

## **Core Energetics: A Healing Art**

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Having more than a touch of schizoid defenses and Core Qualities, I move fairly easily into the realm of subtle energy work. As a girl, I communicated with trees and animals, staying grounded by riding my horse, bareback, through the woods for hours a day. I lost my ground at puberty, when my father became frightened of his reaction to my sexuality. It was in my late 20's that I first heard about John Pierrakos. I was working to regain my body using Bioenergetics at what was then called, the Loft, in NYC. I heard rumors of this "strange" but gifted man. We peeked into his office to see the blue wall behind the couch—mysteriously rumored to assist him in viewing the human energy field—the aura.

I followed John to Core Energetics, when he left to expand on Bioenergetics, and to do his own work. My soul longed for recognition and reunion with my bodymind.

Coming to The Center For The Living Force, now the Pathwork Center, here in the early 70's was a profound experience. The place vibrated. I met Eva and felt her lovely, strong energy. On one bright fall morning a group of us were working with John in the bam. I looked out the large windows facing the mountains at the glorious foliage, and knew I was in a sacred space, more meaningful to me than any cathedral. I knew I was home. A friend got down on her knees and sang this song:

“Day By Day Day By Day Oh Dear Lord, Three Things I Pray To See Thee More  
Clearly Love Thee More Dearly Follow Thee More Nearly Day By Day”

Day by Day became one of my daily prayers.

I first saw John demonstrate the use of the pendulum in 1972. During the early years as I watched. John work; I was in awe. I never thought I'd be able to do what he did. He seemed to be getting information that I could never hope to get. He saw and felt at another level. Some kind of mysterious, psychic, and somewhat spooky stuff was happening. I thought I could never do that, but I wished I could. Although John will probably always be ahead of me, the gap has lessened. I can and do and see and feel subtle energies I did not think possible then (or even 10 years ago).

We all have the capacity to open to these energies and most of us already are. We just need practice and encouragement to help find our particular inroad to the messages that the Universe/God provides us.

For many years, believe it or not, John did not speak much about the spiritual nature of Core Energetics. Having direct body-emotion-mind experience was enough to flood me. and obviously many of you, with my own validation that spirit lived in me. About 10/12 years ago I asked John: why aren't you speaking at public conferences and to professionals about your work? "They aren't ready" was his reply. Well, the world is obviously ready now! We see by the hunger that people have for a grounded spirituality in their lives, for their evolution. Training programs are popping up all over the world, which have as students, all sorts of professional people including physicians, psychologists and others. Science is studying subtle energy on many levels, including how the human fields react and interact together. What happens when a healer heals, for example, has been studied at the Meninger Foundation. One finding is that the brain waves of the client match the brain waves of the healer during a session. Brain research, spearheaded by Candace Pert, Ph.D., formally from NIMH, shows conclusively to scientists, what mystics have known all along—we are all one unit—not a compartmentalized machine that Newtonian physics taught for so long.

We now have an international organization which is highly scientific in nature. The International Institute for the Study of Subtle Energy and Energy Medicine, has an annual meeting in Boulder, CO. This June I attended this and was very inspired. For example, I attended a workshop which showed that Science has the ability to view what happens to a cell, when a healer touches energetically either on or off the body. They can view down to the level of watching atoms and the influence of subtly energy on these tiny structures. I am very excited by these findings, which, I have felt in my body for many years. We all must keep in mind, as we work, how our own subtle energy interacts and

impacts our clients and everyone around us, all the time. Core Energetics would fit in well to this scientific community. I hope someone will represent us there next year.

Now that we have gone public with the spiritual foundation of our work, its time to come out of the closet and inform the general public what releasing the lower self and bringing spirit into the body can do for them. We need to do this simply and directly.

Core Energetics is a form of Integrative Medicine. Core Energetics is a form of Preventive Medicine. The dictionary says medicine is: the art or science of restoring or preserving health, treating or preventing disease. Core Energetics is a form of healing. The word healing comes from the old English word Hale = holy, meaning being touched by God; closer to God. Of course this is what we assist people in doing. Okay, getting closer to God is not hard science. It's kind of mushy.

Most people wait until they have physical symptoms to pay attention to the fact that they need to make some change in life. The measure that modern day medicine and television promises for example plop plop fizz fizz, the "instant headache cure" abounds in our general culture. Many people want to know if we can help them physically; they usually come to us when all else has failed. Conventional medicine can't help them. We anxiously await the new book on psychosomatic that John Pierrakos is currently working on.

I did a pilot study about Core Energetics. A qualitative study of 21 people ranging in experience with Core Energetics from 6 months to 27 years. Average 6 years. What I found is that Core Energetics works! One hundred percent of participants report feeling better on all levels of life! Now this is obvious to all of us here, but it is not obvious to our colleagues in conventional medicine, psychology, or to the general public. Most people in this country have never heard of Core Energetics, so they can not choose to use it to assist them in their own healing.

Core Energetics works on all levels of human existence, just as John conceived, and as we advertise. We have not yet, stated clearly enough, that Core Energetics has the power to wake up and work with the participants inner healer and to heal on many levels. We know people feel generally better when closer to spirit - but does this relate to physical health? Yes! It can and does heal!

Core Energetics heals regularly and well those very dis-ease processes that conventional medicine and psychology are stymied by. For over 25 years I've watched my clients heal themselves from such things as high blood pressure, migraines, and other severe headaches, colitis,

back spasms and low back pain, TMJ, ulcers, joint pain, as well as panic attacks, anxiety, depression, sexual dysfunction, and more. The things that conventional medicine considers difficult and mysterious we in Core Energetics understand and have great success with.

People get better, stay better, remain better and attain a better quality of life through using and continuing to use Core Energetic philosophy and techniques.

Core Energetics is one of the few approaches which is truly holistic, working on all levels of the human energy field which includes of course, the body. The others are homeopathy, acupuncture and some subtle energy healing, among these Core Energetics stands out as working brilliantly with the body, the emotions and the concepts of mask, LS, HS.

Core Energetics has the power to heal before energy gets stuck in the physical body. We work with this hierarchy. Spirit, will, mind, emotions, body. Healing can and does happen in both directions.

I discovered when I let out my energy, especially acknowledging the fear that held me back from feeling my pain. I'd get better!

In the early stages of menopause I contracted my pelvis and held back so deeply. I believe I changed my body chemistry. I did deep painful difficult work for a period after 2 years.

### ERA III MEDICINE AND CORE ENERGETICS

	ERA I	ERA II	ERA III
Space Time	Local	Local	Non Local
Character	Mechanical	Mind/Body Alternative Medicine	Mind not localized in time or space, mind unbounded
Description	Physical	Mind in All of Body	Ultimately one with all other minds and creativity
Examples	Focusing on things on the body; drugs, surgery, irradiation, CPR, herbs	Therapy focusing on effects of consciousness. Solely within the body: counseling, Biofeedback, imagery based alternative therapies, Bioenergetics, Core Energetics	Therapy which effects consciousness between different persons/energies is Era III. Distant healing, intercessory prayer, psychic, shamanic healing – any non contact of body therapies, subtle energy healing. Core Energetics
		<b>Core Energetics</b>	

Chin adapted from Lany Dotsey, MD

By moving energy within the body we effect and heal others levels. Releasing the body changes: physical, emotional, intellectual and spiritual experience and awareness. Since we are a unit, our energies

interpenetrate and spirit interpenetrates all levels, infusing us with our life force.

This interpenetrating showed up in my study in a therapist. When I asked this ex-client who had worked unsatisfactorily for 25 years in other forms of therapies how his body had changed, he responded that he was opening in a totally new way to the religious teachings of his childhood, which had once hurt him deeply and he had grown to despise. Incidentally his BP dropped, he lost 20 lbs., and was sleeping better also. He also said, "I now know that I have something to offer to the world." Another client, a 72 year old, answered the question about body by responding, "when you work on my body it puts me in touch with my angels." When I asked about spirit one person said, "spirit and my body are the same," another, "I connect with my own sacredness, even to my mask and my lower self." Another, "God and I are one in the same." Another, "I feel most spiritual when I am most human and most grounded."

**Transparencies of study**

## SPIRIT

- |  |           |  |
|--|-----------|--|
| <ul style="list-style-type: none"> <li>• Love</li> <li>• Connect to Universe</li> <li>• Cosmos</li> <li>• Mors Trust In Rtalky Beyond Ego</li> <li>• Use God In Life</li> <li>• Integrate Spiritual In Everyday Life</li> <li>• Opening</li> <li>• Realize Own Godself</li> <li>• Spiritual Life Expanded</li> </ul> | <p>to</p> | <ul style="list-style-type: none"> <li>• Lighter</li> <li>• I have Connection to God 4 God to Me (one 4 same)</li> <li>• Connect to Own Soul</li> <li>• Inner Divinity</li> <li>• Feel Sacredness of Even LS 4 Mask</li> <li>• Holiness of Journey</li> <li>• Identify With Greater Self</li> <li>• Spirit • Body</li> <li>• Experience Energy 4 Pleasure</li> </ul> |
|  |           | <ul style="list-style-type: none"> <li>• Experiencing Differences Between Spirituality 4 Religion</li> <li>• Slowly Opening to Deeper Spiritual Elements In Self</li> <li>• Put Me In Touch With My Angels</li> <li>• Aware of Spirit Realm</li> <li>• Sees Energy</li> <li>• Found Life Purpose</li> </ul>  |

## MIND

- |  |  |
|--|--|
| <p>See Truth</p> <p>Creative Intelligence</p> <p>Witness Instead of Judge</p> <p>Understand Issues / Journey</p> <p>Spiritual</p> <p>Positive Choice</p> <p>LS Mask HS Concepts Help Find Truth / Spirit</p> <p>Think More Positively About Life</p> <p>I Have Something to Offer</p> <p>Expanded Consciousness</p> <p>More in Reality</p> | <ul style="list-style-type: none"> <li>• See Self &amp; Others Move</li> <li>• Compassionate Choose to be Present Think / Feel Positive</li> <li>• Most of the Time</li> <li>• Conscious of Transference / Past Issues</li> <li>• More Awake &amp; Aware</li> <li>• Less Frustration</li> <li>• Less Mask</li> <li>• More Direct</li> <li>• Less Critical</li> <li>• Less Demanding of Self</li> </ul> |
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## EMOTION

Less Transference	Less Depressed Feel
Less Frustration Less	More Alive in
Mask Calmer	Emotions Feel More
Less Frustration	Deeply Can Cry
Happier	Open hearted More
Spontaneous Less	Positive Authentic
Negative	

## BODY

More Pleasure	• Colitis
Breathe Better	Stopped . Ease
Stopped Chronic Bronchial	• More Flexible
Inflammation	• Body Comfort
More Available Energy	• Lost 23 lbs.
Comfort	• Embodied
Relaxed	• Fewer Aches
Stronger	. Cured of TMJ Headaches . Off
Blood Pressure Down	C Pap

We teach people to find their Core and thereby tap into what some call their Inner Physician, some God. It is their connection to their God Self and to Universal Consciousness that heals.

We ask them to pray, mediate, express their lower selves and move their bodies to get slow and stagnant energies moving so that the energy of spirit can flow into every cell. We, as practitioners, must use our knowledge of the body, new physics, psychology, philosophy, and theology. We must learn character structure techniques so well that we use them like second nature. Then we let go of the techniques, open and go to our hearts, to the art form which makes Core Energetics unique.

We know and respect the client/sufferer as having ultimate knowledge of what they need for healing; we just help them find and activate their spark, we do this in a great variety of ways which are in the treasure chest of Core Energetic techniques and philosophy.

We are open hearted.

We are there for clients greatest good.

We sit in this intent, prayerful attitude asking for God's help. Then by becoming empty, we become a conduit for spirit to flow through us and work through us.

Core Energetics was created with such brilliance and foresight that, as wonderful as Core Energetics is, we are now using only a fraction of it's incredible potential. Core Energetics is designed to grow with us. I urge all of us to look at it's infinite possibilities.

I challenge those of us so inclined, to do research, write a book, study more in the realms of subtle energy and energy medicine, give a lecture or workshop for professionals in parallel fields: theology, psychology, medicine. Let's take our gift more and more out into the world. Core Energetics works!

Core Energetics is medicine for the 21st Century!

