

## ***EDITORIAL***

I am delighted to be able to introduce the charter issue of *Energy and Consciousness, the International Journal of Core Energetics*. We would like this journal to be a forum for the international community of those dedicated to a psychotherapy that includes, in addition to the emotions and mental life, the energetic system of the body and the spiritual life of each person.

Core Energetics was developed primarily by John Pierrakos, M.D. It has two particularly strong sources in addition to psychoanalysis and psychology. First was Pierrakos' own training with Wilhelm Reich from which he learned much of the energy work on which he later elaborated at the Bioenergetic Institute with Alexander Lowen, M.D. Second was his collaboration with Eva Pierrakos in founding the Pathwork, which is based on the 258 lectures she channeled.

Although Core Energetics is still evolving, it is founded on three principles: 1. The person is a psychosomatic unity. 2. The source of healing lies within and needs to be awakened. 3. All of existence forms a unity that moves toward creative evolution of the whole and its countless components.

The genius of Core Energetics lies in its focus on the core of an individual: his or her own unique, positive qualities. A person's pathology is seen as a distortion of this core. Each human being is seen as a sojourner on a unique heroic journey toward self- and human evolution. The purpose of psychotherapy, then, is to help people find their own core and life work – to harness their conscious intentionality to live fully by first acknowledging and then working through and growing beyond the distortions (discerned under the headings of pathology and neurosis) that threaten to obstruct the successful completion of this journey. This holistic approach focuses on both unconscious, involuntary processes and conscious, voluntary aspects.

It is important also to see Core Energetics as part of a process that has reflected humankind's deepest concerns through the ages: we see it reflected in myth, ritual, religion and drama in every age. Freud and Jung frequently quoted classic Greek drama, the Bible, ancient Near Eastern texts, Dante, and other great works of

## EDITORIAL

world literature. In recent years Joseph Campbell has made much of this material available to the common reader.

It is our belief that Core Energetics cannot remain a static methodology. It must evolve as its practice evolves. We, therefore, would like to invite contributors from related therapeutic schools to share new methods, techniques, theories, and case presentations in these pages.

In this premier issue we are presenting four articles which reflect various aspects of Core Energetics. The first article, by John Pierrakos, the founder of Core Energetics, discusses the evolution of love consciousness throughout history. This of course is a vast topic. Dr. Pierrakos has highlighted significant events and philosophies which instigated changes in humankind's orientation toward life. Dr. Pierrakos definitely feels that we are living in an age where people are gaining a deeper understanding of the spiritual as well as the physical aspects of love and are beginning to integrate them and to live life more fully, passionately, compassionately and, in a sense, more cosmically.

The evolution of such a love consciousness is essential to the development of Core Energetics, for, on one level, "core" refers to the heart and one's ability to keep an open and loving heart. For Dr. Pierrakos, spirituality itself is the ability to love, and the ultimate goal of Core Energetics is to help individuals gain the ability to love and to heal, both self and others.

The second article goes on to discuss one of the "roots" of Core Energetics, the work of Wilhelm Reich. Jacqueline Carleton outlines Reichian literature on self regulation, the philosophy of childrearing developed by Reich in conjunction with educator A.S. Neill. Dr. Carleton chronicles the development of self regulation by examining the original ideas and experiments of Reich and Neill as well as how Reichians from the 1940s through the 1970s have modified Reich's original concepts.

Reich's theory of childrearing is based on the principle that an undefended organism knows what is best for it and will seek those things which will bring it to fulfillment. Allowing the child to take the lead in the early months of life according to its instinctual impulses does not mean that the child decides everything. Reich recognized that children need firm guidelines. Nevertheless, recognizing and trusting the instincts of the child has not been a

path much proclaimed throughout history. At the time of its inception Reich's method was certainly a novel and controversial idea.

In the third article Andre Leites discusses psychopathy, one of the character structures identified by John Pierrakos and Alexander Lowen when they developed Bioenergetics. In the first part of the article (Part II will appear in the next issue) Dr. Leites presents the etiology of psychopathy. It is a complex structure, for the psychopath does not live by the same rules or norms that most of society does. To begin with, the psychopath assumes that he or she is not going to be treated fairly and squarely. Having spent many years working in therapy with and studying psychopaths, Dr. Leites offers his observations and conclusions on this fascinating and difficult personality.

In the final article Ethan DuFault presents research conducted using Core Energetic exercises with HIV positive individuals. Although the circumstances of the research did not bring conclusive findings, DuFault feels that the energetic work had a positive effect on the subjects with whom he worked, and that Core Energetic therapy could prove to be a valuable tool in dealing with AIDS. His observations will be very encouraging for those interested in working with HIV positive individuals.

*Jacqueline A. Carleton*

