

What dynamics informs our Core Energetics practice?

The Mask, Lower Self and Higher Self are parts of our personalities that shape our lives. They influence our actions, motivations, behavior, sense of self in the world and spiritual connection. The following is a brief description of each of them;

The Mask energy is the pseudo solution a child's psyche makes as to how to behave and feel in order to receive love from its' parents, family and community. If this decision is at conflict with the child's real feelings and desires, it thwarts the natural flow of energy = feelings. As a result, this energy gets repressed and ends up holding itself in the musculature of the body and becomes "armored" against those unwanted natural feelings. Where the energy is held and the effect it has on the persons character = the creation of "Character Structures". The areas in which the holding occurs depends on the developmental stage of the child when the holding and stress occurs.

The Lower Self is where the frustration over the mask and its power over the individual is expressed. Many emotions are felt; anger resulting in demand, fear of not being accepted, rage over not getting what one needed as child, frustration over the expectations the mask puts on them and the resulting lack of choice. A type of justified anger, and rage are a result of abuse and trauma. They need to be expressed in the lower self in order for the person to regain a sense of empowerment and justice which was denied to them at the time. Underlying this anger, rage and fury is often a tremendous amount of sadness and grief.

Releasing this held energy allows for the natural energy flow in the body to take place and a sense of relief from the tension held in the musculature, that served as a kind of armoring against feeling and remembering since childhood. In Core Energetics we move these energies physically and emotionally, with guidance and encouragement to help the person finally feel their unexpressed feelings. After having gone through the journey of the discovery of the Mask and the expression of the Lower Self, we can now experience the Higher Self.

The Higher Self is where we will discover our true self, our real needs and desires, our attributes, strengths and weaknesses. To honor our connection to our hearts, body, spirit and to our humanness all at the same time, as an integrated being. Our job is then to bring this Higher Self out into the world fueled with love, promise, and hope for all to see. As we were always meant to be!