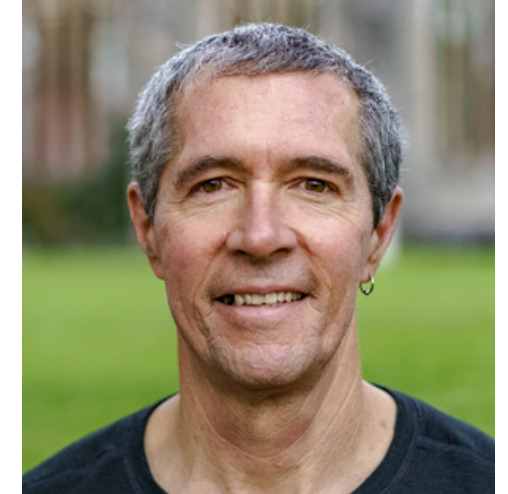


# What Do We Do When We Don't Know What to Do?

PPNCenter.com  
August 24, 2021



Scott Engler, MA, RCST®  
Heart of Stillness  
Biodynamic Craniosacral Therapy



"I have to let myself off the hook, to be able to make mistakes, otherwise I wouldn't be able to do this work"

– Ray Castellino, personal conversation with Scott Engler during a womb surround

William Stafford: "I must be willingly fallible to deserve a place in the realm where miracles happen."

– Preface to Ask Me: 100 Essential Poems

# We Build Competency

Training,  
Training,  
Training ...



So working along....



Things going well



Yes, going well....

Scott Engler, [heartofstillness.com](http://heartofstillness.com), 2021

# Challenge

Something happens,  
I don't know

- what's happening?
- what's next?
- what I should do?
- I go blank
- feel disoriented
- ... sudden big space opens



Example

# Inner cringe



Ooops....

Scott Engler, [heartofstillness.com](http://heartofstillness.com), 2021



Pause,  
notice breath  
... and ...?



# Inquire

Do I have an agenda?

What's my intention?

How open am I in the moment?

## Trust?

## Example

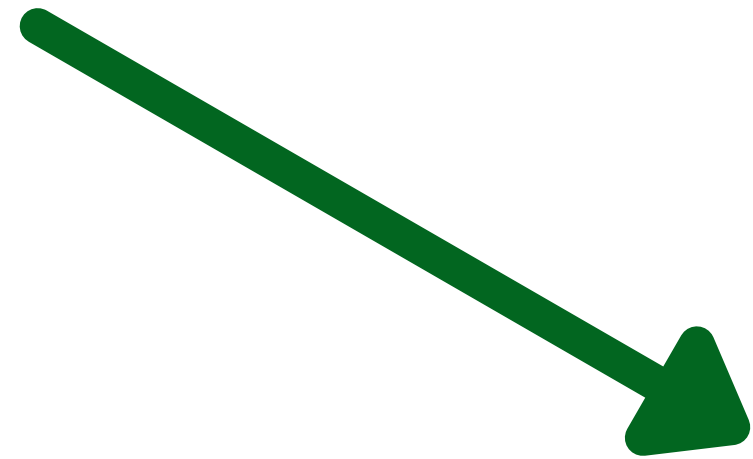


"Not-Knowing will always show up, blank spaces where I don't know what to say or do. I have learned to listen to this emptiness, in fact to seek it out."

– Robert K Hall, Lomi School,  
Petaluma CA, 1993-94, somatic  
psychotherapy pioneer,  
meditation teacher

# Shift the question

What do I do?



How am I being?

Do I have an agenda?  
What's my intention?  
How open am I in the moment?

Example

What if not-knowing-what-to-do is not a sign of  
incompetency ...

... instead suggests we (including client) are right  
where we need to be?

Question around *BEING* opens my attention ~

Interoception

- sensations
- my shape in space
- awareness & connection

~ to my **Somatic State, Feeling Self**

# Somatics

## Solution?



## a Path

a path requires practices

How can I be more present,  
open, connected...

- while working
- life events too, children,  
partners, at the store ...

# Somatic Practices

Standing / Sitting

I am 3-dimensional

- vertical      leaning forward or backward?
- depth      connected my history & my intention?
- width      aware in space, horizontal, relationally

Mother Earth - Father Sky

demo

# Therapy, therapist, therapeutic



Origins ~

5thC BCE Greece

< *therapeúein* - to treat medically,  
provide healing; to serve, care for

300 yrs earlier 8thC

< *therápon* - attendant, companion,  
someone of service

“I will listen to what you say.  
You and I can turn and look  
at the silent river and wait. We know  
the current is there, hidden; and there  
are comings and goings from miles away  
that hold the stillness exactly before us.  
What the river says, that is what I say.”

— Excerpted from *Ask Me*, William Stafford

“Let us risk the wildest places,  
Lest we go down in comfort and  
despair.”

— Mary Oliver, *Magellan*



## Clearing

Do not try to save  
the whole world  
or do anything grandiose.  
Instead, create  
a clearing  
in the dense forest  
of your life  
and wait there  
patiently,  
until the song  
that is your life  
falls into your own cupped hands  
and you recognize and greet it.  
Only then will you know  
how to give yourself to this world  
so worthy of rescue.

— Martha Postlethwaite



# Join our pod!

Petaluma Womb Surround  
Sept 3 - 6  
in-person with safety protocols

contact Scott asap for details  
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