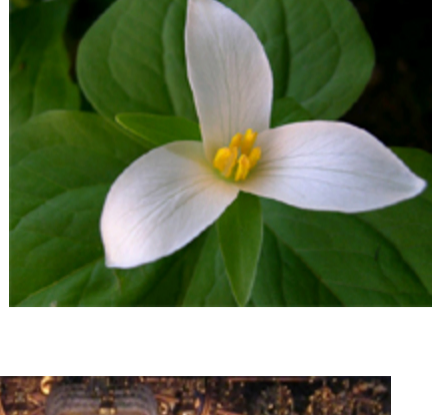
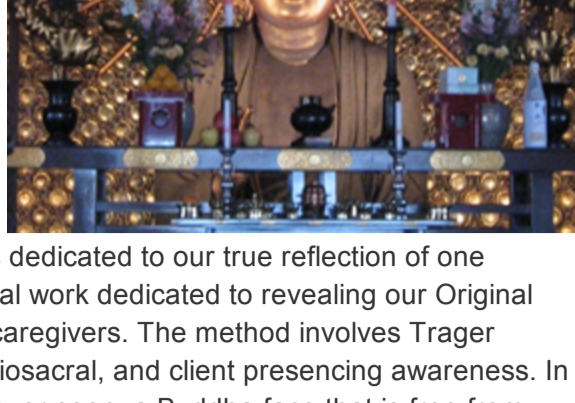




Presencing Issue 72 New Beginnings VII Original Face and Healing VI

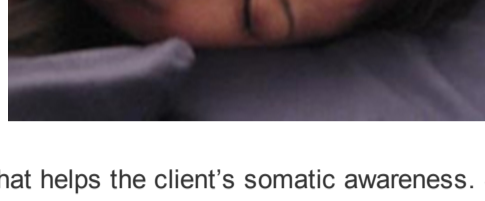


Famous Zen koan: "Show me your original face before you were born."
Variation: "Without thinking of good or evil, show me your original face before your mother and father were born."
Meaning: Reach beyond your "conditioned mind" to your true self – the self before you were born.



Original Face: This issue of *Presencing* is dedicated to our true reflection of one another and introducing a new form of facial work dedicated to revealing our Original Face which we are starting to teach to all caregivers. The method involves Trager movement, decompression somatics, craniosacral, and client presencing awareness. In most cases clients see a face they have never seen, a Buddha face that is free from conditioning.

Mirroring Others: We are all mirrors for one another. What we see in another's face reflects aspects of ourselves. We can see our own judgments and lack of self-acceptance reflected in others' faces. When we change our own way of mirroring others, we start seeing ourselves differently. The center of the altar on a Shinto shrine is a mirror. When I first saw this mirror I was startled! Does this mean that my ego is the center of my own spiritual practice? I soon came to realize that the mirror means something quite different. The mirror on the altar is reflecting the true person. In the past Chinese bronze mirrors were used; shiny bronze reflects quite differently from modern silvered glass. Bronze mirrors required regular shining because the surface was not protected by glass. The mirror in Shinto really means that we have to face ourselves and how we are living our lives. I realized that our faces can become like bronze mirrors for others when we learn to become present inside. Just like the bronze mirrors we can reflect the true self of other persons, gently and with compassion. A daily practice of somatic awareness and presencing is our way of cleansing and shining our mirror so that we become bronze mirrors for our clients and others. When we bring touch to our clients faces with this understanding, we can introduce them to their own true face. And then when our clients see and feel their face in the mirror, they reflect themselves and others differently.

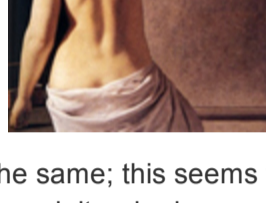
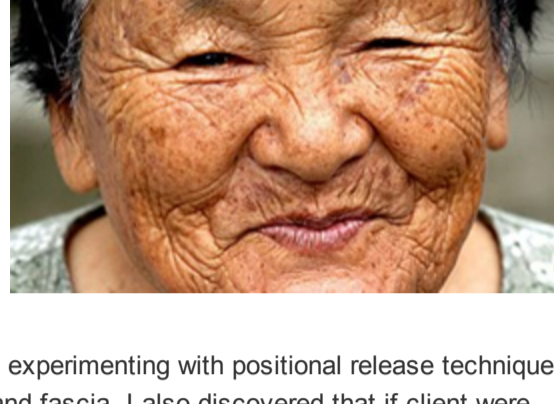


Practitioner follows direction of softening and warming: In decompression and somatics the practitioner gives support to facial muscles and follows the softening and warming as they relax.

The client is doing the same thing from inside the body. The client is focusing her breath and feeling the inner softening that is occurring. She can also feel different parts of her body relax like the neck and shoulders, low back and abdomen. You will also see relaxation in the arms and hands. At this point there is another thing the practitioner can do

that helps the client's somatic awareness. She can ask the client to tell her what she is feeling inside. As the client searches the sensations inside her body she will produce even more relaxation in the tissue. This is an amazing thing to witness; as the client is producing her own relaxation by saying what she is feeling. She has become a willing participant in her own healing.

Soft and Gentle: True beauty and ugliness have nothing to do with age: When an elder person truly mirrors us all the signs of ageing become embellishment for the mirroring, just like looking at the face of a baby. We see the face of Love being truly reflective of our own. I developed these approaches over the years, while learning as much about the face, neck, and jaw as I could. When I started teaching my own bodywork classes in 1995, I included some of my learned facial approaches in those classes. In 1998 I started experimenting with positional release techniques for facial muscles, temporal mandibular joint, and fascia. I also discovered that if client were taught to feel into the parts of their face that were being touched, they would let go of discomforts and extreme pain caused by facial surgery, jaw dislocations, toothache, earache and tight muscles in the neck and base of the skull. Practicing with these methods over the years has given me some unusual insights about face work.



Reflection: We never see our own face. Mirrors reverse our faces and when we look in the mirror we see a projection of our own thoughts and self-judgments. We are very fixated on the image that we see in our mirrors and yet the face we look at is only a surface covering that is 5mm thick! We make up our faces to conform to our desired appearance... that appearance becomes a mask, what the Greeks called a *persona*. The interesting thing is that we are also aware of an inner mask or persona that conveys our inner thoughts and feelings about ourselves. It is very unusual when the inner and outer masks are

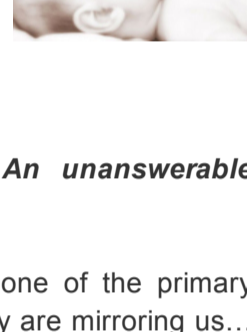
the same; this seems to be true for children who are not trying to hide their thoughts and for adults who have worked through many of their inner conflicts. What we see in the mirror is often the conflict between inner and outer masks. When the client feels the effects of her own participation in facial muscles, it is as if she is releasing inner and outer face from conflict and self-judgment. The face is then free to become a mirror for others. Anyone experiencing this effect in the client's face will feel attracted to what they see.

Trillium Institute Presents Webinars with Jack Blackburn

ORIGINAL FACE - CLEARING FACIAL STRAIN Four Weekly Two Hour Classes - 8CEs

March 24th, 31st, April 7th, 14th Time 4 pm PDT

NCBTMB Certified Cost \$120



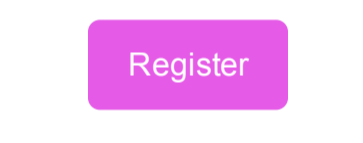
Zen Koan: What was your face before you were born? An unanswerable Question!

Human Faces are Mirrors: We cannot see our own faces. So one of the primary functions of our faces is to mirror the faces of others – even as they are mirroring us... What we feel inside governs how we mirror others. Loving-open faces create the effect of being truly met. "Truly met" means that someone is greeting us as a fellow soul-being... When we wear a "mask," what the Greeks called *persona*, it means that we are playing a part or role in relation to others. Handsomeness and beauty are *personas* or roles, not mirrors of empathy.

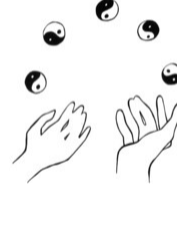
Original Face Work: In Original Face Work, we are learning the feeling the feeling of relaxed, refreshed, and fearless facial musculature. We are clearing our musculature from past memories and projections. True beauty and ugliness have nothing to do with age... they reflect our ability to mirror others and our willingness to be mirrored back.

Gateways to Personal and Interpersonal Expression: Our eyes are called mirrors of the soul and can look deeply from our soul to another soul. The expression "Look into the eyes that really see you," is a deeper form of mirroring we support with Original Face Work. We are relaxing eye muscles and inner tension inside and behind the eyes. Many persons are afraid to make eye contact... Why? Also many persons are afraid to keep their eyes closed when entering their inner being... Why? What are the stages of letting go of eye-centered fear?

These before-after face-work photos below were taken 25 minutes apart



Register



ETHICAL DILEMMAS

Three 2 hour classes = 6 CE's

*Earn 2CEs extra credits for written case

studies*

March 29th, April 5th, 6th Time: 4 pm PDT

NCBTMB Certified Cost \$60

Ethical Dilemmas as a Mode of Understanding: Ethics can be most clearly understood in real life situations. We need to understand the differences between ethics, laws, professional standards, business agreements and cultural norms. It is very easy to conflate these different principles and wind up with a vague sense of our own ethical principles.

Laws vary from age to age and from population to population: The same is true of cultural norms and professional standards. And what is considered unethical behavior can vary from person to person. We need to go inside and feel how and where the ethical question is impacting us.

Being in supervision: There is a growing awareness in our profession, like other caregiving professions, that we need to have a peer supervision group where we can discuss the personal issues that arise in our practice. So many of us work by ourselves. Many of the issues that become ethical dilemmas start from lack of communication. We all need someone, preferably a fellow professional, to talk with about those issues.

Register



PRESENCING SOMATICS - Three Parts: Trager® "Hookup" and Presencing Personal Presencing for Practitioners Sharing Presence with Your Client

Three Two Hour Classes - 6CEs

March 28th, March 30th, April 4th. Time 4PM PDT

NCBTMB Certified Cost \$90

Trager Hookup and Presencing: One of the unique differences between the Trager® Approach and other forms of bodywork is a discovery by Milton Trager that a certain state of mind in the practitioner could dramatically influence the results of sessions. He called this state of mind, "hook-up", meaning that the practitioner was connecting with the client mentally as well as physically. There are three ingredients in meditative practices that are identical to the use of hook-up in the *Trager* approach. First, bodily sensations are used to maintain a state of continuous awareness of the present, to keep the mind from drifting or losing concentration. Second, there is a continuous monitoring of the effects of remaining present by a witnessing/recording part of the mind. Third, there is a commitment to maintaining this focus or alertness of body and mind so even very subtle changes in perception can be registered and worked with.

Personal Presencing: You will learn how to bring yourself into the present moment under many different conditions like fear, decision making, awakening to nature, finding inner guidance, and becoming present to your own destiny. The more you practice presencing daily, the more you can use the tools of presence with your clients. This class introduces practitioners to body-centered meditative techniques. How do we develop our body awareness into an instrument for awakening?

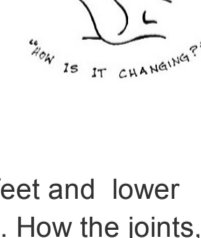
Sharing Presence with Your Client: When a person has an experience of healing even when alone, that becomes a feeling of joining with the rest of humanity or joining with creation. Healing is an experience of joining with others. You will be introduced to conscious ways of bringing your clients into presence, joining with them in witnessing the positive effects of conscious awareness they can create in their own bodies and how those effects can change the ways they live the rest of their lives.

Register

FOOT DECOMPRESSION SOMATICS Three Two Hour Classes - 6CEs

April 11th, 12th, 13th Time 4PM PDT

NCBTMB Certified Cost \$90



In this class you will learn the following:

How to release stiffness and pain in the body by working gently on the feet and lower legs. How to recognize the portions of the feet that need to be released. How the joints, muscles, tendons, ligaments, fascia of the feet connect to the whole body. How to change the arches of the feet that correct the posture in the whole body. How to improve blood circulation and good feeling in the whole body. How to compress along lines of balance in the feet that offer very pleasurable sensations. How to bring yourself and your client into a state of shared presence and teamwork

Case Report Client Session using FDS: I worked with a man who has a very small where he has to stand almost all of the day. He is quite large and works in a professional space. He wears very expensive shoes so that his feet and legs hurt him less. He received acupuncture but it gave only temporary relief. He suffers continual pain in his legs and low back and swelling in his legs and feet. I gave him a session of mostly FDS. He felt immediate relief in his feet and legs and low back. He said he could not remember feeling so good. The work on his feet also released stiffness in his hips and upper back. His circulation improved and he could feel the warming of blood flow throughout his whole body. I visited him at his shop 3 weeks later and he said he was still benefiting from the treatment and the pain and stiffness had not returned.

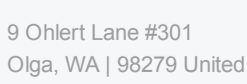
Register

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.

Note Jack's email address is: jackpresence@gmail.com

www.presencingsource.com

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