

Full Body Intelligence

Core Energetics in the field of Business

"To be or not to be that's the question"
Shakespeare

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"People say what we are seeking is meaning in our life. I don't think that's what we are really seeking. I think what we're seeking is an experience of being alive, so that our life on the purely physical plane will have resonance within our innermost being and reality, so that we actually feel the rapture of being alive".

Joseph Campbell

The last fourteen years I worked as a trainer and coach in the business world. The last seven years I learned a lot about Core Energetics. In this paper I want to bring those two worlds together. Because my opinion is the business world needs more than ever people who have resonance within their innermost being and reality. To feel their emotions. As an entrance to recover the passion of life and feel love. In this paper I will explain why.

My process

First I like to tell you about my process of writing this paper. Because in the process I learned a lot about the subject I bring in: Full Body Intelligence and the importance of the heart. I started writing from my heart and about my experiences in my work. I was really satisfied about it how I brought myself in and found much information.

At a certain moment I start talking about it with different people. They gave me totally different advices like: you need more structure, more of your experiences, more theory, it is not scientific enough, bring more focus, it goes everywhere. So I started again with a new structure but felt less happy about it: I could not feel myself anymore in the paper, I lost it.

How to find words to describe what I feel and what is so important for me?

So I decided to write it again and brought back my feelings and my heart and combined it with the given advices. I made a connection between body and mind by myself. Off course I was gratefull for the help I got. I want to mention Loly Sierra, my supervisor, who gave me a lot of inspiration.

This fase I was aware of myself and the process I choose. Not to press myself anymore, with irritation and rejection, but I stayed with myself and my feelings, brought in some advises of others and find the right way to stay in a flow: open for more information.

So I had to learn to use my own Full Body Intelligence first, to stay really in contact with myself, in my heart, to be able to write this paper.

A lesson I again and again have to learn. It's all about love.

Core Energetics and Full Body-intelligence

In my experience with individuals as well as groups from the field of business I have developed a form of Core Energetics that works. In order to make it successful some models imbedded in the model of Core Energetics need to be abandoned and reshaped. The key is to work more subtle with the body, use our intuition and speak the present language of the company you work for.

The essence of Core Energetics for me is, like Joseph Campbell describes beautifully, the longing of the individual person to live fully, to experience life at it fullest in every cell of the body. Single-celled creatures move toward nutrients and away from noxious stimuli. These behaviours are the foundations of emotions and behaviour. When we understand emotions as the basic operating states of the body-mind, then we realize that our fundamental emotional mode is perhaps the most powerful force in our beings at any given time. Human emotions are biologically-based neurological functions that evolved from simple organismic behaviour. This is why I see emotions as the entrance for transformation, the entrance to recover the passion of life.

The client in the therapeutic environment will have many different questions that might all sound different but have this longing at its core. This applies to every human being and makes no difference for someone entering from the office into a training environment. However, the language and questions behind this intention might be quite different. Working with sexual energy will not be applicable for example. As goes for working with the 'harder' methods of hitting the cube or the roller. This doesn't mean that the energy in the body is

inaccessible, but it needs a more subtle approach. As the processes have a limited time-span (ranging from 1 day to maximum of 1 year) and a need for measureable results (the company paying has a profit-based goal) the point of entrance needs to be more direct but less intrusive. How to bring the sense of being alive and free to people that are colleagues, working with each other after ending the workshop? To put it into a Core Energetic way, how to raise the energy and consciousness in the body?

First of all, we need to raise our own level of energy and consciousness up to the highest possible level as we learned in Core. We can also add our intuition. Like google we ask a question and plug into the energy field of myself, the other, and the collective in order to gain information about the reality. Secondly, we need to learn the present language of the business world. The alternative model for Core Energetics presented here I have named Full Body Intelligence.

How body and mind work together and how our culture made a duality of it

This is not only a personal, but also a collective process. Western society has for a long time created a split between the head and the rest of the body. The concept of body-mind dualism was clearly articulated by Descartes at the beginning of the 17th century: "I think so I exist". Throughout the development of human cultures, industrialized nations came to dominate more of the natural world- including other humans. Body-mind dualism is part of this domination. In the act of dominating, we forget our bodily connection with the other. We become fragmented and losing touch with our vitality. Our fascination has led us to a narrow-minded pursuit of what is possible, what we think of, to the exclusion what feels right. Thomas Edison, the inventor of the light bulb declared: "the chief function of the body is to carry the brain around."

Thomas Lewis shows another perspective, the relationship comes in: " our society underplays the importance of emotions. That imbalance is more damaging than one might suppose, science has discovered emotionality's deeper purpose: emotion is the messenger of love between one heart to another. For human beings, feeling deeply is synonymous with being alive."

The same dualism in leadership

The body-mind dualism applies also to Western style leadership. Domination and alienation between the different layers of society and companies has been part of the economic success of certain countries and businesses. The level of ability to see other people as machines, to be used for once own gain, is the level to which material prosperity was gained.

In the last few decades there's a shift in this paradigm. This shift has been noticeable in the way we approach the individual body, for example in the large amount of people practicing meditation, mindfulness and yoga. The shift is from a top-down hierarchy of the mental center in the head to a more full participation of the body, you could say a shared leadership of the body.

And the shift does also show in leadership in companies. A growing awareness of shared leadership is noticeable. Like in our body, our brain isn't fit to carry us around, we need our feet to do that. In companies the awareness of the importance of the different parts is more noticeable. A good example is Semco, a Brazilian company of Ricardo Semler. Innovative business management policies, based on trust and with less control and rules, have attracted widespread interest around the world. It brings in authenticity, love and passion and this positive energy brings in a lot of money.

The common ground in literature popular in business and leadership has also shifted. From Maslow's pyramid of needs to Graves' Spiral Dynamics to Covey's Seven Laws to Csikszentmihalyi's Flow to Scharmer's Theory U. A more holistic

approach is noticeable. Although the character structures, the Mask, Lower Self, and Higher Self have not yet found their way into this field the essence has.

This shift is really necessary in the time we live with a lot of global problems. Like Albert Einstein said: "Problems cannot be solved with the same mindset that created them." We have to use everything in ourselves and work together to make this a better planet, to find solutions. That's why it is so important to use Full Body Intelligence. That's why it is so important to bring Core into the business world.

Full Body Intelligence is the direct, consciously felt experience of being alive. From our flow of blood to the furthest extend of our emotions and mental shifts. The body and its physical responses are used as a doorway to being more present in our body, our relationships, our work, and the world in large. We change our somewhat limited view based on ignorance and fear to a wider perspective of the wisdom and space that we carry in our cells. The result is an increase in energy, joy, clarity, and the sense of ease and spaciousness. We become more healthy, resilient and physically skilled, and thus able to attain goals and inspire positive change in ourselves and others.

And the essence, is all about listening, allowing whenever needs to arise to express itself. We start communicating with others by communicating with ourselves. Using our own bodies to tap into the information present in ourselves, in others and in the larger field.

Susan Aposhyan writes about it: "In approaching the body with respect we move from an attitude of changing it toward an attitude of listening to it and allowing it to express itself. As we listen we discover a variety of resources, qualities, intelligence and experience within ourselves. Through full participation of each aspect of ourselves, we shift from a static top-down hierarchy of commanding the body, to a model of shared leadership. The vehicle for this teamwork is dialogue. By communicating both verbally and nonverbally between different aspects of ourselves, we open up communication among parts."

The poet Robert Frost writes about body and mind: "a poem begins as a lump in the throat, a sense of wrong, a homesickness, a love sickness. It is never a thought to begin with."

Before starting a session or a group

1. Grounding in our Higher Self

To be embodied and feel ourselves it is really important to be grounded, that's what we all know. I learned that in order to bring out the best in others we first need to bring out the best in ourselves, a repetitive part throughout the whole process. In order to do this, exercises can be a strong and helpful introduction before we start a session or a group. This helps to bring life to our body, heightening our level of physical energy and makes our field of energy stronger.

In Core we learned a lot of tools to be grounded, in this part I will add a few more. These are based on the power of visualization. We give energy to our vision in order to bring us into the reality we want to create.

Grounding in the Higher Self does apply to ourselves, to fellow trainers we are working with, and to the physical space we are working in. Creating the right atmosphere and environment. There is a practical side to this, in putting the chairs right, making sure everything is clean, water is available etc. There is also an energetic side to this. Cleaning the space before the group enters. A strong way of doing this is to visualize the corners of the space connecting in the middle where the old energy can be flushed out into the ground.

2. The power of intention

After raising our own level of energy to the highest possible level we are able to aim it towards a certain direction. These first two steps aren't really separate. The intention is embedded in the basis field of (positive) energy as explained in step one. As therapist/trainer/coach we create a template to a specific part that needs attention or for a more general approach. Setting an intention for a specific part can only be accomplished if we already have some information about the specific needs of the individual or group. If there are control-issues, for example, we could highlight our own trust and set an intention for the group that they may be able to let go and relax in their own trust. Or we create an emergent space to allow all the energy involved with issue to come up. Again, this is applicable to our own process as well as in the physical space we are working in. We need to bring our own energy in accordance what is needed and can make it bigger by creating the environment for the entire room by visualizing it filling the space. We can do that with colors, with words or visualize objects like a heart or confetti. We can also invite anything external that might help, God, Angels, The Universe, or certain kind of people like Jesus, the Buddha or other masters/teachers.

3. Making the connection with using our intuition

At a certain moment we make the connection with the individual or the group and start receiving specific information. We can plug in the collective field of information. You can compare it with finding information on google.

For me this is called intuition or inner knowing. Like an antenna there is something in ourselves that picks up frequency-waves and like a radio there is something inside us that give a voice to it. My believe is that everyone has intuition and that you can develop it like playing a musical instrument. Before I started using my intuition I really had to learn to trust on it. My job as recruiter fifteen years ago gave me the opportunity to offer people jobs and also to check half a year later if my intuition was right or wrong about the match I made. Live often gives many opportunities to check and build our intuition. For example, you think of someone and by phoning that person you hear that he was also thinking about you at that moment. Or you are walking in the street and feel you have to turn right. So you turn right and experience what's happening.

There's so much more to write about intuition. Carolyn Miss is a big teacher on this subject.

Core really helped me, by bringing emotions to a conscious layer in myself, to work through my emotions and also to feel what is mine and what is the emotion of someone else. Although emotions are personal, we can be really affected by emotions of others. I had a symbiotic relationship with my mother. Because of that history I easily can pick up emotions of others. For example when I enter a room, I can easily tell about the emotions in the room although nobody says something. When I was younger, it was much more difficult for me to distinguish

my emotions from the emotions of others. I picked up a lot and took a lot quite personal. It took me years to reach more clarity in myself. I really had to allow myself to feel everything inside. But my experience is that you don't have to have a specific history, like a symbiotic relationship with your mother, to pick up the emotions of others.

When I was assistent in a Core group, the evening before we started, the staff shared their feelings with each other. Often specific themes came up in the staff. For example we worked on loneliness. The next couples of days, when the people of the community came in, the same theme was unfolding in their groups. Like they unconsciously or consciously plugged in in the emotional themes of the staff that moment. Or, and that's another point of view: as the staff is in service of the community, they sense in advance what is going on, part of their intuition.

So grounding the higher self, setting the intention and using our intuition helps to create the right conditions before we start a session or a group.

Starting a session or a group

When I start a session I don't give language to the conditions I prepared. I make the connection, create an environment for change, trying to stay grounded in my own Higher Self, while at the same time adjusting to them. At some moments I go back with my energy to my preparations and check if it's still there or that it needs something else.

Making a connection and creating an environment for change is also creating time and space for the separate individuals to make a connection.

I adjust to these individuals by wearing the same kind of clothes and using language that fits. So they feel I'm one of them.

1. Penetrating the Mask

and feeding the mind

After creating the right circumstances for the process to start and making the connection the time is ripe for working with the blockages. Mostly they are already very present before the first moment of contact as mentioned above in point three. In Core Energetics the first step is mostly is to put energy into the blockage. We try to energize the resistance and thus putting pressure on the mask. In a business environment physical exercises are sometimes accessible but not always. In the beginning I try to put in as much as movement as possible. For example dancing on music, walking to a certain place outside, or 'get to know each other'-exercises.

So I try to move as much as possible. And what I add is that I focus on the energy. The most direct method is by naming the energy in the room, either in a personal ('I feel...') or impersonal ('I sense...'). I could also make it personal to one specific person when it's safe enough or when I have the possibility to speak that person apart. Speaking out from my part can prevent the energy from getting stuck. I had to learn to do this without judgement and be able to contain it. In the beginning I could be frustrated because of the energy but like a boomerang I got back the frustrations now towards me.

Speaking out from my part can prevent the energy from getting stuck. I had a training a few years before for a group of managers of a large bank. Because of several re-organizations the energy had been quite unsafe with a result of people not taking risks and speaking out. Sessions after sessions this not speaking out what was really going on annoyed me, depleting my pleasure in training. In evaluations after the training I read what they really thought and felt screwed, sabotaged. "Why didn't they speak out earlier?", giving me a chance to work with it. I started to realize that I hadn't spoken out either. I learned how to speak out more without judgements with a direct effect on the group. A sense of connection between the members was established. They recognized what I said and the energy started flowing again when space was created to express what they thought to be difficult and what they wanted differently.

At times naming the blocked energy can be contra-productive. Although I notice the energy I contain it for the group to be able to notice it themselves. Otherwise

they will not move. In this blocked energy helps them to make a movement by themselves. In this case it's like working with a masochistic energy.

Besides directing the energy in this fase it is important to find the right words, to feed the mind. It is important to speak the present language of the company. So people feel safe and and recognized. And also feeding the heart. It is the trainer who has to start being vulnerable to show others they can be vulnerable too.

And like John Pierrakos writes down in his book about Core Energetics on the end of this fase people formulate their question what they want to learn. It's is the start of going to the lower self.

2. Freeing the Lower Self

and stimulate the guts

Penetrating the Mask can have the result of the group opening up or more often will release the negative energy below.

In this fase I have to work a lot with resistance. The negative destructive energy underneath can be released in the group itself with individuals attacking each other or another part of the company, for example the management. This energy can also come to the trainer with the underlying message of "you are not good enough". Although the energy will have the sense of destruction it has never taken the form or the actual sentence of "I will destroy you" as sometimes reached in a therapeutic process. It has taken me years to not to make it personal. The point of access for the other is my own judgement of myself. Not feeling confident or good about myself is an entrance for the message of the

other entering and thus creating a negative connection. Another example is a participant getting incredibly angry with me, sensing my inability to set borders and to sustain them.

What is really important that I see and feel everyone in their truth. So although they don't agree, don't like the setting, the training or something else, everything is true and ok. So I stimulate to speak their truth and to give feedback. A negative connection is still a connection, but is cut of from the Higher Self field.

In the meantime I keep my template inside and know my "holes": the way they can come in. Although I have to learn a lot and stay open for suggestions, at the same time I keep my holes closed because when I start moving inside they don't have to move. For example when I agree I'm not good enough, they just can stay with that and don't have to feel by themselves what they could learn.

Sometimes it takes me two hours to work with the resistance in the group, keep my holes closed and contain the energy. Last month it took me three days before I felt as a group we could go to another level. One person in the group felt very unsafe, she attacked me with her energy and tried to undermine my position. I could feel the schizoid part of it and did a lot to welcome her, to let her speak her truth. Also in between the sessions, one to one. But what I also did is that I took my place as a trainer, kept my strength, contained her energy without defending myself. At the end of the third day she start to relax and after that day the whole group energy changed, we go a deeper level.

What also helps in this fase is to work with silence. For me it has two reasons.

The first is when I don't say anything energy is coming up in the group: someone else is starting to talk and people are starting to feel themselves.

The second reason is: When I followed trainings about intuition I realized silence can feel really different. To be silent gives me more consciousness what is happening in the group energy.

3. Centering in the Higher Self

and going to the heart

When we work through the resistance of the group and their individuals we can go to the level of the higher self. This is my favorite level because often you can feel a lot of love in the energy. The connection between people in the group is much improved.

A lot can happen in this fase without doing so much. The most important thing is giving space to emerge energy, energy that comes up from a deep level of the bodies. It takes time to slow down. And when this energy comes up, receiving it and welcome it as a trainer and as a group.

I can be really amazed what wants to unfold in this fase. Because of the focus of the intentions of the whole group, the energy can be really strong. So strong that people take risks and deep emotions can come out. People make big steps in their development.

I never forget the way a person in the group got the exercise to climb to the top of a building and had to shout to everyone of the group: I'm a powerwoman! The way she went up and shouted was amazing. We all were really touched because she was holding in a lot of the time. Afterwards she told there really changed something in her intestines, some energy was gone.

4. Unfolding of the Plan

"Your vision will become clear only when you look into your heart"

Carl Jung

This fase is, and that's also how John Pierrakos writes about it in his book, about building trust. Trust that's helps imaging a positive and possible future. So true idea's about the future are expressed. As concrete as possible.

Once I gave a workshop specific about making your own visionboard. It was a workshop to visualize your wishes of the next year. They all made their board and find a place at home so they could look regularly. A year later I got mails of members of the group that nearly all of their wishes came out. With my own visionboard I had the same experience. It works!

Tools

In this chapter I give, for each fase, usefull tools.

Before starting a session or a group:

Grounding of the higher self:

- The body: Focusing on the breath or one particular part of the body that feels present. Bringing our thoughts and emotions home.
- Visualizing part of the body. What really helps me to ground is to enter my heart, simply by giving energy to my heart. When I focus on my heart and connect it with my pelvis I'm much more grounded. For a lot of people bringing attention to the heart or the part of the body that touches the ground can help.
- Using the receptive past: Bringing back the mind to a situation when we felt safe and loved. The image (grand-) mother can be useful, but if these bring about old pain try to find a person or situation where this experience was felt.
- Using the heart: Bringing back to mind a situation where your qualities were very present and staying there for a while in your mind. This could also be situation where your heart was open towards somebody else, when you helped someone for example.
- Visualizing the Higher Self: A strong method can be to visualize yourself in front of you with all your qualities. What would you look like at your very best, most loving etc.? This could also be a person you experience having all these qualities. Make a connection to this image and bring the external image into your own body.

The power of intention

- After raising our own level of energy to the highest possible level we are able to aim it towards a certain direction. These first two steps aren't really separate. The intention is embedded in the basis field of (positive) energy as explained in step one. As therapist/trainer/coach we create a template to a specific part that needs attention or for a more general approach. Setting an intention for a specific part can only be accomplished if we already have some information about the specific needs of the individual or group. If there are control-issues, for example, we could highlight our own trust and set an intention for the group that they may be able to let go and relax in their own trust. Or we create an emergent space to allow all the energy involved with issue to come up. Again, this is applicable to our own process as well as in the physical space we are working in. We need to bring our own energy in accordance what is needed and can make it bigger by creating the environment for the entire room by visualizing it filling the space. We can do that with colors, with words or visualize objects like a heart or confetti. We can also invite anything external that might help, God, Angels, The Universe, or certain kind of people like Jesus, the Buddha or other masters/teachers.

Making the connection with using our intuition

- The more we are able to know our own opinions and emotions the clearer our intuition will be. By practicing we learn to see the difference. By accepting reality as it is and being as honest as possible. And being curious about what is happening and becoming aware of it. Neither idealizing nor ignoring the parts of us that aren't exactly the way we want them to be.
- This information is nothing more than energy made conscious. Depending of the sensitivity of your senses we get words, sentences, images, emotions feelings in the body, smell...
- Energy is not subjected to time or place. We cannot only experience something in the here and now, but we can make connections to energy and thus information which has no logical connection to the physical present. As a trainer for example it is very common for me to start feeling emotions and blockages present in the group before I get started. The night before I can feel heavy, full of resistance of even nauseous without an apparent at that moment. Another experience that could happen is that there is a present blockage in the team that is still there from an old team or from a company as a whole.

Starting a session or a group

Penetrating the Mask:

- In the beginning I try to put in as much as movement as possible. For example dancing on music, walking to a certain place outside, or 'get to know each other'-exercises. What I add is that I focus on the energy. The most direct method is by naming the energy in the room, either in a personal ('I feel...') or impersonal ('I sense...'). I could also make it personal to one specific person when it's safe enough or when I have the possibility to speak that person apart.

Freeing the Lower Self:

Subtle tools to go with the energy to feelings:

- To give an exercise in couples and start focusing. Focusing is a technique Eugene Gendlin introduced to go inside and feel your body and the emotions involved. He calls it Felt Sense. It has different steps and starts with breathing and going inwards.
- Also in couple: sit in front of each other. Be fully grounded. One person starts talking about an emotional moment. The other closes her eyes and feels the effect in her own body.
- Another one in a couple: sit in front of each other, fully grounded and present. One is the facilitator and the other one the practitioner. The facilitator looks, totally aware and in her body, to the practitioner. The practitioner starts telling what's happening inside. The facilitator doesn't have to say anything. All of a sudden information comes up and processes too.

Centering in the Higher Self:

- It is not the fase to use a lot of tools but what can help is touch to feel the connection like hold each others hands or give each other a massage
- People of the group design exercises for other people of the group. Exercises to help to make the next step in development. The trainer stays responsible and has to know in advance what they have in mind.

Unfolding of the Plan:

- In this fase you can work with a visionboard. You start with a visualisation about the possible future. After the visualization you offer colors and magazines so people can make their own collage of how they see their future. It's a good tool to use the right brain. When they are ready you share it with eachother.

Conclusion

*"Enough of Science and of Art;
Close up those barren leaves;
Come forth, and bring with you a heart;
That watches and receives"*

William Wordsworth

The business world needs love to gain the best results. When we feel our love, our energy, our life force, we can give all we have. In this way we use our Full Body Intelligence. That's why Core Energetics is so important in this field.

Especially now.

Full Body Intelligence is based on our emotions. Emotion is our moving energy on cell-level. My point of view is that, in this way, all life starts with emotions.

We live in the world of emotions.

In our society we give much appreciation to the mind and make a split between body (emotions) and mind.

But there's a paradigm shift going on. To gain best results in business body and mind have to work together. The same with leadership: a going awareness of shared leadership is noticeable.

Full Body Intelligence is a way to work with body and mind in the business world. To work with energy and consciousness but not to hold on to all the techniques we use in Core. Full Body Intelligence works with the energy in the body and

adds more subtle techniques. Before we start we give consciousness to ground our higher self. We make a template with our presence. That helps to unfold emotions later in the session/training. We also use the power of intention. That helps to focus our energy. And in advance, we make a connection with the people we are going to work with. For some techniques we have to use/develop our intuition.

We can use practical tools for the preparation. When we start with the session or group other tools are available. We follow the steps given by John Pierrakos: penetrating the mask (*feeding the mind*), freeing the lower self (*stimulate the guts*), centering the higher self (*going to the heart*) and unfolding the plan. Every stage asks different behavior as a coach/trainer. And energy and consciousness. And in every stage you can use different tools. In this paper you can read more about these fases and the practical tools you can use.

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