



### “CORE ENERGETICS AND MUSIC”

*lecture*

by Graciela Contreras Urruchùà

Sounds and music are potent forces for physical, mental, and spiritual transformation. As physical vibrations, sounds resonate with different frequencies contained in the human body and can lead people to deepened and expanded levels of consciousness. It provides access to deeply felt yet nonverbal responses awakening a numinous quality, a sense of mystery or sacredness in the psyche. John referred to this as: “moments of truth, or flashes of perception whose source we cannot trace but whose profound reality floods us with conviction. This come from our core. Here is the person’s eternal uniqueness, and there is the interpenetration with the immeasurable universe, the whole of external existence, the being many perceive as God”.

In my experience working with Core Energetics and music with groups and clients, I have observed that together they provide an effective and creative tool for uncovering deep levels of mind/body consciousness. Through activating the problem solving capacity of the right brain with music, significant imagery is processed with amazing speed and efficiency. The informational storage capacity of the brain is stimulated through this emotionally charged medium. Thus, the healing potential of imagery induced by the music appears enormous.

#### biography



I was born and I live in Mexico City. I was certified for the four years professional training program in Core Energetics in May 1996. In 1998 I completed the postgraduate studies, being blessed for having John as my teacher and my therapist in many individual sessions along these years. After finishing this I worked as an assistant teacher for the next four years training. From then on I’ve been teaching Core Energetics in different school programs, such as Instituto de Core Energética Mèxico with Ilse Kretschmar who was also my teacher, Integra, Corpore, Core Escencia and Core Equilibrio; as well as attending my private practice as Core Energetics therapist.



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Language Therapy by the National Institute of Human Communication, Mexico (1974 – 1978)  
Integrative Corporal Psychotherapy Program, Centro Yollocalli, Mexico (1991 – 1995)  
SAT Program in Humanistic and Transpersonal Psychology, PHD Claudio Naranjo, Spain (1991 -1993)  
Orientation to Therapy, Propaedeutic Program, Institute of Core Energetics, New York. (1992 -1993)  
Core Energetic Evolutionary Therapy Training Program, Institute of Core Energetics, New York (1992 – 1996)  
Gestalt Psychotherapy Training Program, Humanistic Center of Gestalt Psychotherapy, Mexico (1995)  
Dream Work Gestalt Training Program, Humanistic Center of Gestalt Psychotherapy, Mexico (1995)  
Postgraduate Program in Core Energetic Evolutionary Therapy, Institute of Core Energetics, New York (1997 – 1998)  
Advanced Training in the Bonny Method of Guided Imagery and Music, Mid-Atlantic Institute (1998 – 2001)  
Graciela is certified by the International Association of European Psychotherapy (EAP) and a founding member of the Mexican Association for Human Development (ADEHUM).

