

# Psychophonetics Practitioners Newsletter

Vol 14 (1) 2021

[www.psychophonetics.com.au](http://www.psychophonetics.com.au)

Dear colleagues & friends of Psychophonetics,  
Welcome to the 2021 edition of this newsletter. This is the 30<sup>th</sup> year since the Philophonetics/Psychophonetics training began in Adelaide, and I have been reflecting on the thousands of people who have experienced this modality in one form or another, as clients, students, practitioners, parents, lecture/workshop participants etc, in many different countries. The ripple effect of Psychophonetics continues on in various forms and Adrian reflects on his experience during these 30 years, in this 25<sup>th</sup> edition of the newsletter. Included also is his poem from the first newsletters in 2008.

During 2020-2021, there have been many changes and challenges which affected our lives and how practitioners worked. See Martin's article on depression, for example. Some practitioners remained busy as frontline workers, or utilised zoom to continue online or took a break, and in more recent times, in most places, person-person work can now resume. Congratulations go to Dr Raoul Goldberg for achieving his PhD during this time—a great effort, well done Raoul. Read about his thesis on page 12.

In October, the 3<sup>rd</sup> International Psychophonetics Conference was held via zoom with presentations by Ann and Tessa (UK), Zuzanna (Austria), Gabi (Switzerland) Yehuda (Slovakia), Golda (Panama US) and Martin (Czech Republic). In this edition, there is an overall summary, as well as two interesting articles from the conference presentations. Another article about overcoming self-doubt is a must read.

*News from the Field* highlights the diversity of how practitioners are working and in a report from the Psychophonetics Institute, Yehuda gives an update on the current status of the training courses in Slovakia.

I invite you to get a cuppa, make yourself comfortable and take your time to enjoy reading this edition.

Love & Blessings

*Robin Steele* (Editor)

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## CONTENTS

○ Editorial.....	1
○ Knighthood of the 21 <sup>st</sup> century .....	2
○ Celebrating 30 years. Adrian.....	2
○ An experience of psychophonetics. Adrian.....	4
○ Overall summary of 3 <sup>rd</sup> Psychophonetics conference program .....	4
○ Personal research about depression. Martin.....	5
○ The 7 conditions applied in the Waldorf school, Switzerland. Gabi.....	8
○ A short description of the 7 conditions.....	9
○ Doodling the stress away. Arleen.....	10
○ News from the Field - Philippa.....	11
Raoul.....	12
Arleen.....	14
Katherine, Judy/Anne.....	15
Yehuda/Mira/Gabi.....	16
Live Streaming/Video Links.....	17
Adrian, Blue Wren Foundation, more doodles.....	18
○ Poem: She Let Go. Safire Rose.....	19
○ Article: Overcoming self-doubt. Yehuda.....	20
○ Psychophonetics Institute Report. Yehuda.....	22
○ Skola Empatje Open Day.....	24
○ Links to Articles published in 2021.....	24
○ Psychophonetics Book.....	24
○ Other books of interest.....	25
○ Practitioners Website.....	25



Cookie. The Tree of Life.  
Dja Dja Wurrung people  
(Central Victoria)

*Future Dreaming...*

*Visions of the future*

Indigenous people in Victorian prisons were invited to dream of a brighter future and to bring that future to life by painting on a canvas.

<https://thetorch.org.au/exhibition/futuredreaming/>

## Knighthood of the 21<sup>st</sup> Century



Man in armour (Rembrandt)

There is a knighthood of the 21<sup>st</sup> century  
 whose members do not ride  
 through the darkness  
 of physical forests, as of old,  
 but through the forest of darkened minds.

They are armed with a spiritual armour  
 and an inner sun makes them radiant.

Out of them shines healing,  
 healing that flows from the  
 knowledge of the human being  
 as a spiritual being.

They must create inner order,  
 inner justice,  
 peace and conviction in the  
 darkness of our time

They must learn to work side by  
 side with angels.

(Karl König)

## CELEBRATING 30 YEARS

### Adrian Hanks

Gold Coast, Queensland



I first met Yehuda in 1998, while studying at the Melbourne Steiner Teacher Training College. I went frequently to his talks and felt that I needed to explore Philophonetics—which later became Psychophonetics—so I asked him if there was a new student group starting anytime soon. He replied, if you get 10 people interested in the Yarra Valley, where I was living, he would come there and start teaching. Two weeks later, there were 10 eager students ready for the journey! We did a 6-week introduction course with Robin Steele...and the rest is history...

Here I am, 23 years later, and still studying! The study never really stops, and is part of what I love about Anthroposophy, my dedicated therapy work, with Psychophonetics and human development. It's not just part of my life—it is my life. It's what I breathe in every day.

My daily practices of meditation, Three Power Exercises, spiritual book reading (currently reading KOTHW again after 10 months of reading 'From Gondihshapur to Silicon Valley' by Paul Emberson, Vols 1 and 2), my therapy work and even my art expression (I just painted the crucifix with the red roses), are all from the tree of Anthroposophy.

This is the gift that has been bestowed upon me from my first meeting of Anthroposophy and Rudolf Steiner in 1992 and meeting Yehuda in 1998. I was blessed with studying Psychophonetics both in Australia and in South Africa. I also got to experience Yehuda with both his Aussie aura and South African one!

I hold the teachings and the learnings deep in my heart and do my best to impart some of this back into the world to support others with their own journeys. I

work with clients locally and across the globe on Zoom.



In 2015, I also set up a charity organisation called *The Blue Wren Foundation* that's focused on work predominantly with men, to help stop conflict in relationships through our education programs—especially through our signature 'Line in the Sand' program. Much of what I have learned from my counselling and psychotherapy, as well as my connection to the initiatives of Rudolf Steiner and Anthroposophy, come into play in this work. The speech and drama work, human biography and human development work are all part of the work I do with the men.

In terms of my own creativity, based around this incredible spiritual journey, I have published a book: *Where Am 'I' Right Now?* physically-emotionally-mentally-spiritually; contributed the chapter: *An Eco-soul Bush Experience: Therapy in the Bush*, in Robin Steele's book: *Psychophonetics: Holistic Counseling and Psychotherapy*; created 'The 10 Life Aspects Journal'; as well as developed and delivered thousands of workshops, lectures and presentations. I have also been very involved with Bio-Dynamic gardening and farming, Steiner Schools, and was even on the Committee of the Victorian Anthroposophical Society for a while!

The question I often sit with is: Was this all just chance or was it all part of some big plan—some aspect of Karma or Divine Planning? Whatever the answer is, I am pleased that this has been my journey. I am very



pleased I had those two meetings in 1992 and 1998.

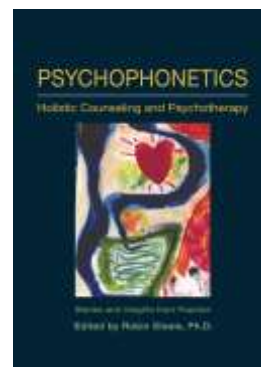
As fate, or whatever we choose to call it, called, I completed and graduated from the Psychophonetics training course

with my Advanced Diploma under the supervision of Robin Steele—a full circle!

Happy 30<sup>th</sup> birthday to Yehuda and Psychophonetics, and all those who have been part of the journey thus far, and blessings to the Spirit of Sophia and Michael who guide us onwards.

Here's to the next 30 years. Let's continue to keep the spirit of Psychophonetics alive and keep sharing all that we know to help make the world a more harmonious and better place.

Blessings from Australia  
 Adrian Hanks  
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[www.bluewrenfoundation.com](http://www.bluewrenfoundation.com)  
[Adrian's You Tube Channel](#)



## A psychophonetics experience

Adrian Hanks (2008)

i went to south africa in pursuit of a dream  
 and for up to nine days i cry and i scream  
 then it's into sensing or is it beholding  
 oh no my goodness i feel a gesture unfolding  
 here it comes with a little squeeze  
 come on adrian full body now please  
 so i contort and i sweat and go into a knot  
 aahh says Yehuda now i've a plot  
 i exit and shake it but it's not quite enough  
 c'os you know how life is when it's so full of stuff  
 i'm bamboozed and i'm gestured all 'round the room  
 from sadness and stuckness to joy and deep gloom  
 i'm now on the ceiling in part exorcism  
 then brought down to earth by angels full exhalation  
 i'm in and i'm out and i'm feeling my i  
 it's feeling and i'm in co's i've started to cry  
 then it's sensing and reacting beholding and speech  
 what is this modality yehuda's trying to teach  
 it's psychophonetics it's a new kinda thing  
 that from the depth of his heart he's trying to bring  
 now where is me and where is that it  
 and where is that cushion i so need to hit  
 i gather my resource and stand up in my power  
 and put that old monster back in his tower  
 i stand big in my i and am strong and yes here  
 now i can move on with one less fear  
 but oh no i sense another one has come  
 i think this one has something to do with my mum  
 so it's back into my childhood that i have to go  
 with the tools from Yehuda a shovel and hoe  
 how old are you now? yehuda asks  
 and before i know it i'm back into the past  
 you're saving incarnations by doing this stuff  
 but if you're vegetarian it's gonna be tough  
 so it's with all these lessons of in and with out  
 and of being in fear and hatred and doubt  
 that i can stand here today tall in my passion  
 ready for tomorrow for another quick session.

## Psychophonetics Conference

5-8 October 2021

### Conference Presentations

**Gabi Wellens**



*7 conditions applied in the Waldorf school in Switzerland.*

**Stanka Mikova**



*How we created a program with 7 conditions for 430 women.*

Short description: 7 failures to avoid in creating an online program with Psychophonetics for the public.

**Martin Uhlř**



*Personal research about Depression*

Short description: Sharing my struggle with depression, it's overcoming and insights that could be beneficial for counsellors or possible creation of new action phase sequence.

**Yehuda Tagar**



*Chakras of empathy: Development in Psychophonetics. Practical application for our process.*

**Tessa Martina**



*Bridging the Gap Part 2: Has zoom meetings improved international connectivity for Psychophonetics/Methodical Empathy practitioner colleagues?*

**Anne Bass**



*An overview of the child study/empathy project that I recently presented in July to other students on the Align for Learning Course I completed.*

**Golda Joseph**



Rereading Steiner's books using Florin Lourdes and Mark Riccio's *CodeX forms* to read and understand what Steiner said. How I am applying it to all the core basis of Psychophonetics.

**Zuzka Kyselicova**



*Asura's evil (and holocaust)*




**Martin Uhlir**

Czech Republic



## CONFERENCE PRESENTATION

### Personal Research about Depression

#### Introduction

In May of this year, due to the stress at work and the corona situation, I experienced states of acute anxiety and depression. I haven't had such bad states in years. It was so overwhelming that I thought I would be forced to quit everything—my job, my way of life and even more...

Depression is a highly unpleasant condition. Fear and anxiety are not pleasant either, but the general feeling of depression is so much worse. How I would describe the unpleasant feeling is the stickiness that comes with it. While anxiety *attacks* from the outside, depression attacks from the inside, kind of like it was stuck under your skin. There is a feeling of emptiness that is seemingly impossible to be filled-in.

In my case, the depression had the following symptoms:

- general feeling of unease
- not feeling well in my body
- exhaustion from early morning, as if a dark thick cloud was hanging above me
- pessimism, no joy of life
- feeling heaviness of existence, hoping for it to be over
- lack of appetite
- insomnia
- loss of meaning of life
- 'pushing' myself through the day.

#### Research

My crisis of anxiety and mainly depression lasted from May until August 2021. For that period of time, I was not only journaling my feelings and state of mind but also took notes of actions in order to find a way out.

When I look back at those records, I can see what I have done, what approaches I have tried, what worked and what didn't. Without knowing it, I was apparently doing personal heuristic<sup>1</sup> research. At first, I did not focus on Psychophonetics or Anthroposophy; however, there might be some principles that can be used in psychophonetics sessions.

#### From dealing with anxiety to dealing with depression

At last year's conference I presented my research about Anxiety. The basic method I used was based on a principle of *facing the feelings of fear*. I discovered and described a new psychophonetics sequence which helped me to win this fight. I called this sequence Enter-Exit-Behold-Re-enter (EEBR). Using this technique repeatedly, I was progressively able to deal with my states of anxiety in the first weeks of this year's crisis. It was, however, not effective enough for depression. Something was missing.

#### Discovering a technique for depression

After one sleepless night in the early morning hours, I realised that my condition was not improving because I was *trying to run away from my suffering*. Lying down in bed I, caught myself in the moment when I realised that I was overthinking ie. projecting black scenarios, worrying, lamenting, being pessimistic etc.

There was a short moment of quietness before a new (negative) thought appeared. I emerged into that short moment and suddenly felt relieved. I could feel pleasant feelings in my body and even found myself smiling.

Given my experience with anxiety, I intuitively knew I couldn't stay there for a long time, but needed to return back to the body and face the unpleasant

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<sup>1</sup> Heuristic research is a search for the discovery of meaning and essence in significant human experience. It requires a subjective process of reflecting, exploring, sifting, and elucidating the nature of the phenomenon under investigation

<https://onlinelibrary.wiley.com/doi/pdf/10.1080/14733140112331385168>

feelings. Therefore, I entered my body consciously and sensed whatever sensations were present.



I continued this exercise of realising my thoughts, entering a state of relief and going back to my body again and again. I practiced this exercise for an hour whilst being in bed and for two more hours while I was working from home. It took dozens of repetitions done internally in the form of parallel processing. It was an incredible struggle. My face would frown. Sometimes, I would sigh heavily. Each repetition required a lot of courage and will in order to go *back to my body*—to feel those utterly unpleasant feelings. It was a fight for every inch of the territory. A huge relief came by midday when I finally realised that I felt good. The unpleasant feelings were gone.

One week later, I noted down in my journal:

A small miracle happened. The technique I did on Tuesday morning worked so well that depression disappeared. However, the very same day I was being challenged again. As soon as I realised that I felt bad again, I dealt with the situation using the same technique as I did in the morning—I went behind the thoughts and then got back to the body.

Even though the struggle was not completely over, I could sense that I was on the right path towards a complete relief from this depression.

Later, I discovered that the moment of quietness and relief can be emphasized by asking myself a question in my mind:

**Who is the one that realizes there is somebody who is suffering?"**

The purpose of this question is to highlight that realm beyond my thoughts or worries and not to find the answer.

**Technique described in psychophonetics terms**

As the process happens very fast, it is quite a challenge to dissect the technique into steps:

1. Enter—is spontaneous. The cloud of depression is around and in-the-body nearly all the time
2. Exit—happens in the moment when I realise that I feel bad or that I am thinking (worrying)
3. Behold—lasts only milliseconds. I don't create an actual image of the one who is suffering. It's just a footprint to which I will return later.
4. Resourcefulness—happens in the silence *between the thoughts*. I find myself in the space that is above (beyond) the suffering. I generally feel pleasant feelings in my body for a second or two. I can emphasize these feelings by asking a question: *Who is the one who just realised that there is somebody who is...suffering/ thinking/ worrying/ planning/etc?*
5. The characterisation comes from developing the image from the previous Beholding step. Doing so, in my view, has two effects:
  - realising that not all of my being is suffering (proper Exit) and
  - there exists a space where I can nourish myself.
6. Empowerment—entering back into the body, relive the unpleasant sensations that are still there and face them fully.

These steps are repeated again and again until unpleasant feelings subside.

### Idea for a psychophonetics sequence

I was trying to find out a new psychophonetics sequence that would include the technique described above.

The process should definitely include *creation of safe haven*, where the client could find peace and feel pleasant feelings. The process that best suited this interest was the **Pre-guarding sequence**<sup>2</sup>: *When fear of entering a dangerous place prevails—creating in advance a safe place to return to before entering.*

I imagine that the challenging part would be to encourage the client to return to the body, to feel the unpleasant feelings again. Lastly, I would make the client compare the feelings at the beginning and at the end of the action phase.

My presumption was that they should feel a bit better at the end. I have never tried this sequence with a client.

While preparing for the 2021 conference, I looked in the Psychophonetics Action Phase Sequences book for what Yehuda Tagar had to say about depression. To my big surprise I discovered that I was reinventing the wheel. One of Yehuda's sequences for depression is more logical and elaborate:

### Getting out INTO the adult one—Inner Adult Invocation [2]

Sometimes when the depression is heavy and sticky—the person is reluctant to get out of the depressed position as there is no better place to get out into, nowhere to go. In that case the attempt can be made to create a safe place in advance—into which to go in the attempt to Exit. Namely: create a safe, adult position following the wish, or as a physical expression of the wish, either in *Squeeze* or *Future me*, certainly Entering from the picture, and not from Sensing. When that is established (not always possible)—conducting Enter-Exit-Behold regarding the depressed position, which will be mostly an *Always* example.



<sup>2</sup> The 3 Psychophonetics Methodology Books. Book 1: Psychophonetics Action Phase Sequences. Oct. 2020 (v.8). Yehuda Tagar

When Exiting, before Beholding—  
Exiting into the pre-established safe  
position. From that position, to  
conduct the Beholding. Bamboo,  
Compassion Triangle and Staging  
might be needed as well.

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## Conclusion

On the bright side, I would like to mention that my depression wasn't probably the heaviest imaginable. I still had a will to do something about it. From my point of view, the most important part was that I wanted to face those unpleasant feelings. Maybe there is a gentler way to deal with depression.

Perhaps focusing on the underlying reasons of my depression would be more efficient in the long term. However, being able to experience and get rid of the heavy burden of that thick grey cloud that was hanging around me was definitely worth all the struggle.

Hopefully my research, discoveries, technique as well as this article can be of someone else's benefit too.

**Martin:** *Originally, my background was in IT engineering. I have been studying psychophonetics since 2015. I also have experience as an assistant teacher in the psychophonetics training course. Currently, I live in Prague.*

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 **Gabi Wellens**

Schafisheim, Switzerland



## CONFERENCE PRESENTATION

### The 7 conditions applied in the Waldorf school in Switzerland.

In May 2020, I got in touch with Yehuda and Mira to see if they could imagine coming to our school in the Kanton Aargau.

#### August 2020

They gave a public lecture in August 2020 on the 7 Conditions, a seminar with teachers and also a workshop on reactions, to the parents of our school community. Mira and Yehuda were very well received by the teachers. Little did I know that there would also be many family meetings with nephews and friends from Israel, one of whom we bumped into at the Goetheanum.

#### February 2021

Yehuda and Mira were invited to return to the school in February 2021 to present each of the conditions in more detail. Due to the inflamed Covid situation, we ended up having an online seminar.

#### August 2021

Mira and Yehuda returned in August 2021. This time the teachers wanted practical applications, tools and exercises to practice the 7 conditions in a conference setting. Many had already been installed as fixed rituals. Mira then introduced:

- child observation including empathy exercises
- school maturity
- children with special needs, especially learning difficulties
- different forms of class management—differentiation, cooperative education
- beginning of writing and reading



- language teaching according to levels of students' language skills
- organisation of education for pupils in higher classes

The College very much enjoyed the alternating input by Mira and Yehuda. Yehuda gave a lecture to a group of parents, followed by a workshop the next day. Yehuda and the parents organized more meetings with the school management in order to bring their ideas forward on how to promote the school more efficiently. We had started the school year with a small class 1 with only 10 pupils and wished for a bigger class for the new year. Three open days were initiated—the 2 kindergarten classes filled up and new life seemed evident for the new intake.



The dream of Psychophonetics work taking place in Switzerland is incarnating slowly but surely, with energy being invested in establishing solid relationships based on our work at the Rudolf Steiner School Aargau, where I am also teaching.

I had been invited to join the teacher training for foreign languages at the AfaP (Academy for Anthroposophical Pedagogy) in Dornach and was able to set up a meeting for Yehuda & Mira in October 2021 with central figures of AfaP & ARGE (local Federation of Steiner Schools). We shall see what will come of that process.

#### October 2021

Yehuda and Mira came back to our School in October 2021 to introduce the 5th condition on decision-making processes which was very well received.



*Gabi has been a Psychophonetics practitioner for over 15 years and was trained by Yehuda in South Africa.*

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## Short Description of The 7 Conditions for Personal & Spiritual Development

1. **Commitment to take personal responsibility for one's own wellbeing on the basis of your own intuition:**  
On the physical, environmental, mental, emotional and spiritual levels.
2. **Commitment to cultivate Empathy:**  
An ongoing commitment to upgrade one's practical ability for listening, observing and perceiving others' experience and meaning from their own point of view.
3. **Commitment to conscious Self-management regarding one's inner life as if it was real:**  
Developing practical skills for self-awareness, perspective regarding one's own emotions, desires, motivations, reactions, projections. Taking responsibility and care for one's own human reality.
4. **Commitment to cultivate tolerance and respect for differing realities:**  
Commitment to the ongoing cultivation of acknowledgement and respect for the truth of others on the basis of respecting one's own truth, identity and boundaries.
5. **Commitment to making conscious decisions and to act on these decisions:**  
Commitment to conscious decision-making that expresses one's higher nature, and to the cultivation of the will to act on these decisions. Identifying and overcoming hindrances for action constructively.
6. **Commitment to the conscious cultivation of Gratitude**  
Conscious cultivation of gratitude and appreciation as soul nurturing.
7. **Commitment to Consistency:**  
Ongoing commitment to the consistency of living and acting on the basis of all the above standards.

Reference: [Principles for sustainable personal development](#)

## Doodling the Stress away Arleen Hanks

Gold Coast, Queensland, Australia

In 2008, I submitted my final research project for my psychophonetics Advanced Diploma, on using art to transform pain, which is published as chapter 10, in Robin’s book: *Psychophonetics Holistic Counselling & Psychotherapy* (2011). From time to time, I have long used art as part of my practice and as a way of easing any stress or tension in my own life. I find that I study so much better and can really focus when I have something to occupy my hands with—much like some people may move or use a stress ball.

For many years—if listening to a lecture—I find myself drawing and doodling, then somehow my mind goes very quiet and I am able to focus and have really good memory recall. It’s like I enter into this quiet zone where ‘I’ am very present.

At the beginning of the whole Covid drama we find ourselves in, I was inspired to get an art journal and to draw, and my doodles took off in a completely different direction—a whole riot of colour. This has become a form of daily meditation for me. I will listen to lectures or video clips while drawing my doodles. I always find myself going really calm and feeling very soothed by the process.



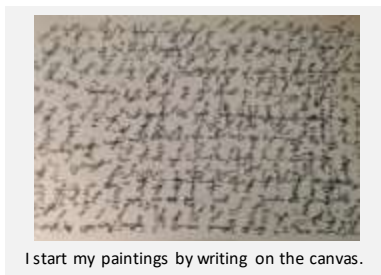
**Destruction.**  
I started the doodles with texta pens & are the ones the deck is based on. From here, I went to paint. I still texta doodle daily.

A colleague of mine, Marianne Boen from Life Alignment in Norway, who is also a graphic artist and editor, saw some of my doodles and declared they were not just doodles, but art. She proceeded to take a few and put them on everyday objects, like journal covers, mugs

and t-shirts, to show me how effective they were as art on products. This is soon going to become a sideline business, where I just have fun and draw as I always do, then hand them over to her and she will turn them into the business.

This has also led to a deck of inspirational inward journal cards. We have taken 52 of my drawings—I then went into a meditative space and wrote some inspirational guidance text, to guide people into their own inner journey for daily journal work, or just inner visioning. Who would have thought that simple doodles could become a side-line business?!

I still doodle daily and have also now expanded to intuitive painting on a much larger scale on large



I start my paintings by writing on the canvas.

cavasses—pouring out all the tension into art expression! I have no judgement and no planning into the process, I just write all my feelings

on the canvas and then keep on painting, 5 minutes



Pure bloody anger

here, half an hour there, 2 minutes there, until it feels done. It is the most satisfying and calming experience as within seconds, I find my mind is so still and calm.

I did do a 5-day intuitive expression painting online course earlier with Gabby Lancaster and use part of what I learned there, about starting by just writing and then painting layers and just flowing until resolved. I love the process and have continued to just develop in my own way.

These paintings will either form another deck, more products, or simply be sold via an online art gallery.



Cosmic Mind

None of this was in my mind when I started to do this...but I am loving the process.

I feel totally blessed in this process. I get to purge my mind and emotions and then my business partner forms the result into a workable business—it's a total win-win.

Finally, what is my message in all of this—follow your heart, follow your bliss and let someone else do the parts you are not interested in—partnership!



The freeing of the feminine

Arleen is a Life Alignment practitioner and teacher, who is also qualified as a Psychophonetics practitioner, using the tools of Psychophonetics in her Life Alignment practice.

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## NEWS FROM THE FIELD

### ❖ Philippa Williams

NSW, Australia



#### **EMPOWERING WOMEN THROUGH THEATRE: Presence, process and play.**

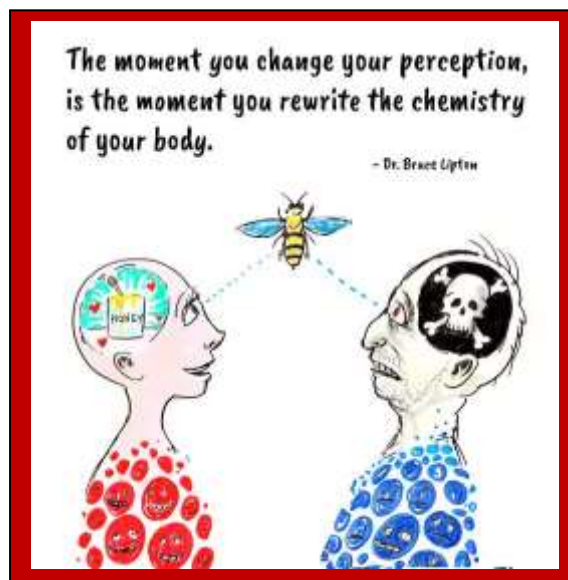
Ten Friday mornings to circle together and share our stories and then practice jumping into the empty space to play. Improvisation skills, dance, voice, ritual theatre, process work and creative writing.

Friday 8 October - Friday 10 December, 2021

9.30am-12:30pm (UTC+11)

Burringbar Hall, Tweed Valley Way, Burringbar NSW

Email: [philippawilliamsbrett@googlemail.com](mailto:philippawilliamsbrett@googlemail.com)



## ❖ Dr. Raoul Goldberg MD

Cape Town, South Africa



### Doctoral Defense PhD approved

California Institute of Integral Studies  
(CIIS). Dept. of Integral & Transpersonal Psychology

**THESIS TITLE:** *Exploring the Relationships among Bio-Psycho-Social Measures of Stress: A Multifactorial Approach.*

Congratulations Raoul.

Five years of researching stress and its impact on the psyche and body, land and create what the oncologist on the PhD committee noted, pertinent steps to understand Stress and its impact in cancer.

#### ABSTRACT

A sustained stress response is well documented as an added risk factor for disease progression in many chronic diseases, as well as in acute life-threatening conditions. Stress reduction is therefore desirable in diagnostic and therapeutic management, and valid stress measures are a prerequisite to such management. Since no such easy-to-use stress measurement tools currently exist, this retrospective study of archival data gathered from 204 participants in a general medical practice using bio-psycho-social measures of stress, seeks to explore the bases for developing a comprehensive stress assessment battery (SAB) as a means of improving accuracy for determining the level of stress in patients and clients in medical, psychological and research settings.

Using a correlational study and factor analysis, this study investigated the validity and intercorrelation of various stress measures:

- 1) four easy-to-measure stress biomarkers,
- 2) two self-report stress measures,
- 3) an expert rating scale, and

- 4) a qualitative interview with interviewer-rating scales to measure stress levels.

This dissertation explored the concept of stress and its dimensionality as the basis for investigating the viability of developing this SAB as a single index measurement, combining these eight measures and indicators. It presents these findings, and a novel stress model that may help to elucidate these findings and provide the theoretical framework for a broader stress construct and an expanded psycho-social measurement scale. This broader understanding of stress and its measurement may provide research and health services with the groundwork for constructing an improved scientific tool for measuring and monitoring stress responses.

#### Motivation for my PhD research on Stress

Working as an integrative anthroposophic medical physician for over three decades, I became aware that integrative medical practitioners generally lacked the ability to diagnose and treat the deep-seated psycho-social patterns of illness, which are usually the antecedent cause of most chronic illness. A practical easy-to-learn psycho-medical toolset was needed for accessing the subconscious root causes of illness, as well as the unlimited resources and potential for transformation and healing.

In 2002-2005, psychophonetics provided me with the training and foundation for a transpersonal-based mind-body modality. Over the past 18 years, I have applied the principles and practice of psychophonetics to participatory medicine and whole person psychology. Alongside the psychophonetics scope of applications, I have developed this modality as a psycho-medical diagnostic and therapeutic skill-set for whole-person health practitioners.

#### Overview

*Participatory Awareness for Transformational Healing (PATH)*, is a novel psycho-medical healing modality



used in an integrative medical and psychotherapeutic setting to treat a variety of physical and psychological conditions.

In my medical practice over these years, there has been consistent improvements in the physiological and psychological wellbeing of thousands of patients, including marked alleviation of the stress syndrome. However, it was evident that in order to evaluate stress reduction accurately, an empirically validated stress measurement tool is a prerequisite.

My PhD dissertation was motivated by the need to better understand the multi-dimensional nature of stress, of possibly building a stress assessment battery that can be used to clinically assess stress levels, and of creating a research tool to investigate the efficacy of PATH, as well as that of other means of stress reduction.

#### **PATH: A Psycho-Medical application of Psychophonetics.**

##### **Psychophonetics as Founding Modality**

Psychophonetics is central to the emergence and development of PATH and provides the structural framework for the process. Some of the psychophonetics sequences and processes have been modified to make it more accessible to patients, clients and practitioners. To be practically applied to time-restrained medical consultations of 35-45 minutes, the processes are modified accordingly to provide valuable insights into diagnostic and therapeutic options.

##### **Commitment to re-uniting Medicine and Psychology**

PATH practice combines the expertise of both clinical medicine, psychology and psychotherapeutic practice as a core principle of its theory and praxis. One of the primary goals of its educational development is the training of health practitioners to become highly skilled Body/Mind practitioners.

##### **Encompasses Multi-Psychotherapeutic Modalities**

Most psychological practices can be found in the elements of the PATH process. Practitioners of these specialized practices may as a consequence easily connect their experience with a specific element and explore enhancing their own practice.

##### **Anchored in Anthroposophic Participatory Medicine**

While psychophonetics is rooted in Rudolf Steiner's *Anthroposophy* and *Psychosophy*, PATH is, in addition, anchored in anthroposophic and participatory medicine. *Participatory Medicine* is a transformative style of holistic and integrative medicine where practitioner, patient/client, community and environment are actively engaged in a dynamic partnership and collaboration in service of health and healing. PATH provides a novel and expansive model for the theory and practice of Participatory Medicine, enabling conscious awareness and conscious will to guide a *participatory process* that enhances diagnostic and therapeutic outcomes.

A rich and varied literature has emerged from many disciplines based on a participatory philosophy, such as transpersonal, consciousness, religious and spirituality studies, as well as integral education, and psychology (Ferrer, 2017; Ferrer & Sherman, 2008).

The social-political wing of the participatory paradigm described by Heron (1996), encompasses initiatives concerned with social participation and cooperation between people, participative decision-making, cooperative inquiry and interdependency with the planetary ecosystem.

This is evident in the burgeoning of participatory initiatives in many different social arenas: the spiritual-religious (Ferrer, 2017), educational (Ferrer, Romero, & Albareda, (2005), scientific (Bohm, 1980), technological (Lengweiler, 2008), research (Freiere, 1982; Heron, 1996; Reason & Bradbury, 2008), artistic (Bishop, 2006), ecological (Barton, 2008),

psychological (Ferrer, 2017) and health care (Lawlis, 1996). The latter is finding active expression in a growing patient-centered health orientation with collaborative patient-practitioner initiatives and patient advocacy groups.

The Society for Participatory Medicine was founded in 2010 by a group of patients and professionals motivated to transform the culture of health care by creating collaborative partnerships between health professionals, patients and other stake holders. The field of integrative medicine with its whole person and whole world perspective is well placed to develop the participatory approach further.

PATH has been specifically developed as a healing modality for transformation of the health care service industry and for use in all medical and health professional settings.

The times are needing an open source and collaborative networking with other Michaelic colleagues, aligning with structures that allow colleagues to move and shift the paradigm and apply it in a variety of ways, according to their life and professional experience, while acknowledging their sources.

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Stay tuned for new Journal articles and books in the making. Raoul > [dr.goldberg@pathtohealth.co.za](mailto:dr.goldberg@pathtohealth.co.za)



## ❖ Arleen Hanks

Gold Coast, Queensland, Australia



[Click this link to listen to the podcast with Arleen](#)

Arleen is a Life Alignment Practitioner & Teacher who uses the tools of Life Alignment and Psychophonetics to work with clients in Aligning their lives. Some of Arleen's weekly activities include:

- *Manifesting Abundance in Your Life*: Weekly webinar group sessions.
- *Vision Board Balancing*: Webinar weekly sessions.
- *Meditations*: [www.youtube.com/user/arleenhanks](https://www.youtube.com/user/arleenhanks)

Email > [hanksa@bigpond.net.au](mailto:hanksa@bigpond.net.au)

Website > [aligninglife.weebly.com](http://aligninglife.weebly.com)



❖ **Katherine Train PhD**

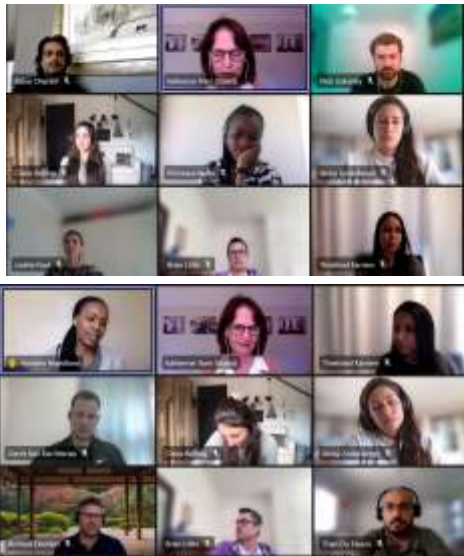
Cape Town, South Africa

In September 2021,

Dr. [Katherine Train](#) from

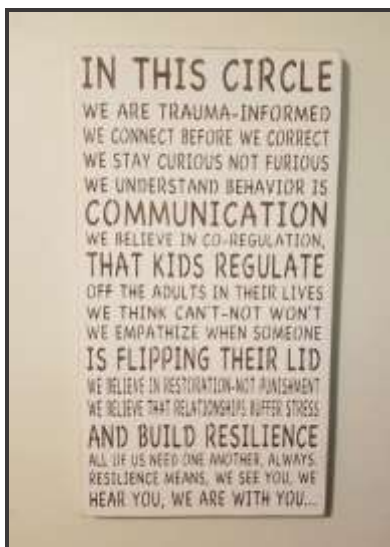


Empathic Intervention, ran a session with delegates at the University of Cape Town Graduate School of Business MBA Advanced Leadership Elective, covering: 'self-empathy', 'kinesthetic empathy', 'reflective empathy', 'imaginative empathy' and 'empathic creativity'.



See the website for information about Katherine’s work with empathy > <https://empathicintervention.com> <

Email: [info@empathicintervention.com](mailto:info@empathicintervention.com)

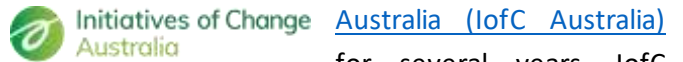


❖ **Judy Greenberg and Anne Holland**

Melbourne, Australia



We have been involved with [Initiatives of Change](#)



[Australia \(IofC Australia\)](#) for several years. IofC

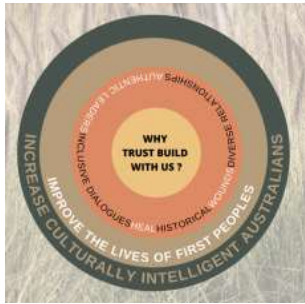
Australia is a part of a global organisation and network in 60 countries that focuses on trust building and peacemaking initiatives and provides leadership and transformational programs.

Initially, we ran our Professional Development training programs, based on the recovery and healing from trauma, from the IofC Australia centre in Melbourne from 2018. These programs are based on Psychophonetics and provide participants, usually health practitioners and community workers with a range of tools including drawing, gesture, healthy boundaries, and the concepts of being in and out.

We always invited members of IofC Australia to join our workshops, as it was clear there was an alignment between our values and theirs. It then revealed the need for IofC Australia’s staff and volunteers to have training in this area, which we have since undertaken.

With the onset of covid-19, the long lockdowns and the consequent in-person restrictions, we experimented with the delivery of our programs online, via zoom. We were surprised to find that the same depth of experience for the participants continued, and it led to us delivering a range of workshops across Australia and then internationally. This work was developed specifically for IofC Australia and IofC International.

People who work as volunteers in peacemaking and trust building, as is the case with IofC Australia, often have little awareness of how to look after themselves, because they are so busy taking care of others. This work really supports them. We were invited to create and deliver modules on Self-Care and assist in the development of a trauma informed policy and training for the organisation in Australia.



IofC Australia is currently delivering a program on trust building with First Nations people: [Learn Cultural Intelligence with First Nations Leaders and Allies: Introducing the 'Turruk'](#)

[immersive workshop series.](#)

As part of the Turruk program, we are facilitating a workshop on November 19, called, *Trusting Together: Creative Tools for Trust-building Teams*. We are also participants in the 8 modules of this program series, and are there to provide debriefing for any participants who are triggered during the program.

We are also currently providing support and contributing to the training of Mentors for IofC International. It has been a wonderful opportunity to continue to contribute our skills, even though we live in the most locked down city in the world!!!

It has been very satisfying to share our work and develop it specifically for this organisation and its needs. As you know we are big fans of Psychophonetics and feel privileged to be able to bring this work to a wider audience, especially one that is making a significant contribution to the world,

Judy > [judyemma1@gmail.com](mailto:judyemma1@gmail.com)

Anne > [aneholland@optusnet.com.au](mailto:aneholland@optusnet.com.au)



## ❖ Yehuda Tagar Mira & Gabi in Switzerland



This visit took a lot of preparation, time and energy and new creation, by Mira and myself in Slovakia and by Gabi Wellens in Switzerland.

- **A training day for the faculty/collegium of Aargau Steiner School in *Collective Decision Making*.** This is the extension of Condition 5 of the 7 conditions—into an organizational/corporate application. This was the 8<sup>th</sup> full day of professional training given to the faculty of this school in the range of practical skills of the 7 conditions, which started in August 2020. So far, 5 anthroposophical educational institutions in 3 countries have taken up this program fully: a Camphill in Czech Republic, a kindergarten in Slovakia, a teacher training college for early childhood in Slovakia, a team creating the teacher training in Slovakia, and Aargau Steiner School in Switzerland.
- **An evening seminar about *The Philosophy of Freedom***—30 parents, teachers and managers attended from the Aargau Steiner School. It was intense and rich, and keeps reverberating, especially alive and close to the nerve because of the endless discussions and tensions about the Corona virus regulations imposed on schools by the state and the canton's governments.
- **A day of introducing and starting the process of school evaluation of the standards and the development of adult's interaction in Aargau Steiner school**—the collective application of the 7 conditions in the school community. Every school in Switzerland has to be evaluated once a year to maintain their licence to operate. After being exposed to my and Mira's work and the logic and practicality of our Psychophonetics application of the 7 conditions, the school management, in



agreement with the collegium of teachers and the governing body of the school, decided unanimously to appoint us as the school evaluators and developers, even though we don't speak German and everything has to be translated. We accepted, even though we have never done it. They left us free to how to do it.

Over summer, Mira and I had created a completely new process of evaluation and development for Steiner schools, on 4 levels:

- 1) adult interactions—7 conditions
- 2) pedagogical standards
- 3) management standards
- 4) community relationship standards.

That cycle will take 4 years. In this visit, we started the process of evaluation and development of a whole school in light of the 7 conditions. That, for us, is historic. This is the first time and everything had to be thought through and created. It was well received.

- **Meetings with the management of Aargau Steiner School** about the future of our work in this school. In the first part of these meetings a plan of action was decided for 2 days of training.



The example for the practice of collective decision-making was chosen and outlined. In the second part of these meetings—feedback from management's perspective was given to us (the 2 managers were participants in the 2 days of training), and calendar dates for further training and evaluation were decided. The feedback was very positive and appreciative. Incorporated, with a big Yes to continue with this process.

- **On the train from Zurich to Bratislava**

Going through the Alps and then Eastern Austria towards Slovakia in this 9-hours comfortable train journey, Mira and I experience a deep sense of fulfilment, rewards for hard work, high level of team work between us, with Gabi and with the school community, and a strong sense of future work.

Thirty years after the first group training of Psychophonetics in South Australia, 45 Psychophonetics professional training groups in 6 countries, hundreds of Psychophonetics personal sessions, presentation of this work in 20 countries, contribution to over 30 Steiner/Waldorf schools in 5 continents, and constant development of the collective applications of Rudolf Steiner's 7 Conditions for spiritual development and Applied Psychosophy—this work reached that level of contribution and recognition in Central Europe. Not a minute too early. Thank you for being a part of this journey with us

Yehuda > [tagar.yehuda@gmail.com](mailto:tagar.yehuda@gmail.com)



### ❖ LIVE STREAMING on Facebook VIDEOS on YouTube

#### *Talks & workshops with Yehuda Tagar*

*Talks are in English with translation into Slovak*

- [www.facebook.com/yehuda.tagar](http://www.facebook.com/yehuda.tagar)  
[www.facebook.com/skola.empatie.sk](http://www.facebook.com/skola.empatie.sk)
- 4 upcoming online seminars on Nov. 20 & 21  
Website: [www.pace.sk](http://www.pace.sk)
- [Click this link to access Yehuda's YouTube channel with his Talks.](#)



❖ Adrian Hanks

Gold Coast, Queensland, Australia

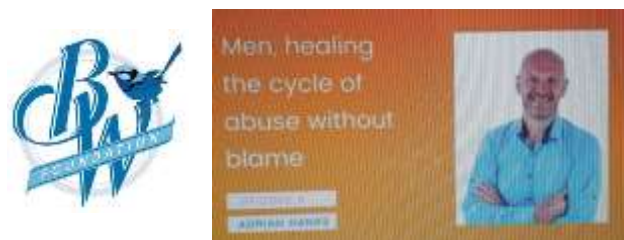
Sound Healing Event: SOLD OUT!



[www.adrianhanks.com](http://www.adrianhanks.com)



❖ The Blue Wren Foundation



[Click this link to listen to the podcast with Adrian](http://www.thebluewrenfoundation.com)

Adrian is the Director of the charity, The Blue Wren Foundation, which supports men struggling with relationships, cycles of abuse and teaches them to connect with their partners and to reconnect with themselves so they can have harmonious relationships.

He tells us the reasons why men struggle and why men so badly need support to help them heal. It's crucial to have these conversations so men see that, even if they're caught in an abuse cycle, they know that there are people who will support them to change and heal without judgement.

You can connect with Adrian here:

[www.thebluewrenfoundation.com](http://www.thebluewrenfoundation.com)



❖ More Doodle Paintings by Arleen Hanks



## SHE LET GO

Safire Rose

Without a thought or a word, she let go.  
She let go of fear. She let go of judgements.  
She let go of the confluence of opinions swarming around her head.  
She let go of the committee of indecision within her.  
She let go of all the 'right' reasons.  
Wholly and completely, without hesitation or worry, she just let go.  
She didn't ask anyone for advice. She didn't read a book on how to let go.  
She just let go.  
She let go of all the memories that held her back.  
She let go of all of the anxiety that kept her from moving forward.  
She let go of the planning and all of the calculations about how to do it just right.  
She didn't promise to let go. She didn't journal about it.  
She didn't write the projected date in her Day-Timer.  
She made no public announcement.  
She didn't check the weather report or read her daily horoscope.  
She just let go.  
She didn't analyse whether she should let go.  
She didn't call her friends to discuss the matter.  
She didn't utter one word.  
She just let go.  
No one was around when it happened.  
There was no applause  
No one thanked her or praised her.  
No one noticed a thing.  
Like a leaf falling from a tree, she just let go.  
There was no effort. There was no struggle.  
It wasn't good. It wasn't bad.  
It was what it was, and it is just that.  
In the space of letting go, she let it all be.  
A small smile came over her face.  
A light breeze blew through her.  
And the sun and the moon shone forever more.

## ARTICLE

### OVERCOMING SELF-DOUBT

#### IN PARENTING

Yehuda Tagar

Self-doubt in young parents about their ability to be good parents is natural, wide-spread, normal and destructive. What is normal is not necessarily good. Self-doubt is not good. It debilitates people's trust in themselves, blocks spontaneity in social interaction, blocks healthy intuitions, makes people dependent on external advice which is mostly not relevant and not helpful for their unique situation. Healthy parenting cannot evolve on the basis of parental self-doubt. For healthy parenthood to evolve, self-doubt must be overcome. Before we try to change it, we have to understand it.

#### Five major causes of parental self-doubt

1. **Parenthood is a drastic change in any man and woman's reality of life.** Suddenly you find yourself responsible for a baby who is totally dependent on you. It immediately becomes top priority, pushing all your life engagements and interests aside and you feel totally responsible for their wellbeing, entertainment and development, and no-one really ever taught you how to do it.
2. **Most people feel that being a good parent is the most important challenge in their life** and tend to judge themselves severely for any possible failure, real or imagined. Being a good mother and a good father is one of the highest parameters by which people evaluate their real worth as a human being. We desperately wish to be a good parent and often judge ourselves for our mistakes.
3. **There is no professional training for becoming a parent.** All professional tasks require some professional training and a period of supervision as preparation for the task and responsibility. Not parenting. You learn on the job, making mistakes

and feeling guilty about it, and, as a result, self-doubt can grow.

4. **Most people—at least 90% in my observation—do not want to parent their children the same way they were parented.** That means they *know* what they *do not* want to do to their children, but they do not know what they *do* want to do instead, as they have no good role-models of parenting to follow.
5. **Self-doubt is a parasite.** Self-doubt is wide-spread and considered normal, but it is still destructive. Beyond a certain point, self-doubt may block you completely from expressing your real potential in life, in *all* fields of human activity.

#### Overcoming Self-Doubt

Self-doubt can be overcome, but it takes conscious effort. The main challenge is to make this invisible voice in you, visible. It is invisible because it comes from *inside* your own thinking. It is difficult to catch because it's coming from within, however, it is possible, if you know how.

In Psychophonetics, we call self-doubt *The 3<sup>rd</sup> Beast on the Threshold*. The other two *Beasts* are self-fear and self-hatred. We are born with these tendencies. They express themselves inside us in different ways, in different phases of our biography. *They are there to be confronted and overcome*. When we overcome them, they make us stronger, deeper, wiser, more ourselves.

It is possible to 'catch' self-doubt through observation of its destructive effect on you. The intellect cannot catch it, because the doubt is using the intellect as its own weapon against you. All parasites do that: using the host body against itself. Acknowledgment of one's own suffering, not with self-judgement, which is just a form of self-hatred, but with compassion, self-compassion, can force the internal parasite of self-doubt to become visible to the observer. Once you see it with your inner eye—and everyone is able to do



that—you can control it, choose to stop feeding it, liberate yourself from it, it then starts to diminish in you.

**Self-Creativity**

Confronting doubt is not enough. An alternative to self-doubt has to be created and activated. What is the alternative to self-doubt? *Self-Creativity*. What you create yourself, what comes consciously out of you, you don't doubt it, because you created it and you know it. Creativity is the opposite of self-doubt.

In the case of parental self-doubt, the required creative act is *the creation of your own image and character as a mother and a father*. The past cannot guide you; memory of your parents cannot guide you; external advice cannot guide you. Only your own intuition, coming from your own loving heart can truly guide you in that act of new creation:



Who do you want to be as a mother and a father for your child? You can create it out of yourself...creating out of your own heart commitment to the child and out of your own intuition, the true, unique parent that only you can be for that unique child.

You will make mistakes and you will learn from them, because they will be *your* mistakes. You will find new surprising solutions to new challenges with your child, and they will work, because they will come from your own parental intuition and deep wisdom.



Parental self-doubt has to be confronted and neutralised. An ideal parental self-image has to be created out of one's own intuition and heart. That creative act is the end of parental self-doubt.

Yehuda's website: [www.yehudatar.com](http://www.yehudatar.com)  
 Email: [tagar.yehuda@gmail.com](mailto:tagar.yehuda@gmail.com)

*This version has been edited for this newsletter however, the full version can be accessed [HERE](#)*

*The Slovak version of this article is published in Dieta (Child) Magazine (2021), Bratislava, Slovakia.*





## ANNUAL PROGRESS REPORT

Yehuda Tagar



Dear colleagues, students and friends of Psychophonetics, Today, in front of the snow-white pine trees in Jasna in the Slovak Low Tatra mountains where Mira and I spent 3 concentrated working days in a 'Tree House

Cabin,' I sense an emerging picture of our collective journey, those who are a part of and supporters of bringing into being this unique contribution to humanity.

My normal way of being is always in the presence of the mountain of all that needs to be done, all that could be done for the incarnation of this impulse that I brought into the world. I never felt that I am an ideal father of it. There is so much that I and we do not manage to do. 30 years in 6 countries—and every country that I left—the teaching of Psychophonetics died there. So, it is not completely born yet.

But this morning, amongst the majestic Low Tatra Mountains, purified by the new snow - I feel renewed, ready for the next phase of my journey, and I want to respect what was achieved by our little Psychophonetics community.

Just in the past 2 months, with the help of local colleagues, Psychophonetics work in-person in Slovakia, Czech Republic, Switzerland and Portugal. Seminars and workshops were presented in Trutnov, Markoušovice, and Malá Skála in North Bohemia,

Nymburk and Prague in Central Bohemia, and Camphill České Kopisty where for the first time a post-graduate seminar on the 7 Conditions was conducted (after 7 years of community development based on the 7 conditions).

**In Switzerland**, a further 3 seminars were given to the collegium of the Aargau Steiner school who are in an advanced process of organisational development based on the 7 Conditions. This process continues.

**In Portugal**, a seed was planted for possible future Psychophonetics and Methodical Empathy work in conflict areas. More on this when it will become a reality.

**The centre of Psychophonetics** in the world today is in Slovakia, with Psychophonetics courses, teaching, Psychophonetics teacher's training, publications and research which has continued for 8 years. We now have about 50 students in 7 operating Psychophonetics training groups on all the 3 levels of training (2 groups are combined and one of them finishing now); groups D, F, G, H in Bratislava and A, B, C in Kosice. Our student groups include 8 students from 6 other countries, mostly online from Czech Republic, Germany, Northern Ireland, England, Panama and Israel.

This is just a review of what was done by myself with Psychophonetics in August and September. But apart from my direct work, during this period in Slovakia our **Slovak Psychophonetics team**, working through Skola Empatie (the Slovak branch of Psychophonetics Institute International) continued working in parallel but with more and more independence from me. In Slovakia, we now have 11 teachers, co-teachers and assistant teachers of Psychophonetics on all the 3 levels of the training! That has never happened before. Psychophonetics students are no longer just Yehuda Tagar students: Our students meet in small groups and mid-term groups guided by our co-

teachers and assistant teachers. More and more aspects of the teaching, personal sessions and supervision of practicing students are done by our local graduates.

**Teaching Faculty:** includes 8 subject teachers (other than Psychophonetics): Dr Jarolim Sutka: Introduction to Medicine (anatomy & physiology); Dr Peter Milek: Anthroposophic Medicine, Theories of psychology and Introduction to Psychiatry; Miroslava Tagar: Chiophonetics soundwork; Zuzanna Kyselcova: Psychophonetics painting; Blanka Lichtenarova, Jana Mudra and Miroslava Tagar: Child Development, and Dr James Laporta from South Africa, the leader of Medical Psychophonetics in the world today is a contributor to the course. We now have a team of seven administrative/leadership colleagues: national coordinators (Mira, Jana, Silvia), and 4 members of the promotional team.

**Publications:** During this period, 5 national circulation magazines published Psychophonetics-based articles: Vitalita (translated by Silvia Galatova) > [www.vitalitanet.sk](http://www.vitalitanet.sk) and Dieta/Child (translated by Mira) written by myself, Blanka Lichtenarova and Miroslava Tagar. Most of these articles are also published by Robin Steele in Australia, in the Psychophonetics Practitioners Newsletter or on the website: >[www.psychophonetics.com.au](http://www.psychophonetics.com.au) <

**Psychophonetics practitioner groups** keep meeting and working in the UK, South Africa and Australia, and a range of Psychophonetics public work is regularly in progress in Australia by Anne and Judy. There could be more such Psychophonetics public activities happening that I am not aware of.

**The 3<sup>rd</sup> International Psychophonetics Conference** took place in October, entirely online with 14 participants from 6 countries. A real professional community experience. This included an AGM of our interim association group (IAPP) which I hope will be

fully established by the 4<sup>th</sup> International Psychophonetics conference in October 2022.

**Practitioners: Put these dates in your diary  
Psychophonetics Conference (online)  
4<sup>th</sup> – 9<sup>th</sup> October, 2022**

The gathering of graduates brought up for me, practically on screen, representatives of my colleagues and co-creators from the past 31 years of the birth and development of Psychophonetics in other countries, the roots that enabled the above development, mainly in Slovakia today.

I did not just come to Slovakia in June 2012 to present Psychophonetics with a 20kg suitcase. I came with many many, colleagues, students and graduates whom I carried inside of me—and still carry—out of which this new Central European Psychophonetics tree could grow on new soil.

With all that around and inside us we are now starting the process of accreditation of Psychophonetics modality, training, contribution to other professional training and our consultancy, with the Medical Section and the Education Section at the Goetheanum, as a contribution to the world-wide anthroposophical and Waldorf School movement.



It was a long way to get there, but looking at the landscape of this journey now, from the heights and perspective of the snow-white forested mountains of Tatra—we probably could not have done it before. It took this level of preparation, creation, development, clinical work, organisational consultancy work, training and educational experience over 30 years in 20 countries and the international interest and community building that resulted from it,

to make our contribution on the next level of recognition.

I am a very fortunate man.

Love

Yehuda Tagar

Psychophonetics Institute International;

Psychosophy Academy Central Europe;

Skola Empatie, Slovakia

> [www.psychophonetics.com.au](http://www.psychophonetics.com.au)

> [www.pace.sk](http://www.pace.sk)

> [www.yehudatagar.com](http://www.yehudatagar.com)

> [www.facebook.com/yehuda.tagar](https://www.facebook.com/yehuda.tagar)

Email: [tagar.yehuda@gmail.com](mailto:tagar.yehuda@gmail.com)

## ❖ Skola Empatie

Slovakia



Bookings essential: [janka.mudra@pace.sk](mailto:janka.mudra@pace.sk)

### SATURDAY Nov 20

Opening by Yehuda Tagar—intro to School of Empathy and Psychophonetics

#### Seminars

- ▶ Become the director of your own life
- ▶ Meet your inner healer with psychophonetics

### SUNDAY Nov. 21

- ▶ Empathy with our Children
- ▶ The Art of Conscious Relationship
- ▶ Q&A: About studying at the School of Empathy

You will receive a zoom link after your registration. Seminars presented in English with translation into Slovak.

Details are on the website: [www.pace.sk](http://www.pace.sk)



## ✚ ARTICLES PUBLISHED IN 2021

Links: Ctrl+ click on the titles to read these articles

- [Empathy as a spiritual path: Throat chakra \(1\)](#)
- [Chakras of Empathy: Heart chakra \(2\)](#)
- [Chakras of Empathy: Solar plexus \(3\)](#)
- [Overcoming parental self-doubt](#)
- [Coaching for deep transformation](#)
- [The three gates of freedom: Overcoming reactions as they happen](#)
- [The three sacrifices](#)
- [Overcoming destructive reactions in the family](#)
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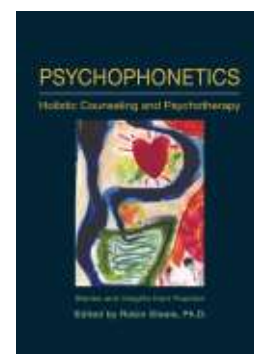


## ✚ PSYCHOPHONETICS BOOK

*Psychophonetics Holistic  
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Stories and insights from  
practice*

**Robin Steele PhD (2011)**

[Steiner Books](#)



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**OTHER BOOKS OF INTEREST**

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Jude Downes**



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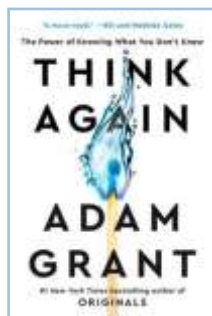
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Adam Grant**

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[www.psychophonetics.com.au](http://www.psychophonetics.com.au)

This website, established in 2008, survives on the generous donations each year from practitioners and others. This support is very much appreciated.

As there is detailed information about Psychophonetics, with easily accessible information/resources/articles, list of practitioners, contacts etc; to which you can refer interested people, and also access for your own use, it is in everyone's interest to make sure this website continues to operate.

The annual fees for next year are due in January 2022.

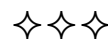
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This newsletter is sent to colleagues and friendly supporters of this work and is a great way for networking, for referrals, and for your work to be talked about by colleagues in the wider community, as well as for promoting the profession of Psychophonetics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

Send your contribution to Robin, the editor, at any time  
Email > [robin@psychophonetics.com.au](mailto:robin@psychophonetics.com.au) < Thank you

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