

Finding Your Aliveness

In Bioenergetic therapy we are always working towards helping the person find the aliveness in their body. Being able to feel and express one's feelings. The release of Muscular tension and the holding of energy in the organism. We use this energy to help a person find a new way to be.

When I have considered "to be" my question leads "to be what?" Now at 87 plus years of exploring the question. The answer is to be Alive. What does alive mean?

First to breath. Feel the miracle of breathing. The air going in and out. How pleasurable and fundamental this is. If we are alive we breathe.

People ask. What's the purpose of Living? An acorns purpose is to be a tree. Not just any tree an Oak tree. To grow to be as big and beautiful as possible. Grow to its full potential.

So with a human. The purpose is to become a Human Being. First the physical part, as with any living thing is the breathing. Then through movement, sound, voice and all the senses we begin to feel our bodies and our aliveness. The miracle of seeing and hearing. Both so enjoyable and satisfying. To see birds, flowers and friends. Hearing animals, voices and music.

We next connect with our feelings which begin with the physical. Hot - cold, comfortable-uncomfortable. Then on to pain - pleasure, fear- safety, anger - satisfaction, sadness & joy. If everything is natural we are able to feel love. First from the mother and then from others. Gradually as we mature we are able to love another and have that love returned, and to know one is fully a man or woman.

So now we have our physical being, our aliveness, our movement, our voices, our senses and our feelings. We also have our minds. The miracle of consciousness, that we can be aware of all of this and appreciate all these aspects of ourselves. Yet there is more. We have the ability to think, remember and anticipate which leads to one of our greatest assets. The ability to learn and to profit from our mistakes. To have not only knowledge, but hopefully wisdom to be able to understand this process.

We can now work towards being in touch and in balance with our inner selves. To have a meaningful relationship, to love and be loved and finally to live in and be a part of a community.

We are able to be a complete Human Being, to love, work and have knowledge. A real man or woman. Developing our full potential and not "living happily ever after" – Rather being fully Alive and living now.

Written by Frank Hladky MD, in a letter to Diane (August, 2010)