

RELATIONSHIP UPGRADE TRAINING

Relationship as a catalyst for personal development with Psychophonetics

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Personal intimate relationship is in urgent need of upgrading. We cannot manage it in the old ways as we have grown into complex sophisticated individuals in a more complex civilization. Traditions, old habits and following previous generations don't work anymore. We are upgrading everything all the time, from the simplest gadgets to IT, to international trade, but the way we interact in personal relationships remains primitive, from the simplest of people to the most cultured and educated ones. The upgrade that is needed for our personal relationships requires a new capacity: the ability to look into ourselves, to see ourselves with clarity, and to transform our unconscious patterns of survival into conscious evolution. Evolution is a conscious process now. Its cutting edge is not technological, organisational, political, but is the evolution of human consciousness itself, and the frontline of human evolution today is the conscious upgrading of personal relationship on all levels. It starts at home: upgrading one's relationship to oneself.

An example of a recent Psychophonetics couple counselling session

A man and a woman in their early 30s came asking for help with their relationship. They are ready for relationship, for intimacy, for family, for life. They want to be with each other. They tried and failed, gave up and tried again, stopped again, and now they want to try again differently—maybe for the last time. They cannot be with each other and they don't wish to be without each other. They have good reasons to want each other as a partner. They want to give this relationship one more chance.

Their previous attempts at personal, intimate relationship were destroyed by regular outbursts of anger, arguments, reactions, destructive ways of speaking to each other, a regular war. They did not know how to change it. They wanted it to be different this time but they do not know how to do it differently. They asked for help.

I sensed that this is probably the last attempt that they are making to save this relationship from destruction. I knew they needed to go home today with something new, with a new possibility of practical change, a new practical hope. I also knew that what they carry in themselves now—they will carry with them into any future relationship. I wanted to try to train them in new skills for personal transformation, as the basis for a new pattern of relationship with each other. I also knew that they

are not here to become dependent on my continuous support for the maintenance of their relationship. They needed new skills, not a new dependency.

Time for Relationship Upgrade Training

With their permission, I introduced to them the possibility of this process as a *training* process, not as a *therapeutic* one. They liked the idea. For a process to be training, new experiences are not enough. There must be a combination of understanding the existing patterns, developing new ideas, understanding new principles, trying new exercises, reflection on experience and learning from it, acquiring and practicing new skills, developing new patterns, integrating them into normal life and upgrading into a new standard of living. All this has to be done methodically and consciously.

But what about spontaneity? Are not personal relationships supposed to be spontaneous, natural, instinctive, intuitive, a flow? Yes, of course. But the transition from one level of relationship to another has to be conscious and methodical. Good driving of a car is spontaneous, natural, instinctive, a flow, but learning how to drive a car is a conscious process. I wanted them to be partners in the awareness that is required for real change.

Basic principles of Psychophonetics Relationship Upgrade Training

Part A: Training in guiding principles

- 1) This is not a pathology to be corrected back to normalcy. This, unfortunately, *IS* normal, but what's normal is not good enough anymore. A shift is required from *psycho-therapy* to *psycho-development*. Only when personal development is embraced as the goal of this process will there be real change into a different kind of relationship.
- 2) **You as you are now—just cannot do it. A problem cannot be solved from the same level of consciousness that created it.** A consciousness upgrade is needed. Your combined present individual consciousness can only create what you have now as relationship. You will be creating the same level of relationship repeatedly until you each change your level of consciousness.
- 3) **The conflict is created by two. The solution can only be created by one at a time.** The development required in order to upgrade the relationship is an individual development. Only if each one of you, or at least if one of you will commit yourself to personal change, will there be a chance for change in the relationship.
- 4) **Relationship is with the whole person: their light as well as their darkness.** In joining with a partner in a committed personal relationship you chose, consciously or not, to have intimate

relationship with their dark, unconscious, untransformed, destructive elements, not only with their light, love, consciousness and creative sides. This is not a mistake. It is inevitable.

- 5) ***You cannot change anyone else!*** You can only change yourself, and even that takes a lot of work. Any attempt to force a change on someone else just starts a war. People don't change because someone else wants them to change. No one else has the *password* for changing my program. Only I have it for me, only you have it for you, potentially. The sooner you stop trying to change your partner, the sooner the wounding and the repetition will stop and healing and development can start.

- 6) ***There is no one absolute truth—Reality is an individual creation.*** What we call reality is a personal construct. Each person constructs their reality in their own individual way. There cannot be exactly the same picture by two people regarding the same experience. There is always more than one point of view on anything, and no one has a monopoly on absolute truth. It is an objective fact that people's realities are subjective. Only through being open to the reality of the other from the other's own point of view, understanding and respecting it, can we come closer to what is the common reality in the relationship.

- 7) ***In order to upgrade an existing pattern—the present pattern must be clearly observed.*** The person has to come to observe their own subjective reality, objectively. You cannot change what you cannot see. Psychophonetics is primarily a method of objective self-observation of one's subjective self.

- 8) ***The major individual patterns that have to be changed are automatic defensive reactions to each other.*** You individually are responsible for your reactions. The trigger, the provocation is outside of you. The real cause of reaction is *always* inside you. Only you can change it.

- 9) ***The major interactive pattern that has to change is the dynamic of arguments:*** No one wins domestic arguments. There is no point in speaking if no one is listening, and no one is listening during a domestic argument. It takes two to argue and two to continue it, but it takes only one to stop it. It is enough for one person to stop arguing for the argument to stop.

- 10) ***Heart and sexuality of men and women in evolving relationship:*** The way to women's sexuality passes through her heart; the way to man's heart passes through his sexuality. You cannot change it, work with it. Heart and sexuality can of course exist in separation from of each other in personal relationship, but not in evolving relationships.

These are the basic principles formulated over years of personal and relationship development, experience with couple counselling and professional training of counsellors. Recently, I had to realise that working with couples on the basis of these principles is no longer enough: These principles have to be taught and understood by the partners before any practical training can start. For this process to be consequential clients have to become colleagues.

Just talking about these principles is not training. Training requires understanding and applying them, reviewing them in action and integrating them. I shared these principles with them, and they made sense to them. The expected logical question came from one of them:

Question: What if one partner does an individual upgrade and the other does not?

Answer: The one who does the individual upgrade evolves personally, even if the other does not and will be capable of creating future relationships differently. But even for the present relationship, a personal upgrade by one partner will change 50% of the quality of the interaction for *both* of them.

Part B: Practical developmental training

Each couple is unique and different but some basic architecture can be used as the basis for many possible variations. I will outline here only the practical starting point for Relationship Upgrade Training, by describing the details of that recent couple counselling session:

The Wish

I asked them to develop and to share their wish regarding the future of their relationship. His wish was to have peaceful, nurturing, supportive relationship in which both the positive and the negative sides of each one of them will be accepted. Hers was to feel accepted and appreciated as she is. There was no contradiction between these wishes. I appreciated and accepted them both.

Action

- Then I asked them to imagine themselves sitting on a couple of chairs in front of them, in near future, in that ideal relationship that they desire. It took some creative imagination effort, and they did it.
- I asked them to go to these other chairs and become that future person that has this future relationship *with the same partner*. I asked them to feel that new position in their body and to express that feeling in a gesture.
- Once they relaxed into this new position, I asked them both to look back at themselves today in the previous pair of chairs, where they were at the start of this session: their 'normal state'. Each of them looked at themselves as if they are still sitting in those chairs.
- Then I asked each person to identify the major difference between themselves as they are in the future, ideal position and themselves in their normal position in life. I asked them to

identify *one element*, one characteristic of themselves that *has* to change in order to move into this future position, and to name it.

- She named it: To move into accepting him as he is.
- He named it: To think less about his work and more about her and her child.

Part C: Homework

This became their homework between now and the next time we meet: she will practice acceptance of him as he is; he will practice changing the ration between time spent thinking about work and time spent on this new family. They fully accepted this homework. The Relationship Upgrade Training has started.

Conclusion: We all have many examples of negative relationships to observe. We also have at least some ideals and examples of beautiful love stories in real life, literature and movies. There is nothing new about both. A conscious, methodical process of upgrading the present standard of a given personal relationship from one level to another, that is still new. This is my humble contribution to our collective effort of the past six decades of conscious evolution on the frontline of conscious intimate, personal relationships: a catalyst for personal development, with Psychophonetics.

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