

MODULE 6 T13: BLUE PRINT AND DOUBLE BINDS

2-12-18

DAY 1:

- Welcome
- Orienting
- Intro
- Check in
- Lunch 12.30 to 2.30 pm
- 2.30 to 5.45 pm
- exercise
- set up the plan for ancestral sessions tomorrow

ORIENT to people not able to be here:

Frank is not here (health issues going to Ohio, fasting program has to take care of his health).

Keri will not be at this module. Juliana has dropped the training.

Ajai will not be here this module (masters program).

Megan is also not here this module.

Sarah is the contact person if you are late by text: 510 610 0320

Next training the first module will be just orient to blueprint, so it will be 9 modules.

First module was conception and we all survived it.

Second module bonding and attachment

Third module birth. First three modules oriented to the health of the system:

1st module focused on the energy, 2nd fluid, 3rd structure and movement.

4th chemical imprints and fluids (how chemicals influence fluids, how to track that).

5th surgical interventions, structure.

If you are working with interventions and imprints it is useful to understand how drugs behave (like drugs expand), or the steps in the surgeries (how it affect the nature of sequencing and how the person behaves).

Module 6: life, death, loss and double binds (the trauma title), blue print.

Sitting with families and WSs, when we get to double binds it turns to hell. With DBs you can go to therapy all you want but if you try to change a dynamic from an imprint that you didn't cause the dynamic was there before us (pre-conception), that piece of knowing is so relieving, it takes us off the hook, somebody else needs to do repair. The problem is that the people involved they are not around, are dead, or they are so wounded that they don't have a clue of how to do repair.

The problem with the social system is that the nature of the way traumatic imprints work specially double binds is that as early consciousness, preconception, baby... we are identified with that and feel responsible for something that we didn't cause.

Because of the nature of how we identify we feel responsible for what we didn't cause. Mother's body is the outer body of the baby. The consciousness coming in has to mix with and take on the ancestors, whatever amount of the ancestors we have to deal with this life, our parents' dynamics, the family dynamics of those two sets of ancestors. In

order to survive we have to identify with enough of it so that we stay and live, whether it is us or not.

DBs dynamic challenge life, to survive the conception and the arriving.

In order to make the transition from the other side we have to identify with enough of it to stay.

If we have a family that has all the principles it would be smooth, but most we don't get that.

Once the conception happens, for consciousness to stay and gather a body, on a cellular level: diet, smoking, alcohol, tensions, medical challenges etc.

What is the benefit of coming?

In order to survive we have to feel connection even If I am connecting with all the ancestral stuff.

In order to survive it has to be enough in us to connect to. Identify with enough of it in the family ancestral patterns.

Identify, what does it mean?

Some people have in their knowing that they choose to come into their families, others that they didn't.

What is the purpose of coming? Existential spiritual question. We have to work that questions ourselves. if we look into ppn influences to what happens to us, we have to look into the journey of the soul, and life purpose.

Angela: needs some containment, the questions are expansive.

When you look the journey: primary consciousness coming in. conception, you get the ancestral sides of mom and dad. The energetics of the journey. Identifying, we have to take on some of the mother and father side for the energy of that soul to come in and get through birth. In the journey there are a few DBs. The primary skill that has to happen is social nervous system. Connection. Because the primary impacts of DB dynamics is disconnection, isolation. That is why WSs are so great; in the DBs when the energies are up you think the turn person has to do something, and the practitioner, but the people that work the hardest is the people in the circle. They have to come to a place of giving each other and themselves what they didn't receive. Do something different of what happened before. Give the felt sense of being wanted, and received.

The containment is in the SNS, what breaks down with DBs is the SNS, that is where the arguments come from, not being able to hear somebody else, not to feel them etc.

DB energy keeps us in different planes.

Also in the family system or a group that engage in the principles: welcoming, mutual support, choice, pause, self regulation, co-regulation, self care, BFEC, touch and attention, sweet spot, confidentiality. Just invoking that as a way to connect and people start to do things they didn't think they could do. There is a transition in the sequence. co regulation offers so much to participants, opportunity to co-regulate. What does it take to have an engaged SNS in a group, what does it take for that to happen? It takes some awareness and perception of the blueprint, however we get there. I just invoked the principles and the energy changes in the room.

What we are doing with our attention in relationship to the DB energy is huge. If we give all the attention to the energy of the DB it will suck all the energy and we will spin into it.

Ray loves this module.

Invoking the principles everything became contained, being held. That is the blueprint.

As soon as you have something with a center, and it has some energy, then it forms a field if it has enough potency, and it will keep expanding or collapse in itself.

The perimeters of the field give rise of the recurrent current, the top side and the bottom. when the energy hit something then it starts the warm it,. The dynamic of the relationship between the life force coming into the universe, meets something else and gets reflection, the return current that is when the potency gathers. This is really important. If your attention is too much in the DB it will suck you in, so containment is essential.

It takes resistance and tone to gather potency, the right amount. It is in the return current that the potency builds.

The key thing is connection and present time. Invitation to move around and make connection to people in present time. What does it take to connect?

Feel the contact, entering into a co-regulated field. This was largely what was missing for us in the beginning. It is the social ns that helps us to settle, feel welcomed. We want all of you here. I can say this for the teaching team. Each one of us individually makes a difference to the whole.

What we are doing right now is the answers to the questions we were bringing up.

This is a good time to define what a double bind is. Keep the connection which is more important than the definition.

There are different kinds of db. Mostly we are in the implicit somatic memory of a situation that was caused by someone who had to make a choice and couldn't see a good outcome. Every option looks bad. If they make the wrong choice someone's life could be spared or lost.

Connection, look at each other. Feel that.

Just to state that definition was disorienting for me. Get specific. Touch look engage your social NS, the history takes us out of the present. Db loves disorientation, disorganization, blame etc.

What we are doing with this talk is that we are pendulating.

Db energy comes in stacks. Multiple layers. Each layer feels is more important than the next one. They collect, compress and they start to think they are it. In the db energy the stack is so large that not any one of us can see all the layers at one time. It feels like we are but we are not. In order to be able to maintain the whole stack we have to narrow our perception, it gives us the illusion that we are seeing all the layers. The blind man holding the trunk and is describing the elephant believes he is accurate of their perception of the whole. The truth comes when they actually start talking to each other and start listening. (I thought it was when the woman with vision comes in!) there is something to naming all the layers to help broaden the picture. In order for them to have a conversation they need to have their social ns on board.

BREAK come back at 11:10

An important reminder when DB dynamics are up: We all made it through whatever it was back then, and it wasn't our fault. We survived it. We are in the memory, and they can be challenging. The energy of the DB we didn't cause it, it was there before we came in.

CHECK INS IN GROUPS:

5 Participants in each group.

How are you right now?

Something that you have been using from last module that you incorporated in your work or personal life?

Intentions for this module.

What your resources are.

7 minutes each person, 6 groups of 5 people.

AFTERNOON SESSION:

Did you notice how check in helps the SNS? If it is engaged, how would you know it?

Oxytocin, connection,

You can connect with you SNS by yourself, activate sensations, also with nature, with god.

Are go going to vagus nerve, touching where the vagus nerve is. Have a good sense of present time. See hear smell feel ... here. If it is not happening here. To have a complete NS response one needs to be received.

Co-regulation, sense of belonging. Sense of place, feels right, playfulness.

Continue discussion started this morning spend sometime going over the double bind protocols: what was it this morning that allowed you to hear the material?

Stood up, moved your body, made connection with each other, pendulated back and forth between content of the talk and felt sense.

Some people orient by staying left brain, or just right brain but if you do both: right and left for some people they don't get it and don't like it, cannot pendulate.

HISTORY OF THE DOUBLE BIND PROTOCOLS:

Three protocols.

First protocol what to do when DB show up with a client.

Second protocol with the surround.

Third protocol has to do with the practitioner.

When I started to look into this crazy energy that shows up in groups in WS, I was looking into what to do to help the client. It is actually an energy, not so important the content, the energy makes it feel crazy, there is a spin, hard to be present, agitating, system doesn't settle, confusion, speed up, hard to stay in functional range (window of presence) there is no apparent good choice, it started this morning to go that way (touching DBs). If I stay trying to answer the questions we will still be doing that... DB require an intervention, the energy of DB require interventions. If you look at family systems and there is abuse, or neglect etc. interventions are necessary.

The intervention I did this morning was: everybody stands up and makes contact with each other. Then when we continued the talk, I suggested you continue engaging in SNN and we pendulated between the sensations and the content. You probably couldn't take notes while doing that but right and left brains were engaged and probably you remember this better than if you were just taking notes.

When I started naming DB

Bateson defines DB in relationship to language: "come here so that I can hit you" you have to obey and do something where you will get hurt. We are looking in relationship to how the energy feels, what the energy is doing. Bateson did in relationship to language.

When you are facilitating a group when you watch this, there a natural tendency to adapt and keep it together, offer containment, and we think everything is fine... as practitioner we get our keys from the surround: confusion in the group, hard to hear, emotions come up, everybody is taking it very personally. I think it is your fault. It can happen where the DB energy starts out and everything feels fine, and the practitioner is the last person to know it...

The first protocol: what you do when the DB energy starts to come up. Starting with the turn person is the least efficient way to do it:

You open your accordion, you notice layers and name the layers, and make space between them and slow tempo down. Like Peter Levine would say.

You ask people to ask all the layers that they can name, you start to use the second protocol that includes the surround.

This is least efficient because the TP didn't cause the energy of the DB but they carry it. Whatever is in our history the likelihood that was resolved is not very high.

Sometimes you go somewhere and you start to feel weird but think it is coming from you, it is possible that people are reacting to something that is in your own history.

Working with the DB energy in relationship to the turn person, it would be between me and the TP and the surround would collapse.

You can do the layers in the first protocol if you work one on one.

If you have a group if you don't include them the surround would collapse.

WS from hell, when the energy likes to show up right at the end. And everything goes south. DB energy will give you the keys before you get into the turn, it will hang on and manifest at the end.

First protocol doesn't solve it, it gives you good information.

You have to give attention to the surround. And in all likelihood the surround will give you information that a DB is happening.

In terms of WSs, you are ready to have a session and weird stuff starts to happen: nobody wants to talk, people don't want to connect, a few people being very emotional, lack of safety, nobody wants to have a turn,

Are you willing to begin a turn? If somebody is not willing it is likely there is DB energy. What happens in the way into the session gives you a lot of info.

Reading the notes is very useful: you can see it is in the history: alertness, it takes paying attention to the surround, energy doesn't come together, not organized field, people are doing behaviors that show that they are not connecting.

Before the beginning, before the conception, in the coming in, when you are arriving and it feels like a lot happening.

At some point we will need to get up and move, in the second protocol:

I say to the turn person, I am going to talk to the group: "if anybody begins to feels themselves isolated name it, take a pause". If they have a very special hard time naming their intention (another key there are DBs: because as a child that person would not be safe to let others know what was important to them, the survival mechanism is not to show it. Cloak it don't show it.

As the group for making contact and FEC, make some sounds, and get into the sensation of connecting with each other now.

Tell the surround to each person to think what they would personally want to give the turn person: not therapeutically but as a human being. Very personal. Talk about it. They have to work, all the stuff that happened to you wasn't your fault, they have to get it together to make it right. The surround itself has to work really hard because back in the

beginning the surround blew it, the family surround didn't do a good job to keep the child protected.

The present day surround gets to do the repair, and the reason is because the turn person doesn't know the sensations of the surround doing its job. The felt sense in their body. They don't have the imprint of what it was to have support and protection.

Protection when babies/mothers/prenates/children are not protected you will notice that those are the kids that get in trouble at school. They are the trouble makers in class, or they are so good that nobody notices them. In both examples the school fails those kids. The felt sense of protection; Frank is very good with that. Somebody watching the door and making sure that nobody comes in. see that the person that wasn't protected, do it immediately, set the felt sense of protection, protection by the surround. Name it and have tone and somebody take responsibility to communicate the felt sense, it takes two or three people.

It is activating at the beginning, as you stay in it, it settles.

Safety with DBs is really important.

Important to hold tone. Because most of the time DB shows that the personal system was in shock and dropped off the bottom, that was a loss of tone. Holding the tone strengthens the container. Because if you drop off the bottom, then it changes the way the feedback loop and the energy happens, the potency doesn't gather.

When you get the tone gives the expansion enough resistance so that the group starts to get warmer, like squeeze, DCO, sweet spot... that all engage enough tone to gather potency. Each of these things that you have the group do will create the container so that the TP will feel they gather potency and they will be able to come into SNN themselves. In the history the TP will show up as their young self, trying to do the job from the point of view of the child. Young self is working very hard, that keeps us in the loop. The surround doing the work to earn the trust of the turn person, to do repair, to set tone so that potency can gather that invites the TP to engage their SNS. When that happens the TP can see from their present age and discern, differentiate past from present. When you give the group all the stuff to do, you say to the TP: what is happening right now is something that didn't happen then, I know you are working very hard, when the TP can show up from the adult is because the group is holding and protecting their young self. They missed the felt sense of protection, love, etc the surround are repatterning the imprint so that the TP can feel that in present time in their bodies.

Attend to the surround is the second protocol.

THIRD PROTOCOL: PRACTITIONER:

Give yourself permission to miss stuff. And then acknowledge that you did that. I got it by feeling really bad after a WS, because I took on the shame, the part that makes myself wrong because I didn't get it all. How can I rectify this, what can I do? Practitioner has to get humble, we won't see everything and we won't get it right.

I am willing to be here and sit in it and not get it, and not meet what you need, and not be enough. If you are a perfectionist, you expect to get it all great, "Lower your expectations". This is a big stack of things, this is really complicated, I need some help to separate the layers, there is so much here I don't know that I can get it all.

BREAK

thanks for having such an active SNS.

Look to somebody you like or love in the room.

SHAME:

I think it is always present when the double bind energy is there. “Heal the shame that bind us” book.

It feels like “I did something wrong, it is my fault and I need to do something to fix it”. With DB energy “I didn’t cause it, but I feel like I did” the feeling of shame is there, “I have to do something to make it right”.

This is the shame that closes our system down and disorient us and inhibits us.

A lot of times in group dynamics it is really easy for the leader to go away carrying the shame because it is so difficult to talk about it.

It is really important as practitioner to have good support. Listen to your assistants because they will actually get it before you do it.

People in the group might be caretaking the facilitator. Ray is doing layers of support from the context of shame. When there are layers of support, the participants don't have to take care of the facilitator.

As the facilitator I feel shame for needing support, I am supposed to do it all by myself. The same as a mom, as a single dad too. There I have to do it myself, I have to get it just right. There is something wrong with me and I cannot do it.

It goes over the generations.

Wendy says: Guilt we can make a repair, shame happened because we stray from the group and it is a way to get us back, to socialize the person and bring it back.

Ray: Guilt you can go to the judge and they can make you pay for what you have done, and then it is done. Shame it is on going.

The protocol of giving yourself permission of not getting it all, it is what I do for myself as practitioner so that I don't have to take the shame. I made part of the expectation that I will miss something sometimes, permission to be human and humble. Then I can relax. It makes me more capable that really needs to look how they are in their own shame. One of the big problems is that we need to see ourselves and be on the same side of the fence with each other, if we are in the opposite side one is right and the other is wrong, there is shame. Then we miss the opportunity for all of us learning something together.

If I am going away from the situation biting myself up, I am missing my own superego, my self-critic will come down on me, we are too valuable to do that too many times. We need to be able to see things as they are and be ok with it. If I have something left over, I call someone on my support system up.

Layers of support are very important. Just having it relaxes the field, and it takes the responsibility off the client and the participants.

1. Blueprint (engage people in present time, the 8 principles, MEFS)
2. Attend to the surround (participants actively engaged).
3. Turn Person: name the layers,
4. Practitioner: give yourself permission to be human, don't have to get it all.

Related to the gunas: 4 is neutral, negative is 3, and positive is 2.

When you see the complexity of the layers you realize that it wasn't you that caused it, it is very therapeutic.

When the energy starts to spin and has the DB energy: just sit in it, don't do too much. You have to be willing to feel uncomfortable, sit in it long enough so that as you start

naming the components you can breathe easily. But if you try to fix it too fast it will activate in whichever layers it is.

Get the sense of the feeling of what the person experienced, before making an intervention

When your own personal gets involved then it magnifies the double bind. And it can touch the field.

You can ask your co-facilitator: do you feel connected? It opens the field more working in teams, when it is going to one person but not the other... naming it helps.

How to distinguish between your own DB material and others? Our job is to take our own activations and use it, it serves us and others.

Sometimes I don't know until we go into it.

The curiosity is a resource, what is this?

Be in wonder and sit there.

For some participants it is difficult to track this, DB is advanced material. DB have been showing up in each module, the fact that we are talking about it now it is a testimony that we have done a lot of work. That is why I put this stuff at the end. But we need to have it somewhere. All this stuff takes repetition, using it, learn how to use it.

If I do something right away, If I engage the surround then it is really easy. If I wait and just observe and observe, the energy takes over. DBs require an intervention.

From outside the family system, somebody has to come in from outside, or the person needs to get out.

It requires that we are renaissance people, including different skills.

DB refers to ancestral history, something that refers to levels away from what is happening now. The way the communication happens in the family where each choice will cause more trauma, the child cannot bring to the parents, it is not safe, and they cannot escape it, so they feel trapped. It is in the history.

If there are DB at the beginning we need to work on that before going to birth work.

I would rather not feel uncomfortable and be in the field of the DB.

SET UP FOR TOMORROW'S SESSIONS

It is okay to not know anything. It is an advantage to not know anything about the protocols

At this point in the whole training where we come full circle. Image the layers of the continuum of circles. Each one of these layers has to be differentiated in order to work from one layer to the next. The DBs in the early layers are compressed and make a super co-ex system. The reason we gave you the ancestral piece so that you can differentiate the felt sense of the ancestral layer. To see how some of those ancestors may have significant influence on the way we are today. And, even if there might be stuff from back then that we don't like there can be stuff that may be useful.

We want to look at something that represents something what we had to come in to. All of you brought something, show what your family was like. This is external to you.

Maybe you have done some inquiry and put this together. You get to look at the family to let some part of it to pull you to it and explore. You get to do this in the context of a form that you already know. The concentric circles are here so that you can look at the layers that might have had some influence on you as a pure being.

Father/mother do not show up just with themselves but show up with a whole historical line before him/her. Our consciousness meet these two lines and we can spin in the

history. If we had parents that actually do their own work the kids will be more likely securely attached. The BP itself is the source expressing itself into creation. We are learning to pay attention to cues of the source expressing itself in the creation. No one is devoid of it. Everyone is included, we can't do this just with psychology nor just bodywork (though the body workers might have a better chance of meeting it). If our social ns is engaged and we are connected to each other and allow feelings and sensations to occur that are enlightening. For a baby to come into the family (consciousness coming into creation) the BP needs to be involved. The more we rely on those as practitioners the more the families will learn it.

The form:

Sit down and check in. 15 min

Name roles

Name the principles

Everybody agrees to start

The turn person names their attention and the practitioner supports this process.

Think about what you want to get out of your relationship to your ancestors. Find out what your leading edge is. Make an intention.

The support team takes on the roll of the surround. To support the TP. Resource each other, make eye contact. The practitioner and support person can give the quality of curiosity and inquiry for the turn person to want to make their own inquiry into their ancestry.

You don't have to go into all the feelings to get the information you may find in the inquiry.

Can have wonderment and feel the story begin to develop. Make inquiries. Take that possibility and make it into a statement. Sit with whether or not it feels true or not. Sit in the truth of it for yourself. Does the energy of it feels true. It keeps your head out of it where the DB tries to make a story about it.

You will have about an hour to explore some aspect of your ancestry. Get the feeling of how you do it so that you can bring this to your clients.

Just do one piece of your ancestry or else you will be bogged down with trying to do everything. You can't do everything. That is the nature of a DB

DAY 2 SESSIONS DAY:

9.9.30 office hours

9.30 meet in groups.

10 – 11.30 first session

break

12 – 1.30 second session

1.30 to 3.30 lunch

3.30 to 5 third session

5 to 5.15 break

5.15 to 5.45 start sharing

SHARING:

We are interested what you got out of doing this exercise, your felt sense.

Double binds when you are going into the ancestors you can feel it was complicated and you leave feeling heavy... that is how DB work. At the end the energy of the DB is still sucking, if it still is, and you try to figure out and you wind yourself into the hole. If you try to change that it will suck more, you have to get in present time and realize what is here. The suck was in the history, you are letting the history know that you are remembering, the feeling crazy is how it was and it wants you to remember it. It ends up feeling really personal. It my fault, I did it, if somebody is having a hard time right now that is me. It is my responsibility, my job to take care of the situation. There was really good work going on today, this is the second day. It was the first module we had session in day two, so early.

DB is in the language of the family pattern, how things are communicated there is no choice and the choice cause trauma, the child can't get away. They learn as a result of being in that pattern every day that if they decipher the communication clearly dangerous is involved. So to understand what is going on when there is confusion, it is scary to get it but that was couple with danger. And right now look around the room and see how many people are dangerous... it is a paradox. I know exactly what was going on but couldn't verbalize it, you cannot communicate it.

There are a lot of reasons why you cannot communicate it: is there anybody around listening, and if they listen are they going to react in an unsafe way,... so it was smart not to communicate.

Confusion is that there are many layers going on. It is not confusion in present moment. Present moment gives you blueprint, then you pendulate form present moment to the past. And present moment gives you what is happening right now in this layer.

The act of pendulating frees the energy that was locked up in the past. We normalize what was going on with the ancestors, but the truth is that it was what it was... you come into a spin, the soul coming in and the ancestral stuff merges with the soul and it feels like it is part of the essence but it is not. We think we are that, but we are not. So differentiating is very useful.

It was amazing how it takes to name the layers of the ancestors, then I can stay here, a differentiation that happens, and there I can come to peace, before that it was a spin.

As that essence coming in and has the ancestral overlay happening, when you name the layers, from the somatics to the left brain, then you hear words for it and it support integration, and there is settling.

It is interesting that with the DB and the ancestors you have to go more cognitive and less in the emotions of it. When there are DB when you go in the emotions it is so much that it brings too much turmoil and you cannot discern. So we stay more cognitive.

Tomorrow we will do some debriefing.

Understanding the DB material help us because they are confusing, dispersing, fragmenting, have a spin, they feel very personal, they suck, we are learning to be with them, sitting with them with the energy of the present moment, and then something opens, and we don't have to do it, the energy does it. We have to connect with the place where it can bring energy to open up.

How do they affect health, autoimmune diseases?

Tomorrow we want to stay grounded in what we did today. There is a mechanism that ties the immune system with the DB. There is a simple explanation for it.

DAY 3

Move the body before orienting to the day.

9 to 9.30 office half hour

move the bodies

orienting

check in with the groups we were yesterday

harvest

exercise

lunch

afternoon session: we have options two, we will wait to see which one to take, it will include videos

In the check in, the person that was the practitioner in that session repeats key words that you hear.

HARVEST:

Remember something that happened yesterday in the sessions, what happened in your body, feeling the connection or lack of it. What you learned from your experience. If you have a question in regard to what happened, or something left over.

Speak from I statement, name your role, make eye contact with the people in the group before you share.

Intention: do something with each other that is integrating to what we did yesterday. It is like the debrief after the session.

If you get a brilliant idea that is theoretical write it down, we want more the experiential part: what you are learning, what your challenges were.

We were giving attention how the social nervous system in the group form: when we give attention to the field phenomenal your behavior changed. When we moved your attention away your behavior also changed. More or less containment. When we gave attention to the field: quieter, more focused, and more connected, more resonance with each other.

Participant got that the energy of DB is less scary once you look into it. The anticipation was more scary.

Participant: from the practitioner role: my own inherent bias, when we talk about support I think of emotional support. Giving support at the base of the spine and everything changed.

Get the head that doesn't go down more than 5 degrees then the person has more capacity for cognition and sensory awareness (less soap and shame).

If the person goes back we need to hold some resistance.

In the exercise we look into the ancestors and there are DBs. Don't know anything and listen, inquirer, that was the exercise so that the person can put things together.

DBs came up yesterday and you had to deal with them. Would you like to share about it?

You pay attention to the energy, you feel in the story when it starts to warble and you catch it, it is somatic but we are not going so much into the movement or emotions we are trying to get the cognitive benefits of putting things together

Participant: Questions about the energy of the DB and when it is the right moment to bring it up?

Hold some tone as we listen.

From the facilitator position: I felt a lot of connection and blueprint.

I felt some energy of double bind, very intensely in the right side, I got disoriented, called the pause.

Ray name what he is feeling and making connection with Mary, and chooses to feel sitting on the chair and connection with his feet on the floor, and still connecting with the energy of the DB.

Question how to, what is the task of balancing, how to be with the BP and the warble in which ration.

I am appreciating how hard you are working, it touches a place of tears. We all know how to identify with DB energies.

How much to give both to the DB, acknowledge it, when it is important to give the energy and when it can stay in the shadow? When do you come in?

I name it and say what I am doing. I don't wait long so that I don't identify too much into that disorganized energy. Many of us would go to that energy. In that instance I choose to do something straight away.

If I wait too long I don't know if I am in the soup.

Participant: things we going really well, if I didn't call a pause.... How would it have been? would the turn have smoothly resolved?

Ray: likely now. When DB energy is up and I feel affected by it, I have to do something with that energy myself, because the DB energy is so seductive and sucking....

Participant: that feels true that it needs to be addressed for the health of the team, but it is also true that the choice with the practitioner to identify more with the blueprint or the imprint. As the turn person if there is too much identification with the imprint then it is harder, I needed more orientation to the blueprint. The DB energy is there in my life but from a felt sense it is a delicate balance.

Ray: this dilemma is universal, present in every session. When do I intervene as the practitioner? If you pay attention to what is going on in yourself you will feel the energy of the disorganization pretty quickly. And you can say to yourself, if I keep identify with that energy I will feel disorganized, I will feel the dysfunction in the field of that person, in the DB that is in that history.

The way you know it is spinning is how it feels in you and in the surround, not so much in the turn person.

In groups of three it heightens the experience. The support person and the practitioner end up having to negotiate the energy that you do with more people in a WS.

It is often more intense when there is small group.

How to know when to intervene? You check yourself how you feel, then keep checking the surround. The intervention is not on the turn person but on the surround, because with early life it was the surround that was screwed up. You have to give the surround something to do that helps them to get in present time.

If I give too much attention to the energy in the DB it amplifies that. We need to move the attention to the intention for the TP what she wants for herself.

You need the surround to stabilize.

What happens when the surround is stabilized?

Ray: I pause, I sometimes name the energies, a couple of energies going on here (not specific), what is your intention.

Another participant from that group prefers to have the conversation outside of the big group. So that it continues being comfortable. Boundary.

Participant: feels in a DB right now. When we touch the boundary, or an end point the DB intensifies. I suggest everybody looks somewhere else. We are not obligated to say in that energy. That energy was there before we came in.

Mary; feels a layer of tears and also the blueprint present.

Ray: we need to pendulate with this energies, we have to move etc.

We are learning to sit in this energy.

Mary; and do something while you are sitting in it.

Ray: what is the shape we have to take to reference blueprint.

BREAK

Do some pendulation, notice places where you touch another or the chair. Have an intention for sweet spot. Look at something that is uncomfortable, stay for a moment, and comeback to the sensation of sweet spot and connection. We do several rounds of it, and then continue with the debrief from the sessions yesterday.

BREAK

CONTINUE HARVEST:

This is a practitioner discussion, we want practitioner mind here.

P: as the turn person, I have a statement and a question. My experience was feeling a resistance and a vacuum with my double bind. I don't want to go there, don't want to be in relationship, but I cannot go there (vacuum).

Ray: anchor in the sensation of connection now.

P: push pull. The surround totally intervened and created a lot of repair, I didn't have to do anything, and I got to rest while they worked it out. I could hear the repair without having to do anything.

My imprint would be to go out and then come in and fix it. I could orient to the blueprint and rest, and not doing versus doing. It was a beautiful experience for my NS.

From that I have some wonderment about present time practitioner in going home and being in relationship with clients: feeling the impact of the support in the surround, how to do it when there is no support.

How to take this into my work?

Ray: I want to work with that question later in the week.

That dilemma of no and being suck into it is classic. Your team did an intervention, that is what was needed, that is extraordinary repair. The intervention is giving the group something to do so that they are engaged in giving you and yourself what you didn't have back them.

I got to settle and rest when the repair was happening, very healing.

That is the protocol: took an intervention, show the issues and gave what was needed, and so you met your intention.

I almost felt like nothing was happening, there were not big motions, was more settled and deeper. My brain was wondering, nothing is happening... but deep inside was very profound.

Ray: it took me a while to get over the fact that I wasn't doing anything, "I am suppose to do something"... then I do too much, is better to let the magic happens. Get over to you need to do something and tend to the surround.

Participant: being the support person was the most challenging, getting support meant a huge difference. We learn that there was a need for more pendulation we were too much into the challenge. I could feel the difference afterwards.

Naming what was happening to me was very useful, before I was in it.

Ray: as the support person you are in the feeling more, the question that the practitioner asks is what do you want to give to the turn person right now? I ask the group to solve the problem.... Then I sit with the turn person while the group starts to talk about what they want to give to him now. The TP doesn't have to do anything, just listen and sit.

The DB is there before the beginning of the conception, we take it on, feel responsible for it, but we miss essential developmental blueprint reflection that is resourcing and is in relationship. That is why it is so useful to look into this material, we see how the DBs passed down through generations.

When you are with family members, if they are not ready and willing, with people that are capable we can have the felt sense of what we missed. Sometimes it is not possible to do it with family members. They have to be willing.

Participant: learning in the three roles that nothing is random. Like when my picture was kicked, and that brought an intervention.

Expand the way that I track what is happening.

See the interrelatedness. How we can play into the history of other people.

Participant: about pacing, I know we have to slow everything sound as the turn person and sometimes the practitioner it is excruciating how things go so slow...

I wonder if anybody else feels sometime things are too slow? Many people raise their hands.

Ray: settling and spreading. If you slow things down that tends to settle, move down deeper tends to deepen...if you slow very much

We can go faster, change the tempo, touch the edge and realize as you touch the energy you can deepen. It doesn't have to be excruciating. Use the sensation of excruciating to know when to crack the next joke or speed up.

Participant: When we did the sessions yesterday it was excruciating to touch my history. In the pendulation exercise inside of me some boundaries went up and created space for me. There was so much space created between me and my history and also for me as practitioner, so that one of the boundaries went into tomorrow and I felt that if I don't feel like processing my history till tomorrow I don't have to. I feel so much space, it is the opposite of the urgency. I can feel these protective walls were built in me.

Ray: You are not obligated to process the history until you choose.

One of the things you are eluding you is that in the practice of the work we give attention to what is useful to us in the moment. The DB sucks our attention. If we yield too much we use ourselves. If we don't give it attention we repeat it over and over. The choice principle allows us choice over how we engage that history. In the moment when these energies are going up I don't have to give attention to the spin. When I first started working I thought my job was to give attention to the spin, go very deep, work in tamas way. Many of us are so sensitive we don't have to go very deep to open up the armor. What I hear from you is that you felt you had choice. If we take responsibility over where we place our attention, we see what is up and right now I make the choice to pay attention to how my bog toe feels. And what we are learning to do here is to work with this principle with the work. The group itself becomes part of the pendulation process. If

you look at the Form it takes the turn person into connection with other people in the group. They name a piece of history then they come back, anchor it in present time, then they go into more history, the whole form is designed to allow for pendulation. The group itself becomes part of the solution. The bonding that occurs deepens. If something comes up between you, you can see it not as personal but if you work the principles you find that of somebody challenges you that you are interested in hanging out with them because you got something to learn.

Participant: In my group I asked Tara to join us. When it was time to state my intention this fragmented, fogginess came over me. I knew my intention had been so clear before and I could not find it. I realized in trying to speak my intention how much fear came up that Tara would leave and that I should not want her to go. The question came of who might have felt that before and I found several places on both sides where this dynamic happened. My intention was to connect to the resources in my ancestry, specifically musicianship in ancestry. I didn't mention it until my debrief that there was musicianship in my ancestry. I felt like I had done it wrong.

Ray: I am tracking you and feel really present and I feel how many layers you have named, I am feeling the richness and the stacking. Can we go back a little bit? How many of you had a lot of stuff happen before your turn started? This is a sign that there are a lot of DBs in the system in the history. And you said that it kept you from accessing what you wanted was the fear that somebody was going to leave.

Participant: I feel emotional and like I did a bad job.

Ray: Let's do a reality check. Is this useful for you all what she is naming? I am just slow on the uptake. And I could feel bad about causing these feelings for her. It gets to a point where it switches and it becomes personal and the truth is it was somebody else.

Participant: I was feeling the DB energy throughout the turn. Toward the end when we checking in with my intention I realized I hadn't named anything about music. Then in my debrief when the real heart of my intention came of wanting to play the fiddle. What I learned from that was that the other parts wanted to be seen and after that I could connect with the rest of my intention.

LUNCH BREAK

Exercise then look at a session from a WS where Regina and myself were facilitating in Germany about 4 years ago.

A key way into the blueprint is through presence, SNS and connection.

MEFS, MEFS is good, get what you get from it and then take that into social nervous system, eye contact and touch.

One of the primary skills for this module is to take your attention from the turn person and take it to the surround, to take the responsibility off ourselves so that we pay attention to the changes in the energy field, and engaging the people in the group. We will watch a video with a lot of that. The facilitators engage the group, the group presence makes a difference.

One of the prominent needs we all have is felt sense of safety.

EXERCISE OF PROTECTION:

Get in groups of 3, new groups, do a round where one person is the TP and the other two are the facilitator and the surround. Exercise is: connect with each other, settle, some sense of harmonic resonance with each other and then the TP remembers a time when they were unprotected. Just say a little bit of the story, just touching a memory not getting consumed by it. The other two talk to each other and do something that is protective, like guard the door, window etc. the felt sense of an attitude, "nobody is going to fuck with my kid".

Just now think about being protective, be the protector. we are all in protection of ourselves and each other.

TP we can all be now the TP in the group.

Resonate with present time and feel protective, and remember a time when you were unprotected, look around the room and get the felt sense of protection. So we are doing it in the big group for a moment and then get in the triads.

DEBRIEF ABOUT THE EXERCISE:

Come from the practitioner mind in the debrief. We are preparing to watch a video.

Participant: really good experience for me, not scary, I could relax, notice discharges and lateral fluctuations. I don't think I ever felt that before. Now maybe I can ask for this in my life because I have the felt sense.

Mary: it wasn't possible to perceive safety even when it was there but now you have the felt sense.

Participant: I equally get as much in getting in that stanza in being the protector.

Participant: I invoked protection for myself, and that energy came in and I relaxed, that is what was missing.

Without that it messes with our perception because it changes the color of the lenses we see and experience the world. It is our perception that governs our experience. What we are doing is replenishing developmental needs with competent support and protection. We can relax and perceive the world from the eyes of a relax body, that is different that waiting for the next shoe to drop.

Participant: I could take the rest of what was around, feeling also what was after the two people that were protecting me. I got a wider perception, I am not afraid. I can take it back to that scene and it changes the energy.

Participant: as the TP it was easy to be in the not being protected, being bully, the hardest was to see it happening to another and being helpless to do something.

That was the memory and how did your surround support you with that.?

They had contact, physical touch, I thought I needed a lot of gorillas to protect me. But I tapped into the mother protective energy and that blew the gorillas away.

One thing is to get hurt ourselves but it is equally or more painful to see another being hurt.

Participant: yes, when I couldn't help it was very painful, I couldn't stop the suffering.

Participant: it is hard for me to feel the protective energy. A lot of judgement of my experience and invalidation, I shouldn't feel like I needed protection. That was very strong, I believed I was making it up, the need for protection. I was aware of that was trying to be receptive to the sense of protection, but in the memory, I was needing something else.

Ray: that is one of the effects of trauma and double binds, who is going to believe us if we tell them. The young self is going to perceive the world from the young self, there is a part of us that perceives now and remembers the implicit.

Ray: an intervention has to happen, go to the present and to the memory, and pendulate.

Participant: I feel the protector in me, I feel rage. It is heart center, compassionate love. When another person tracks me it spreads the fire and it makes it more effective. It is isolating to be alone with that.

Ray: that is a huge issue for single parents, or when one of the parents is dysfunctional. To share protection with another person that is competent is very powerful.

VIDEO OF A SESSION FACILITATED BY RAY AND REGINA:

Taken 4 years ago in Germany. Regina and ray co-facilitating the Womb Surround. Miliford, late 40's from Turkey.

The TP has never had the felt sense of safety.

She never does say what her trauma was. Her intention is to feel safe and to stay in connection.

We are use to identifying the energy of the trauma. It wont give us the information to do a reparative experience with her.

Regina and I are frequently looking at each other to be present. Do that in the room to stay out of the energy of the DB.

She is stating the intention, and the tempo is speeding up We are doing the inquiry with her. We are affirming the intention so that she can know that the intention is being heard. And she is getting the felt sense of her intention.

There is a person in the surround that is a practitioner. They are trying to help and they want to make contact with her to calm themselves down. As facilitator, you don't want to shame them, but at the same time if you don't say something you will destabilize the safety of the group. Ray defined the role for everyone in the surround. Setting up the situation so that we can do protection.

How would you know that the energy is changing? Because you are sensing yourself.

Regina and I are connected and the social field is in place and the mirror neuronal system kicks in. You can keep feeling it from the inside out. She is needing something from the outside so that she can get the feeling from the inside.

Her NS formed and grew in the shock so it is important to name the shock and hurt. Ray uses the words intentionally.

BREAK

Connect with each other, social ns, protective place in ourselves for each other and for her. Reference non verbally.

She is in such a vulnerable delicate place. If a child is safe a child can be held in the parents' arms and let down. In sexual abuse situations we work with the principle of touch and attention. In an unsafe family system the child grows up not knowing how to relax.

The tremor in her right leg is part of the memory, not a discharge. By active resistance the muscle in her leg can have a stable impulse go through it.

Name the DB – the ones in her history are causative

I want to feel pleasure and I come from a culture where a woman is not allowed to. Whatever caused the energy of DB was considered normal but it was not normal. There are many layers of DB in the dream she shared.

END OF DAY

DAY 4:

2-15-18 Thursday

-9.9-30 office hours

-9.30 orient

-check in

-Video debrief

-twin talk

-videos

Lunch

Placentation

Exercise

5.45 pm end

CHECK INS:

Longer than other days, in threes ten minutes each.

what needs to be shared and what connection is needed so that I have more capacity to be here. That I can have more choice on how it being here. And to see yourself being received. When you speak receive that the others are listening.

We need some help from you to start closer to the time we say we are going to start.

DEBRIEF of the session

When there is a DB session the TP or the group go home and come back the following morning: what did we do? They feel disoriented... thanks god for debriefing.

When people are in the DB is very hard to get the cognitive part, the right brain soap of the DB likes to suck and stirs it up.

Do our best to integrate what happened the day before. What you think you got out of it.

Why did I sign up to this workshop?

And you feel as the leader that you didn't do a good job, you missed something etc it is part of the protocol.

The pattern from the group has some of that dynamic.

We help you all afternoon in practitioner mind yesterday, and that is skill to move back and forth, a necessary practitioner skill.

We are putting ourselves through those places and building muscle.

Show you enough of it so that you get the felt sense.

When we get to the debrief it is making ourselves available so that the creative forces can come through us and we speak them, what it is needed for the integration.

We ask to re-state the intention, what you got so far in your session and what do you need to focus today what would be most useful for you today.

What it takes for the baby to settle is to get the right amount of pressure in his body, but your mom was very afraid.

What babies do in the womb they get very still when there is that tension in the field, the baby wants to help the mother by being still.

There is hyper arousal but at the same time the imprint is to be very still: they cannot access the energy to move out of the freeze, in the womb that stillness support the mother. They can also very quiet after the birth, they might be in sock but it can be also to try to support and not bother the mother that is already in overwhelm.

What is integrating?

If something happens that is not integrating you want to pause and catch it so that the person ends the debrief feeling integrated.

Normally we alternate the break and the gas pedal, the sympathetic and parasympathetic, they are both working all the time, and they work together. For you the gas pedal was on, and inside of you, you put the break on from inside to protect the mother, and that makes the mind go very fast, that creates a whole other spin. The person creates a functional range above the functional range. You go off the top of the functional range and you function there and you normalize it. You can only support that so long until the adrenals collapse. The person normalizes that, that is where they live, it is familiar. That creates an abstract self. The functional range is where you find your truth.

We are describing how a lot of the world function, outside of the functional range but normalizing it.

That fast range doesn't let the system settle, it keeps the hyper arousal it is also part of the survival, you have to have it.

What does the baby need in the womb and outside so that she can settle and know she is safe? She needs to know that somebody is protecting her.

The debrief is a way for the practitioners to organize and give thought to the session so that we don't have to spin in the material.

Hearing this is settling, that is the purpose for the debrief. We are not debriefing just for the TP and the group, the process of preparing for the debrief helps the practitioner to integrate.

What she needs to hear to settle, I use that energy to support myself to support others. We as practitioner can spin in our own material, processing a lot is not that good. We have to wine ourselves out of over processing. Find the right balance, processing too much is fucks life up. Processing too little fucks life up too.

If you are going to process with a child 5 words or less. Though movement and action, play, settling.

Being sitting in Regina's arms and having enough squeeze in your legs and arms, with the perception of the safety and protection, that squeeze gives enough for the NS to settle.

Without the protection the squeeze might have felt too much, maybe even like the forceps.

A DB for a child is that the child is supposed to trust the adults but the adults are not trustworthy in the first place, the child has to work hard to make it safe. And we grow up feeling we need to keep trying to make it safe, that empowers us to continue being in our child and not in the present time.

When you get to developmental history you look from present age and eyes, so differentiation is one step but that wouldn't have been enough for your NS to settle. Because the imprint for the child is that it is never safe. The child grows up knowing that the adult world is not competent, and that includes myself (my adult self is not competent either).

The child tries to calm herself and did what she did in the womb, that is the compensation to the global arousal but the child knows the adults are not competent.

The only moment we can know we are safe is the present moment, I cannot know for the past (I wasn't) or future (I cannot predict it), if I go to the present moment that is the way to feel our bodies and ourselves.

The child perceives everything not safe, present, past, future... but that is an imprint from the past. If we try to make the child feel safe in therapy it doesn't work because the child wants to remember how it felt in the past.

There is the ability of being in the present moment and have witness for the past, we have to learn how to do both, I can see that in the now this is what is happening, and I am remembering the past at the same time. In there, there is a zone, a buffer zone. In order to perceive safety now I have to remember the past. I remember the past I do with the right brain, but I need to do it more cognitively in the present so that we are not marinating in the past feelings all the time.

It feels important to distinguish how it is to remember with a dissociated state or from a place of connection, they are different. You cannot just go through the motions, there is an impact that happens. Remembering with the left brain is connected with the right brain it is an integrated experience. It is very reparative. The NS is having the experience in this moment with the sense of safety.

The child knows the adult is incompetent, so it keeps feeling it is not safe. So right now I need my present age, I look around the room and see who is in the room what is in the room, and also pay attention to present time sensations that your body is giving you.

You need to have some space with that, registering the sensations, it takes at least 7 tenths of a second to register that info and sometime to integrate it. Sound also is included, my voice etc.

The window for safety is in the present time, all that is going on right now is not that much. And the tempo is slow enough so that you have time to register.

When your body is shaking it is not a discharge (a lot of people think it is a discharge), just doing the shaking you can just get habituated to do it and it is not solving it. You are in the memory of that phase of your NS and you are negotiating flight, fight or freeze.

Yesterday when you would settle, we would feel the beginning of the settling of the parasympathetic, and go under the hyper vigilance, and you were able to do it, then you started to pendulate. When you went to the parasympathetic you would feel the settling, and when it starts to activate more just remember the sensation of settling. There were just a few cycles and your system let go.

Some of the tools:

Present time, age

Bringing attention to the settling part

Feel the activation, not deny it, acknowledge it, and then pendulate to the other sensation of settling.

And you get to the place that is so settle but there is still tone.

We are describing this in resonance with what her NS is doing in the moment.

The whole universe is doing this cycling. We are coupling the awareness of the primary expansion and contraction of the universe and feeling our bodies at the same time. As we pay attention to that we are in touch with the blueprint, that is underneath the trauma stuff.

If enough people had that skill there would be less wars, and we will take care of mother earth and our children.

BREAK

TWIN DYNAMICS

To reference the BP while we explore the territory of twin dynamics. This is an interesting topic and in the trainings many people feel that they have this. There are other possibilities that can give you the same feeling such as, what happens to the womb before we arrive/implant. What has the womb gone through before we arrive. Like graffiti.

Miscarriage, abortion, unwanted implant etc. there were six beings in Mary's mother's womb before her, that is a lot of activity.

Also the placenta, acts as our lungs, liver, blood, kidneys, oxygen, nutrient, life force, either what nourishes us or not. Our life line to our survival. We have a connection to that organ through our lives in the womb, through and afterwards and what happens when we are separated from that organ. This can be another place where people can interpret twin dynamics.

This is just an exploration what was there with us. We will talk about how twins form and how the placenta's provide or not. Just be aware of what is happening in the body, discover what is true for ourselves.

HOW TWINS FORM

From either one egg and one sperm and at conception becomes a zygote and then becomes 2 beings. Or there can be two eggs and two sperms.

It is difficult to tell when the split occurs, with assisted reproductive tech, they are seeing that with 1 egg and 1 sperm they can be 2 different sexes and that they can only determine through genetic testing.

At 12 weeks everything of the body is all there.

Monozygotic- identical twins, there are variations with the sac and the placenta. The outer sac is the chorion and the inner sac is the amnion. The amniotic sac covers the placenta and the chorionic sac is around that.

Depending on what day the zygote separates it creates a different combination of bags and placentas

If day 3 then 2 amnions and 2 chorions and 2 placentas

Day 3-8 then 2 amnion and 1 chorion and 1 placenta

Day 8-11 then 1 amnion, 1 chorion and 1 placenta

Day 12-13 conjoined

Day 14 singleton

Mono-amniotic/chorionic/placenta

Or di-amniotic/chorionic and placenta

The twins can get different degrees of nourishment through the placenta. Where the placenta is in the womb makes the difference how those twins get nutrients. The higher it is easier, the lower in the womb is more different.

The primal streak, in conjoined twin, the primitive streak is incomplete. Normally it happens in the first week.

Di-zygotic: 2 eggs and 2 sperms. They can be as different as two siblings.

The placentas can fuse together in the womb, but there are 2 amnions/chorions and placentas.

Triplets are forms where 1 egg splits 3 times or 1 egg and another split into 2 or 3 eggs. And with quads, 1-2-3-4 eggs.

It is important to understand that twin formation is not equal. The biology sets up these conditions and usually towards non equality. This is important to keep in mind when working with individuals with twinning or with families with twins.

What makes an egg split. Egg and sperm come together to form a zygotic and this is monozygotic. The split happens in the zygote.

The twins run on the mother's side and every second generation. 40 years ago 1 in 100 would be twins. But now it is more prevalent because of ART. Some women release 2 eggs in 4-5 days. If the woman is with a different partner in that period the baby can be from different men. Sometimes the due dates are different.

There can be non-biological reason for zygotes to split and for a twin or triplet to leave. Positions of twins: commonly, because the left side of the uterus is shorter so the left sided baby gets pushed to the bottom and will be the head down. The other will be head up and above it. When the first one is born the other will turn and come head first. Or transverse with one above and one below. Or one behind the other.

BREAK

Question: how breech present, feet, butt first?

Breech presentation can be different ways, both feet, one foot and a knee, two knees, the frank breech is the but, it is the idea it fills the pelvis in the best way after the head for preventing cord collapse.

Complete breech is cross legged,

There are a few risk: the pelvic outlet is not as filled as with the head, more chances for cord prolapse, also with breech the head is the largest part of the body and it comes through the last, the cervix could open up to 7 or 8 cms and then the largest part is the head and it might need to 9 or 10 or 11 to open. The average is 1 cm an hour for first time moms... so the cord might be compromised and the oxygen might be a problem so you want to head to come out quickly.

About 2% of births are breech. About 4% start in breech in birth, but not a lot of births happen breech, mostly is c-section.

I used to take all my breeches to Pasadena, he would do breeches and twins and prolapse etc. and I would take my women to my mom's house and he would attend those births.

These days we don't do breaches, only have happened accidentally if there is no time to go to the hospital.

Question: Is there a psychology to position?

Mary thinks there is, there is more involved but yes there is. Anybody that had a breech baby or you were breech, I am going to say something that might apply to you or not:

One reason to be breech could be anatomical, where the uterus is shaped like heart shape, the most comfortable way to be in the womb and be born.

Other reasons, if the mother is holding a lot of fear in their body a lot of tension around the abdomen and uterus, that is harder for the baby to turn down (28 to 30 week is when they turn, and mostly they stay down for the rest of the pregnancy unless there is an accident, fall etc.

It happened to Mary riding the waves, so talked to her son and he turned down the morning after. He had been breech the week before, I showed my husband to do an external version, but my baby was very cooperative.

My son doesn't like the waves... I should tell him this story.

Other psychological things about breech: sometimes W. Emerson with the family there is a strong expectation for one gender or another, they want to show right of the butt their sex.

Also there are so few and their approaching to the earth is so different, it is easy for them to feel a stranger in a strange land. Somebody tries to externally rotate them if they don't do cooperatively...

Also they have a unique way to approach life, their sequencing is different, there is something backwards.

With the external version if you don't ask for the baby's cooperation they can have a strong reaction to be pushed around. "I want to do it my way".

PLACENTA: SLIDE SHOW

The most amazing organs. The blood of mother and baby do not mix usually. Unless there is an injury or tear of the placenta.

In our bodies our blood gets oxygenated through arteries, and return through venous system diminished oxygen, for baby there are two arteries and one if a vein. In the baby is the opposite. It is important that there are three vessels: two arteries and a vein (AVA).

Cord very white and limb that is when blood has come out (in the picture).

-another image: you want to make sure that all the placenta has come out, and we look at it to investigate the life in the womb, sometimes it can show that there were twins, or triplets etc. when mother is over due or bad diet there is calcifications, like sand things in there. Or area that are white and hard and stopped function.

-GMO foods introduced in Bali and the cords have more anomalies.

-tree of life, truck of the tree.

Placenta weight about 2 pounds, if the women is smoker the placenta is much smaller and cord is thin and the placenta is thinner like a pancake.

Because when women smokes it constrict the vessels for 18 hours so it diminish the amount of oxygen that goes to the baby, often there is often meconium in the water.

When I saw that I stopped working with women using cigarettes. The baby will have a hard time breathing after birth.

When cord is cut very quickly the blood stays in the placenta and not in the baby. If you allow it to stay pulsing then there is a slow gradual shut down of the blood flow going to the baby, that gives the baby time to find his way to have some breaths. And also go to the breast and get milk.

A 100 ml of fluid get transmitted to the baby. 9 studies when it waits 3 minutes or more to cut the cord intact, much lower rate of anemia, better immune response, less sick. Premature babies had to be in ventilators, oxygen, they had to be less on those if they kept the placenta intact longer.

Several things can make the placenta to have a different shape than round: a fibroid, or the shape of the uterus, twin loss, sometimes when this occurs. sometimes one placenta started to form and there was another baby that dies, and the mother blood supplies continues to that part of the placenta, and the mother continues to feed it.

The bigger baby the bigger placenta, twin placenta normally one is normal size and the other smaller. Fraternal twins could have connected placentas because of the proximity.

Position of the placenta: MOST COMMON IS IN THE fundus, if the one had several babies they can attach lower, even over the cervix, that would be placenta previa, sometimes it starts previa and as the uterus grows it pulls the placenta up and then it has moved completely out of the way. If it stays over the cervix that can be dangerous because when it open, all the vessels over the cervix could start to bleed, that mom will be spotting and when she dilates it starts a lot of bleeding, that means hospital birth.

When the roots of the placenta go too deep into the walls, it doesn't let go all the way and there can be a hard to handle bleeding it has to be scrapped down at the hospital.

Placenta previa is very uncommon, at the beginning of the pregnancy yes but later on it moves out of the way normally. In 42 years I never had a previa.

Placenta abrupta: the placenta starts to separate, the placenta is detaching from the wall of uterus before the baby is born, that can slow down the amount of blood and that can be a risk to baby and mom.

Is the age of the mother influencing the size of the placenta and IVF? Those combined can have an impact, also if the mother doesn't have a healthy diet, or drugs, addiction to drugs, thyroid problems. Of the fashion of mom not gaining more than 10 pounds. Cigarettes etc.

After at least two weeks of the birth, when we show the placenta if they want to see it, and if they have questions, if they have a wonderment then I go into it, I fish if she has interest to go there, that maybe there were twins or more, if they have an interest then I share about the possibility that there were twins or more.

Participant: I had a twin and would have wanted my parents to know about it.

Lotus birth: baby is still connected to the placenta they put the placenta on a dipper and they change it, and they make a mix of rosemary, lavender and rose and spray the placenta to keep hydrated.

A lotus birth the baby, cord and placenta come out intact and it can be two hours, two days or whatever the days decide to keep attach until it disconnect on its own, in 4 or 5 days it can get disconnected, if not touched it can go to 7 to 8 days, is a gentler way it really slows the movement and the pace of the mother and baby, the baby and mom stay more still, and it limits the people you invite to see your baby, it lets them find their rhythm. Another way is by burning the cord with a wax candle, it is a very slow disconnection, it takes about 10 minutes, and it is quite lovely. Mary has a burning box. Moriah has a passion for cord burning, it slows the process, it cauterizes it, sterilizes it, it has amazing that bring heat to the umbilicus, we let the candles burn all the way down.

Obsidian blade, it also slows down the process of disconnecting the cord, it goes layer by layer. Over and over and gradually it goes. In my practice we don't cut the cord before at least 1 hour, we always let the placenta be delivered unless it is very very tight and then I have to cut, very rare.

No hurry to separate the baby from the placenta.

A picture of twin transfusion syndrome with anastomosis.

TWIN LOSS:

We think that often twins are connected pre-conception, agreed to come together to support each other and one is going to stay and the other leave, or different agreements, there can be feelings of betrayal, grief, loss... different feelings of what goes on there.

Twin dynamic is often the feeling of if the twin was lost there is a feeling of something has been left behind, a part of them is missing, looking all life for somebody that will give that sense of closeness, and they cannot find...

Participant: In the hospitals, you may encounter the resistance to consuming the placenta.

Mary: the placenta is rightfully your organ. A family member must take it out of the hospital right after the birth.

BREAK

EXERCISE:

Get into 6 groups with 4 people and one group of 5 to the different posts. When you are in your groups we will explain the exercise.

We will show you the slide show of the placentas. You can look at them quietly.

Just now pay attention to the sensation of the energy settling. As you view these notice the sensations in your body. What story do these placenta tell? Where does your attention go here? What memories does your body have for you? What connections do you remember? How ancient is that story?

Keep holding the space and just have the wonderment "what does my placenta look like?" How did it feel like to be in that womb, what stories want to be told from that womb, what did your placenta look like? What shape was it? Also consider what you WANT your placenta to look like? What story do you want it to tell?

There are 7 stations, hold the sanctity of this time, and find a station, there are plenty of pencils etc. There is plenty of paper. And draw your placenta.

DAY 5 FEB 16, 2018

9:00 OFFICE HALF HOURS

9:30 ORIENT

CHECK INS

GROUPS OF 3

PLACENTA STORY

HARVEST

12:30- 2:30 LUNCH

VIDEOS

Groups of 3

5 minutes for a check, how you are etc, not about the content around the placenta drawings. Keep listening for key words and if it feels right to repeat the key word to the person checking in.

After the check ins, come back in the main room to receive information about the placenta drawing exercise. You don't have to be with the people you did your drawings.

Update from Mary, she can see the baby's head. Anchor as a support for Mary and that family. It's not usual to have support for a birth from a group of people like this.

Remember back to 3rd module when you worked with dolls and pelvis. Part of that exercise, you did something where you externalized the story of your movement through the birth canal. Here you can give attention to the drawing of your placenta. There are different ways into how those images come about. The way Mary worked with the placenta slides yesterday. She asked "what does this placenta show?", "What happens in your body when you see this image?" Now draw your placenta, how it was or how you would like it to be.

Some of you drew several, some one, some on both sides. In your groups, get your drawings and tell a story. When you are telling the story as TP, look at the images as the same way you look at the names/images of your family tree. So many of us are good at making statements. You might have some statement already, go back and create the question. And sit in the question a bit, THEN you can translation that question in to a statement. Sit with the felt sense of the truth of it. This does something with the tempo and gives more space for more information to come in.

When you get to a specific point of tension, or the tempo speeds up, say "Oh, there is something here". It reflects your ability to deepen. If the tension field is so strong you start to over ride. Sit with it a way so that the accordion can open. Externalize the compression of that DB energy where you can get some cognition to the fact that there was a DB in that story. I, Tara and some of the assistants will come around so that we can support you in a way that you get clarity in what you are doing.

In the groupings, stay with holding the sanctity. There is a force greater than us that is holding the life force. And she is doing a darn good job of doing that. Have the intention of receiving that. You don't have to do anything. All you have to do is listen, the field, our connection and ourselves in connection.

Even though there are different rolls, listen for the key words, both of the support people can repeat them.

There is already a resting field since you have checked in.

Use the form, roles, don't make a big deal out of it. The TP look at the drawing see if there is an intention there. See if there is something to know, or if the process of doing this to give you. The listening team can then get your intention. In relevant history part is to tell a story. The listening team listens and reflects, that broadens and deepens. Keep the sanctity in it all.

The first thing you do when you get into your groups is to resonate and settle, it's the resonant field that gives you the information.

There will be 20 minutes per turn.

Then we will harvest.

BREAK

AFTERNOON SESSION:

HARVEST:

Question: curiosity about the being, abortion, before I was there in my mom's womb. As I was that piece of relevant history it shows up a stuck of abortion histories (me, my mother and grandmother), and there is more I don't even know. It is difficult to know what is my own history and what is mixed with other parts.

What wasn't spoken about is part of the content of the stacking. I process my abortion but they didn't process there.

What happens in your body as you say that.

Today we want to look in the components of the work and what you learned.

One of the main components is unstuck. By telling a story by the drawing you have connected with the generations, that is very useful.

Question: Yesterday before we did the session I didn't feel a connection with my placenta. I was touched by the rituals, candles and honoring the placenta.

I got to feel in the session that the placenta was me. That I had a very powerful relationship to it. And the birth that was mechanically cut, I have all this rage. I part of me was taken away, feels like an abortion imprint, and the placenta got through into the trash can, and I am very angry about it.

How many you touched layers of identification with the placenta and felt cut off?

About 4 people.

Continue the sharing: I also connected the twin loss in the fallopian tube, all sudden that connection was gone. The same shock of separation with twin, and placenta, same shock. The consciousness coming in is registering the mother as herself, the mother, etc the surround as yourself because it is undifferentiated.

A feeling of tremendous loss.

There are those layers: twin, placenta, and the similarity between the two.

It is not cool that it happened but it is cool to name those layers.

The grieving is going to be important: grieving and honoring this relationship with the placenta itself.

Powerful exercise.

Question/sharing: I have a sister older than me, at some point after my sister my mother had several miscarriages before me, my intention I realized there was energy that was still connected to those that didn't come through. Be present as I am and differentiate from those individuals that were there before me. Give them back their energy and differentiate.

My mother never told me how many, I think maybe 3.

Those 3 or 4 are siblings, they would be brothers and sisters.

I feel the connection to them more like ancestors, and I felt in the session as if they were supporting me in doing this work to differentiate myself, at the same time give them their energy. Clear differentiation.

Also it was healing to my mother and her energy (she is passed on now) there was a lot of healing happening there.

Sharing: healthy looking placenta, that was my drawing, something about safety being in that womb but there wasn't safety outside of the womb. It has changed the story of my birth. I was told I was overdue, and I was induced. In the knowing that the placenta was

healthy and safe, If I stayed too long it will be safe. For me that double bind that kept my frozen, because of that freeze I couldn't make choice. And a doctor decided to induce. That DB plays in my life that I get frozen in the DB and I loose touch with my potency and in the frozen step I am not able to make the final step.

It is cool to articulate that.

Anything: create a website, do my homework, it was a powerful exercise. I have been marginalized with the term “procrastinator”, the one that weights in the hammock.

Having taking those words one but when I acknowledge the frozen place in the DB that

...

For me to be born I would face anger, aggression and criticism no matter what I did. If I don't do anything I only have to face anger, but not the other two.

If I did, and did get wrong I would always be shamed. If I didn't do it, I would just get the anger but not the shame for doing it wrong.

The exercised reviled a lot.

The exercise has to do with how to play with DB, because the energy is so shitty. How to differentiate it, and deal with them.

Sharing: I had the intention to find the health but I needed to show the “hard part” before finding the health. Over my toxic placenta there was a shocking heart that came up and the coffee washed away and some magic happened.

When we were in the group and trying to find health my group helped me see that that there was enough to get me here, even if it was very toxic I made it.

I was supper attached to my placenta and cord, still attached to some toxicity and clatter in my life, it is not healthy but it is mine.

Ray suggested that I draw a healthier version of it but I lost it. Ray was keeping it, he is holding my health. He made sure that that drawing was safe. That is cool.

Sharing: I wanted to focus in the health of my placenta, differentiation. I was third in taking my turn, the first two turns I got to be present with deeper layers of challenge, when I presented my placenta I wondered if I was denying the pain of my history. I really wanted to be with my choice to allow myself to have a healthy supported nourished experience. And to know that there was enough of that because I am here and it is happening, my adult self can verify it is happening. When I shared a piece of history Christina was the practitioner and she went into something. It was interesting because there wasn't really any further possibility to continue sharing the history; she was in the process of orienting through what it was experiencing.

I got what I wanted and yet in the face of the history showing up it created questions of can I have what I want?

That part wants to make sure it is remembered. Look around and see the health in the room, and notice that you might be contributing to that health.

Christina: I want to speak to my role as the practitioner in that turn. From my present age as best as I can, I haven't ever felt as the practitioner go to far that I couldn't even facilitate. She called Tara and Eddie for support.

What did you identify with?

The material is very confusing, I felt like I didn't have a spine and the energy was very young, hard to speak. It was scary as a practitioner to have that come up. It took me

sometime, I am still unwinding from that. I think my mind is trying to figure it out but it is so confusing...

Ray: My definition for confusion is when more than one layer at a time is happening, more of one thing going on at the same time. How we respond to more than one thing at the same time.

We are not able to see the layers and it is all spinning.

The way out of confusion is to try to get a layer at a time, sometimes we just take one layer and that is call, it will influence all the rest.

I am still confused.

Ray: you are sitting with the memory of confusion and not being able to orient. There is something in the field that was like that, in that contra transference, what do you do with it?

Make it useful to yourself and others. You got support, that was good. And you are still in process with that.

Sharing: I started asking Ray permission to break the rules, and I got it, I made three pics of placentas and one of my brain, and I wanted to talk more about my brain but at the end there was a connection. I wanted to get a little piece about what happened in my brain development that get skipped and makes it hard for me to think. That was my intention. One of the images was tossing a rope across a divide and hopping it will land, and I didn't know what that meant. And we were ending the session, my hands where up together, my practitioner Natalie put her hands over mines, and then Lynn over those, and I realized that that was my corpus callosum that is the place that connects the right and left hemisphere, I realized that... (pause) my mom being in global alert and lack of support, it made me think I had to grow faster than I felt comfortable, and I had to jump forward without support. Literally trying to make pathways in my brain, but my corpus callosum wasn't very strong... this week in order to deal with DB I have to go back and forth, very much, that was in my drawing, and I also in the break I realized the effect that has had on me. I always had a hard time making decisions. I think maybe to make a decision you have to go back and forth, I feel excited that I learned something about my brain and how to let it do that.

Ray: each time you do that you are crossing midline.

I didn't know that before I did this exercise.

Ray: You are pendulating the hemispheres, and the CC is connecting the pathways between the two, it is a very dense part of the brain.

I am going to dense this up, make it denser.

Ray: did anybody discovered something in your placenta that you didn't know it was there?

Sharing: My placenta had two cords that I didn't know of. Twin energy, that came up in my turn in the WS three weeks ago, first time. I was open to not making up the story, in my turn I was really open to not make up the story, but the twin was coming up all the time. I had feelings when I saw the video last night about twins... there is something in my logical brain... how can that be? My body is saying something and my mind something else... I am opening to explore this, is very new. I like when I am solid between my felt sense and my mind.

Ray: when I first started doing this training, how do I know if I have a lost twin? For decades I have been working to figure out the way if we can discover it ... what we did is talk about twins, Mary showing different placentas, and then draw your placenta. We didn't suggest that maybe you would have a twin... what story is the placenta showing? That felt very good, we didn't lead you to any conclusions. Anybody had something like this?

Sharing: different, very strong sense, I wanted a steak so bad, I couldn't start drawing my placenta until I drew a steak. My mother was vegetarian she needed more. My brother was vegetarian by choice from the age of two, they were ok but it wasn't enough for me. Now I am dealing with nutrient deficiency that go with that.

That will show in your placenta.

I had a very strong imprint about not being an artist; my whole family are professional virtual artist, but I had a lot of fun and got into the flow of the drawing.

Sharing: I was exploring nourishment with the placenta and noticing some areas that were transparent, that needed some juice. It was clear in between. That my placenta wasn't enough to nourish me. Lots of feelings about it, also some guilty.

You are describing one of the main components of twin loss. Robert Plowman, a big twin researcher. He says that it is likely that most of us started as twins and one didn't make it. One of the biggest reasons why not has to do with nutrition. What mom is eating, what is she drinking, is she smoking?

She wasn't allowed to put more than 10 pounds... she put 15. There is a history of very sweet tooth, she over indulges in sweets and then she starves herself... changes are that that was going on.

Changes are that you began as more than one, and then one left. You had to deal with the loss (sister) and the guilt. And you don't have the adults to confirm your knowing.

My question is: Once the baby is born can they see in the placenta the remnants of the twin or does it get reabsorbed?

Mary: It depends when it happened, it can be very small, and can get reabsorbed. By the placenta you wouldn't necessarily see... At 15 weeks then you could see some signs in the placenta.

But what about remnants of the baby?

It could be, because the baby is significant, there would be something.

They call it vanishing twin, I remember

The papyrus that feels like thick paper, the body itself that is flattened. That doesn't always happen, sometimes the material is reabsorbed. The placenta can keep growing even if the little one leaves, the consciousness leaves.

Sometimes you end up having a tumor in our belly and they find hair and tissues.

I have seen that but didn't think it was a twin... the cyst, is it from twin?

Mary: It can be, or someone has a tumor and it is a petrified little baby.

Or a growth down the rectum can be also from a twin.

BREAK

TWIN LOSS DYNAMIC

Hierarchy of relationships:

Source-soul-self-twin-mother-father-family. The twin precedes mom. Very often those who had twin loss perceive the twin as someone who helped them to come in to creation. The twin relationship is stronger than other relationships that come after. At that stage there is no different between I and Thou. When the twin dies and I stay, it is confusing because I died and I stayed. I feel the loss and it's not just me feeling the loss of the other but it also feels like I left. It is important to differentiate it because it complicates other significant relationships.

Could you put the drawings you did on the wall. We want to see them if you are willing. Robert Plowman, one of the leading twin researchers in the world, early 90's and early 2000's. Did the twin's behavior in the womb reflect their behavior outside?

It is worth looking at Pientelli's work. Back then, with ultra sound, they couldn't get accurate info before 23 days. By the time they get that far, they said 8% of the pop were twins. But now we can get earlier and more accurate information.

UNASSISTED TWIN BIRTH FILM

Mary: I don't promote the idea of unassisted births because of complications. It is cool to see this woman to have forbidden twins at home. Her husband and toddler are with her. The toddler looks unsupported. The father is filming it. The woman wants to film it and to not have so much fear around. The first head first and the second a footling. Often the twin birth can be so simple.

Afterwards: Talk to someone about what you are feeling about what you saw.

HARVEST:

How was it for you to see that?

Sharing: Empowering, double blue print,

Sharing: There are things that I see that I would view differently if I wasn't in this training. Such as contact, another layer of support for the toddler.

Ray: you can see that mom had some knowledge, she was doing a very risky thing.

The kids will probably grow up being risk takers, and doing it all by themselves.

The beauty of that, BP, no other energies that were influencing the unfolding. Especially in the moments of transition and the babies first breathes. There was so much space in there for her to touch the babies, so slow and uninterrupted.

Ray: I wonder how many women in her line knew how to birth this way and did. To have it that clear in herself. How many generations knew how to go out in the field and birth their babies.

When was the "get me to a hospital" became the norm.

Mary: 1920's or '30's when ether became popular. Both birth and death have become institutionalized and you don't get to witness it until you are going through it yourself.

ORGANIZING FOR TOMORROW:

What does it take to transition from this space to your home space?

What does it take to engage the skills you have been growing here in your personal and professional lives?

This takes the focus off of your personal process and transition time going from here to there. Think about what kind of questions you have, about home, work. I also would love to hear from the voices that don't speak so often.

Wendy is leaving at 11:30, Tera and Lynn are not coming tomorrow.

Group photograph.

LAST DAY: Feb 17th

Orienting

Outlet dynamics: through the six modules we have more awareness of what it is to be in the last day in the ending of something. There are body memories that can arise, the awareness of those layers we can differentiate from what is happening in present moment. This is the last day of the module, they often show up the last day.

Think about how you want to finish today? What do you want to do? Joyfully, adultfully, what pace do you want to do the ending for the module. How do you want to leave.

Doing all the steps until the end, giving yourself permission to do that, have fun.

You can do the leaving in connection, it doesn't need to be a cut off.

Check ins in peers

Summary

Homework for next module due on May 6

Transition from here to there

Clinical questions

12.30 we begin closure and we finish by 1 pm

When you check in, say something of where you are, say something about how you want to finish, set an intention for that, what support you will want afterwards. Connection with others between modules.

SUMMARY OF THE WEEK

We arrived, made the journey here and we got our bodies in the room.

This module is about the BP in relationship to double binds.

The main thing is how to be with your DB in a way they don't consume us. To be with the over compressed systems so the components can ... To be in the module so that we had some real-life experience. We are not obligated to stay in it. There is a difference btw being in the energy of it and being in the memory of the DB.

To learn way to negotiate the energy: one to be with the ancestors, having curiosity, discovery what are questions are and translating the questions into statements. Having a process of externalizing the material so that we can focus on it outside ourselves instead of having it live inside ourselves.

Twin dynamics, the biology of twins, how the placenta tells a story. We follow the same pattern, externalize the info and discovery more about it, decompress it and make different choices. Discovering and translating the questions into statement and sitting in the truth of that. A way to create coherent narrative. It is coherent narrative that is responsible for our system to settle.

On the first day, we looked at the DB protocols and during the week we lived them out. They will emerge naturally. We understand it is necessary to do an intervention. The

surround needs to do the work not the TP. This tones down the constellation of it. I don't think it is necessary to be coherent with the history but this work is helpful with it. Watched videos of twin placentas, Millefleur, cirque de solei, the home unassisted twin birth.

Next time we will look at twin family work and ART

In the packet on line there is a 50-page document on how to do WS. Read it. The first step before you go out there doing it, is to read it again and again. Read it 50 times. I don't want anyone to have that that is not in this training. It is one of the most valuable things I have written. We have been putting you through the paces here to get all the components. The next step is to do it with your peers, then do it with 3 or 4 people, co-facilitate with others. You can use that document to see how you would apply that to what you do already.

HOME WORK AND EGO STRENGTH

Have your homework to your readers by April 6.

Ego strength building exercise came about from a colleague because her history affected her memory. She couldn't remember from one session to another. That is because there is a glitch in the hippocampus (governs the short and long term memory) and the connection btw the left and right brain. She would record the audio, transcribe the session then talk to someone about it. After time she started to remember.

Take a recording section from a WS debrief that is significant to you, transcribe it and then talk to a peer about it. You are doing something mechanical where you are writing down, something auditory when you listen to it. And then the social engagement system when you share. It integrates implicit and explicit memory. Everyone one of us can use it. Myself included. Talk to someone here about doing it together. You can do one or more especially if you want to work with your left brain more. Especially if there are a lot of DBs that are showing up. If anyone recorded anything here you can use it. Bring it with you for the next module when you come we will do an exercise and you will share it with someone here. That doesn't mean that you don't do it with someone else before.

Send to the reader a couple paragraphs about how it was for you to do the exercise. When you articulate what your experience is you are developing the skill of recognition. That is an essential practitioner skill. If you can't make meaning out of this do something that does. On the Chitty websites and on our website there are the 5 practitioner skills.

BREAK

GOING HOME:

Integration: contact with each other, projects together, how to connect with our loved ones when we come back home.

Same sharing from people about that, and what they want as intentions for when they go home.

How to include your teenager daughter in your work with DBs? What do we have in our history that is appropriate for them, so that we both together can work it? This is what happened in your generational lineage...

The teenager comes with their own DB stuff, how do you want to be with her so that you ride the wave even when she isn't? how to hold the container so that you can move at the tempo you need to move even when the other people in the family move at a different tempo, and what support you need to do that?

I feel my education is like a teenager kid taking over so much space, I am in inquiry how to hold it, something about getting swept up and losing my anchor. Something still unknown to me how to be in relationship to that, with a lot of high expectations, and a lot at stake. It is not a world I can set aside.

Interfacing with a world that moves way faster? That is the way it is for most of us, something about sitting down and making a decision of how you want to be yourself, keep re-anchoring. the reflections are not accurate from that world, so when I get the reflections from this world it is a shock... it is something happening around the inquiry and more real connection and reflection.

When the world is going outside in, I name it to myself "this is outside in", and that helps me in connection with inside, do MEFS. Most of the world is outside in.

What helps you connect with the inside? Sit by a tree, a friend that gets it ...

I have been in the perspective to have to fix the outside, in the moment to access inside out is the thing I have been looking for a long time. Many people resonate with that.

Really awesome to name: in the moment is really available to be from the inside out... using any good tool to do that.

Another tool: when somebody is with a big stuck and expectations. You can say, that is really complicated. I am seeing how many layers are there and you want to understand, name then and writing down can make them more manageable.

There is much simplicity when you say it like that. When people come with a stuck: it is complicated, I want to get the layers, let's name them to make sense out of them.

Sharing: I have an intention for my life feel with grace and a sense of ease. When I look back into the feeling tone for this week, it is this persistent effort to make something right, to fix the mess around me so that I can relax. So that I can have my vitality and grace. The sadness in accepting that the time has passed, I am not a little one and I couldn't fix it.

Sharing: oceans of grief about the world, and things that I wanted to change and I couldn't. It feels good to have people grief with me because I felt very alone.

You are naming a loss.

To have the grace and ease that I deserve, I have to accept that I am not the little one any more. Brings another level of having missed growing up.

I am not that any more, I am in a grown up body.

That is one of the layers.

Having this with you I will be missing, Ray says, and that includes everybody in the room and Frank. And Wendy, Lynn and Ajay and the others that left the training.

Sharing: the way I can feed my little is by enjoying my life now.

We don't need to do that 24/7, we enjoy enough and love enough, and sleep enough etc.

Where are we perceiving from? We cannot change external circumstances and history but we can change where we perceive it from, we have choice for that. We are giving choice about what we are doing with our attention.

And with the question of Grace? When is grace not happening?... it is always happening. Where do I have to be inside myself in order to participate in it, have it?

Grace is more obvious in the stillness than in the tumult.

The energy of DBs affect our daily life, the energy wants to remember most of the world spends a lot of time avoiding them, that is really complicated. How to just acknowledge them, oh this is my reaction to that...

In the still point I also feel the grief that is in the room and it is all okay.

I realized that I focused so much on my twin that I didn't realize that I love my mom.

We are just sitting on the energy of how to get from here to there. There is something about the energy that is happening right now that feels like this is it. It feels like a good landing place to go out from. I feel so grateful to all of you to take your time to come here and do this with us; to be able to see something that you have been carrying inside yourselves and to bring it outside and share it.

How do other apply to their partner or their child? And what is supervision? The supervision structure is online. Every time you talk about in check in how it was for you in a session contains the components of supervision. It helps you deal with your own countertransference. If there is 5-6 of you that would like to do supervision together, call me up. Then get together as a group and talk about it afterwards.

I can feel a settling and a stirring at the same time. It is kind of like the DB energy. I think you have all done a great job this week with one of the hardest and necessary conversations in the world. It is in keeping with those 8 principles.

Thank you to the assistant team, to Sandra. I appreciate how you are working with each other, the assistant team, and outside help. It makes for a better training. Appreciating our families for helping us to be here, take this gratitude and give it to them.

Next time, the Saturday night before we start, Gary will be doing a concert at the sanctuary. It is an exploration of the social field from Ray's work. We will send out the information online.

Take a look around, did we do it? Ahooo! it is done!