

Presencing

JACK BLACKBURN'S NEWSLETTER

Presencing Issue 101 Healing Explorations
Healing Somatics Bodywork Paradigm XXIX
Upcoming Webinars: Original Face
Presencing Pain - A Gift Misunderstood
Building Case Studies from Our Sessions
Table Talking
Foot Decompression Somatics





"Presencing Source" is NOW on YouTube: Koito, our production manager, has been saying for some time that I need to start a YouTube channel so that we can reach more people and so that the themes of *presencing* can be better understood, not just by bodyworkers but also by other caregivers... and the general public. In this newsletter over the years, I have written many stories relating to difficult client situations and how the client and I were able to discover unique solutions for those conditions. Pain and fear are big issues for all caregivers... We all live in bodies. We all go through body disorders and life hardships that are fraught with pain and fear. We all know that self-healing is intrinsic to the body design. Presencing involves teaching our minds to use our body's sensory systems to focus directly into our body sensations of fear and pain. We often try to escape from the pains and fears we feel. But by using the body sensations of pain and fear as focal points, we are discovering new patterns of conscious awareness that are linked somatically to this moment NOW. We have all been trained to look for the cause of our conditions. The prevailing asumption in most caregiving is that once we find the cause we can find the solution. In other words our minds are looking backward to diagnose and looking forward to a cure. When we use our body sensations as a NOW key, we open up new conscious awareness and access to healing. Eighteen years ago I named this newsletter *Presencing* because of the unique doorways that my clients and I were finding in their sessions. I was looking for a word that could convey a transformation which I witnessed in clients who experienced sudden transmissions of inner truth and self healing. The key is NOW.

***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 Credit for your writings:** I included narratives and case reports in the last 10 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've been *salting the mine* so to speak. I hope that you will join me in this effort. I'm again offering the Case Reports and other writings class in this Newsletter. I will be adding healing-based reports as examples from my own practice in the next series of Presencing Newsletters. Posting your writings online will earn you extra kudos.

Note: this has never happened before. Lets make it happen!!



Body sensations are a guide to healing: Bodily sensations occur only in the present moment. Often a client will complain about how much he/she has been suffering in a particular part of the body. If we carefully ask: "What are you feeling in that part of your body now?" Most clients have difficulty feeling into the body part in question and have even more difficulty describing the sensations that are occurring. What is going on when this happens? The story about the discomfort, the injury, the history, and the recurring problems are what the client has stored in his/her mind. When recalling the symptoms and story the client can be very vivid; but feeling into the body is an experience of the present moment. In the present moment the body and the mind are both open to change, hence the story is also subject to change. We use the present sensations as a guide into the body as well as a guide into the unconscious mind. Pain and other body sensations are reliable doorways directly into the experience of healing or joining. As we follow those symptoms, the body part starts to change… especially when both client and practitioner are following the sensations from inside (client's experience of sensations) and outside (practitioner's experience of tissue changes). During this interaction both client and practitioner are sharing presence and their own Beingness together, which is the essence of healing.

The body is an instrument for awakening: As we bring ourselves more and more into an experience of presence, our body reveals qualities of awareness that we have never noticed before. In presencing we learn to use the continuous channel of reflective bodily sensations that accompany us in every moment. Paying attention to this separate channel of information allows us to move deeper than our normal

thought processes. Thereby we can start to perceive a world that exists in the continuous present without our projections and other conditioned responses from the past. In other words we are perceiving and opening into life now. As we become more familiar with this new way of being, we start to realize that the body is actually our guide as well as our servant. Our own Beingness is now using the body to bring us into a state of unity and sentience. We can feel the life force within that is steadily bringing us into awakening. Awakening brings us into recognition of our own eternal Being. We start to realize that the world of fear and separation has disappeared. We are no longer absorbed in our projections and we are no longer trying to free ourselves from our bodies… we are no longer looking towards death to produce an awakening. As we learn from bodily presencing, our use of the body instrument becomes more sensitive and adept. We follow the guidance we receive from within… our own Beingness or healer inside becomes both guide and companion.

Adding ORIGINAL FACE to Your Practice
Four Two Hour Class - 8CEs
****March 23. 25, 27. 29th Time 4pm PDT****
NCBTMB Approved Cost $180



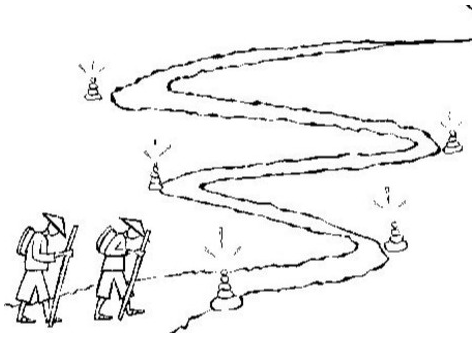
Zen Koan: *Show me your face before you were born? An unanswerable Assignement!*
Human Faces are Mirrors: We cannot see our own faces. So one of the primary functions of our faces is to mirror the faces of others – even as they are mirroring us… What we feel inside governs how we mirror others. Loving-open 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?

****Before and after images below were taken 25 minutes apart****



Register

PRESENCING PAIN - A GIFT MISUNDERSTOOD
Three Two Hour Classes - 6CEs
April 1, 3, 5th - Time 4PM PDT
NCBTMB Approval in Process Cost $120



Milton Trager: "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 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? But 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
****April 8, 12, 15, 19th. 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 planing to teach this Webinar again aimed at the Bodywork community in general... To take us through steps in writing and

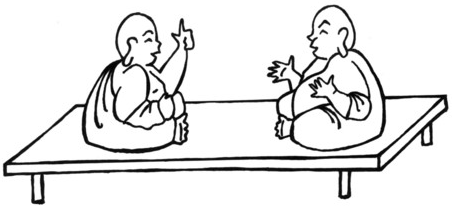
publishing about our real experiences and learnings from our work... Using touch therapeutically. In 2004 I first became aware when writing articles for the *Journal of Bodywork and Movement Therapy*, that most of my colleagues were not writing about their sessions with clients. I realized that if we do not communicate publicly about our work and about what has actually 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. After three years of Covid, I realize that 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 in 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 tohelp them 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

Table Talking Refinements
Four Two-Hour Classes 8 CEs
****April 22, 24, 26, 29th. Time 4PM PDT****
NCBTMB Approval in Process Cost $180



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 our 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



FOOT DECOMPRESSION SOMATICS
Four Two Hour Classes - 8CEs
May 1, 3, 6. 8thTime 4PM PDT
NCBTMB Certified Cost $160

Release pain and stiffness: in the body by working gently on the feet and lower legs. How to recognize the portions of the feet that need to be released? How the joints, muscles, tendons, ligaments, fascia of the feet connect to the whole body. How to change the arches of the feet that correct the posture in the whole body. How to improve blood circulation and good feeling in the whole body. How to compress along lines of balance in the feet that offer very pleasurable sensations. How to bring yourself and your client into a state of shared presence and teamwork.

FDS affects many body systems: FDS affects all of the following body-mind systems Physically - direct connection through fascia, bones, muscles, joints, tendons, and ligaments. Tom Myers' in Anatomy Trains points this out. When one part of the body is displaced all parts of the body are affected because all parts are connected. Different parts of the foot and ankle are functionally linked e.g. when plantar fascia is lengthened the foot and ankle can dorsiflex more fully and there is a corresponding stretch response along the whole “superficial back line.”

Denise Deig in her book: *Positional Release Technique from a Dynamic Perspective*, shows how very little pressure can release any kind of connective tissue.

Thomas Hanna Somatics: uncovers the importance of client conscious feeling awareness in different body parts. the body-mind of the client is receiving and adapting to new inputs of information and the client is growing in somatic awareness i.e. consciousness!

Other likely effects: Reflexology; because many of the reflexive points on the feet are being stimulated by FDS there are notable reflexology effects. Acupuncture; as with the hands, prominent acupuncture meridians end in the feet. So it is possible that FDS also positively affects conditions associated with those meridians. Emotionally; because the parasympathetic responses induced by FDS seem to calm emotional upsets. These effects are even more powerful when the client accesses her feet and ankles consciously.

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.

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