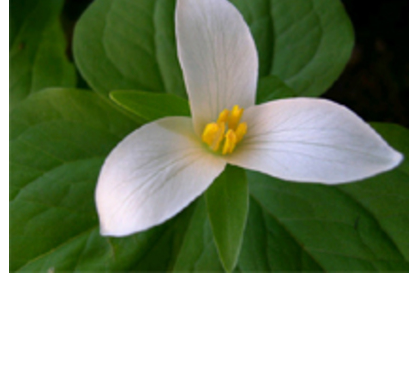


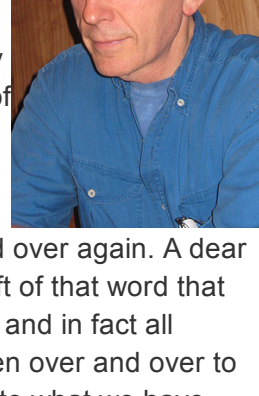
## Presencing Issue 89 Two-WayTouching NOW Working from a State of Presence XI Extensions to Bodywork as a Caregiving Profession:

1. Secrets of Decompression Somatics
2. Palliative Care and Oncology
3. Two-Way Presencing into NOW
4. Side Lying Somatics Rewind



### \*\*Jump In, Join classes in progress, get all handouts, videos\*\*

**Dear Ones:** I started this *Presencing Newsletter* in 2006. I used the word *presencing* to signify the choice to act from a state of presence. What does that mean? I had been trained in various meditative practices, healing, bodywork, counseling and emergency medical techniques. I came to realize that the factor that brings all of these approaches together is the realization that all of life and livingness is always connected in this present moment. Almost 20 years before, I was given a cipher or code breaker in an early morning meditation in which I kept hearing the word "Now" over and over again. A dear friend and spiritual seeker left her body that night and gave me a gift of that word that has totally changed my life. Now I realize that all living systems are, and in fact all existence is tethered to this moment. Our thinking minds have striven over and over to understand life, and control the patterns of our own lives according to what we have contrived as rewarding and successful. We look to the past and the future in order to appraise where we are and where we are going. However, we have all created all these rules, standards, and evaluations! In other words we have all made it up!



**Presence:** In order to come into deeper experiences of consciousness and awareness humans have learned to pay continual attention to their body sensory system. In fact, unless anesthetized; all our actions, thoughts, and words and body experiences are accompanied by sensations. It doesn't matter whether we are awake or asleep.

Choosing presence allows us to accompany our clients with curiosity, openness, and sensitivity to the various cues coming from their tissue tonus, proprioceptive awareness, autonomic state, and reflexive signals. As we monitor tissue response we can adapt our touch, hand contact and movement, for engaging and moving our clients' bodies.

Presence as healing energy can be sent and received with no separation in time or distance. Client conscious awareness and active participation in sessions, produces amazing responses in reducing pain and fear. Shared presence opens a paradox related *less is more*: Subtle touch and two-way engagement between client and practitioner involves more sharing of conscious awareness and as a consequence, dramatic releases. Practitioners can directly feel the degrees of client proprioception, and kinesthetic engagement in any part of their body.

**And Again:** We become present and aware by apprehending the sensations in our bodies. 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 as a taste 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 that question if our chronic problems are not self-created ways of avoiding *now*. In this eternal moment we find only continuity, not discontinuity. The body is becoming our vehicle for a journey of awakening. The body's existence is temporal. If we pay close attention, we realize that the body only exists now. *So that which is implicitly temporal leads us to experience that which is explicitly eternal!*

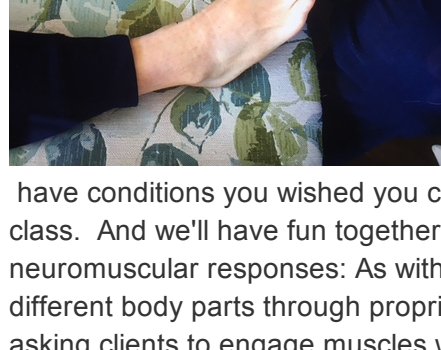
**\*\*Reminder from Jack:**

**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 USTrager Association & Trillium Institute

### Present: Webinars with Jack Blackburn



#### Secrets of Decompression Somatics Four Two-Hour Classes 8CEs November 4,11,18,25th Time 4PM PDT NCBTMB Approval in Process Cost \$120

**Decompression Somatics:** In this class we will be using DS in order to work on many body conditions that are very challenging. Think of those clients who

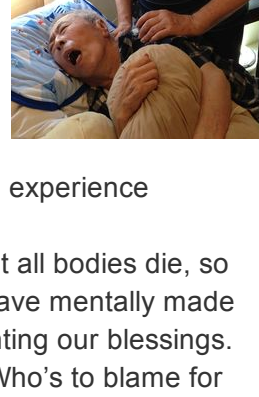
have conditions you wished you could help. This is what we will be addressing in this class. And we'll have fun together as we do so. Activating proprioceptive rather than neuromuscular responses: As with yoga we are teaching the client to interact with different body parts through proprioceptive and felt sense communication. Rather than asking clients to engage muscles we are encouraging them to work through their proprioceptive awareness. By so doing we are mostly bypassing the neuromuscular system with it's preset gamma sensory motor limits. This could be extremely beneficial for those persons whose neuromuscular systems have been partially compromised. It also sets up a parallel system for growth in somatic awareness. Perhaps the most surprising result of this kind of interaction is that clients can become involved in producing their own tissue responses. Clients can also feel their own reflexive releases as well as the linking relationships (Anatomy Trains) to other parts of the body. This is highly effective and positively reinforcing because the clients are learning to be their own healers.

**Positional Release from a Dynamic Perspective:** Once again in Decompression Somatics we are drawing in part from Denise Deig, author, physical therapist, graduate school instructor, who has graciously brought her gifts to the bodywork world. Denise has studied so many of the pioneer forms of bodywork in her own personal development. I heartedly recommend that attendees in this class purchase a copy of her book on her website: [denisedeig.com](http://denisedeig.com). She will mail it to you. For only \$30, It is a great resource for *all* your bodywork understandings.

Register

#### Palliative Care and Oncology Four Two-Hour Classes 8CEs November 9,16,23,30th Time 4PM PDT NCBTMB Approval in Process Cost \$120

November



*"Waking up: we have not truly lived life until we have accompanied the dying."*

Those of us who have accompanied the dying realize that death is not an ending but a new birthing. There are persons with end-of-life experience including

their own back steps from the edge of leaving. We are all aware that all bodies die, so that life made of Earth can continue and be recycled. Yet humans have mentally made death a travesty, a punishment, a loss instead of gratitude and counting our blessings. Hearing that we will be leaving we ask: "What did I do wrong?" or "Who's to blame for calling me away?" Those of us who care for bodies come to realize what an amazing instrument we are learning. Dying is one of the great mysteries of living. Many "near deaths" bring spiritual transformation." We are all of us in a caregiving relationship with life; ours and others. We are all on the same path. Healing versus fixing... When we become present (hookup) with our clients, we are sharing their journey.

**Palliative Care:** Really means that we are helping seriously wounded, injured, ill and dying patients. Helping by creating comfort, reducing fear, increasing a sense of aliveness in their bodies, and help their ability to interact with friends relatives and caregivers. Touch is a very important part of palliative care. Training effects include relaxation, non-painful touch, and interactive touch. We make sure that the client feels the touch, and teach the client how to interact with the practitioner's hands; with breath, with touch, with proprioception.

**Oncology:** I was keynote presenter at the 2016 Oncology Healing Massage Summit in Minneapolis. My presentation was on cultivating presence using touch based interactions with our clients. I also taught a class in developing a sense of presence in ourselves, so that we are more attuned to sharing two-way presence with our clients. I drew on my experienced in working clients with cancer and training medical practitioners in Japan.

Register



#### Two-Way Presencing into NOW Four Two-Hour Classes 8CEs November 14,21,28,Dec' 5th Time 4PM PDT NCBTMB Approval in Process Cost \$120

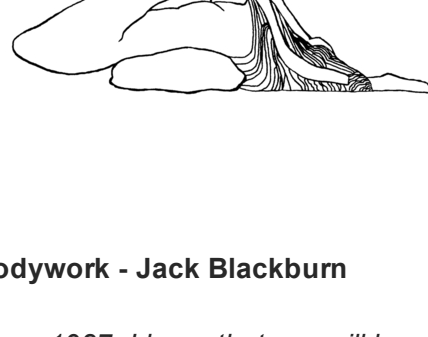
**Sharing Presence:** This class is an extension of a previous class: *Four Meditations into Presence*. We will be learning ways of sharing presence from a non-religious standpoint that help establish our work time as a presencing time – sharing this

moment NOW. For those that were trained as Trager practitioners, this is what Milton was intending in teaching *Hookup*. When we learn to practice body-centered meditation on a regular basis, we begin to transform ourselves from the inside out and share that transformation directly as practitioners. As our own transformation progresses, our work becomes an expression of that transformation. As we work with our clients bodies we are passing on our presenced awareness through our hands, through our words, and through our awareness. We are creating a space of gathering (Quaker sense of gathering – "Where two or more are gathered in my name").The word *gathered* means sharing presence. We are sharing the potential of transformation. We are sharing the presence of the eternal moment. The signs and gifts of p start to become part of the environment of the session creating a sacred space.

We are benefited by this experience as we and the client move into a mutual experience of healing. Thus our work becomes an extension of our own path of healing and vice versa. Bodywork itself seems like a perfect example of right livelihood. We are doing no harm to other persons or other forms of life. We are spreading peacefulness and reducing fear and ignorance. Many persons in this world have been abused by others. Abuse is the main tender of fear and ignorance It reduces humans to the lowest ambitions: safety, survival, distrust, power over others, resentment, and retribution. Bodywork is a perfect antidote to these primary illnesses of the human psyche. As bodyworkers we are stewards of peacefulness, body acceptance and presence. When we practice presencing on our own we can feel the arising of these qualities as we feel the arising of Being inside. Our work changes, our understandings change, and we start to come into alignment with a transformation that is progressively changing all of humanity.

Register

#### Side Lying Somatics Rewind Four Two-Hour Classes 8CEs December 12,13,14,15th Time 4PM PT Days: 1.Neck 2. Shoulders 3. Ribcage and Pelvis 4. Hips Legs Feet NCBTMB Approval in Process Cost \$120



#### Why I Work on the Side: A Quiet Evolution in Bodywork - Jack Blackburn

*I feel like I have been holding on to a big secret since 1987. I hope that you will be able to feel my ardor and enthusiasm in this article. It is rare that I have had the opportunity in my life to develop something new and find out that it really works well, so well in fact that I think it may change the way bodywork is viewed and practiced. Others have been uncovering the same secret in their own work. Sssh! The secret is that side-lying is easier for the practitioner, more comfortable for the client, and incredibly effective!*

+Over the years, having given thousands of sessions, I realize that side-lying offers so many advantages that it could arguably be used in every session, not only in Trager but also in every school of bodywork. Here are some of the advantages that I found:

+Most clients, when properly bolstered, are more comfortable and less resistant when lying on their sides.

+Clients who have been abused usually feel much safer, less vulnerable in the semi-fetal position that side-lying offers.

+Gravity can be used to great advantage because of the way it loads the joints and muscle tissue, hips, shoulders, abdomen.

+The therapist benefits from all the positioning advantages and thus doesn't have to work so hard.

+There is comparatively little body surface in contact with the table so one can introduce movement with very little effort. Like a pendulum, the further away a body part is from the table the easier it is to keep in motion.

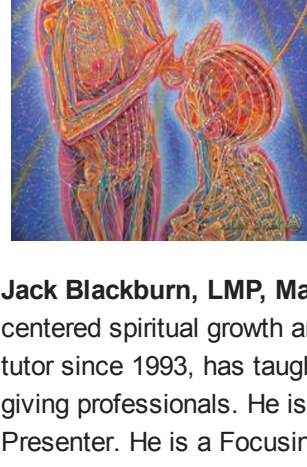
+The shoulder girdle and hip that is not on the table can be decompressed and tension in the joint released non-reflexively with the help of gravity.

+Small amounts of motion can be transmitted through the joints with very little effort and very pleasurable effect to the client.

+The body in a side-lying position is similar to a piano keyboard with various body parts readily accessible at the same time.

+The body in the sagittal plane is asymmetrical from back to front so you can take advantage of the different way the body moves. For instance, the pelvis and shoulder uppermost move independently of the torso. When any one is put into motion a gentle and freeing torque is created along the spine.

Register

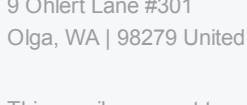


**Jack Blackburn, LMP, Master's in Theological Studies, Certified Spiritual Director,** specializes in body centered spiritual growth and healing. He has been a Trager® practitioner since 1986. He has been a Trager tutor since 1993, has taught Trager electives classes since 1996, and teaches a variety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