Presencing
Jack Blackburn's Newsletter

Presencing Issue 88 Two-WayTouching NOW
More Aspects of A New Bodywork Paradigm X
Extensions to Bodywork as a Caregiving Profession:
1. Table Talking Refinements
2. Focusing: Bridging Mind and Body
3. Secrets of Decompression Somatics
4. Palliative Care and Oncology
5. Two-Way Presencing into NOW

****Jump In, Join classes in progress, get all handouts, videos****
Dear Ones: In this newsletter we have been **m**oving towards a declaration: That professional Bodywork, which encompasses all sorts of touch modalities is ready to move into a full-fledged role in relation with other caregiving professions. We have watched in these times of pandemic how professional care and the general public has moved away from touch as receivers and advocates. Many bodyworkers and therapeutic touch clinics, who have given caring touch for years have had to close up shop... Some for good. We have observed the fact that touch, which can actually relieve the symptoms of fear and suffering, is perceived as endangerment. Most caring touch became verboten even when it became publicly known that Covid and its strains are spread through particulates in the breath, not by touching surfaces or other humans. An irony is that persons who are least likely to receive caring touch, are most likely to spread Covid by objecting to wearing mask protection, as an infringement on their freedom. We have been watching and learning. Medical and psychological caregivers and senior care facilities have been overwhelmed and yet professional touch, which can relieve symptoms of strain and fears, has been overlooked.
Leading Edge: ***Classes*** We have been offering on these pages are attempts to bring the Bodywork community into greater unity and understanding of the real values of our work. We have been proffering evidence that professional touch offers many more benefits, and outcomes than relaxation and symptom relief. A new paradigm for our work must include new surprising data, based upon new perceptions and understandings of our work as two-way person to person interactions that align with all systems of the body, mind, and conscious awareness. In these pages we have discussed the amazing benefits of client participation by proprioception, feeling, speaking, and by touching parts of their own bodies from inside. ***Hence~class:Table Talking Refinements.***Other aspects include, a *felt sense* of emotions that clients feel directly in their body parts now, rather than from past stories from their thinking minds. ***Hence~class: Focusing for Bodyworkers.*** As we said before: Touch therapies can become shared journeys of awakening. Decompression is called an indirect method because, rather than directly compressing contracted tissue, we are gently supporting the tissue in the work it is already doing – thus it can relax. This method is gentle and pleasurable for the client and very effective at releasing the guarding patterns. These sharings of interactive positional release produce experiences that are truly transforming. ***Hence~class: Secrets of Decompression Somatics.*** We have also demonstrated the unique benefits of shared touch in palliative care, noting that two way interactive touch can happen even if the patient can no longer speak, and while assisting them in letting their body go. ***Hence~class: Palliative Care and Oncology.*** We all have lived our lives as separated selves, allied with other separated selves to sooth our fears and loneliness. Two-way sharing of presence in bodywork, creates more life fulfilment, exponentially. Both persons are changed by this interaction, and both move towards true healing, not just symptomatic relief. ***Hence~class: Two Way Presencing into Now***.
And Again: We become present and aware by attending to sensations in the body. 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 in a state 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 start to that question if our chronic problems are not self-created ways of avoiding now. In this eternal moment we find only continuity, no discontinuity. The body is becoming our vehicle for a journey of awakening. The body existence is temporal. If we pay close attention we realize that the body only exists now. *So that which is implicitly temporal leads us to 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 as well help with your CE requirements. In this issue I offer more aspects Caregiving which may change your work and our profession: Shared Presencing, Client Sensory Interaction, Attending the Path of Pain, Absorbing Fear, and Touching NOW!
My Blessings go out to all touch practitioners everywhere in these difficult times!**

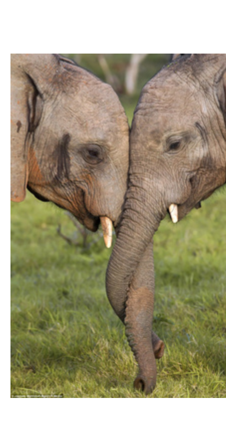
The USTrager Association & Trillium Institute

Present: Webinars with Jack Blackburn

Table Talking Refinements
One 3-Hour, Four 2-Hour+1 = 12CEs
October 12,19,26,Nov'2,&3rd
Time: 4pmPDT Cost $180
NCBTMB Approval in Process

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



Bodywork-Focusing: Bridging Mind &Body
Four Two-Hour Classes 8CEs October 17,24,31,Nov' 6th Time 4PM PDT
NCBTMB Approval in Process Cost $120

Focusing: was developed as a tool for counseling and psychotherapy, most professionals who use Focusing in their business or with their clients do not touch clients during their sessions. The training of counselors, psychotherapists, and teachers is usually exclusive of touch. The benefits of Focusing, as described above, fit very well with the goals of talk therapy. But bodyworkers and other body-oriented professionals can find parallels with many of the results of Focusing. They can feel the physical equivalents of "stuck places" in clients' bodies. They can feel the connection between "stuckness" in thoughts and emotions and places of holding and physical discomfort in clients' bodies. As their clients start to listen more closely to how their bodies are communicating, various shifts, releases, and insights may result. And clients often make significant changes in their lives as a result. The process of Focusing can be added quite easily to most bodywork modalities. And because the bodyworker is touching their clients' bodies, they have another way of guiding and confirming the Focusing process. Through their palpation skills bodyworkers can listen to and mirror their clients' process with their hands and words. The Focusing process may turn out to be even more dependable when accompanied by trained professional touch and body-oriented therapy.

Register

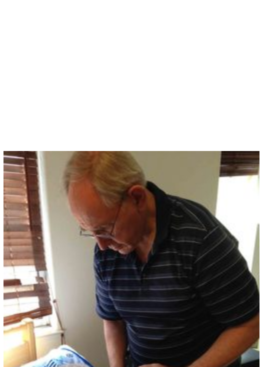
Secrets of Decompression Somatics
Four Two-Hour Classes 8CEs
November 4,11,18,25th Time 4PM PDT
NCBTMB Approval in Process Cost $120

Decompression Somatics: In this class we will be using DS in order to work on many body conditions that are very challenging. Think of those clients who have conditions you wished you could help. This is what we will be addressing in this class. And we'll have fun together as we do so. Activating proprioceptive rather than neuromuscular responses: As with yoga we are teaching the client to interact with different body parts through proprioceptive and felt sense communication. Rather than asking clients to engage muscles we are encouraging them to work through their proprioceptive awareness. By so doing we are mostly bypassing the neuromuscular system with it's preset gamma sensory motor limits. This could be extremely beneficial for those persons whose neuromuscular systems have been partially compromised. It also sets up a parallel system for growth in somatic awareness. Perhaps the most surprising result of this kind of interaction is that clients can become involved is producing their own tissue responses. Clients can also feel their own reflexive releases as well as the linking relationships (Anatomy Trains) to other parts of the body. This is highly effective and positively reinforcing because the clients are learning to be their own healers.

__**Positional Release from a Dynamic Perspective**__**:** Once again in Decompression Somatics we are drawing in part from Denise Deig, author, physical therapist, graduate school instructor, who has graciously brought her gifts to the bodywork world. Denise has studied so many of the pioneer forms of bodywork in her own personal development. I heartedly recommend that attendees in this class purchase a copy of her book on her website: *denisedeig.com*. She will mail it to you. For only $30, It is a great resource for all your bodywork understandings.

Register

Palliative Care and Oncology
Four Two-Hour Classes 8CEs November 9,16,23,30th Time 4PM PDT
NCBTMB Approval in Process Cost $120

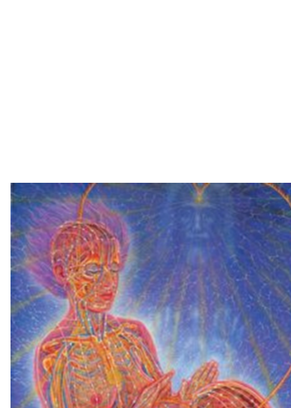


"Waking up: we have not truly lived life until we have accompanied the dying."

Those of us who have accompanied the dying realize that death is not an ending but a new birthing. There are persons with end-of-life experience including
their own back steps from the edge of leaving. We are all aware that all bodies die, so that life made of Earth can continue and be recycled. Yet humans have mentally made death a travesty, a punishment, a loss instead of gratitude and counting our blessings. Hearing that we will be leaving we ask: "What did I do wrong?" or "Who's to blame for calling me away?" Those of us who care for bodies come to realize what an amazing instrument we are learning. Dying is one of the great mysteries of living. Many "near deaths" bring spiritual transformation." We are all of us in a caregiving relationship with life; ours and others. We are all on the same path. Healing versus fixing… When we become present (hookup) with our clients, we are sharing their journey.

Palliative Care: Really means that we are helping seriously wounded, injured, ill and dying patients. Helping by creating comfort, reducing fear, increasing a sense of aliveness in their bodies, and help their ability to interact with friends relatives and caregivers. Touch is a very important part of palliative care. Training effects include relaxation, non-painful touch, and interactive touch. We make sure that the client feels the touch, and teach the client how to interact with the practitioner's hands; with breath, with touch, with proprioception.

Register

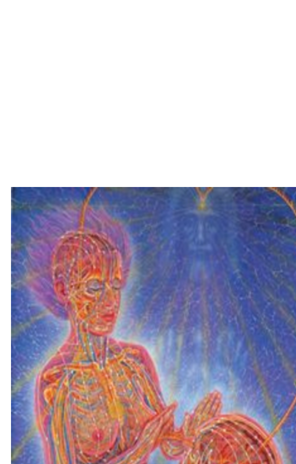
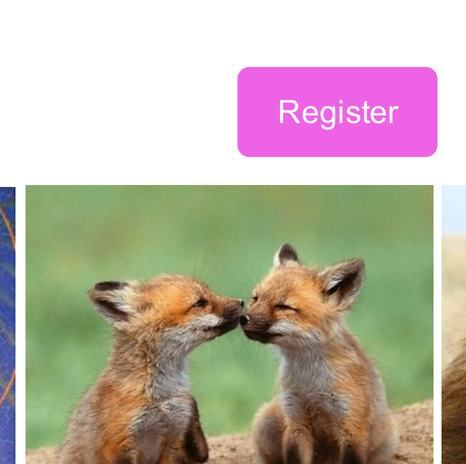


Two-Way Presencing into NOW
Four Two-Hour Classes 8CEs
November 14,21,28,Dec' 5th Time 4PM PDT
NCBTMB Approval in Process Cost $120

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

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
Olga, WA | 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.