

## Presencing Issue 85 Shared Presencing More Aspects of A New Bodywork Paradigm VIII

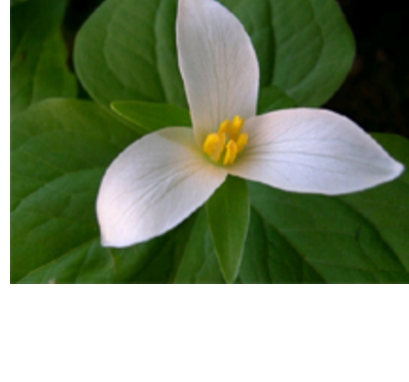
### Bodywork as a Caregiving Profession:

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

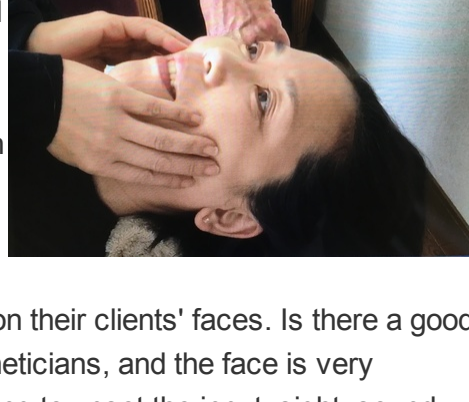
#### 1. Adding Original Face to Your Practice

#### 2. Working the Four Spinal Curves

#### 3. Four Meditative Pathways into Presencing



**When the client and practitioner interact somatically** – The next set of classes are intended to be hands-on even though they will still be taught as on-line webinars. Koito and Jack want to make sure that you are learning new approaches to add to your sessions that deal with specific body difficulties; your own and your clients'.



**In Facework:** Bodyworkers do not usually work on their clients' faces. Is there a good reason for that? Well... We are not trained as estheticians, and the face is very sensitive territory. We would not want to do anything to upset the input: sight, sound, smell, taste, touch from the five basic sensory nervous systems which are all located in the front and sides of the head. Also, most persons are very concerned with their facial appearance. Even touching the skin and contours of a person's face can feel invasive. We're again adding "Original Face" methods to our classes next month because very astonishing results happen when clients feel and see their *deconditioned* face for the first time. Bodyworkers can give this gift!

**Freeing the four spinal curves using client and practitioner teamwork:** Each spinal curve has its own uniqueness and *raison d'etat*. The seven Cervicals allow extension, flexion, rotation, and translation, giving facial expressions the *auteur* of Balinese dancers. The twelve Thoracics provide breath expansion and contraction and the intercostal serpentine movements of cellists' bowing. Five Lumbar allow *counter-rotation* and extension-flexion between upper-lower body and belly dance movement stability. Sacral and Coccygeal vertebral fusions support our pelvic-abdominal organs, allow flexion-extension-side bending, allow the birthing process, intercourse, and provide stability for hip rotation and extension. Each spinal curve has its inherent dilemmas and best positions-of-access for working with them. In most cases prone body positioning works against: adequate releasing of neck pain, thoracic scoliosis, low back pain, sciatica, obesity, arthritis, and pregnancy.

#### Four Meditation Pathways into Presence allowing one week practice for each:

The last series of webinars focused upon entering presence through our own body sensory awareness and noticing how our state of presence affects our physical pains, fears, and ability to interact with different body parts. We also started to approach the goal of sharing states of presence interactively with our clients so that the benefits of *Presencing* could accrue to both client and practitioner. These next webinars includes four different types of meditative practices for practitioners to sample in order to create continual states of *Presencing* in their lives. These meditative pathways are all reliant on feeling and exploring our bodies from the inside.

#### \*\*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!\*\***

## The Trillium Institute US Trager Institute and: Webinars with Jack Blackburn

#### Adding ORIGINAL FACE to Your Practice

#### Four Two Hour Classes - 8CEs

September 12, 19, 26, Oct'3, Time 4PM PDT

NCBTMB Approval in Process Cost \$120



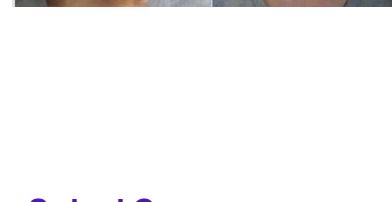
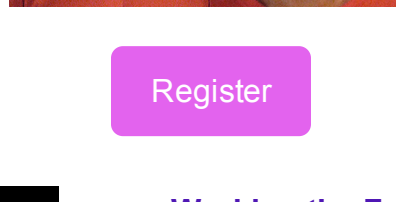
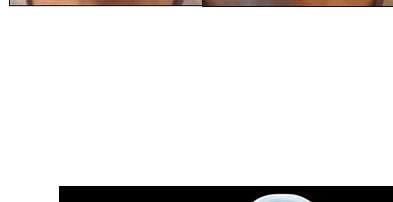
**Zen Koan:** *What was your face before you were born? An unanswerable Question!*

**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



#### Working the Four Spinal Curves

#### Four Two Hour Classes - 8CEs

September 8, 15, 22, 29th, Time 4PM PDT

NCBTMB Approval in Process Cost \$120

**Cervical Spine:** We will approach the cervical spine from both supine and sidelying positions. From supine we will review a variety of neck rotations, stretches and individual vertebral using thumbs to shift the spinus processes side to side. at all times we will support the

cervical curve. We will use a neck role to maintain the cervical curve, while work the front of the neck and while creating neck movements, using other parts of the body. In sidelying positioning we can use the transverse processes to create individual vertebral movement. We will also work sublingual muscles and hyoid attachments at the top of the throat.

**Thoracic Spine:** In supine position we will work with rhomboid attachments in the back and sternal costal attachments in the front. In sidelying position we will work with erector spinae pathways with parallel thumbs and Xthumbs. We will use anchored arm on pelvis using compression and movement along length of Thoracic spine. We will also work with specific conditions like rib subluxation and scoliosis.

**Lumbar Spine:** In supine position we can reset tensions in the QLs, both psoas, and inguinals as well as iliosacral joints mostly using positional release in combination with client awareness. Most sciatica starts with misaligned tension in the SI joints. We will be performing lumbar sacral work for pregnancy and obesity in sidelying positioning. We will be using decompression for low back pain years after childbirth. Also, checking lumbar vertebrae and oblique muscles for rotation and spinal stenosis.

**Sacral Spine:** Creating balance between gluteals on each side of sacrum and coccygeals both sides of coccyx, Learning how to decompress hip rotators and piriformis, Reducing tension in sacrotuberal band and medial hamstring attachments. Create sacral-coccygeal alignment along with balance of tension between OLS in supine position, and shifting sacrum towards rotated side... also by having client create lateral abduction with weaker rotators against practitioner pressure.

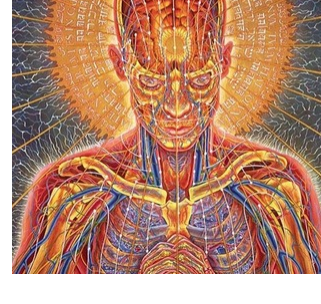
Register

#### Four Meditations into Presencing

#### Four Two Hour Classes - 8CEs

September 9, 16, 23, 30, Time 4PM PDT

NCBTMB Approval in Process Cost \$120



#### Pathways into Presence One week practice for each modality

**1. Vipassana:** The first meditative pathway we will be teaching is derived from Buddhist meditation and it involves using your inbreath and outbreath to interact with different parts of your body in order to bring yourself into an overall conscious awareness of body-mind interplay between sensations, memories, and conditioned reflexes that derive from past experiences, and opening into no time, no thought, no-conditioned presence.

**2. Proprioception, Interoception, Exteroception:** Learning different feeling states that derive from the fact that the body; all its systems of operation; and all its sensory data are occurring now... In this moment... From the beginning of life until we take our last breath. The underlying connector is *sentience* our internal feeling awareness. We will use these feeling states in order to let the body teach us different ways of Being.

**3. Feeling, touching, verbalizing, seeing, into different body parts:** Exploring our bodies from the inside. We have all learned many facts about our bodies, how it is put together, how different systems function, but do we really know our bodies from the inside or the energy layers outside our bodies. Also our bodies are composed of a community of species that aid us in digestion, elimination, absorption, wound healing, body cells that fight germs and disease... Our conscious awareness has little to do with the community of cells that keep us alive. It's time we stop disparaging our bodies and attend to our gift of Life!

**4. Minding the Chakras:** Many bodyworkers are exposed to the chakras, energy centers distributed throughout the body. In Reiki and other healing systems, much attention is paid to the chakras. We are basically taught the 7 major whirling wheels where energy enters and leaves the body, we learn positive and negative emotional issues associated with each chakra, and how to send others energy in person or long distance to heal those issues. What about our own inner chakra work, finding our own chakra-physical issues and using our own chakra treatments to change our physical and energy bodies.

Register

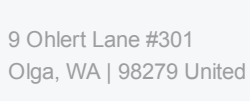


**Jack Blackburn, LMP, Master's in Theological Studies, Certified Spiritual Director,** specializes in body centered spiritual growth and healing. He has been a Trager® practitioner since 1986. He has been a Trager tutor since 1993, has taught Trager electives classes since 1996, and teaches a variety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