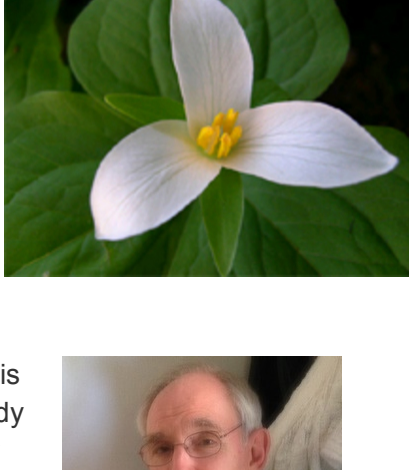
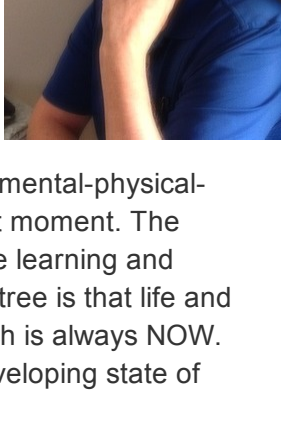




**Presencing Issue 79**  
**Towards A New Bodywork Paradigm II**  
**Bodywork as a Caregiving Profession**  
**June-July Webinars: Shared-Presencing Foundation**  
**1. Open Door of Presence 2. Pain is Always Now**  
**3. Presence Transforms Fear 4. Interactive Touch**



**Why shared presencing is central to caregiving:** All of life is tethered to the present moment. All of the functions of our body are synchronized to now, including our minds. Even when our thoughts are recollecting the past or projecting towards the future, our sensory nervous system is accompanying those diversions with feeling. One reason we are confused about the word "feeling" is that our sensory network is attuning sensations to the mind's state: memories, elations, guilt, trepidations, regrets, ennui, planning, anticipations, problem solving, anxieties, attractions and aversions. In fact our thinking mind can be so entranced by these mental-physical-emotional states that we are only briefly interrupted by the present moment. The Buddha called this form of awareness "conditioned mind." The true learning and teachings of Christ in the Desert and the Buddha under the Bodhi tree is that life and nature and all of life's forms are connected together by Being which is always NOW. Their teachings underscore the oneness of everything and the enveloping state of universal presence.



**Caregiving involves the active participation of the client:** As touch professionals we are using our hands to feel the tonus, temperature and aliveness of what we are touching. But what is also true is that when we are touching another sentient being, we are also being touched. We are using touch to give care, and we are also receiving touch from that other person. If we are working with compressed or painful tissue we can encourage the client to initiate her touch reflexes so that that tissue is receiving touch from both directions; inside and outside. Also other sensory nerves can be initiated by that client. She can use her breath to expand or contract that tissue with her feeling awareness. She can also initiate her proprioceptive awareness to engage directly with what is happening. These attributes of touch can contribute to the client's conscious awareness and also be shared by you the practitioner. I hope each of the webinars we are teaching are building towards a deeper understanding of our profession as caregiving.

**The difference between caregiving and caretaking:** Years ago, in the early 1990s, I wrote a series of articles that were published by the AMTA. I was trying to describe what it means when practitioners try earnestly to fix any problems their clients bring. I had many friends and colleagues in bodywork, medicine, psychology and healing who, because of their skills and training gauged their practice by how many long-term clients/patients they had and how many different types of conditions they could help. I realised at the time, that the operative paradigm for all those professions was: the practitioner was the expert and the client-patient was the grateful recipient. I saw many of the difficulties of such client relationships; practitioner burnout, client dependency, solicitous client recruitment, and loss of clients as failure. I realised that some practitioners took a different tack in which they saw their clients as equal partners in a team effort. I noticed that authority for the sessions and the outcomes were shared equally. Two doctor friends who valued client reciprocity were deeply loved by their communities and their colleagues. The phrase care-taking literally means taking over care for persons who cannot care for themselves; emergency medicine as an example. Certainly, that is rarely the case in bodywork. The webinars and descriptions I am listing in this *Presencing* issue may represent anomalies in the current Bodywork treatment paradigms. I believe they will point Professional Touch towards a place of deep respect and equality amongst fellow caregivers and the general public.

**Cornerstones for a Paradigm Shift in Bodywork as a Caregiving Profession:**

**The body only exists in the present moment, and all bodily functions are attuned to now.**

**Our sensory system accompanies every thought, every action, every moment of our life.**

**Our mind and our senses can be conditioned darkly by stories we carry from the past.**

**Sensations of touch are always two-way; felt by the body, but not necessarily by mind.**

**Giving care is very different from taking care, giving is interactive, taking is one way.**

**Giving care usually requires two-way communication; taking care does not.**

**All caregiving professions verge on caretaking when communication is only one way.**

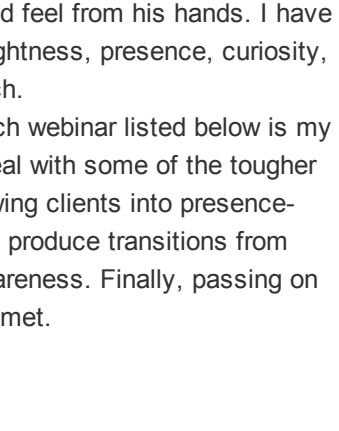
***\*\*Reminder from Jack:***

***All webinar attendees receive a manual, a certificate, and video copies of each class. I offer a range of classes which I hope will enhance your practice as well help with your CE requirements. In this issue I offer more aspects Caregiving which may change your work and our profession: Shared Presencing, Client Sensory Interaction, Attending the Path of Pain, Absorbing Fear, and Touching NOW!***

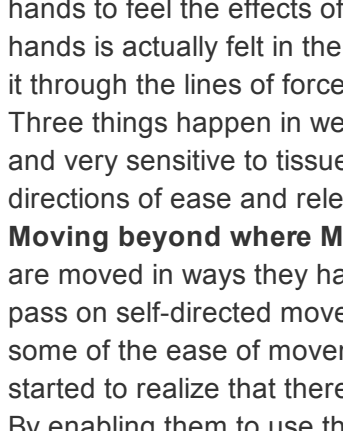
***My Blessings go out to all touch practitioners everywhere in these difficult times!\*\****

**Trillium Institute and the US Trager Association**  
**Present: New Webinars with Jack Blackburn**

**A Tribute to Milton Trager:** In 1985 I started the Trager train track and by the end of the year, I became a practitioner. My background prior included emergency medicine, hospice work, energy healing, managing Orcas Medical Center, doing kidney dialysis, and drawing blood, counting White Blood Cells and reporting to a Stanford Oncology center. When I met Milton Trager, I was impressed by his lack of ego, and his overall state of openness and curiosity. I was already working as a LMP. Because of my vipassana meditation practice, I realized that Hookup (Presence), and lightness of being (nothingness and sentience) were the main contributions Milton was making to the world of professional touch. The first time I felt his touch, I rushed to meet the emptiness I could feel from his hands. I have trained in various modalities but I realize that Milton's qualities of lightness, presence, curiosity, and emptiness underlie all of my client sessions and classes I teach.



**Extending our Inheritance Beyond Where Milton Could Go:** Each webinar listed below is my attempt to draw on aspects of Milton's work that open doors that deal with some of the tougher areas of our work with clients: Giving the Gift of Presence and drawing clients into presence-consciousness. Working with pain and fear in unique ways that can produce transitions from sympathetic to parasympathetic states by using interactive felt awareness. Finally, passing on the emptiness of touch, perhaps the most significant form of being met.



**SHARING PRESENCE-CLIENT & PRACTITIONER**  
**Three Two Hour Classes - 6CEs**  
**June 27th, 29th, July 1st - Time 4PM PDT**  
**NCBTMB Approval in Process Cost \$90**

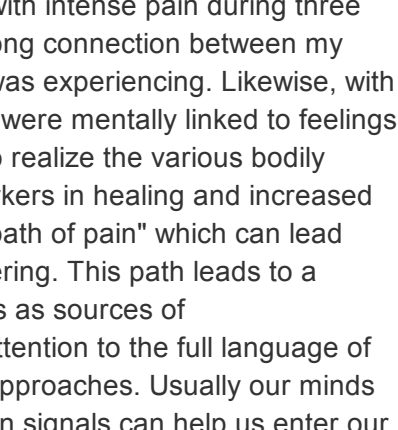
**Milton Trager's Words:** "Hookup is like the measles. You catch it from someone who's got it." One of Milton's unique contributions to the world of bodywork, was his term "Hookup," what I am calling *Presencing*. He taught us to weigh our hands in order to come into a state of Hookup. Why did weighing hands make a difference? For our hands to feel the effects of gravity we have to let our wrists go slack. The weight of the hands is actually felt in the forearms and upper arms. To weigh anything we must move it through the lines of force of gravity, which are always felt in the present moment. Three things happen in weighing our hands. The hands become flushed-arm, puffy-soft; and very sensitive to tissue. One can feel layers and tonus of tissue, as well as directions of ease and release.

**Moving beyond where Milton could go:** In clients' first Trager sessions, their bodies are moved in ways they have never felt before; like a babies being rocked. We would pass on self-directed movements called *Mentastics* through which clients could recreate some of the ease of movement they felt in their sessions. After giving many sessions, I started to realize that there are ways to share the Hookup state of presence with clients. By enabling them to use their own feeling awareness consciously in the places I was touching. If they interact with their own tissue from inside, they can create their own state of *Presencing*. There are various ways to create this shared state of presence. And this deeper level of conscious awareness can be shared in any bodywork modality. This is what we will be exploring in the webinar. Sharing presence is a mutual transforming experience!

Register

**PRESENCE PAIN - TRAIL MARKERS**

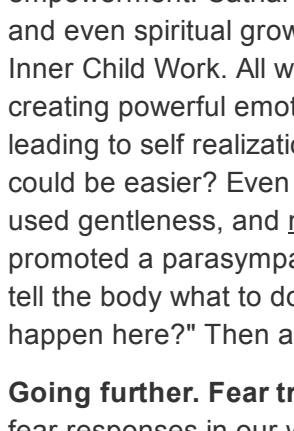
**Three Two Hour Classes - 6CEs**  
**July 5th, 6th, 8th - Time 4PM PDT**  
**NCBTMB Approval in Process Cost \$90**



**Milton's words:** "If you are creating pain, you are not doing Trager." During much of the time that Milton was teaching bodyworkers, most of the other modalities relied on pressure to overwhelm resistance in the connective tissue of the body. Massage techniques were mostly drawn from deep tissue, trigger points, sports massage, and offshoots of Roling. At the time, Wilhelm Reich's concepts of therapy including strong emotional releases in the client, were influencing many in helping professions. As your client enters a fear-based flight or fight state, an explosive emotional release could be cathartic (purifying, purging, cleansing)! Ida Rolf was a protégé of Wilhelm Reich, and Fritz Perls was promoting the same thing in Gestalt Therapy. Both Milton and Perls taught at Esalen Institute in California. So it was important that Milton distinguish his work from fear-based, pain-based catharsis, although for awhile he did use the words "Fight me, Fight me" instead of "Meet me here" when he was trying to stimulate client reflexive responses; for stimulating breath and intercostals in the upper chest.

**Taking a Different Tack towards pain:** Those of you who have been reading these newsletters over the years probably know that I have taken a different approach towards working with pain. I had my own experiences of dealing with intense pain during three years of in-depth vipassana meditation. I learned the strong connection between my negative thoughts and memories, and how much pain I was experiencing. Likewise, with clients I learned how much the pains they were suffering were mentally linked to feelings of guilt and punishment. Two doctor friends helped me to realize the various bodily functions of pain. Also, pain signals can become trail markers in healing and increased conscious awareness. In this webinar we will explore a "path of pain" which can lead directly towards releasing the thoughts which cause suffering. This path leads to a wholly different way of living life; by attending to our pains as sources of transformation. When the conscious mind starts to pay attention to the full language of the body, things change. This is the basis of all somatic approaches. Usually our minds pay attention to what we like; avoiding what we don't. Pain signals can help us enter our body's continuous state of *Presence*. Bodily pain signals are never punishment! Pain is always NOW!

Register



**PRESENCE TRANSFORMS CLIENT FEARS**  
**Three Two Hour Classes - 6CEs**  
**July 11th, 13th, 15th - Time 4PM PDT**  
**NCBTMB Approval in Process Cost \$90**

**Milton Trager:** "Fear is held in the mind of the client. Our work is changing the client's mind." In 1975 Milton demonstrated his method which he called Psychophysical

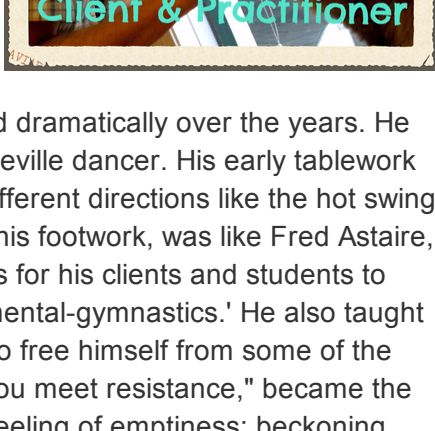
Integration at Esalen Institute. Esalen and much of the other leading edge proponents of the Human Potential Movement were absorbed by the idea that cathartic, strong emotional releases, are transformative to the human psyche and create personal empowerment. Cathartic approaches were then being used in bodywork, psychology, and even spiritual growth. Encounter groups, Primal Scream, E.S.T., Roling, Osho, and Inner Child Work. All were considered life-changing at the time. Common to all was creating powerful emotional releases by pushing the sympathetic nervous system, leading to self realization. Milton Trager's approach was exactly the opposite. "What could be easier? Even easier than that?" Rather than using fear as a stimulus, Milton used gentleness, and not pushing! Rather than promoting sympathetic responses, he promoted a parasympathetic awareness. Rather than using hands to push, kneed, and tell the body what to do, Milton used soft-listening-curious-hands, asking "What needs to happen here?" Then allowing!

**Going further. Fear transforms in presence!** There are many signs of sympathetic fear responses in our work with our clients. Starting with their demeanor during intake, as well as the stories they tell which reveal what troubles they've encountered since their last session. Other signs of sympathetic response are revealed by the body. What are the patterns of the client's breathing? Are there any reflexive reactions... Any places where the client helps, or where the client dissociates? Is the client still focusing on the intake story? Each of these signs offers opportunities for bringing the client into presence. Your listening hands and verbal support can open client minds into presence. If the client feels into that body part she can shift from her thinking mind to her feeling awareness. Even strong emotions can shift when the client feels into the actual sensations in that part of her body, because negative emotions are anchored in the past, but the sensations are always NOW. In this webinar we will learn how to convert fear into conscious presence; the opposite of catharsis. That shared experience of presencing is transformative to the client and you!

Register

**TWO-WAY INTERACTIVE TOUCH**

**Three Two Hour Classes - 6CEs**  
**July 19th, 21st, 23rd Time 4PM PDT**  
**NCBTMB Approval in Process Cost \$90**

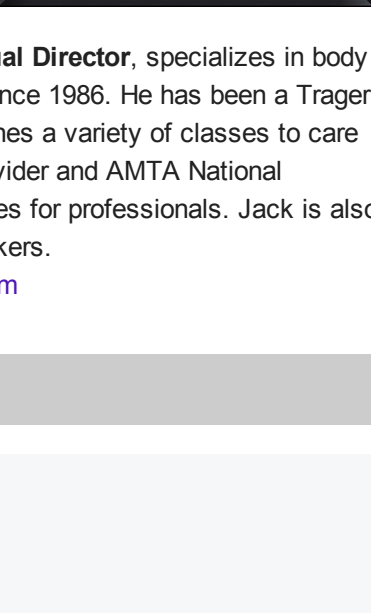
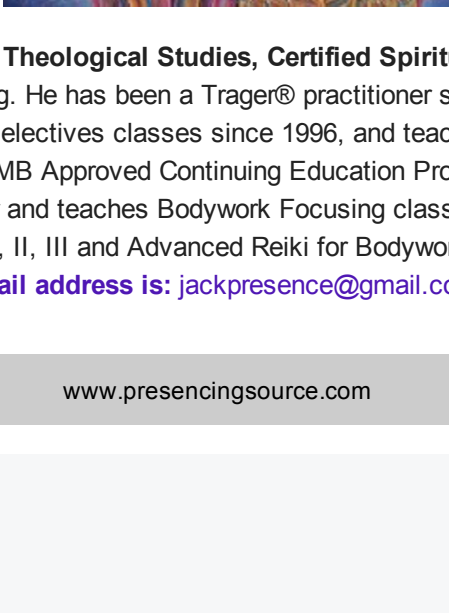
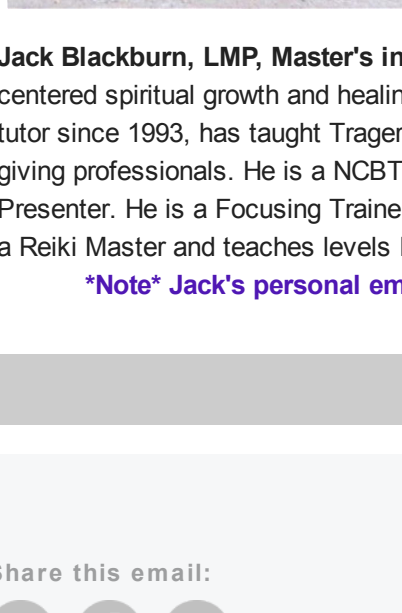


**Milton: "Use your hands to listen to the tissue. When you meet resistance do less!"**

These words by Milton are the true essence of his approach to the body. It can take years to understand what he meant by those words. His own work changed dramatically over the years. He was strong, athletic, was a boxer and "hooper," a Vaudeville dancer. His early tablework involved dramatically tossing clients bodies in many different directions like the hot swinging doors of the 1930s and 40s. And yet his touch and his footwork, was like Fred Astaire, incredibly soft and agile. He devised many movements for his clients and students to practice on their own. He called them *Mentastics* or 'mental-gymnastics.' He also taught his clients and his students movements he had used to free himself from some of the ageing limitations in his own body. "Doing less when you meet resistance," became the path he followed in his senior years. His touch had a feeling of emptiness; beckoning you to join in the dance with his incredible lightness of being.

**Passing on that lightness of being by doing less.** Resistance comes in many forms. Dissociation is one form and it can occur in the minds of client and practitioner. Both minds can remain absorbed in the fixing the client's story, rather than a shared experience of listening to the body. The power of doing less involves meeting one another in different parts of the body. "Meet my hands right here where you are feeling pain. Breathe into my hands, touch my hands from inside this part of your body. I'm lightly tapping this ligament. Now touch my fingertips as lightly as possible. As I withdraw my hands, fill them out with your inbreath. As you exhale I will gently compress, helping you lengthen your exhale. See if you have some words to describe what you are feeling right here inside this part of your body." There are many ways to create a two-way presencing interaction. Try this webinar to learn the benefits of session teamwork, and the new role of *client authorship*.

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 personal email address is: [jackpresence@gmail.com](mailto:jackpresence@gmail.com)**

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