



## Presencing Issue 84 Shared Presencing More Parts of A New Bodywork Paradigm VII Bodywork as a Caregiving Profession:

### The Role of The Client - Next Webinar:

#### 1. Sharing Two Way Interactive Touch



**When the client and practitioner interact somatically** – they are both transformed. The ancient symbol of sharing is the *mandorla* – overlapping circles where an almond shaped center symbolizes the mutual experience of self and other, practitioner and client. The outer circle represents the presence that unifies both persons. The sharing of touch, the sharing of awareness, the sharing of now, brings both client and practitioner, into a state of awakening. Therapy no longer involves working only the problems that we, have created. Now it has become a shared journey of awakening. The sharing of presence, creates more presence, exponentially. Both persons are changed by this interaction, and both persons move towards true healing, which can never happen alone. And this sharing produces experiences that are truly transformative. We have lived our lives as separated selves, looking for other separated selves to share our loneliness. Now there is no need to create alliances of defensiveness, and safety through separation.



**We become present and aware by attending to sensations in the body:** By attending more and more to the sensations arising within our own bodies, something starts to change us from within. We start to experience presence, the arising of each moment in a state of eternal awareness. Everything, past and present, is a part of this eternal moment. This growing awareness of *now* seems to put many things, especially fearful ones, into a different perspective. We start to realize that our chronic problems are self-created ways of avoiding now. In this eternal moment there is only continuity, no discontinuity. The body has become our vehicle on the journey of awakening. The body has a temporal existence, as long as we have need of gathering more data of now. If we pay close attention we realize that the body only exists now. *So that which is implicitly temporal leads us to that which is explicitly eternal.*

**When we become present our external and internal realities change:** The experience of presence can only happen through the body, because it is a *felt experience*. Thinking, by itself cannot produce presence. Many great thinkers, like Descartes, have tried over the years to divorce themselves from the body, and to attempt to construct a universe out of pure thought. In this age of modern physics and brain research, we now recognize that the body and only the body can give us a felt sense of inner knowing that links directly with all of creation. Our life experiences then become more and more reflective of the inner knowing that is arising from within. We start to recognize, with overwhelming awe, our own roles as participants in creation and eternal becoming.

**\*\*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

### SHARING TWO-WAY INTERACTIVE TOUCH

Three Two Hour Classes - 6CEs

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!" 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.

**Face Work Doing Less - Accomplishing More:** I discovered that if clients 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. I discovered that when facial muscles relax, especially the muscles related to chewing: masseters, pterygoids, temporalis, and sub-linguals, there is a dramatic softening of *all* facial tissue, reversing many wrinkles and areas of sagging. I realized also that these changes were highly pleasurable to clients' overall body sense and feelings of beauty and confidence. It was as if their faces started to reflect a different state of awareness and involvement in life.

**Presencing Transforms Fear:** Bodyworkers and other hands-on therapists can play a very direct role in awakening of humanity out of the nightmare of separation and fear. Touch that involves a sharing of presence can foster unity awareness that brings awakening. Symptomatic relief techniques that require no client involvement (like medicine) can distract clients from their own awakening. I have said before on these pages that the body is a good and reliable servant that can bring us home to healing if we learn to listen to its messages. I have recently realized that human beings suffer from one disease – fear of one another. So the task of hands-on therapists is simple: To find ways of sharing presence between ourselves and our clients so we can all awaken out of the nightmare of fear. The descriptions below are examples of bodywork modalities I teach that are based upon the sharing of body-centered presencing

**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 eives 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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