

Lea is married to Narayana, is a mother of two girls and works as an artist, counsellor, and civil celebrant. She is a clinical member of the Australian Counselling Association (ACA).

Watch future editions of this newsletter for when this book will be published. I'm sure that this will be a much read and well received book once it is published.

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## Adrian Hanks

Adrian Hanks is also busy writing and nearing the completion of his book: 'Where Am 'I' Right Now?'

It will have a first print run pre-order 'special limited edition' of 400 books for friends and family.

For every book sold Adrian will make a donation to *Botshabelo*, the orphanage in South Africa supported through the *Conscious Life Development Foundation*.



**Book: Where am 'I' Right Now?**

**Special limited 'Gold' edition**

**Pre-orders only  
Only 400 copies published**

To make sure of receiving your very own copy contact Adrian to express your interest and details on how to order will be sent to you soon.

Email: [cldfoundation@bigpond.com](mailto:cldfoundation@bigpond.com)

## PSYCHOPHONETICS, FACTORIES & HAIRNETS

### Anne Holland

Psychophonetics has provided me with a pathway into anthroposophy that is practical and modern. It enables me to build my understanding of the meaning of spirituality and how I can use that understanding to live my life.



Being a counsellor has become a way of coming back to those meanings and values every time I have a client. It has been a wonderful way of strengthening the "I am" and then taking this into the rest of my life. It really has become a lifestyle, a way of life which has crept up on me!!!

What I love about it is that I now use it in every aspect of my life. The way I interact with my four grandchildren, the way I dealt with my father's death recently, and the way I deal with my work life is completely different.

I meet fortnightly with my Psychophonetics colleagues, and this amazing group of people are a great support for me to continue on this journey.

In recent years I worked with Aboriginal students in a large university in an Aboriginal student support unit. The area I was employed in was not a counselling area, and students were meant to be referred onto another service in the university if they needed counselling. However, they were usually reluctant to go elsewhere as they felt safer and more comfortable in their cultural environment. As you can imagine there were many crises that students faced and they often presented mid-crisis.

Faced with a student who was completely 'in', I often introduced the concept of enter, exit and behold to them while sitting in my office; which mostly took only 5-10 minutes to bamboozle them 'out' even if they had to move around my office 5-6 times. Mostly, one move to another chair was enough for them to see what was happening to them. They got it very quickly.

One young woman was so distressed she sat shaking on the chair, and I asked her if she would let me put her coat over her. Once she was covered completely by the coat and in

darkness she immediately stopped shaking. She sat there for a while, and when she emerged, with a big smile on her face, she was able to be present enough to deal with the real issue of exams.

These brief moments sometimes led to requests for 'real' counselling. A number of Psychophonetics sessions were conducted in the middle of that very mainstream workplace, even using drawing and clay at times. I felt like a revolutionary breaking all the rules and knowing that it was right. The method suited them. Some were young and others were much older, but it was relevant to them all.

For the last year I have been working with food manufacturing workers in their factories, training them in Leadership and Communication as part of a Certificate 2 or 3 in Food Processing. Again, this is a mainstream activity where I have been able to use Psychophonetics.

Working in various rural and city factories, I use the concepts of empathy and deep listening with them as part of the training program. We spend time practising listening to each other in pairs and then summarising what each person has said. It is amazing to watch the energy level in the room change, as people become increasingly absorbed by this activity.

It is such a simple activity but people love it and recognise how little they really listen to the people they care for and particularly, how rarely they feel heard themselves. Most people really enjoy the experience and are willing to put it into practice. The men laugh a lot when we talk about who to practise with at home and at work. Most of them already know it would be good to listen more to their wives. Often when they report back the following week they talk about how their wives really notice, and are even suspicious of them, because they are being so different.

It has been rewarding for many of them. Some listen to their children and are so glad that they have done it, because they notice the difference in the quality of the interaction. One man talked about going to visit his elderly mother in a nursing home each Saturday morning. He described how she does not talk much these days, so he usually reads the paper. The next time he went he agreed to listen and summarise. He did not read the paper and he was surprised at how much his mother talked that morning.



Practising in the factory with a colleague has also been valuable, as people realise how this effort makes them feel better. We also practice talking in small group circles instead of sitting behind tables. In most cases people have their uniforms on and this includes hairnets. I insist that they remove their hairnets for the listening activity and they all notice that they are more open with each other – no hairnets make a difference!!

The factory I work in at the moment has people from Sudan, Ethiopia, Vietnam, India, the Philippines, Malta and so on. It is amazing to see how the cultural differences can create misunderstandings and miscommunication. Using this approach to listening is a great way of reminding people, that underneath the diversity and cultural differences we can discover by listening and connecting, that we are the same.

In all the workplaces I have found it is very easy to remind people that to be really present, feels better than turning into a robot, even at work. It is so easy for a culture of negativity and gloom to take over a workplace. Interventions such as this are circuit breakers and remind people that being positive and more aware is better than being negative, even when you are faced with restructures and insecurity.

So I am taking Psychophonetics into the everyday working world and people love it, because they are sick of negativity and nastiness. Any opportunity to show their true decency is grasped with eagerness more often than not. It is a joy to be part of this.

#### **Anne**

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