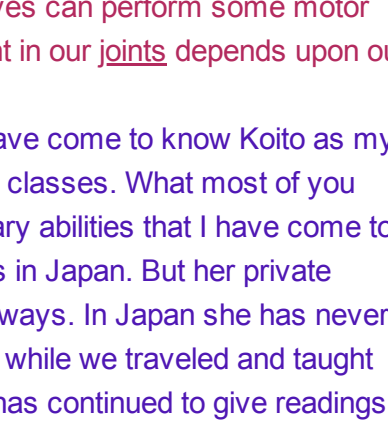




**Presencing Issue 94 New Paradigm Extensions
Our Client's Gifts Towards a State of Presence XVI**
1. Conscious Proprioception into Presence
2. Touch is Always a Two-Way Connection
3. Building Case Studies from Our Sessions
Two Repeats: Original Face & Table Talking
Opening Our Trillium Institute Webinar Library



For You: In this issue I tell the story of Keiji, a client who gifted me with an understanding that motor nerve paralysis doesn't block sensory nerve function. I could apply in my practice what Keiji and I learned together. In bodyparts where motor nerve function lost, we tend to lose our sense of interactive touch. What Keiji and I discovered is that touch, which is always two-way, does not depend on motion. We learned that with full client proprioception, sensory nerves can perform some motor nerve functions. I also learned that feeling of movement in our joints depends upon our sensory nerves.



****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 my 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. We gave a few notices about her sessions while we traveled and taught along the Atlantic coast. Since returning to Japan she has continued to give readings through Zoom. Dear colleagues I'm letting you know about Koito's other work, because it is now possible for you to have private sessions. You can reach Koito Kusunoki at: trilliumthrice@gmail.com

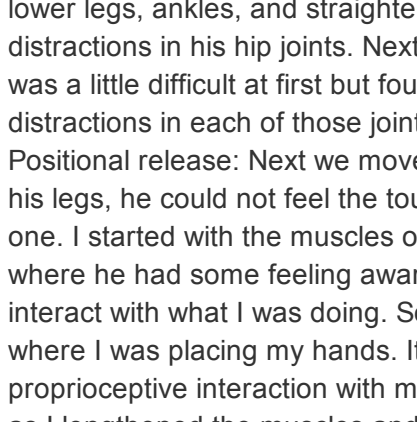
****Extra CEs for your writings:** As you now know I and a group of colleagues are creating **Case Reports Writing Classes** in order to stimulate our bodywork peers to start informing the public and our fellow caregiving professionals in articles and formal case studies about what really happens in our sessions. You can now you can earn extra CEs in every live webinar and home study webinar. Procedure: Work with Barrie Robbins and other special writing and publishing coaches for posting and publishing your writings and earning 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... You can pay for any of the videoed classes and you can also get home study CEs by completing the NCBTMB requirements and submitting to Barrie Robbins our Home Study and CE coach.

This issue Case Report: The Kenji case report in this issue is about another gift of mutual healing that I hope will take us deeper in our understandings of the depths of our work. I don't know how many of you have worked with paralysis. I have worked with a series of clients with lower body paralysis. In each case when we enacted touch and response verbally and tactically they each made great strides sensorily.

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!



In Osaka: Keiji suffered his injuries 34 years ago, falling out of a tree, when he was 16 years old. His left hip was crushed and he suffered paralysis in his whole lower body. I agreed to see him because his wife had written to us stating that he was in extreme pain and was depressed. He had stopped responding well to swimming and other self-care exercises

First Session: Koito and I started working with the Keiji and his wife in Kyoto, Japan. He was sitting in a wheelchair, his feet resting on the footplates, his ankles totally inverted. I had no idea where to start, so I let my curiosity be my guide. I decided that I could find out how much he could feel and where he could feel it. So I weighed each of his legs; he could feel the change of position in his hips as his legs were lifted. He could not feel the contact of my hands. I then compressed and lengthened his upper legs towards and away from his hip joints and he could feel that. Next I did the same thing starting with his lower legs, ankles, and straightened feet. He could feel the compressions and distractions in his hip joints. Next we moved down to the knee joints and ankle joints. It was a little difficult at first but found that he could feel the compressions, rotations, and distractions in each of those joints.

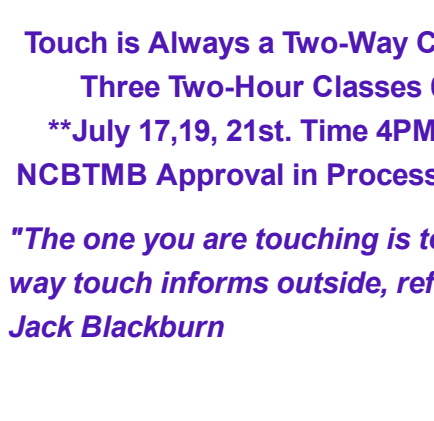
Positional release: Next we moved to the muscles; when I touched different muscles in his legs, he could not feel the touch. I decided to try decompressing the muscles one-by-one. I started with the muscles of his upper legs since they were closest to his pelvis, where he had some feeling awareness. At the same time I decided to see if he could interact with what I was doing. So I asked him to focus his in-breath and out-breath right where I was placing my hands. It took a little while but he became able to feel a sense of proprioceptive interaction with my hands ; he pushed against my hands with his breath as I lengthened the muscles and contracted in exhalation as I decompressed or shortened the muscle tissue. What is more surprising is that I could feel the effects as expansion and contraction in my hands, and I told him so.

Two Way Touch: Following this procedure, we were able to create interaction all the way down his legs. And as a side effect, he was feeling the very pleasurable parasympathetic effects of decompression in many parts of his body; he was experiencing less and less pain. What happened next was almost unbelievable. I put my hands on his right knee and asked him to touch my hands from inside of his knee. I then could feel him touch my hands! In other words he was able to use his conscious awareness to create a different form of interaction with me. Even though he was still unable to fully feel where I was touching him, he could touch me back. Also as we practiced that form of interaction the tonus of the tissue in his legs was softening and warming! By that time we had reached the end of the session.

New Home Practice: I wanted to create a similar kind of interaction between Keiji and his wife. So we started with his paralyzed legs and voila, he could interact with her hands and she could feel his breathing and touching. We then shifted to different parts of his upper body. The two of them could interact in those places as well, including tight painful body parts. These interactions resulted in more shifts towards warming and softening. Now they had some tools they could use to work together on their own! The next time I came to Japan, they came to see us 3 times, traveling all the way from Osaka to Tokyo. His wife also took a few classes so that she could have even more tools for their interactions. In one class my students were astounded to feel his touch ability to interact with their hands.

See also: *Understanding Sensory Motor Amnesia*, by Jack Blackburn, *The Folio, Journal of Focusing and Experimental Therapy*, Vol. 26, no. 1, 2015

Trillium Institute : Jack Blackburn's Webinars



Conscious Proprioception; Enter Presence
Four Two-Hour Classes 8CEs
****July 7,10,12,14th. Time 4PM PDT****
NCBTMB Approval in Process Cost \$160

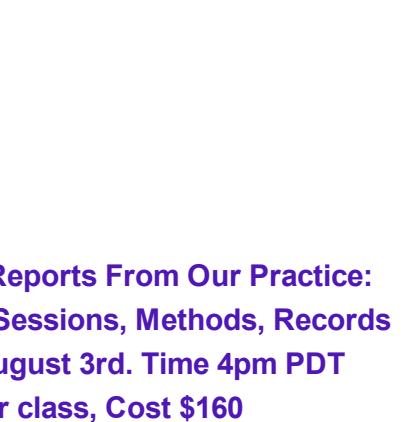
Proprioception: We're always propriocepting. The traditional definition: our awareness of our bodyparts, where they are, what they are doing, and our overall

level of coordination. Proprioception involves our sensory nervous system and our motor nervous system. In our work we often become aware of our clients' conscious and unconscious levels of proprioception. One thing to add to our knowledge and experience is that proprioception is always in the present moment. We can focus our work so as to enhance our clients' overall level of proprioception, which also enhances their overall body awareness. In our sessions as we work in a way to bring our clients consciously into the specific body parts we're engaging, we're also helping them experience the present moment. When clients learn to engage physically with our hands and our quality and direction of touch, they are starting to become authors of their own body experiences. And because they are entering presence, they are starting to grow in consciousness. Thus, we can add conscious awareness to the results of our work... And healing is one of the rewards of sharing presence. *Thank you Jessie Loo for giving us this gift in your passing.*

[Register](#)

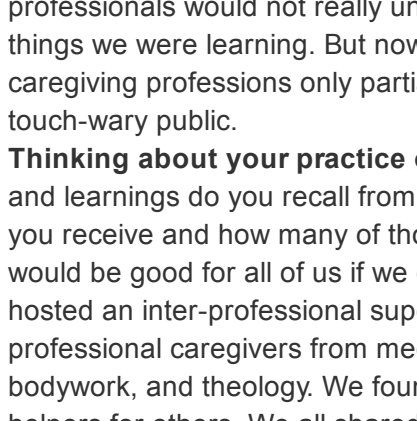
Touch is Always a Two-Way Connection
Three Two-Hour Classes 6CEs
****July 17,19, 21st. Time 4PM PDT****
NCBTMB Approval in Process Cost \$120

"The one you are touching is touching you... Two-way touch informs outside, reforms inside"
Jack Blackburn



Some simple facts about touch: We think about touch as a one-way experience most of the time. In fact when we use touch therapeutically, we divide touch into touch *given* and touch *received*. But the truth is that we have touch sensors distributed throughout our bodies; outside and inside. And touch sensors are always two-way and the information we are receiving tells us much about how our touch is being received. We not only feel tonus; we feel temperature, tissue response, autonomic engagement, and consciousness. And in fact we can change our own tissue responses in most parts of our bodies, by engaging with them tactilely. Does this mean by interacting with them by touching that body part on the skin surface? Well, yes, and we do that continually with different parts when we feel aberrant sensations like pain, stiffness, numbness, and autonomic arousal. Sometimes we're using pressure, manipulation, sometimes gentle soothing strokings. But what about when we go inside our own body using a felt sense of touch, and filling and emptying with breath, with internal touch, expanding and emptying using our connective tissue, and searching for a vocabulary that comes closer and closer until it resonates directly with what we're feeling. In those cases, the various subsystems of our bodies change in response. One of the earliest discoveries of yoga, was that we are able to change our physically reality by interacting with our body systems from within. Variations of the same techniques are taught to meditators, for creating deeper penetration and conscious awareness of this mystery of life in a body. In paralysis and other conditions of limitation, we can use touch responses that trigger new-found awareness and abilities to express.

[Register](#)



Generating Case Reports From Our Practice:
Writing: Our Client Sessions, Methods, Records
July 24, 27, 31, August 3rd. 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 July 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.

[Register](#)

Adding ORIGINAL FACE to Your Practice
Four Two Hour Class - 8CEs
****July 25, 28, Aug 1, 4th. Time 4pm PDT****
NCBTMB Approved Cost \$180



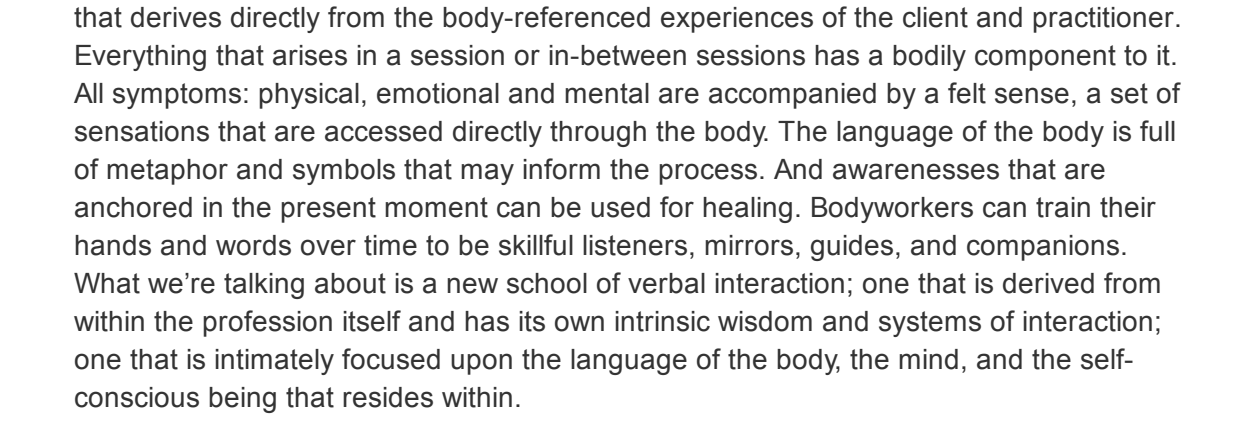
Zen koan: What was your face before you were born? An unanswerable Question!

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.

Gateways to Personal and Interpersonal Expression: Our eyes are called mirrors of the soul and can look deeply from our soul to another soul. The expression "Look into the eyes that really see you," is a deeper form of mirroring we support with Original Face Work. We are relaxing eye muscles and inner tension inside and behind the eyes. Many persons are afraid to make eye contact... Why? Also many persons are afraid to keep their eyes closed when entering their inner being... Why? What are the stages of letting go of eye-centered fear?

Before and after images below were taken 25 minutes apart



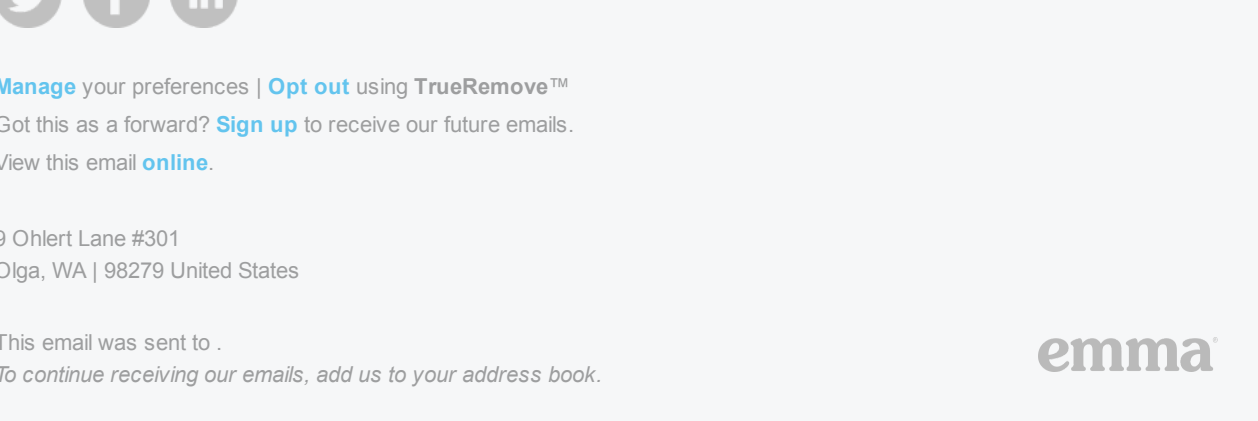
[Register](#)



Table Talking Refinements
Four Two-Hour Classes 8 CE
****August 7, 9, 11, 14th. 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

www.presencingsource.com

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