



Psychophonetics Practitioners Newsletter

Vol 16 (1) 2023

www.psychophonetics.com.au

Dear colleagues & friends of Psychophonetics,
Welcome. In this edition of the newsletter, there is the flyer about our upcoming Psychophonetics conference in October, where we hope to attract lots of people to attend/participate. A number of practitioners will be presenting and there will be CPD training days as well.

Someone once said, *the life processes are the hidden dynamic that's missing in psychology*—on Thursday October 5, I will be presenting some aspects of my doctoral research on therapeutic change, the life processes and soul processes. I hope to see many of you there. Also, see a short extract from a journal article on the life processes—p.16.

During the conference, as a separate event, our association (IAPP) will have its annual meeting on October 6—we hope to see many old & new members attending.

Community spirit is alive and well—read about Adrian's amazing effort to complete a 60 kms run to raise funds to buy a solar system for Botshibelo village. Further donations can be made—see *Practitioner Profile Snapshot* for details—p.2.

The main article is by Yehuda about *Thresholds of personal development* in everyday life, presenting as challenges and opportunities for personal and spiritual development. Well worth reading—p.4

Also, some current topics and upcoming events are listed for your interest, for example, Gabi has organised *Transformation enroute* in Africa, starting in October, and Judy & Anne have been busy in Switzerland presenting workshops.

I invite you to get a cuppa, make yourself comfortable and take some time to read the newsletter.
Thank you for your interest.

Love & Blessings

Robin Steele PhD

Newsletter Editor & manager of website

Email: robin@lifeways.net.au



CONTENTS

- Editorial..... 1
- Psychophonetics Conference-IAPP..... 2
- Practitioner Profile Snapshot: Adrian Hanks..... 2
- Article: Thresholds of personal development (YT).. 4
- IAPP Meeting Notice..... 11
- Topics/events: 12
 - Gabi Wellens, Graham Kennish..... 12
 - Blanka Lichtnerova, Adrian Hanks..... 13
 - Katherine Train, Yehuda Tagar..... 14
 - Judy Greenburg/Anne Holland..... 15
- The 7 Life processes: Robin Steele..... 16
- Professional Continuing Development (CPD)..... 16
- Videos & Live Streaming..... 17
- Publications: Jan-Aug.2023..... 17
- Psychophonetics Book..... 17
- Interesting Resources..... 18
- Practitioners' website..... 18

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@lifeways.net.au < Thank you

Diversity of opinion from our contributors is welcome, which are not necessarily the view of the editor. I do not accept any liability arising from the material in the Psychophonetics Practitioners Newsletter.

 **5th INTERNATIONAL
CONFERENCE
OF PSYCHOPHONETICS**

THEME

The profession of counselling

REGISTER NOW

You are invited to join this conference in person at Psychophonetics Institute/ Skola Empatie, in Bernolakova, Slovakia or on zoom.

The conference is open for everyone—practitioners, graduates, students and friends of Psychophonetics—for anyone interested in counselling modalities.

- **October 3-5** (Tuesday evening to Thursday): **Presentations** of research and practical contributions by professional practitioners.
- **October 6** (Friday morning)—**IAPP Meeting** International Assn of Psychophonetics Practitioners.
- **October 6** (Friday evening)—**Supervision** meeting for practitioners in active practice.
- **October 7-8** (Saturday & Sunday)—Post graduate teaching and sharing new developments in Psychophonetics eg. Chakras of empathy

FOR FURTHER INFORMATION & TO REGISTER click on the link below

- <https://psychophonetics.com/podujatia/5th-international-conference-of-psychophonetics/>
- **Inquiries:** info@skolaempatie.sk

 **PRACTITIONER PROFILE SNAPSHOT**

Adrian Hanks

Gold Coast, Australia

Psychophonetics, Botshibelo, and my big 60-kilometre charity run.

It was back in 1998, when I started my Psychophonetics journey by attending a few lectures given by Yehuda in Melbourne, whilst I was studying at the Michael Centre for my Cert. 4 in Anthroposophical Studies, the first-year prerequisite for continuing on for the full teacher training.

What Yehuda had to say during these lectures piqued my interest & I decided I wanted to do the Philophonetics training (renamed Psychophonetics in 2003).

In 1999/2000, I did a short 10-week introductory course with Robin Steele & then arranged for Yehuda to run the full course in the Yarra Valley, outside of Melbourne. He had said to me: 'Adrian, if you can get 10 people, I'll run a course there'—I got the 10 people & away we went, starting the course in 2001.

Roll on to mid-2003, and I found myself in Cape Town, South Africa, where Yehuda had decided to settle, dividing his time between South Africa and Australia to run two campuses. My short visit got extended (that's a whole story in itself) and I joined the Cape Town second year group and repeated much of my already completed second year training. I helped with some teaching and supported the College where I could. I also met Arleen, who became my wife and we moved to Australia in 2005.

During my time studying in Cape Town, I travelled to Johannesburg and met the Psychophonetics students there, one of whom was Marion Cloete, co-founder of the Botshibelo Village, which, for a while, was a training centre for the more advanced students of Psychophonetics, to do supervised practicum work with the staff and children. Many students visited Botshibelo. This arrangement went for some time

before coming to an end when the training discontinued there.

Quite simply, I fell in love with the place and, as fortune would have it, I secured a job on a nearby Weleda farm for 18 months as a consultant, with the job of converting it from an organic farm to a biodynamic farm. Each month I would fly from Cape Town to Johannesburg, spend a week on the farm and a few days at Botshibelo, helping with the veggie growing, working with the male youth, and spending time with Marion, her husband Con (now passed over) and their family.

For the past 20 years, I have stayed in touch, visiting when I can. With my 60th birthday approaching, I decided I wanted to do something special for them, so decided to do a 60-kilometre run to raise funds to install a solar system in the village, so they can have 24/7 electricity! The charity run happened on Sunday 13th August on the Gold Coast in Australia.

Here is the link to watch a short 10-minute YouTube video that tells the story:

- www.youtube.com/watch?v=rXVQJvpjHNk

We are still fundraising and would love to share this through the Psychophonetics network.

Here is the link if you'd like to contribute:

- <https://runwith.io/charities/africankids/>

Thank you.

I will be visiting Botshibelo in November as part of my overseas tour. During this tour, I will be offering a few talks and workshops (UK, Switzerland, Norway, and South Africa). It would be great to catch up with any of you reading this newsletter. Please contact me via my website.

Here is the link to get more info about my tour.

- www.adrianhanks.com/tour

Botshibelo is situated in the rural grasslands of Gauteng Province, South Africa, about 100 kilometres northwest of Johannesburg > www.botshibelo.org/

Due to government 'load-shedding' of electricity, the Botshibelo village is often left without power for hours at a time. It is not hard to imagine the impact of this on the community, especially for the kids!



Please support this village—Click the link to donate:

- <https://runwith.io/charities/africankids/>

Watch the video of the children in the village:

- www.youtube.com/watch?v=D9hOY3_ii2I



ARTICLE

THRESHOLDS OF PERSONAL DEVELOPMENT

Transforming inner blocks into developmental opportunities with Psychophonetics

Yehuda Tagar

There was always a stream of thoughts in human evolution, North and South and East and West, alongside the mainstream of external culture, which claimed that the spiritual world is real, intrinsic and internal to the individual human soul. This is not a philosophical intellectual assumption. It is a personal, intimate reality for those who can find it inside of themselves. This reality is not automatically and passively available to people. Something has to change in the given personality, to be transformed so that the same psychological dynamics that obscure it—becomes transparent to it, letting this *Supreme Principle* as Wang Yangming calls it—to shine through from the inside of the individual soul. This process of individual transformation is called in many languages: *Initiation*.

The major task of 21st Century psychology is not the restoration of pathology back to normalcy—but the transformation of all life challenges into opportunities for spiritual development. (Tagar, 2014)

The Threshold

The transition from the limitations of ordinary, sense-perception, intellectual reflection bound consciousness into this transparency requires the crossing of individual thresholds. From one side these thresholds appear to be blocks, prisons, adversaries of personal development. From the other side, they are the very process of preparation for the higher self-knowledge one is seeking. These principles are universal and ancient. The crossing is always individual and personal.

This used to be the domain of very special people in the past. Now it is time for everyone to be special person. So much of what we call personal challenges, problems, personal development, potential subjects for psychotherapy are in reality, individual thresholds of initiation into one's own higher knowledge. Psychophonetics is a methodical support, encouragement and skilling for the crossing of personal threshold in individual initiation. It is a process of transforming life challenges, in whatever form they come—into thresholds of spiritual development.

In Psychophonetics, the term *Threshold*, indicates the boundary between one's present self and one's potential future self. Present self is not capable of moving on into its next stage of development without taking a decisive step in self-awareness, self-transformation, new kind of action, letting go of old, dysfunctional parts of oneself and invoking/ creating/ mobilizing new self-potential hitherto dormant and inaccessible.

At every step of the transition between these two levels of oneself—there lives a threshold: that step is not possible on the basis of the old self.



Something has to shift. You, as you are, cannot cross it—you have to change in order to be able to cross it. Overcoming the threshold is the necessary test and the inner training for facing the reality on the other side. The threshold for taking a step in one's development, can appear as instinctive fear of emotional pain, as self-disrespect which result in giving too low priority for facing oneself, for taking oneself seriously, for dealing with the difficult on your path, as doubting one's own reality and strength, or as addiction.

The purpose of all Psychophonetics Threshold processes, is to identify the gap between present and

future self as the underlying cause of undesirable behavioural, relationship, self-conduct and health symptoms, and transforming it into a practical opportunity for personal development.

There slumber in every human being faculties by means of which he can acquire for himself a knowledge of higher worlds...At every moment the listener may say to himself: that, of which they speak, I too can learn, if I develop within myself certain powers which today still slumber within me. (Rudolf Steiner, Knowledge of the Higher Worlds 1904)

The Guardian of the Threshold

Fundamental to the esoteric teaching made public through the writings of Rudolf Steiner at the beginning of the 20th century was the idea of the *Guardian of the Threshold (Knowledge of the Higher Worlds)*: before making a step into one's real higher knowledge, preparation is needed in soul development and transformation through which the required strength can be acquired, without which direct exposure to higher self-knowledge can destroy the unprepared soul. In Psychophonetics personal development and spiritual development: every step in personal development requires spiritual activity and every real step in spiritual development, requires real psychological change.

That is not an issue of speculative theories on spiritual realities and various forms of theology. These do not require any personal transformation. They present only intellectual activity that does not require real personal change. An actual step in personal development requires preparation. The actual step in personal development to be taken and the preparation for it are considered a continuum of one self-educational process.

An inner being inside one's own greater self, is present in such moments, stopping you, at least for

now. In Psychophonetics, this inner being is called *The Guardian of the Threshold*. It is there in order to prevent the self from crossing a Threshold before being ready for it. The Guardian of the Threshold is present in many forms, stopping the unprepared person from making the next step in their development. It manifests as a block in one's will to move.

For us, that block is not the enemy, it is the Guardian *Stop sign* saying: *you are not ready for that—prepare*. The Guardian is a potential friend, a tough friend, who reflects the soul's reality to the one who wishes to make a real step in their development. We cannot ignore it, we cannot fight it, we have to work with it. Most of the time the Guardian will appear in disguise as a stubborn resistance for doing something the person knows he/she has to do.

It is easy to project it onto other people, one's biographical challenges, life situation, and blaming them all for the block, explaining it away. In reality, most of our hindrances in personal development are various expressions of our own Guardian, trying to tell us that we are not ready for the step that we wish to take, that preparation is needed. For some, the Guardian of the Threshold appears as an independent being in its own form: a being of many eyes looking at you, challenging you to take a step. For most people, it manifests as paralysis of will.

Through many years of striving to apply these esoteric indications to actual psycho-development work in many countries, a few developments of the concept of the Guardian of the Threshold as originally given in 1904 took place through Psychophonetics work. These realisations mark the development of this method itself. The major one is the encounter with the Guardian of the Threshold which must no longer be limited to a one-off dramatic moment dividing one's life into two parts, before and after the crossing of the threshold.

The idea of crossing the threshold has evolved for me: we must work with the threshold as if it is there in our life all the time, broken into a myriad of many mini-thresholds in one's daily, personal, relationship and professional life. We cross the threshold or we fail to cross it every day.

Three possible responses to the Guardian

After many years of research and clinical experience in a few countries, I came to the realisation that there exist three major possible responses to the blocking caused by the Guardian of the Threshold:

- 1) **Fighting the Guardian:** The Guardian is being perceived as one's *Enemy* and is being fought against. It does not give way.
- 2) **Obeying the Guardian:** The guardian then remains the major block for one's real development. Many excuses are being developed to explain it away with the same result: no development takes place. In that case, the Guardian inevitably becomes the *opposite* of one's personal development. In Psychophonetics teaching, it is called that opposite: the *Double*.
- 3) **Learning from the Guardian:** using the Guardian blocking effect as a mirror to expose to our consciousness what is it in us that needs to change and be transformed, to enable us to cross the Threshold in front of us. In that case the Guardian becomes one's best *Friend*.



Triptych Beasts: Michael Leunig

Transforming blocks into opportunities with Psychophonetics: Introduction to the Three Beasts on the Threshold

One's Double—the 'Anti 'I' in the soul—manifests through archetypal negative forces of inner destruction in the human soul. Every real step in self-development necessitates encountering with these forces. In this journey, people inevitably encounter dimensions of their soul life of which they were unconscious before.

In his esoteric teaching (1923), Rudolf Steiner describes the major typical obstacles that a true seeker on a spiritual development path is bound to face as he/she is preparing to cross their own threshold towards the next level of spiritual

awareness. He describes them as **three archetypal Beasts on the Threshold: Fear** of the spirit, **Hate** of the spirit and **Doubt** of the spirit, created by one's own lives on earth.

In applying Steiner's meditation of the three Beasts on the threshold, to the personal psycho-development of normal people today, in accordance with process of individuation that proceeded exponentially during the past century—I came to the conclusion that Fear of the Spirit is now acting as *fear of one's own deeper reality*; Hatred of the Spirit is now self-hatred; Doubt of the Spirit is now *self-doubt*.

The threshold, as described before, in being considered in Psychophonetics, not as a one-off cataclysmic event close to the pinnacle of one's initiation, but as a mirror broken into a thousand pieces, enabling people to face their thresholds in their daily human life. In this light—*life itself becomes an initiatory process*.

The immediate effect of overcoming any aspect of any of the Three Beasts on the Threshold is a tangible strengthening of the presence, resilience and effectiveness of one's own 'I'.¹

1. The Beast of Self-Fear

The Will's evil power, estranging one's body from one's soul

Any step towards real direct knowledge of oneself and the world, and every step in self-knowledge, which is essential for real knowledge, will be challenged by fear of that knowledge. This fear is mostly unconscious, habitual and hidden, deeply entrenched. It has life of its own, it was created over many cycles of life, deeper than one's recent biography. Every step in self-knowledge requires a step in personal change, and personal change is scary: something has to die and something new must be born. Yet, at the same

¹ Source for the meditation on the *Beasts on the Threshold* is in Rudolf Steiner's esoteric teaching, lesson 1, class 1, School of Spiritual Science: <https://wn.rsarchive.org/Lectures/GA241a/English/eLib2016/19240215p01.html>

time, deeper than all other desires—is the desire for self-knowledge and self-transformation.

Fear is a sickness of the will. It can only be healed by mobilizing new courage. Here is a piece of a stark factual paradoxical reality: *only direct encounter with one's own fear and with its source: the Beast of Fear can mobilise the courage required for the crossing of that threshold.* Waiting for courage to appear before facing one's fear is the very *opposite* of real personal development. **Courage can only be created by facing fear.** It is a free choice.

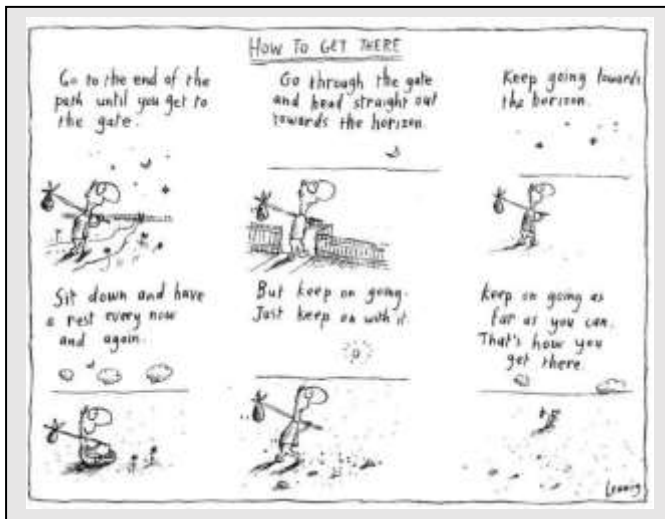
One major Psychophonetics process for overcoming The Beast of Fear requires activating a vivid memory of a moment of courage from any point in one's life and being inspired by it. Then coming back to now and facing the present fear. Courage must be mobilized and grow through confronting fear.

All fears prevent a direct knowledge of truth as the fear instinct is to cover, hide, defend, attack, block out reality. All knowledge is based on self-knowledge and knowledge of anything requires interest and empathy with the reality to be known. Therefore, all fear is an opposition to true knowledge. The opposite of fear is the courage to know and to face reality, whatever reality is.

Knowledge bravery alone will overcome it.²

Every act of overcoming self-fear rejuvenates and enlivens the whole Qi, reconnecting one's body with one's soul. **Fear paralyzes and freezes our will** and with it freezes this organic connection of body and soul. The disconnection is being created instinctively. The reconnection can only take place consciously.

² Steiner, R. First Class of the School of Spiritual Science, class 1.



2. Self-Hatred

The evil counter-force of human feeling.

Self-hatred, in all its manifestations is a sickness of the feeling life. Human feeling life is an organ of one's own soul-spiritual constitution that is based in the *Etheric Heart* of everyone, living in the whole organism through the breathing process. Every nuance of change in one's feeling-emotional life, effects the breathing process directly.

Self-observation of one's feeling process is one of Psychophonetics major processes of feeling self-awareness. Healthy feeling life breathes freely. Contraction, toxification and blockage to one's feeling life would express itself directly in one's breathing.

Self-hatred, self-disrespect, self-negativity, self-judgment, self-criticism, self-rejection, negative comparisons, the perfectionist, echoes of parental disapproval, putting oneself down—all these are one and the same: emanations of the internal Beast of Self-Hate. The mocking, toxic internal character of self-hatred appears to be one's own voice. It is clever and sharply intellectual, specialising in putting oneself down, completely heartless, cruel and sarcastic. It claims the superiority of inner moral authority. Often disguised in the image of the traces of parental criticism left in our soft inner-child bodies inside.

For real personal/spiritual development to progress, Self-hatred has to be completely exposed, confronted and unmasked, to be observed objectively as an internal fact, thus, losing its internal power to harm. Confronting self-hatred as an inner reality, marks a step forward from the business-as-usual of the tradition of 20th Century psychotherapy. The assumption that all psychological complexes are traceable back to childhood traumas and parental deficiencies cannot address the full complexity of human reality. That level of psychological discourse can only address the cognitive/ emotional dimension of human complexity, from the dysfunctional/ therapeutic angle. This level of psychology has broad applications, universal academic/ professional recognition, and is still dominant in mainstream academic psychology. As we have already spent more than a century with this limited parameter, language and remit of modern psychology, it is actually not more modern than modernism itself³.

By incorporating the reality of Threshold into psychology, the major purpose of psychology itself shifts from fixing psycho-pathology into evolutionary *psycho-development*: its underlying motivation is not the restoration of normalcy, but the further development of the individual. As Professor Stan Lifschitz, head of psychology training in the University of South Africa said when welcoming me to teach Psychophonetics in his country:

Psychophonetics appreciates the complexities of the human form. It conceives of humans as multi-modal and it respects people as ecological beings. It is an approach which offers possibilities to healers working in Africa as it recalls the fullness of what living could be. (Prof. Stan Lifschitz, Head of training for Clinical Psychologists, Uni. of South Africa, Pretoria)

³ Modernism refers to a global movement in society and culture that from the early decades of the twentieth century, sought a new alignment with the experience and values of modern industrial life. A socially progressive trend of thought that affirms the power of human beings to create, improve, and reshape their environment with the aid of practical experimentation, scientific knowledge, or technology (Wikipedia).

Psychophonetics is a pioneer of psycho-development and its fundamental working proposition is that the attainment of psychological health requires an ongoing developmental movement from a primitive-normative state of consciousness towards the ideal of a higher human-beingness, *Das Übermensch* to use the Nietzsche term⁴, which lives as a dormant potential in everyone.

In light of psycho-development, the major hindrances on the Threshold are there to fulfil a developmental purpose: in order to overcome them, a new, hitherto unused personal potential must wake-up and evolve into functional operation. That new faculty of soul *IS* the actual desired development. Seen in this light, overcoming Self-Hatred with Psychophonetics requires the mobilisation of its opposite: compassion, love, heart.

Hatred has its own life. It is very seductive and very widespread. It has been a dominant power in the history of the 20th century and is still going strong in 2023. When infected by hatred, one's intellect provides the active dynamics of hatred with rational excuses, explanations and justifications, like a layer covering up for a criminal client. But the rational is the cover-up, not the real cause of hatred; biographical/psychological explanations of it are also a cover-up of its existential present-time reality.

Self-Hatred lives like a living parasite in our feeling life, like a growing cancer which lives off our feeling life while destroying it from the inside at the same time. It is the major active ingredient in the populist politics of hatred. *Hatred is sickness of the Feeling Life.*

The opposite of hatred has to be mobilised individually in order for self-hatred and the chronic hatred of others, to be overcome. What is the opposite of hatred towards the essence of oneself? What is the essence of oneself anyway?

⁴ Friedrich Nietzsche, *Thus Spoke Zarathustra*, 1883.

From a certain point of view, I am aware that there are many other points of view possible here, the essence of oneself is the all-human nature of humanity, what unites humanity as a whole within the cosmic order, manifested through individual human beings in a personal form. Knowledge of the all-human reality is the essence of self-knowledge of the individual. Therefore, self-hatred means hatred of humanity as a whole, while its opposite is personal knowledge of the all-human spiritual reality of humanity. The opposite of essential self-hatred is the individual enthusiasm for true knowledge of humanity and its universal context of existence.

Your flame for knowledge must subdue him. ⁵

Soul fire, enthusiasm, passion for truth, commitment to the real knowledge of humanity, can overcome it. Hatred is unconsciously directed against the spiritual dimension of human life. It always lies. Hatred cannot stand the light of human truth. Hatred is a soul-parasite and parasites hate sunlight. The fire of human truth would destroy all parasites when they are exposed to it like the light of the sun. The lie of hatred does not want to be exposed. Hatred always comes with its intrinsic propaganda.

Hatred serves fear by hiding it intellectually and Fear, in turn, provides Hatred with the instinctive power of survival. That is the *mafia* relationship between the Beast of Fear and the Beast of Hatred. That is why all oppressive dictatorial regimes combine hatred and fear in their tyrannical control of the people. Any real step towards real human knowledge will be attacked and challenged by this instinctive Hatred directed at one's own spirituality and at the spirituality of others.

Deeper than Hatred, lives the human heart and its innate, natural fire of enthusiasm, interest, honesty and love for the deeper human truth. All children are of this nature before being corrupted by the prevailing social reality of their normative environment. Love of

⁵ Steiner, R. First Class of the School of Spiritual Science, class 1.

truth and love of people is one and the same. The encounter and confrontation between one's human wholeness and one's hatred is the major process here. Mobilizing the reality and energy of the memory of moments of true love in action—can support the crossing of that Threshold.

3. The Beast of Self Doubt—the Denier

The evil counter-image of Thinking, Self-Doubt is the most insidious of all the three *Beasts on the Threshold*, being the most hidden one, too close to oneself to see. It is a distortion of thinking itself. It is the doubt in one's own human reality—the most intimate and hard to catch of the three Beasts. It comes from the inside of one's nerve system and one's reality-formation process. What we call *reality*, is not given to us. Our sense of orientation based on our personal reality, is a construction of perceptible experience and individual reflection. It is vulnerable to doubt from the start. Both personal perception and personal conception of the world and of oneself, can go wrong. We need it confirmed all the time.

In the physical world, the physical world itself can confirm it much of the time. But in the inner world of thoughts feelings, willing, relationship, emotions, desires, frustrations, dependencies of being evaluated and judged by others, as a huge part of our reality—in the complexity of the inner world—the possibility of self-doubt can easily be overwhelming for the vulnerable, growing sense of the certainty of the personal reality and authority of the individual.



Into this vulnerability, in the formation of personal certainty—self-doubt enters. We are vulnerable to self-doubt because we actually need it for the formation of individual thinking. In the right proportion, it supports our individuality. It is a necessary ingredient in the process of individual

critical thinking, without which there can be no individuality at all. It is needed in the formation of individuality in the same way that salt is needed in the baking of bread. Then it tends to destroy the very self-certainty that it helps to create. Chronic excessive Self Doubt is a sickness of thinking itself.

Paradoxically and surprisingly, the only possible healing of self-doubt is an act of self-creativity. What I create myself, what is coming out of my own being consciously—that I do not doubt. I am the genuine origin of my creative act, I know how it has come into being, I made it—I don't doubt it. Doubt cannot enter between me and myself regarding what is coming consciously and directly out of myself. A mother does not doubt that the child that came out of her, is her own child. The father may doubt its origin, not the mother. Only what you have consciously created, cannot be doubted, for you are its source, it came from you. A mother cannot doubt the child she gave birth to is her real child, and a painter cannot doubt that this is his/her own creation.

Every knowledge accepted from another source and believed in, is a potential prey for doubt, but self-created knowledge is immune from it, though not completely. A change in self-identity can give rise to doubting a previous stage of self-identity, but creation that expresses one's core of being, diminishes the power of the doubt. Self-Doubt is an internal parasite that has its own parasitical life inside one's thinking life. Exposing the doubt that has its own life in oneself—is the major process in overcoming the Beast of Doubt. Mobilizing special experiences of creativity can help minimize the presence of the doubt.

Your creative knowledge must make it yield.⁶

In the Psychophonetics process, a special test is used in exposing the Beast of Doubt to imaginative perception—which everyone has these days, but do not know it. The question can be asked: *Is it real?* If

⁶ Steiner, R. First Class of the School of Spiritual Science, class 1.

the answer is *yes, it is real*—which is hard to contradict in view of all the very real damage that it has done—a paradoxical statement is ceremoniously made: *The Doubt is real. This is the end of the Doubt.* Take it or leave it, but try it first.

This is the minimum I can say in this context about the concept of the Threshold, the *Beasts on the Threshold* and the process of overcoming them in the journey of personal initiation, with Psychophonetics methodology. I know it all sounds strange to an untrained listener who hears it for the first time. I would not even try to communicate it in this format as pure conceptual formation. This is not what I am doing here.

I am sharing my clinical-educational experience with many people in many countries over many years and sharing here in writing my life, my professional experience, and the content of my training of professional counsellors, psychotherapists and psychosomatic healers over many years. Strange as it might sound, this theory works in people's processes and lives.

I choose to end with the quote of the original conclusion of that unique teaching from 98 years ago in Central Europe. Heaven and earth have changed drastically in these lands over the past century of turbulent European history, but these eternal teachings of deep initiation have not changed in their validity to modern personal development:

Only when you've defeated the three
Will wings sprout upon your soul
To fly the abyss over,
Which separates you from the
knowledge fields
To which your heart desires
to consecrate itself in healing.⁷

Yehuda is the founder of Psychophonetics, Methodical Empathy and Humanising the Workplace. He is an Israeli, Australian, South African and British psychotherapist, psycho-developer and trainer, director of Psychophonetics Institute International, co-director of Skola Empatit Slovakia, Psychophonetics Institute UK and Psychophonetics Institute China.

Email: tagar.yehuda@gmail.com



IAPP International Association of Psychophonetics Practitioners

Members Meeting
October 6, 2023
(Friday morning)

All professional Psychophonetics
practitioners are invited
to attend this meeting

The initiative group are acting as an
interim committee which will be
reviewed at the AGM
in October 2024

Contact Mira to register
by September 30
so details & zoom link can be sent to
you before the meeting
Email: tagar.mira@gmail.com

⁷ <https://rsarchive.org/Lectures/GA270/English/eLib2018a/19240215p02.html>

TOPICS & EVENTS OF INTEREST
FROM THE FIELD OF COUNSELLING,
WELLBEING & THE ARTS

❖ **Gabi Wellens**
 Switzerland – en route in South Africa

Transformation en route



October 7 – 15, 2023

9 Days / 8 Nights

The West Coast—Gondwana Game Reserve—
 De Hoop Nature Reserve

BOOKINGS CLOSING SOON

Do you need new perspectives - do you finally want to get out of your mess - get rid of your blockages - invest in YOURSELF, so others will invest in you - maybe SPIRIT AFRICA is calling you and don't let go until you follow their calling!

Click on the links below for details:

- <https://sichheilen.com/wp-content/uploads/Transformation-en-route-ENGLISH.pdf>
- https://wetu.com/ItineraryOutputs/Discovery/CB19358E-D935-458F-980C-9DF4251D6ED7?fbclid=IwAR2PG5sPqiKGJ2uB2t5XMk0zNb4g1bQ_vNw-qpehwDIQDiI6I9jUTXpAM0



Gabi's Website: <http://sichheilen.com/veranstaltungen/>

Email: gabrielewellens@gmail.com



❖ **Graham Kennish**
 Gloucester, UK



WORKSHOPS

1. Resilience and Self-care

(with Q & A/conversation afterwards)

Online with Zoom – each workshop stands alone and is repeated each week

Saturday mornings throughout 2023

11am – 12.00pm GMT / 11am - 12.00pm PST

(other time zones by arrangement)

Email Graham to book: kennish46@gmail.com

This workshop leads to practical applications for handling stress and conflict in our professional and personal lives.

As workshop participants, you will discover processes in the psychology of the soul through perception of your own gestures, using Psychophonetics—involving no analysis or interpretation by yourself or others. You will learn how to create gestures for increasing resilience and empathy. No personal intimacies need be shared and the process is entirely confidential to yourself.

Website: <https://goetheanpsychology.co.uk/individual-sessions/workshops/>

2. Addressing the Inner Child with Psychophonetics

*“It is never too late to be a loving parent
to your inner child”*

Online with Zoom (attendance at a Resilience workshop is required, to attend ‘Inner Child’)

This needs to be a one-to-one workshop, so the time and day can be arranged individually.

Contact Graham: kennish46@gmail.com

See website: <https://goetheanpsychology.co.uk/self-development/self-development-for-parents-and-carers/>



❖ [Blanka Lichtnerová](#) Bratislava, Slovakia



Strength & Kindness (not only) to our children

Blanka will talk about empathy, conscious parenting and also alternative care.

INVITATION: <https://fb.me/e/QIBzWhrV>



❖ [Adrian Hanks](#) Gold Coast, Australia



Adrian will be giving presentations and workshops:

- ❖ September-October: UK and Basel, Switzerland
- ❖ October 20, 21 & 24: Oslo, Norway
- ❖ November 1-4 & 5: Cape Town South Africa
- ❖ Nov. 11-16: Botshibelo

Click on the link for details

<https://www.adrianhanks.com/tour.html>

Email: adrianhanksconnect@gmail.com

❖ **Katherine Train PhD**
South Africa



Empathic Intervention integrates empathy into organisations and communities as a developed skill and a versatile tool through training and consultation.

Train to become an Integrative Empathy practitioner, facilitator or consultant

- [Building blocks of Integrative Empathy](#) - open
- [Integrative-empathy-introduction](#) - September 13, 2023
- [Practising integrative empathy](#) - October 5, 2023

Katherine is the co-founder, trainer and facilitator at Empathic Intervention. With a background in pharmacy practice and Psychophonetics, she completed her PhD as a foundation for empathy practice in organisations within and across sectors. She works with empathy as an essential skill in professional development, wellbeing, design and prevention of compassion fatigue and burnout in the corporate, NGO and public sector.

These skills are applied to leadership, teamwork, diversity, tolerance and ethical decision making. Her special interest has been in the application of empathy in organizations in South Africa during a time when South Africa is emerging as a democracy with all the challenges and opportunities that go with its cultural, social and resource diversity.

Katherine:

Mobile: +27 (73) 130 1625

Email: info@empathicintervention.com

Website: <https://empathicintervention.com/>

Background reading: Overview of Integrative Empathy
www.psychologytoday.com/us/blog/empathic-intervention/202203/overview-integrative-empathy

To register: info@empathicintervention.com

Website: www.empathicintervention.com

FB: www.facebook.com/EmpathicIntervention

❖ **Yehuda Tagar**
Slovakia



**Life is a theatre that you cannot invent—
come and find yourself**

SEPTEMBER 18, 2:00–4:30PM UTC+10

What do the characters say in your soul?
For example, your inner child or teenager?
Possibly your judge or your future self?
If you're looking to explore & have fun and self-discovery, this online workshop series is for you!

For further details about this online event, click on link below:

https://www.facebook.com/events/200135419437012/200135422770345?event_time_id=200135422770345&ref=wsfeed



Foundation Year of Psychophonetics 2024

First Seminar: Thurs. February 29 - Sun. March 3

The first seminar of the Foundation Year of Psychophonetics stands on its own but also is the entry to the whole FY course. Foundation year is the first year of the two more years of the Counselling Course provided by School of Empathy in Slovakia. People from abroad are also welcome to study either in person or online.

Location: Bernolakovo, Slovak Republic

Phone: [+421 910 926 450](tel:+421910926450)

Email: info@skolaempatie.sk

Website: www.psychophonetics.com



❖ **Judy Emma Greenburg & Anne Holland**
Australia/in Switzerland



We also visited the Goetheanum in Dornach



After the Second World War, thousands of Germans and French came together at Caux and helped their countries build an entirely new relationship.



Caux conference centre

Ever since, Caux forums have reached out across the world, contributing to healing in many painful situations.

We have been volunteers with Initiatives of Change (IofC), a global organisation, for several years. Recently, we attended the international 5-day conference, **Healing the Wounds of the Past**, in Caux, Switzerland. There were 500 people from 72 countries in attendance. Its aim was to build:

- **A greater understanding** of the impact of historical wounds
- **Heightened skills** in dialogue facilitation, conflict transformation, trauma awareness and story-sharing
- **Learning from personal experiences** of healing past wounds and building trust.

WORKSHOPS

We ran two workshops on: **Creative Practices for Healing and Transformation.**



One of our attendees, Rekiyat from Nigeria

We have conducted many workshops for health practitioners and community workers, including IofC staff and volunteers over the years.

Our approach is to offer the basic tools of Psychophonetics: enter-exit-behold and resourcing. We introduce participants to creative tools such as drawing, and breathwork.

We demonstrate the power of this methodology and its capacity to be used as a self-care tool, rather than only being used in a therapeutic setting. Participants become aware of the impact of trauma—including historical, vicarious, and intergenerational trauma—on the physical, astral, etheric bodies and importantly, the nervous system.

We use contemporary knowledge of neuroplasticity and the Polyvagal theory, to reinforce the possibility of healing and transformation. We link them to resourcing and the importance of repetition of the resource, as a home care practice.

People generally love this work, as it helps them know themselves at a deeper level.

We are very grateful for the training and knowledge we received in our Psychophonetics training and are very happy to share this work wherever we can.

Judy: judyemma1@gmail.com

Anne: anneholland@optusnet.com.au



THE 7 LIFE PROCESSES

Robin Steele PhD

Victoria, Australia

There are life processes which underlie the foundation of psychosomatic connections and thereby of all holistic therapies. However, Rudolf Steiner made the distinctions clearer for us by naming seven processes inherent in life that influence how we process our experiences: breathing, warming, nourishing, secreting, maintaining, growing and reproducing. Steiner indicated how they can impact on our health, life and wellbeing (see Steiner's *Anthroposophy: A fragment; Riddles of Humanity*).

In terms of adult therapy and learning, Coenraad van Houten describes in his book *Awakening the Will* (1995) how the life processes can also become available as forces for conscious soul work and change as: perceiving (observing/ taking in), relating (connecting), digesting (assimilating/ distinguishing), individualizing (sorting/ questioning), practising (exercising) in daily life, growing/developing new faculties, and creating something new.

Or put in another way, these processes can be seen as polarities of *breathing in*, in how we perceive the world, through the more inward processes of taking in/observing, relating and digesting; and of *breathing out*, in how we become more creative in life, through the more outward processes of maintaining/ exercising, developing faculties and creating something new, with individualizing/ sorting as a mediator in-between, which can make a difference.

My longitudinal doctoral research study on clients' experience of therapeutic change shows that clients go through a number of phases in the process of change involving the life/soul processes. These processes occur all the time, within a session, as well as over a longer period in the process of learning and changing, as they are always inter-weaving and overlapping within us, rather than sequentially.

The process of therapeutic change incorporates our ability to digest our past, present and future experiences, through these seven processes; and being aware of how these processes are working within us is important for conscious development.

Extract from the journal article by, R. Steele & R. House (2018). [Psychophonetics, Rudolf Steiner & the psychological therapies: Part 2](#). In *Self & Society: International Journal for Humanistic Psychology*. Vol. 46 (1).



Professional Continuing Development (CPD)

The following points describe some of the reasons why CPD is important for professional practitioners:

- CPD is a primary means by which practitioners broaden and deepen their knowledge, skills and awareness, to develop the personal and professional qualities necessary for the effective practice of counselling and psychotherapy.
- The requirements are intended to support the obligation of registrants to maintain currency of practice in the counselling, psychotherapy and healing field.
- By engaging in a range of learning activities, CPD provides professional counsellors the opportunity of ongoing development in their ability to practice safely, ethically and legally within their practice.
- CPD provides learning of new knowledge in specialist areas to deepen skills and knowledge beyond basic level of training.
- CPD enables individual practitioners to focus on areas in their own development and provides the

framework for appropriate action to improve any gaps in knowledge/self-knowledge.

- Through CPD, professional practitioners can remain updated about current ideas, trends, research etc. in the field of counselling and psychotherapy.
- New knowledge & fresh skills can support the practitioner to remain interested & engaged in their work.
- CPD makes learning conscious & proactive, enhancing personal skills to apply in the workplace.
- Professional development activities need to be relevant to clinical practice & core competencies of counselling and psychotherapy. There are a variety of different methodologies available such as workshops, conferences, online courses, publications, & research, as well as seminars, lectures, and courses—presented where relevant by appropriately qualified practitioners who are recognised by the counselling profession as having advanced expertise in the topic being addressed.

The annual Psychophonetics conference in October each year provides CPD to support practitioners to share and upgrade their knowledge, skills and sense of community with each other.



VIDEOS on YouTube

LIVE STREAMING on Facebook

Talks & workshops with Yehuda Tagar

Talks are in English with translation into Slovak

- www.facebook.com/yehuda.tagar
- www.facebook.com/skola.empatie.sk
- www.youtube.com/channel/UCsT1nONTAPMy_gDCsRRhHg/videos



PUBLICATIONS: Jan-Aug 2023

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

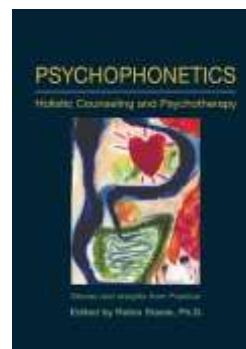
- [The threshold of personal development](#)
- [Psychophonetics: An introduction for China](#)
- [Yehuda Tagar & Psychophonetics: A short biography](#)
- [Counselling: A new profession in Slovakia](#)
- [Endings and beginnings](#)
- [Loneliness: Breaking the code](#)
- [Psychosophy: An introduction](#)
- [Continuum: The unity of all human reality](#)

All publications on Psychophonetics are available to read/download on the website >

www.psychophonetics.com.au



PSYCHOPHONETICS BOOK



*Psychophonetics Holistic
Counselling and Psychotherapy:
Stories and insights from practice*

Robin Steele PhD (2011)
[Steiner Books](#)

Recommend this book to your friends, clients, and colleagues.

Promote this book on social

media, websites, blogs, on your brochures and flyers.

Have copies available to buy at your workshops, talks, and courses. Click link to buy online:

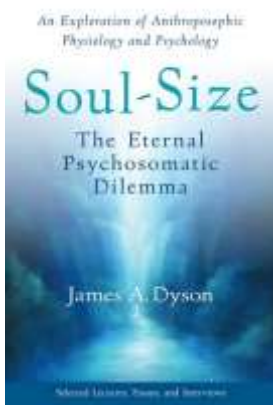
steinerbooks.presswarehouse.com;

Kindle version is available on Amazon:

www.amazon.com/Psychophonetics-Robin-Steele-ebook/dp/B005QEROM6/ref=sr_1_2?crid=PBUAIWUXMZTK&keywords=psychophonetics&qid=1692880001&srefix=psychophonetic%2Caps%2C823&sr=8-2



INTERESTING RESOURCES



Soul-Size: The Eternal Psychosomatic Dilemma. [James A. Dyson](#) (Author)

<https://steinerbooks.presswarehouse.com/browse/book/9781938685361/Soul-Size>



The Dreaming Path: Indigenous Thinking to Change Your Life. [Paul Callaghan](#) (2022)

https://www.amazon.com.au/Dreaming-Path-Indigenous-Thinking-Change/dp/0648748952/ref=asc_df_0648748952/?tag=googleshopdsk-22&linkCode=df0&hvadid=463938214949&hvpos=&hvnw=&hvrand=2907885984491480040&hvpone=&hvptwo=&hvgmt=&hvdev=c&hvdcmid=&hvlocint=&hvlocphy=9071460&hvtgclid=pla-1598818500366&psc=1



PRACTITIONERS WEBSITE

www.psychophonetics.com.au

This website, established in 2008, survives on the generous donations each year from practitioners and other supporters. 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.

If you would like to support this website by making a donation, it would be very much appreciated. Donations can be made at any time.

PAYMENT BY BANK TRANSFER

Account Name: Robin Steele

Bank: BENDIGO BANK

BSB: 633000

Account: 205 894 355 (*this is a new number from previously*)

SWIFT code: BENDAU3B (for international payments)

Thank you for your ongoing support of Psychophonetics as a presence in the world and on the worldwide web.

