

# Philophonetics-Love of sounds

## *New faculties of self-knowledge and healing*

**Yehuda Tagar**

Tagar, Y. (1995). Philophonetics-Love of Sounds: New faculties of self-knowing and healing. *Australian Naturopathic Practitioners and Chiropractors Association Journal*, Vol. 2 (3), pp22- 23.

Can a way be found for the creation of a unique path of personal development for each individual? I always believed it must be possible for everyone to create his/her own unique and personal style of expression, growth and healing. But for many years I had been struggling for it with no ready-made ways of doing it for myself, or of helping others to do it. I had to work hard at it. At one point I called this striving: " Cherishing the un-born way of being born." Something was however born since, and this article is an attempt to describe it. When a newborn baby is about to get choked as the flow of oxygen does not reach it through the irreversibly cut-off navel cord - it screams, and thereby discovers to its astonishment that it has got a voice, lungs, ability to breath, a new way of coping, following no previous experience. It had to become blue before the new way of breathing could be found. What is the equivalent pattern on the personal-developmental level? The validity of given models for running our lives is falling increasingly apart. As the tradition of the past fails to guide the present challenges - new resources are obviously needed for the guidance from the inside.

The reliance on experts for guidance is obviously failing us all around. As we become increasingly aware of the uniqueness of individuals in the East and West, North and South, it is less and less possible to be guided by experts from the outside. We have more medical experts than ever before, and at the same time many more incurable diseases; more kinds of spiritual aspirations than ready-made religious and spiritual doctrines to name them with, and many more types of human psychological complexions than psychological theories to explain them. We have become too unique for generalisations, and the vacuum of knowledge around us cannot be filled from the outside any more. Can it be filled from the inside?

For that to happen - new faculties of Self-knowledge must be available for us. They cannot be made of new theories, however great, nor new religion, expertise or sets of answers and techniques, in any field of action. They must be made of our embryonic ability to know for ourselves. What we urgently need are *new ways of Knowing*.

The situation we are in as humanity at this point in time, between being guided from outside and being guided from inside, was beautifully portrayed in a verse by Rudolf Steiner,

one of the fore-runners in this century to create methodologies for the development of Self-Knowledge:

The Stars once spoke to the Human.  
It is world destiny that they are silent now.  
To be aware of the silence can become pain  
For the Earthly Human.

But in the deepening silence  
There grows and ripens  
What the human speaks to the Stars.  
To be aware of the speaking  
Can become strength  
For the Spirit-Human.

To find one's own "Speech to the Stars" one must come to know oneself ever afresh. One way of delivering new faculties of self knowledge is called *Philophonetics -sounds for inner landscapes*. It is a method of human unfolding for Personal-Development, Counselling, Expression, and Artistic development. Based on indications for research given by Steiner, Philophonetics is a process of self-discovery based on the direct and powerful experience of the sounds of Human Speech, consonants and vowels.

Its effect on the whole organism is profound, enabling inner contents to be "visible" and accessible for study, release, transformation, enhancement or dissolution, according to the specific need. Philophonetics does it by giving each inner experience its own unique expression, free of the limitations of intellectual/verbal language, discovered from the inside - out; it gives inner experiences a direct expression by activating the strong intelligence of Sensation, Visualisation, Feeling, Emotions, Memories and Sounds, all expressed directly through bodily gestures and movements, of which everyone is capable naturally. The direct use of the sounds invokes deeply seated intelligence, previously unconscious. It is a direct, organic link to the Body-Psyche connection. Through Philophonetics the human experience, can express itself in its own terms. Its focus on the dimension of human experience gives it a broad range of applications from the medical through the psychological to the spiritual dimension of human life.

Had our bodies been dead machines and our minds been biological computers as so many of us were brain-washed to believe, Philophonetics would not be a possibility. But between our physical body and our mind there apparently lay other layers, "bodies" of a subtler nature. Through its direct connection to these subtle bodies - Philophonetics can directly address our experiences.

What are these "Subtle-Bodies"? The first one is our equivalent of the Plant Kingdom. In Indian tradition it is called Prana, in the Dao it is called Chi, Sheldrake called it Morphogenetic Fields, Mindell and other post Jungians call it The Dreambody, and Rudolf Steiner call it The Ether or The Life body. It lives not in space but in time, not in quantities but in qualities, not in atoms but in processes, rhythms and formative forces. It is the invisible reality that creates the visible one and it is, to most people, unconscious. The second "Subtle-Body" which lies between body and soul is the dimension of sensation, through which both inner and outer processes become dimly conscious to us. It is where deep memories, deep seated emotions, desires, instincts, and sensuous awareness live. This is The Animal Kingdom inside us. It is not fully awake, nor fully asleep. It is rather in a constant dream in us. Rudolf Steiner called it The Astral Body, the Starry world inside.

These two layers are active all the time, absorbing the deeper effects of our experiences, holding its deep memories long after our intellectual mind has forgotten them, and this is the deep seat of our long term patterns of responses and action. They are the "Raw-Material" for personal transformation.

Philophonetics can reach and address these layers directly because its major group of tools, the Sounds are made of the same "material" as the these layers: these bodies live in a whole spectrum of invisible yet powerful vibrations. *The sounds are vibrations*, extremely similar to the vibrations of our subtle bodies, where most of our experience is being stored. In fact, when all the sounds of human speech resound around a living human body, every aspect of one's inner experience, from every phase and level of one's life echoes and vibrates with them, like the strings of a piano echo with the sound of guitar strings nearby. Our subtle bodies, Etheric and Astral, are like the resonance chamber of the sounds. For the one who can hear - the human content hums and sings all the time; for the one who can see - the human life forces are in constant flow of shapes and rhythm. The sounds can simulate it all, directly, precisely, and with full consciousness. The sounds are the hidden language of our inner life.

As Philophonetics evolved and grew and was applied to more and more people of all types and backgrounds, we realised that *Everyone can See these vibrations, that everyone can hear them inwardly*, given a chance, a trust, an encouragement. With Philophonetics we had to realise that indeed there are new faculties of perception very near to the surface of everyone's consciousness, waiting to be stimulated and to become conscious. And we know now for certain that: *Everyone can come to know every aspect of oneself*, to know it directly, first hand, with no experts involved. Furthermore we discovered that as the inner picture unfolded in this way - we can enter into the inner patterns and change them from inside,

taking our power back from whatever took it from us and forced us to a corner in the course of our lives. We realised that, at least potentially: *Everyone is as strong as the blows one received.*

Further on we found out that every inner need from every level can be responded to with a sound or a sound combination, sometimes giving us experiences which we never had in life, or never had enough of , yet always needed, such as safety, warmth, love, intimacy, comfort, light, soothing, energy, and much more. The sounds can bring up the desired experience from inside, from beyond the limits of memory, and make it really ours. We had to realise that: *Everyone is potentially as rich as every quality one really needs.*

These are the main potentials Philophonetics is capable of manifesting when applied by trained practitioners. Clients and students can become proficient in the applications of its main attributes upon themselves. In order to apply it professionally to others - one has to go through its professional training. It is training in the development of perception, in acquiring tools for self-transformation, in artistic expression and in counselling skills. It is a skill of addressing human experiences in their own unique terms. Philophonetics is one practical example of the assertion that human beings these days can become the experts of their own self-management, that new faculties of self-knowledge are truly with us, and that new methodologies for the manifestation of these potentials are of great relevance today.

May it be of encouragement for those who strive in a similar direction.