

Releasing the Head and Neck

Pamela Chub buck, Ph.D.

It is essential in Core Energetics to know how to work with the physical/emotional armoring in order to establish the flow of life force within a person. In re-establishing the flow of the life force, we free the energy necessary to transform, evolve and reconnect to our core. Working with the head and neck is one of the most important parts of this process. We contract in these areas so we will not be aware of the pain that lives in our bodies and emotions, going instead up and away to our minds and our masks.

The armoring of the head and neck consists of three of the seven segments described by Wilhelm Reich as segmental armoring. These include the ocular, oral and throat segments, which are contracted and blocked by all the five character structures in different ways for different reasons. These armored segments function in front, on the sides and in back, and act like rings.

Feelings of all sorts are blocked in the head and neck: sadness, pain, rage, fear and the positive expressions of love, joy and tenderness, among others. It is our job to know how to skillfully assist our client's in opening these blocks. In Core Energetics we may see these armored areas as part of the mask; expressions of self will and pride, originally designed to protect the deepest wounds. Later they protect the negativities and the soft love feelings. We, as therapists, must approach these areas with utmost respect and understanding of the pain that is below the surface.

The upper segments are usually worked by the therapist early in the therapy to assist in dissolving the armor furthest away from the pelvis. A pathway is thereby created for the movement of sexual energy which otherwise would be too frightening for the person to experience.

In this workshop, after a brief review of segmental armoring, anatomical slides of the head and neck were shown to give participants a visual reminder of the areas we could be practicing on. Cautionary reminders were reviewed, such as how much pressure to put on eyeballs, eye orbit and nerves, to check for any disease process and for contact lenses, and to avoid deep pressure on aratid arteries. These were shown on sides, demonstrated and practiced.