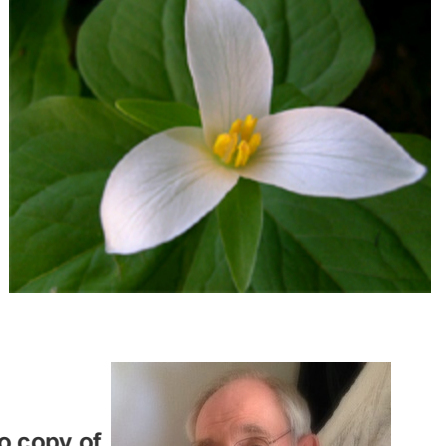




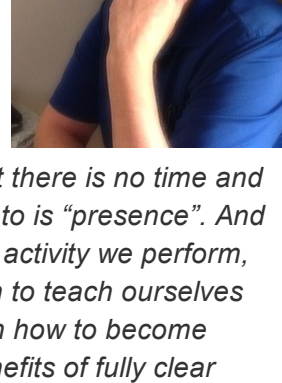
Presencing Issue 73
New Beginnings VIII
Presencing Somatics and Healing



****Reminder from Jack:**

All webinar attendees receive a manual, a certificate, and a video copy of the class. I offer a range of classes which will enhance your practice as well help with your CE requirements.

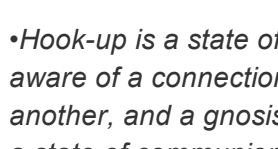
My blessings go out to all touch practitioners in these difficult times!**



Presencing: There is a condition that most of us are trying to create without really knowing it, a condition that takes us out of tension, confusion, and doubt, a condition that is so common, that there is no time and no place when it is not available to us. The condition I'm referring to is "presence". And yet, we spend less time being consciously present than any other activity we perform, mentally or physically. As bodyworkers, we are in a unique position to teach ourselves and our clients to become aware of the state of presence, to learn how to become present for longer and longer periods of time, and to reap the benefits of fully clear conscious awareness moment after moment.

Bodies are designed with multiple systems that insure that they will keep giving us service for many years. These systems, like the autonomic nervous system, digestive, respiratory, and immune systems operate continuously without our conscious involvement. And yet, we, as bodyworkers, also know how each of these systems is affected by our own and our client's state of being. If we feel open and enthusiastic about our lives, all systems seem to function highly efficiently. If we feel sad and depressed, all of our bodily systems become depressed in their functioning. As our bodies age, systems become less resilient and responsive to challenge. Worry and cynicism can produce signs of premature ageing in our bodily systems.

Amongst caregivers, bodyworkers are uniquely trained to interact through touch and focus with all bodily systems. We know that there are many effects created as we work with bodies. We can feel very positive changes through our hands often before the client becomes aware of those changes. If we are focused enough in our work, we not only feel those changes that are occurring for our clients, we can experience many of the same changes in our own bodies!



"Hookup" or Presencing: What is this state of awareness that Milton Trager lived for? What does it feel like? How does a practitioner learn to hook-up? What does the client experience when the practitioner is hooked-up? What are the results of a session where the practitioner is hooked-up? What physiological and mental changes occur in the practitioner? Can hookup or presence be practiced in any modality? What about sessions where both client and practitioner are hooked-up?

Milton Trager's Hook-up and Presencing are the same!

***Hook-up is a state of expanded mental, physical and spiritual awareness. One becomes aware of a connection between inner and outer experiences, between one person and another, and a gnosis or inner knowing connection to universal being. Some would call it a state of communion.**

***Hook-up feels deeply pleasurable and peaceful. One perceives dimensions that are usually in the background of our sensibilities, such as: timelessness, silence, stillness, emptiness, and unity. One feels spacious and loving, light and vibrant, awe-filled and expectant. Body and mind feeling tingly or shimmery.**

***One can hook-up by monitoring, moment-to-moment, the body's sensory responses from any phenomena and then apprehend the effects of this process.**

***When the practitioner is hooked-up the client feels gently held, respected and guided into a state of deep peacefulness, trust, and unpressured letting go.**

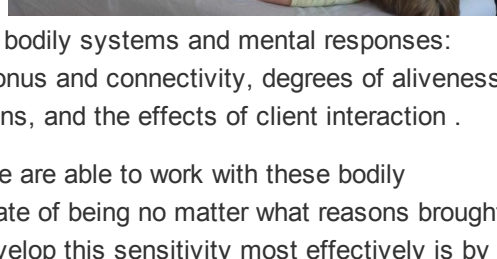
***The results of such a session affirm the client's own inner resources: a fundamental participative process for self-healing that can continue long after the session is over.**

***The practitioner becomes aware of heightened physical sensitivity that includes soft hands, and a mental focus that is continuously listening, assessing, affirming, and adjusting to tissue change, rather than removing symptoms.**

***Since hook-up is primarily the apprehension of what is implicit in each moment; there is no reason why this state would not compliment any modality. It is a matter of shifting other agendas like: fixing, mending, comparing, or protocol, into the background. Each session becomes unique and latent with possibility, as does each client.**

***When practitioner and client are fully aware and conversant about what is occurring in the present moment, there is an interpersonal and reciprocal sharing of sensitivities; and change and transformation are multiplied.**

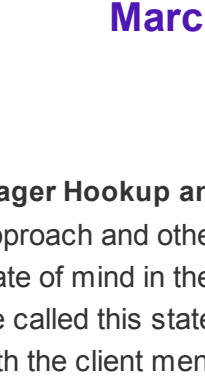
Bodyworkers are also uniquely positioned to learn the language of the body in extraordinary ways. Whereas medical teams use mechanical devices to constantly monitor different systems in patients' bodies because the procedures they do require that their hands and minds be free to concentrate on the intervention they are making in the bodily systems. Bodyworkers, on the other hand, get to monitor many of those systems qualitatively by interacting with them using our hands and our minds. We get the opportunity to enter a place of continuous awareness of our clients' bodily systems and mental responses:



breath, blood circulation, reflexive reactions, tissue tonus and connectivity, degrees of aliveness and vitality, autonomic states, palpation of deep organs, and the effects of client interaction.

As we become more and more skilled in our work, we are able to work with these bodily responses consciously to help change the client's state of being no matter what reasons brought the client to us in the first place. The way that we develop this sensitivity most effectively is by becoming fully present to our own sensory awareness as we interact with our clients through the medium of the body. Our bodies and those of our clients only exist in the present moment. Our body's existence is inextricably interwoven with the systems we call vital and is also highly influenced by the systems that are more clearly linked to our emotions and thoughts. While we are highly familiar with the systems we focus on in our work, we are less familiar with how our state of awareness and that of our client, affects those systems and vice versa. If we choose to link our knowledge of the body with presencing, we will take our work and our profession further than we can imagine. ****Presencing can create a whole new paradigm in bodywork!****

Trillium Institute Presents
Webinars with Jack Blackburn



**PRESENCING SOMATICS - Three Parts:
Trager® "Hookup" and Presencing
Personal Presencing for Practitioners
Sharing Presence with Our Clients**

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.

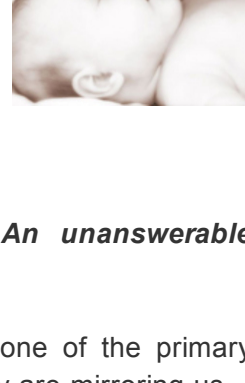
Register

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



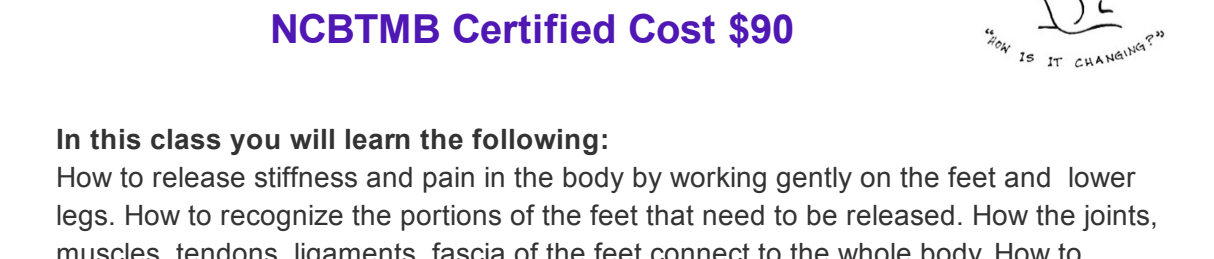
Zen Koan: What was your face before you were born? An unanswerable Question!

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****



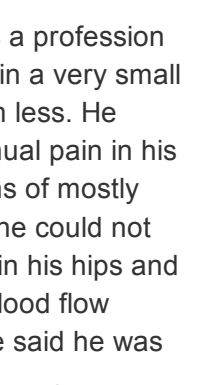
Register

FOOT DECOMPRESSION SOMATICS

Three Two Hour Classes - 6CEs

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

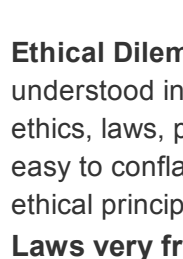
NCBTMB Certified Cost \$90



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 profession where he has to stand almost all of the day. He is quite large and works in a very small 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 received continual pain in his legs and low back and swelling in his legs and feet. I gave him a sessions 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



ETHICAL DILEMMAS

Three 2 hour classes = 6 CE's

Earn 2CEs extra credits for written case studies

Postponed with mid April 19th, 20th, 21st 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

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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