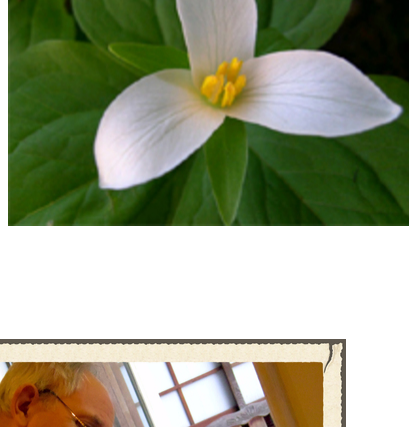




**Presencing Issue 90 Benefits of Sharing Presence
Working from a State of Presence XII
Extensions to Bodywork as a Caregiving Profession:
1. Secrets of Decompression Somatics
2. Palliative Care and Oncology
3. Two-Way Presencing into NOW
4. Side Lying Somatics Rewind Week**



***** Addendum to Issue 90: Date Change**

Dear Ones: " Sorry for this repeat issue - had to postpone the Two Way Presencing class. Jack

****Jump In! Join classes in progress! Get all handouts and videos! All bodyworkers and others welcome!*****

Sharing Presence: For many years I have been writing about presence in this Journal. Our bodies *live* in a state of presence, that is continually shared by all physical life! I have described presence as a doorway into conscious awareness. I now believe that the post-Covid time we are in, can be a time of collective human Awakening... into *PRESENCE*! Perhaps our sharing of touch is a key. We humans actually are a unified species; One Being! But our thinking minds deviate. The word Christos *Χριστός* in Greek, actually refers a state of Unified Being. Throughout our lives we all receive *tastes* of merging into the ineffable *NOW*. Jesus said: *"Wherever two or more are gathered... there I am."* The word *"gathered"* can be understood in a non-religious context as a *sharing of presence*. We often try to reach that state of oneness, through thought-mediated prayer. We haven't fully realized that our bodies are always holding the *NOW* doorways open, because all life is attuned to *NOW*! Again, could shared touch be the key?

Sensations: Our *sensorium*, or body sensory system, is always gifting us with the present of *NOW*. When we fully attend to all of the sensations we feel, we realize they are always gifting us *NOW* with a *bodily-feeling dimension* of; our thoughts, our body processes, our emotions, our dreams, our actions, our memories, our understandings, our attractions, and even what words we're going to say, or what to do! How could it be possible that that sensations accompany everything, unless there is some link we have yet to penetrate in this moment. In modern physics it is now being postulated that time itself does not exist... and that everything everywhere is always now! In shared-presencing our sensory systems or *sensoriums*, merge. I use the ancient symbol of the mandorla to represent this merger. Traditionally, the center of the overlapping circles represents the Christos. In our individuated-ego state we do not realize the presencing merger is always latent. One of the gifts of mergers is *prescience*, a shared knowing sense of what is coming next. In jazz music, this knowing sense is called group mind, which can also guide our hands-on bodywork when we share presence with our clients. The instinct of animals, the curiosity of children, the bafflement of *poiesis*, the *felt sense* of our body's tonicity... all are aspects of presence. Our body-mind's feeling ability allows us to not only to propriocept into any part of our body, but to engage in a whole variety of ways in and through that bodypart.

Proprioception: We feel sensations in our bodies through our nervous system. It doesn't matter whether we consider the sensations we feel as occurring in that bodypart, or being replicated in our brain. Why? Because we can propriocept and interact directly with the tissue in that part of the body. For instance, bodily pain signals occur only in the present moment. Our minds often avert that presence, by looking for a cause-and-effect reason for that pain. However, if we explore that bodypart with curiosity, we start to interact directly with the bodypart. We can use presence to consciously revert to that bodypart, We can then use our proprioception to engage and inter-act with that body part. Underlying these interactive links is the possibility in our client sessions of two-way sentient communication. These sharings of sensibility produce healing (wholness) because they are bringing us back on the track of Oneness now. The forms of two-way presenced interaction include: touch, breath, felt sense, and *signs of presence*; silence, stillness, no-time, no thought and emptiness. *The gifts of presence* accompany our continued *practice of presence*. All body signals can contribute to this moment of sharing *NOW*. Thus, and so forth, our body becomes our instrument of presence. We have to adjust the secondary relation of body to mind, into mind-curiosity of the body. Almost all meditative forms move in the direction of mind subsuming itself to bodily-now attunement. Entering *NOW* through shared-touch is always fraught with latent possibilities derived from the merging and emerging presence.

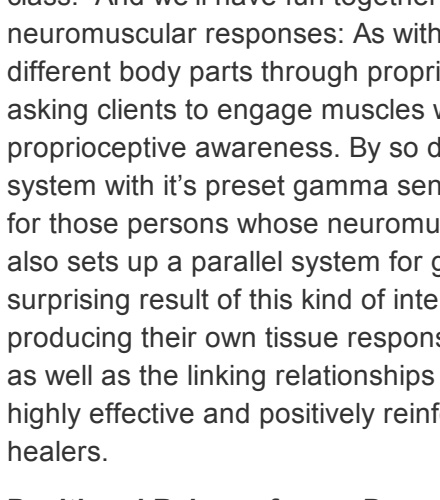
And Again: We become present and aware by apprehending the sensations in our bodies. By attending more and more to the sensations arising within our own bodies, something starts to change us from within. We start to experience presence, the arising of each moment as a taste of eternal awareness. Everything, 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 may start to question if our chronic problems are not self-created divergencies from *now*. In this eternal moment we find only continuity, not discontinuity. The body can become our vehicle for a journey of awakening. The body 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 and help with your CEs. In this issue I offer more aspects of Caregiving which may change your work and our profession: Shared Presencing, Secrets of Decompression Somatics, Palliative Care and Oncology, Side Lying Somatics Rewind 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**

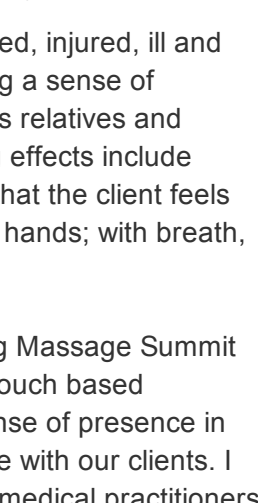
Decompression Somatics: In this class we will be using DS in order to work on many body conditions that are very challenging. Think of those clients who have conditions you wished you could help. This is what we will be addressing in this class. And we'll have fun together as we do so. Activating proprioceptive 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*. 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**

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

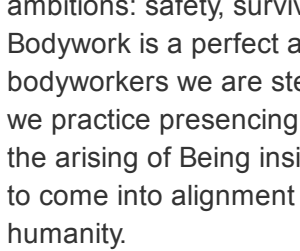


Those of us who have accompanied the dying realize that death is not an ending but a new birthing. There are persons with end-of-life experience including their own back steps from the edge of leaving. We are all aware that all bodies die, so that life made of Earth can continue and be recycled. Yet 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 a 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



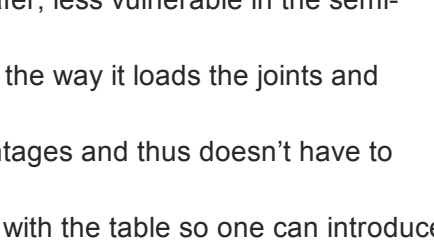
**Two-Way Presencing into NOW
Four Two-Hour Classes 8CEs
November 28,Dec' 5, 12, 19th Time 4PM PDT
NCBTMB Approval in Process Cost \$120**

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 Week
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**

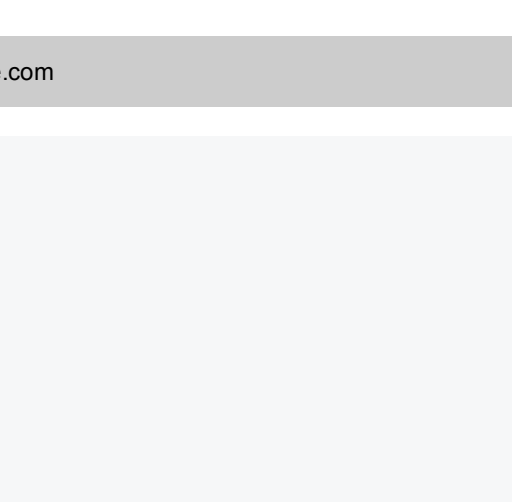
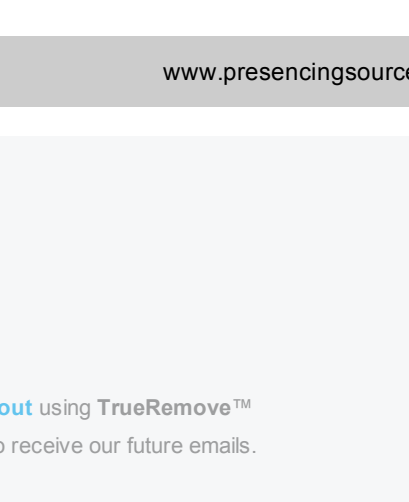
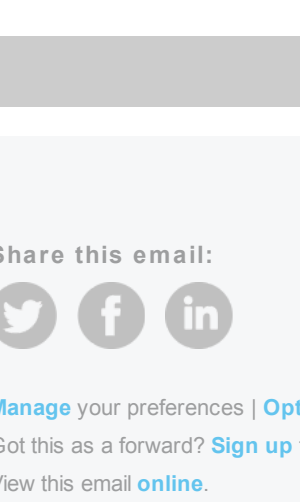


Why I Work on the Side: A Quiet Evolution in Bodywork - Jack Blackburn

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 can 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**

www.presencingsource.com

Share this email:



Manage your preferences | Opt out using TrueRemove™

Got this as a forward? Sign up to receive our future emails.

View this email [online](#).

9 Ohlert Lane #301
Olga, WA | 98279 United States

This email was sent to:
To continue receiving our emails, add us to your address book.

emma

[Subscribe](#) to our email list.