



## **ECOLOGY OF SOUL**

### **The Ecology of Personal Relationship & Couple Counselling**

*Methodical Empathy for Relationship Maintenance and Development with Psychophonetics*

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It is obvious to a growing number of people that what was once considered a normal relationship no longer exists, and what does exist, does not feel normal to most people. That is, relationship, without special effort put in does not feel to be what it should be in its hopes and ideals. Unhealthy repetitive patterns can destroy the most beautiful love stories and only a new level of self-awareness can change them.

Standards of personal relationships are changing because some people are changing consciously. In my observation, only about 2% of people would choose to form personal relationships the way their parents did. No great role models. Nothing for us to follow. The status quo, what is vaguely called normal relationship, after the great honeymoon wave of falling in love, is not brilliant for many people, and teenagers are not impressed.

I believe that the most important news of our time has very little to do with what dominates the front pages of our newspapers: wars, politics, economy, gossip. Very little of that will be remembered in the future, but the way in which we choose to form personal relationships and choose to parent our children differently from the previous generation, is the real quiet revolution, the news that matters, the real evolution of human consciousness.

Every human relationship is a unique ecosystem combining the complexity of body, soul, spirit, sexuality, spirituality, individuality versus community, clashes of unconscious sub-personalities and of values, egos, power struggles, unhealthy parental dynamics, projected unhealed wounds, light and darkness, love and hate, tenderness and aggression, both real and projective, and, underlying it all is the challenge of real communication and creating a good, nurturing, stable home for children. We have to create it consciously.

Psychophonetics and its Methodical Empathy process enables higher and deeper self-awareness of individuals in relationship, sharpening the awareness of one's own internal ecosystem and giving a better chance to understand, to manage and to upgrade the complicated combined ecosystems of personal relationship, into a powerful opportunity for personal and social development.

I have been a counsellor, psychotherapist and couple relationship consultant for over 30 years in many countries, in five continents. The form of counselling preferred by me is couple counselling: the cutting edge of new consciousness. When I am there, completely with a couple who are honestly struggling to save their relationship from self-destruction, I know I am at the cutting edge of human consciousness, actually *doing human* evolution with these people, consciously. Whatever positive change a counsellor supports an individual client to create is not yet a social change. The client has to go back home to relationship, family and work and to practice the higher self-awareness created in the counselling session into their social/relationship setting. It may work or not, one cannot control the effect of one person's upgraded self-awareness on another. When a counsellor supports a couple to achieve not only an individual higher level of self-awareness, but a higher level of interaction and of relationship, the development is not only individual, but a social one: the social unit itself, the relationship itself has evolved. They take it home with them.

Over the past six decades of my life, I have experienced the rapid evolution of environmental/ ecological awareness worldwide. From being considered the obsession of a few marginal hippies and extreme communes in the 1970s, environmental awareness became practically a mainstream deadly serious business, effecting every aspect of life including politics, economy, science, sociology and international cooperation. We made huge steps in this regard, accelerated in the face of ever-growing, unavoidable evidence of preventable, human-made environmental catastrophe. The awareness of the crisis in the ecosystem of human relationship moves at a lower pace, probably because its dynamics and consequences are less visible. But there is a common ground to the way humanity as a whole is dealing today with these dual challenges: crisis management. Things have to become really bad before we wake-up to the fact that we have to do things differently.

As time, age and experience progress, I realised that in working with relationship development I am engaged in five powerful ecosystems that interact simultaneously with each other all the time:

- The internal ecosystem of the human constitution, personality and spirituality. That by itself makes at least two systems of two individuals involved in the relationship
- The space in between them, the relationship itself as an eco- system
- The relationship between the three above systems and the rest of the world. That includes children, parents, family of origin, nuclear and broad families, friends and community, work and colleagues,

finances, careers, the world. In the counselling session it is me, the counsellor, that for a short time (90 minutes in my practice), represent the world to the best of my ability, consciously or not.

- The relationship of all the above to the spiritual world, individually and as a group, mostly unconsciously. I, as a counsellor, represent that as well, to the best of my ability as: *The Friend of Humanity*.

What is my job? Gardening skills. Every relationship is a living garden. A personal garden is a perfect metaphor for personal relationship. We cannot **have** a garden—we can only **do** a garden. If we don't do the actual **gardening** of our garden, the most beautiful garden will decay, disintegrate and die. There are jobs to do every day and season, which requires knowledge, skills, and actual work. But it is easier to be a good gardener of an external garden: you can see it. The *garden* of personal relationships is invisible and what we do not see, we cannot manage. We do not see the internal dynamics of all the above five ecosystems with our normal physical senses.

The first task of the counsellor in light of Psychophonetics is making the *Relationship Garden* visible to the partners. The only practical starting point for that is the making of the individual/personal ecosystem visible to each individual. As long as the hidden dynamics in the personal and inter-personal ecosystems are visible to the counsellor only, no real development will take place. The couple cannot take the counsellor home with them, and long-term counselling is, in my view, unethical and unsustainable. It can easily become just another kind of dependency. The role of the couple counsellor in the Psychophonetics approach is to train the partners in making the invisible dynamics visible, providing upgraded self-manageable principles, tools, and processes that they potentially can take home and continue applying on their own.

Psychophonetics is a method of making the invisible dimensions of human dynamics visible. Visible not to the counsellor but to the client. The first level of that is the Methodical Empathy conversational process, in which deep perception of internal dynamics becomes a mirror through which client's start to see them for themselves. No question, no advise, no lecturing, just providing empathic evidence of perception, making the invisible visible. The second level of making the invisible visible is the use of the human body as the deepest mirror for the depth of one's soul to becomes visible to one's consciousness. The deep-intelligence processes of Sensing, Gesture/movement, Visualisation and Sounds activate the inherent potential deep self-knowing into conscious reality. Once the internal dynamics of one's own ecosystem becomes visible to the client, the invisible dynamics of the interpersonal ecosystem become visible also. Only then can the process of training for real change begin.

## Relationship Upgrade Processes—7 conditions rituals for upgrading relationship

Skills for the creating, maintaining, cultivating and growing the Garden of Personal Relationship.

I have often written in this publication about: *The 7 Conditions for sustainable Human Development* which is a Psychophonetics development of Rudolf Steiner's introductory level of spiritual development. It provides a strong structure that that can transform relationship challenges into personal and couple development in couple counselling:

### First Condition: commitment to wellbeing

- **Body feedback of relationship dysfunctions**—Long term intimate relationship creates a common energetic environment which is sometimes call *The Third Body* and has its own life. It can be well or unwell, vibrant or stagnant, uplifting or depressing. Symptoms of unwellness of that combined Third Body can appear through each of the individuals involved, therefore the unwellness of individuals in the combined energetic body could be an indication of something that is wrong in the combined body. Every aspect of health of every participant is therefore a concern for the combined Third Body of the relationship.
- **Restoration of tenderness**—Harshness, anger, reaction or cold-heartedness is expressed by one person in the relationship will affect the other and intimacy itself: to the tenderness, the safety and the warmth of the collective will be damaged. They can only be restored by the individuals involved taking individual responsibility to the damage.

### Second Condition: commitment to empathy

- **Reflective Listening**—Listening is not common. We tend to hear what we hope for, fear, assumed, know already, and what we already oppose, rather than what is actually being said and intended. Responding to an expression of a partner immediately without confirming that the expression was heard and understood, is a common but low level of relationship-intelligence. Establishing a culture of reflective listening: making sure that we got the message right can remarkably uplift the level of communication in any relationship.
- **Methodical Empathy** as a spiritual exercise—Methodical Empathy is the conscious attempt to hear what is said and experienced by another person *from their own point of view*. It is the major outcome of Psychophonetics processes. Even on the basis of initial skill of Methodical Empathy, the standard of safety, warmth, goodwill and trust can be restored to any relationship.

### Third Condition: Taking responsibility for one's inner life

- **Overcoming Reactions in personal relationship**—Defensive-aggressive reactions are the major source for damage to personal relationship. When the habit of reaction to reaction set in – the relationship becomes a war zone, potentially destroying anything that is good in it. Overcoming

them requires individual the effort to take responsibility for one's own source of one's reaction and to stop blaming the other. The other is only a 'provocateur'.

- **Owning Projections**—It is normal in as much as we see another person through the colouring what they remind us of. In long term relationships, specific established projections can become a source of destruction: the partner becomes unconsciously your father, mother, teacher, former lover, enemy or rejecter—all created projections of past experiences into the present situation. Blaming your partner for something they are not—there is nothing they can do about it. Time itself does not process projections. In the end, you either acknowledge your own projections and own them, or you destroy your personal relationship with them.

#### **Fourth Condition: respect for the different reality of different people and the balance between them**

- **Two Truths**—the acknowledgment of the simultaneous co-existence, equally valid **two independent realities** between two independent individuals in a relationship. Expressing, hearing, acknowledging and validating both realities as the basis for further communication. The assumption that there is only one reality is self-ignorance, destructive to any personal relationship. Perceiving one's own reality as one point of view and respecting the validity of the other's reality, can be a starting point for the restoration of every personal relationship.
- **The Request Ritual**—transforming expectations, disappointments, manipulations, controls and rebellions against control with a clear negotiation of personal requests from each other and free gifts from each other in response to the expressed requests. It can become the basis of upgrading unconscious *contracts* with conscious ones.
- **Restoration of respect**—The loss of respect for a partner is the loss of the relationship, the marriage and partnership, even if staying together. There can be good reasons to disrespect a partner's **action**, but there cannot be many good reasons to lose respect for the partner **as a human being**. Disrespect for the partner's being comes from a heartless space in oneself. That can be confronted and transformed.

#### **Fifth Condition: From Chaos to Consciousness of couple Decision Making**

- **How to make conscious decisions in a couple**—It is easy to fall into a decision by the more dominant partner, which creates continuous conflicts. Creating a conscious process of decision making in a couple can upgrade the partnership in a decisive way.
- **Exploring blocks of the will in common action**—Not acting on common decisions in a relationship can damage it through the destruction of trust and respect for the partner who fails to deliver on decisions. It can become a source of bitterness and disappointment, but when made conscious it can also become an opportunity for personal development, an upgrade of the contract, of the communication and of the trust in the relationship.

### **Sixth Condition: Conscious cultivation of gratitude and appreciation**

- **The act of conscious appreciation**—The most exciting relationship can fall into habit and routine. We can easily forget why we are living with that person. The act of conscious appreciation requires stopping the routine of life and remember why am I with this man or this woman out of all the people who I could potentially be with. *Why are you with me*—is a legitimate question. It is a risky process, because we may discover that there is no real valid reason left to stay with each other. That risk must be taken sooner or later, because it could also be an opportunity to remember and re-experience the good, real, underlying reasons for being with each other.

### **Seventh Condition: cultivating consistency**

- **Instituting Regular Relationship Meeting**—All common enterprises, initiatives, business and organisations require regular meetings in order to operate well. In most marriages and long-term relationship this is not happening. But a relationship, let alone a family and a household is a very complicated operation, combining the personal and the organisational dimensions in one complex. Without a conscious decision about this, a couple and family meeting will not happen. In order to secure and maintain any upgrade process for the relationship, regular meetings are required.

It can be done. Our personal relationships and the foundation of our families are the most important possession that we have, but we cannot just possess a garden, we have to constantly cultivate and take care of it, like any other precious ecosystem we live in.



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International website: practitioners - [www.psychophonetics.com.au](http://www.psychophonetics.com.au)

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