

Presencing Issue 91 New Paradigm Extensions

Working from a State of Presence XIII

Extensions to Bodywork as a Caregiving Profession:

1. Two-Way Presencing into NOW

2. Side Lying Somatics Rewind Week

3. Case Studies and In-Person Classes



Addendum: the [Register](#) link for Side Lying Somatics Rewind is working. It will say \$120 but it will not tell you the name of the class until you sign in with PayPal. Then you will see a shopping cart on top with a down arrow. When you click the arrow it will confirm the class. I appologise for this extra detail. PayPal cannot explain why this happened.

Blessings from Jack

PS the next 9 newsletters will have and case examples from my files that I hope you will find interesting and useful!



****Jump In! It's still possible to join classes in progress! Get all handouts and videos! All bodyworkers and other caregivers are welcome!****

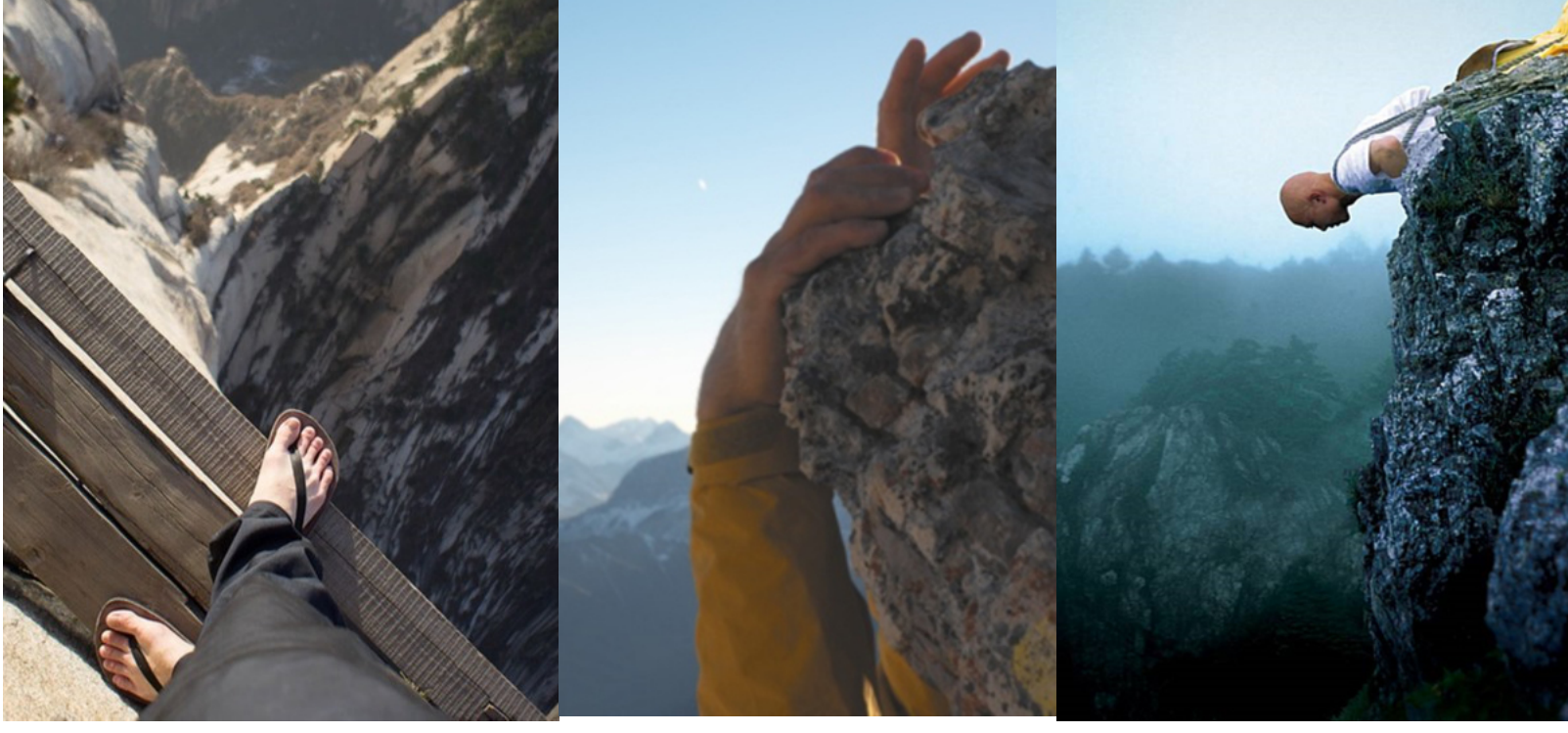
Moving into case examples: The last three issues of *Presencing* have focused on the effects of the state of presence and how it affects our work as caregivers. *Issue 88* dealt with how the body and touch are wired to this moment now. *Issue 89* focused on using our body's sensory system in order to enter a conscious state of awareness that is entrained to this eternal moment. *Issue 90* proposed ways of intentionally sharing our presencing state of awareness with one another in order to become in-formed and guided by merged experience. These next ten issues are intended to give case examples from my practice of presence that I think can contribute to broadening and deepening our touch therapies paradigms and perhaps those of all caregiving professions.

Returning to the USA: After almost 3 continuous years in Japan I will be returning to Orcas Island at the end of December. Koito and I have been teaching online webinars for the last two years. Some of you know that due to Covid I was on the last flight allowed into Japan. My son and daughter wanted me to stay in Japan feeling that I would be much safer here. It certainly has been an amazing experience being here all this time. I will stay on Orcas until the end of March. I will continue to teach some webinars which Koito and I can do together even while she is still in Japan. I will also teach in-person classes on Orcas as well on the mainland. I have already invited quite a few of you to take classes in person... I'm especially looking forward to hands-on work with those of you I haven't seen in 3 years and those who have been in the webinars, so we can have fun together and go much more in-depth... Possibilities are: various versions of Side Lying Somatics, Decompression Somatics, Table Talking, Ethics and Supervision, Palliative Care, Sharing Presence, Trager Therapeutic Approaches, Reiki in Combination with Other Modalities, Forms of Presencing Meditations, and Focusing for Bodyworkers.

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. This issue offers more aspects of Caregiving which may change our profession: Two Way Presencing into Now, Side Lying Somatics Rewind My Blessings go out to all touch practitioners everywhere in these difficult times! **



Presencing Fear - Two Case Examples:

Case 1: Several years ago I was finding some amazing effects of combining my light sensing touch with a client's feeling responses. My client was an elderly man who had broken his neck. He had been swimming in the ocean and as he was walking back to shore a huge wave hit him from behind. He was knocked unconscious face down in the water. Others pulled him to shore and a rescue team started artificial respiration. An ambulance came, put on a neck collar, gave him oxygen, and took him to the hospital. He remained unconscious while the medical team discovered the broken vertebrae, performed reparative surgery and put him in traction. His recovery took years and both he and his wife agreed that it was a miracle. During that process he received some sessions from Milton Trager which helped restore his neck rotation and body movement. He loved the sessions and that is why he came to me as a client years later. He was developing stenosis in the repaired vertebrae that was compressing his spinal cord and affecting the right side of his body. I agreed to work with him but because of the stenosis I could not give him normal Trager movement. I bolstered him on his left side and developed a process of lightly taping the taught tissue, first in his hand, arm and shoulder; and having him feel my touch. As he got used to feeling where I was touching his tissue became warm and soft. I could then create gentle movement. Because his head and neck were safely bolstered the movement could redound to the rest of his body. We were learning together. His walking improved considerably. He told me that the stenosis was progressive and inoperable but he was not afraid because now he was connected with his whole body from inside. He revealed that when he was hit by the wave, he left his body and was viewing everything from above, even the surgery. He said: "There was no fear at all. That is what I feel now!"

Case 2: Around the same time a young woman was referred to me who was suffering from dystonia on the right side of her body that was caused by a bleed in her brain. She was attending university and the dystonia caused her to move as if she had cerebral palsy. During the intake she also told me a horrendous story about her childhood; about being raised in a cult which forced her to participate in satanic rituals including murders. She said, as a result she felt that the brain bleed and the dystonia were her punishment. She also was told that if she ever revealed anything about the cult she would die. We agreed to work together and I told her that my belief was that she is totally innocent and that we would use her body awareness to unlock her life. She agreed and as I worked on her body, I encouraged her to meet my hands in each body part. Once again as in *Case 1*, I bolstered her on her left side at the beginning of each session. She became quite adept at meeting my hands from inside her body. And she said that the sessions were helping her with the dystonia, and her university studies. I then started to ask her what she was feeling in her tissue as she met my hands... She was quite baffled by my questions. I was kind of at a loss because I could feel her tissue respond to my questions. Then she said that she was seeing colors where I was touching and asking... Then she described the colors, and it turned out that the colors corresponded to the tissue tonus; dark colors where it was tight and light colors where it was becoming softer and warmer. So we then had a form of two-way communication established. During the next session she told me that her doctor had said that they were pretty sure they could cauterize the bleed in her brain using a new form of laser surgery. She told me that prospect was very scary for her. I suggested that we try our touch connections inside her brain. She said she wasn't ready for that, but the next session she said "Let's try it." So towards the end of the session I guided her up into her face and she could clearly meet my hands. I then said: "If you're ready, let's go into your brain." She did! What she saw... The most beautiful display of lights and colors. We were both amazed! I suggested that she try this by herself at home. She did and the next day she reported not only the lights and colors, but she could see the bleeding lesion! Amazing! She decided to have the surgery. Before... She spent lots of time preparing her brain. Her fear was gone! After the surgery, the dystonia vanished. She completed university. Her new life began! Yes! And my amazement has never ceased!

The Trillium Institute Presents:

Webinars with Jack Blackburn



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 13,14,15,16th Time 4PM PT
Days: 1. Neck 2. Shoulders

3. Ribcage and Pelvis 4. Hips Legs Feet
NCBTMB Approval in Process Cost \$120

PS:the [Register](#) link below for Side Lying Somatics Rewind is working. It will say \$120 but it will not tell you the name of the class until you sign in with PayPal. Then you will see a shopping cart on top with a down arrow. When you click the arrow it will confirm the class.



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 to great.

+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.

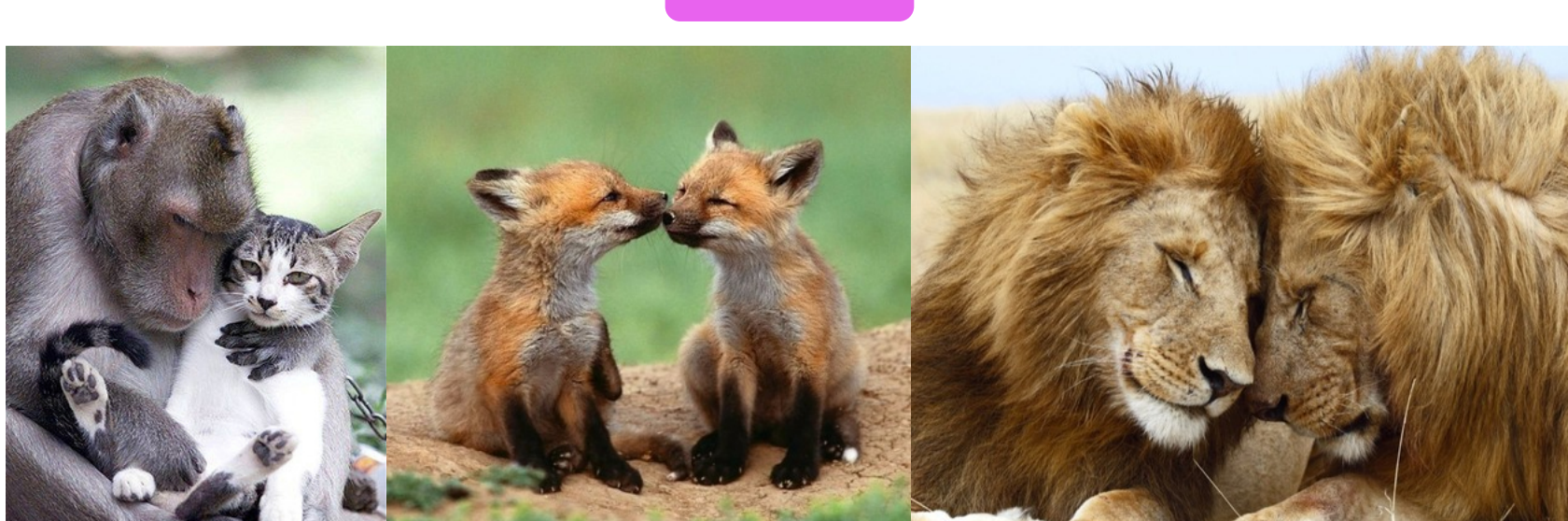
+The shoulder girdle and hip that is not on the table can be decompressed and tension in the joint released non-reflexively with the help of gravity.

+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**

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
Oiga, WA 1 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.