

## **Reflections on the Nature of Reality and the Intention of Being**

*Siegmar Gerken, Ph.D.*

One of my patients reported to me that she got very angry with her 3-year-old son who had had a strong temper tantrum. When they had calmed down a bit, she asked her son if he “loved her again.” But in a strong, clear voice the little boy said, “No.” His mom asked him why and the boy replied, “Because you did not know me before I was bom.”

Another woman shared an experience with me that happened between her almost 5-year-old son and her three-month-old daughter, who slept in the same room. After a long day, the mother was glad the children were asleep, but she still heard some noises in the children’s room so she cautiously entered the room, and there was the little boy standing in the dark with his little sister in his arms, saying to her, “Mom, tell me about God. I begin to forget.”

Repeatedly, patients come in with this kind of remark to report, which led me to the question: Has there been a moment in our evolution, in our manifestation, when we could stay in contact with knowing the unity, the oneness, and wholeness in ourselves and with each other?

The conscious state of wholeness is the only reality. Here we are in the state of love. We perceive this pulsation as joy and pleasure flowing through us. Every time we stop the pulsation, for whatever reason, we stop the flow of life and harmony and thus limit our potential.

The Buddhist tradition teaches that life is precious and should not be taken for granted because—believe it or not—it is rare and difficult to come by, and the things we can achieve with it are vast.

Although we are bom ceaselessly from the beginning of time, in this unique imprint of individualized spirit and form, this *is it*. And it is the development of the conscious mind that allows us to take charge of the process and determine the time and situation best suited to carry on our life’s work.

In your realization in this body you achieve the possibility to step into the dimensions of reality, which include the world of physical objects. Instead of taking it as a tool of experience, you may get occupied by it and lose contact with the reality of Oneness. But in that moment

when you step again into the consciousness of love, you understand what exists, you understand the nature of Reality. That means, when your mind, your heart and your body allow the harmonious flow of *being, reality and consciousness*, they can embrace each other again, since they are One. Only when this happens, can transformation begin.

Therapy with an emphasis on traditional impact (like object- relations theory, conflict resolution, etc.), is short-handed and does not connect with the essence of being. It, therefore, cannot consciously work toward the unification of energy and consciousness.

We must become aware that nothing in existence, including the concept of the Self, has any independent reality. Core Energetics includes consciousness and energy, and that includes: the consciousness of the ego; the creative aspect of the soul; the energy fields which include the body; the core and the inner center of Being; the Higher Self, and its protective layer, the Lower Self; and with that, the greatness of human existence. We encompass the whole of reality.

When we allow and support the patient in *experiencing* and gaining the deeper insight that life processes and appearances are not just concrete or self existent, choices become possible and the person is capable of becoming a co-creator of his life process. This leads me again to the question of how much we can stay in contact with our intention of coming into this lifetime, into this body, onto this planet, into this place, at this time and to explore: what is it that connects us? What meaning has the Intention of our Being or our existence, and how can we direct these energies, individually and collectively?

The courage to come back can only be born out of love. We carry and sustain this inherent pulsation of love with our breath and light. Here the reality levels of matter and spirit merge. We carry the energy of light as part of the whole from the state of consciousness into the energy manifestation before conception. During pregnancy light is prepared for contact with matter through energy. The mother takes in with her breath so that light can manifest itself in the physical realm and fully embody the soul quality at the first breath.

I have observed several times that this soul light diminishes into a nucleus inside during the first two or three weeks after birth, and unfolds from here into the individual life process. Depending, then, on the strength of the life force, this process can occur again and again during one's lifetime. The soul light begins its expansion again at the moment when the person consciously steps into the Intention of Being and the affirmation to carry out its soul qualities.

Some children live off their etheric substance until the energy reservoir is drained, their immune system or other metabolic system fails, and they may die. The present materialistic oriented medical consciousness will find medical reasons for this (SID, sudden infant death), but the truth is that the Intention of Being was not nourished enough, or the nourishment could not be received so that the soul could not fully embody and manifest life and create light.

Often I find this an underestimated aspect in therapy: we often think and work on moments of mistreatment and rejection, physical abuse as a child, etc., but more and more I have become aware after working on childhood issues with my patients that a much deeper hurt and pain occurred in the moment of the rejection of the child's love, for the parents and for its own being. The child's pain about this, together with the fear of existence and despair that its lifeline is not adequately supported, is consequently followed by a protective denial of its inner pulsation, its inner truth, as a reaction to the parent's incapacity to take in the child's love and support its path.

For example, I would like to bring myself in here. I had an easy birth at sunrise, being born into a supportive family. My parents love me dearly and always try to support me. But they see the world practically and feel shy about the expression of any genuine feeling or high insights. As a child, I lived in the pain of not being seen or acknowledged in my Being. I emotionally drowned in the fear that I would not succeed to carry out my message; consequently, I fell into a pool and drowned, facing physical death. Other forces of light and sound brought me back and in the following process I became aware that I had made my life's journey dependent upon the shortcomings and limitations of my parents. In experiencing this insight, I could change my attitude. This is important to understand for therapeutic work, since this process cannot be done just by mental recognition. As Krishnamurti expresses it: One has to give one's Life-Heart, the Whole Being, to understand.

Developmental psychology observes and describes how children pass through specific stages in their understanding of the world. We have universities filled with conclusions made from these observations, which can be helpful to a degree, but in general all descriptions deny and neglect the child's own experience of inner awakening to each new stage of development. Parallel to ego development, the child still carries the knowledge of "me-myself," a deeper and all encompassing Self, which enables the child to be awareness of something larger within which is universal or spiritual in nature. To touch this space again is a subtle

experience for the therapeutic process, since here we touch the Essence of Being, the basis for all grounding in this life. To be a human being means to live the duality of an immortal spiritual being in a mortal material body. Here we have to become aware of the merging forces of two developmental streams: the Spirit moving into the physical body, and the physical body growing into the Spirit. These movements are not separate. They are One in nature.

Psychology in general describes the outer life form based on a visible physical reality and sees a growing adaptation to cultural norms, standards of society and tries to define an objective reality. This view gives us limited but also valid information on which most therapies, especially physical therapies, are based. But it gives us no perspective to grow beyond our mother matrix, body matrix and our present physical, biological and chemical oriented earth matrix. Also, our work in Core Energetics is to a degree still oriented and related to the knowledge of body development and its emotional growth and the experiences we go through on this present evolutionary level.

For the time being we have to root ourselves in the energetic framework of the present knowledge of the development of the psychosomatic unity and its analytic concepts, like stepping stones that lead us to the recognition of a much larger energetic reality which could then connect the evolutionary movement of the soul and its subtle energy fields with the individual process. Core Energetics provides the tools for this discovery, differentiation and expansion into an enlarged field of existence. We need to have the courage to expand our grounding into all levels of reality.

Your body is a tree, giving you a strong foundation for this lifetime. In this era of energy and healing, people often say, "It's in the field." But your body is the field. It is the field on a denser vibratory level and it constantly merges and blends with other fields in yourself and in others. Here we have to look at a second, complementary development of the maturation of the spirit in the body: there is a dimension in the child, and therefore in all of us, which brings in a reality of self that existed even before conception and the physical birth of the person and that has its foundation elsewhere: *in the reality of an all-embracing, unifying principle in the life of a person.*

This brings me back to my introduction and the statements of the small children. When people have difficulty accessing biographical or analytic material, I lead them into an exercise that guides them in stages back through their biological life to a moment of being in the cosmic

ocean before conception. After a short meditation phase, I invite them to look down and see or envision their parents making love with each other and I ask them the question: “Why do you make a decision to join them?” Participants often share this moment with insights such as, “I loved them,” “I wanted to be there,” “I felt an openness for me.” Some perceived a task, like “I wanted to support them,” or “I felt they could support me on my journey.”

Although all of them felt separated from this original decision, this exercise created a connection again between the perception of a limited individuality and something larger and more comprehensive. We know that both lines of development are necessary in this life. Without these processes, a child would not be a child and would not have a growing physical body, which is necessary for earthly physical existence. Without bodily development, a child would have no way of grounding deeper truth and, psychologically, would have no way of connecting and becoming part of the culture he is born into. But, on the other hand, without the spirit and the soul qualities merging into this process, the child would be disconnected from its Intention of Being, which is necessary to give direction and coherence on the journey on this earth and to carry out its destiny. If we disconnect or deny our Higher Self, our pulsation of being as I call it, (to also bridge the duality of higher and lower) as a source of guidance and existence, then we have to rely on our ordinary five senses and must primarily learn through physical experiences. This takes longer because lessons learned in this way must come through the density of physical matter. “Matter, as you know it, is therefore a rather advanced state of condensation. Condensation of energy means the dualistic, disconnected, disunited state and the consciousness involved in this state has to find its way back to increase the frequency of the energy movement and to alter the thought and attitude pattern, so as to purify consciousness and energy (Pathwork Lecture 197).

But, as Gary Zukav expresses it, “There is still a continual interaction between your personality and your soul. The question is to what degree are you aware of it? If you are not, then the energy cannot flow directly. The energy current gets distorted through the density of doubt and unawareness. The guidance from the Higher Self is denied or rejected and insight/teaching must come through the density of physical events [often crisis].” Nevertheless, although it may wake you up, I don’t see crisis as a necessary event in our growth; I see it more as a lack of recognition of our choices.

We are dynamic/pulsating beings of light and since no form

exists apart from consciousness, you give that light with your thoughts, feelings and action. That means *your intention of being shapes reality*. It determines the organization of the field. When this field has emotional/biographical charges connected to it, *the energy precipitates, crystallizes, and manifests on a personal level*. Emotion then becomes the organizer of the field. That means you are *not free of your emotions* unless you resolve and integrate them.

The reality of our world as we know it has been mostly built with the consciousness of the personality, but without the deeper consciousness of the soul. In the moment you express your inner truth transformation begins. The love consciousness manifested in the wholeness of reality is the only truth. Everything else has distortion and gets shattered into millions of pieces of cultural, social and individual realities, which create contradictions. Contradictions make reality hard to see. There is only *one* religion, *one* unity, *one* God, *one* reality, and that is *Love*.

As we deeply know or become aware, Reality is a multi-layered creation. No two people will have the same reality. But all human beings, in spite of their differences, share the air with their breath and carry the Light with their Spirit. Breath and light connect all human beings and cultures, and with this, connect the physical and the etheric, or spiritual part. In the state of conscious breathing and with the conscious intention to increase the capacity for light, we overcome all artificial realities of cultures, religions, and personal limitations. This is the deeper knowledge that we all carry and why we do this work: to expand our human capacities; to allow the pulsation of life to flow freely through us; to open the heart, allowing the consciousness to the sacred to fuse with physical matter. And in this moment when we become aware we are divine, we cannot be destructive with ourselves or with others.

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