



## CONTINUUM: THE UNITY OF ALL HUMAN REALITY

### Psychophonetics Participatory Medicine Welcoming 2023

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*Nature's unfolding truth emerges only with the active participation of the human mind.  
Nature's reality is something that comes into being through the very act of human cognition.  
Nature becomes intelligible to itself through the human mind.<sup>1</sup> (Richard Tarnas<sup>2</sup>)*

*We think we listen, but very rarely do we listen with real understanding, true empathy.  
Yet listening, of this very special kind, is one of the most potent forces for change that I know.<sup>3</sup>  
(Carl Rogers)*

In the final days of a dramatic 2022 and first days of 2023, the unpredictable is winning. What a year this has been! No sooner than we started to move on from the global pandemic, we were plunged into the greatest European war of aggression of the 21<sup>st</sup> century, with completely unpredictable consequences for everyone. The only predictable factor of our time is unpredictability.

Nothing in 2022 ended like it was planned. This war of aggression on our eastern Slovak border changed so much, people who spent the past 11 months in a coma would hardly recognise our time, but this is only on the surface of world events. Things will not stop changing now, on all levels, on all fronts, at least not for those who choose to be awake. Fasten your seat belts: 2023 is here. However, one aspect of human reality will definitely *not* change: we are not well collectively, in spite of the non-stop development of medical science and technology. For every medical challenge that we solve, we create a few that we don't solve, and, collectively, whichever way you are looking at it—we are not well. It is progressively obvious to some of us that to a large, unmeasurable extent our physical health challenges of external manifestation of a much broader human condition for which a solution cannot be found without active, conscious participation. Welcome to *Participatory Medicine*.

I am sitting on a quiet beautiful beach on the Southern Atlantic Ocean of a beautiful, pristine Cape Town in mid-summer, at the feet of the Table Mountain range, meditating on the fragility, beauty and

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<sup>1</sup> Richard Tarnas: Epilogue in *Passion of the western mind: Understanding the ideas that have shaped our world view* [3]

<sup>2</sup> According to Tarnas, Participatory Epistemology is rooted in the thought of Goethe, Schiller, Schelling, Hegel, Coleridge, Emerson and Rudolf Steiner.

<sup>3</sup> Carl Rogers: *A way of Being*, Houghton Mifflin, 1980: 116

preciousness of our human life on earth. I came here from mid-winter to mid-summer, to visit my son but my body had other plans for me. Three days after arriving, I had a surprising health crisis and am still recovering from it. In one peaceful moment with no warning at all, every single certainty of my life disappeared. I was taken to intensive care for 24 hours and am now recovering in the loving home of my dear friends. If ever I was sharply reminded of the fragility of human life, it is now.

Facilitating personal change is my profession and I am an experienced and skilled *agent of change* for many people and a trainer of counsellors. Most of the time I teach a cutting-edge methodical process which requires new awareness, self-reflection, self-honesty, determination to change and practice. Personal change is a serious, methodical, progressive process. But from time to time there are leaps in personal development which take place in a few days, hours, or even moments, and crisis is a potential catalyst for it. The Mandarin Chinese word for crisis is *Wei-Ji*. It is a combination of two words: *danger* and *inevitable change*. Crisis in Chinese does not mean a ready-made opportunity. It means a *potential opportunity*. You have to make it into one.

I am changing in front of my own eyes, and for a change, am documenting the change: a case study of personal change. I, whose work it is to conduct and to train professionals in the art and the science of methodical personal change, am documenting a few elements of my own process of personal change, for the record. I hope it will be helpful and encouraging for some people in a consequential way. It will take me the rest of 2023 and beyond to integrate the changes taking place in me now, but I have started. There was every possibility that this health crisis could paralyse, debilitate or even destroy me completely. It is pure grace of destiny that I am still here, telling the tale. I am deeply grateful for the good spirits that limited the extent of the damage and to my good friends, medical doctors, nurses and healers that restored me to good health.

This change was in the making for many years, but it took this journey to the other side of the globe and to the other side of myself to bring it to a turning point. I can only point to a few major aspects of the change and to its potential future trajectory for my life and work.

1. I am having an enforced rest which I have not had for many years. This goes very deep and it changes my life within my own body, for the better;
2. A complete layer of me just went deeper: I am experiencing and observing everything from a few dozen metres deeper. I am integrating it as it is happening now;
3. I am in a state of inner peace for days now which I only experienced in special moments before. I no longer live so much of the time in the midst of problem-solving dynamics. I am now looking at the dynamics of problem-solving from a deeper perspective, permanently.

Personal evolution comes in strange ways. Enough about me, as I am only using my surprising Southern Summer crisis experience as evidence that evolution is actually happening continuously, but not as you expect it to happen. Perspective changes and when it changes, everything changes with it. Reality itself, at least what we call reality, changes as we change, consciously or not. One aspect of my changing perspective is that it is becoming progressively clearer to me that what we call *reality* is a constantly changing configuration of personal experience and the personal meaning we give our experience, in ever evolving constellations. We call it reality. It is a reality. But we tend to forget how personal, intimate, subjective and individual it is. It is still real.

I wish to remember in this beautiful, shining mid-summer day in Cape Town and to remind my friends that human reality is a personal, subjective, individual, intimate, emotional, heart-based, vulnerable, spiritual, and, at the same time, it is body-based, environmental, biographical, social and scientifically observable. All of it is human reality. At the same time, including all the obvious contradictions, it is possible for the personal reality of another human being to become an extension of mine. Waking up to this possible *extension of consciousness* is called in Psychophonetics: *Methodical Empathy*. It can be violated, distorted and lost in thousands of ways, but it can also be rediscovered by another attentive human being of good will. This potential expansion of human consciousness is humanity's future.

Our awareness of the personal reality of others can grow in us consciously if we give it space, attention, care and interest. One day in the not-so-long future we will all look back in disbelief observing how narrow-minded, self-centred, imprisoned in ourselves we have all been for such a long time and be amazed that we have survived as humanity on that basis at all. This day is not here yet but it will gradually become the new norm of being human. This will only evolve if enough of us are developing it consciously.

In Psychophonetics, our contribution towards this future is called: *Methodical Empathy*. It has other names in different streams of conscious human development. We can grow to experience others' reality, from their inside, as extension of our own, without losing ourselves in the process. This is possible for everyone today, but not everyone chooses to cultivate it, as it has to be a personal individual free choice in order to become a reality. It is the new garden of humanity. I know for most people this is a far away, unrealistic fantasy, but I know it is possible, potentially for everyone if we can cultivate it consciously. Nature itself is waiting patiently to be thus discovered and be-friended by all of us.

For my colleagues and I, at Skola Empatie, Psychophonetics Institute International and Continuum: Participatory Medicine, this is our daily work, dedication, specialty and mission. We don't have to believe in it. We cultivate it methodically.

We know there is a dimension of human reality in which both the subjective and the objective polarities unite into a greater whole. They become a logical *continuum*. This is where *Participatory Medicine* is heading: I am personally an integral active partner of what is happening to me on all levels, physical, organic, emotional, cognitive, interpersonal, spiritual, environmental. I can progressively wake up to my reality and take growing responsibility to it. On that basis, I can practically heal myself, and, potentially contribute to the healing of others.

I am sharing this with you in celebration of my renewed intention to progressively create together with my dear friend and colleague Dr James Laporta of Cape Town, one of the most intuitive, creative, imaginative and inspired artists of healing and medical doctor who I have ever met. International seminars in Integrative Medicine, Medical Psychophonetics, Methodical Empathy, Participatory Medicine and Anthroposophy for health practitioners in the near future, are progressively starting in various ways in this new year. We are starting to form it now. It will start in small closed circles and evolve from there, but it will start on a new level. It started a long time ago, in 1991 in Adelaide, Australia, when it was first named. It keeps growing quietly ever since in South Africa, England, Hungary, Czech Republic, Slovakia, Germany, Switzerland, Israel/Palestine, Spain, and recently Croatia (and former Yugoslavia). It keeps growing in all these countries, quietly.

Skola Empatije's ongoing Foundation Year courses in Psychophonetics and Methodical Empathy will continue to develop, inspired by the growing awareness of Psychophonetics Participatory Medicine, in Slovakia and soon also in Croatia.

During the 3 weeks of my stay in Cape Town, both before and after my health crisis, I became part of Dr James Laporta clinic and James Laporta Institute. It was beautiful for me to pick up my medical clinic in South Africa which I stopped 12 years ago when I moved to England. I picked it up on its next level of maturity and felt immediately at home. Medicine in James' clinic is sanity, thinking and treating people as complete human beings, addressing them as the combination of the body, soul and spirit. It is wonderful to observe how safe and peaceful they feel here. It is a village. An old famous African proverb says: *It takes a village to raise a child*. In this clinic we can say: *It takes a village to heal a person*. I have no doubt this is the future of medicine. I was completely at home there. It was a healing experience for me, a Psychophonetics Participatory medical practitioner to practice holistic Psycho-spiritual-somatic therapy: cancer in various stages of severity, multiple sclerosis, chronic depression, vocational counselling, couple counselling: people, people, people, people and their family members; in wheel chairs, between drips and other treatments, on the edge of life. I felt completely at home with them as well as with the nurses and doctors. Not for a moment was anyone there treated as a passive recipient of treatment. It is happening in an atmosphere and a standard of team work. I missed it so much since I left to Europe: my Cape Town, my South Africa, my integrative medical clinics, my

villages, the, *Human Continuum* in which people are active participants in their own healing process. I will be back soon.

The medical dimension of Participatory Medicine, Methodical Empathy and Psychophonetics is one aspect of human health conditions, mostly symptomatic of a much broader field of challenging human conditions. The complete complexity of what makes us healthy and sick is so broad and multi-dimensional, including both the subjective and the objective dimensions of human reality. No lasting development in medical science can evolve without involving methodically the individual, personal subjective reality of people in the healing process, methodically.

Personal experience and personal meaning people attribute to their experience is the essence and source of all human consciousness. It has always been that way, long before and throughout the creation of Philosophy by Socrates, Plato and Aristotle in the glorious days of Athens, and throughout the past 2,500 years of the development of Consciousness Soul, to today. It will never stop. It is the essence of conscious human evolution. *Logos* = Meaning, was always a personal experience. Awakening to our deeper, individual human nature, experience and cognition in a conscious, ever deepening way must now lead the way.

Facts on many dimensions dance together in every human constitution, constantly shaping multiple human realities. Some of them are already being shaped in free intimate relationship with the life-phenomena itself, most of them are still covered by habitual one-sided bias, still on the way to freedom of universal human knowledge. All of them are factual. Waking up to internal human facts is waking up to the unity of the objective and the subjective dimensions of human reality, in their greater unifying whole.

That is Psychophonetics Radical Phenomenology, that is Psychophonetics Participatory Medicine. This is my post-traumatic Christmas message. We are looking for those of you who are looking for it. Chances are we will be ready for you when you will be ready for us. Blessings of our unpredictable ground-breaking 2023. Blessings for all of us who will be crossing the threshold into life and out of life in the course of this year. The threshold is always very close. I was just recently reminded.



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#### **Websites**

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

English: School of Empathy - [www.psychophonetics.com](http://www.psychophonetics.com)

Slovak: School of Empathy - [www.skolaempatie.sk](http://www.skolaempatie.sk)

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