



THE RESONANCE SUMMIT



Bruce Nayowith M.D.

**Resonant Encounters
of the Third Kind**

Saturday, March 25, 2023

1:30 PM - 2:55 PM PDT



A Venn diagram with three overlapping circles. The top circle is blue and labeled 'Healing Resonance'. The bottom-left circle is grey and labeled 'Creative Resonance'. The bottom-right circle is green and labeled 'Forms yet to be named'. The background is a sunset sky with pink, orange, and blue clouds over dark hills.

Healing
Resonance

Kinds of applied resonance

Creative
Resonance

Ideas

Themes

Energetic

Forms
yet to be
named



Introduction

Principles

Experiential practice

Stories

Exploring Co-creative Resonance

Unrealized possibilities for human interactions

- *“We are all bundles of potential.*
- ***Relationships evoke these potentials.***

*We change as we meet different **people** or are in different **circumstances**”*

—Margaret Wheatley



Resonant Encounters of the 1st Kind

“I hold – you bloom”

- Most common structure of healing encounter
- Powerful and supportive for the client

Flowerpot Asana



Resonant Encounters of the 2nd Kind

Peers Take Turns

- Focusing Partnerships
- Re-evaluation Counseling
- NVC Empathy Buddies
- Global Dyad Meditation....
- Other peer forms of healing/therapeutic processes

“Alternating between Flowerpot and Plant”



Experiences in Constellations





- https://en.wikipedia.org/wiki/Family_Constellations



Resonant Encounters of the 3rd Kind

Co-Presencing

- We are open to what is here and see what arises.
- No fixed roles or fixed positions.
- We may be guided by a topic, prompt, or “What is arising now?”

“Mutual Energetic Exploration”

“Aligning to
each other
opens access to
subtle realms”

Stephen Busby

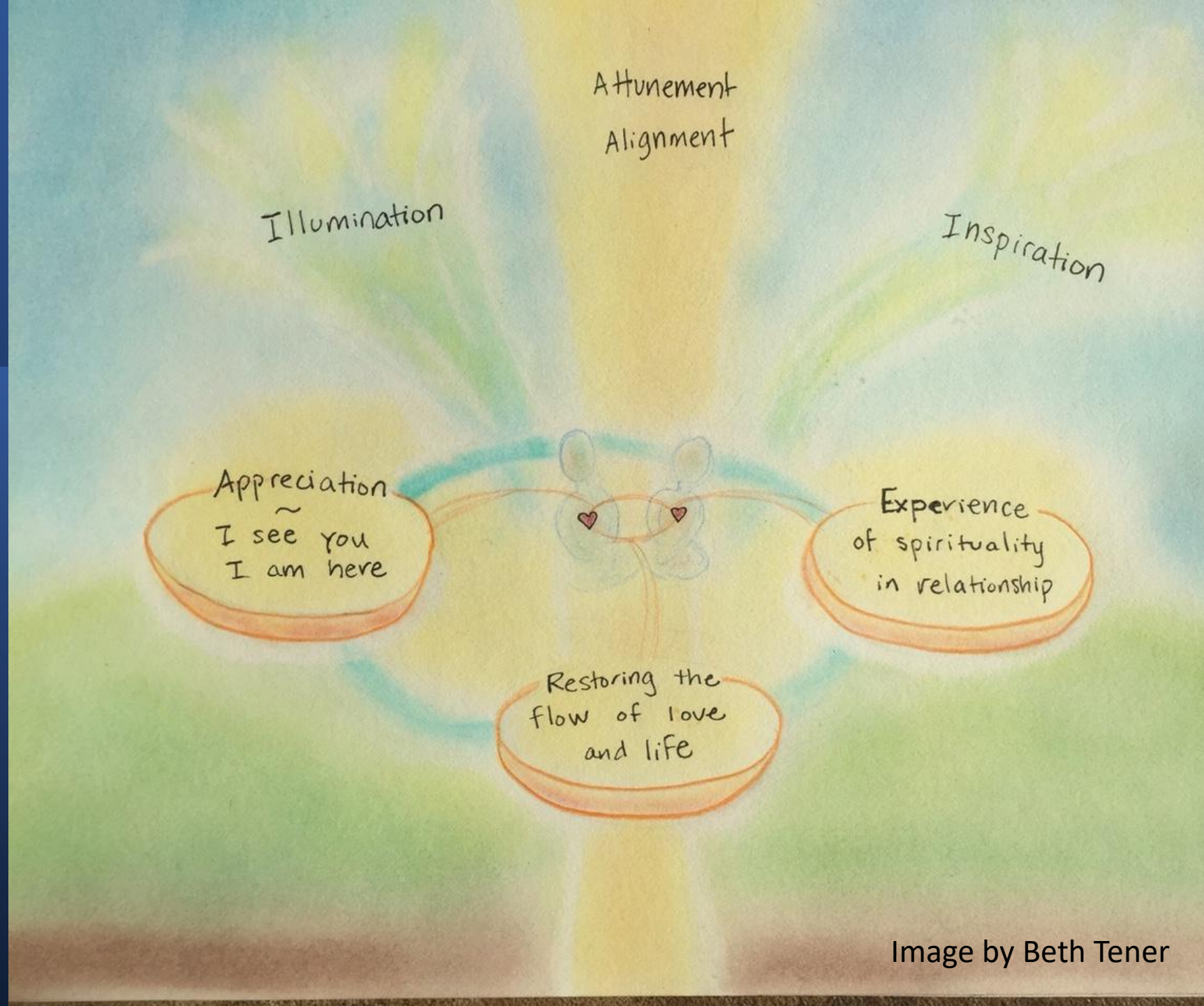


Image by Beth Tener



Resonant Encounters of the 3rd Kind

Co-Presencing

Resonating with the aliveness that emerges:

Ideas and Themes

Feelings

Energetically felt sensations (“energetic contact
improvisation”)

“Mutual Energetic Exploration”



Other forms of Encounters of the 3rd Kind

Stephen Busby – Guidance for Life
<https://www.guidanceforlife.info/>

Patricia Albere – Evolutionary Collective
<https://evolutionarycollective.com/>

Ria Baeck – Collective Presencing
<https://www.collectivepresencing.org/>

“Mutual Energetic Exploration”

(not necessarily resonant)



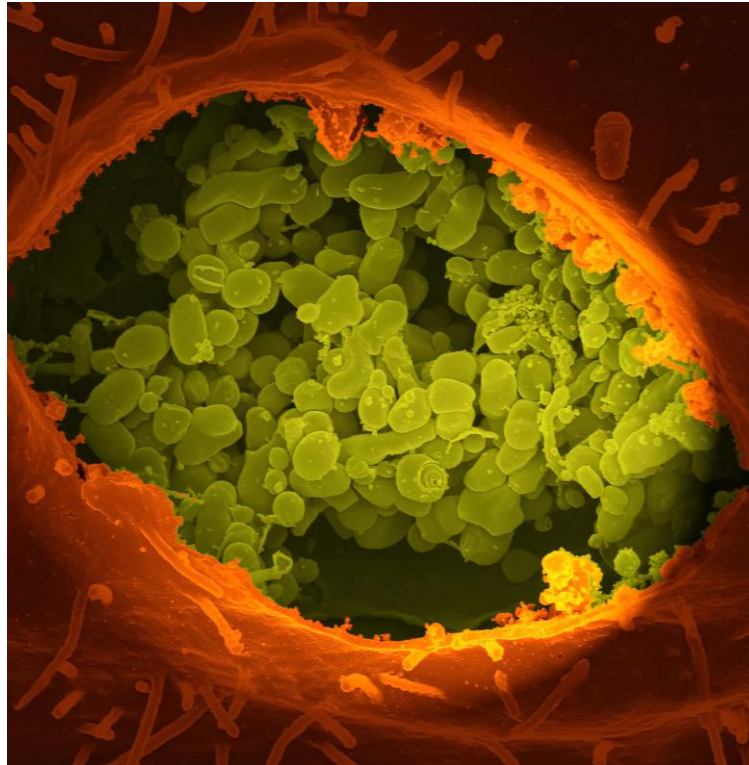
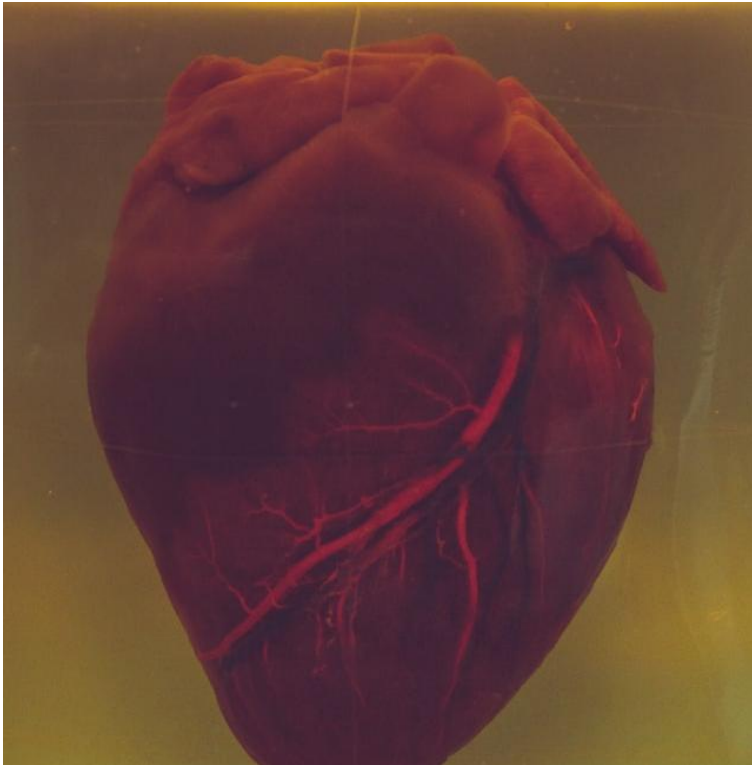
Explorations in Co-presencing

- Showing up and opening up
- Tuning our resonance bodies with each other
- [Attuning to deeper layers in self and others]

Your 3 Brains

The head brain names itself, not surprisingly,
“THE brain.”

Dan Siegel “Intraconnected”



In the “Greenhouse”



An intentional environment to “grow something different”.
Exploring interaction outside of traditional forms and structures

“Your habitat is other people” James Coan

In the Laboratory

Experimentation and Safety Equipment



We are exploring new configurations of being with each other.

As we do not know each other's histories or capacities, please be mindful

Check what feels right for you. **

Feel free to pop out of any space as you need to.





Showing up,
Opening Up
....the basic co-
presencing form

DEMO

Take a minute to settle into yourself.

If you wish, 'allow your field to open' to the other person.

Notice "What is here? What is arising?"

Track what happens within yourself....Mental activity,
Emotional Activity, Body/Energetic sensations

Allow sufficient pauses between brief reporting to sense and
allow whatever is happening in the space to flow.

Ongoing checking for consent/trustworthiness. Does this feel
ok? What is showing up.

Take care of yourself, not-forcing anything. Can we honor our
impulses **and** hesitations?



Showing up, Opening Up

The basic co-presencing form

15 minutes each, in pairs

- Take a minute to settle into yourself, and check how you are feeling....
- Track what happens within yourself: Mental activity, Emotional Activity, Body/Energetic sensations
- If you wish, ‘allow your field to open’ to the other person.
- Notice “What is here? What is arising (in me, in the space....)?”
- You are welcome to report some of what you are noticing to your practice partner.
- **Allow sufficient pauses between speaking to sense and allow whatever is happening in the space to flow.** About half the time or more can be in silence.
- Take care of yourself – if you are aware of anxiety, allow it to be there. This is a great opportunity to unlearn patterns of mistrust... At the same time, not-pushing yourself is very important....

A few minutes of sharing



**Deepening our capacities
for energetic engagement**



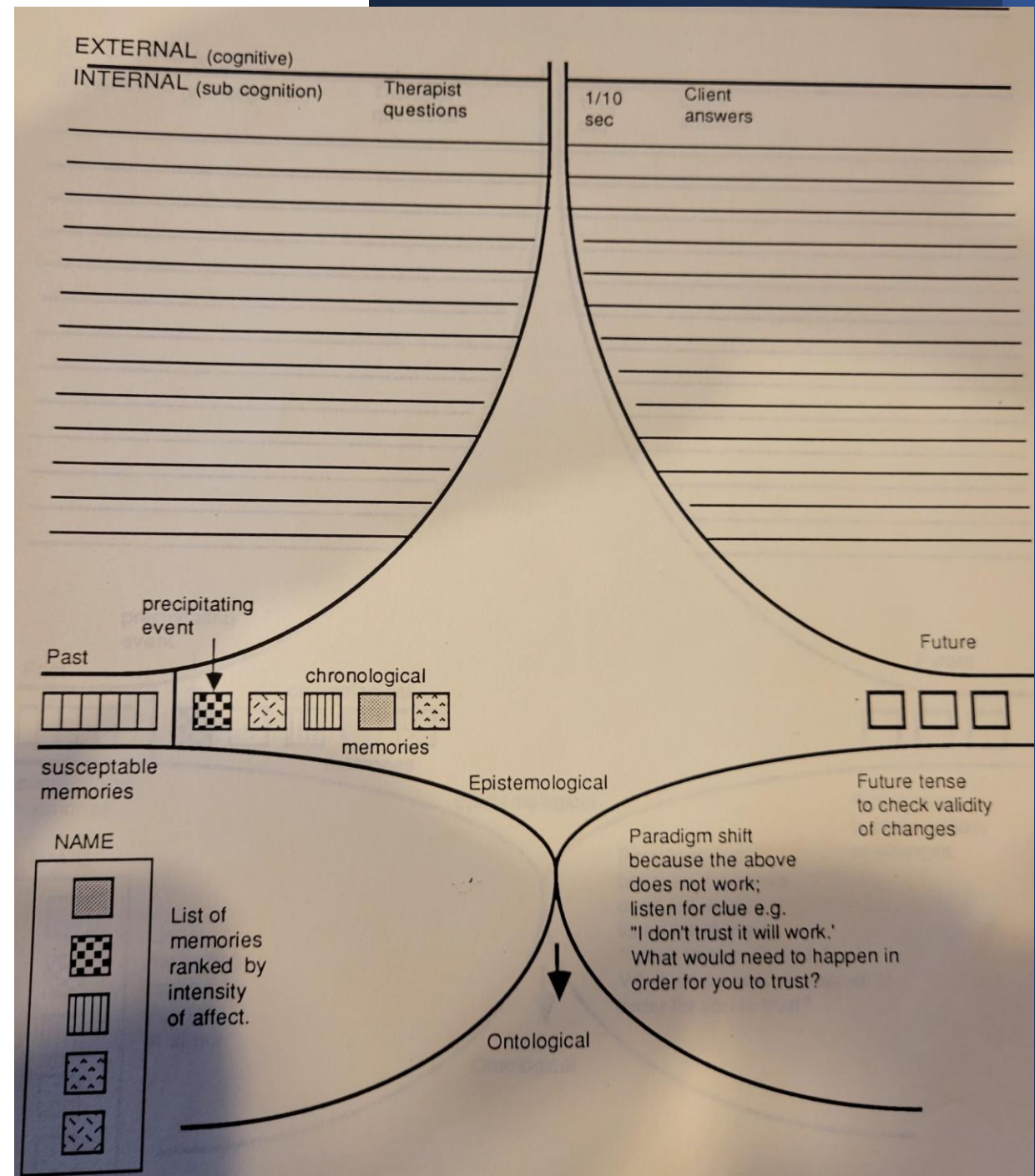
Pausing and Opening: Opening Moments in Time

*“(Some of) The unconscious is
not a place, but a **time**.”*

David Groves

- Any process that occurs in **less than 0.1 seconds** is usually not registered consciously
- As we pause and open our awareness, we can ‘open up windows in time’ and more can come into awareness

- As we pause the habitual, sense, and 'enter into' a moment in time, we may gain access to processes, information, and energies that would otherwise go unnoticed.





Deepening our capacities for energetic interaction

- The vast potential of sensing-into is not always realized.
- Even if our sensing capabilities might allow us to detect faint currents by induction, **this information may be ignored or unregistered by filtering mechanisms in our nervous systems.**
- It may be interpreted as ‘background noise’ or occur so quickly, that it does not enter into awareness.

Key Aspects in deepening resonance

- Permission
- Intention
- Orienting cues
- Learning from our experiences and feedback



Your Brain Chooses What to Let You See

Beneath our awareness, the brain lets certain kinds of stimuli automatically capture our attention by lowering the priority of the rest.

Quanta Magazine | Jordana Cepelewicz



Save

Read when you've got time to spare.



An osprey can zero in on an unassuming trout, even amid distracting sensory information such as the motion of the river's current. This ability is due in part to automatic filtering mechanisms hard-wired in the brain. Photo by Jeff J Mitchell / Staff / Getty Images

<https://getpocket.com/explore/item/your-brain-chooses-what-to-let-you-see>

Factors that encourage Opening to New Input

- Attunement
 - Offer **orienting cues**
 - Provide a direction to sense into
 - Increase sensitivity
 - Increase mindful awareness
 - Increase identification of the signal by **feedback**: reflecting and co-sensing
- **Pause** the habitual
- **Free up limiting beliefs** – give **permission** and information
- Increase strength of **intention**-“Relevation”
- Increase the strength of **the signal**

What influences the quality of our resonant sensing / receiving?

- **Receptive stillness.**
- **The sensitivity of the receiver (antenna) to the particular frequencies.**
- **The capacity of the receiver to ‘decode’ or translate the energetic transmission from the sender into something of relevance. (Wikipedia, 2011)**

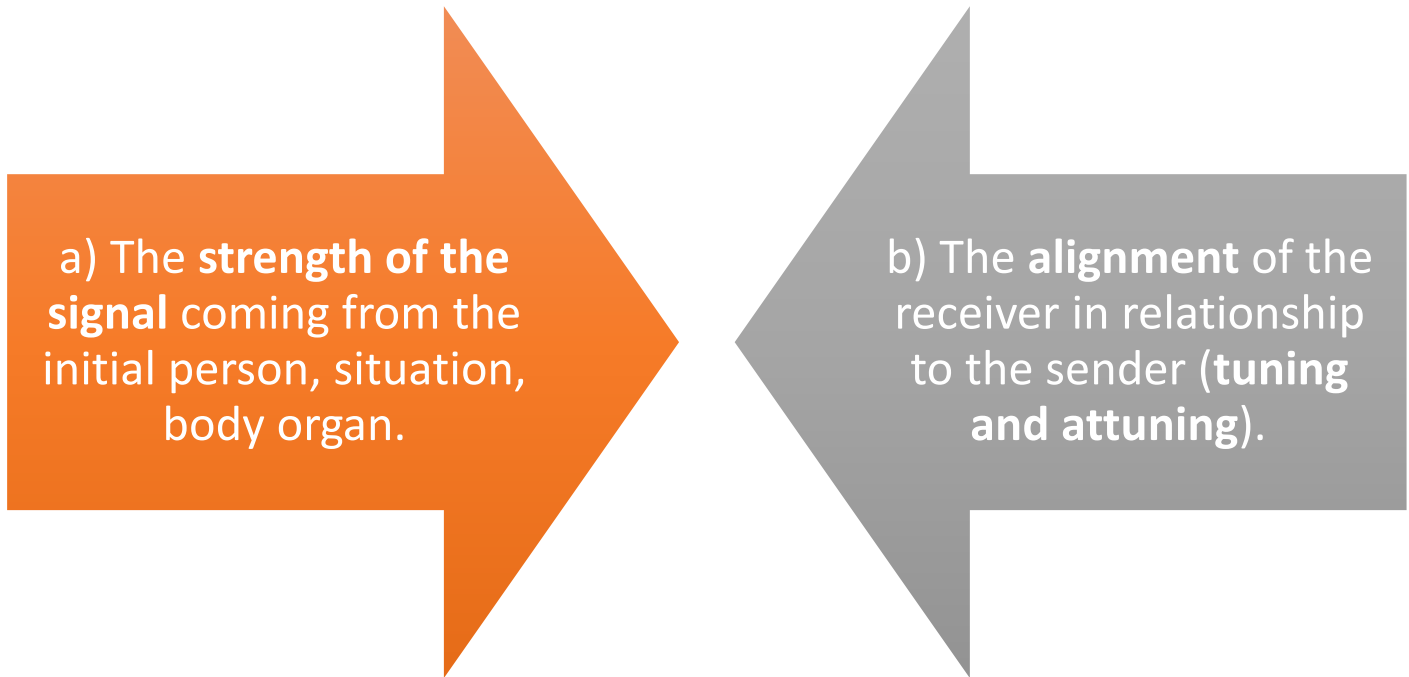




Pausing and Opening : Opening New interactive frequencies

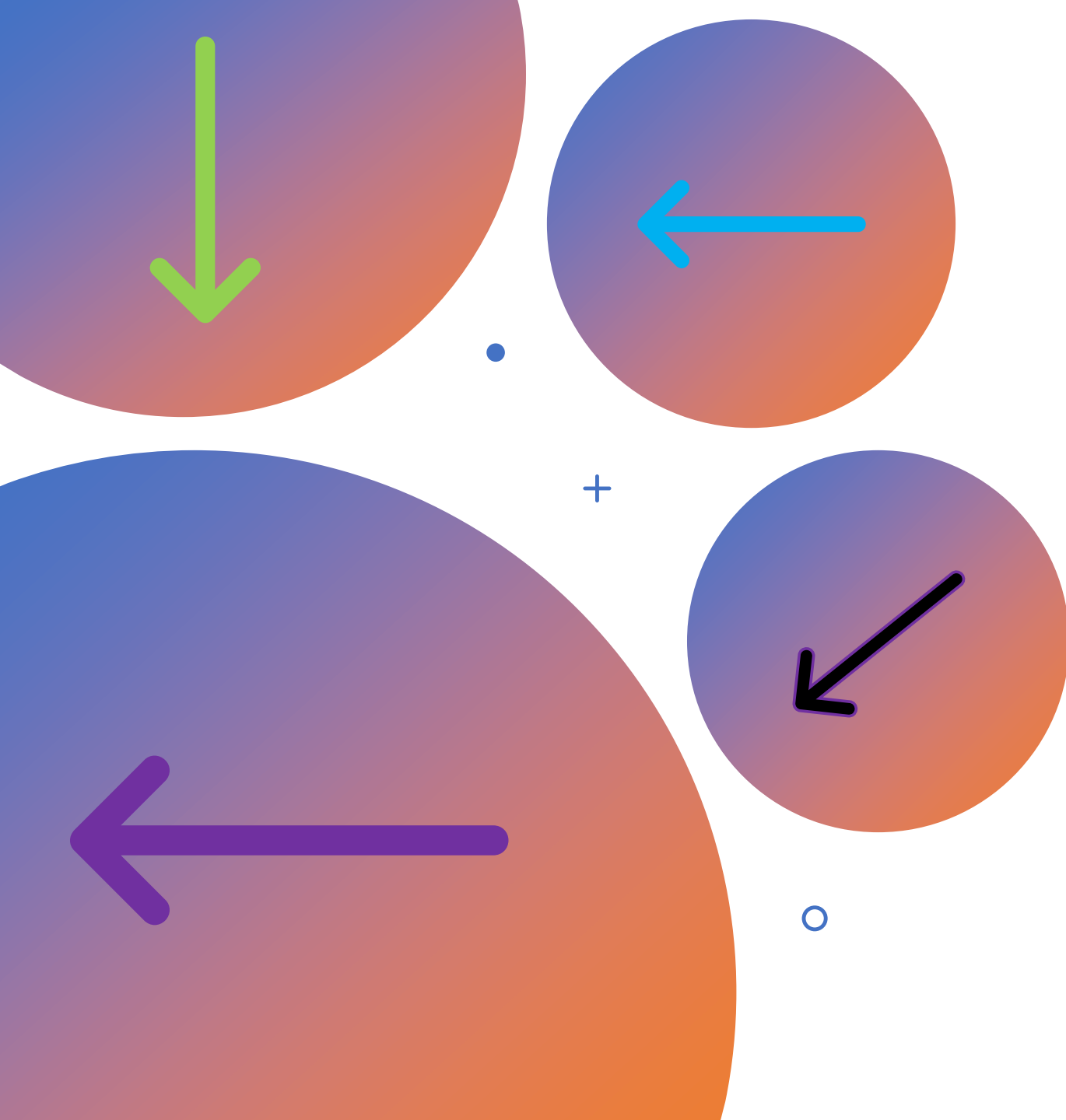
- Induction
-
- An electric current passing through a conductor generates a magnetic field. Changes in the magnetic field, **under the right conditions**, can **"induce" current flow in another nearby conductor**.
-
- Since the signal is induced magnetically, no direct connection to the original conductor is required.
- (Unterzuber, 2008 <http://www.unterzuber.com/tap.html>)

What influences
the quality of our
resonant sensing /
receiving?



a) The **strength of the signal** coming from the initial person, situation, body organ.

b) The **alignment** of the receiver in relationship to the sender (**tuning and attuning**).



Improving **Resonant Reception** through alignment



Tuning our resonance capacities with each other

DEMO

- Groups of 2
- 15 minutes
- you may want to check inside yourself –
- Level of internal noise/silence
- “alignment”... Is there a way to gently orient more fully to each other?

A few minutes of
sharing



Co-Presencing

Resonating with the aliveness that emerges:

Ideas and Themes

Feelings

Energetically felt sensations (“energetic contact improvisation”)

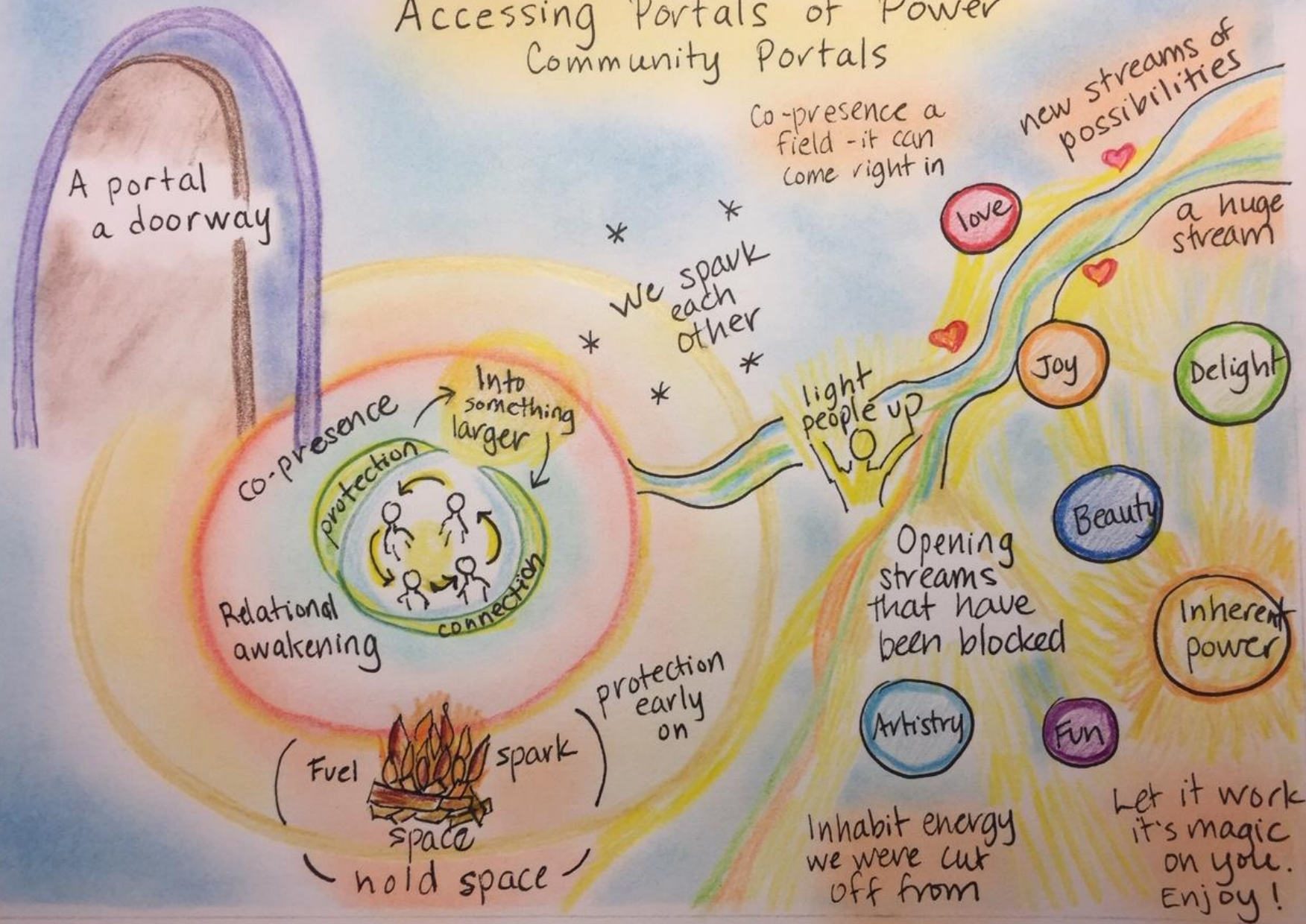
“Mutual Energetic Exploration”

Some Illustrative Experiences

“Becoming “ Energetically Psychoactive”

- Stories
- “The opposite of loneliness”

Accessing Portals of Power Community Portals



by Beth Tener

One person may feel nothing while another may have quite a significant experience

It depends upon your 'positions' in the configuration

- -Findhorn breakfast
- -WBF at Asilomar with Scott

(can hear these described at

<https://activepause.com/nayowith-2/>)

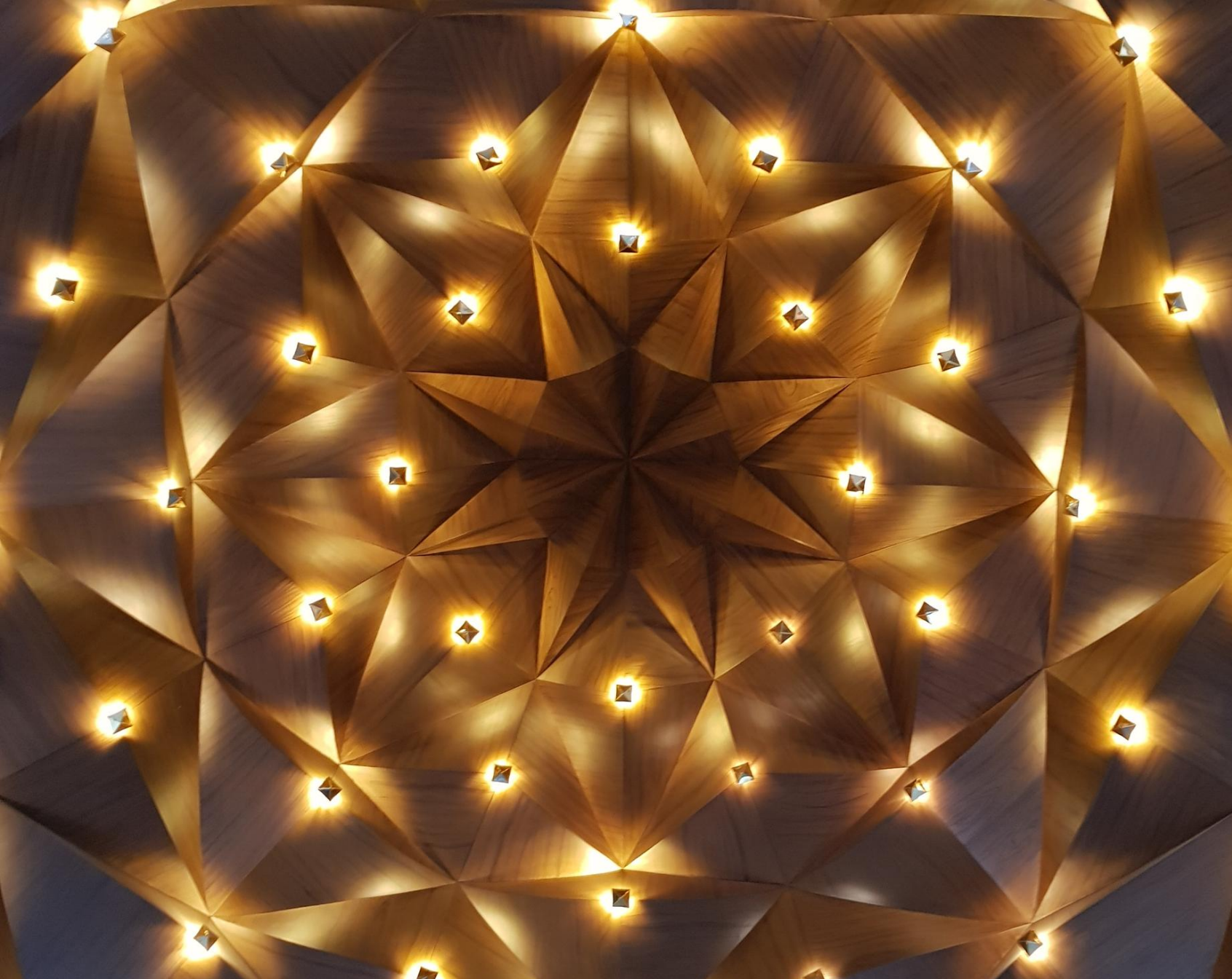


American football front linemen....



“The next Buddha
will be the sangha”

—Thich Nhat Hanh



Resonant Encounters of the 4th Kind

- Resonant Energetic Transmission
- A way to potentially 'wirelessly upgrade' our systems through human representation.
- Inductive 'charging'

“Love Sandwich”

Form created by Camille Adair

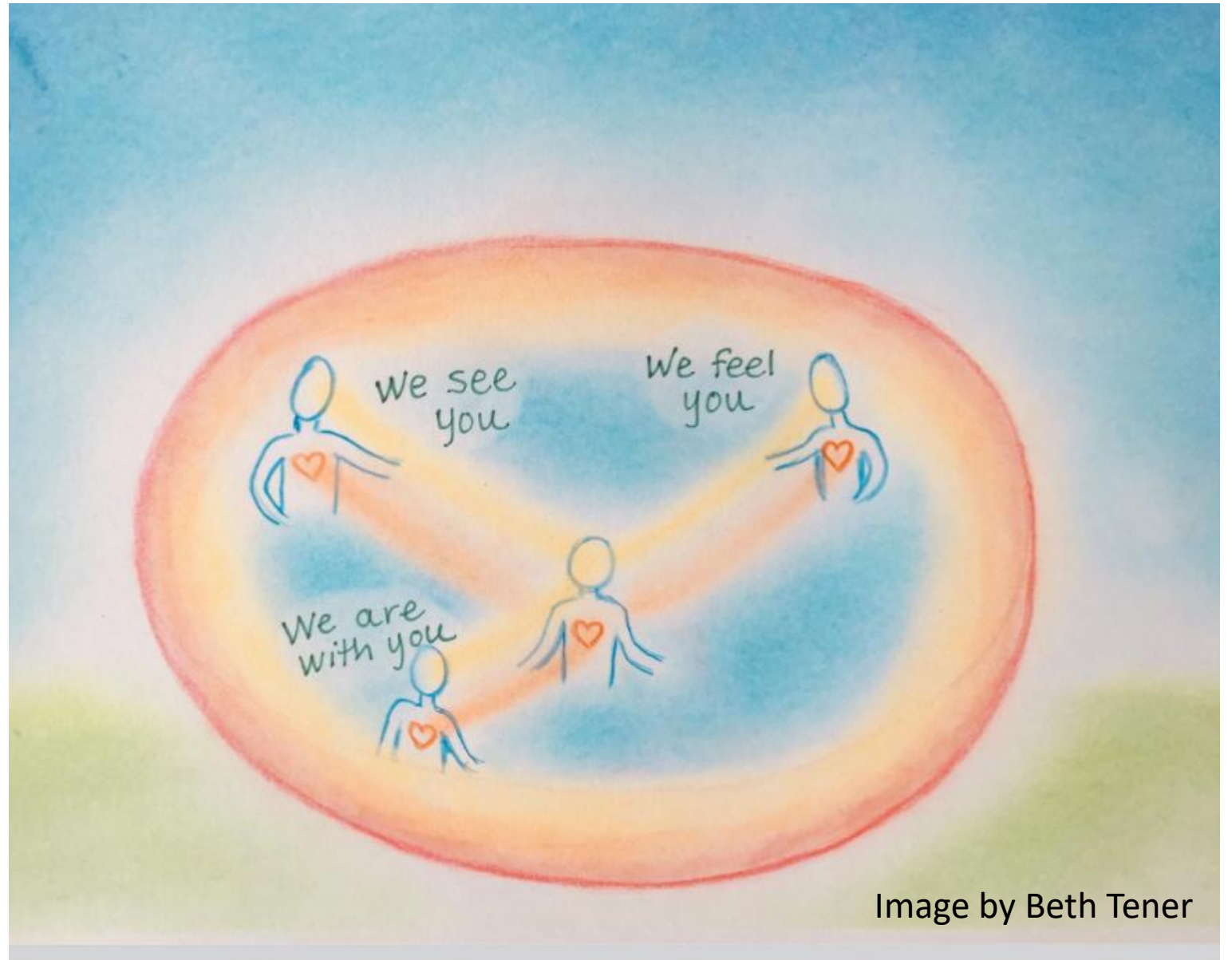


Image by Beth Tener

“Aligning to
each other
opens access to
subtle realms”

Stephen Busby

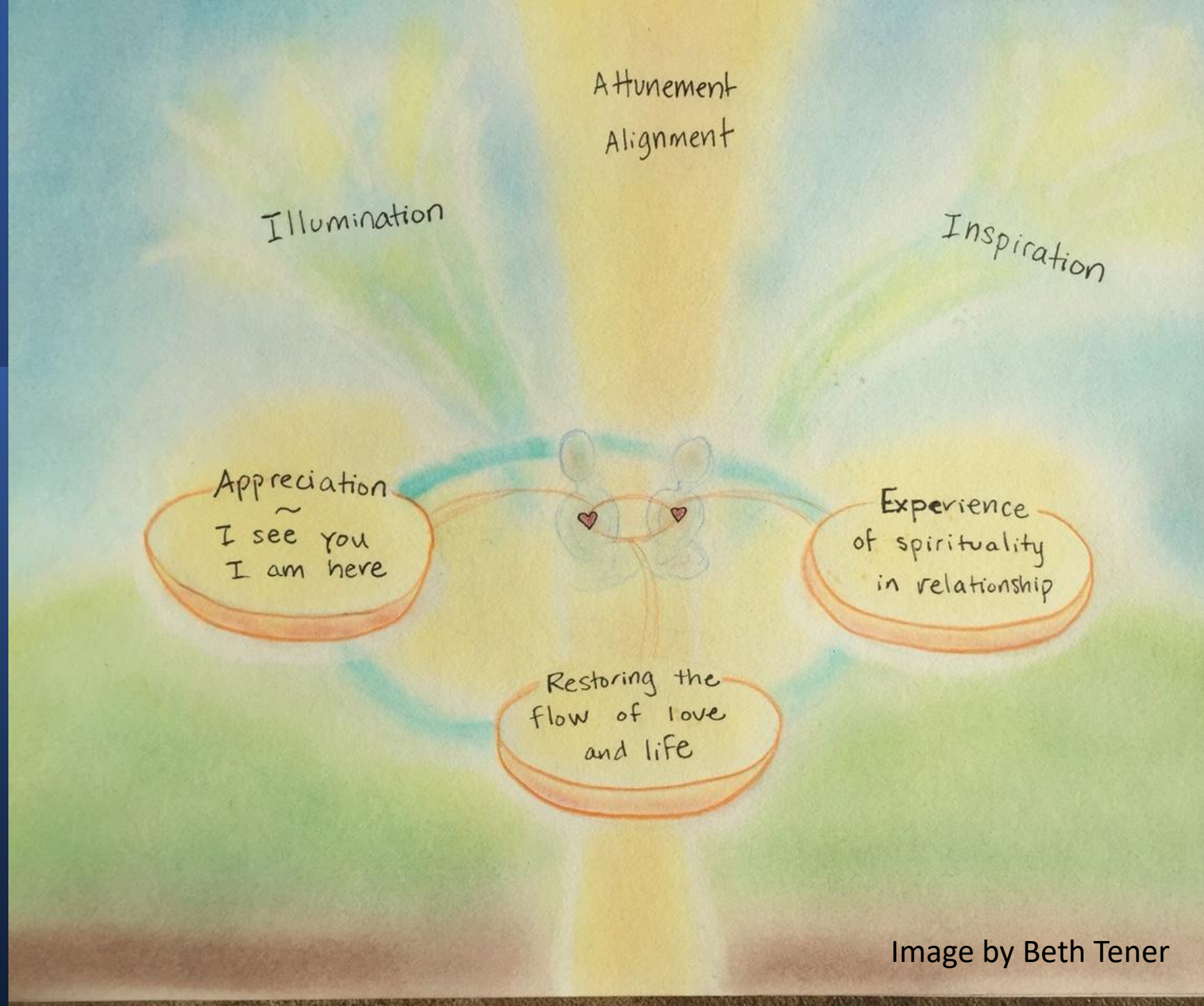


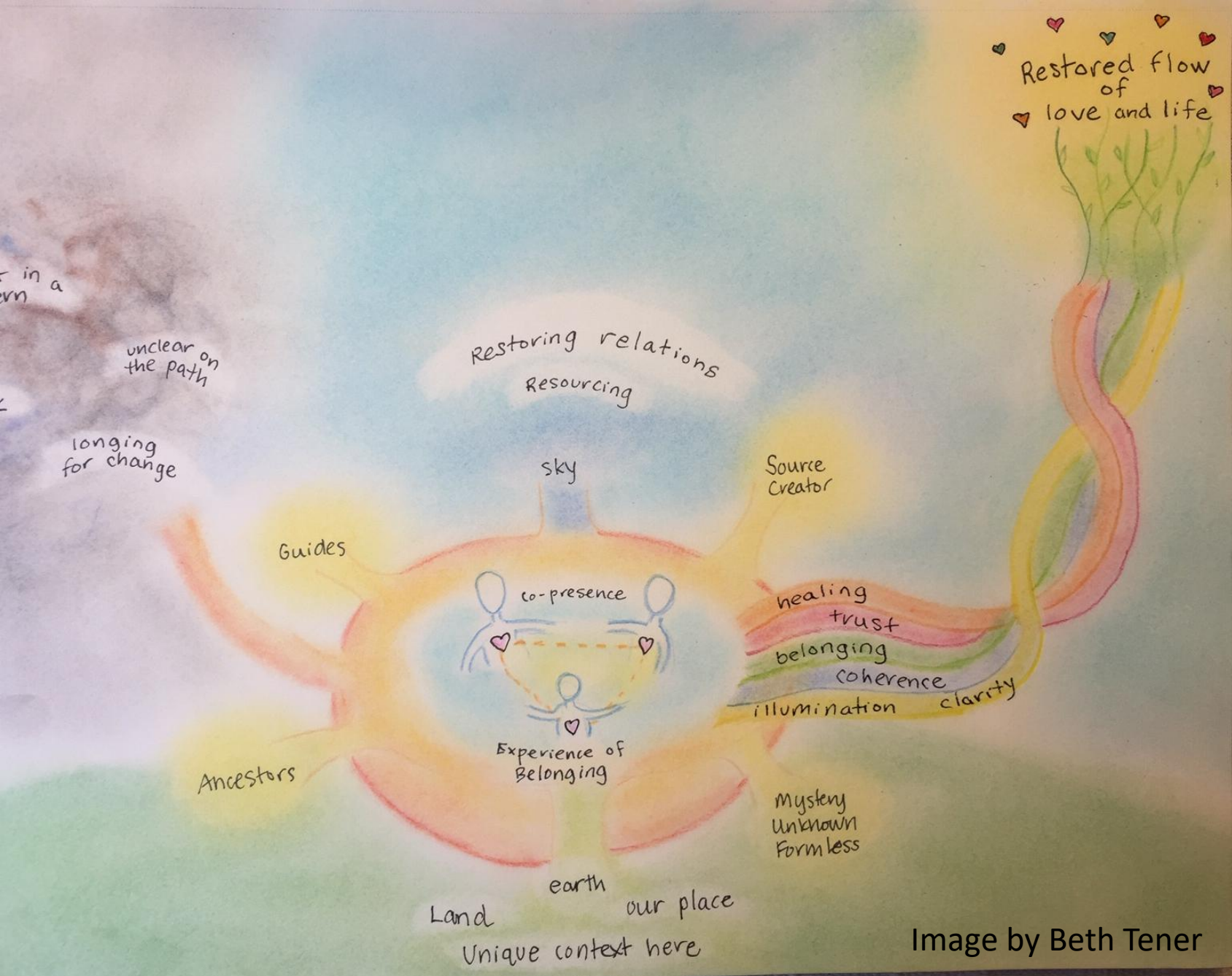
Image by Beth Tener

Resonant encounters of the Fifth Kind

- Resonance with other-than-human realms including:
- **Earth,**
- **Nature,**
- **soul qualities,**
- **ancestors in our lineage,**
- **Spirit Guides,**
- **Source,**

Five short clips on Resource Rich Constellations

<https://www.serviceoflife.info/constellations/csindex.html>





“Someday, after mastering the winds, the waves, the tides, and gravity, we shall **harness the energies of love.....**

and then, for the second time in the history of the world, **mankind will have discovered fire.”**

— *Pierre Teilhard de Chardin,*

Thank you!

Feel free to share “needs met” and/or “gifts received” in CHAT.

For any other feedback (I am happy to hear suggestions about how to improve the presentation, etc), email me:

bnayowith@yahoo.com

A Few Articles

Some descriptions of the Co-presencing process, with links to some of the communities that offer some variation of it

PDF Version:

<http://serviceoflife.info/constellations/copresencing.pdf>

or:

https://docs.google.com/document/d/12htnklUFzqYQ8dfIjIufspYTjz0SSRI-C2_tr30OPjU/edit?usp=sharing

--Link to Ria Baeck's Collective Presencing site

<https://www.collectivepresencing.org/>

Ria has done a great deal of work and mapping in this area. She makes some very good and useful distinctions here...

--Different Kinds of We-Space Magic

An attempt to describe some of the different kinds of experiences that show up in collective spaces, including Constellations, co-presencing, and other We-Spaces.

<http://serviceoflife.info/constellations/5WSM.pdf>

Study on brain wave synchrony between pairs

Grinberg-Zylberbaum, J. & Ramos, J. (1987).

Patterns of interhemispheric correlation during human communication.

International Journal of Neuroscience 36: 41-52.

-
- Each person in their pairs was instructed to close their eyes and “try to **become aware of the other’s presence**”.
- During the periods when both people reported that they had developed this awareness, the inter-hemispheric correlation brain wave patterns of each brain were very similar to the other.
- There was **no** such synchrony when they just sat in silence alone **not trying to attune to each other**.
- If partners reported that “it feels like we have blended”, the EEG patterns were nearly identical.
-
- In addition, the researchers found that **the person with the ...higher amount of right brain-left brain synchrony was the one who most influenced the sessions.**
-
- “Neither verbalization nor visual or physical contact are necessary for direct communication to occur. “
- <https://neurosintergia.com/wp-content/uploads/2020/10/Patterns-of-Interhemispheric-Correlation-During-Human-Communication-grinberg-zylberbaum1987.pdf>
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Attuning to deeper layers in self and others

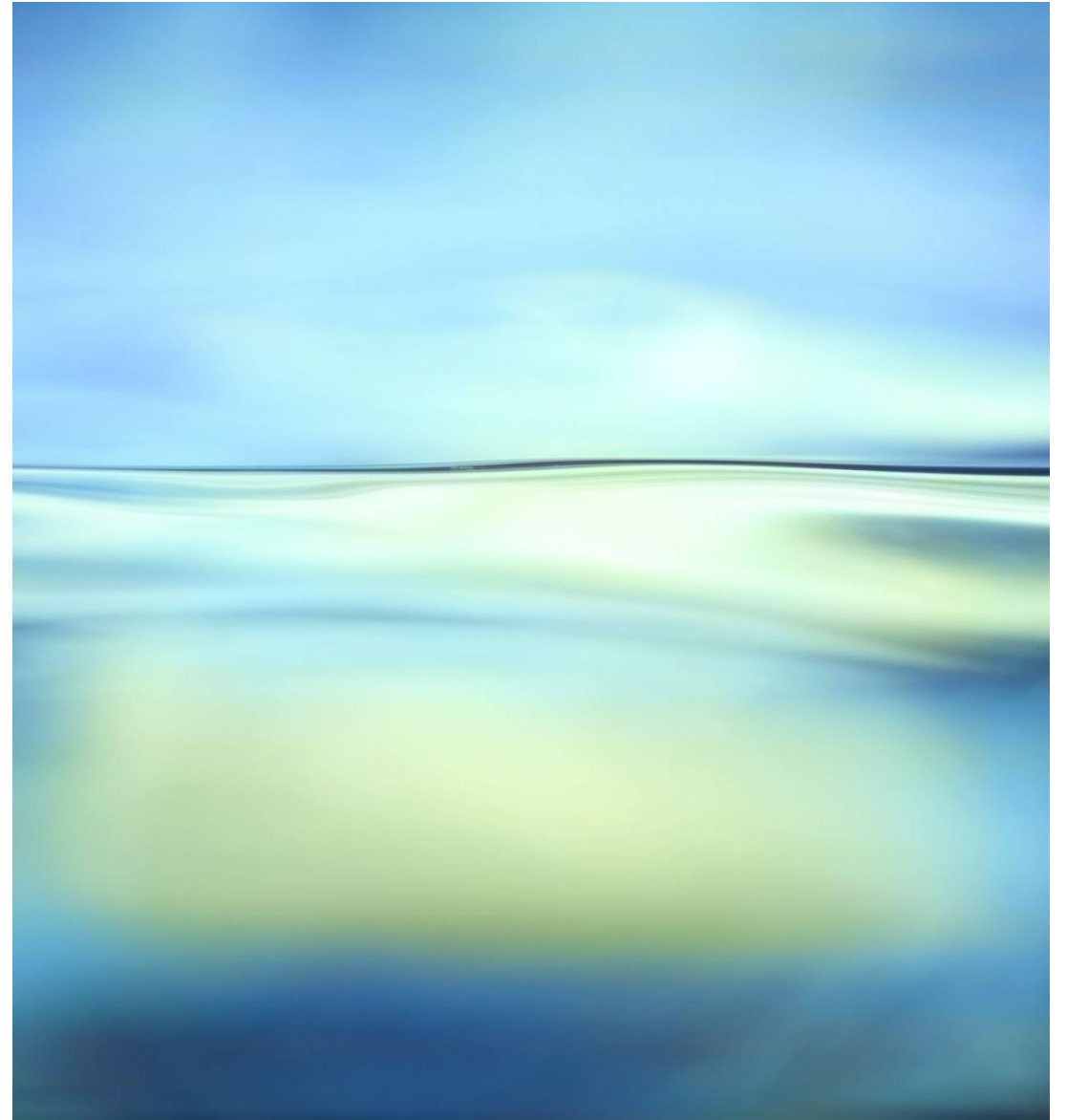
I notice and allow a
relaxing of habitual
personality/protective
structures...



Something creative is
freed up, uncovered,
and becomes
available to interact
in a resonant way.....



Allowing what
happens inside
myself or
interactively



Coming back to 'you'

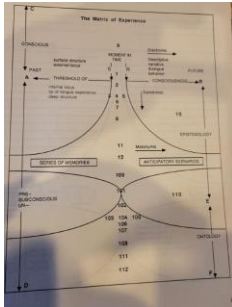
- 15 minutes, groups of 2 or 3
- After settling in and 'relaxing and opening your field', allow your intention to keep returning to 'them'.... This is a movement of directed intention
- (this is similar to meditation – here, the object of the meditation is the energetic relationship with the other person.)
- Notice the difference between 'going out into' something the other person shares, and 'coming back to **them**'



Some of the themes that show up in co-presencing spaces:

- -Physics and Brainwave Coherence
- -Resonance and Biological
- -Psychological
- -Alchemical
- -Shamanic

Physics and Brainwave Coherence



Pausing and Opening

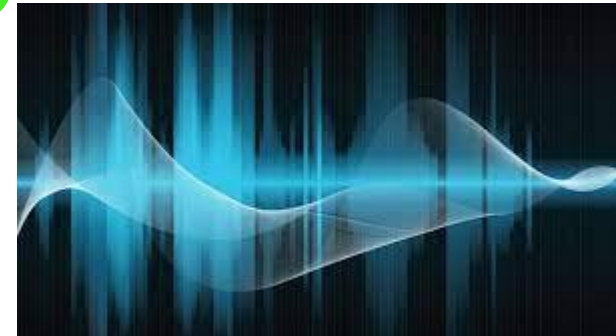
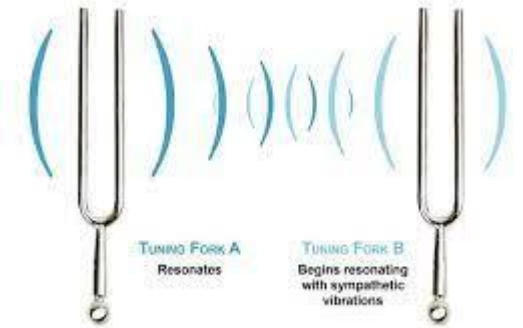
Exploring dimensions of resonant alignment

Forms of resonant transmission

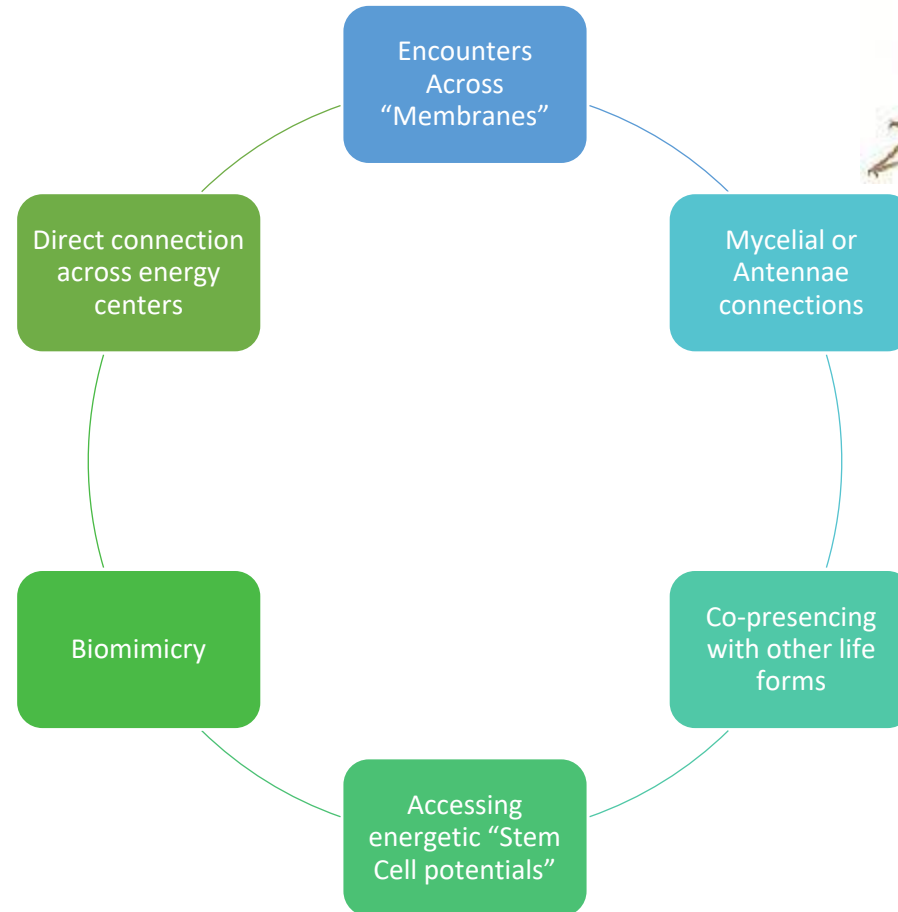
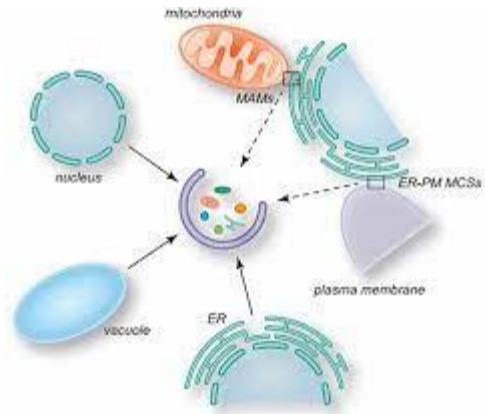
Offering prompts to direct attention

Exploring our "wave nature"

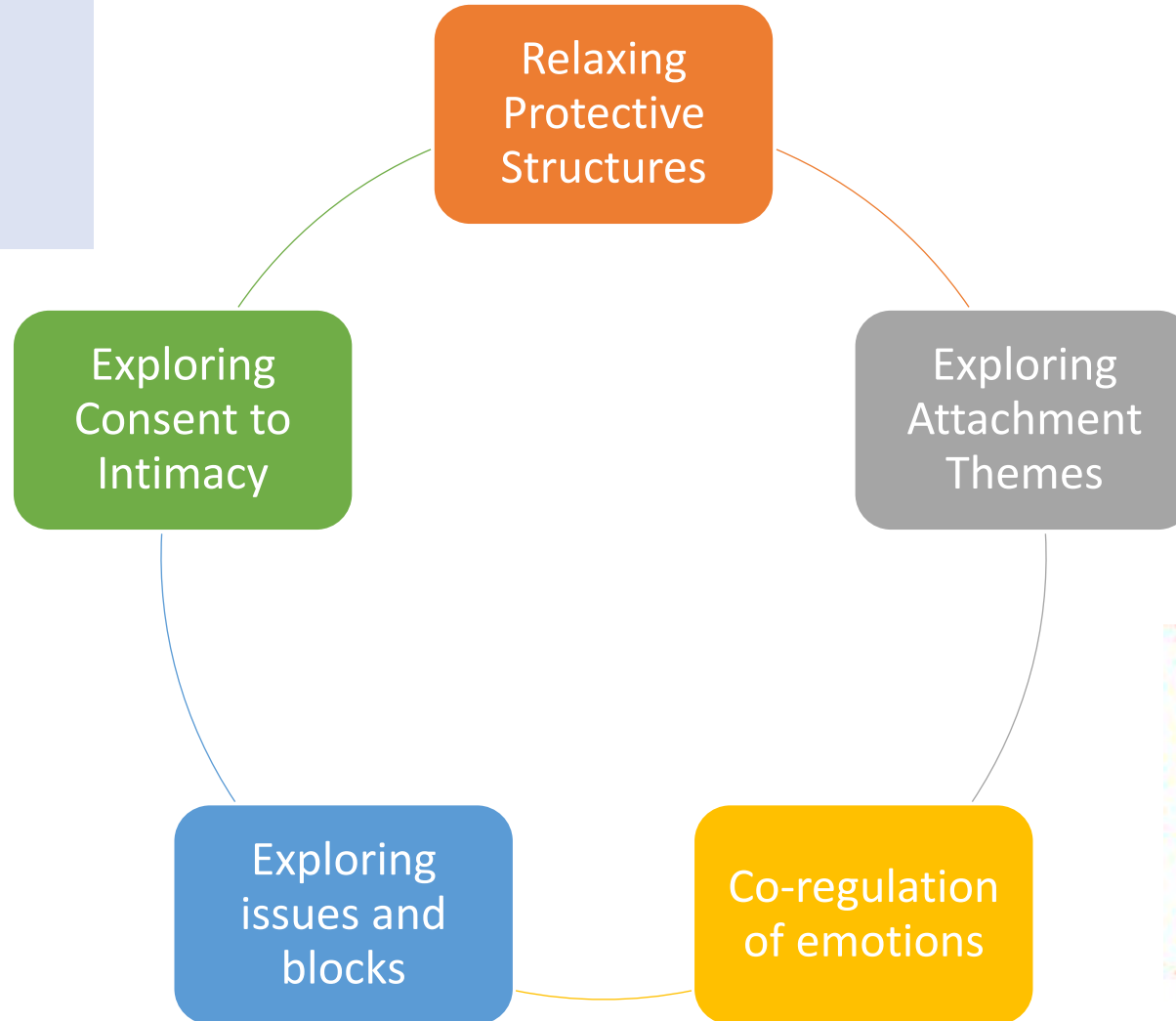
Fine Tuning through Micropractices
How am I leaning?
With you or with it?



Resonant Biology Themes



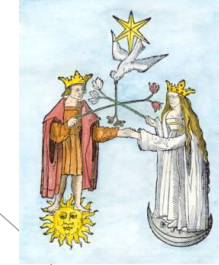
Psychological Themes



Alchemical Interactions

Images from <https://www.alchemywebsite.com/index.html>

Holding polarities-
the tension of
opposites



Formation of new
energetic 'structures'



The formation of a
Third Presence

Activating "Launch
codes" in each other

Revealing Luminous
Energetic Potentials –
"The Lapis"

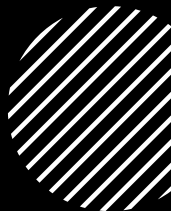


Shamanic themes





Some Co-Presencing Guidelines



Pause and allow time to feel, allowing fresh formation, what is arising now



Notice what arises in the mind, body, and what emotion may be there - including numbness .



Notice what you have an impulse to share, **which may not be in words.....**



We offer things into the space and **don't give one another advice.**



Share what you are experiencing, **seeing it as a reflection of the energetic field being explored and not necessarily personal.**



From Terra Brooke

In the Laboratory

Exploring Welcome and Orientation



Can these life energies have a place here?

And, how do they interact with your energies? What kinds of resonant interactions can be created?



In the “Greenhouse”



Creating spaces for more of our ‘non-verbal radiant spectrum’ to
-show up
-and interact
with each other.



Transparent Communication

Thomas Hubl

“We may believe that we are individual laptops, but we are actually one supercomputer, all connected in a network”

“If we were quiet enough inside, we would not need to ask someone ‘How are you?’, because we could already sense how they are”



Impressionistic suggestions

- I stay with myself during the quiet.
 - Have a few minutes of quiet to tune in – to yourself or the shared space
 - First, I relax my **body**
 -
 - Then, I allow my **mind** to relax. This may lead to lots of shaking....
 -
 - Sometimes, I allow '**my field**' to relax.
 - At times, I can feel a sort of energetic constriction, holding myself in, keeping myself smaller or less available than I could be. When this relaxes, there is more depth of encounter and more potential for combining.
 -
 - At times, my '**configuration**'/**identity** can relax...something may form, and may shapeshift in various ways.
-



Guidelines/Descriptions 1

- Showing up
 - Centering
 - Making an intention to be of service (either out loud, or quietly offering ourselves - in the spirit of “*How does the universe want to shape us/create with us today?*”)
 - Then opening, tracking, and allowing the energies and movements that come in response to each other and to our intention....
 - **Ongoing checking** for consent/trustworthiness. Does this feel ok? What is showing up? Can we honor our impulses **and** hesitations?
-

Sensitivity and Relationship to what is sensed

- What you feel
- How it is held
- How it is related to and communicated
- Resonance, or Witnessing,
- Discernment, not Reactivity
- Some of us open to more sensitivity, some of us need to protect ourselves from high sensitivity.....