

A. Classical Steps in Primal Tx

A session and a sequence of a feeling is only complete when we have gotten to the need. The need is the most difficult thing to get to because it is the most powerful, deep feeling we can have, because a child is all need. A child needs love, a child is all need. So when you do feel that, you are that child who needs that to live, to live to be who you are. If you are not loved, you become that person who keeps trying, that person who is someone else because you keep trying to get something you cannot get. When you feel, "please love me," you become that person before you were distorted into keep on trying to get something, because a child needs love to be able to grow as who they are, which is why when you feel it, it's so fantastic because you do become who you really are, and you don't have to struggle symbolically, or to react symbolically to things in the present that make you inordinately unhappy or whatever because the real feeling is in the past and is with this child, and as you said, after that you saw other options. "Well I can go out and get a job," when before it made you hopeless in a way that your father made you hopeless too. But once you feel the need that's under, you are you again. You're not the hopeless child trying to get love from her father symbolically, how many years back, and still driving you, lots of years back, it's still driving you. So that's why you have to go back to the need. That's why the need in therapy is the most important thing you can go to. And that's why when your patient is just above the need, the only thing you can do is just ask. "Tell him." Just one word; "ask him." Two words.

TH: I'm just reading my notes and later on she said it again, "I just needed his love."

(53:56) Dr. FJ: There you go. "I just needed his love." "Tell him. Tell him." Okay. And by the way when you do that, when she said, "I just needed his love," it's like she was going there but she just needed that little one thing to just switch it into her now feeling that feeling, to reconnect completely, because when she says, "I just needed his love," it's me now seeing that I needed his love then. Now if you say "tell him." "Dad, I need you to love me now," the connection is done, in her body and in her brain. She's reconnected completely. And all the act out that went with the disconnection is going to be gone. So that's why the defense system is still not letting her, on her own go to that. She will once she has done it a few times, with your help, saying, "tell him," or "ask him." After that even on her own she'll probably be able to just make that switch to the need, but now her defense system is still sort of keeping her disconnected from it, which is why the therapist in the room has to make that little nudge to allow her to go in there. But she will on her own one day.

GW: I hope so.

Dr. FJ: Yeah you will. That's why Primal Therapy is so fantastic, that we can do it on our own once we have the royal way to the feelings, when we know, and

also once your system knows that it's safe and that's what you need to do. In a way, the defense system will say, "okay, I know I have to let you do that because that's good for you." Until then the system does not know that because the truth is the pain comes up and we don't know what to do with it, so it makes the whole brain go like this (shaking), so the defense system is really doing its job because it doesn't know that it can do it, but once the reconnection is done and the brain says "hey this is okay," we are all feeling better here, your heart rate is going down, your blood pressure is not so elevated, your thoughts are clear, you're not polluted by the pain anymore, the brain knows, "hey this is good." So once we do have access to need and once we can reconnect with our need, once we do have this access that is recreated in us because that was needed in our system, then the defense system will not have to be protecting you from it all the time. You have access, it's reconnected, it knows it's good, and it will let it happen. What's so great is that at that point you really hardly need a therapist anymore, because when something happens, you know where to go, you know how to do it, you know you can do it, and your defense system is letting you do it. You have the feeling, you go to the need, you feel better, bang, back in life. That whole past is being reconnected and it's letting you free of it. That's what's important. And that's really what Primal Therapy does. So those two little words at the end when she's hovering over that need but not able to fall in it, that's when your role is crucial, just like, "tell him." That's all it is. "Ask him." "I wanted you to love me." "Ask him." And be on the same level, don't say, "Ask him!" (loudly) because... Be with that child who needed love so much. Just, "Ask him" (softly), speak very, very softly, and then you'll see another level happen, where she will be even more of that pleading child, "please Daddy love me, please." And so, and that going to the need is what changes us deeply, in an extraordinary way. You know it's like the change is so immense compared to the two hours of session we just did. That's what's so fantastic. And that's how you rebuild yourself.

B. LET THE PAIN LEAD THE WAY

1. DR FJ: When someone is starting then... If someone is starting on the second line, on the first line, or on the third line then you have to ask yourself, "is it okay?" But here, first we don't know so we just have to wait until we know. And if they start on the second line, because some event ticked them off on the second line right away, they go to it, that's okay. The only problem is if it's a constant thing, like people go to second line to avoid third line, to avoid dealing with their present life. Or they go straight to birth because they really don't want to feel anything on the second or on the third. That's when it's really a problem. But if someone comes in and they start maybe on the first or on the second, because

maybe yesterday they cried in their own room and they were on the second line and now that's a bit of first line, that state. It's at the end of the session that you are going to be able to know whether or not it's okay or not. And again, if someone is constantly going to first or constantly going to second or staying on the third and never going to second, that's when you don't have the three levels, and you have to start asking yourself questions. Okay? But if someone starts by crying, maybe he is crying on the first, on the third line, maybe on the second, we don't know anyway, he's crying, that's a good thing. Okay? Then we'll know, he'll tell us. Okay?

2. CHAPTER 2: Crying without knowing what you are crying about is not a feeling.

When you are feeling you have... The third line is involved: you know what you are crying about. And then you cry about something: you have the second line, or the emotional component, which could also be on the third line, which is engaged. You feel it in your body, it hurts, you feel it. That is the feeling. The feeling is the three components.

3. Dr. FJ: "Be there." If you don't go to the need you're not having a full primal. I'll tell you what, the most important part of the therapy is to end up in the need. And it could take a long time before you can finally get there, because the need is who you were. The deprivation of the need is what created the pain. So you could stop here, at the pain, but you still have not reconnected to who you really were. Who was that child that needed something? And so that is why you need to go there. And the need is essential, it's like, "why weren't you there, I needed you," and even closer, "I need you." If you go to the "I need you," and you feel it with every fiber of your body, you are that child that needs, and then the world stops after that because the need had to be repressed. The pain of the need had to be repressed, that's when you started becoming somebody else, and that's when everything is imprinted in you: the need, the deprivation of the need, the pain from the need. But when you go there, this is when you finally unlock all of those levels, all those imprints, and become who you are again. And that's how you become open and you have full access because that's not repressed anymore. You have created that channel now, between you, all the way down to who you were, what you needed, without the pain, and without the repression. You get that? You guys get that? And that's where Primal Therapy has to be done well because the lower you get the less the therapy is able to do, and the less the therapy should do and the more important whatever he or she does is. And usually the simpler it becomes. Like at the right moment, when my mother was not there, at the right moment just say, "tell her." If you say it too early it's not going to work. There was still the pain there of her not being there that still has to be felt. And there is that specific moment where the pain of her not being there

has been felt, and now you have to switch to the need of her being there for you. And at that specific moment is when the therapist should say, "tell her" or "can you tell her?" Or if it's a new patient, "can you tell her?"

CLASS: Yeah I want to talk a little bit about that moment because it's very important. How can I know?

(27:26) Dr. FJ: Well there is no good recipe for that, except experience.

4. Dr. FJ: Well, the defense does not cause the problem, the pain causes the problem. The deprivation of the need is what causes problems. The defense is what helps you survive. The defense is a good thing, originally.

CLASS: Or what keeps us from the pain.

(41:19) Dr. FJ: It's what keeps you from the pain. However now that you are an adult and you have the strength to go back to the primal feelings, which I prefer to call that rather than the pain but it is a painful as, for a child. So then the defense needs to open up otherwise you'll never feel it. So then it is in Primal a bit of a problem, because you have to sort of open it up so that you get access. And then at the end of the session, the defenses are going to come back, you're not going to stay that five-year old child, you're going to become yourself again. However, the defense will not have to be so strong because it will not have to defend against something that has been felt now. So your defense system just relaxes and it will keep on defending you where it has to, maybe in something in the present, that stuff. But it's not going to have to keep on working to defend you against Primal feelings that go back to your birth and your childhood and everything else that has to constantly, constantly be defended against. Why? Because when you live your life they are constantly being triggered. If you go through a very painful separation with somebody you love and now they don't love you anymore, it's going to trigger the fact that you were not loved as a child.

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So once the defense is gone as a child, your defense system is going to help you in the present with what you are going through now. But it's not going to have to work with all the well of pain that was there before, which was a lot more painful as a child than it was as an adult. As adults we can withstand a lot. We are strong; we have a lot of resources. As a child we have no other way than just defending. It's the only way we can cope with being unloved and feeling it every second of our life. Because a child needs love to develop, to become who he is supposed to be, to be... To dare to be himself, and be himself. So, if that is not happening then the defenses have to constantly defend him against this incredible pain of not being loved. But once that is felt, not being loved in the present is not nearly as painful. Because what you trigger is the horrible pain of the child suffering. That's the difference.

EXAMPLE OF CLASSIC TX

CLASS: She did get something from her father. She was closer to her father.

Dr. FJ: Yes, her father gave her something.

CLASS: Some support. She's got a sense of rightness.

Dr. FJ: Right, which is great because that'll save her some years of therapy. It's true, because for the patients that have to go through "I am bad, I am bad, I am bad..." -which she could have easily since she was treated like she was bad before they can go on the other side, they have to realize, "I wasn't bad, I was just a little kid, I needed you to love me, why couldn't you love me the way I was." She doesn't have to go through that, its fantastic. It would be interesting to see if she goes there at some point. Right now she has that core feeling of, "It's not me, it's you".