

## Presencing 20

### The Mutual Healing Relationship: Client-Practitioner - Part II

**Presencing clients' inner life and outer life changes:** One sure sign of moving towards awakening is that our outer life starts to reflect the inner life. I call it "being met." This may happen to the practitioner and client concurrently. Many of us are surprised when we discover that synchronicities and manifestation are a part of life. With the inner practice of presencing we start to experience these and other gifts of presencing, which confirm a state of co-creation with life. At first these "meaningful coincidences" come as surprises. Some persons have taught that these "coincidences" can be manipulated by shifting our minds toward "abundance." The trap is believing they have an edge over others. There is a big difference between living from a place of neediness and living co-creatively in which all life is benefited and fearful neediness disappears.



**Abundance does not eliminate suffering:** As bodyworkers we know that everyone who has a body will experience suffering... no matter how much abundance. We live in bodies and bodies deteriorate over time. Even if we manage to "stave off" the impediments of ageing, we suffer because of the hardships and losses of those we love. We are all interconnected. Because our loving is selective, we will experience the pangs of loss every time someone special dies. We treat our bodies as servants to our preferences. Thus we miss the living refreshment our bodies can bring in the moment. Our bodies serve us loyally our whole lives, but we tend to disparage them like Roman "whipping boys" much of the time.



**Body is a direct connection to NOW:** We are only starting to understand the hidden functions that bodies perform to ward off disease and bring us into deeper levels of consciousness. Every experience we have in this life is apprehended through the body. Whereas the mind is often drifting and not attending to what is at hand. Bodyworkers can witness as bodies become "instruments of presence" that give us hints of eternal life. The happy confluence between inner life and outer life requires no manipulation, no technique. We share the discovery with our clients, that the body can "bring us home" any moment.

**“You catch it (presencing) from someone who’s got it.”** Milton Trager made this statement often about what he called “hook-up,” (presencing). The wholeness and interconnectedness of all life is a state of awareness, not a toned body. Trager experienced over and over that when he became present in his own body, his clients would receive a similar experience. He became amazingly skillful at shifting the limitations in clients’ bodies and minds. He wanted to teach everyone to become present in their bodies.



**Selling Presence:** Milton was an ambassador of presence. His clients would experience a sense of trust in their body centered reality... the suchness of life in a body. However many persons including his own students, ascribed the changes they could feel to Milton himself. This meant that, for some, everything that Milton did became worshipful and emulative. Those of us who learned techniques of presencing from Milton were at a loss to explain why what we were doing created such wonderful effects.

**Self Awakening through the body:** Hence the notion that we got it from Milton and are passing it on. What was actually happening is that by becoming present the practitioner was starting to awaken to her own co-creativity. The more presence, the more connection with the eternal moment. This connection, not the emulation of Trager, is what brought a sense of lightness of being. Practice presence for its own sake because it is intrinsically interwoven woven with life in a body. The individual’s willingness to practice presence, that is key, not devotion to a teacher.

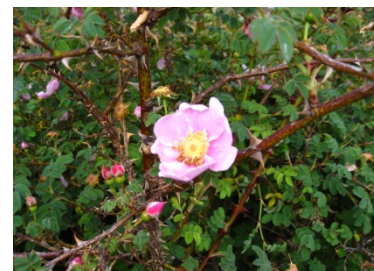


**Healing starts with mutual trust:** Trust is the first step towards healing. In bodywork when a bond of trust develops between client and practitioner, both persons can move towards mutual healing. All healing involves a sharing of experience. Without trust there cannot be any real change. No matter what skills the practitioner possesses there must be continuity of experience between client and practitioner. Healing always takes place within the context of a

person’s life. It is not just a solitary inner event.

**Extension of healing:** Healing produces a flowering of change throughout one's life. Like a pebble in a pool the healing shift that takes place in the practitioner-client relationship spreads out to affect interactions throughout both persons’ lives. This is the real “catching” that Trager was speaking about. A healers prayer: “May this shift towards wholeness and eternal life, be spread to all sentient beings.” The healing which starts with the realization of trust between two persons, can become a “social compact” for spreading that healing far and wide.

**Sacred space – within and without:** By finding a body-centered link to the present moment the practitioner–client team begins to create a sacred space. The signs of presencing start to occur. A blanket of silence infuses the space; a stillness of mystery and awe reaches from inside of each person; both become aware that what



is occurring is taking place outside of time; both become aware that no ego thought is interrupting the sharing that is occurring... instead both are Being thought. Finally both become aware that form has become amorphous... bodies themselves are filling with emptiness. Beingness is communing with itself... the healing is becoming whole. The hush of sacredness is remarkable.

**Intrinsic Being emerging:** Within this healing context something very powerful is emerging from within each person. There is a deep intrinsic Being within both persons that is the personification of Presence. We become aware as we strengthen our somatic awareness that there is One inside that we are sharing with the other persons. As our thoughts and feelings start to flow from that One we realize that coming into Presence together is the path of healing. As persons who have had near death experiences report, fear of death dissolves because they can feel the eternal aliveness which is their Beingness. When we trained as bodyworkers little did we sense that the body could become an instrument for the awakening of humanity.

