

JPs Notebook

Consciousness and Energy

The work of core energetics brings together the dimensions of consciousness and energy. Consciousness is the psychological recognition of the symptoms and defenses. What ties consciousness together with the bodywork is the recognition of the role and power of energy in creating the particular patterns and habits that become our individual character defense structures. All of the principles in the universe, and thus in our lives, exist within the dimensions of energy and consciousness. If we only work on the consciousness level, we lose sight of the feelings, which exist on the energetic level. Ideally, the work should move back and forth between energy and consciousness, and it is important to become proficient in knowing when to move from one dimension to the other.

In the energetic work, the initial emphasis should be upon de-energizing the negative force fields. Our distortion of reality and the generation of fear caused by early childhood experiences create negative force fields in our bodies. Thus, the character structures are a manifestation of symptoms and energies that have become distorted. In this respect, the fusion of consciousness and energy forms a force field that has tremendous power, somewhat like an electromagnetic field, which contains many seeds of the creation of our problems.

Therefore, the energy field within ourselves creates events, patterns, and states of the body and soul. It develops a specific mold that perpetuates the power of the field created. This force field then attracts and repels situations in our life. One of the reasons we work with the body is to, in a sense, crack the mold and shake loose the energy pattern that has been created. For example, a woman who insists there are no men around attracts certain emotional conditions and repels the force fields of men who try to come near her. Of course, this phenomenon can be explained on many levels but the energetic level is basic. The energy sets up sequences of actions and reactions which create a pattern. It is a compulsion to repeat thoughts and feelings.

Consequently, such force fields contain many unreal and false ideas and impressions. What they specifically create is *images*. For example, when a child is yelled at many times by a parent, the angry energy becomes very powerful and forms an image in the child which is not only visual—it is an *experience*, an experience with many components. There are the visual image, the sound, and the electromagnetic fields released by the angry parent, all of which affect the energy field of the child. This image within the child is very powerful and becomes a *belief*. This belief becomes a pattern which is reproduced because beliefs are very powerful. What you believe comes to you.

In order to heal clients, the belief system must be penetrated. Paracelsus said that the great healer is one who changes the beliefs of the patient. But there is tremendous resistance to changing the force field or patterns because losing them brings insecurity, the loss of the defense system. There are many levels that must change, for all of these levels have their own complexities, wholeness, pains and joys, and it takes considerable time to confront them.

It is important to recognize that the patterns created are fraught with negative intentionality because, in our minds, this is our salvation. The child says to the parent: I'll stay here but you'll never get me. This is how the child survives. However, the adult just becomes more entangled in the perpetuation of unhealthy sequences of events through maintaining this negative intentionality by keeping himself distant and withdrawn from intimate relationships. It served the child but does not serve the adult and must be transformed into a positive intentionality.

How, then, can we change the energy force fields? The first step is to work to dissolve, melt, and transform the images, and that's not easy. If a man has trouble with women, there are many images that need to be dissolved, such as, women are dangerous! There may be a lot of resistance to letting go of this image and it can only be done by working energetically through all of the negative emotions—the anger, resentment, etc.—that helps keep the image intact.

The second step is to recreate the same situation in a realistic way. I had a lot of negative images about my father, who died when I was fifteen. I thought he was dangerous and didn't love me. Twenty-five years after his death he came to me and said that I was

the apple of his eye but that he had been incapable of showing me his love. The impact of this experience enabled me to see him and all men differently. Now when I feel the old images coming up, I stop and say: they are my brothers, we are all the same.

The third step involves the positive intention to change the images. You have to enlist your higher self qualities and reformulate the kind of life and emotions that you want to have. The positive intention takes the energy out of the negativity and false images and puts it into the creative process within you.

This, for me, is the evolutionary process of core energetics.

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