

## **A Welcoming Note**

*John Pierrakos, Founder and Director of Core Energetics*

I want from the bottom of my heart to welcome the publication of *Energy and Consciousness: The International Journal of Core Energetics*. It is my hope that the articles in this journal will help to disseminate understanding of the basic concepts of energy and consciousness, for the integration of these two dimensions of creativity facilitates dissolution of the defenses around the personality and allows the Core to emerge. Specific focus will be given to theoretical and practical application of working with the energies of the body and the ways in which they relate to various levels of feeling, thought, the will, and the spiritual self.

This journal welcomes articles with different viewpoints, approaches, and methods which lead to the development and evolution of the personality.

We hope this publication will make a substantial contribution to the understanding of the enigma of the struggle of life and the processes of transformation and transcendence.