



Concepts of Energy in Therapy

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Abstract

The concept of energy is shown to be fundamental in understanding the problems which a client brings to therapy, as well as to ways of resolving them by paying attention to fundamental resources.

There are many different levels of energy. Aspects such as movement, breathing, and therapeutic touch are strongly emphasised in all forms of body-psychotherapy, where the psycho-physiology of different forms of flow of energy, through the body, are emphasised. Other forms of energy occur in the expression of emotional affect, in the resonances of bonding within relationships, in language and imagery. Subtle energy experiences are contacted through the spiritual aspects of psychotherapy.

Zusammenfassung

Energiekonzepte in der Therapie

Das Konzept von Energie stellt sowohl einen zentralen Bestandteil für das Verständnis der Probleme dar, welche ein Klient in die Therapie mitbringt, als auch ein notwendiges Element zu deren Lösung durch die Berücksichtigung fundamentaler Ressourcen. Es gibt viele verschiedene Ebenen von Energie. In allen Formen der Körperpsychotherapie werden sowohl Aspekte wie Bewegung, Atmung und therapeutische Berührung stark betont als auch die Psychophysiologie verschiedener Energieströme im Körper. Andere Formen von Energie lassen sich im Ausdruck von emotionalen Affekten finden, in der Resonanz in Beziehungen und in Sprache und Bildern. Subtile Erfahrungen mit Energie werden durch die spirituellen Aspekte der Psychotherapie bewirkt.

Resumo

Conceitos de Energia em Terapia

O conceito de energia demonstra-se central para a compreensão de problemas que o cliente traz para a terapia, bem como para busca de formas de os resolver, tendo em atenção os recursos fundamentais. Existem vários níveis diferentes de energia. Aspectos como

o movimento, a respiraçao e o toque terapeutico sao fortemente enfatizados em todas as formas de psicoterapias corporais, assim coma a psico-fisiologia de diferentes formas de fluxos energeticos que percorrem o corpo. Outras formas de energia ocorrem na expressao de afecto entocional, na ressonancia da vincula ao nos relacionamentos, na linguagem e nas imagens mentais. Experiencias subtis corn a enegia sao acessadas atraves dos aspectos espirituais da psicoterapia.

Introduction

Ever since Gustav Fechner, through Sigmund Freud, to Wilhelm Reich. The theme of energy in psychotherapy, and particularly in body psychotherapy has been a constant one.

The energy model, which has been compared to a hydraulic model, was an essential part of early Freudian drive theory. Although drive theory has been superceded by the more sophisticated affect theory, drives have not ceased to exist. The energy of drives is in fact an essential part of the structure of affect, but only a part. In the hundred years since psychoanalysis began, holistic quantum theory and complex relativity have been born, chaos and complexity theories mushroom, and information theories abound. Parallel to these developments in physics, there have been breakthroughs into the bioenergetics of cellular life by the Nobel prize winning biologist, Albert Szent-Gyorgi, and there have been whole International Associations founded to study. Subtle Energies and Subtle Energy medicine. Meanwhile acupuncture has become medically respectable in the west, and the English science journal Nature; publishes reports on the experimental validation of the energy the Chinese call «chi».

The scientific bases for understanding the concept of energy in therapy.

1. The energy of breathing

It is well known that the energy of life is produced from the combustion of carbon, hydrogen, and other food products, in combination with oxygen, producing carbon dioxide and water.

The food products are ultimately derived from plants, which derive their energy by photosynthesis driven by the sun, allowing them to create carbohydrate stores for their own use and for consumption by animals. The biochemical processes of life are based on bioenergetic, and bioelectrical processes, as the biochemical processes depend on electron transfer. These processes are added and vitalised by appropriate concentrations of vitamins and enzymes, which improve the efficiency of the life energy processes.

Less well known is that life requires an atmospheric electrical charge in order to function, and that plants or animals reaged in an atmosphere deprived of electrical charge.

Soon wither and die. This charge is divided between positive and negative ions in the air, and a certain balance of these is optimal for health. If the balance is disturbed in the direction of too many positive ions, there are negative effects on health.

The ions are taken into the organism in two forms, through breathing, and through the kin. Special areas of skin seem to be more receptive than others, and it is theorised that these are related to the acupuncture points where are areas of altered electrodermal potential.

The ions once taken into the human body are taken up by the white blood corpuscles and the blood platelets. They affect the balance in the body and the brain of the stress hormone serotonin. The charge of the blood has relationships to the development or arrest of

degenerative processes, such as cancer, and these processes have been studied in some depth by Reich (1948) and by the Nobel prize winning biologist, Otto Warburg (1930), and by bioclimatologists.

The atmospheric energy effects have been studied in many countries over the past forty years or more and are confirmed by the World Health Authority and the World Meteorology Association.

All energetic processes in the body are regulated by a flow of ions «positively and negatively charged particles. The ions are streaming in various channels comprising four major circulatory systems in the body:

a) the blood circulation carrying oxygen and aero ions all over the body, until reaching the mitochondria in the cells, which function as tiny batteries, providing the energy for all life processes.

b) The nervous circulation, which takes place as a flow of action potentials carried by charged fluids. The conduction of nervous energy is much slower than normal electricity which proceeds close to the speed of light: it takes place at more than a 100 metres a second through the body (400 km per hour). This process has been described as follows:

«The recognition of the crucial role played by synaptic secretions shows that it is not a spark which jumps the gaps from neurons to neurons, it is a fluid, a chemical agent, a kind of enzyme or hormone. And when the gap is jumped it is not a surface of the membrane, it is a liquid solution containing sodium ions which surges back and forth through the membrane. A nerve is not a wire, it is more accurate to think of it as a tiny gland, with the axon serving as the duct... Neural activity has really as much to do with the laws of hydraulics as it does with the laws of electricity. The action potential is the movement of fluids; (Juhan, 1987)

c) The lymph circulation which is also a circulation of fluids.

d) The circulation through the ground substance of the connective tissues of the body. The connective tissues contain billions of fine tubes containing fluid: it is a hydraulic system which is linked to the flow of cerebrospinal fluid, from the brain and the spinal cord, diffusing into the body as a whole through the connective tissues. This fluid system is the major focus of cranial osteopathy. It is pulsating 10-12 times a minute. It has been theorised that the acupuncture meridians, which are experimentally confirmed by Western medicine, are specialised bioelectric channels through the connective tissue.

These different processes of energy flow, conducted through fluids, moving at different speeds, and with different rhythms have different directions within and beyond the body:

We can distinguish:

a) Cephalo-caudal and caudocephalic directions: up and down the long axis of the body.

b) Centro-peripheral and periphero central directions: moving more deeply within the body, or outwards towards the surface stream of electrons that is initiated on the and beyond the skin. Lateral flows of energy moving from the centre line of the body out towards the sides.

c) Ventro-dorsal flows: patterns of circulation moving between the back and the front of the body.

The processes of breathing affect the chemistry of the blood and the states of hyperventilation or hypoventilation can change the blood chemistry within a short space of time. The changed blood chemistry in turn affects the metabolism of energy in the whole body, particularly in the

nervous system, and the muscular system, also in a short space of time. The excess of carbon dioxide in the blood, in hypo-ventilation, has a sedative effect, and can potentiate a carbon-dioxide trance. The deficiency of carbon dioxide in the blood has an over-stimulating effect, where the nervous system overfires, and the muscle system over tenses, creating spasms, and hyperventilation tetany. The carbon dioxide excess or deficiency in the blood has effects on the calcium balance in both nerves and muscles, and it is through the disturbed calcium balance that the whole body is rapidly effected (too much calcium, muscle spasm; too little calcium, muscle flaccidity).

In body psychotherapy breathing is of central importance: in metabolism, in nervous excitability, in relation to states of consciousness, in relation to emotional expression, and in relation to muscle tone. Both Pierre Janet and Wilhelm Reich stressed the centrality of disturbances to diaphragmatic breathing in neuroses, and this is confirmed by the most up to date re- search into respiratory psycho-physiology.

2. Energy and movement: muscle tone and intentionality

The energy for movement is provided by the mitochondria of the muscle cells: movement itself is made possible by changes in bioelectrical polarisation in relation to molecules of acting and myosin in the muscle fibres. The change is potentiated by calcium which acts as a catalyst, when stimulated by motor nerve-fibres.

Two kinds of messages reach the muscle: voluntary messages from the alpha motor nerve, and involuntary messages from the gamma motor nerve. These function to help each other and are related to what we can see as the will and the wish in a person. The will is related to conscious intent, the wish to inherent readiness and semi conscious attitudes. The gamma motor nerve affects the muscle spindle, which is both a sense organ, and a motoric organ. As sense organ it detects the state of tonus in the surrounding muscle, as motor organ it can alter that tonus directly, by stretching or relaxing the muscle fibres. The muscle spindle also receives fibres from the autonomic (vegetative system), which is sensitive to all forms of emotional states in the person. Thus the spindle functions like the mind of the muscle.

According to the calcium metabolism in the muscle; which is regulated by the motor nerve impulses; and by the carbon dioxide content of the blood, a person moves between hypertonic and hyper-excitabile states, and hypotonic and hypo-excitabile states. These states are parallel to the two branches of the autonomic nervous system discussed below. We can distinguish hyperactivity and hypoactivity in the movements processes, and spasticity (excess tension) and flaccidity (deficient tension) in the underlying muscle tone which provides the basic readiness for action.

Qualities of movement and qualities of muscle tone are direct expressions of the energetic states in blood, in nerves, in skin, in muscles, and in muscle spindles, and in all these respects we are dealing with flow pathways of charged fluids.

The body psychotherapist, or body therapist, through the touch of his hands influences the responsiveness and rhythms of these energy flows in both the body and the brain, and so can affect hormone responses, nerve-excitability, rebalancing of muscle tone, and the charge of the blood.

3. Energy and emotionality: the psychobiology of affect

A range of primary emotional states have been described, combinations of which can lead to more differentiated states. The emotions described in this section are all closely correlated with changes in the vegetative or autonomic nervous system. It is widely recognised that emotions have a vegetative component, a motoric component, and a perceptual conceptual component. All three aspects are energetic, and although it is possible for the sake of clarity of description to describe the three aspects separately, in practice they are usually found together.

The vegetative nervous system has two main branches, the sympathetic and the parasympathetic, which are frequently antagonistic to each other, and occasion complementary. In therapeutic work we can distinguish between health as a pulsation between more sympathetic states of excitement, and more parasympathetic states of relaxation. However in neurosis we meet chronic or acute sympathetic over-reactions, such as rage or anxiety, or alternatively acute or chronic states of parasympathetic over reaction. On the first of these, as described long ago by Cannon (1915), we find the emotions related to fight and flight, and in the other we find processes emotions related to helplessness and hopelessness.

In the first, heightened energy, in the second lower energy. In the work of Hess (1927) and others, these two reactions are called ergotropic and tropotropic: they correspond to energy mobilising and energy conserving processes, as described in standard works of anatomy and physiology. Energy mobilisation is associated with catabolic processes, and energy conservation with anabolic processes. Over half a century ago, Duffy (1941) asserted that «energy shifts are the most basic and fundamental features of emotion». This energetic understanding of the autonomic foundation of emotionality, offers a bridge between behaviourism and psychoanalysis for the following reasons. Pavlov (1927) introduced the concept of health as a dynamic balance between excitation and inhibition: the transmarginal swing concept, which he originated, and which passed into body psychotherapy through the work of Frank Lake (1966), is essentially a swing from predominance of energy mobilising to energy conserving processes. A modern version of this swing is explained by the contemporary systems theorist, Powles (1992). He explains that the transition into a quiescent low-energy state of conservation-withdrawal is adaptive in terms of replenishing energy stores and restoring physiological equilibrium: «The shift into this level is from tensional, alert, engaged powered up, to withdrawn, atonic, inhibited, unseen, and disengaged: the organismic strategy is to conserve energy, to allow healing of wounds and restitution of depleted resources.»

In Freud's project for a scientific psychology, first published in 1895, he laid out germinal concepts of the regulatory structures and energy dynamics that characterise the psychobiological processes of affect, attention, consciousness and motivation. His theory of «quantities of excitation» were taken up by Wilhelm Reich, who made them a cornerstone of his own understanding of emotionality, but Freud's ideas were seen by later ego psychologists as reductionistic. Only in the most recent years has it been understood that Freud had grasped the excitatory side of the neuro-biology of affect, but missed the understanding in his Project of the inhibitory side. The psychoanalyst Applegarth (1971), in a paper on psychic energy, began to re-evaluate Freud's concept of quantities of excitation, and the whole «economic» (ie energetic) principle which was foundational to early psychoanalysis. Pribram and Gill (1976) made a strong defence for closer study of Freud's Project, in the light of the latest findings of neurobiology, and biological systems theory. Allan Shore (1994), in his monumental work on Affect Regulation and the Origin of the Self, has this to say:

«Freud was correct in emphasising the importance of internal bioenergetic events to psychological functioning: the science that was available to him had still to evolve for some time after his death in order to understand such events. There is now a tendency in the psychoanalytic literature to replace Freud's "energy model" with an "information processing model". This is misleading, if not incorrect, since energetic and information processing are tightly coupled. Indeed in contemporary bioenergetic theory, information is conceived of as a "special kind of energy required for the work of establishing biological order". Ciampi (1991) has pointed out the remarkable analogies that seem to exist between the effects of energy in physical and biological systems, on the one hand, and of information in mental systems on the other». The processing of all forms of information by the brain, including that embedded in internal representations, occurs through transformation of metabolic energy.

Bioenergetic conceptualisations need to be implanted into the central core of psychoanalytic and psychological theory, a position they now occupy in physics, chemistry, and biology. Thermodynamics are not only the essence of biodynamics, they are also the essence of neurodynamics, and therefore of psychodynamics.

If internal representations occur through transformations of metabolic energy, then concepts can carry a charge: the brain can be excited or depressed by thoughts; as well as the body. Thus all three of the components of emotionality are energetic: energy drives the vegetative nervous system; energy is expressed in the motoric aspects of emotionality, as it «moves out» into expressive gestures, carrying different charges of tonus; and energy is indispensably involved in the internal representations of the cognitive aspects of emotion.

4. Energy and relationship: the bipersonal field and its resonances

Body psychotherapy, with its legacy in Pierre Janet (Boadella, 1997, in the early Freud, and in Reich, has for over a century been one of the foremost and clearest carriers of the evolving understanding of the bioenergetic foundations of psychological processes. Only in recent years, as will be shown below, have certain representatives of the body psychotherapy tradition begun to call this legacy into question. In doing so a false dichotomy is created between internal bioenergetic processes, and relationship. It is argued that the focus on energy is simplistic, and leads to a minimal awareness of the importance of relationship. Energy is understood to be intra-organismic, whereas relationship is seen as interpersonal.

What has the understanding of energy metabolism got to tell us about relationships?

Wilhelm Reich and infant research Wilhelm Reich began his infant researches in the early nineteen fifties at the same time that John Bowlby was studying maternal health and child welfare for the World Health Organisation. Whereas Bowlby's studies were principally psycho-social at that time, Reich's emphasis was pedagogical, sociopolitical, and above all bio-energetic. Reich was one of the earliest researchers to look at relationships in terms of the interpersonal energetic exchanges through touch and eye contact in particular and in these respects he was thirty years at least ahead of his time.

Modern infant research: Mahler, Stern, and Lichtenberg

Margaret Mahler (1975), described emotional refuelling between mother and infant, which she saw as an exchange of energy between the two persons of the dyad. She noticed that

«mirroring looks, had a re-energising, or «electrifying» effect on the baby. In the work of Daniel Stern (1985), on attunement, there are extensive studies of over-stimulation and under stimulation states: in the first of these the baby is bombarded with too much stimulus and is thus over-energised by the mother, in the second situation, there is a situation of deprivation, which has energy-reducing effects. Stern also studied in detail what he called «vitality affects» which are expressions of aliveness in the infant that are not associated with emotions such as anger, fear and sadness, but are very important aspects of the child's motility. Many of the normal exchanges between parent and child are the sharing of vitality-affects, which are related to high energy states of interest- excitement, and elation, as well as enthusiasm, exploration and adventure.

Another infant researcher, Joseph Lichchild, an input of free energy from the tenberg (1989), also focussed on energetic aspects of the mother infant interactions and showed how good mirroring enhances the «energetic vigor» of the self.

Energetic resonance in contemporary affect regulation theory

In the work of Allan Schore, supported by 2,500 references psychobiology and bio-social aspects of relationship, are brought together in an extremely comprehensive way. The false dichotomy between intra-organismic energy states; and inter-personal relational dynamics disappears, for Schore understands these as two aspects of one dyadic process. He describes «reunion transactions» as «synchronised bioenergetic transmissions», and shows how the mother's expressed affective transmissions act as a generator of energy for the explorations of the environment by the infant. The mother or caregiver modulates the child's energetic state, for arousal levels are inevitably coupled to changes in metabolic energy. As Schore puts it (1994, pp104/5):

«Energetic interactions between the infant and the maternal environment thus obey the fundamental principles of physics, the transformation and conservation of energy. In dynamic systems theory living systems are defined as inherently dynamic energy-transformation regimes that co-evolve with their environments, and that organize and regulate themselves in accordance with physical laws».

The contact functions of the caregiver thus provide energetic nourishment to the child, and input of free energy from the environment, and this process is two-way; as a healthy child also energises the mother. There is a «vitalising reciprocity» Field (1985) describes these interactions in terms of resonance theory, and uses the description of mother and baby being «on the same wave-length». This is more than a metaphor as research shows that such processes involve mutual entrainment of the nervous systems and metabolic systems of the two persons in the interaction. The mother or caregiver supplies the «free energy from the environment» in her role as a primary generator, transducer and modulator of physical energy also, in the form of light, sound, pressure, temperature. The infant's responses trigger metabolic energy processes. Collins, (1981), supports this view with his understanding that «social transactions act as a medium of transmission of emotional energies» which can be both positive or negative in form. We are dealing with coupled energy transactions. Furthermore, internal representations, that is the infant's differentiated view of the mother, his expectations, memories, fantasies, (the whole context world of psychodynamics) is also associated with metabolic energy. Negative

or positive thinking is coupled to energetic states both in the brain and in the entire organism, a theme that will be returned to in section 5 below.

Thus the studies by Reich, Mahler, Stern, and Lichtenberg and others, on the contact qualities in significant human relationships are confirmed, extended, and enriched by the psychobiological understanding of coupled energy transactions.

We can understand these transactions as taking place primarily through three contact channels, those of eye contact touch, and voice, all of which have energising, or de-energising effects.

Eye contact and the sparkle of the gaze

The eyes are connected directly to the depths of the brain. Through eye contact there is the possibility of direct excitation, positive or negative, to the brain of the other.

The eyes are described as the windows of the soul. Disturbances to the functions of eye contact are central in deep energetic crises, such as psychoses through our eye contact we can massage the soul of the other, for better or worse. Wilhelm Reich focussed very much on the energetic qualities of eye contact. Infant researchers at first concentrated more on the mechanical aspects of gaze interactions; counting how long people looked at each other and the intervals of looking away. This had little to offer in the way of understanding the energies of the eyes. The eye is stimulated directly by the electromagnetic waves of light. But the eye also emits energy, it is a channel for outgoing expression which has been described as a state of alert inactivity in which the eyes are open and have a «bright shiny appearance».

Schore explains that «the gleam in the mother's eyes thus triggers dilation of the infant's pupil. The maternal gleam may literally be a sparkle, that is, a flash of light processed by and reflected off the mother's hyper-exposed foveal area of the retina, on to the infant's fovea. This attentional searchlight, activated in the mother's selective attention to the child's pupils, evokes the brightness in the child's eyes» (1994, p 74) This good eye contact is a kind of positive flash-over between mother and child, with the possibility of positive flash backs; the opposite of course is also true in relation to negative eye contact experiences. According to Schore the **eye** contact experiences are formative as providing necessary stimulus for the proper development of the right brain: in other words the metabolic energy of the right brain is directly dependent on good nourishment from the energising and vitalising interactions offered by alive and loving eye contact experiences. «Vital endocrine, autonomic and central nervous system regulation» is directly affected by the resonance between the two human beings, channelled through their eye contact. Good mirroring «electrifies» the infant, and energises him into his next orbit of positive excitation. The mother's face is a «biological mirror», a radiator of affect. Visual stimulation, through good gaze experiences; is a metabolic need for the developing nervous system. Seeing and being seen are fundamental to our sense of self, but they are mediated by energetic processes in the seer and the seen, which are dependent on exchange- of light messages.

Touch contact and the nourishment of the skin

Not only the eyes are connected to the brain, but the skin can be understood as the outer surface of the brain, or the brain as the deepest layer of skin, according to Deanne Juhan (1987). Research on animals, and on infants growing up in touch-deprived environments, has shown that touch is a kind of food: there is sensory nourishment through touch which stimulates the skin, and through the skin has effects on the total metabolic-energy system of the other. Sensory malnutrition on the other hand leads to death in some animals, such as rats which have not been «gentled» by their parents. Human babies develop an illness called «merasmus», a kind of wasting away, when they are touch deprived, and the symptoms of touch deprivation are metabolic, that is -energetic: retarded bone growth, failure to gain weight, poor muscular coordination, immunological weakness, general apathy, in other words low energy states, and the above symptoms closely resemble the symptoms of physical malnutrition. Juhan (1987) concludes that «tactile stimulation appears to be a food that is as vital for development as is any protein». Research on touch stimulation to young mammals, shows that those who are given rich tactile experience in infancy, grow faster, have heavier brains, more highly developed myelin sheaths, bigger nerve cells, more advanced skeletal muscular growth, better coordination, better immunological resistance, more developed endocrine activity, earlier puberties, and more active sexual lives than their deprived counterparts.

Body therapists and body-psychotherapists, who use touch as part of their repertoire of interventions, are stimulating the sensory system, the motoric system, the circulatory system, the lymphatic system; the connective tissue system, the central nervous system, and the vegetative nervous system. They are helping to calm down over excited states, and to tone up lethargic or depressive states. Such therapeutic work is energetic work, directly influencing the energy conserving and energy mobilising rhythms and polarities in the client, and seeking to bring them into better balance.

Voice contact and the energy of language

Just as light massages the eye, and touch massages the skin, the tones of a friendly voice massage the ear. Research from pre- and perinatal psychology has shown that it is possible to talk to an infant (infans=not speaking) before he develops speech, and much of the content of the communication can be received. Intentionality is carried not only in the semantics of the language, but in the paralinguistic aspects of speech: rhythm, pitch, tone, amplitude, in other words speech is a form of music for the ear, and this music is also a massage for the brain and a stimulus or relaxant for the body. Sound waves enter the ear and set up reverberations in the rhythmic circuits of the body: a sudden sound, creating a shock, stops our breath, tightens our muscles, and increases the heart rate. Voice sounds have energetic effects, they stimulate or depress metabolism. The depressive mother's voice lowers the energy of the child. The vitalising voice inspires and energises. The psychotherapist, by modulating his own tones, and by tuning in to nuances in the voice tones of his client, is establishing resonances just as much as in the mirroring of gaze interactions, or the kinaesthetic and proprioceptive dialogues over touch.

5. Energy and imagery

Research into imagery, late in the last century, developed the concept of «ideodynamics»: images have an energy of their own, which can evoke or elicit movement, regulate the vegetative system in new ways, and even potentiate the immune system. The work of the Simontons has shown how the visualisation of imagery related to self-defence, can over time change the number of white cells in the blood stream, and so strengthen the immune system. Ideodynamics means that images affect physiology, and there are complicated translation pathways between the part of the brain forming the images, the limbic system, the hypothalamus, the autonomic system, the endocrine system, and the immune system. This is the research terrain of «psychoneuroimmunology» where higher levels of the organismic system (the image forming functions) can affect lower functional levels (the immune system) and vice versa, through a range of transducing systems within the organism. Working with imagery, therefore has metabolic consequences; One of the deepest works in this direction is the work of Caron Kerit (1969), who used a particular method of dialoguing with the dreams of his clients, which led to the emergence of somatic growth forces within the body, and he gives numerous examples of these metabolic changes as a result of somatic work focussing on dream imagery.

6. Energy in meditation

Meditation may arise from a particular religious or spiritual direction, but its physiological effects can be studied without adherence to any particular belief system, Herbert Benson (1984) was a key re-searcher in this area: he studied meditation as a «relaxation response», and charted the effects of meditation over a wide range of physiological states. Michael Murphy (1988) directed a research project for the Esalen Institute Study of Exceptional Functioning, and the bibliography of research into this: theme, runs alone in his book to some hundred pages. Meditation research is linked to biofeedback research, and biofeedback research shows how it is possible by focussed consciousness to affect organismic energy processes in a way that can bring them into better balance. Meditating is energetic work, since it changes energy processes, in breathing, in the heart, in the brain, in the muscle tone.

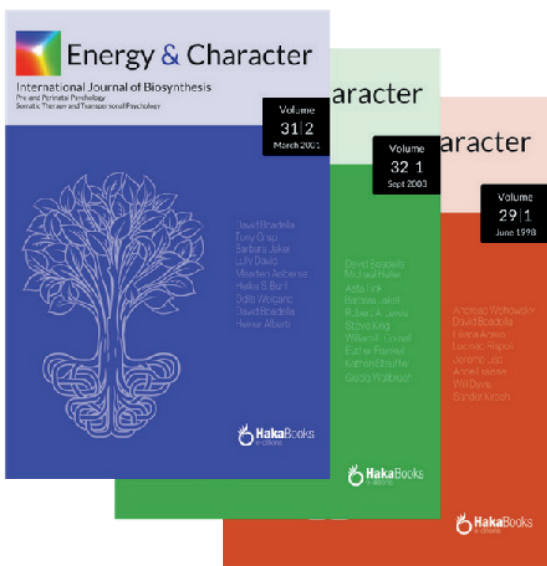
7. Energy, life-fields, and systems theory

In the foregoing sections I have shown how energetic effects and processes are taking place through a range of dimensions of the human being, in breathing, in movement, in emotionality, in relationship, in imagery, and in meditation. In Biosynthesis we call this range of dimensions «life-fields». The concept is a systemic concept since it is multi-dimensional and multi-disciplinary: it shows that in order to understand the relationships of the organism with its environment, it is necessary to look at a number of systems, using a range of universes of dialogues, and to see their mutual interactions, as higher or lower level states affect each other. In all of these dimensions the energetic concept is meaningful and relevant, but different aspects of metabolism are highlighted by the insights generated from a particular level of the system. In therapeutic work it is possible to move up and down these life-fields, integrating movement with breathing, breathing with feeling, feeling with relationship, relationship with imagery, imagery with value, and each with each. In all of these inter-relationships the energetic concept is valuable, specific and scientifically demonstrable.

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