



## Presencing Issue 96 New Paradigm Extensions Our Client's Gifts Towards a State of Presence XIX

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Sciatica Decompression Somatics in Side Lying & Presencing Somatics Intro



**Orcas Island Doctor:** Before serving as a doctor on Orcas Island Stan Williams served in Vietnam as an anesthesiologist. I met Stan in 1980 while I was working as manager of a Theosophical camp and retreat center on Orcas. An elderly woman a long time camper fell and was in pain. I rode in the ambulance with her to the medical center. Stan was so gentle and kind to her, I decided to get to know him. I am including Stan in these case reports as I learned so much from him that I still use and teach Dr Stanley Williams in my bodywork practice.



**\*\*About Koito as clairvoyant reader:** 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:** I have been including narratives and case reports in these last 6 presencing newsletters. I hope to stimulate you to do the same... and get used to writing your learnings and understandings that come directly from your practice. I am *salting the mine* so to speak. I hope that you will join me and others in this effort. Posting and publishing your writings can earn your extra credits. **\*\*Note: this has never happened before!!\*\***

**Our Vimeo Webinar Library:** Koito has now completed our video library of previous Webinars on our website: [www.presencingsource.com](http://www.presencingsource.com). You can pay much 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 Motto:** *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!*



**Stan's Gifts Keep Giving:** In one of my first meetings with Stan, he received an emergency call that a teenager, a 16 year old boy had attempted suicide by shooting himself with a 22 rifle in the chest. Stan invited me to go on the call with him to witness a typical emergency call. As I witnessed the procedures to try to save the boy's life, I was gently giving the boy healing energy and assuring him mentally that he had

done nothing wrong and there was nothing to fear. Over the next 3 years I went on many emergency calls and I learned to speak my words to inform patients what we were doing and where we were going. I learned that even comotose and dying, and those in extreem pain and fear, were helped by the words I was using.

**Stan's Intuition:** My wife Jacky was visiting the clinic for a yearly pap smear. Stan intuited he should do a blood draw on Jacky because she fainted during the procedure. Because he had learned to do lab work in Vietnam, Stan did a WBC (white blood count) using a hemocytometer and licing the red blood cells with H2O2 and staining the white blood cells. He saw that the WBC was abnormal and sent a blood sample to a mainland lab. He called us both to come to the clinic and told us that it was possible that Jacky had leukemia. The lab called later and confirmed the she had CML (chronic myelogenous leukemia). Stan had already prepared us for that news. I checked online and found that the care that was offered was dubious at best and very expensive.

**Our Overwhelm:** We were overwhelmed by that news. Friends connected us with a hematologist-oncologist at Stanford Medical Center so Jacky and I flew to Palo Alto and met with him. His description was quite grim. Jacky could live 3 months to 3 years. He loaned me two books on Leukemia so that I could read up on CML. We were both in shock! I started a crash course on CML – there was only one survivor in the books and she stopped coming for treatment, so no one was able to explain her remission or even find her. A shadow of hope? The Stanford Doc put Jacky on two chemotherapy drugs which had side effects but tolerable. We flew back to Orcas and met again with Stan.

**Remaining on Orcas:** He offered to teach me to draw Jacky's blood and do a WBC using the hemocytometer and microscope so that I could make two reports per week to the Stanford doctor. Stan's training and continued support allowed our family to remain on Orcas during this time and have regular Stan follow ups. Jacky could see her Stanford doctor by staying with parents near Palo Alto. Our children, Christopher and Kirsten, and I could stay on Orcas. A friend at Syntex sent me regular *Medline* reports on CML and thus I could still continue my research. I also made visits to University of Washington Medical Library to read all CML research reports.

**Emergency Medicine Revamp and Manager:** Meanwhile Stan and I revamped the Orcas Island emergency medical program. I organized classes and recruited college graduates to train to become EMTs and Paramedics. Me too. Stan employed me as manager of the Orcas Medical Center, so we worked together every day! I did become an EMT and making emergency calls with an ambulance. Many different experiences of severely wounded, heart attacks, drunk drivers, house fires, strokes, emergency flights, extreme fear and pain.

**New Research Report:** In my continuing research I found an article on research being done at MD Anderson Hospital in Houston, using human alpha interferon for CML in which 50/60 patients were in remission! I told Stan and I called head of Interferon Foundation in Texas, He said: "It's working! Get your wife on the program!" I called to the

M D Anderson research head to enroll Jacky. They said Dr Talpaz would only talk with a Doc! I checked the data from Jacky's chemo treatments: She had no increase in WBCs and no appreciable increase in her spleen size.... two qualifiers for the interferon research study. I plotted everything out and prepped Stan with the data. He called Talpaz and I listened in... based on the data from Jacky's history, Talpaz agreed to consider Jacky for the study. I called Jacky in California with the news! She cried! Her Stanford Doc had said "No" to interferon! I convinced her that this was the big chance to save her life!

**Interferon Treatments:** I thanked Stan for making the call and Jacky and I flew to Texas. Thanks to Stan, Jacky became the 55<sup>th</sup> research subject. We received two flights/week on Orcas of human  $\alpha$  interferon from donors in Finland. Because it was a funded research project, we received almost no bills from MD Anderson! Jacky started improving immediately! She underwent two bone marrow aspirations per year which showed that the CML marker *Philadelphia chromosome* was disappearing. Jacky lived another 36 years, eventually receiving a bone marrow transplant. Thank you Stan! Your intuition and your ongoing support saved her life! I realized what a great Doc Stan was. He would always listen to his patients, asking them what *they* felt? Stan joined a men's group I started, meeting once per week. That whole group joined the ODD Fellows in order to prevent an ancient Indian burial ground near Stan's house from being commercially developed. Stan and I walked that land many times together.

**Ongoing Learning:** Stan asked me to learn kidney dialysis which I did for Jessie Pinney. My first report in this series was about the gift of *presence* I received from Jessie on the night she died! I also helped start an Orcas hospice. When I was learning *vipassana* meditation, Stan was learning Mandell's *Dream Body Work*. We compared notes from our experiences. Stan and I stayed in touch over the years when I became a bodyworker and he remained a Doc. I was on Orcas for Stan's retirement party. He was so much loved by so many on Orcas! Stan passed suddenly of a heart attack with no preamble at the age of 72. I was so fortunate to know him and learn so much about life and caring for others. Many blessings my Brother!



**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 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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