

## **Couples, Crisis and Coming Together with Core**

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### ***Objective***

The workshop wants to help therapists to detect obstacles in the relationships of couples and to offer therapeutic interventions based on Core Energetics and the Pathwork.

### **Introduction:**

A short description of Arab and Christian teachings about love in the couple relationship as a path towards God was given. Reference was also made to the teachings of Eva Pierrakos' Guide, and the lessons to be worked through and learned as a couple, which means commitment and the will to love.

### ***Obstacles***

Based on Systemic Couples Therapy, Core Energetics and Path work, we detected the different obstacles that arise between a couple:

The couple as an open or closed system; the family of origin intruding into the new family; the difference between falling in love and love; the difference between Love, Eros and Sexuality; the end of the honeymoon; the need for more space between the partners; difficulties with the matrimonial contract; the romantic couple and the convened couple and their different expectations; the 'official program' that we establish for our couple versus the 'map of the world' or old images that invade us from the past; the fear of intimacy; the fear to reveal the total self (Mask and Lower Self as well as the frequent shame to show the Higher Self); symmetric and complementary relationships and the 'games' we play ('collusion'); gender and power in its open and latent manifestations; introducing a 'third party' (work, sports, television, computer, friends, lover) into the relationship; the lack of forgiveness towards father and mother and continuing to blame them; the compulsion to recreate childhood hurts and the unconscious choice of the partner; and the principle of mutuality and reciprocity.

### ***Methodology***

In this first part, we did written exercises, similar to some of the Path, visualizations and dynamic work in small groups to detect the type of obstacles in our own couple relationship and/or those of our clients.

### ***Therapeutic Interventions and Practical Work from Systemic Couples Therapy, Core and Path***

- 1) Reveal negative sexual fantasies to another person in the group.
- 2) Group work with negative images about men and women.
- 3) Show how you cover up your Lower Self to seduce man/woman, and how you ‘kill’ them.
- 4) Work with couples and discharge (first: verbal, accusations, blaming, etc., second: with the racket/the sword on the couch; third making a commitment to the other about something s/he wants to change in her/himself).
- 5) Disclose your secret agenda that you have for your partner, the expectations you have, the ways you want to change your partner, and offer your own changes instead.
- 6) Make a list of all the vital information about yourself that you have not given to your partner and deliver these with complete honesty.
- 7) Discover where and how you do not love (because of pride, self-will, fear, separateness, cowardice) and where and from whom you still want to receive love in a selfish or childish way.
- 8) Make a list of all of your past love partners and find out how you recreate and try to overcome the old childhood pain.
- 9) Show your Mask in the relationship that covers up rationalization, blame, anger, resentment, anxiety, frustration, etc.
- 10) Discover how you participate and provoke others in the present to behave as your parents did in your childhood.
- 11) Reveal who you are in the Higher Self and your longings and meditate on your own wonderful special being.
- 12) Group Work: Walk slowly towards each other, determining inside if you want to open your heart to another person.
- 13) Discover the psychological and spiritual lessons around love that you are to learn from your partner, and the one you are teaching him/her.
- 14) Establish a vital project for the two of you and compare it with the one the partner has worked out, and then start to negotiate differences.

### ***Methodology***

According to the diagnosis and results of the first part, we will then work on any of the above exercises to liberate the negative energy in the couple relationship to be able to reach a new way of understanding of the dynamics between ourself and the partner. Some are individually in front of the group, others pair and group work.

### **Conclusions**

In many couples, it is the compulsion to recreate childhood hurts that determines the unconscious choice of the partner. Until the partners become aware of the task in their life to overcome these childhood hurts (with the conscious and unconscious help of the other), they 'invent' all kind of obstacles, dynamics and games that keep them apart.

Once the will to love is firmly established in them, they will be able to detect these, connect them to their original childhood hurts and transcend them. This means a deep commitment to a process which will help them grow individually and as a couple. It also means walking the path towards love, consciousness, evolution and God...it means: COMING HOME!

