

Coming Home

John C. Pierrakos, M.D.

Well, I am very amazed. I'm overwhelmed by the energy, the feeling and the spirit that's here, and I want to thank you very deeply from the bottom of my heart for following your inner process and looking to find the truth inside. It is very significant that so many of you came here from all parts of the world. We have very important things to talk about.

One time Eva asked the Guide how much we are here in reality. The Guide asked, how much do you think? She said maybe 30%. Not even 5%, the Guide said.

The things I'm telling you, you know them very much because you have heard them so much from me, infinitely. So the only thing I can give you is my heart and my feelings. Words, you know, are more or less the same. I want to ask you to open your heart and know that this time, this unique opportunity is for you to let go. Totally let go, allow all your feelings out, and enjoy each other. Create the feeling of harmony and joy for yourself first and for the others also. I want to greet you very deeply from my heart. To greet you, all of you, my brothers and sisters, my beloved colleagues and co-workers, my wonderful students of all the Institutes. Some of them are present here with their loved ones, with their families.

I want to tell you that with great joy I welcome you to Phoenicia. Phoenicia was the cradle of the evolutionary work. It's the place where with Eva I experienced the happiest years of my life. With the help of many of you, my dear ones, you know we created the Phoenicia Path Center, and we laid the principles of the work. We call this place, Eva and , the Center for the Living Force. That was the name that we gave to the place. Later on it was changed for practical reasons. But every time I was coming here, the living force was coming up.

We worked in a super-human way here for several years. We were full of joy and excitement and totally transformed every time. In this way, we laid the basis for the energetic work, the connection between energy and consciousness—the spiritual and the physical.

Eva was instructed to find a center where we would be able to do

the intense and deep work in the most devoted way on these deep levels. We were looking to find such a place in a matter of a couple months, following a workshop I gave in this area.

We came here with the car and we stopped down in front of the big building where the lawn is, and we started coming up, and there on top of the stairs were the owners. This place before was a school. They were waiting there for us, and Rosie (the wife of Sam, who owned the place) said at the top of the stairs "This is destined for you." She didn't even know us. We just came there. She said "This is destined for you." And immediately we felt this is the place. This beautiful place, blessed by the streams. It had a pond surrounded by beautiful forests of hemlocks, and a powerful vibration that the Guide himself told us about later. We felt very deeply that this place is not ours, but we are entrusted to take care of this place, to take care of the animals and the land and the earth and the streams.

It's a place dedicated to enlightenment of humanity. As we come home here, I gather many memories in my mind, in my soul, of Eva's deep love and care for me and for all the people who came here to find themselves and come in touch with the deepest part of their life with the help of this center.

Eva, your beauty, your radiance, your sweetness, your nobility and joy fill the center and also my life. I experience here the peace and the love that you're radiating from your heart to all the people of the Path and also to me. You care so much for every one of us in a very personal way, a tender way that reaches the heart. You care that the truth you are trying to help us with through the Guide lectures will not perish. You brought to this world a treasure chest of jewels: the Guide lectures. You gave everybody this material with simplicity, with humanity, and deep care. You became the instrument, the transmitter of the Guide, and I had the feeling many times that you're part of the Guide. At the beginning, you gave sessions in a trance to everybody individually. Later, through your individual development and your personality, you took a great step, and you translated the Guide material into a working modality, giving sessions while you were not in trance. Then in the end of your life, as you have told me, you were able to do all this work without going into trance. The last maybe 20 or 30 lectures she typed without going into trance. These are the deepest lectures of the Path.

I remember what you wrote for me in a beautiful green book that

you gave as a gift to me after we got married. You wrote: "The most important thing that the Guide is teaching is individual responsibility. There are no victims. All our problems are our own. Other people merely precipitate them. We have a task to come in here in three dimensional reality to transform these negative energies. In the mind, through the conception work, in the body, through the physical intense work, and in the emotional work. Through relieving and releasing these negativities in our personality, we'll find the clarity of the truth in our higher Self." You said that we should follow the greater plan of God and find love through our spiritual Self for everybody.

You're like a burning flame, penetrating the coldness of the defenses and the pain, and healing the soul and the body of many of us.

In this place there was fantastic activity right from the beginning. The spirit of the work and the truth, the excitement, the deep dedication to find our inner Self was translated in training groups, supervision groups, individual sessions, and Core Energetics sessions to unify the body.

Many times I was amazed by the power and rapidity of all the work, and the strength that filled the hearts of many people here. I kept saying to myself "Do I deserve this? Do I deserve this in the middle of hundreds of people?" At the same time, in my individual sessions the Guide was telling me, "You have been given a lot of gifts and a lot of wonderful things because they have to be used for the work." I paraphrase. I don't remember exactly.

At that time, I was the director of the Bioenergetic Institute with Alexander Lowen for 11 or 12 years. We were doing wonderful work developing a strong and powerful process to reach the depths of the defenses. I felt that all of that was done with the guidance of spirituality: it was therapeutic, was wonderful, was psychological and physical also. I asked the Guide what to do because I felt drawn to leave Bioenergetics. He said to me, "You experience the light and then you go into the shadow of the darkness. Don't you think you betray yourself? Acorns don't grow in the big trees."

So then I decided to leave Bioenergetics and I felt deeply and fully what I was searching for. I was searching, I was all over the place looking to make that connection, like some of you have. Then I read three lectures and one of these lectures had to do with love, eros and sexuality, and I said, "Oh, that's it."

I felt that we have to create a new way to work and develop new concepts. Core Energetics is based on the concept that the only reality in this life, in the present life and the ultimate life, is the state of love. There is no other truth. The state of love leads to the expansion of the life energies. These energies represent the immediate *now* and possess the power of creativity, freedom and truth. That is where the Core Energetic process is focused.

At the beginning we had groups. Then every time I gave a talk someplace, they asked me to train them. So we started the institutes, and spread throughout the world. We didn't do any advertising: it happened organically.

The first institute that we had was the Institute of the New Age in New York, and I called it the New Age Man. That institute graduated five classes in New York.

Then we started the other institutes. I have been thankful to Lorenz and Marlies Wiest who invited me to Germany to start the work, because my attempt to start in Paris, though I had an institute for four years, failed. That first German class became the seed from which all the institutes started growing.

So now we have several institutes. We have one in Munich under the leadership of Lorenz Wiest. One is in Berlin under the leadership of Teddy Lorusso, and they have a beautiful staffs to help. In Switzerland, my friend Walid Daw has a lot of people and a beautiful place; and then in Italy is the last creation by Teddy and me. We created an Italian Institute, and it's so beautiful. I'm so happy when I come there. In Southern France under the leadership of Siegmur Gerken, we have an annual deep intensive where several people come from many nations. This last time we had about 80 people and 14 couples. We do very deep work, and the work that we're doing there is similar to what Stuart is doing. I know that work. It's very, very beautiful. Institutes developed in Brazil under the leadership of Karyne Wilner, in Mexico under the leadership of Ilse Kretzschmar, and on the west coast of the United States there is an Institute under the leadership of Siegmur Gerken. In Canada, the Strutts have opened a Center in Toronto. In Atlanta one is starting under the leadership of Pam Chubbuck and Cynthia Schwartzberg. And there is preparatory work in Argentina, Colombia and Spain.

Meanwhile, the work is progressing a lot, and it's going from the physical energy work that we used to do and the character defense work

into a fusion with the inner spirituality, working through the Path processes of lower self, higher self and mask.

This is a powerful, powerful work, and I'm doing something that's called the Divine Comedy. Each night Virgil takes Dante into hell and shows him the different parts of it. The first one is the screaming and yelling from the purgatorium. People complaining to God that they were cheated, that they lost their money and lost their wives. There are millions of those people. Then they go deeper and deeper into the darkness, and in the middle of the darkness is this fantastic creature: black, screaming and yelling, howling and gobbling people, chewing them and throwing them down. Then there is a little door on the side. You come up and the sun appears. And there's a beautiful mountain, flowers and trees. So Dante and Virgil move slowly on the mountain, up and up and up. And the people on the mountain are their teachers. That's who we are. Dante put it down a long time ago.

Up to the time Eva passed on, there was in my life an ever mounting experience or evolution and development in my personality. I went through tremendous tests of agony, pain, ecstasy, joy and love. And the love, the love, the love for my brothers and sisters who they were. I felt happiness and exhilaration. At the same time, I was very strongly tested again, again, again. And through the teachings of Guide, the fire of love illuminated my whole being.

That doesn't mean I'm clean. Just recently I had four or five major issues to settle that threaten my reputation, my honesty. They threaten who I am. Somebody says "Man, you haven't finished it all yet." So that's where I am. And I tell you, I feel very humble. Coming here today I had a lot of feelings. I spent many hours of the night thinking: What is my process? What have I been doing? What am I betraying in my life? I scream and yell, and breathe deeply, and little by little it came to me, and I'm able to talk to you. Before I wasn't able to talk. I felt stuck. I felt absolutely stuck in the middle of the night. These forces are powerful and they dismember the creative energies. They block them. I struggle with my arrogance. I struggle with my inability to stand as a man. You know I've been with women all my life. And I struggle with a subtle very devilish way of maneuvering and manipulating. I look at it and then I say, "Oh, my God." It is like you have a flower in your hands, and a rose starts to open, and you take your hands and you squeeze it. You kill it.

I want to go back a little bit to my experiences. I don't remember the details, but I know that I was looking to find the lectures, the Path. One of my patients came in and said to me "Do you know about this woman?" I said "No." So he gave me three lectures. One of the lectures of course was Love, Eros and Sex, as I said. I thought: "Oh, my God. This is the work that is about humanity, about the person, the relationship of the person to God and to himself, and is very specific and very general. It has a foundation to enlighten humanity/' I felt so deeply about this and when I was first with Eva, she was on a vacation. I wrote a card to her and I said, "I love you and would like very much to see you." She wrote back and said, "You're the man that I would like to see." She didn't know me. So I go to the apartment, rang the bell, and the door opened and there's this vibrating creature with scintillating eyes and a body full of energy. My God, that's an angel. I had a feeling she's the one who has it. Right away I told her all about myself. I told her some special, very painful things, like the way I betrayed Reich. That was a great wound in my life. She kept listening and listening, and then I said, "I want to work with you.'" And she said "No, I don't want you to work with me. I can give you Guide lectures, but I don't want to work with you."

She told me later that she knew I was coming, and I was coming specifically to bring the application of the energetic dimension to the work, the physical to the work. The Path immediately got energized and flourished. There were hundreds of people there. They dealt with their personality issues not only from the spiritual point of view that was the Pathwork, but from right here now: with the body and emotions and their feelings. It was a tremendous regeneration that happened there. This is where I have been, and I had a wonderful gift given to me.

I have to tell you—it's not a secret, but I want to tell you something that I feel is the truth—and that is when I met Eva, I felt right away the love in my heart for her. A voice inside told me, "Take care of her." I said, "What? Take care of her. I mean, what?" Later on, she told me that I was her father [in another life]. She was a drug addict and I let her die in the gutter. I didn't believe it. I didn't want to believe it. I said, "No, no, I didn't." I still don't feel the pain of that. A little bit here and a little bit there. I must have felt so guilty inside that I'm not able to make this guilt conscious.

Then all the gifts came. When I came into the work, I decided that the main obstacle is how we defend ourselves. We develop a

character defense system, and this is not only mental and spiritual. It is in the body and the emotions. Somehow there has to be a radical procedure when we work with deep principles to find the truth and our mask, and go into the body and let the body vibrate and move and release these energies.

The energies cannot be released fully mentally or emotionally. They have to be in the body because the body has crystallized them. You do not change a crystal by caressing the crystal. You have to put it in the crucible to melt it, to change it. We have to go into the crucible and confront all these habits that we have and the character defenses we have created.

The work has to be done with love, not with a therapeutic attitude that says: You are the patient; I am the doctor, and I know it all. There has to be a deep connection with a so called patient. There has to be a deep respect for the process, for the process of this person, not a therapeutic attack. This is the work that I felt is beautiful and was beyond psychology and beyond therapy. I felt very happy, and I felt very happy that we were working together, Eva and I. She was doing Core Energetics for awhile. Then she felt she could do much more with the spiritual work.

The focus of Core Energetics is that it represents the highest aspirations and achievement of the human entity. We have to be open to understand and receive, and to know that if we allow this, pleasure and joy and ecstasy and love will be in the heart.

Love is the sun that illuminates our life and spirit. Spirituality is all of the manifestations of love. The Guide said that. Spirituality is not anything abstract. It's all the manifestations of love, and in all who are in love. In the love state we have a will, a will from the heart. This will has to be fed with energy and fire all the time. We cannot allow the negativities and the little things to come back and forth between us and our partners or between us and our workers or our colleagues, whoever it is. The will of the heart has to dominate the work as we do the work deeper and deeper. It humanizes us. It's the center of the creation of the universe, because the universe cannot be created from hate. It can be created from love.

In Core Energetics we do not glorify the defenses of the personality, but we study them carefully and explore their meaning and origin, and use our own powerful methods to integrate the work and bring in more dimensions to free the body, which is the vessel of the soul and

the laboratory of life. As I have said many times, without the body, without being in touch with your body, you cannot be spiritual. You have to have your body to be spiritual. You have to first have your ego before you can say you want to give up your ego.

Then we have the emotions, the powerful energies of life that the Guide called the tools of the soul. And, of course, there is the mind, which is the beautiful creation. It's the flower of our life. It's the creation of our culture, music, the beauties in our life and who we are. But the mind has also negative images, and stores these negative images and beliefs very deeply, so that they become prejudicial.

The images create the beliefs, and the beliefs create prejudice. We're all prejudiced somehow—prejudiced about the woman, about the man, about authority, about politics. We are all prejudiced, and that's why I said to you: how much are we in reality? If we don't try to discover our prejudice, we're not in reality many times, especially with our partners.

Let me tell you something. All the years of my life I have gone through the most intense, profound and trying experiences. My ideas and beliefs when I came to the United States were in conflict with my inner truth and my higher self. I experienced intense pain, humiliation, and agony in the upward movement of my life. I saw the light in glimpses here and there. The process excited me, excited my personality, and most important of all confronted my pride, my arrogance, my obstinacy, myself centeredness, my inability to try to change it. I understood that somehow or other, as the resistances changed.

My father (who was a wonderful man, but didn't show his love for me) told me, "Honor is the important thing. It's better to lose an eye than honor." He also said to me, "Don't go to women. When you're established, the women will come to you." He wanted me to be a professor, pointing to Plato, Socrates and all that. But he never played with me. He died, and I had no feelings for my father. I was dead, and then I said, "Good riddance. Now I'm free without you." I went for 25 years with this feeling.

One day I was in California with Stan Kellerman and a well known medium there. It was the first time I have been with a medium other than Eva. And Stan says, "Can you talk to William Reich for us?" Reich had died a couple of years before. So the medium went into the trance, and described my father, a big man, rolling in chains or something

like that. And he said, "Your father wants to talk to you." I never had an experience in my life like that. My father said "I love you like the apple of my eye. I loved you and I couldn't show it to you." He was raised in a culture where there were warriors fighting the Turks for three, four hundred years. This opened my horizon about men.

Later, when I joined the Path, I became brothers with men and felt the beauty in manhood. Before that I thought men were dangerous. I have to tell you, my father also came to me this past Easter. I was in Teddy's villa having a wonderful time with Hedy and another beautiful being who is a very well known psychic, and I was telling her about my father, and she said "You know your father is here."

And I said, "Yeah?" I got shaken up. She said, "Behind you, there's a light. He is showing me a big letter A. What is the letter A?" So I looked, but I didn't see a light. I said, "A. The letter is the first letter for the word agape, which is love. Agape."

She said, "He's showing a heart, and he wants to talk to you." So he talked to me through her and he said, "I'm very pleased about the work you're doing, and I bless you." Then he said, "Don't worry about past things. They mean nothing. I want to tell you our whole family here is behind you." Oh my God.

I was raised in a culture like this and it was so difficult. With Eva and the Guide I experienced anxiety and fear and terror to let my mask go. I also experienced the blessedness of joy and the ecstasy. I never had such joyful ecstasy and love, and we did wonderful things: Right after the Guide session, we would go to a discotheque and dance and dine. It was a joyful thing. That's what I say to you. It's not to be grumpy—Oh, this work is terrible. It's to look at it and say no, wait, there it is, the whole thing's here for us.

This is a continuous process. And by the way, after I spoke with my father, I wanted to communicate with Eva. But I didn't dare ask the medium because I didn't want to impose on her. A few minutes later she came in and she said, "There, at the end of the table is a little angel with an instrument. On the other side is Eva."

I was just speechless. Then Eva started talking about how she loves me: "I love you, I'm with you, and trying to help you, and I am very pleased about the work that all of you are doing for humanity." Then, at the end of the thing, she blessed me and said, "And you are giving a lot."

And that meant something to me. I'm giving a lot. What's

unbalanced in me if I give a lot? This is the thing that all of us do; we give a lot. It's very easy to give a lot, and then not go deep inside and feel where we are for ourselves, for our own process, for the now.

So here we are. We're coming home. We're coming home here. Every time I've been here in Phoenicia, as I come in, I stop in front of the gate and I thank God, I thank Eva for the gifts they gave to us, and ask her to forgive me if I hurt her in any way. Coming home, I feel, is the gradual enlightenment of our personality, of shedding light into the darkness of the negativity or becoming a whole being and experiencing the force of love in the heart, the flame of the heart. This love brings freedom and truth.

It requires work in all the levels of personality. In the body in a tremendous way because we came in this vessel, the body. We incarnated here in this body, and our body is made according to our defects and our greatness too. Our body says the whole story. My teacher, Wilhelm Reich, said, "The body is the frozen history of your life." The spiritual work has to combine with the body, and I feel very deep about this. Then come the feelings, then the will, and the spiritual self.

If a person allows the spiritual self to come in all levels, there is a completeness and a wholeness in the process. However, each level is blocked, and I have this picture in the shape of the pyramid that you all know, with the the different levels of the personality, and there are many splits in each level.

Our process here is to unify our splits and create unity and fusion of the emotional, physical and spiritual in us. That's the important work for us. Spirituality is all about love and is love for our body, for life and for people. This love is the transforming force.

So you know this is coming home. We must keep exploring all our problems and feelings with honesty, sincerity and frankness. Everything depends upon us because it is our responsibility.

Honoring and recognizing the consciousness of our soul also is very important. This is my vision, and I must honor the ultimate purpose for which, with my friends, colleagues and many of you, I created the institutes throughout the world.

The achievements are, for me, going home to myself, and coming here to this other beautiful place with the forests, streams, animals and the woods, and angels flowing over the Center. I, with you, come home here. Thank you.

