

## CHAKRAS OF EMPATHY: THE HEART CHAKRA

The development of the three Lotus Flowers required for soul-perception with Psychophonetics (2)

By Yehuda Tagar

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*“These ‘Lotus Flowers’ are the sense organs of the soul”  
Rudolf Steiner, ‘Knowledge of the Higher Worlds’, chpt 6.*

Empathy is the future of humanity, if humanity has a future. The human individual ‘I’ will not stop dominating the human soul and society. The old, given harmony between people in their tribes and with nature will continue to disintegrate. If it will not be replaced by a new capacity of mutual understanding and care of each other – egotism will inevitably dominate. That would lead to an assured destruction. A new capacity of human understanding is required. That is Methodical Empathy.

There is no guarantee for that future of humanity. There is freedom about it. Evolution is now evolution of consciousness. It cannot be done in groups, only by individual initiatives: to take real steps in the personal transformation that is required for the development of empathy. If enough individuals will take these necessary steps towards their own development of empathy – humanity as a whole will be taking that step. History is the biography of individuals now.

Empathy is still a baby now. It was born as a concept only in the middle of the 20<sup>th</sup> Century after a slow and progressive evolutionary process starting in the creation of drama in the year 472 BC at the Athens’ City Dionysia Festival. There, for the first time in human history, human beings represented human beings for other human beings to watch. In the play ‘Persians’ Greek actors represented Persian soldiers, the enemy that they just overcame. The spilled blood was still fresh. They had to understand them from the inside. That is the beginning of Empathy. It took more than 2,500 years to be given a name. It will take as much time for it to become a world culture.

I wrote about empathy from different points of view in Vitalita over recent years. Here, in Slovakia, we have established Skola Empathie since 2013, the teaching institute for Methodical Empathy. In these three articles on ‘Chakras of Empathy’ I am describing the deeper dimensions of this new growing capacity. The perceptive instrument for understanding another human soul – is one’s own human soul, transformed into a higher sense organ. The soul itself has to undergo conscious development in order to become a stable and reliable instrument for the perception of other people’s reality.

In the Psychophonetics training of Holistic Counselling– the major task is the development of the ‘Soul-Organs’ for the perception of another human soul: the organs for the perception of other people’s *pictures (mental life)*, *characters (emotional life)* and *capacities (life of will)*. For that the capacities of Imaginative, Inspirational and Intuitive perception have to evolve, in order to enable the three empathic capacities of ‘See me’, ‘Hear me’ and ‘Know me’. For that a transformation is required: of one’s Thinking – into Imaginative perception, one’s Feeling – into Inspirational perception, and one’s Willing into Intuitive perception.

For that to happen three ‘soul organs of perception’ have to be consciously activated: the ‘Lotus Flowers’ (chakras) of the Throat Centre, the Heart Centre and the Solar Plexus Centre. Specific developments are required for the cultivation of each of these ‘Soul Organs’ of perception<sup>1</sup>. Here I will outline the connection between these descriptions and the second level of Psychophonetics Methodical Empathy training <sup>2</sup>.

In the following describes each of the required faculties both from the personal development and from the professional development perspectives. To highlight and demonstrate these descriptions examples for their applications in Psychophonetics counselling and psychotherapy. This is not done in order to promote Psychophonetics but in order to ground these universal principles in a practical application. This is readily possible because Psychophonetics as a method was developed on the basis of the Anthroposophical approach to sustainable personal development, the foundation of Psychophonetics professional training.

The following is the second part of this study: it will outline the requirements for the development of the **Heart Chakra**: the organ for the perception of the inner experience of another person.

### **Developing the Heart Chakra - Foundation of Inspirational Perception**

The perception of the inner experience of other people requires ‘Inner Hearing’, or ‘Inspirational Perception’. It is a kind of ‘Breathing in’ of the other person’s internal resonance through my own internal resonance. ‘Respiration’ means breathing air in and out. ‘In-Spiration’ means taking into oneself the spirit of another person or spiritual being (the Muses for instance) and hearing its resonance inwardly. That perception deals no longer with images but with the ‘voices’ of the other’s reality. For the perception of the *‘mentality and character of other souls’*<sup>3</sup>, the perceptive instrument is ‘soul-warmth’: my own warmth of soul perceives yours. This is not limited to empathy with people but also with other living beings and nature. The centre of such perceptions is the Heart Chakra, made of twelve ‘petals.’ Six of them are already evolved by our past collective evolution. The other six await conscious development.

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<sup>1</sup> See chapter 6 of Rudolf Steiner’s foundation book ‘Knowledge of the Higher World and its attainment’

<sup>2</sup> The third level of training in this discipline will take place during the 3<sup>rd</sup> and final year of Psychophonetics training. It will consist of the teaching of the ‘Guardian of the Threshold’. [www.pace.sk](http://www.pace.sk)

<sup>3</sup> Chapter 6 of Rudolf Steiner’s ‘Knowledge of the Higher World and its attainment’

Resonances are less conscious than images: images appear in front of us, while resonances (sounds) appear inside us. Even on the physical level our sight perceptions appear to us in front of our eyes, while our hearing perceptions appear *inside* of our heads, in the inner ear (also called labyrinth).



There is less perspective regarding resonances, which is why greater clarity is required to be able to separate one's own resonance from the resonance of another person's reality.

Therefore, the general characteristic of an evolved Heart Centre is inner clarity, and clarity **radiates**.

These six qualities are:

### **1. Clarity, Order and Logicity of thoughts.**

The first faculty that needs to develop in this centre is the logicity, order and clarity of thoughts. This has two sides: one's own thoughts and the thoughts of others. The discipline of controlling and regulating the order of one's own thinking process is the foundation of this development. Chaotic, coincidental, association-based, reactive trends of thinking have to be eliminated in favour of structured, logical, consequential, orderly thinking. Thinking becomes progressively as organic and organised as a structure of a tree: they all have in common the orderly balanced structure that enables tree's growth, sustainability and aesthetic. So also, can human thinking become. The presence of the 'I' in one's thinking enables a **radiation** of one's true being.

In Psychophonetics training, we develop this quality of structured thinking through what we call 'The Conversation Tree' in which the endeavour is made to recall the evolution of any conversation to its origin and to remember how each of the branches of it has evolved in relation to its origin. This capacity enables the creation of effective *summaries* in the Organising stage of the Conversational Counselling phase of Psychophonetics process: chaotic as people's thinking may be—the trained listener should be able to perceive the potential sense, meaning and order in their expression, to organise it in oneself and to help the speaker to bring order and logic into their own thinking. That enables the **radiation** of the other's true being, making it more visible. Also, in the 'Challenging Stage' catching and reflecting back logical contradictions between different parts of the client's sharing can lead effectively to deepening of the client's self-awareness.

### **2. Logical consistency of action.**

Human will tend to run its own semi-independent life in the human soul. There can be endless contradictions between various actions of the same person and endless contradictions and regular disruptions between one's action and the life of others. Different motivations, desires and impulses can control one's actions, if they are left to themselves. The second faculty required here is bringing control, logicity, consistency and order into one's actions, and, in as much as possible, harmony with the reality of others. A 'central command' of one's action, the 'I', becomes stronger in this process, enabling its reality to **radiate** in the world.

In Psychophonetics process, this faculty evolves in two ways:

- a) in perceiving and reflecting the inconsistencies of contradictory motivations and actions governed
- b) by contradictory 'sub-personalities' of the client in the challenging stage of the Conversational Counselling, and b) the 'Process-Design' and the navigation of the Action Phase in which the various instructions for client's action should obey a clear logical direction in order to serve the client's wish.

### 3. Perseverance

Every decision that is acted upon strengthen the soul and the opposite weakens it. The integrity of responsible decision becoming action *radiates* the spirit through all the soul's expression. It is a strength of character. Perseverance is the strength of the will that penetrates the vital forces of stamina. Tests either weaken the will or, when overcome, strengthen it. The 'I' tries to dominate the soul from one side and the wilderness of one's astrality tries endlessly to control it from the other. It is a battle of wills.

In the Psychophonetics process, there are two indications of the client's will:

- a) the 'Presenting Issue', the problem that starts the process, and
- b) the client's Wish—the direction for the Action Counselling born out of the empathic conversation.

From that goal the counsellor should never divert, should never give up. All suggestions, observation, navigation of the process—should follow that goal persistently. This is the professional practice of perseverance.

### 4. Tolerance

The development of the fourth 'petal' of the heart centre requires an evolved open-mindedness to all, everyone and everything. It requires suspending judgment, listening openly and understanding—above and ahead of conclusion, criticism, judgment and rejection. Negative criticism and judgment is a dominant by-product of the critical thinking that had to evolve over the past three centuries, primarily in the West, as an essential element of independence of thought and individuation. That required the enhancement of the antipathetic trend in the human soul: boundaries, pushing back, stating one's own authority, stating one's objections to the authority of others. The development of individuality requires these attributes. Naivety is a beautiful attribute of childhood, not of independent adulthood.

But this development comes at the price. Shadows were formed in the mind of modern-era humanity that block out understanding and open-mindedness in favour of negative judgment. These clouds tend to block the sight of a truth greater than the one already known to the thinker, unbiased observation of a phenomena and a diversity of perspectives; it blocks deep observation, greater honesty with oneself, being surprised, growing over one's own narrowness. It also blocks the *radiation* of one's soul and the welcoming of new insight coming from other souls, minds, cultures and spirits.

Striving to overcome closed-mindedness and of negative judgment in the face of a new observation – is the challenge for the methodical cultivation of the fourth ‘petal’ of the Heart Chakra. One cannot truly meet another soul, creature or situation in their own reality with less than at least striving for that ideal. Real empathy is practically impossible with less than that.

In Psychophonetics counselling practice, this capacity is the core requirement: whatever picture, concept, association and meaning the counsellor conjures up in his/her mind regarding the client’s sharing and reality – an absolute priority and precedence must be given to the client’s own conception of themselves. The counsellor has to be prepared at *any moment* to let go completely of his/her conception and let that person be that authority and the author of the meaning that *they* give to their own experience. This moral principle, grounded in ‘Psychophonetics Code of Ethics’, is the heart of ethical and clear counsellor-client relationship, and, indeed, of a true ‘Psychology of Freedom’ altogether.

### **5. Openness: Meeting life with faith and trust—‘the faith that can move mountains’.**

The capacity of **radiating** trust and open heartedness to life itself is a life-giving quality that blesses one’s life and the life of others. It enables the spiritual reality in the individual to meet the spiritual reality in everything. It opens the doors of the heart to the myriad possibilities, depths, potentials and beauty of all beings, starting from oneself. Some people are borne like this. They probably developed this faculty in previous life, or they have not lost it yet. All children have this quality which **radiates** through them to various degrees before the harshness, hurts and disappointments of earthly conditions cloud it. For conscious development of the Heart Chakra centre of perception this quality must not be left for chance but be cultivated consciously.

In all cultures and languages courage and bravery are centred in the heart: Richard ‘the Lion Heart’ of England, William Wallace ‘Braveheart’ of Scotland. Courage is not aggression but full presence of spirit in the face of danger. Winston Churchill stated: "*Courage is rightly esteemed the first of human qualities because it is the quality that guarantees all others*". It is the radiance of the being to face life as it is, with all its challenges and possibilities, in spite and because of everything. It is the trust that one’s soul and spirit are potentially capable of facing and growing from everything life presents.

In the Psychophonetics process, this quality is being exercised in the constant holding of the clients’ higher potential by the counsellor in spite of their suffering, defeats, despair and powerlessness. Problems are held as potential developmental threshold; misfortunes crisis are held as potential opportunities for strengthening the ‘I’ and the soul; dead-ends in people’s destinies are held as potential transitions and new starting point. In order to be able to encourage this attitude in the client – the counsellor has to cultivate it in oneself.

### **6. Equilibrium: Stability in the face of the ups and downs of life.**

This is the knighthood of the inner life: the spirit cannot incarnate into the flesh without facing challenges and crossing thresholds. That is the universal principle of all true initiation processes. Short-cuts and by-passes exist but they are unsafe and unsustainable. From the point of view of human life as a temporary attempt to minimise pain and maximise pleasure—pleasure is obviously preferable. But from the perspective of human life as an initiation schooling—pain and pleasure are equal opportunities for personal development. In order not to get lost in the euphoria of success, pleasure and comfort and not to get drowned in the depression and melancholy resulting from loss, defeat and failure—a solid centre has to be formed. The core of one's being will be challenged but by facing the challenges well – that core grows. The roots and the trunk of a tree that is facing strong winds are much stronger than in trees that are protected. The cultivation of such a centre is the standard of the sixth 'petal' of the heart chakra. A strong core of one's character reveals one's true essence as it *radiates* through one's outer appearance.

In the Psychophonetics process, these qualities are being exercised through the dual challenge of

- a) helping the client transform whatever the presented problem is—into a higher consciousness and a strong future, personal-development orientated Wish;
- b) the translation of the Wish into a practical process of Action Phase, the 'rehearsing' of normal life in a safe and supported environment—in preparation for returning to one's life with additional self-awareness, more options and extra strength.

On both levels the formation of a stronger centre takes place through encouraging the client to face life adversities as opportunities for personal growth. In order to be able to encourage this quality in others, the counsellor has to continuously practice and cultivate it in one's own life.

These are the six qualities that have to be developed in order to awaken the six 'petals' of the heart chakra 'Lotus Flower'. They are sometimes described as 'the six preparatory exercises for meditation'. They all have in common the striving towards a real heart radiance which can enkindle the hearts of other souls. This required in order to perceive the deep nature of others, beyond the forms of their inner images. Such perception requires a strength of 'soul-warmth' as an organ of soul perception.

In the next article I will describe the five qualities of the five 'petals' of the Solar Plexus chakra that have to evolve in order to activate that deep foundation for the perception of people deep nature and real capabilities.

**Yehuda Tagar** is an Australian, South African, British coach, counsellor, psychotherapist, consultant and international trainer, founder of Psychophonetics, Methodical Empathy and Humanising the Workplace, director of Psychophonetics Institute International and head of studies at Skola Empathie, Slovakia. [www.yehudatagar.com](http://www.yehudatagar.com)