

Psychophonetics Practitioners

Newsletter – SPECIAL EDITION

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www.psychophonetics.com.au

Dear colleagues & friends of Psychophonetics,

Welcome to this edition of our Newsletter which is a special edition to support one of our practitioners who has been asked by frontline workers, in one of the townships in Cape Town, for counselling sessions. Funds are needed for Keriesa to do this as these workers do not have enough money to pay for a number of counselling sessions.

Please think about how much you can afford to contribute to this worthy cause, especially as money from Australia, UK and Europe is worth much more than the South African rand and a little from us can go a long way for them.

Let's see if we can raise enough funds in the next 2-3 weeks – **go to pages 2-4 for details.**

This edition also includes information about what some other practitioners are doing during this time of the pandemic – Judy and Anne are facilitating *Art for Heart* workshops (pp. 4-5), a summary of an article by Yehuda - full article is published in the Slovakian magazine Vitalita - on *Stress and Immunity* and zoom sessions (pp.7-9), and Lea gives an insight into her work with clients who have a long term illness and no immunity (pp.10-11).

I hope you are all staying well and safe during this time and can find the support you need on the inner as well as outer levels.

Warm regards

Robin Steele

Editor

Email: robin@psychophonetics.com.au

Blessing in the Chaos

To all that is chaotic
in you,
let there come silence.
Let there be
a calming
of the clamouring,
a stilling
of the voices that
have laid their claim
on you,
that have made their
home in you,
that go with you
even to the
holy places
but will not
let you rest,
will not let you
hear your life
with wholeness
or feel the grace
that fashioned you.
Let what distracts you
cease.
Let what divides you
cease.
Let there come an end
to what diminishes
and demeans,
and let depart
all that keeps you
in its cage.
Let there be
an opening
into the quiet
that lies beneath
the chaos,
where you find
the peace
you did not think
possible
and see what shimmers
within the storm.

FUNDRAISING REQUEST FROM SOUTH AFRICA

PLEASE SUPPORT FRONTLINE WORKERS TO ACCESS MUCH NEEDED SUPPORT BY SPONSORING PSYCHOPHONETICS SESSIONS IN SELF-CARE & STRESS MANAGEMENT SKILLS

Keriesa Botha (Cape Town, South Africa)

Covid19 and Lockdown is affecting us all in different ways. In South Africa, the economic impact has hit people very hard. It is not only a matter of people losing income but many are going hungry. In Simon's Town, where I live, we have a soup kitchen running every day and food parcels going out to families three days in a week. In my area, many people have been making sandwiches every day which have been collected by a community worker during Lockdown. It has been very inspiring to see how the community has reached out to one another during Lockdown in very innovative ways. One man created a Facebook page where he challenged everyone to donate the money they save on a haircut (hairdressers are closed) to a feeding scheme and asked people to post photos of their funny hairstyles!

Another person suggested what people save from not buying Cappuccino's to go towards food coupons. Some teachers cycled for a marathon on their exercise bikes at home and asked for sponsorship. Others ran a marathon in their back garden and some

even swam in their swimming pool, raising funds for feeding schemes or masks.

SUPPORT IS NEEDED



At the moment, I am in contact with a group of frontline community workers/social workers. The conditions they are working under is very stressful and they have indicated that they need support but cannot afford to pay for a number of sessions. Some of them work with families from the township of Masiphumelele, which you see in the photos.

Masiphumelele has between 26,000 and 30,000 residents and the whole township consists of tin shacks.



Others work in similar circumstances. One of the social workers received a scholarship to do my *Inner Leadership* course and benefited from the Psychophonetics I used in the course and would like to learn more self-care skills.

SPONSORING PSYCHOPHONETICS SESSIONS FOR FRONTLINE WORKERS

I would very much like to raise funds to sponsor this small group for some sessions that could give them basic care for the care giver skills. I will sponsor each session myself with R150 and hope to raise the remaining R500 per session through fundraising.



FUNDRAISING GOAL

R14,000

To raise **R12,000 to R14,000** by end of June/ early July at latest (Approx. total of \$2,000; €737; £658). This is just a very tiny gesture to reach out and offer support through Psychophonetics.

At the moment (3/6/20)

20 SA rands equals 1 pound (£1)

19 SA rands equals one Euro (€1)

12 Rands equals 1 Australian dollar (\$1)

A small donation in dollars, pounds or Euros, can make a big difference in SA rands.

Masiphumelele is a township in Cape Town, South Africa, situated between Kommetjie, Capri Village and Noordhoek. The township was renamed Masiphumelele by its residents, which is a Xhosa word meaning "We will succeed". Amenities are scarce, with an overcrowded school, no police station, and an understaffed day clinic, while it's estimated that 30-40% of the community are infected with HIV and/or TB. The University of Cape Town Student's Health and Welfare Centres Organisation, runs weekly supplementary clinics from the Masiphumelele clinic.

MAKING A CONTRIBUTION NOW

I would so appreciate it if you could contribute to this initiative and you may even find an innovative way to raise the funds! I would love to hear about it if you do!

My bank details: K. L. Botha

Standard Bank of SA

Swift Code SBZAJJ B

Branch number > 051001 (Standard Bank)

Account number > 070 010 927

When you transfer your donation, include your name (eg. Rob300), and email me at: keriesa6@gmail.com so I can let you know how I have made use of your donation.

With appreciation

Keriesa Botha, Simon's Town South Africa

About Keriesa



I have been a Psychophonetics practitioner for at least 15 years and also was a trainer for many years at Persephone Institute. Until recently, I worked full-time for 3 years as a Life Coach and Psychophonetics counsellor at [Chrysalis Academy](#). Chrysalis runs a residential youth development program which is holistic in its approach. Students are between 18 and 25 years and not employed or in training. Most students presented with multiple trauma and Psychophonetics was a very helpful tool to address these complex issues.

At the moment I'm in private practice, including clients from the townships, still working with youth and also focusing on my interest in menopause with women in transition, and initiating women into the healing power of the menstrual cycle.

I completed my Masters Degree in Leadership and Change Management in 2010. The focus of my thesis was working with the *Seven Conditions and Emotional Intelligence* in a corporate setting, as part of leadership development.

With Lockdown I had to learn how to counsel on Zoom and run small workshops too. This has been a wonderful learning adventure!



For many centuries, ancient civilisations, indigenous cultures and various religions have celebrated and revered the Winter Solstice. Friends, family and members of the tribe gather to share warmth, music and laughter as the sun is at its furthest point from the Earth. Despite how dark and cold it may seem, their spirits carry hope that from the solstice onwards, the days will grow longer and the sun will shine brighter and warmer with each passing day.

This year has not been uneventful, to say the least. The smoke from the horrific bushfires had just dispersed when a pandemic brought the world to a standstill and plunged Australia into an economic recession for the first time in nearly three decades. As racial inequality, geopolitical tension and global unemployment rear their ugly heads, it's safe to say we are alive in a disrupted and uncertain world – a world that desperately needs hope to bring light to our hearts.



Each year around this time members and contributors of Initiatives of Change Australia, come together to be part of the National Gathering. This year, the gathering has been transformed into a digital festival called the **Solstice of Hope**. The intention of the

festival is to meet old and new friends, celebrate each other's endeavours, take journeys into art and music, fill our hearts with hope, and hold a space for conversations that explore how we can contribute our skills, gifts and presence to create the world that we wish to live in.

We warmly invite you to participate in the different sessions and join hands (metaphorically) with other change-agents and transformational leaders during this Festival, as we come together to move forward with hope.

The program will be via zoom and a link with any other information required for each session will be sent once we receive your RSVP. We look forward to seeing you at the *Solstice of Hope*.

Warm regards

Festival planning group

To learn more about Initiatives of Change (IoC), an international organisation, visit their websites:

Australia: <https://au.iofc.org/>

International: <https://www.iofc.org/>

The following two workshops are offered by Anne and Judy, two Psychophonetics practitioners/facilitators, as part of this festival.

Judy has been part of the IoC community since 2007 and regularly contributes in a number of programs, such as *Life Matters*, *Peace Circles*, and *art therapy programs*. In recent years, Anne has joined the IoC community, also participating and contributing to various programs and activities, including the introduction of the art to heart program to IoC. Both Anne and Judy are on various committees.

ART WITH HEART WORKSHOPS

Healing and transformation through drawing



Anne Holland & Judy Greenberg Melbourne, Australia

This is a two-part program with 2x2-hours sessions for the Australian Initiatives of Change community. You will need to complete session 1 in order to participate in Session 2.

SESSION 1: **From Concern to Hope**

➤ **Saturday 27th June, 6.00 – 8.00pm**

Register by June 24

SESSION 2: **From Hope to Action**

➤ **Thursday 2nd July 6.00pm – 8.00pm**

Register by June 29

Please note you do not need to be good at drawing, just willing to explore your creative expression.

You will need:

- Crayons / pastels
- Plain paper or a visual diary (A4/A5)
- Your curiosity

➤ Click [HERE](#) to register.

To contact Anne or Judy:

Anne: anneholland@optusnet.com.au;

Judy: judyemma1@gmail.com



ISOLATION ANGEL

OH MY GOD...
Who are you?
What are you
doing?

I'm the isolation
angel... I'm here to
keep you company...

I visit isolated people.
Only the lonely are able
to see me. You have
the vision of Solitude.

I appear when your spirits
are low. I understand when
you talk to yourself.



I bring simple friendliness,
humour, sympathy...
I help with your wishes...

I wish you would sit
under a tree with me
in the garden and we
could sing together.

Wow...
I haven't
done this
for years...

Angels do it
all the time.
There's an
angel in every
tree you know.



Better still...
we could sit...
IN the tree...



Leung


SOLITUDE

Solitude, a simple den,
A piece of paper and a pen,
A cup of tea, a piece of toast.
A window and the holy ghost.
Some calm, a table and a chair;
The mind is free, the soul is bare,
There's love to make and life to hold.
The ancient tiny thread of gold
That runs through all the joy and gloom
Is found inside this little room.



Leung



 **Yehuda Tagar**
Slovakia

PSYCHOPHONETICS IN TIME OF CORONAVIRUS

Resilience Training in Methodical Immune Enhancement

Yehuda Tagar¹

We can each become more resilient in the face of this current virus pandemic by enhancing the power of our immunity - we *can* change the strength of our immunity at any age.

Stress weakens the Immune System
www.apa.org/research/action/immune

Over time, stress hormones will weaken your immune system and reduce your body's response to foreign invaders. People under chronic stress are more susceptible to viral illnesses like the flu and the common cold, as well as other infections.

www.stress.org/daily-life

The strength of our immunity is an expression of the strength of our general vitality in our Life-Body, or chi, pranic Body, Morphogenetic Field, Vita, Chaiim, Tree of Life. There are 7 major life processes underlying human physiology: breathing/respiration, warming, nurturing, secretion, maintenance, growth and reproduction.

The process of maintenance is the 'operating system' underlying all our physiological healing, recovery, repair and the pathogen-fighting, immunity processes.

We can contribute to the vibrancy of the Life-Body through a healthy diet, exercise, living in a clean environment, sleeping well etc. A sedentary lifestyle of eating processed, sugar and salt filled diet with additives tend to deplete the vibrancy of our Life-Body.

Conscious and unconscious psychological dynamics effect the Life-Body. During daytime, the Life-Body is dominated by our psychological dynamics, mostly in the exhausting direction, which is why sleep is so essential for our survival: The Life-Body needs a long break from our emotions and consciousness for at least 7-8 hours each night. Potentially, only our 'I' can *consciously* penetrate deep into our emotional reality and change it from the inside.

PSYCHOPHONETICS STRESS EQUATION

The state of stress is the sum total of the demand on the human system *on all levels combined* – divided by the total resources of that human system *on all levels combined*.

STRESS is: a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilise.

www.stress.org/daily-life

$$\frac{\text{Input from outside} > \text{The totality of demands} < \text{input from inside}}{\text{Input from outside} > \text{The totality of resources} < \text{input from inside}} = \text{the totality of STRESS}$$

Could it be now that we have a break because of the current restrictions, that we can rest a bit, get out of acute stress, and maybe the infection rates go down? Just a possibility.

IMMUNE ENHANCEMENT WITH PSYCHOPHONETICS

Stress itself is caused by two major different factors:

1. **Physiochemical** factors: diet, lifestyle etc.
2. **Psychological** factors: emotions, frustrations, reactions, anger, anxiety, defences, conflicts, negative thoughts, fear.

The way we react to stress and the general health of our immune system are things we can influence...ongoing stress makes us susceptible to illness and disease because (it) depresses our immunity. Stress is responsible for as much as 90% of all illnesses.

www.psychologytoday.com/us/blog/how-the-mind-heals-the-body/201411/how-stress-affects-the-immune-system

¹ Yehuda Tagar is an Israeli, Australian, South African, British coach, counsellor, psychotherapist, psychosomatic trainer, consultant & international lecturer. Founder of Psychophonetics, Methodical Empathy, Humanizing the Workplace, People's Sustainability & Methodical Immune Enhancement. Director Psychophonetics Institute Int'l; CEO Psychophonetics Fdr; co-director Psychology Academy of Central Europe, Director of Studies Škola Empathie, Slovakia, providing a 3-year training in Psychophonetics.



How can we practically enter and interact with the unconscious dynamics of the Life-Body in order to enhance our immunity?

Sensing our body - what is happening in our body: is it tired or refreshed, hungry or satisfied, comfortable or not, in pain or pleasure. This capacity of sensing the life dynamics in our Life-Body can be developed and enhanced by **Active Sensing**.

Our emotional dynamics leave imprints in the Life-Body. Active Sensing enhances and focuses the natural capacity of our *sense of life* to sensing what is happening in the body, such as: does it come from the physical body and physical environment, or from inside, from the psychological dimension.

This distinction is important as we can potentially control our psychological dynamics, once we are conscious of them.

At this point, the function of the central nerve system reaches its limit. It can indicate where the impression on the sensed life dynamics is coming from, but it cannot go further into its cause or nature. Another capacity of perception is required: **Intuitive Gesture** is a spontaneous and conscious bodily expression of an experience.

The autonomic nerve system lives in direct contact with the Life-Body where information is stored in the memory of the Life-Body, accessible to the autonomic nerve system, not cognitively but motorically. The gesture expresses a reality that wasn't available to consciousness beforehand, such as, a specific cause for the sensed pain, ache, weakness, stress.

This is Psychophonetics' major tool of self-awareness. No speculation, interpretation, analysis or previous information is required for the person to observe directly the reality of their own psychosomatic dynamics.

Once a bodily sensation is expressed in direct gesture, new mental pictures can emerge communicating to consciousness the internal dynamics expressed by that gesture. In *spontaneous visualisation*, the previously unconscious psychological dynamic that created the sensation can appear again on the 'mental screen' and be observed. This mental picture enables a direct exploration of the source of the sensed imprint on the Life-Body.

This is how the 'I' can enter the previously inaccessible area where the unconscious soul and the Life-Body live inside of each other. This enables distinguishing between dynamics which damage the vitality of the Life-Body and dynamics which strengthen and uplift it by making a direct conscious change to our own vitality, and consequently to the strength of our immunity.

Once we made these dynamics conscious and observable, we have the option of enhancing enlivening dynamics; as **Immune-Enhancement Training**.

This process entails direct self-observation, active consciousness and a chosen act of will. Normal sense perception, intellectual reflection and words cannot reach the deep connection between psyche, body and immunity, but the combination of Active Sensing, Spontaneous Gesture, Perceptive Visualisation, and sounds can do this.

1. Psychological **stressors**: dynamics that deplete the vitality of the Life-Body and lessen the strength of our immunity:

Negativity; fear, anger, defensive reaction, self-hatred & hatred of others, self-criticism & criticism of others, aggression, projections of blame, self-pity, victimhood, selfishness, cynicism, depression, powerlessness, avoidance of challenges, communication blocks, succumbing to the dark side of oneself, heartlessness.

2. Psychological **enlivening** dynamics that enhance the vitality of the Life-Body and can improve the strength of our immunity:

Gratitude, self-care & true care of others, taking responsibility for one's own inner and outer life, compassion, forgiveness, restoration of trust, empathy to oneself & others, kindness to oneself & others, courage in the face of fear and danger, facing challenges, all kinds of creative expression, experience & appreciation of nature, beauty, humour, laughter, generosity, joy, love.

We can consciously choose to change elements in the first list to elements in the second list. Emotions are not produced by natural causes but by oneself: we produce them so we can change them. Potentially we can be in control of the production of our own stressing negativity. Potentially we can be in control of activating heart-based enlivening intelligence, the source of producing positive, life giving emotions. This process is the essence of personal and spiritual development.

Currently, in 2020, normal life is at a standstill. The strength of our immune system is something each one of us can potentially enhance.

Online Immune Enhancement Training program

Format includes

1. **Introduction** – sharing and empathy are enlivening and helpful.
2. **Confronting & Transforming fear** – fear is around us, personally and collectively. Fear depresses immunity. This must be faced and transformed on a basic level in order to proceed.
3. **Enlivening** – enhancing vitality through movement, gesture, sensing, visualisation and sounds. The Life-Body is trying to vitalise our life forces all the time. The Psychophonetics Enlivening process helps us to do it consciously.
4. **Identifying stress factors of vitality destructive dynamics & clearing them** – acknowledging and identifying which moods and dynamics are destroying our vitality. These dynamics are different for each person. If encouraged, we can identify which states, moods, modes of operation and emotions destroy our vitality. These can be prioritised in order of destruction, then confronted and overcome.
5. **Overcoming Defensive Reactions** – uncontrolled, repetitive defensive reactions are destructive for our social interaction and organism, whether exploded or imploded. Psychophonetics 'Overcoming Reaction' process can give people control over their reactions.
6. **Stress Management process** – stress and distress are individual but there are general Psychophonetics processes empowering us to limit stress and the physiological damage it creates.
7. **Identifying enlivening vitality-enhancing dynamics & enhancing them** – we all have modes, moods and emotions that support, uplift and vitalise our life forces. These can be identified and consciously enhanced.
8. **Identifying & taking responsibility for self-negative dynamics** – (potentially partially covered by point 4) chronic self-negative messages destroy vitality and immunity. They exist to various degrees in everyone, magnifying negative emotions and interactions, to minimise the positive ones. These self-negative messages can be identified, observed and controlled.
9. **Review, homework practice** – whatever is achieved in the seminar can be made into a 'home practice' to be continued on own, contributing to sustainable changes in our lifestyle.

Online formats for this work are in progress. In the meantime, some elements of this article may help to raise self-awareness and can be adopted as part of your self-care strategies.

Short courses and workshops on Personal Immunity Enhancement will be offered in Slovakia once the restrictions on public meetings are lifted.

Courage, strength and hope for all of us in these *distressing* times.

Yehuda

Contact Yehuda Tagar by email to book an individual online session, and/or to book your place for the online program.

Email: yehuda.tagar@psychophonetics.com

✚ COUNSELLING DURING THE PANDEMIC

Lea Rose (Australia)



As a Death and Dying counsellor I have always been a frontline worker and was semi-retired but since March I'm full time again...I'm in people's private homes and hospitals, this is the work I have been doing for over

25 years...I have seen more death than most can imagine, spent years working in isolation wards in the Royal Children's Hospital in Melbourne and Sydney.

As a counsellor to people with life-threatening illnesses I have only one thing to say, take care of your immune system!!! There is little talk about strong immunity and I have seen clients face every kind of illness you can imagine and recover.

I personally take 500mg of vitamin C every day, magnesium, zinc, vitamin D vitamin B, fresh food, a pH balanced diet, exercise, and yes, I could still die from coronavirus but my immune system will give it the fight of its life because that's my best defence for my own body. Interestingly, my own clients are not that afraid because every day they have to take care of their immune system to survive. It's not handwash or masks that will take care of you, it's your health within your own body and soul.

Also, important to note that stress impacts the immune system, so the more you stress about it the more at risk you are. A peaceful healthy approach is the best protection you can make.

- Click on the following link to hear Lea talk about her work with clients during the time of covid19 (1 min)...

www.facebook.com/lea.rose.7739/videos/2644043169058106

**If you can't access the video, send Lea a FB friend request.*



I have worked all over Asia and lectured and taught in Wuhan China, and don't even know if my friends in Wuhan are alive! They are the most amazing student counsellors and I am sure if they are alive, they will be on the frontline, as I taught them how to deal with death. I would fly there in a heartbeat if I could to help.

Since March, I have been back to online counselling supporting clients, including those in 14 days quarantine...never thought my skills would be needed in this way, all so strange

One day, while working at Cabrini hospital, I suffered from laryngitis due to talking through a mask and the work load...I have worked with amazing nurses with all of us working under very difficult conditions but the mutual care is totally amazing! Big shoutout for the renal nurses!!

During these times, try to stay calm and reduce your stress as it not only won't protect you, stress can damage your health. Death is always around us; fear and hysteria stop us from experiencing love when we

need it. Isolation presents a different illness as depression and grief are compounded.

Keep your distance, follow the rules, as I need to walk, swim and laugh...my mental health depends on it so I can cope with the long hours and care for my clients!

A calm state of being is what is needed.

- Click on the following link to hear Lea talk about how difficult it is for some of her clients who are in double isolation with long term illness and no immunity. (2 mins)...



www.facebook.com/lea.rose.7739/videos/2648151071980649

**If you can't access the video, send Lea a FB friend request.*

- Lea's book is a very useful resource during these times and is highly recommended.



LET'S TALK ABOUT IT!
Finding Peace with Death & Dying in Everyday Life (2014)

This essential book on death and dying can transform the way we die. Lea's unique and innovative approach educates us on: Finding the courage to face our death; empowerment for making conscious choices, understanding the physical stages of

dying, creating a care team of family and friends to support real connection; and the true value of communication through open discussions in our own family. The book also teaches us that we can make a real difference to our lives and those around us. Just as we want quality of life we must also insist on **quality of death**.

Available from the publisher [Michelle Anderson Publishing](#)
Also available from or [Amazon](#) - book and kindle editions

[Read the synopsis](#)

To contact Lea, email: lea@learose.com.au



FUNDRAISING REQUEST FROM SOUTH AFRICA

**SUPPORT FRONTLINE WORKERS
TO ACCESS MUCH NEEDED
SUPPORT
BY SPONSORING
PSYCHOPHONETICS SESSIONS
IN SELF-CARE &
STRESS MANAGEMENT SKILLS**

Amount: R12,000 to R14,000

Please pay by end of June/early July at latest.

Bank details: K. L. Botha

Standard Bank of SA

Swift Code > SBZAZAJJ B

Branch number > 051001

Account number > 070 010 927

Email Keriesa: keriesa6@gmail.com

Editor: After we have paid the necessary funds and Keriesa has completed her work with the frontline workers in the township, I have asked her to write a report of her work with clients for our next Newsletter, which she has agreed to do.

This newsletter is sent to colleagues and friendly supporters of this work and is a great way for networking, for referrals, and for your work to be talked about by colleagues in the wider community, as well as for promoting the profession of Psychophonetics generally.

Send your contribution to Robin, the editor, at any time > robin@psychophonetics.com.au <

Diversity of opinion from our contributors is welcome, which are not necessarily the view of the editor. I do not accept any liability arising from the material in the Psychophonetics Practitioners Newsletter.