



RESTORING PERSONAL BOUNDARIES with Psychophonetics

A condition for personal & spiritual renewal

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The purpose of 21st Century psychology is not the restoration of pathology back to normalcy, but the transformation of all life's challenges into opportunities for spiritual development (Y.T.)

All living beings have, at the very least, a centre and a boundary. Life is not possible with less than that. Life and its renewal depend on the creation and restoration of one's boundaries. The centre creates the periphery; the periphery protects the centre, at the same time.

In my private clinical work, I have been asked by a lot of people to help them in the creation and restoration of personal boundaries, regarding past and present partners, bosses, colleagues, parents, children and friends. After the last session on this topic, I decided to write about the basic principles of restoring personal boundaries based on Psychophonetics, with that hope that this can be helpful for personal and professional applications.

I will not approach it primarily as pathology but as: *Psychology of Freedom*—an expression of the ongoing evolutionary process of individuation and personal freedom. It is a fact that the boundaries which protect us from the outside world can only be produced from our inner life on all levels. Houses can be protected by another layer of insulation, double-glazed windows and stronger fences but for living beings, from the bark of trees to snakes to the fur of animals, the feathers of birds, the shell of crabs and the skin of human being, they all grow from the inside-out.

Old boundaries must be constantly replaced by new ones, as a snake does with its skin. (Y.T.)

The same principle applies to the human soul. In the development of every individual organism comes a time when the existing boundaries given from the outside start to become limiting prisons and worse, invaders. In the normal development of a child, if by age 16, you treat them in the same way you treated them 2 or 3 years ago, you practically invade them, because a new skin is developing from their new evolving self and they don't want you inside of it. They *have* to push you out of their boundaries in order to develop their own new centre, identity, meaning, purpose, life path. As parents,

we have to identify the moment of getting out of the way or else we start an inevitable, unwinnable war with them.

In order to understand the nature of evolving boundaries we have to realise that children, to start with, have no boundaries at all with their parents, other close people, and the environment. Embryos are actually organic parts of the physical body of their mothers until birth, and remain unseparated from their mother's energy body during for at least 7 years, and, to a lesser degree, by the rest of their family. If you enter a room where there is a little child, you are *inside* that child's aura, whether you are aware of it or not. Progressively they collect themselves from their surrounding into their own growing centre, and at the same time, developing their new boundaries.

In adult life, the demarcation of boundaries is much more complicated and much less visible, and constantly shifting as we grow, if we grow. The healthy soul is the developing soul; the unhealthy soul is stagnating'. I never saw an exception to this principle, which is why I define myself as a psycho-developer and Psychophonetics as a leading method of psycho-development.

The constant change and restoration of personal boundaries is an essential condition for personal renewal. 2022 is fast coming to its end and our diaries for 2023 are filling already. Psychologically, the start of the new year marks a significant transition for everyone and therefore an opportunity for renewal and a fresh start. Nothing will be new if you are not being renewed. The same programs that ran you now will inevitably produce the same outcome next year if don't upgrade them. Within a new boundary, new identity can grow—that is personal renewal. Life in the world and relationship with others can challenge, mirror, provoke and stimulate personal growth, but the actual development can only be done individually from the inside.

In my development as a Psychophonetics counsellor, psychotherapist, psycho-developer and adult trainer, I came to realise that the following ten typical aspects of the problem of personal boundaries require specific understanding and developmental processes. The recognition that there is a problem with boundaries is essential. As long as people are comfortable with their existing boundaries, there will be no change.

Basic stages in restoring boundaries

1. Recognising there is a problem with boundaries.

Whenever a person experiences imprisonment, being overpowered, limitations or invasion by someone else—a friend or a counsellor can mirror it to the struggling person and mobilise

consciousness about it. The realisation that it is time for a change in one's boundaries can come in different ways:

2. **The *chicken out of the egg* symptom**

This is the most obvious one, at least to an external observer: the child, or the adult who is being treated like as child, is growing and the close boundary with a significant other—parent or partner—becomes unbearable, impossible, frustrating, offensive. The chicken who felt safe inside the *egg* before, becomes oppressed by it. It wants to break it from inside. The *egg* may not like it, but it will break anyway, or else the chicken will never grow up. For example, you married your boyfriend in your early 20s and gave birth to two children and now you are in your early 30s and the marriage, your husband and the routines of your life together on all levels have not changed in time—you will inevitably start to feel like a chicken blocked in by the egg. Something or someone will have to break.

3. **Restoration of boundaries by collecting oneself from others**

Like the roots of the tree are completely mixed up with the soil, so can our being be involved with other people, parents to start with, many others as we grow up, intimate partners later on and our children. Growing as an individual often requires recognition of unconscious dependencies on intimate partners, parents and others. The many ties connecting us to others must be exposed to our consciousness before we can collect ourselves from them. While we unconsciously live in them and they unconsciously live inside of us, creating new boundaries is impossible. Methods like Psychophonetics can help to make these invisible bonds visible and manageable. These bonds are not made of thoughts, images and intentions. They are real strings of human energy and they have to become visible in order to change.

4. **Restoring boundaries by acknowledging what the other represents & replacing it**

Projections are inevitable in an interpersonal relationship, unchangeable until they are being recognised. Consciousness of our own projections are essential for any real change. We make people into someone or something that we need, but who they are not. It can work for a while peacefully, but it is not sustainable. Significant people in our lives become targets of our projections: every man I meet can become unconsciously my father and every woman can be perceived by my inner child as mother, which can affect dramatically a lot of our relationships. We need something from these people, but as long as these needs remain unconscious, we cannot create new boundaries between us. *What the other person represents for me—is potentially me*, but before I own it, I will to project it. I become dependent on the other to fulfil the needs which I cannot yet fulfil by myself. Projections must be owned, the parts of me that I project at others must be acknowledged and evolved inside of me, on the way to create new personal boundaries.

5. Developing new boundaries from the inside of the soul

For living beings, boundaries can only grow from the inside in order to protect us from the outside, like tree bark. The most effective response to invasions of other people or beings inside is to grow new inner strength. In Psychophonetics methods, we call these processes *Resourcefulness* and more specifically the *More of Me* process. The human 'I' is not a product of biology and biography, it is the source of one's being which existed before our birth and will exist after earthly death. It is at the same time an integral part of the soul/psyche and the source of consciousness. Out of the frustration of not being present enough for the challenges of one's life, I can invoke higher resources of strength from my own being and mobilise them through me to confront the new challenges in a new way. To confront means to face whatever is there, to position it in front of me, not behind me. That can be encouraged by a skilled counsellor and it can be done, creating a completely new layer of boundary—from inside-out.

6. Boundaries in inter-personal relationships

For the child, close people are not outside, but inside/within. The child can carry them very closely for the rest of their life. A major example: Mama. In adulthood we open ourselves to intense presence of people inside ourselves in intimate relationships. From that moment on that person is no longer outside, but inside me. A button has been created for that person to press from then on, whenever they are present again in my sphere or my mind. As long as their presence in us lives in harmony with the rest of our being, intimacy can grow, we become a symbiotic unit. When the being, the energy or the behaviour of the other is not compatible with our own, inflammation start to burn inside, our organism rejects that presence, but cannot get rid of it and chains of reactions prevail. Up to a point this can be negotiated: awareness of each other's reality of space, time, expectations, management of common life. Such negotiation can only be successful out of a commitment to respect the equal validity of one's own reality alongside the reality of the other. That is a standard of communication that does not happen naturally as there are no traditions to guide it. In Psychophonetics, this is called: *The 4th Condition of Sustainable development*: Respect to all the different realities involved, allowing the boundary to develop naturally based on that standard. This is *The Art of Conscious Relationship*.

This challenge is so much more difficult if the partners have no process and have tendencies of dependency, chronic negativity, blaming, reactivity, projectivity, aggressiveness, jealousy, chronic narcissism, manipulation, power trip, control trip and exploitation. The task of maintaining and regenerating healthy interpersonal boundaries is so much harder then, as the boundaries have to be thicker and tougher, close to impossible to maintain while still in relationship.

7. Boundaries from the pressures of the outer world

The outer world will always invade our boundaries with its constant existential demands. Nothing can stop it until death. Children have no protection from the pressures of the outer world apart from their first line of defence: protective parents. As adults, we don't have that protection, so we have to protect ourselves, but most people don't know how to do it.

It is possible to create consciously a *second line of defence* inside oneself and Psychophonetics can help with that. This is difficult to describe in words as it requires a practical process, but I will try: The outer world does not act on our inner being directly. Invisible layers of our own *life-sphere* mediate between our soul and the outer world, but these layers are naturally unconscious. Psychophonetics can be used to wake people's consciousness to this option by consciously learning to sense that part of you that mediates between your inner being and the outer world. Sometimes these layers magnify signals from the outer world, making them much worse than they are, sometimes they numb perceptions as instinctive primitive protection, acquired in childhood (in extremes resulting from asperges syndrome).

When an invasive perceived attack reaches our sensing, these layers of sensation send an alarm signal to our inner being that danger is approaching and we have to react fast. In extreme cases, people learn in early childhood to depart from the physical body nearly completely in order to survive these invasions. That is the common defence mechanism children create instinctively before the age of 7 when they are being abused. In mainstream psychology this is called *dissociation*. In Psychophonetics, it is called *excarnation*. It can keep being activated instinctively in adulthood, causing many dysfunctions. In Psychophonetics, there is a special process for a conscious and safe return to the body.

Waking up to these invisible layers which mediate between the soul and outer world enables the creation of internal defences of the inner organs from *organ anxiety*: heart, gut, head, reproductive organs, respiration and metabolic processes, etc. Each one of them has stored body-memory and when activated, can send alarm signals to the heart with direct effect on the blood supply, stress hormones, cardiovascular contraction and heart pressure. Potentially this cycle of stress can become conscious and controlled, with long term implications for the health of the internal organs, especially the heart. It is possible to create *Heart-Safety* consciously.

8. Boundary from the body

The soul lives in the body as its organic home. Every dynamic in the body effects the soul and every soul dynamic (emotion, memory, hurt, frustration, anger, insult, attraction, fear, etc.) effects the body directly. The ongoing cyclical interactions between body and soul are mostly unconscious and they

tend to accelerate each other. They can be controlled to a great extent if our consciousness could enter these psychosomatic interactions. This conscious penetration is the core competency of Psychophonetics.

9. Boundaries from internal self-destructive emotions

Most of us are our own worst enemies. We have all internalised negative impressions that came to us from the outside in our childhood and adolescence (and to a lesser degree from our young adulthood) and we keep activating them from the inside, mainly: self-fear, self-hatred, self-doubt, guilt, shame, a sense of failure and of rejection, a sense of inferiority and panic attacks, to name the major ones. These emotions are active in our inner beings like parasites and time does not dissolve them. They are time-resistant but are not consciousness-resistant and when we enter these deeper dynamics and encounter them directly, they diminish and dissolve.

Psychophonetics identifies a few symptoms of these inner clusters of emotions which, if we let them, can control our whole being, becoming who we are:

- a) The tyranny of Anxiety—when anxiety becomes a dominant power in the soul, multiplying itself when given the power to control us;
- b) The tyranny of Moods—when moods choose us instead of us choosing them, we get drowned and controlled by feelings;
- c) The tyranny of the baby—when a neglected, hurt and insecure baby inside of me finds a way to subject the adult that I am, to serve it;
- d) The tyranny of self-fear, self-hatred, self-doubt, guilt, aggression—as described above;
- e) The tyranny of emotional pain emanating from internal unhealed wounds—as described above.

As a *Psychology of Freedom* Psychophonetics' efforts are directed at the potential of inner freedom from all of these internal *tyrannies*. First, they have to become visible to oneself. The act of creating objective perspective regarding these subjective dynamics is, at the same time, the essential act of creating new boundaries between our inner being and our *internal enemies*.

10. Boundaries from memories and the past

The past is never just in the past and memory is not a photo album. The resonance of past experiences is constant in our life system on all levels and forms the foundation to all our knowledge and orientation, including language. We are, to a huge extent, our memories.

Memories flow in our life system like blood flows in our veins. Every new experience can trigger and bring to the surface deep memories, unconsciously, especially the painful ones. These get projected

into whoever stimulates them, colouring perceptions, reactions and interactions in adult life, repetitively. This is unfreedom.

It is possible to consciously enter the stream of unconscious memories, identify the wounds and the *unfinished businesses* hidden there and take care of them as adults can do. Memories are *not in the past* and therefore, we can do something about the healing of memories *in the present*.

All the above are the challenges of creating and restoring healthy boundaries. The fact that we have to struggle with this challenge is not a failure, it is a sign and an expression of human development on the personal, relationship, family and community levels. What in earlier times was controlled and regulated by outside authorities and traditions, is now in our individual hands: to develop personal boundaries consciously, or be thrown into chaos or rigidity. The middle ground is fast disappearing.



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