



## Presencing Issue 95 New Paradigm Extensions Our Client's Gifts Towards a State of Presence XIX

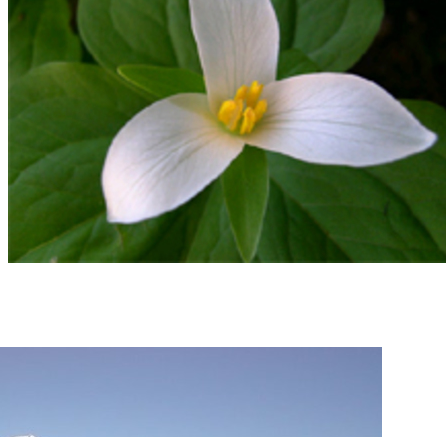
### 1. Conscious Proprioception into Presence

### 2. Touch is Always a Two-Way Connection

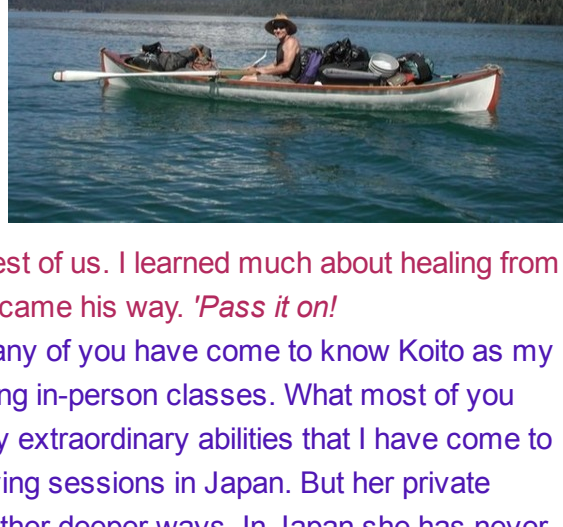
### 3. Building Case Studies from Our Sessions

### Four Repeats: Original Face & Table Talking

### Foot Decompression Somatics & Presencing Pain



**For You:** Here is a photo of Joe, my friend boating on Baker Lake at the foot of Mt Baker in Washington State's Cascade mountains. I am telling the story of Joe's journey with prostate cancer that had already metastasized to his bones when it was discovered. Joe gifted us all with his life. Joe was a joyous giver of humor, love, and deep wisdom. I am passing on his story of personal healing because of the ways he shared his last journey with the rest of us. I learned much about healing from the ways Joe met life fully no matter what came his way. *'Pass it on!'*

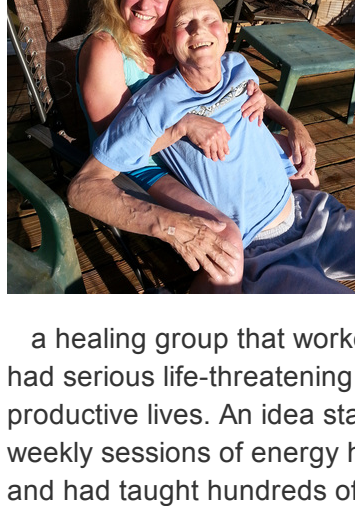


**\*\*About Koito as clairvoyant reader:** Many of you have come to know Koito as my partner in creating webinars and co-teaching in-person classes. What most of you don't know is her other skill. She has many extraordinary abilities that I have come to know, during our years of teaching and giving sessions in Japan. But her private readings have helped so many people in other deeper ways. In Japan she has never advertised. Dear colleagues I'm letting you know about Koito's other work, because it is now possible for you to have private sessions thanks to Zoom. You can reach Koito Kusunoki at: [trilliumthrice@gmail.com](mailto:trilliumthrice@gmail.com)

**\*\*Extra CEs for your writings:** As you now know I and a group of colleagues are creating **\*\*Case Reports Writing Classes\*\*** in order to stimulate you my bodywork peers to start informing the public and our fellow caregiving professionals in articles and formal case studies about what really happens in our sessions. You can now earn extra CEs in every live webinar and home study webinar. Procedure: Work with Barrie Robbins and other writing and publishing coaches for posting and publishing your writings and earn your extra credits. **\*\*Note: this has never happened before!!\*\***

**Our Vimeo Webinar Library:** Koito is starting to post all of our previous Webinar videos on our website: [www.presencingsource.com](http://www.presencingsource.com). You can pay less for any of previously videoed classes and you can also get home study CEs by completing the NCBTMB requirements and submitting to Barrie Robbins our Home Study coach.

**Presencing:** As we attend more to the sensations arising from within our own bodies, a new essence starts to companion us from within. We start to experience presence as the arising of each moment, as a taste of eternal awareness. All living systems are attuned to NOW. Every event; past, present, and future is a part of this eternal moment. This growing awareness of NOW seems to put many things, especially fearful ones, into different perspectives. The body is temporal. If we pay close attention, we realize that the body only exists now. So that which is implicitly temporal may lead us to experience that which is explicitly eternal!



**Joe's Gift:** About a week before returning from Japan to my home in Seattle, Elaine, Joe's wife sent me an email. In it she said that recent C.A.T. scans showed that the tumors in Joe's spine had become markedly worse. The hormonal and radiation treatments that Joe was receiving, had seemed to diminish the growth of the tumors. We all thought that Joe was winning the struggle. I was taken aback by this news. My friendship with Joe stretched back over 30 years. I felt helpless and wanted to leave Japan right away so that I could join Joe on Orcas Island where I used to live. I prayed asking: "What can be done to help Joe?" As I was praying I had a memory of Joe's mother.

**Therapeutic Touch:** Many years before I had been part of a healing group that worked weekly on Joe's mother as well as other Islanders who had serious life-threatening illnesses. All of those persons wound up living long productive lives. An idea started forming in my mind. Why not train a group to give weekly sessions of energy healing to Joe? I had been a Reiki Master for over 20 years and had taught hundreds of professional bodyworkers Reiki as well as other energy healing modalities. Recently, I was teaching in my classes, the importance of sharing interactive touch to create a state of *presence* between practitioners and clients.

**First Training Session:** I called Joe from Japan and asked him if it would be OK if Koito and I trained a group of men to give him energy healing sessions. He was very receptive to the idea. We also talked about what he was going through. Both he and his wife had spent many nights crying themselves to sleep, and often Joe would wake up feeling tremendous fear and feelings of isolation. On Orcas Island most people know one another, and almost everyone knew and loved Joe. He had a very big heart and had helped and inspired many Islanders over the years. Joe and I were part of a large men's group that is committed to giving service and support to those who need it.

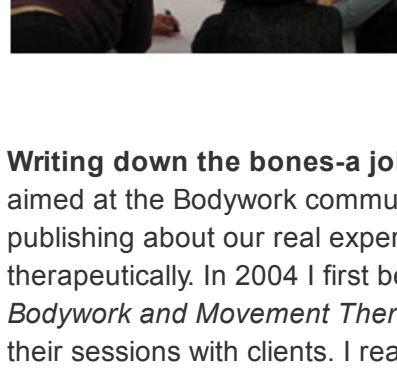
**Odd Fellows:** The men have also shared many hours of camaraderie together: in weekly two hour gatherings, playing in parades, kayaking and camping, cutting winter firewood for seniors and the poor, helping Island boys who don't have fathers at home; and most importantly sharing our joys, fears, and sorrows together as Brothers. Joe had always been at the forefront of these activities. He worked very hard physically, but always had the energy left over to help those in distress. I called one of the men and he organized a two-day training for nine men, just after Koito and I returned from Japan. I was very happy that this could happen. We began to pray inside about how we would compose this special class. These men had almost no experience practicing healing with their hands. I had worked with many of them over the years and knew them to be strong, hard workers. I also knew that some of them were quite stiff in their own bodies due to years of hard work. We had to teach them to use their bodies, especially their hands, in a totally different way.

**Two Way Touch:** The men, Koito, and I, came together in a space that has been our Odd Fellow meeting space for over 25 years and a meeting space for generations of men for over 100 years! We often felt the energy and support and joys of those previous Odd Fellows just being in that room. As I looked around the room I saw men that I had known for many years. I began by giving them some unusual information about healing: I told them that healing is not about saving or rescuing another person... or about magically removing their symptoms. Healing is about uniting or joining with another person and sharing *presence* together. Healing is about losing our fears... the fears that separate us from one another. I taught them how to become *present* in their own bodies and feel the deep peace that comes when our thoughts become quiet. A great stillness and silence came into the room at that point, and I felt that we had created a *sacred space*. I knew then that the training would succeed. Next we taught them how to share presence with one another. They could all feel the beginnings of energy flow with one another. They were also starting to feel the effects of outer-touch-giving and inner-touch-receiving.

**Practicing Presence:** I told them that I would teach Joe how to join his awareness to their hands so that he would be sharing *presence* and energy with them. I also spoke about the fears we all have when we are dealing with death. Most people have concerns about being with a person who might be dying; there is an underlying nervousness and a sinking feeling of helplessness. There is also a fear of mentioning death; as if it is a curse that will harm the patient. Many are still afraid to touch a person with cancer in case it might be transferable. The men and Joe would be working on those fears together. The real healing comes from mastering those fears by sharing presence together. In presence fear dissolves and we realize that fear resides inside of us, not outside. We start to realize that the more we practice presence, the more we come into a knowing that we do not want to contribute to the perpetuation of fear in ourselves or others. I taught the men how to work on themselves using *presencing somatics*. I also gave them two Reiki attunements to enhance their awareness of the energy.

**Reciprocal Training:** After teaching the men, I went to Joe's home and taught him and his wife how to do self-healing and how to work on one another. I also taught Joe a special method for working with his mind when he becomes especially fearful. We talked about his physical discomforts as well as the various worries and doubts that come when he feels a sense of helplessness and defeat. I told Joe that he does not have to prove anything to anybody. If he dies he is not defeated or a failure. He told me later that was a big help. The men who would be working with him also realized that the most important thing in healing is the sharing of presence and that the healing is two-way. Joe was helping them face their own fears of death as well as joining with them energetically. Joe received two sessions per week, each time by 2 or 3 persons. 15 more persons were trained, including six women. I spoke with Joe off and on over the next 2 1/2 years. He said that every time he receives from the sessions, he feels a beautiful boost of light and energy; his heart swells as he realizes he is encircled with love. He did realize how much deeper the bonding became between all of the men: "I feel the security of being held and realizing that this group can help me pass. Facing the aloneness of death is so scary, so real, and so final. But with the support of the brothers and others, I feel that we are all facing death in a much different way!" Joe opening himself up to a new appreciation of life in the present moment... *Even in his passing he is pulling for all of us.*

*At 3 am Joe's rooster crowed three times and Joe took his last breath, witnessed by Brothers. Joe's gift.*



## Generating Case Reports From Our Practice:

### Writing: Our Client Sessions, Methods, Records

**\*\*August 15, 18, 22, 25th. Time 4pm PDT\*\***

**2CE hours per class, Cost \$160**

**Posting Online, Publication = up to 2 extra CEs**

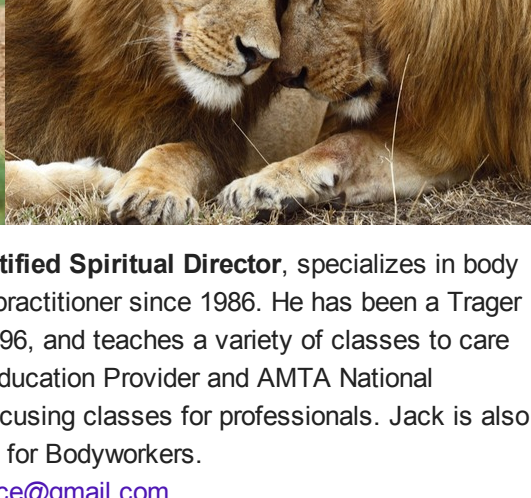
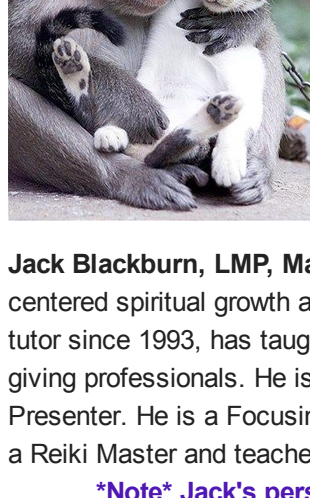
**NCBTMB Approval in Process**

**Writing down the bones-a joint enterprise:** I'm planning to start a Webinar in August aimed at the Bodywork community in general; to take us through steps in writing and publishing about our real experiences and learnings from our work, using touch therapeutically. In 2004 I first became aware when writing articles for the *Journal of Bodywork and Movement Therapy*, that most of my colleagues were not writing about their sessions with clients. I realized that if we do not communicate publicly about our work, and what has been happening in our sessions, the public and other caregiving professionals would not really understand the full benefits of touch, and the unique things we were learning. But now, after three years of Covid, I realize that the other caregiving professions only partially understand bodywork. Even less is understood by a touch-wary public.

**Thinking about your practice over the years:** What stands out for you? What clients and learnings do you recall from those relationships? What insights and curiosities did you receive and how many of those *gifts* are you still keeping inside? Undoubtedly it would be good for all of us if we could share them with all our colleagues. For 12 years I hosted an inter-professional supervision group biweekly. The group included professional caregivers from medicine, psychology, physical therapy, psychotherapy, bodywork, and theology. We found that we all were dealing with similar situations as helpers for others. We all shared personal difficulties as well as insights derived from our work with clients. What a treasure trove of sharings those group meetings were. I came away realizing that it's important that we end the false *hierarchy of care*. Professional touch has a very significant role to play in personal healing, well-being, and self-empowerment.

### The many unique elements of

**professional touch:** Touch is a form of communication that's deeply effective in releasing pain, tissue constriction, sympathetic autonomic states, and creating somatic awareness. Using touch, we learn that when we teach our clients to feel directly into their places of distress and interact in ways that release those discomforts they increase their own bodily confidence. We can also use touch to encourage client self-awareness by entering a state of *presence*, which helps to release them from past regrets and future worries. Every session is a lesson in body mechanics for ourselves as well as our clients. We can also teach our clients to practice *inner touch* and *felt sense* that they can practice by themselves, and to create their own movement patterns that free up areas of restriction. Finally, we can empower our clients by teaching them to interact with our hands and our words in ways that give them equal authorship of their session's results.

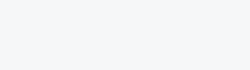


**Jack Blackburn, LMP, Master's in Theological Studies, Certified Spiritual Director,** specializes in body centered spiritual growth and healing. He has been a Trager® practitioner since 1986. He has been a Trager tutor since 1993, has taught Trager electives classes since 1996, and teaches a variety of classes to care giving professionals. He is a NCBTMB Approved Continuing Education Provider and AMTA National Presenter. He is a Focusing 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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