

MODULE 8, T-13
MODAY, OCTOBER 8, 2018
OJAI, CA

DAY 1

Beginning of the very last module of this training. In the sequencing of the whole training, we are in follow through, outlet and integration. It is cool to feel the excitement in resonance with the low slow movement.

ANNOUNCEMENTS

Missing assistants, Gary and Sarah. Sarah will return on Wednesday. She is in Zurich for a Polarity training. Gary will not be coming but has sent some music.

Ajay is absent due to a family loss and will return on Wednesday. Kerry isn't here and we haven't heard from her. Talent show for Friday night. Please see Shana about adding your name to the list.

Orient to the schedule

1. Introductions
2. Principles and general assumptions
3. Check-in in groups
4. Lunch
5. Exercise

Introductions: Ray

Getting up to move around while the noise is happening next door. Just now where you are MEFS. One of the key elements of this work is present time present age, through something that is happening right now. Not some implicit sensation but something as mundane as the sensation of the seat on the chair. Or through your eyes, see who and what is in the room. Don't need to make anything out of it. MEFS/front/back/inside in relationship to outside. I would suspect that exercise is familiar to you. It is an pendulation exercise, from one pole to another pole. Just now if you are willing, stand up and move how you want and keep coming back to some aspect of MEFS. Pause and get what you just did for yourself. everyone of you are different than 5 minutes. Bring in social nervous system. Eye contact, hug if you want.

Group check ins

Groups of 4 or 5; 10 minutes each

Break til 12:00

One of the most extraordinary opportunities as a trainer is to sit with people over a period of time and witness the work work. The gratitude to be with you and my esteemed colleagues. To watch each one of you go through your struggles, and to keep coming back to your intention "what is my purpose here". Because of that the world is a better place. So look around.

What does it feel like to have the impulse come from the inside out and how does it inform your passion.

This work has been reshaped over the decades. The question I hold is "What do you do afterwards to make this work work in your lives?". There is so much skill here.

This year I have been looking at "what can folks graduating have to look forward to."

So that you can see a future.

So I have created a structure with a name etc so that I can back out of this work gracefully and know that it is going to go on.

I do WS so that I can mentor you as you do this work.

What are the practitioner developmental steps so that at the end they can come out a trainer. That is a 10-20 year work.

My heart is in "how can families come together and grow themselves so that the mom and dad can know that the babies are equal part of the family.

How can we be in small groups of people and come to know that every single person is important as the person leading it.

What is the unseen essence of that process. It is in the fiber of the connection of how we come together. How does that happen? When babies grow up in families when the parents can perceive the babies as sentient beings, the babies thrive and the families thrive. We know this is true. What ever are the struggles are were there before we came in. I didn't cause it.

Its not about the mess, imprints, hurts.....

It is in the essence of how we connect with the unseen. In the process of that we get to anchor into the BP. Which was here before the universe took its first breath.

There is something as being where we came into the creation with something from where we came from. In a way that expands us, gives us container and helps us be in relationship with the people we love.

The essence of life is not the "shit that happens". The resistance we had to face, we can get lost in it. The essence of this work is how does that life force expresses itself through me today. Not to deny or create a new bubble. But how to move at a tempo that allows us to integrate what we have experienced and to be in relationship with ourselves and others that is mutually supportive and cooperative.

Principles and actions that come out of them.

MSAC is a principle: the actions are BFEC

Slow tempo is a principle: the attention is an action.

We are use to thinking about this as me in relationship to ourselves. But if we sit in the presence of the BP and the expression of that wave 2.5 in and out, if we slow our attention to that tempo, we realize it is an organizing principle for ourselves and to groups. The principle of the Social Wave Phenomena. (social tide). The rhythm is there and if we find ourselves in a co regulated relationship what shows up is the SWP. What happens is our shit comes up because we also have to give attention to our history, who am I to them? In relationship to my history. We have been working towards working in co relagulated relationship, in our intimate, families and small groups. Sometimes you get into a place where you don't have a choice about what is going to show up.

Co regulated experience is a principle. Action is BFEC, touch and attention, MEFS. These contribute to co and self regulated experiences. Developmentally co reg. precedes self regulated experience.

We are naming principles and actions and we are also naming what are the key elements of this work.

Tempo is a principle and the action is the ability to make choices that are true to ourselves and coming from the inside out.

Connection is a principle. Accurate reflection, inquiring in a way so that we can deepen into ourselves to support connection.

Lunch

MEFS

The actions support many principles

All the actions support MSAC. The action of taking a pause or of self care, or BFEC all support co reg and connection.

The mechanism of how labor and birth happened, how mom and baby relate and the support out there. In that process, you have co reg, dynamic squeeze and DCO. DCO and dynamic squeeze.

We are into the key elements of the work. With dy sque and DCO and their relationship to sweet spot. It is cooperative and engaging for the good of each other.

These contribute to coreg. And MSAC

Principle of safety: present age and eyes is an action that gives us a portal into the present moment where we can perceive safety. Protection is an action.

The principle of safety is perceived in the moment we are living in. a human has to get it in the womb and in arms in order to have it now. The part of protection is to establish 2 layers of support.

2 layers of support is a principle. Babies don't relax until there have 2 layers of support.

Principle: perception governs experience. From a practitioner's point of view, perceiving how a client perceives is very useful.

Confidentiality supports safety and co reg. and welcome.

Some of these are conception rights (instead of birth rights).

Choice doesn't exist without integrative tempo.

One of the key elements of the work is that the history wants to be remembered.

What is implicit and explicit memory. The things with ppn time is that the history is preverbal. It is not explicit, preverbal memory is by nature implicit. We have the memory by having an implicit experience by having a visceral experience. If we take the leading edge of the memory and learn to hang out in it, we get the skill to be able to give words (that we didn't have back then) and through this we make an implicit memory explicit. We are changing the way that we perceive our history. In the act of staying at the edge, we are integrating both sides of our brain, crossing both sides of our physiology. Implicit/right brain explicit/left brain work together. We get to settle into ourselves vertically. The experience of feeling our settling, top down and inside out, gives way for us to be able to feel the blue print nurture us. But the movement of the energy cannot stop there, it must reflect back to the source. First

the energy is coming down, settling and spreading, then the energy gathers potency which increases the internal movement so that it can go back to where we came. For the mother to birth her system moves top down inside out, the dominant movement for baby is from bottom up to push against the uterus. The advent of primitive streak and noto cord is bottom up.

Inherent in the BP is the polarity principle which exists in the universe as pendulation (movement). What we are doing here, we are having the intention to resonant to a tidal flow that is slower than the osteopaths perceive. When we hold an intention to what is the perception of a group we move to a slower tide. Social wave. The action is sit in presence, perceive yourself, perceive others, and pay attention to how the energy feels. If we do just that much we don't have to get lost in all the subsets, psychology, anatomy etc. We are doing family work, perceiving the energy of that, we are shown what is missing and what is working. If you perceive what is missing, you can coach them in it, such as BFEC.

Collaboration is a principle. It broadens and deepens the work. Working with Tara, Mary and Anna has influenced the work. The emphasis on BP would not be without Anna Chitty.

Break 10 minutes

The structure of the week

1. Monday: What is the advent of an impulse and how does impulse lead to passion
2. Tuesday: how BEBA clinic is organized
3. Wednesday: sessions working with the energy of your passion
4. Thursday: harvest; summary of the training;
5. Friday: groups; 1 year and 5 year plans down to a 2 minute statement to share with the circle and we can empower each other with the passion of our 5 year plan. Talent show.
6. Saturday: graduation

EXERCISE

Set and intention that we explore and find what the sensations are for finding the impulse from the inside.

The form, the principles and actions are the structures to hold the field while you are exploring your impulse.

Stand up and start with ourselves.

Stay with where we are in the sequence, these are developmental steps of how the impulse comes from the inside.

MEFS self in relationship to yourself

ME you in relationship to the earth

FS you in relationship to the heavens

Front back left right inside outside

Notice what your body is doing.

Your body is already showing a story. What ever your body is doing notice that, Think about raising one of your arms and notice what happens. Don't raise your arm, just think about it.

MEFS and notice what your body is doing.

Think about moving the other arm and notice what happens.

Is anyone noticing that when you think about moving a part of your body the energy starts to do it.

Open your eyes and have the intention to take a step. Notice what your body does. At one point take the step and see what happens. Notice that when you think about doing something it doesn't necessarily happen but when you have the intention to do something it has a different sensation.

Facilitated movement.

Think about taking a step. add the intention to take a step. At some point take the step with the intention. As you sit with the intention you empower your self to do something.

EXERCISE

Intertwine your fingers, hands over head, gentle stretch left and right.

Now stretch so your heels push into the floor and the palms stretch to the ceiling.

Now let go of your hands slowly so that the palms are facing each other. That bit of stretching increases the polarities so that we are able to feel the energy.

Now play with the energy within your hands.

Now take it into social realm and play with the energy.

Creatively play with and have fun and you can stay in touch and stay in contact with the energy.

Notice the tempo you are moving in, the tempo underneath the movement that allows you to have the sensation of the energy.

The spirit that you are doing this in is the same spirit that empowers children and babies to play with you.

Notice that what allows the spontaneity in your communication with each other which is largely non verbal is directly related to your listening.

Find a place where you can pause, sit down and have some conversation with each other. Give some words to your experience. You are giving words to something that was largely non verbal.

Harvest

- You are gathering potency, and heat formed.
- Couldn't tell who initiated is indicative that you are in a co created space. It is important that the practitioner maintains your autonomy in the co created space.
- It becomes effortless which is the key to playing with kids.
- Connection and feels good, organizing feeds the hunger to do it more.

What happened when you added to the thought the intention to do something?

- It organized something where you had to do it.
- Energy dropped. Hit an imprint there.
- Lead weight on hands.

There is a difference between BP and Imprint. When something that impedes the free flow of the movement, the likely hood that there is an imprint there goes up. Thought and intention?

When I have an intention potency gathers. If I just have a thought, it may initiate the sense of a movement but may not have a motivational connection to initiate a movement.

Some of us are more visually inclined, auditorily or kinesthetically inclined.

Where does passion come from? There is something related in the early developmental stages of how we begin to move. If the field is clear and there is observance, the baby can get accurate feedback to their intentions/inclinations. And they can begin to understand their passion. It feels good and there is a challenge, we gather potency in our inclination and our aptitude and if we keep this up we discover passion.

Our imprints can fuel our passions. Imprints are not bad. The abuse I experienced lead to something worth while. Inherent in that history, emotional confusion, physical disorganization and learning disabilities, lies the impulse to follow a thread to do something with that.

If we don't have enough differentiation the history takes over.

EXERCISE

Go back to the same exercise of play as 2 and find 2 others. Play for a little while. Then sit with them and bring up a bit of history. 5 minutes each to share, touch the edge of that imprint.

What you are inclined towards in your life, what you are drawn to and how your history feeds your passion.

In that level of intensity of energy there is some passion. Most of intensity of energy is in our histories. To get in touch with our passion we need to get in touch with the intensity of our histories.

The challenge organized the energy for co regulation.

When we are not being met how do we negotiate that energy.

Choose who you are being met by.

There is something that says we need to get ourselves together so that we can do it.

We are social beings and we need the group to do it. We need to perceive with present age and eyes.

4 is a challenge. Family size.

The purpose is to transform the history into action. To see the purpose of the challenge.

Passion includes emotion. The emotion fuels the passion. A lot of us have a lot of our emotions tied up in our history. Getting in touch with history, emotion comes up and direct that energy towards our intention.

Support accurate reflection and tempo supported her to do this. If the social nervous system is not engaged our passion will go off no where. To engage our social nervous we need the principles.

Accurate reflection gives potency to the return current. Without it we come to behaviors and beliefs that we think is us but it is not. With it we have a true sense of ourselves.

COMPLETE FIRST DAY

DAY 2

ORIENT TO THE DAY

- Office half hour
- Orient
- Check ins
- Journey to here
- Working with families at BEBA
- Lunch
- About connections
- Video of Anna and Ray working with a family

CHECK IN'S

7 minutes each, dyads

Say something about where you are and something about where is your passion right now, what is your journey with your own passion.

JOURNEY TO HERE

MARY "badass" JACKSON

I got into this work when I came into physical form. It touches all the layers in between. How I came to have my passion came through my family of origin. That family had a lot of love, it was dysfunctional and violent. There wasn't a willingness for her to be here. I always attempt to be ready for what I am going into and I never am. Coming into the birth place, separated from mom for 10 day. Which reflects the disconnection in the family. As I child I looked for something that I could connect to, and that was nature. For a child that was going back to source. Finding my way in

that family system. Growing up, searching for something I wanted to do before I was 50. Where I found my pull was to support family structures were everyone had a place to be in connection and loved. To support peace on the planet and to support myself and others.

At age 23, went to first birth. All these places were touched then. Seeing that if it had been supported in a different way the love and bonding would have been better. Realized that something was there for me but I didn't know what it was. So I became a midwife.

25 years into my career, met Ray. What I was seeing with the families he was working with was that they were connected and the kids and parents learned from each other. Layer of support were available. So asked Ray to work together in About Connections.

I could support families and get the support for myself as well by meeting my own birth story with support.

TARA BLASCO

In my 40's, living the challenges of my life and not knowing how to do it differently. Avoiding the painful places in my life. In my conception, i didn't feel welcomed, received and loved. Feeling the terrible hurt and not wanting others to see that hurt. I have found that that has moved me to want to have babies be seen and that there is consciousness right from the very beginning. It was the topic of my thesis.

If i don't feel welcome then I don't want to come. I just want to stay with source. That has influenced my spiritual path. Since I have come I must come all the way. The bumps are still there, I feel them and they hurt terribly but I can move on.

Loss of my mother at age 11. I felt the deepest heart break. I had an insecure attachment with my mom. It has informed me in working with secure attachment, and working with couples.

To feel the injustice in the world since I was very young. We had servants at home. But there was a line between us and our maids. I had a strong connection with my maids, they took care of me and I spent a lot of time with them. I want that there was justice in the world and a balance between rich and poor. That is why I work in non-profits. Helping people in Africa.

The journey has been extraordinary for me. I feel very blessed. I engage in a lot of service for family, children, babies, couples.

RAY CASTELLINO

In my conception, I remember I was told to come. "you must go and no matter what keep going" I kicked and screamed to not go. That power is way bigger than me. I landed into a world, in WWII, Italian family. He was an Italian alien during the war and he couldn't fight. He had Japanese friends were sent to internment camps. He had to report every 2 weeks to a parole officer and couldn't go more than 5 miles from his home. He sent a letter to the president and received an acceptance to go to the war. He was lucky in the war and never had to pick up a gun. This is so deep in my fiber, is the sense of righteousness, like a calling. In my mom's history, there is so much abuse. I grew up and thank god there is music. That wasn't calling.

In the 60's, my son was born, and I was introduced to my spiritual path and to Randolph Stone. He was so vital. I studied with him. Stone showed me something, that is what I want to be like when I get that old.

Stone gave me this inspiration, a life style that changed my heart. It gave me access to my energy that was locked up in my parent's frustration. "There is a different way to be". I did polarity for 10 years, and I couldn't make a living doing that. I would get together with friends every 6 months to share what we had learned. I have met so many people who I fall in love with, every one of you. The influence of meeting Tara and Mary and needing their support, something in me broke in a good way, I felt humbled and the shame lifted. I can get up everyday and have a place for that energy.

BREAK

Working with families at beba slide show. See video

Lunch

Working with families con't

About Connections with Mary.

It was created: as a ppn student, found it important to integrate her history. Understanding that as a health practitioner how her material was activate by what was happening during the birth. Seeing the journey from the babies perspective she finally understood this for the first time. It used to be about the family.

It was confusing time. She would talk to everyone who would listen which was mainly the clients. What would it do for the families if they sat with their own child during pregnancy and birth. Brought in Ray to find out how to bring this forward. Who ever came to work with them, would have 3 sessions of ppn work. She brought people into the practice who wanted to do this work. She found that by HER having the intention that the people did these sessions didn't do well. She needed to talk to the client's about their own intentions. As people got more clear with their intentions, what happened was profound. Her transfer rate in the first 63 births was 0% (where as before it was 25%). She felt the transfer rate before was too high. And was looking at how to support the families to have their intention met. The way she takes people in from her practice is different. Here was an opportunity to look at this process differently.

Started working with apprentices who eventually took the ppn training. Or became midwives. Was working with the adult babies that she caught at birth as they were giving birth to their babies. And she could see the lineage come through. Sessions would be with the parents, babies in belly or outside, with or without siblings.

Support for midwives, Ray never gave advice, supported the knowledge and wisdom she has on the inside. She is the captain of the ship. It is important that she uses her own counter transference to find out what is happening with the family.

Her apprentices left and she is now working with midwives who don't know the work and the transfer rate has slowly crept back up.

If anything from today so far is inspiring to you, just take a breath in and do MEFS and connect to that place of passion as inspiration. This takes and transforms our relationship to trauma. Every once of our trauma can be an inspiration for our passion. In your own lives there is inspiration. Get with one other person, and share with them what support the need to have, where is the impulse in yourself, where is your own inspiration, where your lives have inspired you. Usually the inspiration comes from the outside, now you get to look inside yourself. There is something in me that inspires me.

Break

Video: Anna and Ray working with a family, Ashley, Brian and Sienna in the Boulder area. Assume that you are one of the facilitators of this session. If something comes up, treat that activation as if it is a friend giving you information. And keep coming back to your practitioner self.

History, listen to this history as if you are talking to the mom and dad.

They are having a hard time. Their daughter is 8 months old and mom is 4 months pregnant. Parents are loving each other and having challenge connecting. There were 2 miscarriages before Sienna's birth. Dad works in a And mom is studying psychology. Sienna's birth was at home. Some days after Sienna's birth she ended up in the NICU for 2 days.

2 major parts in the session (2 hours and 20 minutes.)

intention: how can we deal with all the overwhelm we have. They needed to know what support feels like and what can happen when they got it.

Ray is tracking Sienna.

DAY 3

- Office half hour
- Orient today
- Check ins
- Debrief video
- Womb surrounds
- Set up for sessions
- 2 sessions

The big theme of this module is "what is my next step" and "how to connect with my passion to bring this forward."

CHECK IN

Notice where you are in your sequence and anchor into what you are doing this morning. NOW is what gives us the ability to move from the inside out. Check in in a way where you are actually getting the NOW.

DEBRIEF OF VIDEO

MEFS Sit and remember watching it and see what comes to mind. Questions that arose from observations you made. Give some attention to how watching that video informs your inquiry into your own next steps. It might open doors, or causes you to question.

Feel the energy settling and add tone to it because some of us can just keep settling and settling. It is actually the tone and the return current that offers the inspiration. The tone offers surface for the return current.

Anna not doing anything, the trust in the BEING being enough and actually being a contribution. And that the tone Ray held in being ALPHA in protecting Sienna from the electrical cords. The family had a container and they had presence in this holding.

Not having to do so much to make things happen. Only to watch and differentiate.
Ray: I use to have tremendous amount of pressure to have myself together. Now I trust my internal purpose.

Watching you let Sienna titrate in her process towards her feelings. What were the signs for you in the “not knowing” that that was her process.

Ray: just listening to them on the phone before the session. It is not hard to hear someones pain. Just sit with them so that they can find their way through that. they can't go through what they went through with out going through hell. The signs come from what you see is more from the outside in. the primary signs are what does it feel like in that family system. If I identify into all the smiles and everything is ok I lose my effectiveness. The specific things are in the felt sense. I am seeing that in order for that family to settle the dad needs support first. Before that was “I have a need that everyone make eye contact”. Then set up the support system. Anna supported mom and ray supported dad. What is the felt sense of that when you see your husband getting supported. What is the next obvious step is for the two to find a way to do it together, to support each other together. Just watch that and stay in the perception of that. there is a time when the vision is more broad and then more specific. The next step was how to teach the parents to set boundaries with sienna. Sienna was never pushed to have to do something. Name the feelings including sienna in the conversation. When you see a child bounce they are trying to sooth themselves. Kids cry at night because there isn't any room during the day to cry. Happiness is each persons job. Parents are trying to keep children happy but it is not their job.

Doing it alone in an hour and half brings up my own imprint layer.

Ray: that is what brought me to creating BEBA

In the first part of the video, there was a lack of tone in me. Then when the mom and dad first started to connect, my tone came in. for me there is this huge identification with parents that aren't connecting. I was tending to two different energies who were supposed to paying attention to me.

Ray": most of us are identifying with being the baby in the womb. How to take that countertransference into the session.

An over identification with the external energy and I lose myself.

Bring your practitioner's mind, for the first time my practitioners mind finally met my BP. There is the resource to hold the field of the work that you are doing. Let it do the work. Before I would try to figure it out. There was this expansion including everyone including myself. I don't have to do anything because it is happening and I could do anything. There was a freedom to flow and be with what is happening.

Ray: next time I will ask the students to watch from the position of the camera person.

Anna and I are paying attention to being held rather than the feeling of holding.

Literally we ARE being held. Its already there.

You feel first and then you think. With the felt sense of the BP, it all makes sense.

Staying with an appreciation with the flow of the entire session. Why was that flow so organic? What are the establishing initial condition? Seeing you and anna sitting there with so much BP being available. There was attention to cultivating a ground. In my practice with families, when there is a squacking there is still a part of me that feels uncomfortable with that. Seeing the flow and ground in this session helped me feel more comfortable by the time Siena started crying.

Ray: and Siena has a ways to go. it's the whole family that needs to cry together. Not just the baby. In that family, the order that it happened was mom cried, dad cried, then siena cried.

When the family is crying together the baby is crying in connection.

When you are dealing with infants and they are crying. Is it the external space that sends them into overwhelm.

Ray: we will come back to that.

I could feel the babies tiredness, and I was aware of that in the cry. If I could put myself in the family place, to get the felt sense of how to be with the cry.

Circle of security was mentioned in the video and we haven't covered it. Can we?

Ray; watch how the baby goes out and how they come back and how the parents receive them.

Mary: when the child is going out into exploration and they hit an emotion, this is the cue that they need to come back and be seen and heard and scooped up. If that is an option that the caregiver can meet. Some parents held us too close or didn't receive us back.

Ray: in our BEBA course we will put something in on this.

From a practitioner point, how many resources were in the room. You and Anna and the midwife. For the dad to receive support from Ray, or the mom leaning back into dad. These can be huge steps for some people. They are learning how to do it but they can still do it. Marmot wants to make the blooper video.

Tara: we are talking about a post graduate training working with family next year.

BREAK

WOMB SURROUNDS

Some things that Ray knows that are tried and true about breaking into WS.

All the questions that you have, all the skill sets you observed are what you have learned doing WS.

The first thing to do is assemble your support team.

Fellow student teams Look around and see who is in the room. Before you leave get with some of those people and plan a weekend together and do a WS with each other and take turn. Do it with at least 4. With that, have one of the people who is skilled at doing WS, Ray, Etc on board so that if you get stuck you can call them up. If you get stuck it is info for you.

Each time you get together, invoke the principles. When you get stuck and you start projecting onto each other, invoke the principles.

Follow the form. Read the WS manual over and over again. You have learned segments of the sequence during this training.

Have supervision with someone who is doing this work. Tara, Mary, Sarah, Kristin, Frank, Karen, Allison, Kevin, Tera, etc and the people in Europe. Regina, Lin, Klaus, Cherise, David, Gitte etc

Don't try this in a vacuum. Do this with layers of support, you will accelerate your learning curve. In the same time, hold back. don't push yourself into it.

Small teams. Consider doing individual WS. With a client who brings a few competent friends. And you bring in support person/co-facilitator. 1-2 days a month. You just doing one session. It is a WS set up, with a client you know you can work with and a few competent friends to work with them. Don't take on training the support person. That is more work than you think. If you do need to do that, you can train someone for your need. Until someone has been through the training and done it, you haven't taken the training. They must understand that you are training them for the support role. Training them for your need.

Have a video camera. Do all the steps. The people who benefit the most from those videos are the people on the camera and Ray. Get use to working with the technology, at some point you will be asked to go support someone in the hospital. There is so much stimulation, technology and all of our addiction to that stuff takes over. I started doing the camera so that I could have some filters for where I am putting my attention. If you come in and assist me you will be asked to come in and do the technology. So that it can organize your mind around it. It takes a lot of healthy ego strength to watch the videos. I look back at the ones that don't work.

Down the line you learn to edit them and you can show the work. You will teach more efficiently and deeply if you show the work you are doing. If you show something we did it doesn't land.

How to be an assistant: its more challenging to be an assistant than to be a facilitator. Our identification will be with the turn person. In some ways it is more challenging than being a participants. The assistant tracks themselves. They are participate in the surround and take pauses but they are not facilitating the session. They track the video, and themselves. And there is room for them to debrief what comes up for them during the debrief after the sessions.

The thing about the assistant role, you are not a participant and you are not facilitating. What you have to do is take the identification and put it into observation. And see what the need is. Sometimes you are on the camera, helping a participant, etc. The challenge is to be in the in between phase and not to act on anything.

Willingness and not readiness

Doing a WS over 5-6 week. Doing one turn a week. Have debriefs the next week. It helps doing WS when money is not involved. Do it for practice and experimentation. It can take the charge off.

One womb surround can make the difference vs doing 30 sessions individually.

Screening process: for the practitioner it is more work with the surround than with the turn person. The screening is really important. For a new practitioner it is really good to bring in another person who is supporting you.

Intake form: can get it online. If someone's history is so big that it is too big for most people to handle. It is best to do individual work with them. Or if the person doesn't have enough ego strength.

in screening Ray says: "I want to make sure there is a match here. And I want to make sure that this is the right form for you to do your work. "

"When I know that I can support you then we will move forward. And I will ask you to send a deposit" Tara will ask for a picture for new people as well.

An intake form is an application. It is not a given.

With the intake form, if they are adversarial, or they don't do what they say they are going to do. This is a red flag.

With the intake form, it is not if they have a hard story. It is more about if they have the ability to sit with their story.

It is a red flag: If they don't give details to important questions such as have you experienced abuse and to give details. Or if they have attempted suicide. Or if they haven't filled out the form.

This is about our safety. Intake and application is for us to feel safe with the people. Start with your friends and establish that and then build on it.

Another thing about your own safety and that has to be with where you do it. The suggestions we are making here are for your own safety. It is really good that you know the people there. That you have a place to stay, eat, a place to meet away with your team. If that doesn't exist then it is really hard. Talk with everyone that lives in that place.

Working with co facilitators: you have been working in teams, a lot of times co facilitating happens. When you start, set it up where one person leads and another follows, rather than going back and forth. Don't expect yourself to be seamless in going back and forth. Co fac brings up sequencing history. And now we can laugh about it. The more you can take what comes down between you as info. That it is coming up around the group, the more you can depersonalize it. And the more you can use it for the facilitation.

What happens when it comes up in the turn. Call a pause. And I need connection with you. You can debrief the double bind in the debrief time. This can touch that place that never wants to do it again.

If you are facilitating a session, and it starts to go south, STOP THE SESSION. I don't want to go another step and I want to find out what is going on. There is something that is going on that I want to be with and unpack. A person might need to leave and might have to move the WS. Reassess what is happening, make it into an intervention into the situation. If you are leading you are not obligated to keep leading when it is not safe. This is the Alpha position.

LUNCH

Set up for sessions

Purpose:

We have been looking at where is your impulse to you passion, the dynamic of transforming traumatic history to useful life force for the moment. Find the edges of where your resistances are. What are the resistances that hinder you from getting where you want. In the resistance is the life force, its where most of your life force is. To do this work does require some mojo. You can't fake it, you have to be where you are and rely on the BP.

When the resistance is held it holds a lot of energy and when you sit with it , it may release. Decide where you want that energy to go. Might be body movement that wants to express. Open it to more than cognitive place. Do something somatic. Share something about your plan is, your motivation about what you want to do, what really ignites you. Explore the resistance to that. find the edge of the resistance, and find where the communication needs to be so that you have access to that part as you go forward.

Get another layer of support from the teaching and assistant team if you need it.

Find your group

Come to harmonic resonance

Define your roles

State the principles

Have someone in charge of the time. Please be respectful of that boundary.

DAY 4

- Orient
- Check ins in triads
- Session #3
- Harvest
- Recap of the training
- Support
- Support and exercise

Intention is to tap into the resistance of what we want for ourselves or even to discover what we want. Those places that come up to the surface. Cycles within cycles within cycles.

We are aware of the change in our relationship in the outlet of the training. And we are looking at our 1- 5 year plan. This is to give our mind some sense of direction and to ignite our passion, and to make friends with our resistance/shadow. And to use it the way we want to use it and to be the people we want to be.

We are all very much impressed with the level of regulation with the histories you have and how much courage you all have.

CHECK INS

Triads from yesterday.

Get your roles straight.

Don't hesitate to call one of us in, even in the check ins.

SESSION 3

HARVEST

Intention: to connect with our resistance in a way that creates direction to your passion.

No body had faith in our mothers to give birth to us. There was more faith in doctors than mothers. No one had faith in the babies.

All of you were invited to be in this training, we had faith in you from the beginning. From the before.

The working hard is my history and what I want to do is ride the ease that is available. Instead of protection I want to just enjoy my personal space in connection and just rest. The protection in the field helped her to settle in a deeper space. Another piece, not having to track everyone and trusting that she could facilitate my own turn. Letting go into the trust.

There was enough trust in the field that he had to move into his emotions. His history was more about how he had to manage the field which meant that he couldn't drop into his emotions.

Discovering and exploring her innocence as part of the BP and to support that with others. Created a protected space so that she could be in her little one and feel her baby self's innocence. Never felt that as an adult.

If I don't know what to do as a practitioner then all I have to do is drop and spread and then the next thing will come in, either within myself or from the surround.

LUNCH

RECAP OF THE TRAINING

May 10 2016 Module 1:

We met before the training. There is a process for getting into the training. We organized this training around two outlines. One outline is the skill set and the other is content. We put them together so that we could build the skill set and have enough content so that we could understand how imprints work. To know skill set we need to have connection to BP. If you focus on the content, the group spins into their material very fast. We spent the first 3 modules looking at BP.

Module 1: how to orient and conception story. In the future, mod 1 will be skills only. It is challenging to bring in skill and do conception. When we got to DB, we came full circle. We started with the journey in and brought in the ancestors and the compression of that. What is more important than the story – BP. What is in common with each of the modules is the BP. What we try to introduce is the principles, which takes some time to have them get in. and in mod 1 we intro the form. We kept repeating the form over and over again. The form is one of the organizing factors that helps keep us sane, it is easy to get lost in the imprint stories. Involved in imprints is getting lost and disoriented. We looked at preconception and implantation. The primary movement of the conception journey is a spin. And it is disorienting. MEFS That is a pendulation exercise.

If you sit in pendulation and you sit at the edge of something that causes us to spin, for 5 min, you find yourself at the center. Midspace shows up. The primary skill set: midspace, pendulation, form and orienting.

The primary challenge with conception journey is that its expansive, it can try to fill the universal space. MEFS is an essential skill. If you practice that skill for 20 min a day for 3 months it would be like riding a bike. Its doing that so that our midspace opens and we have some sense of ourselves in space and time.

Exercises: 2 layers of support, implantation, first touch, DCO by putting shoulders next to each other. Involution, too close too far away.

Module 2:

Bonding and attachment, not in the way of Bolby and Ainsworth, which is useful, but from the perspective of going out and coming back. From the perspective of a co regulated field. We use to think that co reg is about just as mom and baby, but we applied it to groupings, whole group and WS. We named that it's the co reg and the

slow rhythm that optimizes the growth of baby in womb and child. It is the organizing principle along with slow rhythm .

Birth crawl, supported attachment, facilitated movement, the movement of the fluid tide. Dynamic creative opposition in MSAC. Sweet spot. To tune you into the energies underneath the actions. Involution and evolution.

Coherent narrative, repair, secure bond/base. implicit explicit memory. Sequencing. Feather lift. Implantation exercise. Support the person's head so that it doesn't go more than 5 degrees. Any shock trauma will go past 5 degrees. Functional range and window of presence.

Module 3:

Birth in relationship to health. Birth is not a medical condition, pregnancy is not a pathology. It is a human condition. We shifted or focus from fluids to structure and movement, the effects of structure on movement and shape: pelvic shapes, positions babies take on to move through mom's pelvis. Cranial molding. To study it and wonder how that movement came about you will see the imprint and the resilience and the relationship btw baby and mom and care givers. If we can see that then we can let the caregivers know that the baby is trying to tell a coherent story.

We transformed our perception of regulation from individual to group, it is a social process. Co reg. Self reg doesn't happen well without social co regulation. Co reg precedes self reg.

Perception governs our experience. The way we see, feel, (our senses) is governed by our perception which is organized around our experience. We have been transforming how we perceive by changing what we focus on. If we focus on the story, implicit /explicit memory.

The key thing is that we are learning to be more in the present moment than in the past either implicitly or explicitly. The challenges in our lives are because our implicit memory is working so hard to get us to remember before we had words. The memory of implicit self is through sensation, movement. The implicit self simply wants to be remembered. It doesn't have any words, speech. If there is accurate reflection, the movement is always toward a higher order. It is the social field and the adult world that determines which direction the kids go with it. It takes accurate reflection to actually get ourselves or we walk around as the compensating beings.

We are giving you a matrix, so that you are giving yourself accurate reflection in movement, emotions, and we are doing it in co regulation. The consequence of that is that over time our systems learn to co and self reg. Even though we are touching challenging uncomfortable places, the process itself has elements of fun in it. There is something about that process that is enlivening. It brings us to the core of ourselves that brings joy and satisfaction to our lives. So that we can perceive more from our core and then our world gets more stable.

Exercise: doll and pelvis, our own journey in birth, worked with verbal skills as to find words, stages of labor: medical and Emerson's, sequencing in birth,

Mod 4

Chemical interventions

How to support the person dealing with chemical imprints: ventricles, compression, containment, help them feel into their bodies from the inside out. How to differentiate the chemical imprint from true self. What are the chemical imprints. Signature of different medications.

Exercise: sitting in the fluids, tracking the ventricles, journey of the minnow. proprioceptive cuing. Dynamic squeeze, DCO, difference between expansion and contraction and the gathering of potency and going into movement from there rather than the idea.

Chemical imprints affects fluids (module 2). Surgical interventions affect shape and movement.

Module 5

Surgical interventions

Effects of forceps, vacuum extraction and C section. On movement and shape. Keep coming back to BP, the primary organizing principle for the whole universe. The act of doing that organizes us so that we can perceive in ways that allows us to be ourselves with each other. What is a discharge in the implicit memory, is the invitation to be met and want contact. Brings us to quiet and connection.

Module 6 and 7

Double binds (life joy happiness and all good things).

Module 6 ancestors, twin loss, placenta, placenta drawings helped us to explore twin loss. What story does your placenta tell you.

The main skill is to learn the sensation of when the DB is happening: Uncanny stillness, (not dynamic stillness), as practitioners we will miss something, give yourself permission to be imperfect and to miss something, first protocol in relationship to the individual name it and the layers, enough to let the accordion open, second protocol bridge to the group, third protocol is for the practitioners that we will miss something. how you are feeling and the tension field. DB in relationship to ancestors and twin loss.

Module 7: adoption, prematurity, abortion, ART, miscarriage, abuse.

Module 8

Integrative and that we have a life after the training in relationship to the work. The key thing is transforming our imprint into our life force.

Homework:

Mod 1 leading edge, tracking/pendulating leading edge

Mod 2 sequencing

Mod 3: birth, stages, movement patterns and positions

Mod 4: drug imprints in you life

Mod 5: prep for ancestor trees for mod 6

Mod 6: ego strength
Mod 7: 1 and 5 year plan

Lineage

1. Randolph Stone: the polarity principle
2. William Emerson: families, video reflection
3. Peter Levine: trauma skills
4. Franklyn Sills: same skills over and over and keep changing the subject in his training
5. Wendy McCarty: BEBA
6. Mary "bad ass" Jackson: the visceral experience of what it is to sit in birth, to wait and do nothing
7. Tara Blasco: organizing of Ray's mind, structures and make sense of something, containment fields
8. Anna Chitty: Defining the skills, how to teach from video, how to watch myself work and make sense of what is happening in his facilitation. Watching video will accelerate your learning curve. Languageing, simplifying language in process
9. Gary Roba: Social Field Phenomena
10. Henry Stein: Adler Institute: Inquiry paper
11. Robert Hall & Richard Heckler: gestalt therapy
12. Bertrand Russell / Dr DeJourney: Perineal technique
13. Any polarity work, somatic BP psychology

SUPPORT

What layers of support do you need to implement your vision.

What offerings there are for support:

Individual supervision

Group supervision on line

BEBA training starting summer of 2019

Peer support, work with each other and build your skills

Assisting WS

Assisting trainings

Co-facilitating WS

Check ins with a buddy

Exercise:

15 minutes each: look at your plan and what support you are going to need to implement it. Write it down.

Day 5

- Office half hour
- Orient to the day

- Check ins 7 min each
- Exercise: 20 min each
- Regional meetings
- Lunch
- Affirmation circle
- Talent show tonight

EXERCISE

Get together in the groups you have been working with and check in. Then do three 20 minute sessions, sit with what you have done this week and have the intention to hone that down to a 2 minute statement. “in one year I see myself and in 5 years I see myself.....And the support I need is.....” When you take your statement into the circle, the circle gets to affirm your intention. Part of the work you have been doing is to differentiate all the external projections. This is a statement from you and for you. How you manifest your work, the power will come from the fact that you are connected in. People support the turn person to deepen into their power to own their lives. I trust the power of the work and I trust the power of the BP.

It can be expressed differently, such as doing a piece of art work or going on a vacation.

The affirmation circle can be such a supportive experience or even intimidating for some. With every step there is choice. There might be some things that you feel comfortable and others that you don't. You have choice around what you want to share.

Lor asks for space for some more questions.

Break

Ray is available to answer questions.

Group together as regions, talk to each other about how you want to connect.

San Francisco Bay area

East Coast

Rock Mountain Range/Pacific North West

Global Nomads

SUPPER

TALENT SHOW! Wow! Amazing!

DAY 6 Oct 13, 2018

ORIENT TO THE DAY

- Office half hour
- Orienting to the day
- Check ins dyads
- Graduation ceremony

- Slide show start at 12:00
- Finish at 1pm

Announcement by Moriah

Support for BEBA. While she was living here she had the opportunity to attend BEBA 2 hour presentations. She intends to transcribe those presentations in order to make a curriculum and use that for students be able to offer presentations in their communities. Requesting transcribers.