

Castellino Pre and Perinatal Foundation Training
May 9-14, 2016
T13 M1

These notes are specifically for the Teaching Staff, Assistant Team and the Trainees of the T13 Training Group. As trainees, the notes are for your use only. You can use them as a study guide when you review your work or with study groups. They are especially good for practicing the exercises with each other. These notes are copyrighted material. *They are not to be shared with anyone else*

We thank Mary Seamster and Mary Jackson for taking and organizing these notes.

T13M1 Day 1 Monday Morning, May 9, 2016

Orienting, first day of the 13th Foundation Training.

37 participants, 7 assistants, and 3 teachers

Welcome!

Third training co-facilitated with Mary Jackson and Tara Blasco.

Tara introduction, Ray introduction, Mary introduction
Module 1 is co-taught by Ray Castellino and Tara Blasco.

ANNOUNCEMENTS: CAMERA, OPEN CONTAINERS, PARKING, AND CELL PHONES OFF SCENT FREE

Orient to space, logistics, phone number for coming late:

Sarah Theismann 510-610-0320

We want you all here for the whole module unless something super important, we want to know, then you need to get the video to catch up with what is missed and use assistants or peers to do exercise. There is something about sequencing that we will spend a lot of time on in the next module. There is something in our sequencing that sets us up for getting here early or late, leaving early or late etc. Plan to be here from beginning to end. If the other pattern shows up, let's talk about it. The last day will end at 1pm Saturday.

There will be a slide show at the end that Ray will make. If he is walking toward you with the camera and you don't want it, just wave him off. And if you don't want to be in it we won't see you in the end in the slide show.

Assistants offering sessions. Colette-body work and PPN, Sarah, Frank and Sabera. \$125 for 60 min.

Sign up sheets for the office ½ hr.

Sign up lists for WS on back table.

Camera-here to have recording to see what we do, transcribing, writing or make video out of it, for someone who misses a day and there is a cost for that.

If you are on camera and don't want to be, put yourself where you will not be in the screen which is on the sides.

You can record the talks w something put in the front of the room. If someone loves to take notes you can share them and we will take notes and share them.

Schedule first day

Orient to the day, space, logistic, each other

Intro

Mother earth, Father Sky (MEFS)

Check in with groups

Principles

Exercises

Schedule

9:00 to 9:30 Office hours (sit with each person one at a time, sign up, day before, 5-6 minutes for 4-6 people)

9:30 Start

9:30-12:45 Morning Session

12:45 – 2:45 Lunch break

2:45 – 5; 45 Afternoon session

5:45 Finish

Ray, "This is a professional training, not a process workshop, it is a training for skill building for professionals. We are observing the Social Field Phenomena (SFP), its what happens when a group gathers. It's a field that is here before the beginning of the universe. Before the Big Bang we were all there, the energy was there. If we try to go there we may have some transformative experience.

Requires feet on the floor, tone, connection... This is what we will be exploring in each module when we come together and come into resonance. We hold the intention to be connected with vey slow, expansive and contractive rhythm".

Feet on the floor, seat in your chair, look around, a little bit and see who is here, make eye contact, and then back to feet on the floor.
Sometimes with eye contact we go in more, some go out more, some go ummmm, warble a little.

Open your hands, underneath is Mother Earth, she is unwavering. What we are doing here today, we are part of a revolution, encouraging connection between people, mothers and babies, siblings, partners aunts and uncles, extended families, the community, states, countries and tribes.

We all are affected by our histories. We all have something in common - we all had our histories. We have something in common that we want to improve our lives and the lives we touch. Ray feels humbled to be sitting with the Tara and Mary and the Assistant team. I also have a solid intention to have fun.

With the principle of “mutual support and cooperation” it is going to take a bit of maturity to be able to do this. There will be warbles and stumbles. With the knowledge that there was blue print before the warbles, we will be able to support each other. It takes a skill of orienting to this time and space.

This room is the teaching room; the other rooms are for process time. We are going to learn a lot about the pre and perinatal work. What we have found, if we gather in a small group and pay attention to slowing down to a slower rhythm, amazing things transpire and transform. Over 2 ½ years we will get to know each other. We get to watch how our thoughts go off and we can then reorient back to Mother Earth and Father Sky. It’s an exercise to come back into our bodies, orient to the fact we have a body, not to focus on pain or story.

MEFS Exercise

Ray designed the exercise, describing the directions with mother earth, father sky, came from Claire Dolby.

Mother earth is below us and inside us. It is a reflective field that hangs out in our lumbo sacral sac; it is also the planet below us.

Father Sky is above and is inside us some place in our heads.

Moon below, reflecting the light of the sun to father sky. As we consider these two poles and the polarity between them. Moon above, sun below, it is reflective. And there is a central core between them. Anna Chitty calls it a “mid space”, Cranial Sacral calls it midline. It is core to the field we live in. Each of us has an individual field.

A central core connects us thru a mid space. Mid space is core to our central being. We have a back and we have a front. Pendulation back to front. **muscles to hold our spine up, helps us to stand up.**

Mother Earth ~ Father Sky is a vertical pendulation.

Right side left side another horizontal pendulation. **Then go to mid space, and we have an inside in relationship to the outside.**

Inside-outside. Our work is to orient from the inside out, orient to blue print. We can give ourselves permission to have and then to lose it. We can connect to all the influences that developed our compensations.

Spend 10-15 minutes a day and intend to do the mother Earth, father sky exercise. This gives you an opportunity to integrate our history and differentiate our story from what is happening in the moment.

This training is about exploring the imprints in relationship to the Blue Print, the rhythms that develop the blue print in relationship to the imprints. And also to see how all of that manifests in relationships and in group settings. Most of us orient to dyads, mother babies, lovers, friends. Stretching our attention so we can sit with small groups of people so they can sit with others of all ages.

It is about paying attention to the energy between 2 people and groups of people. Very little literature is about group energy. It's about stretching what we do with our attention so we can sit with groups of people, hold presence and support people to explore their relationship with each other and with people of all ages.

Orient to the progression of the modules.

Tara- this is module 1, the focus is going to be from the BP, explore pre conception, conception and implantation.

M2 Exploring attachment

M3 Birth

Gathering resources, BP, learning the basics, learning the form about how we work, family sessions, PWs,

The first 3 modules are about getting a feel for how the skills and form work.

We will have films, exercises, talking.

M4 Explore aspects of Birth and interventions, chemical imprints, anesthesia, epidurals, medications. Medications Interfere with the blueprints for birth and leave their own imprints.

M5 Surgical imprints. CS, forceps, Vacuum extraction, things from the outside that help to save lives but is still an intervention.

M6 and M7

Other layers, more dynamics of complex double binds that happen all the time and how we deal w them and ancestral imprints. Twin dynamics, adoption, abortion ideation or attempts.

M8 How we work with Family skills in BEBA, facilitating PWs, Integration.

Working w small families and small groups of adults. And to envision a 5 yr plan, what do you see yourself doing in the field of the PPN.

M8. Womb Surrounds, build skill on envisioning what you want to take it forward.

Rational is to how we find the health in the system, before we get to the stuff that knocks us off or sends us into a spin. The way we are teaching this training is

from the inside out. Most of school learning is from the outside in, except art and music can be from the inside out.

If you are used to being in the Left-brain, you will be stretched a lot. We will work to get a common language with each other. We will give you info, have you work with it, harvest what you do. If you feel you're not getting enough Left brain, usually you are getting that and don't realize it is happening until you are out there using it.

Intro Assistants

Ray introduces and then each assistant adds their own information

After Break 11:00 AM

Introduce each other

Mary J starting a new pattern, beginning to introduce them

Introduced Tara

Ray Introduced Mary

Ray introduced by Tara and Mary

Then we did breakout groups of 7 or 8 and did check ins. 5 min each.
Name, where from, intention, and something you want us to know about you.

T13M1 Day 1 Monday Afternoon, May 9, 2016

PRINCIPLES

HISTORY OF THE PRINCIPLES

In the late 80's, Ray was working in the chiropractic practice. He noticed that the babies were moving their bodies in ways that he recognized they were telling a story. An exchange then happened between mom and baby. He then recognized that when the mom and baby were in different rooms, they were telling their story at the same time.

He noticed that he was preverbal with the sessions, even before and after. He wanted to explore naming that experience in that space and developed the womb surround. He soon found himself doing womb surrounds professionally.

He then started BEBA.

BEBA was inspired from Franklin Sills. He and some colleagues started a baby clinic that was free. Ray wanted this way of being to be teachable so that families can take it home with them.

He needed help himself.

He needed to be able to name the experience of the pre verbal time.

He needed to work with all ages from birth to death.

He needed a setting that created a sense of safety where people could come into a harmonic resonance.

He noticed that there were certain things that were being repeated over and over to families. What emerged were these 7 principles. What he noticed that if people conducted themselves within these 7 principles that the family became co-regulated. The social nervous system within the family became more solid.

The principles create a bridge of how to be in connection with self and with others so that we don't get lost in the field.

THE PRINCIPLES

1. Mutual support and cooperation

Addler's primary indication of health was cooperation for the good of the self and others. When people are in the spirit of MSAC there is uplift. It feels good to see others thrive.

It is an umbrella principle holding all the other principles. Ray added it in the last 10 years. It sets an intention that whatever we are doing together is in support of each other. Giving it a feeling of inclusion.

It is not the type of cooperation where the adult tells the kids what to do and they do it. It's the type of cooperation where the kids are included with their thoughts and feelings, and may be in on the decision. The family is a team. Parents and kids do whatever it is together.

2. Choice

We get to choose if we want to say something or we don't. We have seen that when we have the option to say no that the yes comes more easily.

Check within yourself what your response is to a question. Is it 'yes' or is it 'no'.

I am mindful enough to know what my direction is.

If it is possible for a child to choose, then we offer a choice. But when there isn't the option for a choice, we need to be with the feelings that come up from the child.

Choice is about your preference. What is your potency around a choice?

We make the choice so that we can have what we want and our historical self can be feed. Having fun, gathering potency, and being in connection with our loved ones. Making a statement that makes us know whether it is right or not.

The choice is moment to moment.

Working with the principle of choice...do I feel uplifted? Where am I right now? Is there potency in it? Does it make me feel I am going in the right direction? Am I connecting to my truth? Is what I am doing bringing me into connection to others?

3. Brief frequent eye contact BFEC

It requires some effort. At 2.5 minute intervals. Make eye contact with someone. If the other person doesn't want to return the gaze, that is okay. Creates harmonic resonance, they are in MSAC, they look out for each other. You make the differentiation that I am not looking at the enemy but at someone who cares for me.

It is brief. It flows in every direction, not just with one person.

Family story: "I have been trying to get them to do that forever!"

"Thought book" story.

Mary's story. When a baby comes, everyone is looking at the baby and they lose track of each other. There is a pressure that is transferred from the parents to the children.

Eye contact opens the social n/s and strengthens bonding and connection.

Babies are relieved when the parents look at each other.

EXERCISE: This exercise was originally designed by Mary Jackson

3-4 people

Introduce yourselves.

Decide who is going to be mom, dad, baby and support person.

At the end be able to shift out of being a baby and back into your adult self.

Mom and Dad look at each other (support person look at mom/dad)

Mom/dad/support person looks at baby. See how that feels.

Mom/dad/support person looks at the floor.

Mom/dad look at each other and touch each other.

Mom/dad look at baby. See how that feels.

MEFS

4. SELF CARE- WE INVITE EVERYONE TO TAKE GOOD CARE of ourselves, to eat, drink, sleep, and use the restroom. Let one of us see that you are ok in the leaving. If you are bolting, we want to know and for you to go with support. When we work with parents and see self-care is important and we model it, they start to do it more easily. **This is really good for the child to see.** It is ok to walk in front of the room when we are talking, to do self-care. It is really good. Tara learned about it assisting Ray. She was at graduate school, tired and would fall asleep in the PW. There are places to lie

down. It can feel as if we should be on all the time. Mary seeing Tara sleep in the PW. Professional caregivers have a hard time w that.

5. Co Regulation- when baby and mom are skin to skin, they are regulating each other. It is a co-harmonic state of resonance. The kid feels like they are participating. Everyone feels they are making a contribution when they see both people are getting something out of it. The PAUSE is something we do when we go out of regulation. **When we are in the functional range**, it is easy to give, receive, function. When we go out of functional range, out of connection we start to deregulate. There are many ways we can do that. It is a good time to take a pause.

6. Touch and Attention-how we come into touch which is really important. The quality of attention that the person is there with, in the SocNS, and we tell them what we are doing, have permission, using the principle of choice. Demonstrates the touch exercise. Tara closed her eyes and looked away first. **Inform** when you are moving your attention. Over time, we see babies and children respond more to what we are doing with our attention than we what we are doing with our touch.

Mom in contact w baby then mom reaches for cell phone, baby does Moro reflex, separation memory has been touched. What we are doing with our attention gets overlayed with the history. We like to teach parents this.

We are encouraging you to ask permission before you touch someone. With my touch, my attention is with you, I am moving my attention and I will let you know so baby can come back to herself and orient to herself. Usually babies are oriented to the parent. It is easier to get dysregulated if they aren't informed. Child is developing a language while in the womb. When parents are engaged with the children in the womb and when they are babies, they develop an incredible vocabulary.

Also when parents do what say they are going to do, it is really good for the baby to develop trust.

7. CONFIDENTIALITY-you can talk about us the teachers. But get the person's permission to talk about someone else.

If you have something w one of us teachers, come and talk to us about it.

Q: Do you do that with talking about babies?

A: Yes, in BEBA clinic we always say to the parents that they should include the child in the telling of their birth story. If they are in the park, it may not be the place to do it or not enough time. There are ways to ask permission that

are subtle. The baby will be telling their story too. The baby has space in our sessions to tell their own stories. Don't do it if it doesn't seem right.

BEBA is a research clinic. We may use a piece of video of a family to show you a piece in our teaching. We tell families and we ask their permission and for everyone to hold confidentiality. The parents want us to show it to you because they want more people to know what the work is.

Exercise: LEANING INTO EACH OTHER. Exercise designed by Ray Castellino

Find a place of contact that feels good to both of you, and maybe you don't feel like touching where the contact supports the contact with yourself is building, find the sweet spot, where you meet the other and are still with yourself.

Feel the ground, lean into each other.

Then when you are ready to separate, let the other person know and then say how you felt.

T13M1 Day 2, Tuesday Morning, May 10th, 2016

Schedule

- Office hours
- Orient
- Check-ins
- Attention to Sweet Spot
- Assessing Safety Exercises
- Two layers of Support
- End of Day Check-ins with Assistants

Every module we will have a group with one assistant, and each module the assistant changes. Same home work group throughout the training

Orienting Exercise

MEFS, B-F, R-L, I-O

Mother Earth – Father Sky

Back body – Mid Space-Front Body

Right Side – Mid Space-Left Side

Inside – Mid Space- Outside

By the end of the day we want everyone to have this orientation

Check-in in pairs

Main idea weather report, say how you are doing today, how was your evening, morning, and what kind of support you need. You get to be seen and heard without input from listeners. When you are speaking, notice if the other is receiving what we are saying. Sometimes we are more with the content than the other's perception and connection.

5 minutes each way

Check-ins are probably part of your life, if not, it's a good thing to add. You need to put a time constraint. There is no talking back during the listening part of the exchange.

How is it to be received?

Themes

"I matter"

"I am embodying myself, integration and weaving

"Warming

"Spacious enough to hear myself"

"Pendulation between child and adult"

"Integrate and not get lost"

"Feeling the emotion in the position of listening"

"Could bear witness to self"

Integration includes the social nervous system

Theme is what is the effect of attention to our bodies, to each other and where is the sweet spot.

Exercise, MEFS

Standing

Ray will give instruction.

What happens within ourselves when we move our attention?

Settle in your self

MEFS orientation

Find an impulse to stand up

Feet on the floor

Get your arms in the air

Make noise

Settle MEFS

Feet on the floor Mother Earth below

See how your body is moving

Put your attention two feet in front of your self

Notice what happens in your body

MEFS

Move it back three feet

Notice what happens when you come back

Move your feet closer together, MEFS

Move your attention to the right two feet

MEFS

Intentionally move to the Left two feet

Back to center MEFS

Sharing,

I noticed as I moved my attention my body tried to follow, created more spaciousness.

Capacity for holding center got bigger!

Felt like I needed to fall, and felt shock when I pulled it back

Ray: when that happens, we get pulled into story

Back to mid space we got a reset

Exercise Ray Castellino originally designed this exercise.

Stand with a little bit of space between each other, where it feels just right

MEFS

Choose who will receive and who is moving attention

Move your attention

Explore what it feels like for the receiver as other moves their attention

Sometimes our eyes are involved, sometimes not.

Our attention occupies time and space, so that where I place my attention is in time and place. Right now how does it affect self and other when we move our attention?

Where we place our attention has an effect on self and other.

Now MEFS decide who is going to move their attention

The person moving their attention decide where you are moving your attention

You are feeling your self and noticing what happens in the other

Person moving their attention moves, do it one more time, move it to another direction and see what happens.

Do it one more time then switch...Check in with each other

Switch roles

MEFS

Locate that place at the base of your spine top of your skull, inside as well as out side.

Person whose turn it is, move your attention and notice what happens

Back to center MEFS

Person moving their attention, move attention to another side

Back to center MEFS

One more direction and notice what happens

Center MEFS

Mid Space in your self and in relation to the other person

Check in with each other

Harvest

“Did not know where my partner was putting her attention, but it felt so toxic.”

The experience has implicit memory from some possible historical event

“I had an experience where partner had a different experience than I had.”

When partner’s awareness is in midline, partner does not move or wobble, and energy gets bounced back.

“Shared experience when shifted up felt disconnected or rejected. When moved back it was not as disconnecting.”

“Experienced a vacuum and wanted to move in.”

Ray. “Did everyone get that when you moved your attention, something changed?”

We had very different experiences, countering and mirroring.

Response pattern, tighter, apart, off midline.

How person responds is influenced by Implicit Somatic memory.

ISM is a memory that we have in our memory, a felt sense. We are not aware in our left-brain, out of our awareness. Explicit is in our memories and in our awareness. Something that is more implicit becomes more explicit

Implicit: right brain experience sensation, smell, touch, feel, movement, posture. More watery and fiery, more ups and downs. Preverbal!

Explicit: left brain, cognition, logical. Tries to answer all the questions before it knows what the question is. Tries to make sense and drives us to make sense when there is possibly no integrated sense.

As soon as you go into relationship, you ignite the social nervous system.

Q: If you go too quickly into left-brain too early do we access false memory?

A: Sometimes false memory is implicit memory. Sometimes implicit memories are considered false memories. False memory is a way to keep right – left hemispheres split. Top to bottom split.

False memory is denying our experiences, some old school of thoughts postulates that until you are three the baby does not make memories. That denies all the memories that are laid down in our implicit memories.

As information comes in too quickly, it is a good time to call a pause. Perhaps there is information in why it feels too compressed, and also pacing affects how we take it in.

Social Nervous System engages when the frontal cortex is on line. SNE happens with eye contact, touch, recognition of self and other
It's about how we stay in connection with self and other on an energetic level

SNS: I am seeing you, seeing me, seeing you.

False memory can disregard the experience of a whole culture. It can go beyond the individual experience to the cultural.

Attention references self, twin, mother-father, family, extended family, neighborhood, county, state, country, continent, and universe.
It's important to perceive the layers of the Continuum and which layers individuals tend to function in more than others.
Some folks reference culturally; others reference only others, and not themselves, others refer to their family etc.

The process of assessing safety, being in the present moment and assessing safety.

Exercise Assessing Safety: Designed by Ray

Present age

Present time

With present age eyes, look out to perceive whether it's safe or not?

Look thru my eyes in present age, look out to see who is actually here.

Naturally assess safety.

Most of us are assessing safety through the eyes of our historical self.

Differentiate that historical self and see what is present in the moment

When I see who is actually here, it changes my nervous system and I come into regulation

Choose someone to make contact, look around the room and make contact with your eyes. Now go and connect with that person.

Would you think that having real skills of assessing safety is a useful skill?

There is an important skill for assessing safety for children.

Principles invoke safety. I'm actually choosing to go toward someone and I'm perceiving safety and moving and choosing to go toward.

SNS perceive likeness or familiar. Baby perceives what is likeness with mom; mom perceives what is familiar with baby. It's important for bonding. Accurate reflection requires being in the present moment. It takes perceiving in the present moment with our present age.

If I'm in the past or future, I won't accurately perceive what is going on in the present moment. Present moment does not have a great deal going on. We don't have to project on other's stories.

What are in the roles? What hats are we wearing? In the exercises it's really useful to know what hat we are wearing. If I'm in practitioner role and don't remember which hat I'm wearing, I go into counter-transference. Sometimes going off into counter-transference can take me out of the role that I'm in. This process can be helpful if we are able to perceive the energy of our counter-transferences and reactions as information. And at the same time, we need to remember which hat we are wearing.

The skill in this work is to remember what role you are in.

Looking with present day eyes has a principle of choice, without layers.

"Question what eyes were looking to make those projections?"

We have historical implicit memory which feels now but it's actually then.

There is a lot of confusion about knowing where the memory is coming from. I can feel a memory coming from the past that feels like it's in present time. We are learning to integrate into our present time. It is the energy, not the experience.

The energy got coupled with an experience so we think it's now.

Learn to uncouple the energy of the historical experience. There is a major shift when this happens.

We go into the bubble and deny the history...we can't go off and leave our young selves behind. We have to have gratitude for that little one who had to go through the experience. We are not just differentiating but also have a different way of being in present time. Ram Dass "re-membering". Bringing together the different parts.

If I go around wanting to deny the loneliness of my little one... the little one will find a way to get our attention.

Smell, sound can bring up Implicit Somatic Memory. Memory does not have to go through implicit. It can go thru Explicit Somatic Memory.

The memory can go back before we are (born). It can come from our ancestors. Most of the implicit memories come in before we were even born. We think that this is who we are. If you go back before any of the implicit memories, you can find out who you really are. We are in Blue Print.

We need to identify and integrate what comes before even if it's toxic. The split can come with implicit memory. On that level it is unconscious, and can set up inter-generational trauma.

T13M1 Day 2, Tuesday Afternoon, May 10, 2016

CONTINUUM CIRCLE

Starts with source, soul self. Get to the village. Different people have different identification of different layers. The more left-brain, the primary identification is political and have a difficult time referencing self and family. When sitting with folks ask the question..."where do they reference?"

Baby is in womb with mother around them. The baby is not differentiated from what is around her. She is having her experience and her mother's experience at the same time.

The kids that had differentiation skills have parents that have good differentiation skills. As a person grows up, what layer they identify with is their comfort zone. Are they self oriented, spirit oriented, twin oriented? There are layers that are there before mother baby. Where do we attach, what is the attachment process? In this module we are focusing on the source /soul/ self and mother/father.

If you look at our self as a conscious being, and that consciousness has its own history, to come into creation this soul had to negotiate the field of two ancestral lines. To do that / it's a spin/ the whole thing mixes up to come together. Whatever we are destined to be in our journey we meet in our ancestral lines.

There are 3 strands: the soul and the ancestral lines of the parents. If you think of that soul as being compressed in with these two lines, they come out with a whole lifetime of experience. It is undifferentiated from its mother.

Once a soul incarnates, it can become undifferentiated from there ancestors. The amount of shock is dependent on how much the parents have integrated their history.

MEFS/PRESENT AGE/ PRESENT TIME/ LOOK AROUND THE ROOM AND ASSESS SAFETY FROM THAT PERSPECTIVE.

**EXERCISE: Designed by Ray
ATTENTION AND TOUCH**

MEFS

THE PURPOSE IS TO SEPARATE THE TOUCH AND THE ATTENTION ACTIONS.

WHO IS GIVING THE TOUCH AND WHO IS RECEIVING

"IS IT ALRIGHT THAT I TOUCH YOUR...FOREARM?"

NOW, IS IT ALL RIGHT IF I REMOVE MY CONTACT? AND NOW, WHEN YOU ARE READY, I WILL MOVE MY ATTENTION”

EXERCISE: Designed by Ray and Mary
TWO LAYERS OF SUPPORT

Each person in a birth needs two layers of support, including the support team. If there is a hole, the energy of the hole will be in the birth because the mom will be tracking it. More layers of support means the system can settle.

4-5 people

Roles: Baby/Mom/Dad/Support person

M/D/B arrange themselves.

MEFS move your attention back. Feel the field.

Dad waits until mom and baby settle before coming into contact.

Mom tells baby what is happening.

Time for eye gazing every 2.5 min

Support person waits until the family is settled and asks if they can come in.

Eye gazing/ mom tells baby what is happening.

Notice that the adults are not going off into themselves; they are staying in social connection.

Talk with each other about how it was, especially when the extra layer of support comes in.

Hold the reverence in the field.

Undo it how you got into it.

Support person naming they are going and shifting attention.

T13M1 Day 3, Wednesday Morning, May 11, 2016

Schedule

Orienting to the day

9:00-9:30 Office

9:30 Check-ins

Continue two layers of support exercises

Discuss from yesterday's exercise

Layers of support, professional, community and in your personal life.

Exercise of turning a question into a statement

Check-ins today, with your group of four that worked the two layers of support

Check-in two's

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Harvest yesterday's 2 layer of support exercise.

Then we will continue with a second round of two layers of support exercise

2nd Installment of MEFS

Harvest yesterday's exercise

2nd round with instructions

We added a communications board-who wants to go to dinner, need a ride, support etc.

The arrangement of the room, we set it up, then when you came in and it got filled up, it is different.

Just now I'm observing the field settle. The way most folks get a sense of the field is through felt sense. As you take yourself into Social Nervous System, it deepens awareness. The more you get the sense of mid space, then when you take yourself into Social NS, that creates another field and you can feel it. Then MEFS and feel what happens between those two poles. ME below, lumbo sacral sack, FS above, some place in your head you like to hang out. You connect the mid space when you do that, moving through the neutral access of our body and through that our being moves. This body we have gets animated by that being.

Exercise

ME FS, back of body, front of body. Planes accessed, sagittal plane. Movement forward movement back and it goes through mid space. The right side governs the left side of the body; the left side governs the right side of the body. Crossing mid space, crossing the relational fields integrating right and left. Right side mid space, left side mid space.

Polarity paradigm used the caduceus symbol, staff of Hermes, cross over.

Movement top down through the middle and goes out and circulates and come back in.

Containment: the field needs containment. Before we came into the spin we were that field and everything else. That field has to come in and adapt to what is already here.

This **Social Field Phenomena** (SFP is coined by Ray Castellino) can only happen if each person participates and contributes to that common mid space and resonant field.

Now anchor and include the SNS and notice what that does to your awareness to the field? When you include SNS it gets brighter. Did you notice that?

The thing about coming into creation, overtime the energy parts come in and elements gather the stuff together before form take shape. Folks can get spacy if

there is no containment in the outer field. We are working on the energy of coming in and with containment. Bring awareness of what was in that field.

Shifting, recall being with your group. Look around, remember who was the dad, mother, baby and support. We are inviting you to share how it felt when layers of support were added.

Sharing what you learned.

“Practiced asking for support, I learned I love whole body contact. I went for it. No expectation, simple natural.”

“Felt strong love, still had to keep strong eyes on mom. I knew I needed dad’s attention on mom. First layer of support, second layer started moving forward and got closer.” We are doing relational developmental needs. For most of us those RDN were missing.

“As soon as we got into position I felt that deep layers of love even if I did not know the folks. As the layers were peeled off I expected to feel abandonment, yet the recall of the felt sense of support felt more resourced.”

“All the support was able to get in and I did not need to keep attending the support people.”

“I was the baby, I did not feel like the cuddliest contactfull baby, I experienced like a basket was being woven around my head. I never felt like that level of support in my life. (There was a huge somatic experience in the room.) All I have to do is think about that basket and I have a new level of felt sense resource.”

When guys come into this model all they have to do is be quite and listen and lean.

There is a big shift in the field. Dad has to just sit and be in awe, and partner can lean in on them.

There is a poor definition of what is the role of dad in our culture. There is so much confusion about their job as dad.

“Overwhelmed by the goodness!”

Ray, The exercise itself is simple but you may have experienced what was not there before. Parents want to give kids what we they did not have. All along the way there may be a sense of grief or loss as it touches on what they (parent) did not get.

I wonder how much of the discomfort is that there was discomfort in the field.

Adults' job to hold the field it's not the baby's job. Yet the baby feels responsible, what was missing social developmental need was accurate reflection. Cranky baby is reflecting something in the field... There is a need to take care of mom to the extent she does not have support. The experience is about mom not having support.

Q: As turn person how to incorporate our own needs (as parents) and then move to get self-care. "Only if there is enough resource".

A: Naming and differentiating the history can be helpful. Acknowledge that what is happening in the turn surround is usually part of the history.

Two layers of support exercise

The person who was the mother goes into the position of the baby, dad goes to the role of mom, support person goes into dad, and baby goes into support. Having baby go into support role gives more time to integrate before taking on other roles.

Gave time reference for the exercise 2nd round

Tara talked thru the exercise

"Complete the check-in and start the exercise when you are ready"

"Settling into the role of mother and baby"

"Making some contact as support amongst yourself"

"You can invite dad into the support when you are ready"

"When you are ready ask, for another layer of support"

"Check in with self-care and, if you are not comfortable, adjust as needed"

"Invite in assistants if you need more support"

"Slowly we are going to transition, removing layer by layer, taking time between each layer being removed. Bring your awareness as to what you are noticing"

"When you are ready, prepare to remove another layer of support"

"Continue to delayer another layer of support"

"Now we have completed removing each layer of support, dialogue about what transpired"

"Support the transition out"

Fifteen minutes for check in and about thirty minutes for the actual exercise.

45 minutes for the whole exercise

Complete your sharing; let us gather back to the group for more debriefing.

Transitioning

“It appears you guys love to deepen”. Deepen, go horizontal, deepen go horizontal. Make sense of it, deepen then go horizontal then bring it back to the group the social intelligence.

“Share with the intention of integrating”.

Noticed excessive tracking of others?

It felt comfortable yet it wasn't because I could never really settle.

“As we are checking in have the wonderment of what is Imprint and what is blueprint?”

Someone before you had that need to track everything.

Exercise from yesterday look around the room and see who is here and still track what the history was.

“I had this beautiful experience of being settled and when the second layer came in I had choice in the moment. I have a feeling that that is blue print. I was able to hold my baby in that expansive layer of freedom. Have the freedom to be giving your attention wherever you want.”

“No don't go. No, not yet. I don't know how we are going to do this. Once I found baby's birth breathe pattern I relaxed.” As we are debriefing, notice there are layers of imprint and blueprint.

Dads view, “I want to have her feel supported by me! Next time I will ask what is needed”.

Archetype played out.

“I felt incompetent and rejected” initial period going on, gesture “What do I do?”

I think this was an imprint! laughter.

Mom did not know how to hold the baby; possible grandma did not know how to hold the baby.

We see blueprint on the outside and you felt imprint from inside.

Just being in presence and being in the resonant field of making that happen. As a result the field opens for change.

T13M1 Day 3 Wednesday Afternoon, May11th

MORE SUPPORT

WHAT support do you need to meet your goal? How can you coordinate with your peers/ area/country to continue have layers of support in your professional/personal life?

Tara contacted 5 friends if they would be in her support system. Just having that quality of love and attention she hardly had to contact them. So sometimes we work alone and can't co-facilitate. So how to get support from outside.

Today: focus on what your goal is? Why did you come to this training? And what support are you going to need to realize that? What support are you going to need to be able to be here at this training? What support do I need from my peers? Teaching team? During modules and in between modules? What do you need to integrate this material into your life in between modules? What do you want to implement? Like check-ins. What kind of support do you need? How can we support each other?

Letting in support can be difficult. That can be part of the dialogue. How can we support each other to let it in? You look at the 20th century; everyone wants babies to be independent so they leave them alone. So out of that we get the impression that we are supposed to have it all together. So here we don't have to do that.

The truth is we are social beings and we function better in teams.

HARVEST

Sometimes it is difficult to say No to another's request for support.

Part of MSAC is choice. If we exclude ourselves from choice then we are not in MSAC. Acknowledge and appreciate the request and state the boundaries.

Practice "NO", take the time to feel into it and see if there is a "yes".

In PPN work it is way easier to lose the boundaries.

Sometimes it is hard to ask for support. Who here is willing to support someone else in exploring the fear around saying 'yes' or saying 'no'? Who here feels they can use some support around saying 'yes' or 'no'?

Feeling the grief of the loss of support from old friends. Acknowledging the support that was there before in order to open up the door to new support.

BREAK

EXERCISE

Making contact and moving together

All the exercises have been self-oriented. We would like to look at the energy that precedes that.

Sit in a position where you can have your back up straight.

MEFS

Put your hands on your lap.

Notice that your arms are moving, and notice how they are moving.

A very simple movement of turning in and turning out in a slow rhythm.

Get up and move around. Make contact with each other.

Walk around the room or stay still. If you make eye contact with someone then move on. If you feel like making physical contact with someone, do so, then

move on. Find yourself some place where you can have some space for yourself. Shake your leg, do the hokipoki.

ME

Let your arms move up where you don't have to use any effort

FS

Let your arms move in a way that they float down so that your hands are approximating each other. Notice what you have there between your hands.

Does any one have anything between your hands? Play with it.

Choose another person, let your hands approximate the other and see what happens between them.

Make brief and frequent eye contact with each other.

What is moving you? Who is moving whom? Who is leading and who is following?

Notice how much or how little thought is involved in this. Notice if it feels good to you.

Is there any question in anyone's mind that there is an energy force that is working with us here.

Use three words to describe what you experienced.

M1 Day 4 Morning, Thursday, May 12th 2016

Orient to the day

Check-ins

Sweet spot Leaning Exercise

Exercise ~ feather Lift

The Form

Conception journey Slide Show

Prep for doing sessions

I wonder if we still need to have a discussion around the seating in the room.

MEFS

"We did office half hour, inviting when it's your turn be ready to come in. They will be having office hours in the little room off the bathroom."

There is something about a conception journey. There is something about finding our place. In the course of our life, this journey shows up big, especially in a circle. Coming into a space certain imprints get repeated out of our history. All these things we do to establish shape and form. It could be relevant to your own history.

All those things that have come up, making the circle, changing the shape of the room is going to affect some folks. How many people have not found their spot yet? 4 raised their hands.

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The exercise of finding our place can recapitulate the old story or repair it. As we move forward with mutual support and cooperation we can help all find their place in the circle. Ray walks to the edge of the room and says, "I may want to stay at the edge of the circle, yet a part wants to be more in. If I have my young part negotiating then much of my imprints will make the choice. My young part may be shy and my present self can walk in and take my place. Both need to be brought in. It can touch into the element of landing and finding our place. I notice we have arranged our selves like a uterus with an opening, and a female and male on both sides.

Ray "We have this womb shape here, I have present age present time look around the room, then when I come into the center of the room it becomes very different.

Tara I want to invite all who do not know if they have found their place in the room.

Ray, Some people need more time to find their place, some thought they had it and they got moved. Some of us like to move around and others want their space.

Comment from participant, "I'm not ready to find my place", there is a connection between time and space.

Ray "We learned: What we found that the shape is better. There are some that don't like it. It felt more contained. The opening feels very big, too open! Some folks like it and others are not sure. Some folks want to move, some folks want choice, some folks need time, some it's too open".

"I need to move according to the space around me and the energy next to me.

"I don't want it to be the seat I have for the next two and a half years."

"I had such a hard time coming into the space these last two days. I did not feel settled or wanted. I came early today and got my place, I feel settled and in my place."

"I like this. It feels bigger. With you two standing in the center of the room, the space feels bigger.

Mary was at a birth last night. She asked if she could bring a fresh placenta.
Laughter

We are changing the order on the board.

We are doing Form next.

The Form: Designed by Ray Castellino

History of the development of this form.

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When I was first leaving my chiropractic practice, I was Looking at souls coming in and developing the skill of where they are in time and space. The skill of being able to go into one's own material just enough to touch the edge and come out the other side of it. Get enough info to know where we are.

I started hanging with William Emerson. Early on a family came: mom with a new baby and two children. First thing mom does is hands me the baby and mom goes to the couch to sleep. Dad is talking and kids are playing. Dad drops into an unexpected primal. I said wow...they left and I kept in touch with the family. They loved it, what was missing. Preparation, what do I need to do, supervision settled me. What started was the germ of the form. We needed some steps before we started. It was too easy to just get caught in the middle of the session, in the middle of the soup and get disoriented. I kept playing with the order of things. The order of development when babies come in. Develop skill with time and space, go into one's material, touch it and come off of it and come out the other side. The Form is one of the strongest allies, especially with the prenatal soup. Soup can get very porous and un-differentiated. No matter where I am, I can go back to the form, not to where the client thinks we are. I have worked endlessly on evolving the form with the help of my colleagues.

Every womb Surround we have the Principles and we have the form. We do it in relationship to WS and then adapt to working with families and with sessions and later with supervision.

THE FORM First step is to find out about willingness to begin a session in the WS. First step is to find out about willingness to begin a session. Not to decide if it is your turn. In the family session, are you willing to be in the session?

1. **Are you willing to participate in the session?** Not: are you ready?
2. When a session begins it is important to mark it.
3. We are turning on the camera. Mark the beginning.
4. Who is willing to have a turn? The practice sessions will be in groups of three. You will check in w each other, who is the TP first, who is practitioner, and who the facilitator.
5. Then we will read the notes in the WS
6. Affirm the Turn. It's giving the turn person the choice if we affirm turn or read notes first. We can get info here. It can have something to say about how the person came into the creation. How they make choice.

After check-ins, **find out who the turn person is**, who the facilitator is and who is the support person is? Once that is established, name the roles. It's easy to lose identification when doing a session especially when you go pre-verbal. When you shift the roles, rename your role and when you find you are out of your role, shift it back. It's so easy to identify with the baby, so be able to shift back into your role.

Intention creates the goal and sets the tone and constellates around where we want to go. It works if we state in positive language what we want, not what we do not want. Intention setting sets an intention with what is doable in the limited time of the session, in manageable units. Also it's for learning skills for both the practitioner and support person. It's very different when you work in teams. In the course of the training, we are going to expand your ability to work in teams. Intention gets asked about toward the end of the session as well. We get to look back and see if we have met the intention.

Practice time management, we will learn how to do a mini session with shorter time.

The energy of the intention shapes the session and guides the session.

If you find that you get in a difficult situation, call in the Team Teachers or the Assistants. We invite you to take pauses and call us. Often the turn person feels under supported. Set intentions which are doable. These are practice sessions, mutual support and cooperation. Titration skills are about slowing it down, Peter Levine talks about titration skills. We need to slow the trauma vortex, so that the movement is in a rhythm that is in the slow tides. Where are the edges? Be in present time and age and right at the edge. Pause principle is in effect. The Pause principle is for all of us.

At the end, use I statements, how I was touched by your turn. Turn person does not need to do anything but listen. Differentiation session

Form

Steps for sessions:

1. Are you willing to participate?

(Mark the beginning)

2. We are beginning a session!

3. Who is willing to be the turn person? Find out who will be: the turn person, the practitioner, and the support person.

4. Name the roles

5. Turn person states their intention

6. Make sure each of the session participants are ready to support the intention

7. Relevant history.

Look with present age, present time, and present eyes. Assess for safety and then choose one person to tell your story. Perceive how your story is being received. Repeat that with another memory.

8. Activity, main body of the session. Movement, squeeze, interventions, active part of the session

9. Check intention

10. Differentiating statement, sharing how that was for them. 30 sec-1 min time frame, “how was that for them”.

11. Practitioner states, “I think we are ending a session”

12. Debrief

Set roles when you change

Harvest in the bigger group

How we do our sequence in these sessions clarifies our places, which had imprints. How to use sequencing so we find what is imprint and what came in as blue print.

T13M1 Day 4, Thursday Afternoon, May 12, 2016

EXERCISE

SWEET SPOT/ LEANING INTO EACH OTHER

Part 1

MEFS

Check-in.

Find a contact that feels right and see what happens with it?

Can be touching, sitting, leaning into each other? Side to side.

Remember brief and frequent eye contact. BFEC

Notice changes in the energy, in the heat distribution, in the sensations. Changes in the space between you.

What happens with BFEC?

You can talk with each other while you are doing this. Keep giving words to the sensations.

Part 2

Do it again.

When it feels right, look at each other and lean into each other a little bit more than what feels right and see how that feels. Then back off.

When you get just right again, back off again until you get less than just right.

Then back off from there. Go back to just right. Say thank you to each other and come back into the room.

Part 3

In groups of three. Turn person in the middle.

Be shoulder to shoulder. Find sweet spot. Find the balance between the three.

People on the outside make eye contact with each other.

Switch.

Harvest of exercise

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It puts pressure and pleasure together. Pressure sensors intensify the pain. You get pleasure and pressure sensors working together. They work together to make you feel good. Find sweet spot until it feels good. If it does not feel good, stop!

“I had some strange sensation I felt I did not have a mid line. It felt was reorganizing my mid line. I experienced pain in my heart. When it was done I wanted all my muscles to move, I jumped.”

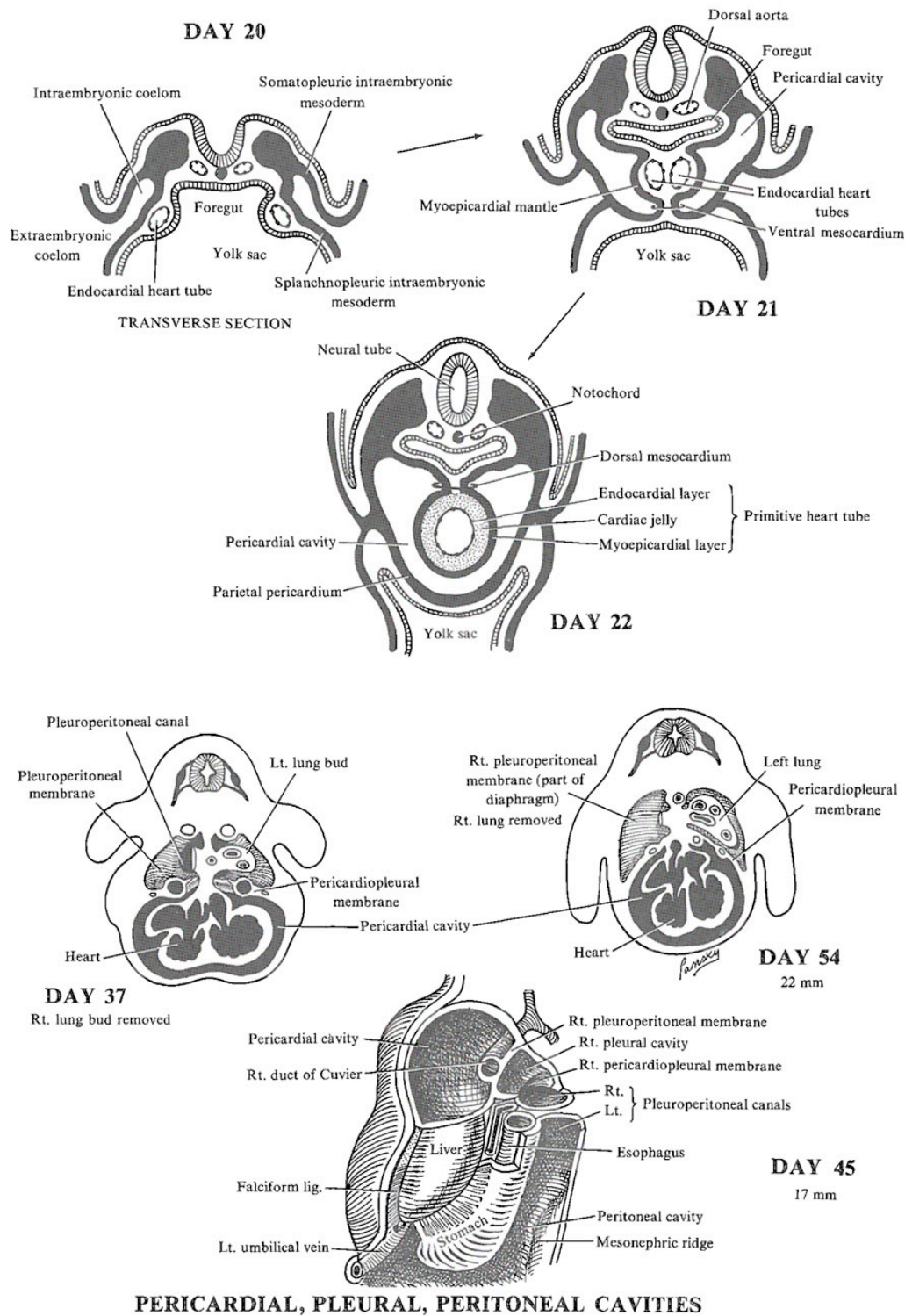
You felt with the squeeze you felt reorganization going on. You felt pain and you felt pleasure going on. Then you have the opportunity to pendulate the edge of the pain with the edge of the pleasure. Sit and watch what happens next. See if some information comes up, a story can unfold.

Through the pressure have permission to expand.

“I was really picky about how I got my pressure and then I wanted to collapse.”

You were looking for the right spot and the bottom starts to drop out. There is shock in that. Something from that experience that wants to be known.

When the potency gathers enough, it will take the energy through the whole sequence, it will go thru a holistic shift and ground. If it has not gathered enough potency it will keep going in and in. It will keep going into imprints and possible collapse. Time to take the pressure off and find a resource. Gather potency and then you back off right before you get to the edge of the warble. We call it leading edge. Work the leading edge. Next step is to add an intention and then cycle to coming in contact, backing off etc. and see what happens.



Exercise Feather heart lift. Designed by Ray. That heart sack comes of our the base of our skull and interdigitates with our diagram. The heart seems as if it's on the outside of the body dropping down from that. Mid brain drops down into position of its present day heart.

Have a felt sense of a feather lift under the heart. The felt sense of giving our heart away. If you are doing this as an exercise and your head starts to drop, you want to place your hand to support the forehead. Negotiate that it is not coming forward more than 5 degrees. They are experiencing or experienced something that kept them from holding tone in their neck. If baby is not traumatized, the baby can hold its head up.

Back Support and Feather Heart-lift

Exercise designed by Ray Castellino Editing and layout by Rebecca MacSween
The heart is surrounded by connective tissue - the pericardium. The connective tissue goes all the way up to the base of the cranium. By giving a feather-lift to the heart, pressure is released in the connective tissue and the spine.

STEPS

Facilitator and support person make a lot of space with their attention.

The facilitator offers support to the lower back of the turn person (1). After a moment and with the other hand, the facilitator comes into relation with the forehead (2).

The support person supports the pre-nate's or baby's heart. In the mind's eye, hold an image of the tiny heart, and then allow your hands to slowly come up under it and offer a feather-lift.

The facilitator gently supports the head of the turn person so that it doesn't fall more than approximately 5 degrees.

The turn person finds the place/posture that allows them access to their potency while staying present. If the head comes too far forward, the energy required to sustain it increases to the point that the system starts to enter into collapse.

The turn person allows their head to fall slightly forward. The facilitator maintains a gentle resistance.

The turn person may begin to bend forward. The facilitator continues to offer gentle resistance and support in the lower back and forehead, allowing for some movement while supporting the person not to go into collapse. In this way potency can build and expansion can happen.

Facilitator and support person continue make a lot of space with their attention.

Some people may tilt their head backward, in which case the facilitator can offer the same support on the occipital bone.

MEFS

Who is going to be turn person who is going to be support?

In groups of threes with turn person in the middle have practitioner come in on the left of your turn person and place their right hand on L 3-4, just the right pressure. Turn person tells them when it feels just right. The support person come in front of the turn person and envision in their mind's eye a feather lift under the heart/pericardium. Practitioner with your left hand, place it on the turn persons' forehead. Support the head to stay in alignment so it does not fold over 5 percent either back, front or to the side. Support person sees if you can support their arm if it gets tired. Feel the sensation of feeling the support of the head and the pressure under the back. Get a felt sense of that. Practitioner keeps the support on turn person's back and negotiates removing the hand from the forehead. Turn person you can open your eyes and look around the room.

T 13 M1 Day 5 Morning, Friday, May 13th, 2016

Orient

Check-ins

Group Harvest

3rd Round yesterday's exercise

Video of Conception journey

Slide Show

Question into Statement

Conception Journey Session

Check-ins

Harvest: recall something that you learned and what may have been challenging
"I had a challenging time as practitioner finding the right amount of pressure needed for turn person. I have birth trauma in the arm and I'm wondering if there is a warble from my own birth trauma."

Turn Q into statement! I wonder if my birth trauma set a warble. Ray, find a side or appendage to give firm pressure. One can always break the rules. Fulcrum is at center of gravity. It takes no energy to lean from a fulcrum that comes from below the feet. Fulcrum goes deep into the Earth. Attention and intention helps find a way to do it in comfort. Find a pillow and find support with ease.

Stone said, "Our hands are the expressers of our heart."

Why upright and not lying down. What is the difference? Lying down gives you relation about your underworld, subconscious. Dream state. Sitting has to do with relation to self. Standing has to do with person in relation to the world.

“I had new experience with the feeling of pressure. I asked for really big pressure. In the past it’s been seen as too much. I could ask for big pressure and really enjoy the strength of the pressure.”

Match resistance with sweet spot. Stay within the 5% as if not, most likely drop into shock layer. When you get relationship in the turn person and with all participants, as the alignment occurred, the raja sets in around the umbilicus.

“I could not have done this on my own. Having the support and safety was very helpful.”

“The life force was unbelievable, the head felt like an infant’s head.”

The life force is reflecting through the whole. It’s not just the turn person’s life force. As practitioners we are a part of the system. ***“I get why you work in two and threes”!***

The turn person’s tissue and system will behave as when the original imprint occurred. The plasticity in the system is extraordinary.

Why are we doing this, Ray intentionally holding off answering that question?

It has a component of landing into the womb, that it is an implantation exercise. If you go to why and meaning too soon, you get out of blue print. Pre-conception Journey, Conception journey Implantation consciousness coming into the field. Conception does not happen until sperm and egg meet. We want you to get the conception journey, from Pre-Conception, Conception to Implantation.

“I notice I have lack of sensation, it’s new I’m not feeling the sensation. When Ray came over I felt something drop in.”

We want to be available to you, you have a great deal of skill in the room and the Team and Assistants are here to be support.

“As turn person as the system drops in and referencing early information. I’m feeling I have to manage the surround. I need more support.”

If the turn person is taking care of Practitioner, ask for a pause; say, “I need more support”.

Round three, get with your groups, and settle into your groups.

Shifting and a little debrief.

What got named today, within me and within the exercise, I’m aware so much more is going on than my creation. It had more Archetypal energy coming through. You got some sense of the Birth of Creation and Archetypes, at the same time you are being held and you can feel that. Can you notice there is a difference from yesterday’s round?

"I did not think I had permission to ask for more squeeze last night. I wanted to go last, at the beginning of the break until my turn I realized I'm not asking for what I want!!!! I'm going to ask for the squeeze at some point."

"As turn person it was quit a journey. At one point lots of tremor shacking came through. 'I don't want to be conceived it's too scary out there'. Post shaking I got that I could make it did make it and am here."

You are getting relationship between the support parts; the squeeze and sweet spot all are components that you are getting.

In order to receive the Light heart there has to be grounding! Mother earth is the reflective field. Grounding, it takes squeeze to want to land.

Wobbling and shaking there are two major components. This is not a discharge. It's a reflection, it's the system trying to figure out what to do. It's part of the imprint. If you think it's a discharge, we will keep looking for it. That is huge because if we try to get rid of it, that was the avoidant pattern in our ancestral and familial history. The imprint is crying out to be remembered. If the shaking got more when the person moved in to support, the prenat had so much energy in them and the reflective field was in too close to them, so the baby couldn't have space to explore that. There is a difference between getting rid of it and incorporating it, and it being remembered. When you meet that shaking, if your attention is going in, bring your attention back so the person can settle. Often the baby has too much energy and the reflective field is on top of them. When you give it space and more contact, it settles.

Different parts of us have different needs. One stays 10 feet away. Another comes in real close and real soft. We can pendulate between the little light contact and the stronger contact. So both get what they need.

Before we had established the ground, the lifting in the heart was too much. Some of the wobble was about how to get away from the chemical imprint.

As support came in, it comes in from the bottom up. The primitive streak energy comes from the bottom up. Energy come from the top down to fuel the creation and from the bottom up to form the body. The reflective field receives the energy on the way in, so it can collect the matter and organize the elements, then shape and become form. Then matter becomes the energetic expression of the energy that is formed. Energy precedes matter, How does the sperm know how to find the ovum? It's electromagnetic field pulls it in.

VIDEO OF CONCEPTION <https://www.youtube.com/watch?v=sqpmzEefWrk>

One sperm cannot get in without others softening the surface. All the sperm are working together to when the sperm and egg meet, there is the 24-hour of not much happening, chromosomes realign, stillness, sweet spot and then metamorphose. Sperm and egg come together, chromosome realigning, then you get the first division, second division, you get the cilia moving, it's the electromagnetic streaming.

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Morula, it's expelled into the uterus. It divides to 32 cells taking up the same space as the original ovum. The zona pelucida gets sloughed off and it loses the protective shell. It meets the endometrial and the cells that are going to be the placenta interacts and the exchange of nurturance.

It's all in the blue print before and the cells are expressing the blue print. I think the blue print was there before the big Bang. What was there before?

Slide SHOW OF RAYS

OVUM RELEASED goes down fallopian tube. Takes about a week for the conceptus to make it to the womb. Anna Chitty, Jaap Van der Val - know this info really well

When the sperm gets into the ovum it loses its tail, the ability to move. The tail makes mitochondria and it gives sperm the ability to move. We lose our sense of motility. If Ray doesn't have access to his car he goes bonkers.

Then the head of sperm gets inside and explodes and she absorbs us (it). All the material gets absorbed into the egg. The zona pelucida is a strong layer, when you give support to lower back it might reflect the protective layer of zona pelucida. Polar body pulls DNA apart

The cells form fingers and root into endometrium and becomes placenta. Trophoblast at 8 days.

Slide show with sound-Hubble

T13M1 Day 5, Friday Afternoon, May 13, 2016

EXERCISE

TURNING QUESTIONS INTO STATEMENTS

When someone has a question and they want me to give them an answer...I don't like to answer those questions. If they ask the question, pause and slow the tempo down. Say it as a statement as if it were true. They sit with the felt sense as if it were true.

Sometimes it isn't obvious whether or not it is true. Sit with it lightly. Sometimes this is not the right time for the info to be received.

What supports integration of early material is to have less emotions. If the emotions take over, you have missed the integrative part. The nervous system is such that the emotional system (limbic) is above the place where shock trauma is experienced. Social nervous system is the forebrain. It takes having enough forebrain on line to integrate the shock trauma.

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For this exercise, bring in what your journey has been like to come into this training...this can be helpful to understand your conception journey. Or sit with what your parent's lives were like around the time that you were being conceived. Questions arise..."Oh I wonder if...." Then make a statement. When it drops in and feels true then you are making a coherent narrative.

Triads

Check-in...form a harmonic resonance

THE FORM for this exercise.

Willingness

Willing to start a turn

Who is going to be TP

Intention

Relevant history (not so much getting into movements but doing coherent hx about what has happened to you. Turn a question into a statement.

Recheck intention

Debrief

Role of practitioner

To be present, curious, hold space. Reflect to the person what is happening for them. Support physically/ emotionally. To help the turn person to drop into a deeper state of relaxation and connection. Some turn persons will need the squeeze; some need to walk around while they are telling their story. Some will be sitting. Practitioner holds the form. Keep coming back to anchor, centre /self. Anytime anyone gets disoriented as to where you are, please call in support from the outside.

Role of the support person

The support person...can support the practitioner or sit on the other side of the turn person offering an squeeze/support. If you see your mind starting to go off, come back to just being there. If you find yourself in opposition to the practitioner, then you are touching into the dynamics of the turn person. Just come back into being a support to the needs of the turn person and the practitioner.

CONCEPTION EXERCISE-groups of 3

So take 10 min to find groups to work with

30 min for session

5 min for short essence statements and 5 m for debrief

Then take a 5 min break and do next session.

Make an intention to do w your conception journey-ie get more info around that experience; turn a specific question into a statement.

T13M1: Day 6, Saturday May 14th 2016

Orient

Check -ins in the same group you worked yesterday

Harvest

Support System, peer support

Homework

Review the week

Question and answer

Mary's birth slide show

Closure

1 PM Finish

Check in and what support can be useful for the day. You can help us all, contribution, help us with transitions. Helping us keep on track with all the things we want to do.

Harvest

With the team you were with last evening, recall something that was very useful to you. In the support role, practitioner role, turn person. Before sharing make eye contact with your team.

"Energy from the field helped with my intention."

"Working with differentiation, it took till this morning until I started writing questions and making statements."

"The differentiating and coming in there is none. I spent all these years trying to differentiate from my mother. My adult self-doing all this stuff, shamanic journey soul retrieval...my little one is not involved in all of that stuff. All was there before we got here. I would love to help our little one integrate this piece."

Ray: the only time I can differentiate is now. The experience of the imprints is that and the only time you can differentiate is now.

Tara: the only way to move forward is to remember the little one. Right now you don't need to run my life in this moment. Differentiate right now.

"After I chose my role, I started to feel panic, questioning whether I made a wrong choice. I recognized that by making the choice to be support I felt I was not a good enough practitioner. (Pause) So in the next round I was practitioner, throughout that I felt I was doing bad job. At one point Ray came over and leaned into me. When he did that I could not speak. I felt like it was hard to think straight. I was anticipating you Ray criticizing. Ray was going to take a picture...as turn person wanted to intend to explore how doubt and questioning gets in the way. I

recognized it was an imprint. Again felt like I had done a bad job. Even sitting here and sharing this is very hard.”

Ray asks, “Is any one being touched by this”? The overlying layer is shame, the ancestors overlaying layer of shame. To have the courage to sit with it is challenging. You are sitting with two other very capable women and when you are sitting with them, you are capable. In trying to get the strength to share no one will want to take the time for me to share. Confusion and doubt around not wanting me to be there. It’s healing for us to hear it.

“When it came time to name my intention. I started naming chaos and how overwhelmed I have been this week. They were very attuned. I came down to naming it not as chaos but infinite possibilities. I have been sitting with the energy of overwhelm. I realized that ***my responsibility was just to be.***”

We are working with developmental need where things were ordered and some sense of the sanctity of life. Most of the time, it’s not, so we come into disorganized lives. If the preverbal self does not get accurate reflection, then we have to go to the explicit side way before we are ready. It sounds like you are tracking something from the implicit side and getting all you have to do is just be.

Consciousness come into fields that are chaotic, what is missing in incarnation journey...what is missing is the just being there. No accurate reflection. We take the settling of the implicit side and go to our explicit side.

It felt as if I touched into blue print and things got stirred up. You all are so brave to show up to this class.

“I found out how it was to change roles of gender. I held her hand and could see how when mother is taken care of, I can look around and just be. Three different roles, and each role are differentiated. It was my birthday too. It was my old pattern not to say anything! We sang his birthday song. I feel my body. I was going to go home and I did not isolate. So I said yes and this is the first time I hung out with folks here. I had a wonderful birthday.”

“In relation to being a turn person, I named chaos on mom’s and dad’s side, on both sides. Toxicity and trauma all around me. In talking about accurate reflection. In my world I intensely track babies in my own world. I came in with something that was different than what was already there.”

Support between now and November.

On line Castellino Training T13

ID: t13 (note lower case ‘t’); Password: ojaivalley

We will add items during the interim. Go into the website and there is extremely rich material. That material is for you guys but not to pass on to others. We are looking toward getting the information together for a book. Four are description for exercises. Q into Statement etc. Get together with a small group and practice sessions. If all of that is too far, Skype, zoom and check in regularly. Every time you reconnect, you will re-anchor with each other. Practice the form or the session.

Homework

Home projects will be preparatory for doing the work. Leading edge paper is the first homework project. One of the challenges is that this comes in before language.

Exploring where your leading edge is in your life.

Identify some challenges in your life, your task is to find your leading edge, come into relationship with it, without overwhelm.

Recognize it back out of it, go toward and notice where the warble starts. That's the leading edge. Identify and write about leading edge. In relationship to your personal life and professional life.

Write about what are your resources. Write a couple of pages. Send it in to the Assistant that you met. Send in by end of August. The assistant will have a few months to respond before the next module. Not grading, just sharing. It's an opportunity to be in dialogue. This particular project will support you in what we do next module. If you need to modify your assignment, you can do so.

MEFS, shifting from homework discussion

Review of the Module

- This week, you will remember when we all came in, we had an intro talk.
- First task was to find our way in to blueprint.
- We had a reference to harmonic resonance, discussion on imprint versus blue print. Implicit / explicit... as a practice for pendulation, and we are in a body.
- Introduced 7 principles
- Did exercise with brief frequent eye contact, touch.
- Present age present time assess safety

- Leaning into each other. Building potency.
- Squeeze
- Two layers of support, what is the sensation of when support comes in? What happens in the field when support comes in?
- Exercise of “Feather lift under the heart”. This exercise has components that can imply implantation, primitive streak, etc. We access Blue Print on how we came in and how we found our place.
- Then we looked at form.
- We will revisit the form during the rest of the training.
- We then used the form to give sessions and added “turn a question into a statement.”
- Introduced the basic fundamental skill sets. We will add to them next time including attachment and bonding.
- The intro talk that we gave this week will go up on Dropbox. Really anchor that, when you stay in contact, you will re-anchor the material, especially for the next lunar cycle.

QUESTIONS:

Q/A what is the aspects of Debrief the turn and the sharing.

Sharing how I’m personally touched.

Debrief part, what are we learning. What did you get out of this session?

What happened in the practice session that caused us to learn on that Meta level?

Record the mini sessions and notice the “ah ha” moments and what happened right before that “ah ha” moment.

CLOSURE