



THE
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FOUNDATION

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Bioenergetics is a therapeutic technique to help a person get back together with his body and to help him enjoy to the fullest degree possible the life of the body. This emphasis on the body includes sexuality, which is one of its basic functions. But it also includes the even more basic functions of breathing, moving, feeling and self-expression. A person who doesn't breathe deeply reduces the life of his body. If he doesn't move freely, he restricts the life of his body. If he doesn't feel fully, he narrows the life of his body. And if his self-expression is constricted, he limits the life of his body.

True, these restrictions on living are not voluntarily self-imposed. They develop as a means of survival in a home environment and culture that denies body values in favor of power, prestige, and possessions...It is equally true that most people are unconscious of the bodily handicaps under which they labor-handicaps that have become second nature to them, part of their habitual way of being in the world. In effect, most people go through life on a limited budget of energy and feeling.

Bioenergetics aims to help a person open his heart to life and love. This is no easy task. The heart is well protected...To go through life with a closed heart is like taking an ocean voyage locked in the hold of the ship. The meaning, the adventure, the excitement and the glory of living are beyond one's vision and reach.

Bioenergetics is an adventure in self-discovery. It differs from similar explorations into the nature of the self by attempting to understand the human personality in terms of the human body. Most previous explorations focused their investigations on the mind.... My position is that the energetic processes of the body determine what goes on in the mind just as they determine what goes on in the body.

Bioenergetics is...the study of the human personality in terms of the energetic processes of the body.

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Alexander Lowen, MD