

# Presencing

JACK BLACKBURN'S NEWSLETTER

**Presencing Issue 99 New Paradigm Extensions**  
**Our Client's Gifts Towards State of Presence XXVI**  
**Upcoming Webinars: Presencing Pain, Table Talking**  
**Building Case Studies from Our Sessions**  
**Touch is Always a Two-Way Connection**  
**Sciatica and Related Conditions ~ DS + Side Lying**  
**Presencing Somatics Intro**



**The Path of Pain:** I asked Margaret to feel into her pain, to feel the shape of the painful area, to feel the qualities of the pain, to feel any connections between the painful area and other body parts, and notice any pattern or rhythm to the pain. I then taught her to use her breath to interact with the pain. This she was readily able to do... first increasing then diminishing the pain. I then asked her to describe the pain to me. She described the pain as hot and sharp like a red-hot poker. I encouraged her to practice this approach on her own. I also asked her to draw the pain. After four or five sessions with Margaret, it became clear that pain was revealing a pathway into very profound experiences. By following her pathway of pain, she entered into a whole new life! We were both amazed! ... *Article continues below...*

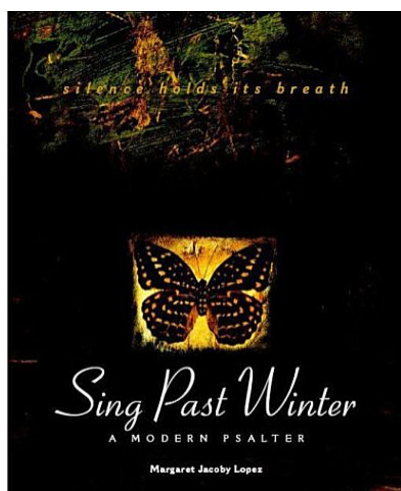


**Our Presencing Motto: As we attend more to the sensations arising from within our own bodies, a new essence starts to companion us from within. We start to experience presence as the arising of each moment, as a taste of eternal awareness. All living systems are attuned to NOW. Every event; past, present, 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!**

**\*\*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 you 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. [barrierobbins@gmail.com](mailto:barrierobbins@gmail.com)

**\*\*About Koito as clairvoyant reader:** But her private readings have helped so many people in deeper ways. In Japan she has never advertised. I'm letting you know about Koito's other work, because it is now possible for you to have private sessions thanks to Zoom. Reach Koito Kusunoki at: [trilliumthrice@gmail.com](mailto:trilliumthrice@gmail.com)



**Margaret, MJL, Finds the Doorway:** MJL was sent to me by my dear friend Dr Robert Hardy Barnes. He told me that she recently had undergone hemorrhoid surgery and the sutures had failed. As a result she was in extreme pain with little possible repair options. Because of the torturing nature of the situation, the patient was even contemplating suicide! Dr Barnes had received my sessions and was aware that my Trager work was very gentle and also involved movement. He thought maybe the movement could bring more healing blood to the torn lesions. MJL came for her first session and described her experience of the surgery. As she was coming out of anesthesia, she vaguely heard the male surgeon say "I may have tied the sutures too tight." Later that day, as she was moving her body she felt the sutures tear through the walls of her rectum. When she called the hospital, she was told that the surgeon said the operation would have to be repeated. Because she was distraught and in extreme pain she called Dr Barnes. We scheduled session for the next day.

**The first session:** I decided to put MJL in side lying position with a large bolster between her knees so that there would be less pressure on her anus and so that I could work on other parts of her body. I told her that I would not work directly on her rectum but that I could give her Reiki healing energy over that part of her body. As I did so she told me that there was no appreciable increase in pain. I then asked her what the lesion felt like. "Like a red hot poker." Using her inbreath and awareness she could increase the pain, and then with her outbreath MJL could decrease the pain. I suggested that she could apply that technique at home, so she could have some sense of effect where the tissue was torn. I also suggested that she use her artist's skills and draw the pain based on what she was feeling.

**Side-lying Positioning:** I then worked with the rest of her body, being careful not to use movements that would displace the rectal tissue. Happily, the rest of the session was very relieving for MJL. I felt the rest of her body settle into a parasympathetic response. She was very relieved in spite of the fact that the pain was still there in the rectum. Her anger at the surgeon became less edgy and her situation less fearful. She

did report back to Dr Barnes who got back to me! When I saw her two days later and she reported considerable relief in spite of the pain, which she did draw! MJL was also starting a different kind of journey. By interacting directly with her pain she was starting to have unusual side effects. One of the things that had taken me to graduate school, was my sessions with a variety of clients who went directly into their painful body parts producing, white light, past lives, freedom from abuse, and total pain relief. MJL was beginning to have these kinds of experiences. It started with a dream in which a female surgeon, who seemed a kindred spirit, removed a *silver cross* from MJL's anus. This struck MJL because she realized her lifelong relationship with the Anglican, later Episcopalian church, needed to change.

**Pain and Poetry:** MJL started coming for sessions 2 times per week. During her new experiences with presencing pain, she started hearing verses of poetry. She had never written poetry in her life. I suggested that the poetry could be related to the path she was opening with her pain. So the poetry was now part of her sessions. She was still experiencing her pain but that pain was an opening into something new and precious. She was using words she had never heard before. *Mediatrix*. We looked up some of those words and it was clear that they were emanating from a deceased friend who was a very famous American psychologist. MJL was now beginning a "direct source" relationship with her pain. Many of the verses related to her lifelong relationship with Christianity. They were self-creative, meaning they were edifications of what she had previously believed. Example: **Grace:** "It take a special kind of grace... to live an ordinary kind of life,... with pain... and simple thought. Union of opposites - pain and pleasure, death and life. A baptism of wild honey, oozing thick, and heavy, sticky and sweet. Received in one moment. That special kind of grace." And from: **Why Me?** "One thing I know pain is my compass, and I don't want it... yet without it I am nothing. Without it I lose hope... Without it I feel nothing."

**From Jack:** Dear colleague, Dear touch caregiver, This example of gifts from our clients will continue with *Presencing Issue 100*, because this amazing learning about pain with MTJ is just beginning. I want to complete as much of this journey as I can without infringing on her privacy. I think you will agree that our trainings in relation to client pain, and even our own pain, barely touch this profound journey.

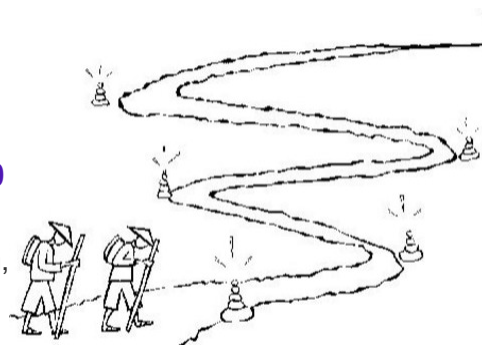
## PRESENCING PAIN - TRAIL MARKERS

Three Two Hour Classes - 6CEs

September 25, 27, 29th - Time 4PM PST

NCBTMB Approval in Process Cost \$120

**Milton Trager's words:** "If you are creating pain, you are not doing Trager." During much of the time that Trager was teaching bodyworkers,



most of the other modalities relied on pressure to overcome resistance in the connective tissue of the body. Massage techniques were mostly drawn from deep tissue, trigger points, sports massage, and offshoots of Rolfing. Trager's approach to pain was the oposit of fixing. Listening Hands release pain.

**Taking a Different Tack towards pain:** Those of you who have been reading these

newsletters over the years probably know that I too have taken a different approach towards working with pain. Two doctor friends, Paul Brand and Stan Williams helped me to realize the importance of pain for our various bodily functions. Also, pain signals can become trail markers in healing and increasing conscious awareness. In this webinar we will explore a body-centered "path of pain" which can lead directly towards releasing the thoughts which cause suffering. Because we use pain as punishment, when we experience pain, the onus of guilt arises. What did I do wrong or what did someone else do that caused my pain? Pain signals are essential to life and can help us enter our body's continuous state of Presence. Body-centered pain signals are never punishment! Pain is always NOW!

Register



**Generating Case Reports From Our Practice:  
Writing: Our Client Sessions, Methods, Records**

**\*\*October 11, 13, 16, 18th. Time 4pm PST\*\***

**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 October 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



**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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