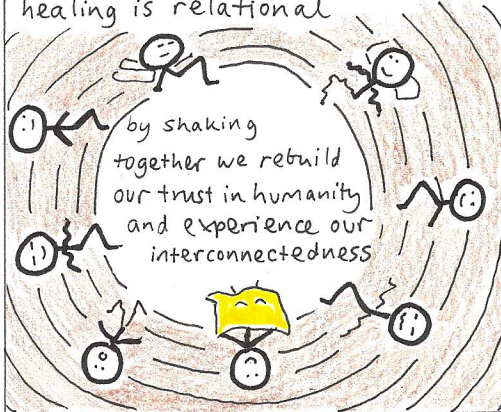


TREmendous TRE ~ THE SEQUEL ~

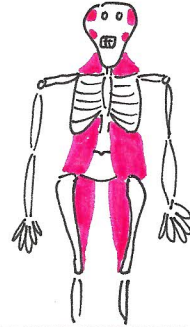
Trevor TRE enjoyed his training so much that he is back for more. The topic is... working with groups.



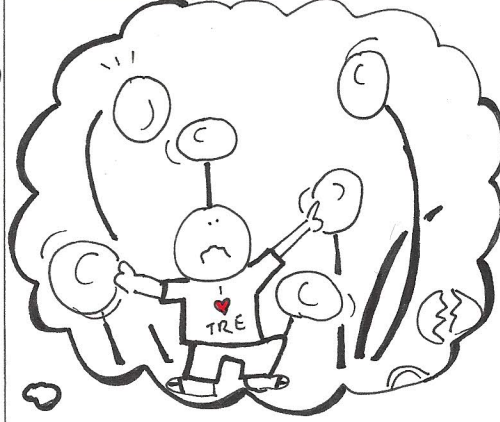
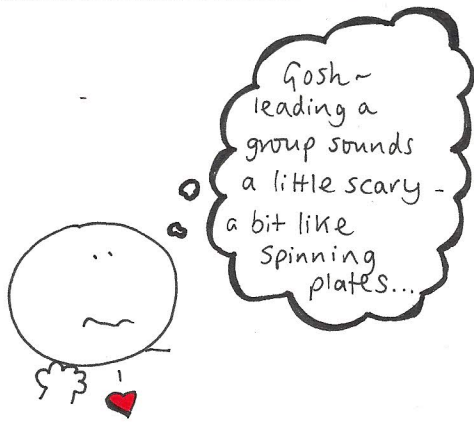
We shake in groups because healing is relational



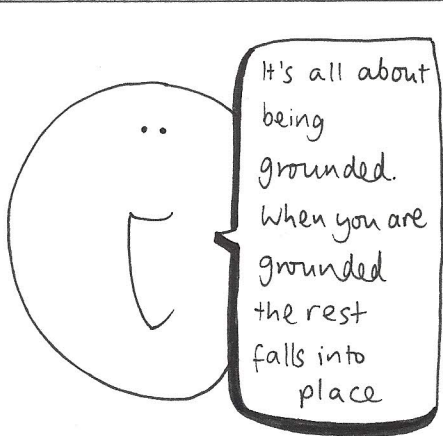
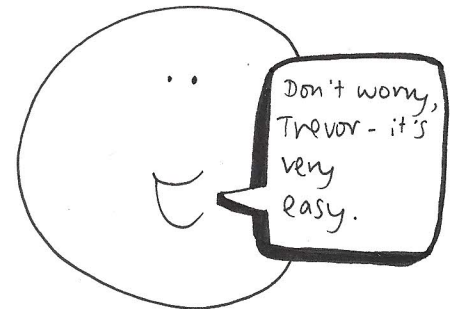
We are interconnected in the same way that all our body parts are. Micro + macro. Everything is related.



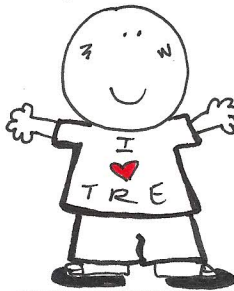
In the wonderful world of fascia of course our knees and jaw are connected.



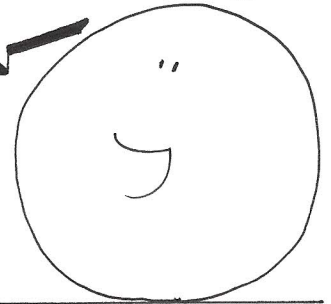
The wise, still plate (+ Trevor's mentor) speaks:



OK! My feet are on the ground.



Well done for noticing! Now notice three other sensations that remind you that you have a body.



Brilliant, Trevor! Always take the time to notice these 3 things before working with people, or if you start to panic ~ and always keep 30% of your awareness within yourself.



We have mirror neurons, so if we're grounded + present that will rub off on everyone we work with.



