

PSYCHOPHONETICS

Therapy for Change through the Soul

– an introduction article by **Martin Kutternik**

Cold and hungry, the child cries. The loving parent comes, cuddles it, wraps a warming blanket around it and feeds it. Peace and happiness restored – ready for new steps.

Now what happens if, as an adult, you feel harassed and tormented by life? Where is that parent to sort it out and hold and comfort you? Well, you might have figured it out, it does not exist unless you can create that parent inside of yourself. It is tempting to look for external figures to help hold you – may they be religious, political or some other kind of parental figure. We often project the potential helper to the outside and wait for salvation. Of course there is help from the outside available, but the key thing is to generate, hold and grow that inner ‘saviour’ that holds and supports us in times of need, struggle, challenge and depression.

Explained in hopefully easy-to-understand terms, **this is what Psychophonetics in essence does:** we briefly, fully experience a distressed part of ourselves with our whole body and develop a healing, caring response to it.

A practical example: through a gesture we first portray and ‘play’ the painful and distressed part. E.g. “I feel harassed, I feel like a victim, I feel depressed”. Then this gesture can be amplified even more through sound and noises that also arise from within us. We can experience the essence of the distress/issue deeply with our whole body and senses through that gesture and sound. After a short while, once we have ‘got’ the essence – not staying in that gesture long – we ‘step out of it’ and shake it off, to observe and behold what has been portrayed through gesture and sound; then we comment on it and maybe discuss it briefly.

Through imagination, we then assess what forces might be at play which cause that inner distress and pain e.g. a voice that says “You must achieve more, get on with it!”. Again, through gesture and sound, the essence of these imagined forces is briefly captured and experienced. Then, we again step out of that ‘perpetrator’ demon role and observe, review and discuss what we see. At this point typically, images from the past may visit the present but we stay in the ‘now’ and do not go back into the past.

Then the critical new step happens: you come from the outside as a supporter to the ‘victim’. Seeing what is going on, how would you help that person onto whom these harassing forces work? Through imagination, visualization, gesture and maybe sound, a third character is created and experienced. That character is new! And we ourselves know exactly how that new part has to be. **We create what was missing – from out of our soul.**

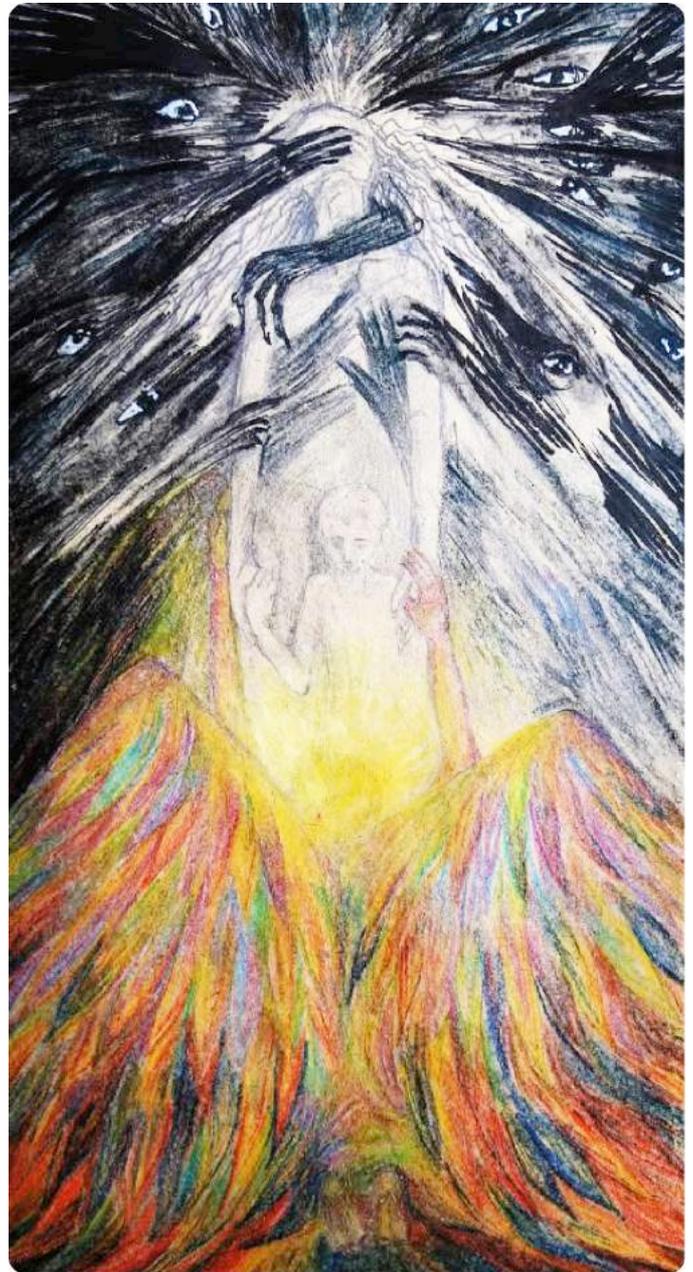


Image Credit: © Zuzana Kyselciová – Psychophonetics Student and Practitioner

We become a new part of ourselves and that creates new neurological pathways in us! A new way of being. This means that we really need to grasp the feeling and essence of this savior. To strengthen this new part of our “I”, we then experience and experiment with this new role for a while so we can remember its quality and access it easily whenever we need it. We need to recognize where this new savior lives in us so we can call on it when needed.

When the compassionate, empathic helper is first being created and established, we usually find that images from the past come up again. The inner child has an opportunity to get healed and may, as a consequence, change in some way. Again, we stay with what is presented from the past in the now and do not go back to the past. We stay in the now.

Of course there is much, much more to learn about Psychophonetics than the compassion-triangle sequence example above, which one of about 50 common sequences. Psychophonetics is rooted in deep spiritual knowledge and was developed by Yehuda Tagar in the 1990s out of indications of Rudolf Steiner’s *Psychosophy*.

Psychophonetics offers a conscious transition from being lost in personal experience to: observing it – managing it – growing from it.

Seeing *maestro* Yehuda apply Psychophonetics is quite an experience: his enormous human capacity, experience and skill can really help the birth of a new way of being in our selves.

The role of a Psychophonetic therapist is not one of presenting solutions or fixing things. It is to provide an efficient and effective framework for the clients to “birth” this new and acutely needed soul part; to listen to his/her inner questions, wishes, impulses and visions and guide these towards a constructive process. In this way, the therapist can be likened to a midwife who helps deliver the baby safely but does not create or shape the baby.

Imagine how your life could change if that part in you that loves, values and supports you is alive and well and strengthened on a regular basis; when internal conflicts are resolved by that “**angel of support**” from inside you. You will not desperately look for external saviors and parents and more contentment and happiness comes. And you will no longer feel abandoned, as you gain the skill to create your own savior... Much more inner peace and inner freedom is possible through a well-developed inner parent – and the ability to *birth* one at will through Psychophonetics.

Participants agree, experiencing Psychophonetics and the extraordinary founder Yehuda Tagar demonstrating this amazing and powerful therapeutic psycho-development & self-help tool can be a revolutionary and hugely expansive! After each session, I shifted some big life issues with ease (and I am not a therapy novice at all – three years of valuable weekly psychotherapy), and after two sessions I was already able to apply it myself when I found I was inwardly unhappy: I made a gesture of it – stepped out of it and got a sense of what ailed me, so I could address it further. Now a friend and I sometimes spend an evening experimenting with it – always with amazing and deep results. We frequently encounter deep insights about aspects of ourselves that are outdated protective modes, that stop and hinder our growth and life.

Basically, as you can see from my enthusiasm, I highly recommend Psychophonetics. I suggest that if you have the opportunity, spend time with Yehuda or somebody experienced with Psychophonetics, to **grab it with both hands**. If it is not for you, you do not need to come back. But if you find it life changing, like me and many of my friends, you’ll be happy you tried. If you are looking for change, I really encourage you to try Psychophonetics. It helps you **grow your soul so you can “hold” yourself better**, which will lead to all sorts of positive ripple effects in your life.

For more information on workshops and trainings see: www.psychophonetics.com or contact the author Martin Kutternik on martink@uk2.net