

EDITORIAL

Core Energetics is essentially about finding the connection to one's own "core," of finding the pathway leading to the love and pleasure that are every human being's birthright. John Pierrakos, M.D., founder of Core Energetics, has built on the foundation laid by Sigmund Freud, Wilhelm Reich and Carl Jung, and incorporated the spiritual dimension exemplified in the Guide Lectures of Eva Pierrakos. Dr. Pierrakos has employed a powerful therapeutic approach that integrates all aspects of the being and encourages release of the vital life force.

Core therapists are always seeking a deeper connection to themselves and to those with whom we work and teach. Just as the goal of Core Energetic therapy is to allow a person access to his/her whole self, I try to use my own self in the process. I try to bring myself as trained professional, mother, lover, whole and wounded child to every session.

People inevitably come to therapy in pain of some kind and I try to help them see how, by going through that pain, they can release their own unique life force and creativity, how they can recognize their everyday life as the spiritual journey that it truly is. Most people tend to stifle uncomfortable feelings and end up repeating painful patterns until they feel completely stuck. By focusing on the discovery of how the life force can be blocked in our bodies, and how thought processes, belief systems, and images are imprisoned within these blocks, we can—through breathing, expressive work, physical exercises, and conscious intention—release these blocks and connect more deeply to our core selves. Thus we can feel more vitally and passionately alive.

Patients come with many different goals in mind. Some have repressed a substantial part of their feelings; others are flooded by them. No two people are alike and each requires a different combination of support, confrontation, body work, imagery, analysis of dreams, artwork or music, empathic listening and explanation. Some people come to therapy to solve a relationship difficulty; others hope that through therapy they will find a way to be more creative in their work. For each person, the path is entirely unique. Their work may take only a few weeks or several weeks.

The higher self, or core, or soul is who we really are at our best, in truth, in joy, in love. As we go through life, this precious center of our being often responds to pain by becoming armored with the defensive emotions of anger, rage, fear, terror and destructiveness. We learn to hide our true selves. These defensive emotions we refer to as the “lower” self because we judge them to be unworthy of us, and yet we know we have them. So, in order to abrogate their power, we cover them with a “mask” self which is more acceptable to others and ourselves.

The mask is filled with “compromise” emotions, such as jealousy, envy, guilt, hostility, pride, blame, self-pity, justification, and rationalization. By speaking from each of these three aspects of ourselves—higher self, lower self, mask— we can begin to untangle some of the cords that bind us to our old patterns. For example, my mask of serenity may cover my jealousy and greed. If I can find and express the jealousy and greed of my lower self, I will be led back to the pain, fear, and deprivation that surely underlie them. If I can express these primary pains, the organism’s emotional self-regenerating system will be activated and my true generosity, a quality of my core, will emerge and help to heal the original deprivation as I give to others in my life.

To me, there is nothing particularly new about the process of therapy. In some form or other, it exists in most cultures. Human beings have always been concerned about the nature of the universe and their place in it. They have consulted myths, legends, oracles, priests and shamans. Each of us, in our lives, is on a heroic journey. Perhaps our lives, like those of Psyche or the Trappist monks, harvest spiritual meaning from mundane tasks. We all, at times, tilt at windmills, pass apprehensively between Scylla and Charydis, and explore the levels of our own private infernos. Who has not experienced emotional catharsis through reading fiction or poetry, through music or theater or our own dance and movement? Core Energetics simply focuses these age-old human proclivities and illuminates, with its intense light, the path to health and wholeness in each therapeutic hour.

Our goal when we started *Energy fcf Consciousness* was to publish two issues per year, but at first we were only able to manage one. As our circulation and the articles submitted have grown, we are

feeling confident that we will publish more frequently in the near future.

In this issue, three of the articles center on different aspects of group process in Core Energetics. Kate Kalin, a Core Therapist in New York, conducted a series of interviews with John Pierrakos in which he explains some of the theoretical basis for group process in Core Energetics and some of the dynamics proceeding therefrom. Stuart Black, in his article on the practical aspects of leading groups, shares with us some of the expertise for which he has long been known and valued at the New York center. Stuart, with his wife, Devera, has led process groups and taught at the New York Institute for many years in addition to being its Director. This is his first attempt to describe and theorize something he does so well and so intuitively all the time. It is an effort I would hope more of us would make in the future: describe what we have known in some wordless way and may feel is indescribable. For only by following Stuart's example can we push the boundaries of what we know and communicate to others. Elaine Waldman, an experienced leader of groups, uses images and metaphors in a very different way to describe her vision of what happens in a group process.

Caryl Hardy's article is courageous in that she attempts to speak about something visual, visceral and intuitive. Caryl also puts images in the context of a therapy session and gives practical suggestions about how to summon them and work with them when they appear.

Fourth-year Core student Nancy Pope has presented an incisive comparison of overwhelming energy that can be experienced in both kundalini and sexual abuse. Using her own experience of both, as well as her knowledge of Core Energetics, she explores the implications and possibilities for healing that she has found.

Finally, Karen Tenney, a Core therapist living in Northern California, summarizes for us some research she has done on the use of various body therapies in the treatment of schizophrenia.

The Third International Core Energetics Conference was held in Trimurti, France in August of 1995 and the Fourth Conference will be in Phoenicia, New York in August 1997. With this issue, we commence publication of the fourth volume of *Energy & Consciousness*. Four long-established Core Energetic Centers train

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therapists in Europe. Others are in Mexico, Brazil, California and, of course, the original Institute of Core Energetics in New York City. There is also a One-Year Program in Vermont and a Two-Year Program will begin in Toronto, Canada in September 1996. The following September, 1997, a program will begin in Atlanta, Georgia. As we continue to expand and grow, I would hope that we would deepen and widen at the same time. This issue of *Energy & Consciousness* reflects that hope and its manifestation.

Jacqueline A. Carleton

