

Trager Level 1, 2-3 Review with Michael Lear Session 2- August 4, 2020 - Homework Suggestions

Your personal development will have more impact on you as a therapist than any class every will - Deane Juhan quoting Milton - spoken in my level 1 class 1991. Here are some ideas of Roger Tolle's excerpted, paraphrased and re-written by me, plus new thoughts - to initiate a new level of daily self inquiry... more suggestions below...

Embodiment: My head is off the pillow and the first order of business for the day is embody my biology and the flood of sensations i experience as me - my body - as it is. Observing the composite self experience objectively with equanimity may be both enough to change my feeling or it could be plenty to challenge me for the day. How do I care for myself before venturing off to place this "me" in a social situations and meet external responsibilities where I may need to be there for another? What are go to practices or defaults - do they serve me or keep me stuck and if the latter, how do I move into greater possibilities for myself?

Warm- Up - Repetition is the most powerful force in the universe - focused attention and focused intention - can synchronize with and move energy fields and molecules - A mindful consistent self-care practice with purposeful intention (think quantum physics Observer Effect) "gentle persistent ripples of movement to warm the connective tissue, soften the muscular and mental resistance, plow the field of awareness" in which I'm planted and live, get blood flowing in and out...may be enough to let my patterning's guard down. This action with your mental or third eye on the prize can tip your biology in your intentions favor and yield a more comfortable and enlivened next step to move through your day... Ripples could be any one of the principles explored through movement to provided the lay of the "today's me land. " What details can you notice?

Embrace Intentional Change- Now your ship is in motion...what conscious choices will you make to create a new day from a new self - a new mind - one full of curiosity and unknowns. "What pattern of posture or movement, what pattern of being or doing am I ready to let go of? What is my vision of what I want to be free of in the near future? Do I need help seeing my blind spots? Do I need support or guidance in choosing a direction? Is there a framework of possible choices that can inspire me?"

Identifying Old Patterning - Can you notice when old patterns creep in. (Think Dr. Joe Dispenza's Breaking The Habit of Being Yourself) - If they do present - be kind, notice, ask - well - where do I go with this...what thoughts and feelings come up when you recognize old patterns, what do you feel when you contemplate changing your behavior, and what does it feel like to move into new patterning?

Habituate the New - When I would change new drum techniques - I'd have to stop practicing the familiar and start practicing the new - there cam a point where I was not good at either - a foot in each camp - As a professional drummer - this a precarious moment - do I go back to default which would come back to me quicker or do I leap into the new territory which I still don't have complete access too and nor do I know if I can go further on this path...When I did leap to the new - I would always arrive and more ability, efficiency, possibility - but i did not always leap... My conscious intent is all I have to bring to the table - that and trust.... DJ - Repetition is the most powerful force in the universe..." show up and meet what's true...let it go and show up tomorrow...

Hold yourself in question not in doubt... Here's that last piece of Roger Tolle wisdom in it's entirety - love this....

"How do I move beyond my habits when the guide in the process is the very same me that is embedded in the patterns I seek to let go of? How do I locate the new freedom and spaciousness of mind that would give me the direction and motivation I need to keep me inquiring into new possibilities for myself."

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This week: Perhaps write out a new storyboard for yourself - Who would you be in a month out from now, if you change some of your behaviors? What are your higher-leverage ones? Where are you headed? Professional changes, lifestyle changes, relationship refinements? Be curious, adventurous and kind.

- Sleep, diet (food, media, social)
- What beliefs and associated behaviors no longer serving you are rooted in antiquated aspects of self and fueled by praise or blame?
- How does your posture change when you're doing something not familiar? (Emotional anatomy) In a new place? Meeting new people or alone in nature?
- Notice how many versions of yourself there are - all valid but, which create resonance and energy and which dissonance and deplete focus and well-being

Regarding Table work -

- Keep with the water ballon and Thera band exercises
- Explore a move or two that's been challenging up until now. Explore a variation that works for you and that specific client or body - that your gift to this work - your sensitive adaptability to connect your unconscious mind to that of your client's in a safe way to convey softer, freer movement possibility - what that may look like is not important.
- Or, if you have a body - what would an intuitive flow through feel like - not necessarily following the table work protocol but trusting your sense of "what's next?"

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Just because we want to change, doesn't mean it's instant the moment we set our intention in motion. Nothing (IMHO) speaks to this as succinctly as the following. :) Patience, Kindness, Persistence withawareness are our tools to widdle down our folly into a tool itself.

Autobiography in Five Short Chapters

By Portia Nelson

I

I walk down the street.
There is a deep hole in the sidewalk
I fall in.
I am lost ... I am helpless.
It isn't my fault.
It takes me forever to find a way out.

II

I walk down the same street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I fall in again.
I can't believe I am in the same place
but, it isn't my fault.
It still takes a long time to get out.

III

I walk down the same street.
There is a deep hole in the sidewalk.
I see it is there.
I still fall in ... it's a habit.
my eyes are open
I know where I am.
It is my fault.
I get out immediately.

IV

I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

V

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I walk down another street.

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