

 **ARTICLE**

PSYCHOSOPHY TO APPLIED PSYCHOSOPHY - PSYCHOPHONETICS

Yehuda Tagar

After thirty years of research, practice, teaching and training in Psychosophy, applied Psychosophy and Psychophonetics, it is now time to begin writing a book that can make Rudolf Steiner's Psychosophy⁶ and its later development accessible and usable for more people.

Psychosophy today is not in the same form as it was given more than a hundred years ago by Steiner in Berlin. Thirty years of cultivating, researching, practicing and teaching it, together with its practical application as Psychophonetics, in various countries and cultures has allowed it to grow and become a living reality. Long before and alongside the evolving teaching of Psychophonetics, I continually presented introductions to Psychosophy- in Australia, New Zealand, South Africa, UK and Central Europe. I have observed over the years that it was only when people started to apply it practically as inner work that they began to have a grasp of its essence.

The dense conceptual foundation of the four lectures could not be penetrated intellectually or effectively presented intellectually in a cogent way. It could only be penetrated through the practical experimental laboratories created for it; first, in theatre (1980-1990), and later, in psychotherapy and professional adult education courses. The combination of experimenting, performing, practicing, training and public presentation became a development of Psychosophy. It has been growing in the hands, minds, souls, and deeds of those people who have been working with it practically over the past thirty years.

With the presentations and teaching of Psychophonetics and Psychosophy I observed the following curious phenomena - even though people tried to study Psychosophy as personal study material after it was introduced to them, there was no lasting follow up of such studies when practical application was not involved -the

⁶ Rudolf Steiner, Psychosophy Lectures. Berlin, Nov 1-4, 1910. Published in: A Psychology of Body Soul and Spirit. (Transl by M Spock) NY: Anthroposophic Press (1999) and in earlier edition called: 'The Wisdom of Man, of the Soul & of the Spirit: Anthroposophy, Psychosophy, Pneumatosophy'. (S. & L. Lockwood, Trans). NY: Anthroposophic Press (1971).

Psychosophy lectures could not become an intellectual study matter.

In a symbiotic way, Psychophonetics could only grow out of Psychosophy and Anthroposophy. At the same time, Psychosophy could only grow into an intelligible, applicable psychology when it had a fertile soil to grow on and a human-life environment ready for it, in the form of Psychophonetics. Thus, Psychosophy is different now. It has changed and grown as humanity, modern psychology, and human souls have changed and developed. Over the past thirty years it has grown and unfolded into a school of psychology and a complete curriculum of psychotherapy through the combination of its practical application and conceptual teaching.

What I teach as Psychosophy since 1988 is not these 4 lectures.

I teach what I made of this material, steeped in my experience in theatre, sound work, humanistic and transpersonal psychology, an innovative approach to studying Steiner over the past 44 years, intercultural studies, humanities, my life.

When people are trying to refer what I teach as Psychosophy to these 4 lectures from Berlin - they cannot find my Psychosophy there. Yet my Psychosophy is completely grounded in these lectures, and the rest of Anthroposophy.

My contribution is not a re-presentation and explication of Steiner's lectures. For me, it is a living, growing, seminal, fruitful reality in which I find ever deeper connections to its philosophical roots in German Idealism, Goetheanism, Phenomenology, Philosophy of Freedom and Anthroposophy; and also with its relevance to the further development of psychology, psychotherapy, psychiatry, neuroscience, medicine and education.

The Psychosophy lectures were given by Rudolf Steiner in 1910, sixteen years after his book 'Philosophy of Freedom'⁷ was published, as the practical psychological implication of that philosophy. My work was created and

⁷ Rudolf Steiner, 'The Philosophy of Freedom: The basis for a modern world conception'. (M. Wilson Trans). London: Rudolf Steiner Press (1964). Other titles & translations for the same book include- 'The Philosophy of Spiritual Activity', and 'Intuitive Thinking as a Spiritual Path'.

developed from these Psychosophy lectures, and is now called, 'Applied Psychosophy: A Psychology of Freedom', based on Rudolf Steiner's Spiritual Science.

In the fourth Psychosophy lecture in Nov 1910, Steiner could see that time was running out and said: "I have been able to evoke for you but little out of the infinite realm of Psychosophy".⁸ Steiner is almost apologetic about the limitation of his presentation. He spoke about Psychosophy as an existing reality, but still as a potential for most human beings.

My wish is that the Psychosophy lectures become a background support, a point of reference, a useful ground from which future invocations from the infinite realm of Psychosophy will emerge through the creative work of future generations of people aspiring to a true science of the human soul.

Steiner's last words on the subject were: "This work must be made to bear fruit". I believe it does.

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Editor's Note: This article by Yehuda on Applied Psychosophy has been edited by Robin as a short version for this newsletter. If anyone wishes to read the full article (3000 words), contact Robin and a copy will be sent to you.

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⁸ 1910:para 46

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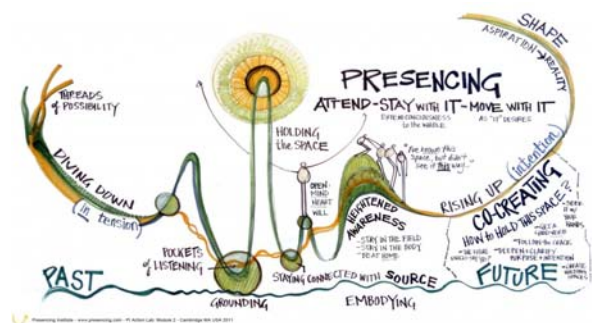
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