

Trager® Essentials and Clinical Applications

With Michael Lear

Welcome to The Trager Essentials and Clinical Applications training. Thank you for joining us. You'll be receiving the course outline next week but to build some momentum, I wanted to have us all, me included, begin to set some intentions for ourselves for this training.

Often times when we're in a group dynamic in person it's the interactions, questions, internal and unspoken self-processes that create the energy to shift one another - it extends beyond the course material and tends to deliver answers or insights we hadn't expected. This is the joy of gathering and creating a synergy.

Despite not being physically in person, we're intentionally going to gather. And as we'll explore on Tuesday - there is no distance, no time, no space between us. Not only is this a fascinating idea to ponder and one becoming grounded in science, but the importance this holds for all of us as we move forward in a new world can not be overstated. More on that later.

This said, I'd love for all of us to bring our best selves to the classes. Not that you're less than perfect right now, but if there are things you know you could do to shift patterns, change habits and put a little spring in your step - this is an invitation to go all in for three weeks to see where you land by the end of the class. And if you're feeling fabulous, excellent - but you don't have to feel bad to feel better. The goal is to be feeling even more high vibe by the end of the class - more curious about your potential, more resolved about changing what you've wanted to, more connected to your gifts as a therapist, more aligned than before about your role/purpose and of course more excited than ever about The Trager® Approach and your new skills.

Below are three sets of questions.

The first set pertain to our first lecture - The Anatomy of Consciousness and How Trager® Leverages the Universe. We'll be looking at a number of concepts but nothing excites me more than synchronicities and serendipitous events that seem to defy all sensibility - that leave you knowing that something pretty extraordinary has just happened.

- 1) Please list any event that made you wonder "How in the world did that happen..?"
- 2) Please also see if you can remember "who you were" at the time - what was your energy like.
- 3) And list what you feel allowed or allows you to leverage the wisdom of the cosmos to manifest the event.

The second set of questions is regarding our own narrative - our story. Since the world is a different place these days, many of us have had to respond to dramatically shifted circumstances - and for some complete transformation has been necessary.

- 1) Please list for yourself (share only if you choose to) Your current story - What defines you to yourself.
- 2) What is negotiable - In essence honor exactly where you're at and if you'd like to change something "What's aspects of your story would you change?"
- 3) Does this change your vision for yourself in 2021?
- 4) What 4 goals, 2 professional and 2 personal are musts (not shoulds) this year for you?

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Feel free to expand on each set of goals for yourself. We spoke of this earlier on our Facebook page - how will you close the gap between where you are now and where you'd like to be by end of 2021. For each list:

Where am I now?

Where would I like to be?

What steps will help me move towards this new destination?

Do so while honoring exactly where you're at right now! Love who you are while you also acknowledge that you desire to experience more. Happiness is measured by progress not achievement. By mapping out interim goals and steps to move forward you can enjoy the entire process of growth both personally and professionally.

During the next three weeks (the window of time surrounding the on-line training, a four day training I'm doing for myself, and the 2-day in person Trager® Essentials course a couple weeks out, I'm going to commit to strengthening the following practices to bring my best self forward. I do these most days, some every day, but I waver on others. Refining this commitment to be solid across the board will create the energy and template to refine other areas of my life where there are "leaks in the hose."

- 1) Sleep more
- 2) Drink more water* - *mineralized
- 3) Lemon Water 1st thing
- 4) Stay with Juicing - celery, green apple, ginger, turmeric root, cilantro and parsley
- 5) Cold therapy each morning - cry chamber or outside first thing
- 6) Meditate 2hrs./Day (a Vipassana requirement)
- 7) Daily Yoga Practice - Ashtanga
- 8) Take daily steps forward on all projects to fill the gaps in my goals as noted above
- 9) Get outside each day
- 10) Play more/ Have fun
- 11) Create space for meaningful pauses and connection with friends
- 12) Trust in life more

All of the above questions are to get us moving out of comfort zones. Here is a really great and eloquent quote regarding this process -slightly paraphrased:

The eagle does not fight the snake on the ground. It picks it up into the sky and changes the battle ground, and then it releases the snake into the sky.

The snake has no stamina, no power, and no balance in the air. It is useless, weak, and vulnerable unlike on the ground where it is powerful, wise, and deadly.

Take your flight into the spiritual realm by praying and when you are in the spiritual realm universe takes over your battles.

Don't fight the enemy in his comfort zone. Change the battle grounds like the eagle and let the universe take charge through your earnest prayer. You'll be assured a clean victory.

May we all enjoy peace, harmony, and joy today, and have success on our respective journeys.

-Metta, M