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*Science, Passion & Healing*

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Yehuda Tagar

## **Cooperating with the Life Forces from Within: A possibility inspired by Anthroposophical Medicine and demonstrated by Philophonetics-Counselling**

### **Introduction: Life re-emerges into human consciousness**

A language exists, as old as the mountains, as fresh as new buds, through which living beings communicate directly with themselves, each other, with the life-sphere around them and with the universe. It is a language using not words but sounds, not letters but pictures, not syntax but moving currents and shapes of vibrational interactions. It is a language in which intelligence is not separated from experience by way of reflection, but one in which the object, the subject, the experience and the awareness are internally connected. It is the language of the life forces themselves, a constant interactive flow of energy which is at the same time a flow of information, communicating various aspects of a living organism to each other, various organisms to each other; the living consciousness of life energy.

We humans, like all other creatures of the earth, are life beings also, and, mostly unconsciously, we participate in this on-going communication. But our consciousness has long ago separated itself from it and developed its own modes of communication, distinguished its intellect from the general flow of universal intelligence, created words, writing, human civilisation — an island of consciousness in the universe, a universe to which all other creatures of nature are still connected.

But we are coming back. That separation with all its remarkable achievements is slowly but surely drawing to an end. Our souls, spirits, minds and bodies crave reconnection to the greater whole, or else we slowly die in the desert of separation. The line has been drawn in the sands of that desert.

Slowly but surely we are making our way back to the greater whole: from intellect to intelligence, from separateness to reconnection, from reflective language which aims at pointing to reality from outside of reality — into allowing the living reality itself to form representation in our consciousness. We gradually link, out of necessity, into the 'Internet' of the life forces. The Sophia is gradually embracing Logica into a greater whole.

Alongside the necessity for our consciousness to expand, new faculties of perception are gradually evolving within all of us to make that transition possible — the formative activity underlying all life-forms within and around us is gradually emerging into our consciousness. Both in the internal eco-system of our personal wellbeing and in the external eco-system of our world environment, we may be called upon to make the shift from being

consumers of life, into becoming the gardeners of it, active participators in the healing and the recreation of life. In order to make this transition we need to become students of our own sustaining life forces through direct contact and observation.

### **Life as Field of Inquiry**

#### ***What is there to observe?***

All living forms perceptible to the senses are created and sustained continuously by active, invisible to the ordinary eye, living formative forces. All the ancient traditions of humanity bear witness to times in which they were visible to all of humanity. Ancient traditions of healing were based on this clairvoyance, clairaudience, clair-sensing. What they saw they called Chi (Chinese), Prahnah (Sanskrit), Haiim (Hebrew), Demeter (Greek), Mother Earth in all. They cooperated wisely with the dynamics of life because their cultures were based on a natural or atavistic ability of insight which could observe life dynamics. Modern medical science is based on intelligence which has become gradually blinded to the life forces, focusing on dead matter alone, the finished form, the traces of the living reality. Life itself is escaping this form of thinking, remaining unknown to it, un-cared for and unsupported by it. Life itself, in the final account, cannot be sustained by a culture whose main scientific paradigm is based on the denial of life, upholding matter as the sole reality. A science based on death is eventually bound to produce death, and only a science based on life can restore life to the planet and its inhabitants.

We live in a time in which these old faculties of perception are gradually returning to humanity in new, conscious forms. Morphogenetic fields of energy and etheric forces are modern terms for the same invisible formative reality. Health-care sciences are growing to embrace intelligence which incorporates the participation with the living world. The intelligence of the living world is becoming gradually perceptible to us, either by appreciating it while it lives, or by the painful awakening which comes about through the suffering from the inevitable consequences of its destruction. This consciousness expansion process can be stimulated, instructed, enhanced by a direct observation of the life dynamics within the human organism itself, re-connecting consciousness and life, starting from the direct life environment available to us: ourselves.

### **Life-Based Health-Care Modalities: Anthroposophical Medicine and Therapies**

The Anthroposophical Medical Science, founded in the 1920s of this century by the Austrian philosopher and scientist Dr. Rudolf Steiner and his medical colleague Dr Ita Wegman, is based on the conscious renewal of the new faculties of perceiving the dynamics of life forces underlying the life of all living organisms, and on an evolved ability of expanding thinking to comprehend them. It incorporates the achievement of materialistic,

mechanistic modern science into a greater conception of reality, which includes the life, the sentient and the cognitive/spiritual dimensions as its other components. These abilities are potentially there for all of us, and those who have evolved them earlier can assist others in doing so too. The results of this research are applicable, comprehensible and available for further research by everyone, regardless of one's present faculties of perception. The practical processes and results of Anthroposophical Medicine can be subject to any ordinary research and evaluation. Its continuous research though requires a participatory effort.

Alongside and in cooperation with this development in medicine — a whole range of complementary therapies has evolved and is still evolving world-wide. They include art therapy, massage, movement therapy, speech therapy, hydrotherapy, a unique range of homoeopathic remedies, social therapy, biographical work, counselling and nursing, all based on and inspired by a direct insight into the dynamics of the life forces, the Etheric Forces in Steiner's terms.

### **Philophonetics-Counselling: A Life-Based, Anthroposophically-based Modality of Health-Care**

Philophonetics-Counselling is a recent development of this wholistic approach to health care, created, practised and taught in Australia. It is a practical method of awakening to the dynamics of the life forces within one's own organism, of learning how to 'read' them, express them, make them conscious, interact with them, hear their inner needs, learn from them about one's interference with them, clear them, revive and re-create with them. It is a method of becoming both the active student of these life forces and the interactive practitioner of assisting them in their on-going work of maintenance, healing and re-creation.

Philophonetics-Counselling is an organic link between the physical and the emotional/cognitive dimensions of well-being by placing bodily therapy in the context of counselling, and by extending counselling procedures to interact with and to benefit from bodily awareness and expression.

### The Theoretical Model of Philophonetics-Counselling

Four levels of existence are assigned to the human organism as the theoretical basis of this modality:

	<i>Level of Existence</i>	<i>State of Consciousness</i>	<i>Main Feature</i>	<i>Main Functions</i>	<i>Sounds</i>	<i>Element</i>	<i>Kingdoms:</i>			
							mineral	plant	animal	human
Subtle Bodies	<b>I AM</b> (consciousness)	Waking	Self-Awareness	Thinking Speaking Imagining Recalling	S, Sh, Th H, F, V, Z	Fire				
	<b>ASTRAL</b> (Sentient)	Dreaming	Inner Experience	Sensing Desiring instincts Voicing Moving	R1, R2, R3 R4	Air				
	<b>ETHERIC</b> (Life, Vital)	Sleeping	Life-Organic processes	Breathing Growing Nurturing Reproducing Maintaining	L, W,	water				
	<b>PHYSICAL</b> (mineral)	Death	Un-Organic Processes	Bio-chemical, Chemical Electro-Magnetic Nuclear	K, G, D, T, B, P	Earth				

Consciousness can reach directly into the dynamics of the vital or etheric forces by the development of a faculty of cognition Steiner called Imagination. The Anthroposophical use of this term is very different from the term fantasy. In fantasy the cognition escapes from the immediate reality; in Imagination it is penetrating deeper into the sense-perceptible reality, reaching in a participatory manner to the direct observation of the life dynamics.

These new faculties of cognition can be greatly assisted by an emerging ability which is potentially common to everyone these days — the ability to perceive the subtle changes of the life forces through the attentive focussing of the power of sensation into one's own body. All inner experiences, whether originally physical or emotional, leave a trace in the subtle fabric of the life-body which can be traced by a sensory cognition, transforming its dynamic into inner pictures, and active visualisation.

## **Philophonetics-Counselling Modes of Experience-Awareness**

### ***Sensing***

The first mode of Experience-Awareness in Philophonetics-Counselling is therefore Sensing, sensing actively the internal dynamics inside: contraction, expansion, heaviness, flow, swirl, pulsating, warmth, pressure, all the signals which our organism sends to our awareness, if we pay attention to them. Even pain itself becomes a messenger of inner life if we listen to it with interest rather than attempting to block it. In the fine fabric of our subtle bodies experiences carve shapes and moving patterns. These shapes and patterns can be grasped in sensation. It is the same sensation which senses physical and emotional pressure; physical and emotional heaviness, lightness, bitterness and sweetness, chill and warmth, clarity and darkness, sweet or foul smell, hardness and softness. The same capacity of sensation is capable of capturing both aspects of our experience, using the same 'sentient Screen', and all human languages can testify to this inherent connection.

### ***Movement and Gesture***

The life forces within us are in constant movement. Through sensing these movements become perceptible. The second mode of communication with the life forces is therefore **Movement**. Prior to the mental awareness of the inner dynamics, the kinaesthetic awareness can capture it. By expressing the movement-dynamics perceived by sensing through movement, gesture and posture, we can become directly aware of these dynamics. In movement and gesture everyone can externalise and make visible in three dimensional forms the internal reality which otherwise remains unconscious. Movement becomes a skilled diagnostic tool in the hand of the client and the practitioner alike through the act of expression. The body becomes the direct mediator for the body's own internal life.

### ***Visualisation***

Once moved and expressed, the dynamics of the life forces become imaginable, become alive through the natural visualisation ability available to everyone, without any prior training. We have naturally within us the ability to make living pictures out of direct sensation of inner dynamics, once we pay attention to them. Children do it naturally, adults need encouragement, but we can all visualise what we sense. Once expressed in movement, these sensed inner dynamics become living pictures, complete diagnostic maps of high fidelity for the work of healing, originated and communicated by the client him/herself, with but encouragement and supportive listening from the practitioner. **Living Visualisation** is therefore the third mode of operation and communication of the life forces, and a major tool for diagnosis and for healing in Philophonetics-Counselling.

### **Sounds**

Once sensed, expressed in movement and visualised in pictures, the inner dynamics of the life forces can be captured by the **Sounds of Human Speech**. The life forces operate as subtle vibrations. The sounds are vibrations and are the vibrations of the sounds of human speech, Consonants and Vowels, which are the most diversified, complicated, sophisticated and specialised sounds on earth. At the same time the sounds of human speech are so simple, every child can understand and produce them. There are about 35 sounds universally which hold the whole of human communication world-wide. All babies in the world babble in exactly the same form of sounding, until they start to talk in words. The sounds of human articulation are designed to express the complexity of human experience, and they can do it so precisely. Mammals make vowel-like sounds, insects and reptiles make consonantal sounds, and birds sing in pitches and little melodies. Humans do them all: consonants, vowels and song. But from a certain age onwards we are not encouraged to make expressive sounds any more, but to use words only. This is the point at which our consciousness separates from the living reality of nature and its formative forces, just like the pre-Tower of Babylon, universal language separated into the plethora of national tongues after the fall of the Tower, as in the famous Biblical myth.

Human language once was a direct expression of direct experience. A great deal of that experience was the awareness of the life dynamics inside and around us. As words and concept orientated consciousness evolved, living, experiential, pictorial, vibrational consciousness has dimmed in us. But at any point in our lives we can stop and be exposed to the single sounds of speech, they will always address very specific experience within our organism and our feeling life. More than any other medium the sounds of human speech echo, express and reflect the specific dynamics of our life-body. According to Steiner the Life or Ether-Body is virtually constructed by the constant vibration of inaudible sounds which are precisely echoed by the sounds of human speech. My observation, research and years of clinical experience confirm this insight: every sound of speech resounds within a specific range of human experience; every human experience can find a counter-part in a sound of speech or in a combination of sounds, through which it could be precisely expressed. **Sounds** therefore are the deepest, most powerful mode of operation of our body of life and its forces.

### **The Sounds of Human Speech and the 7 Elements**

#### **The Earth Element**

The sounds of human speech correspond to all the forces of nature, to the elemental world in its entirety. The *Earth Element* is expressed through the *Earth Sounds*: K, G, D, T, B, P, *the Plosives*. Speak them and you will realise that you are creating solid-like shapes in the air

around you, and your imagination can capture these forms in picture. Every block within the body, and every pain is a form of a block, can be expressed, diagnosed, released and freed with an earth sound, one just has to find the right sound for the right need. Like subtle surgery the earth sounds can depict as well as transform inner blocks, releasing the flow of the life forces.

#### **The Wood Element**

The *Wood Sounds* depict, echo, express and revitalise those tissues in our organism which are between the solid and the liquid elements: muscles, ligament, cartilage, skin and membrane. M, N, Ng. The nasals, are the vibration of the Wood Element, just between water and earth. They are sounds of nurturing, wrapping, protecting and recovering the sheathing skin of internal organs and of internal emotions, enabling the flow of liquids to be held in a flexible and osmotic protective sheath. With the help of these sounds protective functions in the body as well as in the psyche can be restored and recreated, and nurturing can be re-discovered inside.

#### **The Water Element**

Although all sounds can be expressed in a liquid, flowing way, two sounds stand for the quality of the *Water Element* itself: L and W. With them all solids can be liquefied, all blocks can be dissolved. Through L and W the flow of liquids in our body and the flow of emotions in our psyche can be traced and enhanced. The Life Body lives in liquid, and the L sound in particular echoes one of the most powerful dynamics of life itself.

#### **The Air Element**

All sounds can be spoken in an airy, breathy, free flowing way, but one sound expresses the vibrational nature of the *Air Element* in its very being: R. Spoken in its Scottish, English, French or African accent, R is the sound through which that which is stable can become a movement. Speak it and observe, once your whole body participate in the activity, how everything in you shakes from the stationary to the vibrational. R in Philophonetics is being used as a revitalising, energising, de-toxifying agent, echoing the same within the Life-Body.

#### **The Fire Element**

All healing is based on warmth, and all warmth is made of the *Fire Element*. The Fire Element is expressed directly through the *Fire Sounds*: H, S, Sh, Z, Th, Ch, F, V, *the Fricatives*. These sounds echo, express and depict everything in our life-body which is warmth bearing and warmth-recreating. Speak any of them energetically for a few minutes and you will start to sweat. All warmth in the body can be depicted, imitated, enhanced, released, re-created and transformed through the power of the fire sounds. Warmth heals, and the ways in



which the fire sounds are applied in Philophonetics-Counselling are direct tools for diagnosing, interplaying with and enhancing the warmth dynamics of our life body.

***The Light Element***

Our bodies radiate light, precisely perceptible by some, vaguely perceived by everyone. The light that we radiate is the direct manifestation of the way our soul lives in the body. We can be in the light or in the darkness, in explosive red or in tranquil green. The *Light Element* is directly expressed in the *Vowels*: *Ah* opens to the light, *U(oo)* closes from it; *O* embraces, encloses and protects while *I(ee)* pierces through, releases and brightens, *Eh* confronts, separates and awakens. All moods can be expressed in vowel combinations, all the most subtle differentiation of the flow of life can be depicted, diagnosed and enhanced with them. The right use of vowels, either by way of expressing them or sensing them, on their own or in combination with consonants — can transform every inner configuration of life forces into a desired one, in a process which is conducted and monitored by the client.

***The Sound/Chemical Element***

The activity of all the sounds accumulate in the formation of the vibration of life-currents and in the form of consolidation of organs and tissues, both in the physical sense in regards to the body and in the metaphoric sense, in regards to the psyche. The sounds are the same and are having the same effect on both levels, because the dynamics of the life forces of which the sounds are made is taking place just between body and psyche, communicating them to each other. All the sounds taken together make the *Sound Element* itself (or the *Chemical Ether*), which is the fundamental formative force in nature, the practical tool of the creative forces in the universe as well as in the bodies and the souls of human beings.

***The Element of Meaning (Life Ether)***

Through the sounds, once made conscious, our inner experience, the inner meaning of our existence can be communicated. For the sounds of human speech, even in their application to ordinary human speech, through the subtle variations of intonation and formation of expression, communicate our human essence beyond the particularly semantic meaning of words. We communicate non-verbally even in words themselves. The *Meaning Element* or ***Life Ether*** of the human soul is expressed through the intonation of the sounds of human speech, and for the counsellor, especially for the Philophonetics-Counsellor, the intonation of the speech of the client is the beginning of the diagnostic, communication process, on which the rest of the therapeutic process is based. The real meaning is communicated not in the grammar, but in the tone of the sounds.

The greatest healer does not create healing, but communicates and facilitates for it, enhances the direct connection of the client to it, allow healing to do its work. For healing is, and our life depends on it, our life body being a microcosmic echo of the macrocosmic universal ocean of life. The re-connection between the microcosmic life system and the macrocosmic one from which it as been separated is the essence of all true healing and the sounds are the healing travellers between these two dimension of the life-world, potential servers of their reconciliation.

### **Philophonetics-Counselling and Participatory Self-Healing**

Four major purposes can be addressed with Philophonetics-Counselling methodology and its therapeutic sequences: *Enlivening*, *Exploration/orientation*, *Encounter/Empowering*, *Overcoming Reactions and Resourcefulness/Nurturing*. These correspond to the major types of issues for the treatment of which people seek health-care generally and counselling in particular. The **Enlivening Sequences** are processes of re-conditioning one's connection to the body, re-vitalising its life energy, as a preparation for further, more in depth counselling and therapeutic work. **Exploration/Orientation Sequences** are designed for the action oriented continuation of the counselling process, using Philophonetics-Counselling tools for in-depth diagnosis, orientation, perspective and information from the inside. **Encounter/Empowerment Sequences** are designed to enable the client to confront within one's own inner experience any pattern of limitation, fear and invasion which limits one's potential, to take hold of it and to assert one's presence within one's own inner space. **Overcoming Reactions Sequences** are designed to enable the client to take hold of automatic, habitual, destructive defences, to dissolve them and to replace them with updated, consciously chosen coping abilities. **Resourcefulness/Nurturing Sequences** are designed for the inner accessing of inner latent forces, potential and resources which previously were not available to the client, invoking aspects of the higher being of oneself with which one was not previously in touch, and making them all integrated parts of one's inner and outer life.

The following chapter will focus on the Enlivening Sequences and their healing benefits, which have directly to do with the topic of 'Cooperation with the Life Forces from Within', and which in a way represent in a relatively simple version the practical therapeutic applications of Philophonetics-Counselling tools of Experience-Awareness described above.

### **Enlivening — Cooperation with the Life Forces from Within**

**Enlivening** is the process by which a direct participatory intervention is taking place in order to restore the life energy in the body to its optimum condition at a given point in time. Because the life forces tend to be 'sandwiched' between debilitating dynamics both from the physical and from the emotional levels, Enlivening starts just in between, reversing the effect of both.

It starts from movement, because one of the fundamental differences between the physical body and the life body is that the former is stationary, unless moved by other forces, while the latter is in constant movement by its very nature. We move all that could be moved, swing, shake, rattle and flow, allowing the joints to be freed from stagnation and warmed up. We identify the present state of the life flow in the body, which everyone can do, if trusted. We express in gesture the flow of energy which we can sense, accompanying it with the breath and with sounds that come spontaneously.

At that point any block of energy becomes clearly discernible. One can sense the precise shape and position of these blocks. The hands, and to a lesser degree the rest of the body, can shape and gesture the precise form of the block. It is a natural ability which can be activated with no previous training. The shaping can be accompanied by the particular blocking of the breathing that goes with it. That contraction can then be unblocked and released with the appropriate sounds. Earth sounds will be especially suitable for that purpose.

Having removed the block, the Imaginative faculty could be encouraged to capture the missing element, the type of energy the life body desires to bring about to that part of the body in order to enliven it. We imagine it, sense its potential, describe it, gesture it and breath this imagined energy. Eventually we can find, with the help of a skilled practitioner, the appropriate sound which will echo in the life-body that precise life energy that was missing. Nurturing sounds become especially useful here, although it is hard to predict which sound will have which effect on what person at what time.

Our life bodies these days have been through so much that they are highly diversified, individualised, unique both in their strength and in their weaknesses, that I am convinced that a ready-made prescribed sound sequence, regardless of its tradition, cannot result in the same effect for different people. Philophonetics-Counselling methodology never assumes that the practitioner knows in advance the sound that will be required for a certain condition. The whole training is designed to make such assumptions unnecessary, because the qualified practitioner can always find the new discovered sound afresh together with the specific client.

Nurturing the part of the body which is in need with the sound, once skilfully discovered, can result in remarkable enlivening effects. The client chooses the sound, the intonation, the direction of sounding it, the mood, and the aspect (namely Speaking it or sensing someone else speak it). The client does it in constant consultation with the need of the life-body, which by that time has entered a close communication with the client's awareness, using sensation, movement, visualisation and sounding as the communication tools. One becomes a partner, a health-care colleague with one's own life forces. This is a very beautiful and profound process to behold. A spirit of cooperation prevails in such moments, of wisdom inspired by highly evolved intelligence which is emerging from nature itself, speaking through its embodiment in the life forces of the human body. To be a

practitioner who is facilitating such an intimate meeting between a human being and his/her internal life forces is a great privilege, and there is an atmosphere of sacredness in such a moment, which those who experience and witness it do not forget, as though an appointment with a very highly evolved being, although invisible, is taking place. Both client and practitioner are fully awake, conscious, making clear choices and communicating them, monitoring and evaluating the effects, and the client is always in charge of the process.

When the right sound quality and operation is discovered and applied, marked changes are taking place within the life system of the client in all occasions. Life energy climbs between 30% to 130% on self-rating scales; pain symptoms diminish to the same degree; peace of mind can be restored as the soul re-establishes itself in the body in a more breathing manner anxiety, heart palpitation, tensions, shallow breathing, bad circulation, head, back and internal pain — all tend to be relieved and restored to an optimal level at that point in time, when the right sound is applied.

Enlivening is an excellent preparation for meditation of all descriptions, both for the sick and for the healthy, because on the basis of the relative reconciliation between the mind, the soul, the body and its energy which it can re-create, one is much more capable of choosing the focus of one's attention effortlessly. Many clients and students come to use Enlivening, as well as the Philophonetics-Counselling which follows from it, as preparation for meditation. Others use it as a self-sufficient method of sustainable, non-medicated pain management, even in severe cases of palliative care, in the advanced stages. Others use it as preparation for the day, in order to be more prepared for the waking life, or in conclusion of the day, in order to sleep better.

### **Other Participatory Therapy Sequences of Philophonetics-Counselling and their Applications**

Enlivening is usually applied on its own or at the start of the Action-Exploration of a Philophonetics-Counselling session, following the completion of the Conversational-Exploration of the counselling process. Instructed and guided by the client's 'Wish' it is to be followed by the specific tools from one or the other ranges of therapeutic sequences mentioned above: *Exploration / orientation, Encounter / Empowering, Overcoming Reactions and Resourcefulness / Nurturing / Invoking*. There is no space in the parameters of this article to elaborate on all of them to the same extent as I did in regards to the Enlivening Sequence. But in all of them, at the completion of the exploration phase, the appropriate sound will be applied, with the effect of accessing, releasing, transforming or enhancing the condition of the particular aspect of the Life Body, whether that condition is caused by a physical, an emotional or a mental influence. The major types of issues successfully treated so far with this method include:

**Physical/Energetic**

- ~ Overcoming exhaustion, depletion & fatigue: including chronic fatigue syndrome, M.E., post natal depression.
- ~ Pain control, management & release: rheumatic, temporary & chronic, period pain, head, migraine, internal, back, R.S.I. and psycho-somatic pains, strains and blocks.
- ~ Connection to & Expression through the body

**Emotional & Personal**

- ~ Overcoming Cravings & Dependencies & Addictions to: food, smoking, soft & hard drugs, anti-depressants, attention & approval, access sexuality, violence, money, security.
- ~ Overcoming Reactive & Obsessive Patterns: defensiveness, trepidation, aggression, fear, anxiety, jealousy, guilt, shame, nervousness, subjugation, fear of public speaking, obsessive thoughts.
- ~ Overcoming Depression: chronic, long term and periodical.
- ~ Overcoming grief.
- ~ Recovery from Sexual abuse & other forms of abuse: physical, emotional, disapproval, past & present.
- ~ Dissolving Inner Blocks: emotional, sensuous, body image, self-image, spontaneity, creativity.
- ~ Self-Parenting Skills: establishing a lasting connection to the child within, learning to heal, care & to integrate it.
- ~ Cancer and Palliative Care Counselling: dealing with the whole range of emotional issues the disease brings about, the fear of death, the spiritual identity, forgiveness, and the enhancement of the inner immunity.
- ~ Recovery from Mental Break-down and Middle-life Crisis by turning them into creative turning point in one's biography.

**Mental and Spiritual**

- ~ Accessing inner resources: Perspective on oneself, Safety, Inner Warmth, Inner Autonomy, Clarity, Trust, Self-Confidence, Inner Peace,
- ~ Contacting the Inner Life — establishing a lasting connection with the Woman Within, the Man Within, the Inner Light, the Core of I Am,

**Sense of Self, Sense of Direction & Purpose**

- ~ Decision Making: tapping deeper & higher dimensions of one's intelligence for reaching the necessary perspective.

- ~ Vocation, Life Transitions, Inner-Development — Re-discovering the inner guidance, knowing & certainty for the next step.
- ~ Recovering Lost Memory.

**Relationships**

- ~ Understanding & Transforming inner patterns of interaction & reaction
- ~ Re-discovering the potential of the meeting.
- ~ Recovery from destructive co-dependency.
- ~ Learning to Listen to each other.
- ~ Community Building: creating a range of tools for the maintenance and upgrading of communication and effectivity within the group, of processing difficulties creatively and of taping individuals' and group resources & potential.

In all cases, the sound, gesture and visualisation sequence that will be discovered can be taken home by the client and further practiced, equipping the client with a long term and a self-sustainable method of self-care.

**Conclusion**

The life-based methodology of Sounds Healing thus enables the client to become an active healer of oneself, a periodical co-worker with the on-going healing work which is conducted within us by our LifeBody constantly, as long as we are alive.

All health-care modalities which are based on a conscious cooperation between the client and the Life Forces within his/her organism — are bound to result in a measure of self-sufficiency, empowerment to take charge of one's well-being, the dignity of actively contributing to one's healing process, in a profound and sustainable learning curve about oneself, nature and cooperative, positive interactions. With such modalities the healing process becomes a process of personal development and illness itself becomes an opportunity for personal transformation and expansion of consciousness. The practitioner in such modalities becomes an educator, an encourager of inner strength and the facilitator for the meeting with the real healer within- the wisdom, beauty and goodness of one of the most remarkable gifts of Nature and of the universe to all creatures — the Life Forces within us.

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