

PSYCHOSOMATICS MANUAL

Section F

SEGMENTAL ARMORING, CHAKRAS & CHARACTER FORMATION

SEGMENTAL ARMORING

(Based on lecture by John Pierrakos, MD)

“The segments are very important. They should be taught before the character defenses. Reich divided the person into seven segments. The energy always moves longitudinally into the organism, at right angles to the muscles and tissues. It moves lengthwise from the tail toward the head. And from the tail toward the ground. Reich did not ground his clients. John developed the grounding later.

Each segment has its corresponding chakras:

The crown chakra.

The ocular segment (the third eye) corresponds with the sixth chakra..

The cervical segment (mouth and throat) correspond with the fifth chakra.

The thoracic segment (the chest) corresponds with the fourth chakra (the heart).

The chakras have a very direct, strong physical connection with the body. For example, the heart is connected with the knees, elbows and the shoulders. If I touch a person in the elbow or the knee, he will feel the energy pattern flowing toward the heart. If the person is going through a hard time and it feels awkward to touch his heart directly, by holding his elbow we can reach his heart and provide the required support.

The arms that hang from the shoulder to the elbow but look very alive from the elbows to the hands indicate that there is a lot of aggression in the upper part that hangs (but the kind of aggression that is not acted).

A schizoid person is very awkward, has a very hard time handling the body. Often we have to say hello and shake their hand just to make contact and allow a stream of energy go through him.

It is very powerful to use this information about the segments to connect with them. The arms are part of the chest. The legs are part of the pelvis. If the legs are kicking, having the arms punch will mobilize the heart and the second chakra at once.

When the movements are mechanical, they do not move the feelings.

Between the shoulder blades, certain muscles called rhomboids. When these muscles are very weak and stick out they create the “wing scapula.”

The shoulders positioned back and down a speak of a lot of spite.

Real grounding takes place when we connect with the spiritual self. Then, the energy really flows right through us. We are to allow the energy to travel through all the segments.

During the staccato breathing the brain is filled up with energy. The pituitary gland is stimulated and toned up: it strengthens the sense of identity, the energetic ego of the person. The pituitary gland is one of the master glands of the body: I AM. During the breathing we expand, contract and feel our back bone. Children breathe these way, following the biological pattern that we have lost.

Every time that there is a movement, there is an antithesis. Each time that we open up an area and open the flow, all the other areas will trap the energy and hold it.

This is why grounding is so important because it allows the energy to go down to the ground and come back again. And down to the ground and come back again. It makes

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contact with the ground and then moves up along the right side of the body and down along the left. The movement is like a figure of eight. The combination of all these movements creates the aura. The energy pulsates out. There is constant charging and discharging. The chakras have all the qualities: emotional, mental, spiritual and the will. In his effort to see this energy, John found a book by Killer called "The human atmosphere."

A pair of glasses can be made with blue cobalt glass cut round and set it into the glasses. The glasses cut the light and allow a light a little bit above the ultraviolet. The strong light kills the energy. The aura can be seen with the peripheral vision. If you are open, it will come to you. Don't look for it. Because if you do, you'll use the center vision and you'll see the cones and the tail. Focus a little bit behind or the front. Let your eye roll. The background has to be a light color, (light blue).

We can actually know whether the chakras are open or closed, by observing the area or the segment of the body where it belongs: when it feels cold, tight, or the skin is rough or lifeless it is closed."

(Based on lecture by John Pierrakos, MD)

THE SEVEN SEGMENTS:

- 1) OCULAR**
- 2) ORAL**
- 3) CERVICAL**
- 4) THORACIC**
- 5) DIAPHRAGMATIC**
- 6) ABDOMINAL**
- 7) PELVIC**

1) THE OCULAR SEGMENT

“1. - The ocular segment: Includes the head, foreheads, eyes, cheekbones, crown chakra. The eye movement is also important because the eyes have all the muscles shaped like a ball with the ropes attached to different areas. As the ropes “pull,” the eyes move around. They are like pulleys. There are numerous blocks in these “ropes” which, in turn, are attached to the bones. In people with strabismus the eyes look always in the same direction because one of the ropes shortened. Excessive fear will become myopia when the eyes contract. The muscles pull and the perfect sphere becomes elongated. Astigmatism follows a similar process. The fear contracts the **extraocular?** muscles. When John Pierrakos got his first pair of glasses he was about 13 years old, the time when his sexual feelings aroused. See how the eyes shine while moving the rage!

The eyes immediately tell who the person is:

- Masochistic structures have sad, muddy eyes.
- Psychopathic eyes bulge, projecting a mental grasp toward the other person. They give off energy and do not receive others.
- Schizoid structure’s eyes don’t move and have an expression of sadness, rage, blankness, depression (lacking energy) or they are glistening and vibrating.

Is the forehead flat and dead? Are the eyebrows still, they do not move? The eyes should be able to go up instead of being steady. Sometimes the scalp feels like gypsum board, and if it doesn’t move we know that the energy is not moving. Craniosacral therapy has a lot to do with the scalp.

During therapy, the eyes have to be mobilized; the jaw has to be out, the fists mobilized, make faces in a mirror, grab the client by his throat, make him scream.

An exercise, recommended to be done in the morning: by placing the left hand on the crown chakra and the right hand between the hairline at the face and the crown chakra. In this position you have the whole person: the crown chakra is receiving energy all the time and the right hand makes contact with the sensory and the motor areas of the whole person. One area is called the **“Sylvian fissure”**. One side of the fissure is related to the motor area; the other to the sensory area. As we put our hand there, massaging and breathing, the whole system is stimulated, we can feel the energy flowing through us.”

(Based on lecture by John Pierrakos, MD)

2) THE ORAL SEGMENT

2.- The oral segment: Includes the mouth, the chin, the throat, the occipital area at the base of the neck. In a person who has not been nurtured the lips are thin, flat, small. Even the mouth is small. The person is not able to cry. The masseter is held tight. Work them with your knuckles, have the person reach out, hold the mouth open. The cry is very hard because it depends on the other segments, the throat and the chest, which have to be open as well in order for a person to be able to cry. The tongue goes all the way back and attaches to the bone. Hold the throat with your hand and press with the fingers at both end. See how the eyes pop out. It brings tremendous energy to the eyes. It means that by tightening the sternocleido mastoid muscle we hold the expression of the eyes, the throat, the voice, and the expression of our feelings.

This is why it is very important to work on the angle of the jaw. Also, the jaw is connected to the third cervical.

Within the oral segment, the nose is very significant. When it is cold, it means that the energy doesn't come down. There is a relationship among the size of the nose and the aggression. When the nose is very small the aggression doesn't come through in the face. "

3) THE CERVICAL SEGMENT

3.- The cervical segment: *It contains all the muscles that pull the jaw down. The platysma muscle, the sternocleido mastoid, the tongue and the Adam's apple. Take the thumb and the third finger and put it on the Adam's apple. Push one finger so to bring the Adam's apple out and put the other finger inside. We never touch these muscles. (You need a big Adam's apple to do this.) We swallowed horrible things and all the denied feelings during this life and previous incarnations. When blocked here the sexual feelings are controlled as well. Freud discovered this muscular lump called "globus hystericus"? in hysteric women's throats. It was a sin to have sexual feelings then in Vienna. A wife was to have children, and then sex was sought after somewhere else.*

The throat is the bridge with the body. We are to work a lot in the muscles of the neck. Scream a lot. Or have the client work on their own neck.

When we want to affect the person quickly, fast: "GAG" him. Place the thumb finger against the upper back of the palate and press. Move the voice out. It breaks the stagnation, and vibrates the whole body. Throwing up is not required although it is advisable to throw up. It is good in the morning, after drinking a glass of water. Those who cannot throw up are not givers."

(Based on lecture by John Pierrakos, MD)

4) THE THORACIC SEGMENT:

4. - The thoracic segment: *Most people suffer from a chronic attitude of inspiration. The chest doesn't move in and out and it is held in a position that is not flexible. Classic armoring: the stiffening of the intercostal muscles pulls the ribs away. They are frozen up. An average person breathes from the belly, not from the ribs. The chest doesn't communicate the real collapse. The shoulders are pulled back. Slopping shoulders have a lot of spite. Square shoulders are full of control and power. The chest has so many emotions. In heart disease there is a situation with chronic anxiety of the chest that manifests in many ways: sometimes it expands: a barrel chest creates emphysema. Raving rage, crying, sobbing, intolerable longing, heart breaks. When the chest is armored and holding, we have "cold" emotions such as cold voice, crying suppressed.*

*There is a lot of longing and desiring in the chest. When the feelings in the chest are contracted, sometimes we contract the whole hand and the fingers get **ischemic?** , Cool. We are blocking the communication.*

Sometimes the chest has an exaggerated sensitivity. These clients project a feeling: do not touch me. This is because the chest has an accumulation of a

tremendous amount of energy: raving anger, longing, sobbing. “

5) THE DIAPHRAGMATIC SEGMENT:

5. - The diaphragmatic segment: *The diaphragm is a flat muscle with tendons attached to the ribs. The diaphragm is the seat of the emotions, the muscle of life. As it contracts and expands it allows us to breathe. It is related to spontaneity, to the living functions connected to the solar plexus. This and the pulse of the heart go together. The heart has an area that initiates the pulse of life: many cells connected together have common membrane and main nuclei. This sets the pulse, the heart beat. The diaphragm has similar connections in terms of breathing in and out, breathing in and out. But only if it is free. If it is blocked in the chest, it breathes very little. A way to reach the diaphragm is the gag reflex (we can bring it into pulsations) or having the person lean forward: You stand behind and hold his diaphragm: put the dinners in the diaphragm. So, this spontaneous diaphragmatic movement frees the other muscles. The diaphragm when contracted tends to have a rhythm separating the upper and lower parts of the body and it affects the spine creating a very high break in the pelvis (instead of the pelvis having a low break, it starts very high, near the thoracic area). The diaphragm has to do a lot with spontaneity, pleasure, the orgasm, with the living functions and with connecting with cosmic functions, because it is connected a lot with the solar plexus.*

*The ancient Greeks called the diaphragm “the seat of the emotions.” It means an obstruction that is **across**. In Greek “phragma” means an obstruction, means fragmented. “Dia” means across.*

We have three diaphragms: two in the pelvis: one that holds the organs and the other..???..... (the pelvis has two floors, one is a membrane and the other is the opening). In order to breathe we have to expand the chest up and broaden it out. The idea to breathe is to make room for the life energy. If we don't make room, the dead energy that we have created takes up the space and leaves very little room, one forth may be.

*The psoas muscle is the largest muscle at either sides of the spine. It connects the chest, the belly and the legs. It comes from the back and **interdigitates (interlaces)** with the diaphragm. This is how the orgasm gets affected.*

The diaphragm has a rhythm of its own.”

(Based on lecture by John Pierrakos, MD)

6) THE ABDOMINAL SEGMENT:

6. - The abdominal segment: *The main muscles in the front are transverse muscles: one points toward the middle and the other points away. There is a big muscle, the rectus, it is like a strap attached to the pubic bone and runs all the way to the diaphragm and makes all kinds of connections. Also, the latissimus dorsi and the sacro-spinalis in the back. The **sixth segment contains the unconscious aspect of living**. The conscious aspect is in the muscular structures, in the voluntary muscles: we “know” what it is, we “know” what it is, you can easily access the information in a conscious manner. When we have conflicts that we cannot handle we drop them into the unconscious (the autonomic nervous system) and then we drop them into the belly. And we wouldn't really know it. If we work with the belly, each day we'll find a new achy area that hurts.*

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The unresolved things drop into the belly. They involve the abdominal muscles, the rectus, the colon and the small gut. (The hernias break through outside the membrane: when under tension the gut gets very stiff, and it requires very carefully rubbing it so to bring it back inside otherwise it hurts a lot). The autonomic nervous system (sympathetic) reacts and tightens spontaneously. Every morning, do a very deep thorough massage with both hands: the left hand under, the right on top. Start with the upper right quadrant. Go around clockwise four or five times. If screaming, it is even better. Then, caress the front of your body, up toward the throat.

People who don't cry store the crying impulse in the left side of the colon, to the right of the pelvis. The right side stores rage and anger. The upper parts (liver, spleen) have to do with the emotions. The rectus muscle is attached to the inner parts of the ribs and pulls them, creating the concavity. the shape of the chest is connected with orality. Colitis is a chronic collapse of the gut."

(Based on lecture by John Pierrakos, MD)

7) THE PELVIC SEGMENT

7.- The pelvic segment: *It contains many pathological situations: In men with cancer of the prostate usually the crotch is dead: there is no energy. Every morning it needs to be worked: put your hands in front of the rectum, (in the perineum) and work into it, or hold the balls between your hands and shake them, allowing the energy to flow down into the testicles (this increases the testosterone). Check the rectum, put your finger and go around, feel the prostate gland, energize the entire area. Very often, when constipated, putting your finger opens the cavity, brings back the energy. Problems with the prostate are related to having no sexual feelings, and it slowly shrinks. The areas where the energy is not present become very weak.*

When blocked in the seventh segment, the woman may have complete vaginal anesthesia, vaginismus, constipation, pain in her lower back. Growths (the life energy becomes matter when stopped). When cutting through a fibroid it looks like twine, resembles the life movement. When she gets excited, first she releases and then she controls it. If problems with the ovaries, the woman is denying her femininity.

There is a specific state in the pelvis. The pelvis gets enraged. Kicking and throwing the pelvis out moves the energy. Sometimes there is contempt toward the organs of the pelvis related to images of the child with the mother.

The legs are part of the seventh segment. If the calves are very tight, the buttocks are going to be very tight as well. This controls the feelings of the belly, the solar plexus and the second chakra. Women who have big calves (i.e.: Hillary Clinton) tend to control the feelings. The same applies with men. The knees correspond with the heart. When suffering the loss of someone they love, many people get pain in their knees. Life energy cannot be killed. When blocked in the body's cavities, it will spin around and create tissue."

(Based on lecture by John Pierrakos, MD)

THE CHAKRA SYSTEM

(Based on lecture by John Pierrakos, MD)

*The chakras are structures to receive the energy into the body. We cannot accept the energy in the potency it comes toward us. The chakras are special organs to metabolize the energy. They step down the power of the incoming cosmic energy so that the body can absorb it. **They have will formation and the walls of the will are made of spirals.** ??? Our chakras form funnels toward the body. The chakras connect us with the Universe. When we are open we can receive its energy.*

*Blocked chakras either : a) fade out,
b) leak, or
c) the funnel reverses and cuts the body*

A pendulum is useful to test the state of the chakras: When the chakras are healthy the pendulum will swing clockwise. When it starts to become elliptical, it means that the chakra already started to change. When the pendulum stays quiet. It means that the chakra is fading. When it moves backwards, counterclockwise: the energy is actively going in the negative direction (food can be tested as well: depleted food will keep the pendulum quiet)

It vacillates between the two. The "good" chakras are clockwise.

The chakras are connected to the body:

FIRST CHAKRA ("KUNDALINI")

*The **first chakra (kundalini)** is connected to the feet and the hands. The color is bright red. It relates to security. As an experiment, visualize the chakras as funnels or "spinning balls" and go through all of them spinning your own hand over them. Breathe and feel it. Go to the next one.*

SECOND CHAKRA

*The **second chakra** is small, like a tennis ball. Color orange. It is the biological one. It relates to the tribal energy, early things in life. It has to do with power, pleasure and sexual pleasure. It is related to the wrists and ankles.*

THIRD CHAKRA

*The **third chakra** is bright yellow. The biggest chakra in the entire body. Almost one foot in diameter. It accumulates tremendous loads of feelings. Especially in masochists who are always swallowing things down, piling energy up. It has to be opened up. Their solar plexus chakra is always in an overload, it accumulates tremendous amounts of feelings (especially the masochist structures, they are always swallowing, piling it up). In order to open it up, first, swing your right hand in front of it, from the left to the right, as if cutting through it. Then, put the hand on top of it and give it energy, heal it. Finally, do a clockwise spinning hand movement. The third chakra is connected to the calves and forearms. When tightening the calves, we control the solar plexus and the second chakra as well. It also goes in the back, tightening the gluteus*

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and blocking the feelings.

FOURTH CHAKRA

The **fourth chakra** has many colors, green, golden. It has the qualities of the blue, the orange and yellow. It contains the whole entity (the heart). It corresponds with the elbows, the knees and the shoulders. Most people have blocks in the knees: it is very important to go down into the knees and punch out, to open them out. The fourth chakra corresponds to group consciousness and spiritual law. It is our essence.

FIFTH CHAKRA

The **fifth chakra**, the neck has lilac blue color. A bright blue. The colors of our clothes are to relate to our chakras. The colors affect us. Be aware of it. This is the chakra of the will. And clair-audience. Eva constantly had clair-audience, her head and shoulders were immersed into the bright blue and purple field. When going into a trance, she would create a huge field above the ceiling. When talking about love, the emotions would change the color to pink. All the times they emit color, energy, and consciousness. They exist independently from time or space. They can create anything, magnificent buildings, anything they want to, yet, they are not material. The fifth chakra (the chakra) is the bridge between the entity of our head and our body. As we react to life, and we don't move it physically, we tighten the neck. **We need to work on the neck.** Otherwise, no matter how much we talk to a client, they cannot feel, cannot cry or express any feeling. Hear their screaming, sometimes grainy (murder) or like a baby, or angry, or very weak (the energy is missing). In the voice and the eyes we can hear who the person is. The voice comes from our depths, the core, it is an expression of our soul. **The fourth chakra is related to the lower chakras:** When the throat is blocked it affects the solar plexus (third chakra) as well as the second and first chakras. It is connected to the whole front of the body. That is why it is so important to work on the neck. It is a key place. From the back it is easier to approach people. From the front, they feel more threatened. (Refer to The women with globus hystericus in their throats have vaginal anesthesia, they hold their feelings in their throats)

SIXTH & SEVENTH CHAKRA

In the head there are three chakras: front, top and back (occipital). These three chakras do not connect directly with the body like the others do. We have to find other maneuvers to connect with them. The chakra between our eyes is related to the third eye. The top is drawing the energy into the body. There is another group of seven chakras there and if we reach up toward the sky with our hands open, we connect with spiritual union because it reaches the other group of seven chakras. If we are open, it brings the energy right into you and it goes into the heart. In the human body, the energy has a basic longitudinal movement. It goes to the ground and bounces back up forming a figure eight. It streams counterclockwise, from left to right, around the head and shoulders, and clockwise in the torso and legs. Reich defines two distinguishable currents meeting at an angle and sustaining the spinning circle that is visible in each sector. These individual movements fuse and flow in an overall movement. There is a second element of pulsation plus the chakras bringing the energy in. We are vibrational entities, we vibrate, we take in and mix the energy.

There is a way to open the pituitary and the pineal glands: Breathe with a grasping sound. At the same time put your hand in front of the neck and shake it as you

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move it up toward the eyes. It is not a circular movement,

To reach the pineal gland we make three circles (like three balls) with the hand, alternating: the first is clockwise, the second counterclockwise and the third is clockwise again. It puts the whole brain into vibration and movement.

Whenever a chakra is overcharged, use the cutting movement with the hand first: three or four times, to open it up. Next, feel it and go ahead with the spinning with the hand.

Go over each chakra, from the first upwards, spinning the hand and breathing. Sometimes you feel a warmth. This exercise organizes the chakra system.

For each chakra in the front there is another in the back. *The front chakras have to do all the receiving of the feelings (of course we don't do it, we block them). We use the back chakras a lot, which have to do with activity and movement. Especially the psychopathic character that blocks the heart feelings and exaggerates the use of the back chakra, of the will. (I couldn't understand this portion)*

(Based on lecture by John Pierrakos, MD)

CHARACTER AND CHAKRA SYSTEM

Each character system has different chakras open or closed:

- In the **rigid** character most chakras function very well. Except the throat and the heart, which are closed. (they are reversed) They can achieve a lot but their hearts are closed. They are stuck.
- In the **masochist** the heart chakra is also closed, the solar plexus is tremendously overcharged. The fourth chakra in the back is very weak, it doesn't lead to action, because it has to do with the ego.
- The **schizoid** has splits all over.
- The **psychotic's** field rotates. They are literally besides themselves.
- In the **oral** the heart and the solar plexus are locked. The third eye is tremendously opened. That's why they talk, talk, lots of ideas that cannot be implemented. The ego in the back is weak. They have the concept and they talk, talk and cannot put into practice.
- In the **psychopath** the most outstanding chakra, overdeveloped is the posterior fourth. It corresponds to the heart. It has two or three times the size of a regular chakra. The heart chakra is closed, very weakened. All the energy goes into the will of the ego. All the lower chakras are in trouble: The solar plexus, and the second one. They have very poor grounding, and squeeze the rest of their bodies, are not in touch with their feelings.

One of John's cases was this man who owned an extraordinary art collection. He was gifted with great genius, power, and very strong psychopathic defenses. His front chakra at the third eye was extremely bright and shaped like an inverted horn (facing toward the floor). This increased his eyesight. Recently, someone who visited India and works with Sai Baba brought some pictures. John could see a white light in front of Sai Baba's third eye. The energy has to be very strong to show in a regular picture.

We have to be aware of the chakras when we work with people. When kicking, let's check which chakras are they using now? See if they are blocking the heart, in which case grounding is necessary. This awareness gives the physical movement a deeper meaning.

The chakras are our communication with the Universe. If we meditate, and the body opens, we can receive its energy. The one chakra that expresses the greatness of a human entity is the heart. It humanizes and connects the person. Now we are living in the era of the heart. Nothing can be created unless there is love. This is Jesus Christ teaching: about the brotherhood of man and woman, and the fatherhood of the loving God. We were created and we are beloved, each one of us are deeply loved and have divine qualities inside of us even when we want to forget them and go into the negativities.

When you first meet a person, don't look at the negativities.

- First, see his greatness and his gifts. Also, see what kind of person is this: a person of the will, a person of the emotion.
- Next, look at the actual defensive situation that he presents: the chief complaint.
- The third step is to look at the body.

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These steps allow us to arrive to a tentative evaluation. We are to open our heart to each person we work with. Everybody has to be treated equally. Clients are not to be looked at as if they were the ones that are sick, and being taken care by the therapist, who is the healthy one. We are aiming toward evolution, and the client may have psychic and spiritual qualities much greater than the therapist's. If we cannot see the process this way, we are to check inside ourselves.

Sometimes, if a famous client consults us, we'll find ourselves hoping he'll make us famous too. That moment our objectivity is lost, and we will try to utilize, maneuver and exploit this in one way or another.

Core Energetics is not just therapy. Beyond therapy, it is the evolutionary movement of the person in front of you. J.P.

We are to use the energy and psychological terms to talk to clients. Avoid the character defense names. When categorizing people we give them a "temporary" impression of what they are. Core Energetics is a creative core movement, changing constantly, including ourselves, the therapists. For learning purposes it is all right to use the technical names, but when with a client we must use the energy terms: here you have a lot of energy, or you are lacking it. Do not label people.

When, during a session we lose the "grip," we can have the client close his eyes, check his body from head to toes, and tell us how he feels. Where he feels a lot of energies, where are they blocked. How does his head feel?

Don't close his eyes and check your body from head to toes, and tell me how do you feel. Where do you have a lot of energies, where they are stopped. How does your head feel? What about the neck? Neck, front and back, chest front and back, belly, pelvis, legs. There

There are going to be areas that feel dead or absent, and areas that are over-charged. These give information on the character defense that predominates. Now, the therapist has the information that will make him look like a magician.

Most people take sessions once a week or every other week. It is very hard to have the emotional state to work with them. The connection has cooled down. We have to re-connect. The energetic connection with the person is very important, we cannot do it from our head, it requires the whole person of the therapist. If this state of being is not available, the therapist better sit on his chair and have them do bodywork.

When we have a connection we become alert, concise, and you we use our body as well.

(Based on lecture by John Pierrakos, MD)

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Created by Kuno Bachbauer, MD

Section F

Version: March 2006-A

EGO DEFENSES & ARMORING

“Muscular Armoring”:

Armoring is a chronic, unconscious, involuntary pattern of muscular constriction. This constriction **CAN NOT BE LET GO THROUGH THE WILL**. It is a more pervasive phenomenon than the more localized energetic “block”. Muscular armoring is part of our emotional defense system. It is often compared to a wall and moat around a fortress.

Muscular Armor:

- Armor is a block that is more severe (see rigid).
- The rigid person has the most complete system of armor (plate armor).
- All other character structures have incomplete patterns of armor: “mesh armor”, “knotty armor”, “sheath armor” or no armoring..
- All armoring is a tendency, it can be dissolved.
- Armoring limits personal choices and freedom.

Character Armor: A pattern of muscular armoring. It is associated with the mental, physical and emotional limiting of the individual affect and expressions in a neurotic personality. This muscular pattern makes up a significant (and diagnostic) aspect of our character structure. Thus it is often also called “Character Armor”.

How armoring controls charge and discharge:

- ✓ Limits emotional response to any situation
- ✓ Numbs the body & limits the range of motion
- ✓ Impairs kinesthetic awareness
- ✓ Distorts perception (inside and out)
- ✓ Limits understanding, intuition, creativity
- ✓ Precludes spontaneity
- ✓ Prevents from feeling or protects from feeling
- ✓ Does not allow full choices
- ✓ Overrides natural instincts

(Based on lecture by John Pierrakos, MD)

TYPES OF MUSCULAR ARMOR:

One can see muscular armoring in the body and the different qualities of armoring are also discernable by touch. The rigid character is the only one with a complete armor (plate armor).

- *“Plate” armor*
- *“Mesh” armor*
- *“Knotty” armor*
- *“Sheath” armor*
- *No armoring*

For further information on “Armoring” see: “Segmental Armoring” in a later chapter.

Corrective therapeutic action:

- **Awareness** is a tool to let down the armoring. Use body awareness exercises in the beginning of the therapy process. Awareness must happen before catharsis. A person must have insight into the nature and origin his/her character defenses before the let them go.
- **Relatedness:** Contact with the therapist is important to allow a grounded re-experiencing of the original wounding.

Physical Release: By adding energetic pressure in form of “stress positions”, massage, touch

PERSONALITY TYPES and DISEASE:

(Based on lecture by John Pierrakos, MD)

Two good books on psychosomatics are:

- *Bodily emotions* by Flanders **-Dunbar** • *Psychosomatic Medicine* by Alexander and French.

In his lecture on psychosomatics, John Pierrakos tried to give a general impression about various illnesses. The following statistical information is intended to serve as a summary.

The dynamics of each condition may give an insight. ???>?

There are eight personality psychosomatic diagnostic groups listed in John's chart: Fracture, Coronary occlusion, hypertensive heart disease, angina rheumatic fever, rheumatoid arthritis, rheumatic heart disease, cardiac and diabetes.

People who are long and thin have a tendency to develop **tuberculosis**.

People with **heart conditions** have a lot of anxiety.

People with **ulcers** are hard driving

People with **hyperthyroidism** are high strung.

People with **hypothyroidism** are dull and phlegmatic.

People with **coronary heart disease** : Great control and striving on a long term basis. They subordinate their lives to the goals they have.

People with **frequent bone fractures**: very impulsive, uncoordinated and have an ill controlled hostility (self punishment and guilt).

Chronic hostility increases the blood pressure.

Chronic dependency increases the **gastric secretion** in the body.

Squarish, masochistic bodies are the kind that creates **stroke** in the later years.

Go-getters and demanding personalities develop ulcers (Our culture has this type)

Oral people have a fear of separation from the mother. They were forced to have a mask of independence: it creates **asthmatic attacks**

Rheumatoid arthritis people are extremely demanding, they have a lot of orality, they keep the body in tremendous tension all the time.

John emphasized that "without the constant body work the above conditions cannot be changed. The body work is very important, otherwise the conditions cannot be changed in the majority of cases."

THE DISEASES (OR THE DYNAMICS) OF ORALITY:

- **Gastrointestinal diseases: (Peptic ulcers, Anorexia, Bulimia)**
- **Disturbances of the elimination (Chronic diarrhea, Colitis, Mucous colitis, Constipation).**
- **Respiratory illnesses (Bronchial asthma, Tuberculosis, Cold)**

INVESTIGATION ON HOW THE CHARACTER DEFENSES ARE CREATED

(Based on lecture by John Pierrakos, MD)

Investigating what creates the character defenses, we are to consider the different levels:

- *the physical body;*
- *the dynamic of the emotions;*
- *the physiology of the endocrine glands*

The endocrine glands bridge the physical with the spiritual levels.

Most important is to go deeper into how the emotions, the will and the feelings affect the physical body. The spiritual dimension is the fastest and the most energized of all. Energy healing, or lying of hands alone cannot affect us in a permanent way because the three elements: emotion, will and feeling are faster and stronger than the energy of the body.

A powerful therapist is a “changer of beliefs”: The Guide has said that we are in touch with barely 5% of reality. As the child perceives his parents, images get imprinted deep into his personality. These images are mostly unrealistic or partially realistic. All together they form the beliefs that control and make life quite difficult (it becomes very hard to perceive reality). The good therapist is the one that can change these beliefs.

Once again, the process of transformation of beliefs has to include the physical body, the emotions, the mind and the spirit. Hippocrates plate of healing describes how the doctor removes the disease “under the eyes of God”: The actual healing process is in God’s hands. Hygia, the nurse ensures the best environment. The snake represents the movement of the life energy.

Psychoanalysis’ new concepts had a great impact on our culture. The ideas are now part of popular knowledge, yet, psychoanalysis stopped growing. Also, physicians have very limited tools because they cannot understand or accept the existence of the life energy. That is why “artificial energy” is created with the drugs. Ahead of us is the era of the life energy. Life is expressed in two dimensions: consciousness and energy. These are what makes Core Energetics a deep healing process.

Nowadays, most diseases are caused by excessive auto immune reaction. Modern medicine is moving into the field of immune reactions. It’s been found out that heart attacks are not only caused by cholesterol. The organism is in inflammatory process and there is an excessive auto immune reaction. When the attack takes place, the area is already inflamed. What truly inflames the whole body is the kind of pushing, controlling behavior

Science does not know of a greater perspective of the Universe. There is not a real explanation of what electricity is, etc. Neither will science be able to create life.

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Cloning is as far as it may get: As per a psychic's story, Atlantis fell apart from three explosions. The last one was due to the negative forces violating the laws of nature, trying to create robots. The negative feelings, the destructiveness created a climate that exploded an entire continent.

In 1930 the psychosomatic era started. Freud admitted that he did not create his concepts. The ancient Greeks did.

Wilhelm Reich has been the first one to unify the body, the emotions, and the mind. But he skipped the will and the spirituality. He discovered the energy and tried to prove it. John's intention is to present the elements of Reich's work and stresses how important they are.

*A lot of the work in psychiatry has been done around the symptoms, with a lot of focus on **the content** of the material. The other dimension, **the intent**, is the dynamic one. The content can even be boring, or the client may be using his talking to flood and control the therapist with information. **Becoming aware of the energy behind the content: the intent** is a very powerful tool. Focusing on the intent makes it very hard to get lost or confused. The concept of the intent was born not so much out of analysis, but from the character defense concept. Before that, analysts like Abraham and others would use systems to interpret dreams in certain order and then, for example: such and such symptoms would mean "compulsive," with no further explanation of what the meaning of compulsion is.*

*When the feelings of rage are inhibited, sooner or later a cerebro **vascular.....?**, (a stroke) will take place. When people are very dependent and this dependency is related to the function of nutrition, in order to heal the condition we have to look at the dependency*

If people are very conflicted with their sexuality and at the same time they act out and have a tendency to independence, we are to look at their respiratory function (asthma is connected to this issues).

*Psychoanalysis has the purpose to discover and interpret the aims and the integrative capacities of the ego. However, this type of knowledge lacks understanding of the conscious aspects: **the core, the lower self and the mask**. Therapists refer objectively to "conditions" and they don't venture into the area of the consciousness and personal responsibility.*

Reich was brought up in a farm. He witnessed the natural life, the animals copulating and the forces of nature. Once in Vienna, he saw the sterile office where Freud worked, the leather couch, some notebooks, pictures and artifacts. And a chair, facing away from the patient. Freud wore a stiff collar. They talked, and talked, where was the life force?

Reich started looking at the emotions as being a part of a whole, not as the only thing. It is not possible to have a personality without the energy. He called the body "the laboratory of life." The body is the frozen state of the whole personality. All the aspects of the personality are expressed in the shape, harmony, distortion, and blocks of the body. They tell the history of what has happened.

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Resistance is the self defense that the person develops. He doesn't want to see the repression that took place. During the work of therapy, **if the resistance in the behavior of the client is not brought up immediately, it will become part of the negative transference toward the therapist.** Once this happens, nothing can be done. The nicest, open, friendliest client will transfer his negative beliefs against his parents toward the therapist. It is the job of the therapist to bring it forward, address the resistance: "I appreciate your beautiful qualities but I do not trust your defenses."

As a summary, resistance, repression and transference are three very important tools of the therapy. According to A Reich, **if the resistance is not dealt with, it appears in the transference later on and the patient is lost.** The resistance is the personality: Nice, sweet, pleasing, praising person. Compulsive. Or cool and unemotional. He brings this resistance to the therapist, who accepts it without questioning. Soon the client will realize that his therapist allowed him to seduce him.... he doesn't understand me. (Again, the inner things are more important than the outer ones).

Reich felt that the character is all of it: the body, the mind, and the emotions. He questioned:

What is the function of the character? ;

Why does a person develop that character? ;

What are the conditions in which the character develops? ;

What does this character lead to when the person works with the therapist? .

He looked at the character as an armor and called it the frozen history of the person. Each character has different armor in different parts of the body. (i.e.: the hysteric person has a "chain armor"). In developing the armor, each character defense has its vulnerable places.

Reich said that the character has three layers:

- the outer layer is the mask;
- the middle layer has terrible irrational, grotesque feelings and
- the inner layer contains the spontaneous, self governing, natural integrative qualities of the personality. He called this the genital character, and whoever didn't meet these qualities was not considered healthy. His work was character analytic and it lacked the concept of evolutionary creativity.

The character defense is both, an emotional and intellectual attitude plus a physical blocking. It takes place in the first two or three years of life as the result of the collision between the impulses of the child and the parents. Several factors influence this process:

- The extent and the intensity of the frustrations;
- How early they started: if very early, it creates a reaction formation (i.e. : Anal repression). Later, once the personality is developed, the frustrated impulses create impulsive reactions, "impulsivity";
- Who sourced these blocks, the mother or the father?
- The ratio between permissiveness and prohibition. These are very important, they create very powerful reactions manifested as the Oedipus or the Electra complexes.

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- *Another important factor is the sex of the main frustrating person: The first two years the focus is on the mother. After that, it reverses and it depends a lot on the opposite sex, the father. For example, when a girl is neglected by the mother, she will go to her father to get the much needed feelings, provoking the mother's jealousy and rejection. In the formation of character we encounter many irrational contradictions: the same father that got so very close to the daughter, becomes frightened by her sexual feelings and betrays her. All her trust was in this man, who abandoned her.*

*In the **phallic narcissistic male** the original love feelings of the baby are met with repression by his mother, who is masculine. The boy represses the original love and develops contempt and revenge toward the woman. He has deep longing for warmth but because his character defense has contempt and revenge, he uses the woman, he splits himself and doesn't want to give her anything. The lower part of his body is active and the upper part (his heart) is blocked.*

*The **passive feminine man** had a very demanding strict mother, especially during the anal phase. Or a severe father who betrays the child. The child is scared and becomes submissive, doesn't express the hostility. The lower half is open sexually and the upper half is locked. These characteristics create a passive personality in the man. In a girl, it has the opposite effect: the woman doesn't want to receive and becomes active, aggressive.*

*The **hysterical** personality is created by overly moralistic mothers who object the girl's love for the father. This creates genital anxiety. The girl searches, to find the love of the forbidden father and gets involved in many relationships. She will relive many times the feelings of disappointment.*

*The **masochistic character** is defined by inhibition of pleasurable feelings and humiliation. It creates tremendous anxiety. It locks the person at the pelvis level and he feels like he is going to burst. Freud referred these defenses to the "Death instinct," and said that it cannot be resolved. Since he didn't work with the body, he couldn't go any further than to his theories. Reich worked with the body and looked at ways to release the blocks.*

*Reich called his work "energy economics." He stressed **breathing, movement and feeling**. The breathing is fundamental. When working with people that have hysterical traits, the key is not to analyze, but to strengthen them, by connecting the breathing with the movement and the feeling. When strengthening occurs, the person feels grounded and doesn't have any more terror of his feelings.*

*Reich observed that the energy moves certain way, but there is always an **antithesis and unity** to it. The antithesis is constantly moving into unity. There is a common function principle in the whole universe, it tends towards unification.*

Most people come once a week or every other week. It is very hard to have the emotional state to work with them. It has cooled down. We have to re- connect. We have to connect energetically with the person, we cannot do it from our head, it has to be from the whole of you. If you don't have the state of being you better sit on the chair and have them do bodywork. When you have a connection you become alert, and concise and you use the body together.

During session, when you don't have the grip (that meant when you are tired, or

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can't think of anything else to do) I tell the client to close his eyes, check his body from head to toes, and tell me how he feels. Where do you have a lot of energies, where are they stopped. How does your head feels? What about the neck? Neck, front and back, chest front and back, belly, pelvis, legs. there going to be areas that feel dead or absent, areas that are overcharged. These give information on the character defense that predominates and then, you look like a magician.

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