Presencing

JACK BLACKBURN'S NEWSLETTER

Presencing Issue 103 - Five New Webinars Conscious Proprioception into Now, Original Face, Presencing Pain, Side Lying Somatics Elective - Full Body, Decompression Somatics Introduction

Dear Ones: Pease check our 3 new *Decompression Somatics videos using Positional Release* on our: **Presencing Source YouTube Channel****:
Positional Release General Video 1
Positional Release Neck Video 2 Positional Release Low Back Pelvis Video 3 **

About: Conscious Proprioception into NOW - Four Meditative Pathways into Presence:
1. Vipassana: The first meditative pathway we will be teaching is derived from Buddhist meditation and it involves using your inbreath and outbreath to interact with different parts of your body in order to bring yourself into an overall conscious awareness of body-mind interplay between sensations, memories, and conditioned reflexes that derive from past experiences, and opening into no time, no thought, non-conditioned presence.
2. Proprioception, Interoception, Exteroception: Learning different feeling states that derive from the fact that the body; all its systems of operation; and all its sensory data are occurring now... In this moment... From the beginning of life until we take our last breath. The underlying connector is sentience our internal feeling awareness. We will use these feeling states in order to let the body teach us different ways of Being.
3. Feeling, touching, verbalizing, seeing, into different body parts: Exploring our bodies from the inside. We have all learned many facts about our body, how it is put together, how different systems function, but do we really know our bodies from the inside or the energy layers outside our bodies. Also our bodies are composed of communities of species that aid us in digestion, elimination, absorption, wound healing, and species that fight germs and disease... Our conscious awareness has little to do with the communities of cells that keep us alive. It's time we stop disparaging our bodies and attend to our Gift of Life!
4. Minding the Chakras: Many bodyworkers are exposed to the chakras, energy centers distributed throughout the body. In Reiki and other healing systems, much attention is paid to the chakras. We are basically taught the 7 major whirling wheels

where energy enters and leaves the body, we learn positive and negative emotional issues associated with each chakra, and how to send others energy in person or long distance to heal those issues. What about our own inner chakra work, finding our own chakra-physical issues and using our own chakra treatments to change our physical and energy bodies.

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!***

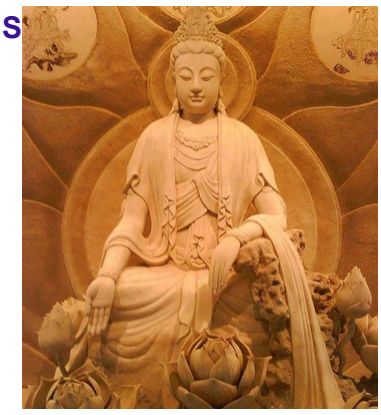
*****Reminder from Jack: All webinar attendees receive a class manual, NCBTMB certified CEs, and video copies of each class session. I offer a range of classes which I hope will enhance your practice and help with your CEs. My Blessings to all touch practitioners everywhere in these difficult times!*****

Switzerland

Japan

Orcas Island

FOUR CONSCIOUS PROPRIOCEPTIVE MEDITATIONS
JUNE 5, 7, 10, 12th 4pm-6pm PDT,
8CEs NCBTMB $160



Bodywork and Tools of Meditation

Through body-centered meditation we enter into the world of *presence*: Because bodywork involves our clients' sensory awareness, interations can involve body-centered meditative interactions. When we practitioners complete certain steps
of our own inner work, and practice them regularly, we can offer the doors of *inner presence* to our clients. First we must open our conscious awareness to new truths about the body.

- all body systems that keep us alive are linked to the present moment,
- the body gives us accurate signals about what is happening right NOW,
- body signals include reflections of our thoughts, emotions, bodily functions, internal environment and external conditions,
- the body is not pathological,
- the body is not a reservoir of sin,

 discomforts are very necessary body signals, and most are never felt as pain
 pain signals always occur in this moment,
 as such, pain sensations can be a NOW gateway into *presencing* and *healing*,
 body signals are many and diverse and always include energy signals of our aliveness.

So our inner work can offer direct opportunities to explore the signals that are occurring in our bodies right now. By attending to these signals and the thoughts and emotions that accompany them we start to unfasten patterns of conditioned thoughts and emotions that preoccupy our awareness. We discover that we have built our ego self awareness from past memories and future anticipations. Our bodies sensorially reflect what we are thinking and emoting about; but the sensations themselves are continuous signals of NOW. By learning to *feel* into the *sensations* themselves we start to dwell in *this moment*. *And this moment is all that ever exists.* This powerful self-discovery opens up a new state of awareness, an expended consciousness that is unconditioned by past or future. Our participation in this process is totally voluntary. Nothing takes us over, or controls us, and nothing is brings us pain or discomfort. As we experience signals reflecting now, we start to experience our bodies as *instruments of NOW*. We realize that this deconditioning is accompanied by a gradual and gentle movement into heart-centered awareness. New sensations that directly reflect presence start to become familiar: silence, stillness, no thought, no time, emptiness, and the shifts of internal and external loving awareness.

Register

Adding ORIGINAL FACE to Your Practice
Four Two Hour Classes - 8CEs
JUNE 17, 19, 21, 24th, 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?

These before-after face-work photos below were taken 25 minutes apart

Register

PRESENCING PAIN; June 26, 28th, 2024
Two 2 hour Classes 4 CEs $100
NCBTMB Approved 4pm-6pm PDT

Register

SIDE LYING SOMATICS; JULY; 1, 3, 5, 8th 8CEs $160
NCBTMB Approved 4pm-6pm PDT

Register

DECOMPRESSION SOMATICS INTRO; JULY 10, 12th, 2024
NCBTMB Approved Two 2 hour Classes 4 CEs $100

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

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