

THE INNER CHRISTMAS

Finding Your Inner Source of renewal with Psychophonetics Resourcefulness

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Sometimes what is really missing in our life cannot be found outside, only inside. Each one of us was born with a huge potential for this life which can only be sensed intuitively. It can only be fully known by acting on it. This is the source of real confidence, real meaning and of love for life: Acting in the world out of your own individual spirit, creating something new.

When it seems like the world has gone crazy: relationships, family, work, finance, ecology, politics, pandemic...nothing works; when there is no solution, no new resources from outside ...this is the time to discover and express the internal resources inside.

But this is much easier to say than to do.

Even if you already know there must be something which only you can do, only now, only here, only through these conditions of your life as it is; even if you already know there is no one to follow, that the next step must be an original creation out of your own inner being—where is this new energy and inspiration going to come from?

Inner source of renewal

There is always an inner source of renewal inside the human soul of everyone. I do not know it from sacred books, from theoretical speculation or from the heroic stories of others. I know it from my own experience. But if that is all I knew about it, I would not claim it to be valid for anyone else. I know it beyond the limits of my own personal experience: I know it in my professional capacity as a Psychophonetics coach, counsellor, trainer for personal development.

This ability of invoking an internal source of meaning, power, courage, connection to life, inner nurturing, inner protection, 'More of Me'— in Psychophonetics this process is called 'Resourcefulness': discovering, accessing and mobilising into action internal resources hidden in one's potential that were never known or used before. Resourcefulness is not a name for some mystically induced altered state of consciousness. It is a conscious act of mobilising one's own deeper potential methodically, and on the part of the counsellor—professionally. We teach it as a skill in the Psychophonetics professional training.

If we wait for this deeper resource inside a human being to be visible and evident before we utilise it—we will never be able to utilise it. There is no evidence of it and there is no record to demonstrate its reality. As a counsellor I have to activate people's potential *before* there is any evidence of their existence. I have to develop another level of empathy in order to help my client to mobilise it: I have to be able to perceive people's potential before it is being expressed. In Psychophonetics, that level of empathy is called: 'Conceptive Empathy': the ability to perceive human potential and to 'Midwife' it into operative reality.

In Psychophonetics Theory, we distinguish between 7 kinds of empathy: 3 kinds of illusionary empathy, 3 kinds of real empathy, and the threshold that transforms empathy from illusion to reality: Self-Empathy.

A. Illusionary empathy

1. **Projective empathy** (also known as 'Naïve Realism')—assuming that just because you experience a person in a certain way, that is the way they are. In reality, you have not seen them at all, you have just projected your unconscious reality at them.
2. **Intellectual empathy**—the assumption that your own intellectual speculations about a human being can tell you who they are and what is their reality. In reality, intellect *cannot* do empathy. Intellect can organise sense-perceptible objects, but people are *not objects*! Looking at people as if they and their behaviours are objects misses the reality of who they are, of who we are. Intellectual speculation, analysis and interpretations of other people's reality according to one's own psychological pre-conceived models and theories, are only illusions of real empathy.
3. **Manipulative empathy**—the skill of getting into unconscious components of human reality and to hook people into being motivated to do what you want them to do. This is the corrupt side of politics, commerce and relationship.

Turning point: Self-Empathy—the commitment, ethics and skill to observe one's own subjective reality objectively. To see it for what it is, to understand it and to work with one's own inner reality as if it is real. Self-Empathy is the foundation of Psychophonetics Methodical Empathy.

B. Real empathy

1. **Perceptive empathy**—the ability to perceive the real human being in front of you from their own point of view on various levels of depth.

2. **Transformative/Conceptive empathy**—the ability to sense intuitively and to mobilise the person's higher perception, to witness it and midwife it into operational reality.
3. **Enabling empathy**—the ability to foresee the conditions required for the emerging potential of the person in front of you and the creation of these conditions.

Special training is required and is possible for the development of Self-Empathy and the various levels of real empathy. The trained counsellor in these skills is really a 'soul-midwife' for the birth of the higher potential of the client. Of course, everyone has the potential to become their own 'Soul-Midwife'. An effective 'Soul-Midwife' counsellor, trains the client from the first meeting to gradually become their own 'midwives'.

Sooner or later, everyone will have to change, by choice to further development, or end up in stagnation. No living being can stay the same. Plants and animals change in cycles and every new generation, if not manipulated, repeat the previous one. However, as humans, the next generation does not repeat the previous one. The development of material human civilization is only the outer expression of human development of consciousness. In the past, only special individuals leading their tribes engendered human development. For the past few centuries, through the accelerated process of individuation, that collective development is the accumulation of individuals striving to evolve their inner potential, in their own original way, into expressed reality. The free evolution of individuals leads human evolution today, not adaptation to changing natural circumstances and not our set of genes, which have not changed much over the past 37,000 years. Individuals evolve by their own free initiatives, or not.

The deepest drive, in human existence, is to evolve, to become more of one's potential, higher self. When this potential is expressed, health and new consciousness follow. When that drive is blocked, neglected or avoided, sickness and regression follow. Crisis, when the old way of doing things does not work, can become the opportunity for a new individual spirit to enter one's life, for a new resource, never known and never used before, to be discovered.

On the basis of years of practical Transformative/Conceptive Empathy, the empathy that senses and mobilises hidden potential, we identified in Psychophonetics as 4 kinds of Resourcefulness processes:

- 1) **Invocation of the 'Inner Protector'**—invoking the person's potential for self-protection of their inner being from invasions, oppressions and compromises, both from outside and from inside. This is the Father Archetype.

- 2) **Invocation of the 'Inner Nurturer'**—invoking the person's potential for self-nurturing. This is the Mother Archetype.
- 3) **Invocation of 'More of Me'**—invoking the inner potential of coming into being, of being born on another level, of arriving on a deeper level into life. This is the Son Archetype.

We don't have to believe in a previously unexpressed inner source. We have to express it into being, to birth it into action. A pregnant woman does not believe in her future child. She births it into being when the time comes and she *has* a child, her own child, born out of her. That is the future of knowing and of growing.

None of us is fully here at any given point of time. We always hold the connection to the next dimension of our development in the depth of our soul. Our higher potential is there, we were born with it, it is always seeking an opportunity to enter into our actual life, to become an integral part of us in operation. When this takes place in the natural process of child development into adolescence and adulthood, that process is completely visible and predictable, and most of it takes place by the unconscious (to us) process of nature itself.

Adults still grow, personal evolution keeps happening, but not unconsciously and not by the power of nature. Adult development can only happen consciously. The evolution of humanity today is the evolution of human consciousness, a conscious kind of evolution, based on the personal development of individuals. This takes initiative, choice, action, self-observation, the creation of a conscious ideal, practical striving, 'self-birthing'. Not everyone is a partner for that phase of human evolution. Humanity will progressively split into two: those who consciously choose to evolve further, and those who choose not to evolve. Make your brave choices now.

Christmas is coming, and for great parts of humanity, Christians and not Christians, religious or not - this is the time of renewal, of the birth of the 'Child of Spirit'. The invocation of 'More of Me' based on 'Conceptive Empathy' is an Inner Christmas, and its true potential is not limited to any one part of the year.

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