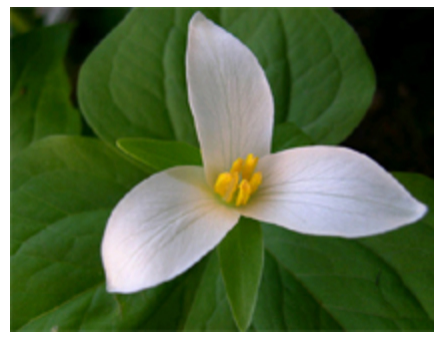


Presencing
JACK BLACKBURN'S NEWSLETTER

**Presencing Issue 70
New Beginnings V
Opening the Doors of Healing II**



Bodyworkers are not afraid of Healing as a concept because bodies heal themselves

What does bodywork offer to the mystery of Healing? Dear Ones, This is the fifth issue of the current Presencing series on healing and healers. As I have said earlier, I have had experiences of working with and being trained by various persons, who have been viewed as healers (above teachers: Joyce Hawkes, Lea Sanders, Iris Belhayes, Dora Kunz, Trixie Allingham). For the last 30 years I have been training bodyworkers to approach their work in ways that encompass the client's conscious awareness as they interact with touch. I have been learning through the years that we can share aspects of healing directly with our clients, and both gain from the experience. I have stated before that true healing, which literally means "wholeness" is a shared phenomenon. The reason is that the symptom or problem we are working on is caused by fear, which stems from isolation from one another and from conscious awareness of our body systems. In this issue I want to speak directly from my own internal experiences and learnings derived from my sessions.

There are many forms of hands-on healing - through touch and remote presencing

Healing itself does not mean a permanent change of symptoms and discomforts for the better. Changes are one of the constants in life and we are the ones who decide if they are positive or negative. We are making those decisions based on what we want from life. Two facts: all bodies age and all bodies die. Another fact we live with daily is that our bodies are continually healing and repairing themselves, in most cases without any accompaniment or awareness from us. Another fact is that all our body systems and communities of cells are in coordination because they are always in the present moment! Another fact is that our thinking mind is rarely in presence or sharing presence with other minds. Our sensory nervous system, the body sensations that convey the feeling of sentience every moment of our lives is always in presence and always working unless there is some interruption of those signals. The last fact I will mention here is that our bodies and everything that pertains to them only exist now!

Healing is a process of Being - Individual being meets shared Being

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Our sensory nervous system is always present and accompanies everything!

Touch is a part of the sensory nervous system and touch is always a two-way experience. Everything we are touching is receiving our touch and conveying the sensations of touch back to us. And any living thing is also touching us back: "The one you are touching is touching you." Sentience is always shared. And touch only exists in the present moment. If you are remembering being touched, your sensory nerves are giving you the feeling now, that accompanies that memory. Our minds however pick and choose what sensations to pay attention to... so if we are preoccupied by a memory or a future plan we become absorbed in the sensations that accompany our thoughts. Those accompanying sensations are magnified and as a result trigger our autonomic nervous system. As babies when we get our way we chortle, when we don't we cry! But we are always accompanied by presence! Both pain and pleasure are conveyed by the sensory nerves... one we choose, the other we often try to escape.

Sensory nerves are anticipatory of thought, action, bodily changes, and Being!

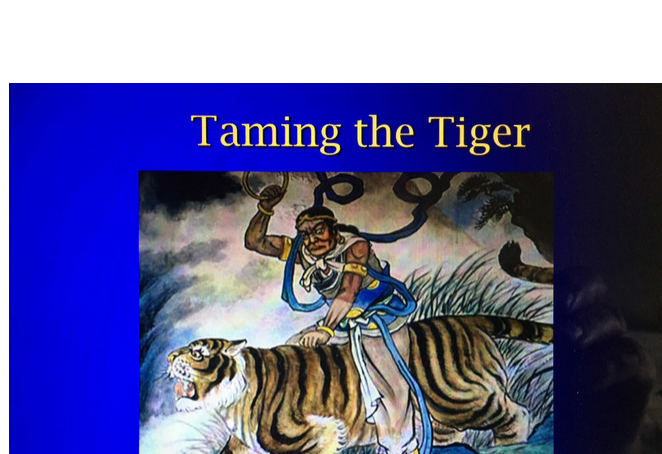
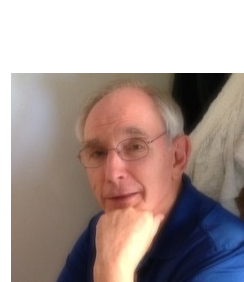


What survives the Body? Ask Presence! Presence is a foretaste of afterlife!

PRESENCE: Presence = All is NOW is the etheric substance of no-separation. In presence there is no time and no distance. Everything exists in presence except the human mind! When we feel pain we have the choice to become present or to escape, which magnifies the pain by producing a sympathetic (fight or flight) body response. Anything driven by fear becomes time dependent and we often use the sympathetic rush as a stimulant to get things done, or in battle or competition to win. If we win the aftereffect of the rush becomes quite pleasurable. If we lose the aftereffect becomes quite uncomfortable and results in negative emotions – all such emotions have fear at their core. We humans have developed mind states that give a false sense of individuality and independence. Part of this training means it's okay to win at the cost of everyone else. The truth is that the human species is inter-dependent with all of life. When we enter a conscious state of presence we realize no-separation. Our minds are dependent upon our bodies which exist in a state of presence. Our awakening comes when we consciously enter a state of presence. Surprisingly, pain also can bring us into a state of presence! So as bodyworkers we need to realize that our job is not to erase our clients' pain, but to join with our clients in presencing the pain!

We are living in states of fear. Fearing what? Ask humans; we made it up!

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Taming the Tiger



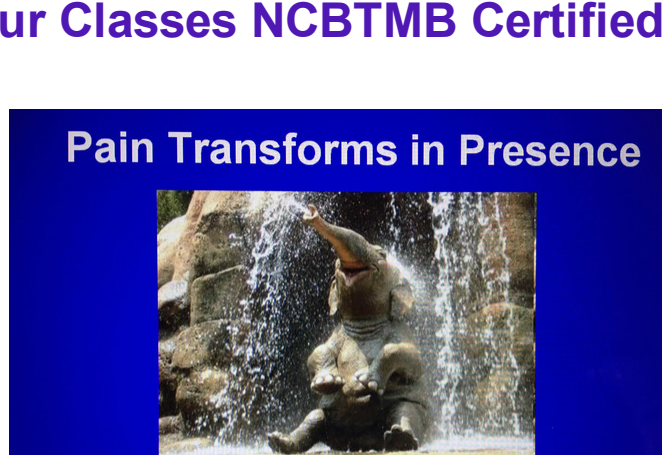
Ending Suffering by Transforming Fear

****Taming the Tiger****

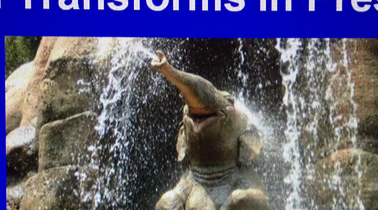
Working with Client Fear -

Dates to be announced

PowerPoint Presentation and Class Sharing
Two 2 Hour Classes NCBTMB Certified Cost \$40



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

Dates to be announced

Two 2 Hour Classes NCBTMB Certified Cost \$40

Healing is not the end of pain, but inclusive of

pain!

Finally, we are living in states of fear that we made up. The body is programmed to enter a state of sympathetic response in a physically dangerous situation. However we use fearful conditioning in order to impose fear on other humans as a form of control. We train ourselves to operate much of the time in states of conditional fear. Deadlines, shouting, alarms, flashing lights, broadcast warnings, loud noises, physical aggression, and stop watches are some of the fear stimulants we use to produce sympathetic responses. Pain is a natural and healthy body signal and most pain signals are so minimal we don't notice them. We unconsciously change our body position, or activity. When the pain persists and gets our attention we respond by taking action that reduces or minimizes the pain. But pain which is accompanied by fear produces suffering; similarly when fear is accompanied by threats of pain. Our conditioning for self-preservation and individuation begins in childhood and creates much of our suffering. Healing is inclusive and comes from joining in presence. Fear is never an expression of love and love is always an expression of kindness, gentleness, peacefulness, and affirmation. So bodyworkers can use touch and their own conscious awareness to join with clients in a state of presence; a state of mutual healing.



Healing is the end of suffering. Healing is also the end of separation.

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 center since 1993, has taught Trager elective 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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