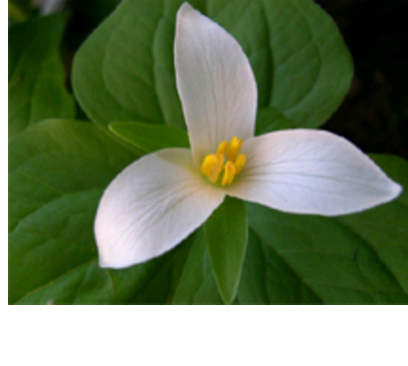
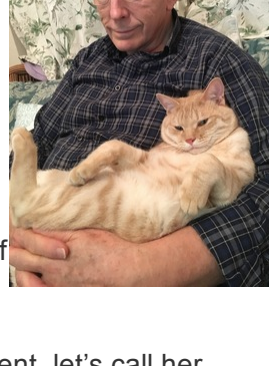


**Presencing Issue 82 Shared Presencing
More Parts of A New Bodywork Paradigm V
Bodywork as a Caregiving Profession:
The Role of The Client - Next Three Webinars:**

- 1. The Trail of Pain**
- 2. Presencing Fear**
- 3. Sharing Interactive Touch**



Dear Ones: Thomas Hanna, Philosophy Professor and student of Moshe Feldenkrais; Hanna is best known in the field of body therapy for his coinage of the word *somatics* and the founding of Hanna Somatics Education. He was convinced that when the client focused into the sensations emanating from a particular body part – whether in passive or active movement (received from the bodyworker or self initiated), a shift in holding patterns or resistance could take place. By using focused sensory awareness (magnified and exclusive of other phenomena), there is a growth of bodily awareness, *somatesthesia*, resulting in a breakthrough, a release of holding patterns and resistance.



Case Study - A Client's Role In Working with Pain: I asked a client, let's call her Elizabeth, to feel into her body parts wherever she could feel my hands. I also asked her to describe what she was feeling to the best of her ability. She was willing to do this. So as I felt tissue tonus and movement restrictions, Elizabeth was telling me what she was feeling from inside. In the beginning, she would flip back and forth between the sensations in her body and what she was feeling emotionally. I found it best to stay with her responses by mirroring back what she was reporting and helping her to translate emotions into bodily sensations. As she came into her solar plexus she said: "I'm feeling a lot of stuff... it feels like anger." I could feel the muscle tension in her solar plexus with my hands and said: " So Elizabeth, you're feeling anger here under my hands... notice how the anger is showing up and give me a sense of what it feels like." She responded by saying: "It feels like a burning pain, as if I have hot coals in my stomach... and the heat and the pain are radiating out to the rest of my body." As she said this I observed that there was a palpable softening under my hands. I also noticed that Elizabeth was taking deeper breaths into her chest. I echoed: "The burning pain feels like hot coals..." She said: "Yes and it's cooling down now."

We continued this same process for another 20 minutes, moving from place to place in her body. Elizabeth became more used to reporting sensations, sometimes adding emotional content. All of a sudden she announced: "I've been saying 'No!' to everything in my life ever since my divorce!" As she made this statement, I was working on her right shoulder, which had been extremely painful to her for a long time. I was palpating the levator scapula attachment with my left hand while decompressing her rhomboids with my right hand. "So, you've been saying 'No!' to everything... come in right here Elizabeth, and notice what 'No!' feels like..." As I said this, I paused, removed my hands, and stepped back so she could feel without associating what she was feeling with my hands. I observed as she did so that she was taking very deep breaths. I found myself saying to her: "What would it be like if you were to say 'Yes!' to everything?" I then brought my hands back in and we continued what we'd been doing except that as she would report her sensations she would also say: "Yes!" I began to notice that each time she said "Yes!" there would be a definite softening in the tissue. I could tell that her attention was right where my hands were because I could feel some tingling sensations and a palpable breath pulse in the tissue. It didn't seem to matter whether Elizabeth was reporting her experience or silently saying: "Yes." Under my hands everything felt freer, softer, and warmer. After about ten minutes of this she started to laugh, gently, quietly at first and then louder and fuller. Finally she said: "This is impossible... I feel no pain in my body! I feel like I'm bubbling over with energy! I can't believe this is happening!"

Background: Elizabeth is a 42 y/o professional caregiver, working with extremely difficult patients. She is also a single parent with two adolescent children. She had experienced a very painful divorce 15 years before and still felt unworthy. She reported that she has fibromyalgia, chronic joint pain, and stiffness after sleep or prolonged sitting. Respectfully submitted. © Jack Blackburn, 2005

From Elizabeth herself: "... about the case study. Honestly, I had to read it a couple of times to remember. I know I was in a very deep place in our session... and so it is that I don't remember so much of the specifics as I do that felt-sense of "yes" that I experienced. I'll never forget that. The case study is just a wonderful reminder for me."

****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: Next Webinars with Jack Blackburn

PRESENCING PAIN - TRAIL MARKERS

Three Two Hour Classes - 6CEs

July 25, 27, 29th - Time 4PM PDT

NCBTMB Approval in Process Cost \$90



Milton's words: "If you are creating pain, you are not doing Trager." Milton's approach to pain, *Listening Hands*, is the opposite of fixing!

Case Study -Taking a Different Tack Towards Pain: A client, we'll call her Virginia, was a successful artist. When she first came to see me she was in such pain from surgical trauma that she said:" I feel suicidal." Thinking that there was no direct way for me to contact her pain which was mostly internal, I said: "I cannot take you out of your pain, but I will teach you how to relate to the pain in a different way." I taught Virginia how to feel into her pain, to feel the shape of the painful area, to feel the qualities of the pain, to feel any connections between the painful area and any other parts of her body, and to notice any pattern or rhythm to the pain. I then taught her to use her breath to interact with the pain. This she was readily able to do... first intensifying and then diminishing the pain. I then asked her to describe the pain to me. She described the pain as hot and sharp like a red-hot poker. I encouraged her to practice this approach on her own. As she used these tools on her own she started to experience a sense of relief and direct involvement in healing the traumatized area of her body. She came to realize that the pain was in part an indication that her body was healing. She used various ways of describing the pain including art and poetry. After four or five sessions with Virginia it became clear that the pain was opening her up to much deeper awarenesses and experiences that seemed to emerge directly through the doorway of pain. Like Rumi dictating poetry while whirling in ecstasy Virginia started to write poetry that seemed to come spontaneously from a place inside she had never contacted before. The more she practiced going into her pain the more new creative faculties became available. She has become a well-known spiritual writer. Her book contains her poetry and her art and has opened many willings up to their own inner resources. In short, her whole life was changed by her willingness to turn towards her discomfort rather than away from it. She has become accepting rather than denying of the pain she experiences in her body and her life. Pain has become her "compass" signaling the direction of personal expression and transformation. © Jack Blackburn, 2004

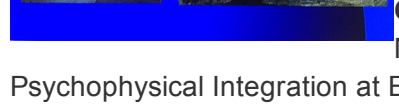
[Register](#)

PRESENCING TRANSFORMS CLIENT FEARS

Three Two Hour Classes - 6CEs

August 1, 3, 5th - 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. 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!

Causes of suffering: According to Shakyamuni Buddha, there are two main causes of suffering in life: craving and ignorance. I aver that both of these causes of suffering stem from the fear that is fostered by our egos. In our ignorance of self we have perpetuated the notion that our egos are our identity. We want the rewards of this life and we want to avoid the losses that cause pain and suffering. Despite the fact that bodies age and everyone dies, our egos strive to create some sort of permanence in this world of form. The desire for permanence stems directly from our fear of death. And yet the most effective tool for feeling eternal life is learning to be present in the body. And this body-centered shift in awareness can happen at any stage of life. Humans have condemned their bodies for causing suffering and for impermanence. And yet presencing, the end of suffering, is attained through our bodies. Perhaps there is a destiny implied in our professional work with bodies that involves humanity's awakening out of fear induced ignorance.

Sources of fear - Success Failure: Notice that we have replaced comfort, wisdom, love and satisfaction with addiction to the "adrenalin rush," and the ever present quest for wealth. The pursuit of success gives the ego a sense of aliveness later to be replaced by the emptiness of death. The ego tries to run the body as a servant to its own masterful way. The consequences are a life not lived... the adrenalin rush is addictive attempt to cheat death and create immortality with a drug called success that is so fleeting that all the rewards it offers dissolve as we pass into the timelessness presence, the real essence of our Being. Notice how much the messages of fear bombard us throughout the day as we try to achieve success.

[Register](#)

TWO-WAY INTERACTIVE TOUCH

Three Two Hour Classes - 6CEs

**** Corrected Dates****

August 8, 10, 12th 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 swing dancers of the 1930s and 40s. And yet his touch and his footwork, was like Fred Astaire, incredibly soft and agile. "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.

Touch practitioners can learn to feel clients' somatic awareness: Touch practitioners know that there are many things they can learn to feel in the client's body: the heart pulse and the breath pulse in certain large parts of the body, like the chest. With sensitivity one can also feel the pulses in other body parts like fingers, toes, and facial muscles, far away from the heart and the lungs. Practitioners can also feel temperature, moistness, hardness, softness, subtle body reflexes, and resistances to movement. Practitioners feel some of the internal bodily conditions: tonus of connective tissue, bloating, dehydration, gas, and electrical tingling. The most amazing touch however is the ability to feel the client's state of awareness and concentration in any part of the body. If the client is deeply involved in a body part practitioners can feel it. If the client is afraid to feel pain in a body part, practitioners can feel the absence of awareness. If the client feels into a body part by sensing it from inside, practitioners can learn to feel that. If clients touch us or interact with us from inside their bodies we can feel that.

[Register](#)

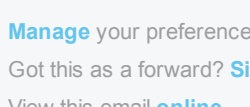


Jack Blackburn, LMP, Master's in Theological Studies, Certified Spiritual Director, specializes in body centered spiritual teaching and healing. He has been a Trager® practitioner since 1986. He has been a Trager tutor since 1993, has taught Trager electives classes since 1996, and teaches a variety 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**

www.presencingsource.com

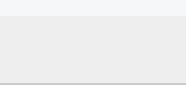
Share this email:



[Manage](#) your preferences | [Opt out](#) using TrueRemove™
Got this as a forward? [Sign up](#) to receive our future emails.
View this email [online](#).

9 Ohlert Lane #301
Olga, WA | 98279 United States

This email was sent to .
To continue receiving our emails, add us to your address book.



[Subscribe](#) to our email list.