

## Presencing 18

### The Mutual Healing Relationship: Client-Practitioner Gathering

**No one is healed alone:** The implications of this statement are twofold: every healing involves two or more persons because true healing is a movement away from separation and towards unification; practitioners and clients are both correcting their perception of illness and injury. Thus we can consider the practitioner client relationship as a potential team for healing. Generally we do not speak about healing when we focus our work on symptomatic relief. But what if symptoms are really a call to pay closer attention to the unconscious way we are living our lives. What if perceptions of illness and injury are healed with the sharing of presence?



In my years of vipassana meditation I learned that pain signals occur only in the present moment. As such we can consider pain a “call to come into presence.” What if the pain our clients bring to sessions were a call for both of us to become present? With the practice of somatic awareness the body becomes an instrument for communing with our “ground of Being.” We are given a reason to come together in touch. We are meeting one another, practitioner and client, in a sharing of an event that only occurs now. If we can presume that our bodies are instruments for joining in presence, then the keystone to that presence is the mutual agreement to attend to the symptom through our inner and outer felt sense.

**Attentive to one another – through Somatics/Presencing:** In usual bodywork sessions the practitioner is attending to the needs of the client, for which she gets paid. But when both practitioner and client become somatically aware something else takes place. An intimate bond of common attention is formed.



The purpose of the session is to enter a shared experience of mutual healing. While each is playing a different role, both are benefiting by entering into a state of no-separation. Each finds that by becoming present to unmediated body signals, they start to perceive through presencing. By unmediated I mean that the thinking mind is not trying to interpret the signals. Body signals consistently accompany anything that is happening: pain, pressure, thoughts, emotions, memories, tissue manipulation, visions, insights, words, bodily functions.

In presencing one can feel another’s body condition – what is also called felt sense. One way of explaining this sensory ability is that in presencing the conditioned mind that is accustomed to projecting thoughts, perceptions, conceptions, interpretations, and observations, is now filtering everything through bodily sensation. This apprehension of body sensation leads to a state of body-centered consciousness that is grounded and confirmed by sublime body sensations. The practitioner can feel into different levels of the clients physical, emotional, and energetic bodies. The client can feel the practitioner’s attentiveness, constancy,

body state: balance, imbalance, tiredness, interactiveness, curiosity, willingness to join into the client's experience.

**Wherever two or more are gathered – there I am:** This statement is usually interpreted in a Christian context. The missing words “in my name” are interpreted as Jesus or Christ. But Christ also signifies one who has embraced the collective human consciousness. The “I am” signifies Being on the level of God realization which also means oneness with the Source of all creation. And the word “gathered” signifies the sharing of presence.



So the interpretation for caregivers can be something like “whenever two persons consciously share presence, healing can happen. Healing can happen because both persons are entering Christ consciousness, or wholeness. In A Course in Miracles this sharing of presence is called the “shared holy instant,” or shared moment of wholeness. In a state of shared presencing the holy instants lead to a state of eternal now. This interpretation of healing implies that both persons are moving towards an awareness of wholeness or awakening. The steps we take using touch and somatic awareness can bring ourselves and our clients into true healing and awakening.

**Client can feel into practitioner's body – like baby to mother:** We presume that the baby in the womb can feel what is occurring in the mother's body proprioceptively. Is the mother awake or asleep, is she walking or running, is she buoyed up by water, is she carrying a load, is her body balanced or imbalanced? Many also believe that the baby can feel the mother's emotional state and can be affected directly by the mother's emotional state and body chemistry: is she hungry, is she sad, is she alert, is she



contented, is she digesting, is she caffeinated, is she inebriated, is she experiencing endorphins, is she having adrenaline rush or parasympathetic relaxation?

Out of the womb babies exhibit many of the same bonded reactions to the mother and to a lesser degree to those of other human beings... perhaps this feeling awareness beyond the body is enhanced or lessened to the extent that the baby feels trust or distrust. When a baby is cradled close to the body and rocked by the mother's whole body, the baby is soothed. If the baby is moved away from the parent's center of gravity it will start to flail about. The same is true if the baby is rocked just using arms and shoulders.

Like the baby the client-practitioner relationship is enhanced as mutual trust develops. When clients on the treatment table become somatically aware they can feel many signals coming from the practitioner's hands and body. They can feel if the practitioner's body is out of balance, if the practitioner is using hands and arms only, if the practitioner's mind is drifting or present, and if the practitioner's actions are in harmony with what is happening in the client's body.

**Practitioner can feel client awareness in body parts:** The practitioner who becomes present becomes aware that the session is being guided by something other than the practitioner's mind. He/she is tuning



into a potential for change in the client's body that exists now. It's as if by presencing the practitioner is accessing the client's latent healing that exists in the timeless or eternal dimension. Accessing the client's latent healing is also a movement towards the wholeness that is also latent between practitioner and client.

As both enter a timeless realm guided by somatic awareness, the healing that is latent in both of them is guiding the session. This healing is also a movement into the "I am," or universal Beingness, spoken of by Jesus. In this movement there is a dissolving of selves or ego boundaries without any loss of individual awareness. As the session takes on this aura of presencing, the practitioner's hands are guided by the potential for change that emanates from the client's body-consciousness. There is a meeting of body-centered conscious beings so to speak. The session becomes a process of unfolding awareness. We all experience these processes of expanded body-consciousness during peak experiences in nature, with loved ones, in communion with life.

**Practitioner and client interact through touch:** We only partially understand what happens when touch is guided by presence. Like the fetus in the womb there is a tremendous exchange of two-way information. Practitioner and client become aware that touch is always two-way... the one you are touching is touching you. Whereas most bodywork sessions seem like one-way communication... the client's mind is lost in itself, in a state of self absorbance, receiving but not giving. Between mother and child can this be so... even when the child is asleep?

When clients become somatically aware they also become aware that their own touching comes from deep within their own Being. The same is true for the practitioner who is somatically aware. So the agent of touch in shared presencing becomes the Beingness inside each person. This is a far different form of intimacy than sexual encounters where each person is reaching towards satisfaction. Shared presencing has no conclusion because it is a continual movement towards co-creation with everyone and everything. The intimacy of presencing touch grows towards an appreciation of and absorption into all life, and is not time-bound. Co-creation is a much greater phenomenon than procreation.



**The presencing practitioner can match client's Intrinsic:** Inside each person is a potential for wholeness and healing that I have called the Intrinsic. This Intrinsic Being inside is formless and timeless and has never left the Source of all life. It is the germ plasma of all existence... eternal, infinite, continually creative and expansive. Presence links us directly to our own Being and shared presence is confirmation that Beingness is shared with all of life. As we and our clients practice presence it is as if we are summoning our Intrinsic Beingness to emerge.

We become more and more aware of life at the level of Being... and we start to become expressions of that Being. As we and our clients practice presencing more and more we start to see and feel interactions as expressions of Beingness. We notice that as our own intrinsic emerges, it is confirmed by events and persons around us... being meets Being, is confirmed and recollected by Being, and healing, ending of separation, realization of Oneness; becoming evidence that Intrinsic Beingness is emerging.

