

Psychophonetics, Winter News

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Contents

Welcome	1
Latest news	1
Poetry	2
Case study	3-5
Byron Bay news	6
Zodiac workshop notes	7-8
Other	9
Book review	9
Latest news Kate/Anne	10
Latest news Singapore	11
Poem	12
Articles of interest	13

Upcoming Events

Saturday talk

By Robin Steele

“Aspects of experience awareness and the wisdom of body & soul” (based on psychophonetics)

6th September 10.30am - 12.30pm at 87 Willsmere Rd, Kew.

Cost is \$10 or \$7 conc. Members by donation.

Welcome

Dear all,

Hello and I'm pleased to send you the second edition of our seasonal newsletter.

This winter has certainly been a time of deep reflection and study for most of us, starting with Margot's workshop where we caught up with old friends and explored the zodiac. It was wonderful to watch Anita get her certificate and to remember all the amazing times she shared with us as a student.

But of course the big news was the graduation of Lynne Bradshaw down in Tassie. This was wonderful and inspiring news for me personally, having had Lynne as a fellow student (and friend and colleague and sparring partner!). Well done Lynne, you will be a wonderful spokesperson for Psychophonetics.

Latest news

The big news:

Lynne Bradshaw is the most recent graduate of Psychophonetics having conducted her final panel in Tasmania chaired by Robin Steele.

Lynne started her studies in a group of that included Margaret Lange who is also a graduate, as well as me (Kate Casey) and Rebeccah Croad. Lynne was always an enthusiastic and committed student, coming from Sydney for each intensive.

Lynne is based in Hobart. For those of you who don't know Lynne is also

The association meetings we hold monthly are going along nicely too and are very enlivened by the discussions of the work the practitioners are doing with clients! They seem to keep everything flowing and give us a chance to catch up and share where we are at with Psychophonetics.

The study group which we've been holding at Jill's house have also been interesting, with the study of Rudolf Reichler's book *Soulways*!

This winter has been a time of consolidation but we are also dreaming of our plans for the rest of this year and for 2009!

Enjoy this time as winter gives way to spring.

Regards,

Kate Casey

katemcasey@gmail.com



a very talented shiatsu practitioner and is working from ecoHaven - check out the website: www.ecohaven.com.au.

Congratulations Lynne!

Poetry

Heralds of Spring

By Kate Casey

The trees are bare branched.
Naked against the Winter sun.
In air that is icy and spare.
Except for the heralds that blossom loudly,
Magnolia in full bloom and
Wattle – bright as sunrise.
But mainly there's an expectant force waiting
to unfold.
And on the starkest of branches
Is the most fragile of new life
Translucent leaves unfolding.
I feel the softening breath of Spring.



Our Mother

Contributed by Margaret Lange

Thou who art in the darkness of the
underworld or
Thou who art in the heart of the earthly
realm,
May the holiness of thy name shine anew in
our remembering.
May the breath of thy awakening Queendom
warm the hearts of all who wander homeless.
May the resurrection of thy will renew eternal
faith even unto the depths of physical
substance.
Receive this day the living memory of thee
from human hearts
Who implore thee to forgive us for forgetting
thee
And are ready to fight against temptation,
That has led thee to withdraw into the heart
of the earth.
That through the Deed of the Son
The immeasurable pain of the Father be
stilled
By the liberation of all beings from the
tragedy of thy withdrawal.
For thine is the heartland and the boundless
wisdom and the all-merciful grace
For all and everything in the circle of all.

Author unknown

“The world is truly understood only by one who comprehends it everywhere with respect to spirit and body. This must be carried right into Nature, with respect to such Powers as the Divine-Spiritual who work in love and the Ahrimanic who work in hatred. In Nature’s cosmic warmth which comes in spring and works more strongly towards summer, we must perceive the love of the Divine-Spiritual Beings working through Nature; in the icy blast of winter we must become aware of Ahriman’s working.”
Rudolf Steiner

Robin Steele – a case study

Sarah's journey of re-membering the body

Sarah is a 42 year old woman who came to counselling after three years of suffering and nearly dying. At the age of 38 she contracted a life threatening disease which left her unable to work and living on a disability pension. Previously she had worked as a veterinary nurse. She was married twice, has no children, and for the last five years has been single and shares a house with friends.

Sarah presented with a diagnosed condition called CREST - characterized by a tendency towards contraction, stillness and coldness, which manifested as hardening (scleroderma), with the formation of calcium deposits around the skin and body resulting in a tightening and stiffness inside and outside of the body - the skin on her face appears tight and stretched-looking. Her hands appeared like arthritic hands, her fingers didn't straighten up, her wrists didn't move, and her skin appeared tight and hard as if the bone was just there (Sclerodactyly). There was a loss of muscle control of the esophagus, which caused difficulty swallowing (Raynaud's); and as her stomach didn't have any peristalsis, she was rejecting lots of food, and also there was regular faecal incontinence. She was experiencing constant, sharp, stabbing pains throughout her body, causing her muscles to cramp and walking was very difficult. Sarah presented as outgoing and very talkative with a lot of nervous energy, laughing a lot and moving quickly from one thought to another.

She came to counselling because she did not want to be a victim of this disease anymore, and wanted to heal the experience of fear and abuse that she claimed were connected with her physical dis-ease. Sarah realised that she needed to know more about herself, about her body, to know why she had spent the last 37 years being abused physically, emotionally, mentally, and sexually. She had spent much of her life excarnated with the astral body coming too far into the etheric and physical body, so much so that her whole body had become hardened. It was only in the last few years that she realised it was not okay to be abused, that the way she was brought up as a child was not right, that the way she was abused in her marriages, was not normal. Because of this unconsciousness, the 'I' or Ego activity, had not incarnated enough during her developing years or her adult years and was not in charge of the astral body.

The psychophonetics counselling work involved working with her to develop her conscious awareness and her choice to overcome the victim consciousness. From the psychosophical perspective (Steiner's lectures on psychosophy), there were meanings in her world that were stuck and hardened in her body, preventing her from developing herself and her life. She had coped by excarnating and had learnt to leave the body when she was young, when being beaten, to avoid feeling the pain, and through the sessions became more conscious of when she was excarnating and not fully present, and when she was avoiding feeling pain. When she began to think and feel differently about her life situation, her body symptoms started to change.

The focus is on working in a transformatory way with the dynamics within the psyche/soul, as a process of healing dis-ease by healing her emotional issues, and learning to stay consciously in (incarnating) her body. Consequently, through the therapeutic process Sarah learnt to be more present, more empowered in fearful situations, to feel the pain and nurture herself, rather than stay hard/numb and turn the pain off. Her tendency to be fearful of her own feelings, of her inner self, created a sense of being fragmented, between different parts of the self, as an inner battle between body and soul, between how she felt and what she thought. This retreat from self (excarnating), that was affecting the flow of her life forces, prompted her to find new ways to (re)discover the self. In the sessions, she wished to take care of her inner child that she had previously avoided. When she entered this process and physically embodied the position of the self that had left the body, she became more oriented, present, clear and able to describe her experience. In psychophonetics this is done through action processes, the basic one being 'enter-exit-behold' and in this case including a process called the 'excarnation' sequence, in which the client learns how to come back to the body in a safe way with the necessary inner resources, to become more present in body and soul.

A team approach was needed with Sarah, as it was important for her to not just gain perspective and understanding, but also to create and include the necessary supportive and healing resources around the therapy process, especially when the body is in dis-ease, a more holistic approach contributes in building up the etheric forces - so massage, homeopathy, naturopathy and aromatherapy baths were all part of the supportive healing work.

Continued next page...

Robin Steele case study continued...

Sarah's process can be seen as a journey of self discovery and healing, emotionally and energetically, that appeared to require the "calling in" of great power and strength, especially as such dramatic and embodied changes occurred, particularly in her physical body. The impressive part of her process was the difference she made to the dis-ease that was affecting her immune system and her physical body. She did not die. She did need some surgery during this time but she was able to put off the major surgery to amputate her finger as she was able to heal it enough using the tools of gesture, visualisation, and sounds which astounded the doctors.

Throughout this process, the influence of the life processes on the bodily and soul layers played an important function in her process. The life forces and the senses had been disturbed through her developing years, and if she did not decide to make the necessary inner changes then the consequence of the dis-ease without this shift would have been either death or wheelchair and the loss of the ability to swallow, and she would have to be hooked up to something to be able to be fed.

By working with the life processes, especially breathing, warming and nourishing, combined with the bodily senses and her growing sense of "I" to make better choices, this had an important influence on the development of the dis-ease. This process changed her energetically and physically. She learnt to bring in more breathing, movement and warmth, to create more rhythm in her life, so that softness began to replace hardness. After a number of sessions Sarah could get off the chair without having to get support, walk more easily and eat better.

As she integrated and learnt to trust her inner child, she was able to better understand how past experiences of abuse were affecting her life. This became a much more tangible experience as she was able to physically embody the changes, by moving the body, drawing and sculpting how she felt. With the bodily-based methods, she could sense and track the unease within, instead of just letting the internal chatter control her. A big shift occurred during the time of assimilating her experiences when she created a safe inner space for an inner dialogue, between herself as a compassionate adult and her inner child.

As the sessions progressed, Sarah was making clearer choices and practicing her new learning and skills, such as, overcoming the inner chatter that used to control how she thought, felt and acted in the world for much

of her life. She was becoming more of her adult self, by integrating the suffering, frightened inner child, changing this imprint of an early experience of herself, through a process of self-parenting, which led to improved inner safety, nurturing, expression and choices. Through this attitude of inner openness and listening, there was an honesty developing, which meant more trust and kindness was developing, and a growing awareness of who she is.

As Sarah practiced listening more deeply, she discovered that there was unexpressed anger towards her family. In the sessions she came to understand that expressing negative energy was not the same as being negative. On this basis, she could then express these emotions, release inner negativity and learn to transform this energy in a more constructive way. This was an important realisation and was one of the reasons that she had not been able to fully return to her body, as an adult.

In psychophonetics, we work with the principle that it is the vibrating resonating life body in which the memory of all our life experiences, good and bad are stored, and life experiences of a similar nature can trigger these memories and affect the resonance of the life body, impacting the soul life. That is, the activity of the life body, as well as the stored experiences, influence the soul functions of thinking, feeling and willing (action). This means that the soul activities of thinking, feeling and willing, especially as evident throughout Sarah's process were affected, as they were closely related to the body, and physical illness arises when soul forces are too deeply embedded into the body. The healthy sense of self, spirit or "I am" of the person must be addressed, to clear the way for more of oneself to penetrate with more consciousness, into the soul and body.

The anger Sarah felt needed to be expressed as part of the process of healing deeper layers in need of care. She did this through clay and sound work, whereas before she couldn't do that because it felt like she was hurting her mother, but now realised that if negative energy was still kept in her body she would remain sick. After releasing the anger she found the underlying need and nurturing sounds which was a new experience for her to develop - 'hummm' like a lullaby, 'mm - mm - mm'

By actively participating in her own process and practising the skills learnt in therapy, she was able feel more empowered to embrace and integrate these aspects. This desire to become whole, to integrate the parts of her self meant returning to the body and

Continued next page...

Robin Steele case study continued...

being present in her body, in order to express her true being. As she faced & acknowledged her shadows and negative energies and became more conscious she could start to imagine a world of new possibilities and choices, and her ability to think and reflect developed further and new actions were exercised.

The biggest area of change for Sarah was with confrontation and the reaction of 'blocked speaking' - that is, to be able to say what she wants to say like 'no' or 'I don't want to' or 'please stop' - and through the safety of the therapeutic space, she was learning how to express her true Self, and be able to meet her parents on equal terms. A new sense of wholeness unfolded and evolved as she became clearer in her thinking, more connected within her feeling life and more empowered in her actions, with her subtle bodies coming more into balance, ie. the physical, etheric, emotional and spiritual dynamics. This was evident in how she was becoming more fully herself, with a new capacity to speak and express herself more truly and peacefully. It became clear that she was becoming more in charge of her life and exercising more freedom to choose her direction

The essence of the difference in Sarah was visible in her breathing which became more relaxed, self-accepting and confident, more trusting of herself to be herself. The way she walked became freer, not so tight and she learnt to watch her breathing, to breathe deeply, and to make sure it's not just being held tightly in the chest. Since coming to counselling Sarah has been free of pain for the first time in many years and when I checked with her six months later she was/is still pain free.

In addition to the supportive therapies already mentioned, other activities encouraged included keeping a personal journal and as she had not seen her family for three years, it was an important part of her healing process to visit them. The key change needed as preparation toward this visit, was practicing in her daily life the ability to make choices. For example, she no longer felt that she had to endure negative situations, but could now choose to physically take herself away, to leave as a choice, not as a reaction. In the past she behaved as a victim, would leave the body, split off, disappear, run away and generally not be functional. When she saw the family situation happening again, she was able to stay calm, say what she needed to say and not be reactive. By developing these new capacities of inner strength and acceptance of herself and of her own needs, to speak her truth calmly, she then discovered that a new and more equal relationship, of being friends with her parents, could be established.

As Sarah made the inner and outer changes needed in her life, the question arose for her: If I am not a person with an illness, then who am I? Sarah is 42 years old, the age of consciousness soul and on the threshold of the next phase, of spirit-self. The forties can be a crucial time in many cases, as a time for a fresh start, with new horizons opening up, but it can also be a time of difficulty as we move into middle age. From the biographical perspective, it can be a time (42-49) in our development when we feel we have to change, in order to fulfil our potential, to live a more meaningful life. As she began to let go of her body symptoms there was some initial anxiety, but this eventually subsided, as she developed her capacity to reflect and create meaning, to stay present and not allow fear to control her life.

Sarah says: ...it's in the different bodies, it's sort of like we are walking together side by side after all the healing, whereas before I had no idea. I feel more of me has joined together, I feel that part of me that wasn't known to the 'I am' is now not only known but also willingly become a participant in the wholeness of me...and thereby is developing more equally based friendly relationships with her family and others, and has recently taken up further study to become a healthcare practitioner.



Byron Bays news

Intro

Arleen and Adrian are busy with work and are studying The 5th Gospel by Rudolf Steiner, at a friend's study group. They are seeing clients and have workshops in Byron Bay organised for the following few weeks including:

- Introduction to Anthroposophy and
- A couples weekend workshop

If you are interested phone Arleen 0417 687 229 or Adrian 0400 424 417.



Photo by Robin Steele showing her recent experience of walking the labyrinth at Chartres



Our detailed news

We are very busy with our work and Arleen is about to set off to Western Australia to teach Life alignment to about 20 new students and then returns to soon after fly down to Yackandandah to teach there. We find that working with different modalities and combining our experiences and skills in all that we know gives the students and clients a great pool of resources to work with. Psychophonetics gives us that great skill to really 'go there' with the client and we both use these skills to deepen the processes that we take the clients and students through. We are working with our couples relationship work and sometimes work together with couples to give a balance of male and female and find that the couples that we work with respond really well to this. On the 16th and 17th of August we are running a workshop for couples. In this workshop we work towards helping couples to deepen their communication with one another. By using creative and deep processes working with speech, movement, clay work, drawing, touch and visualization we move through the weekend with the couples to make solid commitments to the relationship and find ways to unblock old habits and mis-communications.

Adrian is working in Tweed Heads for The family Centre and working in schools with a team of others on several educational and self-development programs. This work is great and the skills from the training in Psychophonetics really help when dealing with scores of teenagers!

We have just joined a local anthroposophical study group and are studying The 5th Gospel by Rudolf Steiner. We find that this deep study gives us a greater depth of understanding to what sits within Anthroposophy and Rudolf Steiner's esoteric work. Adrian has advertised another Introduction to Anthroposophy course and is waiting for people to book in for it. In this course we explore The 4 temperaments, The 4 fold human being, Bio-dynamics, health and nutrition, some history of Anthroposophy and much more, working with art, conversation, movement and speech.

We are currently exploring our advertising methods and trying to find a name for our 'business' we feel that Maruma-la, our old business name has lost its relevance here in Byron Bay. It is an aboriginal word meaning 'to heal' from the Tamworth/Armidale region and we feel that we need to let it go. If any of you get a feeling, dream or insight on what we might use, please let us know.

Merry phoneticking to you all!

Adrian and Arleen

Zodiac workshop with Margot Horne

Notes taken at a workshop by Margot Horne on Astrology on the 4th June 2008

Collated by: Anne Holland

The Zodiac

The zodiac is the greatest mystery of all. It is not what the zodiac is, but WHO is the zodiac? I am the zodiac, it is me. Our whole physical shape is the microcosm of the zodiac. Our head is formed before we incarnate, while we are still in the zodiac. Our 12 senses are also formed by zodiac forces.

Our birth moment includes the zodiac within it. It is imprinted into our etheric body. The zodiac is formed by spiritual beings, which are manifested in the stars.

There are many constellations, which are groups of stars; however, only 12 constellations form the zodiac. They form a circle, which is the equivalent of 1 year of the sun's cycle. The moon too is also going around the same path, but it only takes a month. We move around the sun. Because the sun is moving repeatedly, the movement is more like a spiral. The zodiac has fixed stars and the sun, moon and planets move through this space.

The "I am" belongs to the zodiac.

As free human beings we are the 13th of the zodiac. Archetypes derive from the zodiac and the planets.

Aries - head. Head forward, moving into things.
- Fire

Taurus - throat - speech, neck, the connection between head and torso - Earth

Gemini - lungs - symmetry, breathing, duality, left/right balance - Air

Cancer - spiral in and out, cosmic spiraling in and out, rib cage supports and protects softness, beehive used to be the symbol - Water

Leo - the heart - Fire

Virgo - intestinal - assimilation, metabolic, - Earth

Libra - balance, hips, pelvis, centre of gravity, kidney and ovaries, - Air

Scorpio - reproduction, uterus and ovaries - Water

Sagittarius - questing, traveling - Fire

Capricorn - knees, climbing up, needs to learn to get down on knees - Earth

Aquarius - ankles - Air

Pisces - feet, have to dance, ancient knowing of how body and zodiac are connected with remnants of clairvoyance - Water

Destiny and the Zodiac

Our birth chart can seem very abstracted and so we might ask what are we actually looking at?

Firstly we need to understand that the zodiac is fixed and we are moving every 24 hours. The zodiac is the nearest we can come to knowing what eternity or infinity means, because it is always there. The planets, the stars are all somewhere in there. Our birth moment is stopping it for a moment before we incarnate. The configuration of the zodiac at that moment is imprinted on our brain.

How does this manifest in our life? It is actually a picture of our karma. Through our lifetime we meet our karma, so the planets do not continue to influence our lives, but rather we go out and influence. Karma is a necessity and we have the freedom to accept or reject it.

It is therefore important to identify our own karmic blueprint. By doing this we can accept it rather than become its victim. Our birth chart is very informative. During our lifetime there will be returns of different planets and so there will be alignments with our birth chart. At these points we can react again or be conscious enough of our karma to accept it and to increasingly find freedom. Alternatively we can remain unconscious of our karma and so experience suffering.

Therapy is about making us more conscious of our karma and so supporting us to find freedom.

The zodiac is the boundary with gifts and potentials. There is nothing within it that is not God-given. The wholeness of who we are is represented there, and so is the picture of how we are not measuring up to our own potential.

Continued next page...

The Zodiac is perfect and whole and represents how we are intended to be by the gods. Interfering with this perfection is our own karma. We are not locked into our karma, that is, it is not fate.

As we become more individual in our consciousness, we are more able to recognize our connection to the group.

The Sun, which represents the present, is what we take up with our conscious ego and it is how we overcome our unconscious. The Moon represents what is subconscious in us. It represents the past and is an indicator of our karma.



The rising sign represents our future and is where the sun and the earth have met at the point of sunrise. It is directing us towards our future. The material we work with is what is embodied in our body.

The Moon's nodes are where the sun's path crosses the moon's path from the earth's perspective.

The South Node is a picture of our past and the North Node is a picture of our future. The North node is less of an influence on the body than the moon.

Karma can trap us in the past, and it can stop us from meeting our destiny.



Anita Siegersma at zodiac workshop

The 12 Senses

Some of the senses have physical components, like the eyes and ears for example. But really the senses are part of the etheric and when we use them they are part of the astral.

Warmth: Leo - physical (temperature), psychological level in relationships. Inherent in every sense there is a temperature, a knowing of exactly where it is right. It is very much to do with interest, enthusiasm -- Will - Motivation.

Smell: Aquarius - discriminates between good/bad, wholesome/not wholesome. High level of will used.

Sight: Virgo - Eye, aiming to develop inwardly. External

Taste: Pisces - opposite of sight. Inwards

Hearing: Cancer - to be able to hear at a higher level

Balance: Capricorn

Touch: Libra - sense of boundary, where we end and others begin. A longing to merge and to cross that boundary - it is part of all senses.

Life Sense: Scorpio - an intuitive knowing about our life processes. It is a knowing that we are well, such as being thirsty or tired etc. It is a signaling inward.

Movement: Sagittarius - I know I am moving. It is restlessness.

Speech: Gemini - It is making sense of it. It is a forward thrust. It is the opposite of Life Sense

Concept sense: Taurus - to make sense of our thoughts

Ego Sense: Aries - sense of the ego of the other



Zodiac workshop

Melbourne study group

A few of us met to discuss the first chapter of *Soulways* by Rudolf Treichler.

We have decided to study aspects of the book that individuals are interested in, rather than laboriously going through it chapter by chapter.

At each Study Group two of the participants will lead a discussion based on the topic they have chosen. We hope this will make better use of our time and gain the most from the book.

The first topic was addiction pp 62-75 led by Jill and old age pp 121-124 led by Kate. The next topic is hysteria and will be facilitated by Hadas.

Marketing and other information

We are currently working on the text for our Google Adwords ad. These ads are typically very short. In fact there is a limit to four lines, one of which is the web address.

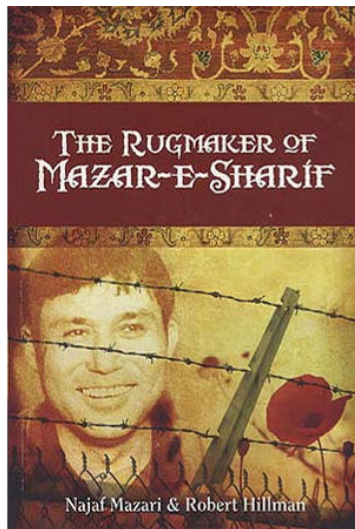
We are coming up with a list of keywords. When people search in Google and enter any of our keywords into the search box, our ad will appear to the right of the search results. From there people can click on the weblink and will be directed to our website. Regarding cost, we only pay when people actually click through to the website. We will be able to see how many people click through and what the popular keywords are.

Book review - The Rugmaker of Mazar-e-Sharif

By Kate Casey

This is a wonderful book for anyone who was ashamed at the treatment of asylum seekers in the Howard years.

I was so moved by this book that I read it from cover to cover in one sitting.



This book tells the story of the Afghani rug-maker, Najaf Mazari, who I met in a rug shop in High St Armadale a couple of weeks ago. He is a lovely man. He is cheerful, optimistic and friendly, though he has every reason not to be. The book tells the story

of how Mazari survived persecution at the hands of the Taliban, a treacherous journey across Indonesian waters and the trials, terrors and sadness of the Woomera detention center before finally being recognised as a legitimate refugee and settling in Melbourne with his wife and daughter.

I could not help but relate the content of this book to all we know from our Psychophonetic's training. Here it is on a grand scale, the story of how one man overcame, time and time again, his own fear and hatred. It's an amazing story of how he held onto truth and love and displayed these qualities as well as (can you believe it) gratitude, despite enormous sadness and terror. This is a book about the inner life through an external journey.

I loved this book and was moved by it, very much. Here's to the Rug-Maker of Mazar-E-Sharif and to his and his family's happiness. How lucky we are that this man has made Australia his home.

Latest news from Kate and Anne

Updates from Anne and Kate and their Art for Life workshops.

Anne and I have been working through a seven week drawing program. Based on our personal experiences with the drawing we started to plan a seven week workshop agenda on healing emotional pain.

In preparation such a course we sat down to consider how we can work with and learn from our suffering and how we can use the heart to create hope and warmth where we feel most stuck. We wanted to reacquaint ourselves with the significance of pain and suffering from Steiner's philosophical and spiritual framework. We thought you might like to read some of what we remembered. Some of this content went into the Williamstown Yoga Center newsletter. We kept it simple. If anyone wants any extracts like this to offer to their markets or to contribute to other newsletters in your areas, you can let me (Kate) know and perhaps I can help.

So here's some of the extract...

In one of his the lectures Steiner asks how we can find strength in times of pain and hardship. He offers very profound ideas in response to this question. If we take these ideas onboard they can certainly help us to find courage in difficult times. So, here goes, we will very briefly outline something of Steiner's worldview.

Steiner suggests that deep in our unconscious is a very wise part of us that leads us into particular experiences for our own growth. He says that in our most difficult experiences is pain that can transform our shortcomings into positive abilities and lead us from immaturity to maturity. These are difficult words to accept, understand and absorb! But what it suggests is that there is a wisdom to the world, that our suffering is not in vain. It is not random and inexplicable - we can consider that perhaps we even choose pain on some level; and if we can take the suggestion on board, as Steiner says: "A feeling of blissful wisdom will overcome us that makes us feel that even if the world appears to be filled with suffering, it is, nevertheless, radiating pure wisdom."

It's an interesting idea isn't it?

This quote (from a Steiner lecture) sums it up quite nicely.

"Fabre d'Olivet, made a right comparison when he wished to show how the highest, noblest, purest in human nature arises

out of pain. He said that the arising of wisdom and beauty out of suffering is comparable to a process in nature, to the birth of the valuable and beautiful pearl. For the pearl is born from the sickness of the oyster, from the destruction inside the pearl-oyster. As the beauty of the pearl is born out of disease and suffering, so are knowledge, noble human nature and purified human feeling born out of suffering and pain."

These ideas are not so easy to incorporate into our busy lives. To really transform our experiences and to find the wisdom that radiates from our painful experiences (and to develop gratitude for the gifts of grace in our life that we experience through joy) we really do need to make time to create a sacred space in which to reflect on and feel the significance of our suffering in our lives. If we can't do this the ideas of thinkers like Steiner become pure theory. And if we don't find ways to transform and process painful experience and to move beyond them, they can overwhelm us for years and be triggered often, leaving us without warmth and without hope.

Our training in psychotherapy certainly gives us a unique approach to suffering. We don't believe people need to dwell in and be stuck in their painful emotions for years!

So that is what Anne and I included in the Williamstown Yoga Center newsletter!

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Robin Steele passed on this poem which ties into our theme nicely!

A Meditation

By Beni Kleinmans (A South African Steiner teacher who passed away in Australia after a long battle with AIDS, 1992).

The pain we endure in life is not ours.
It belongs to our highest striving,
To another being in us
To an impulse that demands from us
To listen, turn, become and receive like children.
Pain and suffering are tools which gods use
To shape that chalice in human souls which
Ultimately must contain them.



Latest news from Singapore

By Linda Hall



What to tell?

I have been living in Singapore for 4.5 years, and coming across to teach in a counselling course for 2 years before that.... so this feels like home now, for now....and yet the form of counselling I offer is not 'at home' here quite, as culturally it is very new, even taboo in many cases, for people to go outside the home or the temple/church/mosque for any kind of support.....let alone engage in an Action-approach!

I have had a small group of local Singaporeans eager to have a very introductory workshop on 'Action' therapy, very simple movement and sound exploration.... but there have still not been enough people to go ahead with it yet. People here may do martial arts, yoga and other 'forms' of movement, but spontaneous or artistic expression with the body is still daunting for most people I speak to about it. They are fascinated but appalled at the idea of such exposure. I have an invitation for such a workshop out at the moment and the numbers of interested people seems to be growing.... so I may get to facilitate one soon!

When I am counselling European or Australian or Asian expatriates with prior experience of counselling/psychotherapy we often do get to the 'action phase', but my local clients (of Chinese and Indian origin) are happy to stay in the verbal arena, and of course I am happy to work there with them. This 'limit' to my Psychophonic's practice has actually developed my verbal work to a more artistic level: as if being deprived of one faculty has awakened and deepened another.

Meanwhile I offer an ongoing 'self-development' course for a group of six locals, with newcomers expressing interest, based upon Steiner/Waldorf theory and practice. Our next module is to be Storytelling. We are currently completing a module on Play Therapy. None of these people have ever done such work in a group before and the warmth that is growing is so lovely. I feel very privileged indeed. We move softly softly but deeply....from lecture style (which they were used to) to increasing experiential activities. People here have often

been through the most abstract, materialistic, intellectual education one can imagine and being asked to Think, Feel or Express something in a group, alone or with others, can be very challenging, even scary for them. I have had to tone myself down a little just so as not to impress them too much with my overt expressiveness. When one of them does take the risk to disclose it becomes a very powerful thing for everybody and creates such a warmth between them. Bit by bit they are discovering that they are not the 'only one' they thought they were.

I also offer customized Steiner-inspired Play Groups for pre-school children, with and without their mother/father in attendance. Through these I am able to introduce Play and Creative Discipline to adults in a country where Play for toddlers even is viewed as an unnecessary luxury by most (a distraction from academic work!!!), and where the use of the cane as a motivational and disciplinarian tool is the norm. Local parents who are not happy with this norm now have a place to meet and share their struggle to bring up their children in a different way. There is a Waldorf Kindy in Singapore, but the children are mostly from expat families and the local parents have had no experience of the approach before coming to my workshops and Play Groups.

My sense of privilege is very strong and I am very grateful for the local people who have trusted me enough to bring themselves and their children to my door. Unlike many expats I have had access to local Singapore, to the point where I feel pretty much local myself. So much so that I find it hard to imagine a life for myself in Australia. That shall be what it will be, if the time comes.

Thank you for holding this association together for people like me who live on the periphery and miss out on the face-to-face. I may not be very active in the association but I appreciate that it is there. I may feel like a local, but I am also not a local. I live, as I always have, a satellite, and it is a great support to be held to the mothership by that thread of collegueship. Thank you,

Linda Hall

a psychophonetics experience

By Adrian Hanks


i went to south africa in pursuit of a dream
 and for up to nine days i cry and i scream
 then it's into sensing or is it beholding
 oh no my goodness i feel a gesture unfolding
 here it comes with a little squeeze
 come on adrian full body now please
 so i contort and i sweat and go into a knot
 aahh says yehuda now i've a plot
 i exit and shake it but it's not quite enough
 c'os you know how life is when it's so full of stuff
 i'm bamboed and i'm gestured all 'round the room
 from sadness and stuckness to joy and deep gloom
 i'm now on the ceiling in part excarnation
 then brought down to earth by angels full exhaltation
 i'm in and i'm out and i'm feeling my i
 it's feeling and i'm in co's i've started to cry
 then it's sensing and reacting beholding and speech
 what is this modality yehuda's trying to teach
 it's psychophonetics it's a new kinda thing

that from the depth of his heart he's trying to bring
 now where is me and where is that it
 and where is that cushion i so need to hit
 i gather my resource and stand up in my power
 and put that old monster back in his tower
 i stand big in my i and am strong and yes here
 now i can move on with one less fear
 but oh no i sense another one has come
 i think this one has something to do with my mum
 so it's back into my childhood that i have to go
 with the tools from yehuda a shovel and hoe
 how old are you now? yehuda asks
 and before i know it i'm back into the past
 you're saving incarnations by doing this stuff
 but if you're vegetarian it's gonna be tough
 so it's with all these lessons of in and with out
 and of being in fear and hatred and doubt
 that i can stand here today tall in my passion
 ready for tomorrow for another quick session

Articles of interest

Katherine Train (2007) How much of you is here?
 Online: <http://potentiation.net/DNAmonthly/May07.html>

Yehuda Tagar (2008) Psychophonetics: Psychotherapy as
 indepth coaching for personal transformation. Positive Health
 magazine, issue 148, June 2008
 Online: [http://www.positivehealth.com/article-
 view.php?articleid=2435](http://www.positivehealth.com/article-view.php?articleid=2435)

New edition of collected articles on Psychophonetics
 The 2008 revised edition of 'Love of Sounds' renamed as:
 'Psychophonetics: Awakening to human experience. A
 collection of articles' is now available. This edition
 contains 29 articles, including recent ones that have a
 more practical focus, for the reader to gain a greater
 understanding of psychophonetics in practice. Cost is 
 plus postage Contact Robin: robin@psychophonetics.com.au

