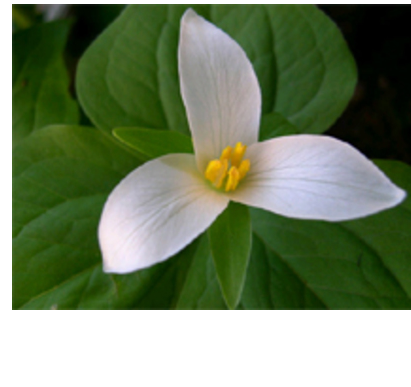




Presencing Issue 86 Shared Presencing Bodywork as a Caregiving Profession VIII

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
4. Focusing: Bridging Mind and Body
5. Table Talking Refinements



When the client and practitioner interact somatically:

These classes are intended to be practiced hands-on even though they will still be taught as on-line webinars. Koito and Jack are hopeful that you are adding these new approaches to your sessions that deal with specific body difficulties; your own and your clients'.



A Tribute to Gail Stewart: Many years ago soon after I became a Trager practitioner, Gail taught a class in Seattle.

In the beginning of the class she asked if anyone had a question. I asked if we could do shorter Trager sessions. I was used to giving full 1 1/2 hour sessions. My spa manager at the resort where I was employed had said that if I could give shorter sessions, they could give me many more bookings. Gail then said: "We are going to practice giving *airport* Trager sessions. Your sessions will be limited to 5 or 10 minutes! In each session, you will tell your partner what you are doing." What happened was amazing! Just adding our words made a huge difference. Many of us reported that we felt as if we were having a full session.

Thank you Gail: I started using words in every session. My clients were having very profound results, including past lives, complete erasure of pain, and even spiritual openings! Gail had adapted her class spontaneously and given me a gift that would change my whole life! Because of the amazing openings my clients were experiencing, I decided to go to graduate school to receive more professional training for accompanying such profound changes. I also wanted to clearly demark the differences between psychotherapy and verbal accompaniment in body centered somatic awareness. I spent 3 years discerning what was occurring and developed a new course for bodyworkers called Table Talking. I completed my Master's degree in 1994 and since then I have been pursuing many forms of client-practitioner somatic interactions.

Bodywork-Focusing: Focusing is a process of inward bodily attention that anyone can learn. It involves more than being in touch with your emotions and is not the same as bodywork. Focusing happens at the meeting place between body awareness and mental awareness. It involves training the mind to sense into the body as different thoughts and emotions arise. There are specific steps in practicing this process. The purpose of the steps is to help us connect with what are bodies are communicating in particular life situations. The body sense is unclear and vague at first, but as we pay attention to the body sense, called *felt sense* in Focusing, we will notice new body feelings, words, awarenesses, and images arising. Also we may experience, a feeling of ease arise in our body called a *felt shift*. Physical changes in the body often accompany the *felt shift* and can become openings into new insights and life changes.

Table Talking Refinements:

Words can be friends bringing practitioners and clients together. Our words and our client's words can make more conscious the interactions that happen through touch. Words can be messengers that bypass tissue barriers. Words can companion the sensations that arise from the body. Words can help retrieve information buried deep within the body. Words can elicit feeling tones that help the client listen. Words can be codices that help us translate the language of the body. Words can lend coloration to changes that occur as awareness grows. Words can be comforts and supporters in places of pain and fear. And words can be trail markers as we mutually discern the path of the session.

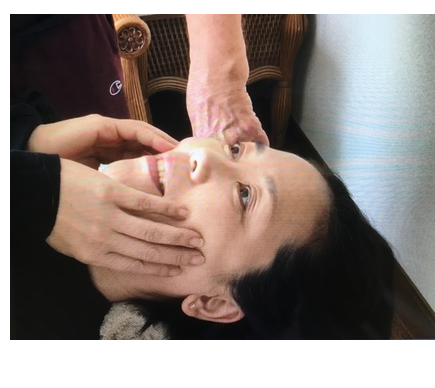
**Reminder from Jack:

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 and US Trager Institute: 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 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.

Register

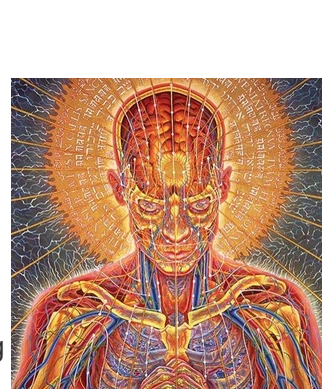


Working the Four Spinal Curves Four Two Hour Classes - 8CEs September 8, 15, 22, 29th, Time 4PM PDT NCBTMB Approval in Process Cost \$120

Freeing the four spinal curves using client and practitioner teamwork: Each spinal curve has its own uniqueness and *raison d'être*. The seven *Cervicals* allow extension, flexion, rotation, and translation, giving facial expressions the auteur of Balinese dancers. The twelve *Thoracics* provide breath expansion, contraction and the intercostal serpentine movements of cellists' bowing. Five *Lumbers* 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.

Register

Four Meditation Doorways into Presencing Four Two Hour Classes - 8CEs September 9, 16, 23, 30, Time 4PM PDT NCBTMB Approval in Process Cost \$120



Four Meditation Doorways. One week practice for each:

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

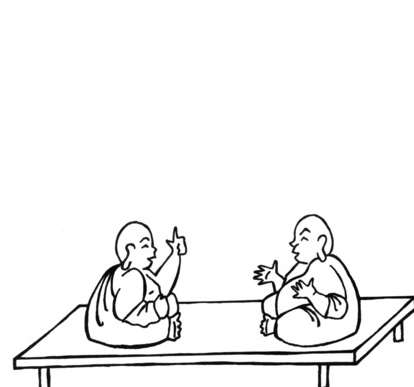


Bodywork-Focusing: Bridging Mind & Body Four Two Hour Classes 8CEs October 17,24,31,Nov'6th Time 4PM PDT NCBTMB Approval in Process Cost \$120

Focusing: was developed of as a tool for counseling and psychotherapy, most professionals who use Focusing in their business or with their clients do not touch clients during their sessions. The training of counselors, psychotherapists, and teachers is usually exclusive of touch. The benefits of Focusing, as described above, fit very well with the goals of talk therapy. But bodyworkers and other body-oriented professionals can find parallels with many of the results of Focusing. They can feel the physical equivalents of "stuck places" in clients' bodies. They can feel the connection between "stuckness" in thoughts and emotions and places of holding and physical discomfort in clients' bodies. As their clients start to listen more closely to how their bodies are communicating, various shifts, releases, and insights may result. And clients often make significant changes in their lives as a result. The process of Focusing can be added quite easily to most bodywork modalities. And because the bodyworker is touching their clients' bodies, they have another way of guiding and confirming the Focusing process. Through their palpation skills bodyworkers can listen to and mirror their clients' process with their hands and words. The Focusing process may turn out to be even more dependable when accompanied by trained professional touch and body-oriented therapy.

Register

Table Talking Refinements Four Three-Hour Classes 12CEs October 12,19,26,Nov'2nd Time 4PM PDT NCBTMB Approval in Process Cost \$180



What we are striving for in this class is an appreciation and respect for verbal interaction that derives directly from the body-referenced experiences of the client and practitioner. Everything that arises in a session or in-between sessions has a bodily component to it. All symptoms: physical, emotional and mental are accompanied by a *felt sense*, a set of sensations that are accessed directly through the body. The language of the body is full of metaphor and symbols that may inform the process. And awarenesses that are anchored in the present moment can be used for healing. Bodyworkers can train their hands and words over time to be skillful listeners, mirrors, guides, and companions. What we're talking about is a new school of verbal interaction; one that is derived from within the profession itself and has its own intrinsic wisdom and systems of interaction; one that is intimately focused upon the language of the body, the mind, and the self-conscious being that resides within.

Register

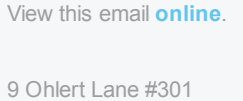


Jack Blackburn, LMP, Master's in Theological Studies, Certified Spiritual Director, specializes in body centered spiritual growth and healing. He has been a Trager® practitioner since 1986. He has been a Trager tutor since 1993, has taught Trager electives classes since 1996, and teaches a variety of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

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