Presencing

JACK BLACKBURN'S NEWSLETTER

Presencing Issue 106 - A Writing & Publishing Month
Working on Editing and Completing Four Books:

100 Days in NOW,
Trager Basics and Therapeutic Approaches,
Presencing Newsletter Highlights - Twenty Years
Japanese Impressions

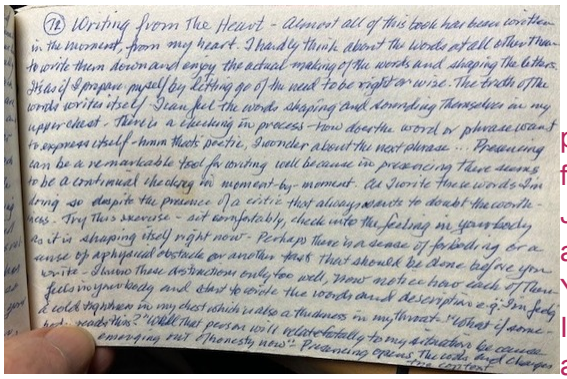
Dear Ones: Please view our demonstration video on our YouTube ***Presencing Source*** Channel Link: **Koito again Models-Original Face**

Presencing with Koito: Those who know Koito from our years of in-person and webinar classes will not be surprised that I, am dedicating parts of this issue to my dear friend, cohabiter, co-teacher, translator, co- healer and source of inspiration - Koito Kusunoki. We have been living together for ten years. Koito saved my life literally, when I suffered from aphasia during a class I was teaching and also when I hit my head and cracked a cervical vertebrae falling downstairs. Koito stayed with me in the ambulance rushing me to the hospital then translating and insisting that the medical team thoroughly assess and take care of my condition. In Japan Koito has always co-taught and translated my in-person classes. In the webinars Koito acts as model, production manager, teleprompter, and making sure we're muted during pee breaks. In addition Koito is an incredible cook, flower gardener, and friend to many people. **Her own profession is clairvoyant reader and spiritual teacher:** Many persons come to Koito in person and online for help with healing serious illnesses, making life choices, spiritual and relationship concerns. Koito also takes care of feral cats in our part of Tokyo, greeting and feeding them in her cat-walks at 2am in the morning. Our late friend, Susan Osborn sang a song for women: *Take Back the Night!* That's exactly what Koito is doing by her adult cat feedings and and kitten adoption walks. I'm telling you all this out of my own love and gratitude for Koito and so that you also can know her better. Koito has never advertised her services nor extolled herself. Now that you know her better, I invite you to love and admire her and seek her help in readings, teachings, and friendship. Koito is quite shy, and also quite amazing!! **Koito's contact information:** *trilliumthrice@gmail.com*

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!

*****Reminder from Jack: All webinar attendees receive a class manual, NCBTMB certified CEs, and video copies of each class session. I offer a range of classes which I hope will enhance your practice and help with your CEs. My Blessings to all touch practitioners everywhere in these difficult times!*****


(12) Writing from the Heart - Almost all of this book has been written in the moment, from my heart. I hardly think about the words at all other than to write them down and enjoy the actual making of the words and shaping the letters. It's as if I prepare myself by letting go of the need to be right or wise. The truth of the words writes itself. I can feel the words shaping and sounding themselves in my upper chest - there is a churning in process - how does the word or phrase want to express itself - hmm that's poetic, I wonder about the next phrase ... Presencing can be a remarkable tool for writing well because in presencing there seems to be a continual checking in moment-by-moment. As I write these words I'm doing so despite the presence of a critic that always wants to doubt the words - try this exercise - sit comfortably, check into the feeling in your body as it is shaping itself right now - Perhaps there is a sense of foreboding or a sense of a physical obstacle or another task that should be done before you write - I know these distractions only too well, now notice how each of these feels in your body and start to write the words and descriptive e.g. I'm feeling a cold emptiness in my chest which makes a fluidness in my throat - What if someone reads this? Will that person will relate totally to my attempt to be completely emerging out of honesty now? Presencing opens. The words and changes

Jack's Month Off: Dear Ones: Today is July 1st here in Japan and I'm starting a month dedicated to finishing, and publishing four books I've had in-process for some time. In 2002 my second trip to Japan I wrote 100 presencing Exercises in a 100 page Japanese hand bound book. Years later I transcribed and did a 1st edit. I've been reworking the book and I'm almost ready to find a publisher. In other newsletters this month I will quote some of the exercises. The title I have chosen for the book is **100 Days in NOW**. I'm quite amazed at what came through and my editor feels the same. I started the *Presencing Newsletter* in 2006, based on the amazing content that opened through the gifts of presence. Around the same time I wrote a series of in depth articles about Trager for the *Journal of Bodywork and Movement Therapies.* In those articles I attempted to explain aspects of the *Trager Approach* which I felt had not been adequately explained, especially as treatment. Those articles spurred me to continue to explore more depths of the work following Milton Trager's admonition before he died: *I have only scratched the surface. You will do much more!* The core substance of the book has already been published as my *JBMT* articles, and translated into Japanese. In the publication of that book I intend to explore those possibilities of deepening and broadening the work beyond where Milton could reach. The Third book will be a selection of articles and stories drawn from my *Presencing Newsletter* issues over the years, a true labor of love. Perhaps there will be publications deriving from those newsletters combined with appropriate class handout materials. Finally, the 4th movement towards publication will include my observations and learnings from living in Japan. Every day more amazing discoveries, observing and interacting with traditions, forrests, soils, languages, writings, foods, celebrations,1000s of years. There you have it: Jack's month of words, writings, observations, and gratitudes.

Switzerland 2021

Japan 2019

Orcas Island 2011

Adding ORIGINAL FACE to Your Practice
Four Two Hour Classes - 8CEs
Custom Class on Demand, 4pm-6pm PDT,
8CEs 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 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?

Register

PRESENCING PAIN; Custom Class on Demand
Two 2 hour Classes 4 CEs $100
NCBTMB Approved 4pm-6pm PDT

The gateless gate: In touching pain we are turning our direction towards rather than away from pain. As practitioners we are approaching pain with respect and deference. I started this writing by saying that caregiving professionals are expected to remove or reduce our clients' pain. Most of our methods do not directly address the unconscious associations that clients often make with pain. Relieving our clients' pains does not resolve hidden issues like fear, guilt, and punishment. Also, suppressing or removing the client's pain does not necessarily alert the client to activities that created the pain. Those are physical or mental activities that happen away from the sessions. It is frustrating for all care givers

to realize that our clients have various situations in their lives that perpetuate much of their suffering. While it is tempting, within our scope of practice, to help our clients address those situations, we are limited ethically from doing so… And yet watch how quickly the practitioner is blamed and rejected if she cannot be successfully end her client's suffering.

Here is a different scenario. The client and practitioner form a team to mutually explore sources of pain. The client is using proprioceptive and somatic awareness to interact directly with painful parts of her body from inside. At same time the practitioner is using her palpation skills to interact with and monitor the client's painful body parts from outside. They are engaged tactilely through mutual touch. They are engaged verbally and consciously through their willingness to be interactive with one another in the area of pain. As such they are conjoined in the present moment. I cannot prove it just by my words, but I believe this mutual engagement is releasing both persons from their fear laden associations with pain. In that sense much of our accumulated mental conditioning is nullified when we share in presence. So the place we were least likely to go becomes a gateway into new territory. Together we are discarding the baggage of our past conditioning towards pain and starting to explore with newfound freedom; freedom to enter new levels of conscious awareness. Later in this series we will consider some case studies which point towards this direction.

Register

SIDE LYING SOMATICS;
Custom Class On Demand 8CEs $160
NCBTMB Approved 4pm-6pm PDT **From Jack: "**I started developing my own approach for working clients in a sidelying position shortly after starting to work clients with serious back problems I was approved to teach my SLS method as a Trager elective class in 1993. I have continued ever since. I hope you enjoy the rewards of SideLying." ***Advantages of Side Lying:***
Over the years, having given thousands of sessions, I realize that side-lying offers so many advantages that it could arguably be used in every session, not only in Trager but also in every bodywork modality. Here are some of the advantages that I found:

*Most clients, when properly bolstered, are more comfortable and less resistant when lying on their sides.
*Clients who have been abused usually feel much safer, less vulnerable in the semi-fetal position that side-lying offers.
*Gravity can be used to great advantage because of the way it loads the joints and muscle tissue, hips, shoulders, abdomen.
*The therapist benefits from all the positioning advantages and thus doesn't have to work so hard.
*There is comparatively little body surface in contact with the table so one can introduce movement with very little effort. Like a pendulum, the further away a body part is from the table the easier it is to keep in motion.
*The shoulder girdle and hip that is not on the table can be decompressed and tension in the joint released non-reflexively with the help of gravity.
*Small amounts of motion can be transmitted through the joints with very little effort and very pleasurable effect to the client.

*The body in a side-lying position is similar to a piano keyboard with various body parts readily accessible at the same time.
*The body in the sagittal plane is asymmetrical from back to front so you can take advantage of the different way the body moves. For instance, the pelvis and shoulder uppermost move independently of the torso. When any one is put into motion a gentle and freeing torque is created along the spine.

Why Somatics? When the conscious mind starts to pay attention to the full language of the body, things change. This is the basis of all somatic approaches. Until then the mind only pays attention to what it likes and tries to eliminate what it doesn't. Ordinarily we pay attention to the autonomic; sympathetic and parasympathetic impulses when they engage or soften. Part of the role of the somatics practitioner is to help the client pay a different kind of attention to the body than preferences, demands, and avoidances. As we attend to our clients in these ways, we also start to change. Our senses are heightened. We become aware of different kinds of information that guide us in our work and our lives. As we help our clients discover the connections between their conscious and unconscious minds through the simple tool of presence, we too become aware of those connections. By so doing, we and our clients, get to partake of the Mind of the Designer.

Register

DECOMPRESSION SOMATICS INTRO; Custom Class on Demand 4 CEs $100 NCBTMB Approved 4pm-6pm PDT

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 join in with their proprioceptive awareness. 'So doing, we can mostly avoid triggering the neuromuscular system with its 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 and feeling linked-relationships (Anatomy Trains) to other parts of the body. This is effective and reinforcing because clients are learning to be their own healers.
Decompression Somatics as a shared meeting place: Probably the most difficult concept in DS is the concept of somatics... A state of conscious awareness, or shared presence, we are trying to produce for the client and achieve for ourselves. While DS relies upon presencing at the core, it also relies upon the willing participation of both parties. DS is called DS because somatics is the heart of our work. We are using a slightly different approach to somatics than other forms of bodywork. We are reversing the emphasis from teaching the client somatic awareness to directly recruiting the client into the teamwork of releasing (ego based) holding patterns. Thus we become equal participants with the client and visa versa. It works both ways because we have created a shared meeting place. The first step starts with bringing the client into that part of the body. The second step involves using interactive feeling tools like client breath and touch. The third step, and perhaps the most powerful, is to support the client's words to come forth or emerge directly from his/her felt experience. This search for words that

convey the felt-sense (process borrowed from Focusing) induces a state of exploration and curiosity in the client. This state becomes an open doorway to the direct inner perception of the body. The client searches for words. Correspondingly, as the search proceeds, the client's tissue changes. The search for an exact verbal description spurs curiosity, the opposite of control and faking it (ego devices). The words have to fit or the tissue will not respond... Process; find the fit in an ever-changing domain of somatesthesia (somatic awareness).

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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