

## Core Energetics Process group

Posted At : January 5, 2010 4:46 PM | Posted By : Michael Smith

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FYI several Sandboxers have been in the previous version of this group and said they got a lot out of it. FYI Barra will be presenting at Sandbox on Wed 1/6/10 - save the date!  
Michael

Core Energetics is an evolutionary form of body-psychotherapy, based on the ways in which energy and consciousness work together in the transformative process of healing. It holds that we all harbor energy blocks in our bodies that keep us from living our lives fully.

Energy blocks are unconscious defense mechanisms to prevent wounding, which likely happened early in life, from happening again. These defenses are called blocks, which stop the free flowing expression of who we really are.

Along with talking about the issues in your life, we use certain modalities, like body readings to uncover the stuck places and physical processes to move that stuck energy. This frees you up to explore the issue from a different perspective.

A Core Energetics process group is composed of individuals who are committed to change in the context of a safe space. Group provides a magic that cannot happen in individual work

The group process involves a physical warm up, grounding exercises, role plays, deep interaction with group members, moving energy through physical modalities, connecting at a deep level. By using and moving the energy in the body you can learn important things about yourself that you were not aware of, and make changes that allow freer expression of your essence.

The process of this evolutionary work is to unblock our defenses, move the stuck energy to create healthy flow and to transform the negative, distorted emotions from the Core. This is done by penetrating the mask, softening the body armoring, transforming the negative emotions of the shadow self, and expressing primal wounds. The Core Self is then experienced as loving, joyful and connected.

In January, I am starting a new Core Energetics process group in Falls Church - a mixed group that meets on Wednesdays from 7:30-9:30 p.m.

Groups are magical... wonderful ways to explore, risk, and grow. A great way to engage in the powerful work that is Core Energetics.

If you are interested and want to try something new for 2010, reach me at 703-786-7065, or barra3 (at) gmail dot com