THE CORE TV INTERVIEWS
A CORE ENERGETICS REFERENCE LIBRARY

All Shows are 1 hour Long and are available on DVD & CD
$25 each for DVD's or $22 each if ordering 5 or more plus shipping and handling
CD's are $15 each or $12 if ordering 5 or more plus shipping and handling
All shows can be ordered in a (-) or (+) DVD Format

Call – 203 438 9525 or e-mail Antkies@antkies.com

Show 1 Interview with Stuart Black -Director of the Institute of Core Energetics
What is Core Energetics? Part- 1-
Stuart breaks down Core Energetics into three components;
Energy, Body & Spirituality.“When you are talking about Energy you are talking about Feelings.
Feelings are actually attached to energy. We go thru our lives creating behavior and action
Without knowing how we are feeling about what we are doing…the thing that changes our lives
Is the Consciousness of being aware of what we are feeling when we do something.
One way to identify feelings is by looking at the body to identify where energy is held or
Stuck which indicates what emotions have been suppressed. Making those connections will give
A person greater insight to live a healthier, happier life.
Spirituality of Core Energetics relates more the realization of an individual’s
Importance to the whole and to what the individual’s perception to the whole should be.
Defining one’s vision of God then provides a goal-oriented model by which to live”.
Stuart also works with the audience demonstrating releasing some energy by hitting the cube
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Show 2 Interview with Stuart Black Director - of the Institute of Core Energetics
What is Core Energetics? Part- 2-
Show 3  Interview With Karyne Wilner, Psy.D.-Assistant Director of the Institute of Core Energetics

Body Reading

Karyne explains body reading as a diagnostic tool. Quoting Reich “the body is the frozen history of the person”... and reads several bodies.

Explaining how the different body parts, “from the arch of the foot to nape of the neck, Indicate strengths & weaknesses. From the body reading she talks to the volunteers about their relationships with parents, will power and sexual energy.

Muscle buldges, body fat, skin color, hair growth and posture are good indications.”

Core Energetics uses the premises that there are five body types that developed during the early stages of child development. Karyne gives us a brief over view of “each body type”.

We go into each body type in detail in shows 10, 13 & 15 in my interviews with Joyce Livingston.

Show 4  Interview with Brian & Marcia Gleason

The Exceptional Marriage Part-1-

Relationship Enhancement for Married Couples Principals & Concepts

Show 5  Interview with Eric Lifgren

Core Energetics Exercises For Vitality & Well Being Part-1

Discussion of Core Energetics Exercises With Volunteers

Demonstrations of Exercises

Show 6  Interview with Brian & Macia Gleason

The Exceptional Marriage Part -2

Relationship Enhancement for Married Couples

Show 7  Interview with Eric Lifgren

Core Energetics Exercises For Vitality and Well Being Part-2

50 Core Energetics Exercises

Working the body from the feet to the head, including the pelvis

Show 10  Interview with Joyce Livingston

The Character Defenses/Structures

The Oral & The Schizoid

Show 13  Interview with Joyce Livingston

The Character Defenses/Structures

The Psychopath & The Masochist
Show 15- Interview with Joyce Livingston
   The Character Defenses/Structures
   The Rigid & Working With the Oral

Show 17- Interview with Lynn Kreaden
   An Introduction Into the Energy Field Part -1
   Energy in the Body From A Core Energetics Perspective

Show 18- Special Edition Core TV # 1 Edited Version of Shows 1-3
   Stuart Black & Karyne Wilner Interviews The Highlights
   What Is Core Energetics & Body Reading
   Created for the USABP conference and aired in the
   Core Energetics East booth during the event.

Show 19- Interview with Jac Conaway
   A History Of Core Energetics Part -1-
   The Spiritual Principles Underling Core Energetics

Show 20- Interview with Jac Conaway
   A History Of Core Energetics Part -2-
   The Historical Roots
   From Freud to John Pierrakos
   John's work with Wilhelm Reich
   Reich's troubles & the Scattering
   John's Contemporaries
   Creation of Bio-Energetics
   The Human Spirit in Psychotherapy
   Eva Arrives
   The Break Up

Show 21- Interview with Brian Gleason
   Resistance & Surrender Part 1
   From A Core Energetics Perspective

Show 22- Interview with Lynn Kreaden
   An Introduction Into the Energy Field Part 2
   Exploring the Chakras & Experiential Interaction
   From A Core Energetics Perspective
Show 23- Interview with Brian Gleason

Resistance & Surrender Part 2
From A Core Energetics Perspective

Show 24- Interview with Jac Conaway

A History of Core Energetics Part -3- The Historical Roots

Development of Core Energetics
The Pathwork 1972
Institute for the New Age of Man 1972
The Spirit of Man/the Human Spirit/Universal Spirit/Focus on the Core
The Creative Spirit Flourishes
First Core Energetics Therapists & Training Class
Eva Dies
The Separation of the Institute from the Pathwork
Sale of the Pathwork Building and move to 23rd Street
Creation of the Institute of Core Energetics 1983
Tools of the trade
Integration Pathwork Principals into Bio-Energetics
The Place of The Will & God in the Training
Staccato Breathing

Show 25- Interview with THE Exceptional Marriage Mentors (co-host Marsha Antkies)

Brian & Marcia Gleason
Michael & Marsha Antkies,
Judy Gotlieb & Neil Brodsky
Eric Lifgren & Sally Schwager

What is the Exceptional Marriage?
How does EMM differ from other Forms of Couples Work?
What are our Control Patterns & Shared Energy Fields?
What is the Full Self Expression Process & No First Cause?
EMM is for couples who are in a committed relationship
And are willing to do the work it takes to deepen their relationship
Rather than Settle for the Status Quo.

Show 26- Interview with Eric Lifgren (co-host Marsha Antkies)

Love Eros & Sexuality-From A Core Energetics Perspective

It is all about Love-Unification, qualities
Dimensions of the Personality- Spirituality is Love-Will-Mind
Feelings & Emotions- Physical Body