



Presencing Issue 83 Shared Presencing More Parts of A New Bodywork Paradigm VI Bodywork as a Caregiving Profession: The Role of The Client - Next Two Webinars:

1. Presencing Fear
2. Sharing Interactive Touch



Dear Ones - Cost of Fear: Edmund Burke 1756, "No passion so effectually robs the mind of all its powers of acting and reasoning as fear." He recognized that fear takes over our minds and prevents us from thinking clearly. A Course in Miracles states that there are only two emotions: love and fear. It also states that only one of those



emotions really exists; love. In other words all of our negative emotions are some form of fear and are not real. We have deceived ourselves into believing that it is necessary to be on guard in order to live in an unsafe world. And we perpetually foster that unsafety. We do not realize that we have made a Faustian bargain with our own minds. We train our minds to be on guard rather than to be present. We do not take responsibility for the effects our thoughts have produced. If we pay attention to our thoughts and emotions, we may realize that we are actively projecting and manifesting the dangers we're perceiving.

False life: If we watch our minds closely, we can start to recognize that the fearful thoughts are emanating directly from our own minds. I will cite examples below of how we have collectively recruited one another into these fearful mental states that produce distrust, separation, competition, and violence. I believe that we have also substituted the endorphin rush, and stimulation of fearful excitement for our own feeling of aliveness. Why do meditators and practitioners of presence become so peaceful and unconcerned about personal status and success? Why, because life offers so much more than the short term conquests and rewards of the ego mind. We are sentient beings dwelling for a time in bodies, and sentience is eternal life. When we open inner channels of awareness we start to feel our own sentience. We blame our bodies for causing our suffering, and yet attending to our bodies can bring us into sentience.

Deep peace: As we work with touch we learn that bodies are perfectly designed to support what is occurring in our states of consciousness. If our minds are consumed by the attraction of fear our bodies give us the feeling state of that fear. If we are worrying about some irritation that is happening in our bodies, the fear involved in worry makes the irritation more vexing. The meditator learns that pain is just a body signal that is designed to inform just like any other signal coming from the body. If we watch our minds closely we notice that there is a tendency to interpret pain signals as some sort of punishment for some wrong. If instead, we investigate the pain signals with curiosity, we find that we are rewarded with a growth of self knowledge and peacefulness. This is a benefit of working with somatic awareness.

****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 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 following!

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 timeless 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 skill 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

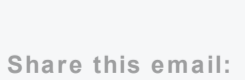


Jack Blackburn, LMP, Master's in Theological Studies, Certified Spiritual Director, specializes in body centered spiritual growth and healing. He has been a Trager® practitioner since 1986. He has been a Trager tutor since 1993, has taught Trager electives classes since 1996, and teaches a variety of 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 and teaches levels I, II, III and Advanced Reiki for Bodyworkers.

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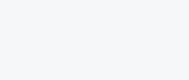
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