

PHILOPHONETICS

Language for the Whole Being

by Yehuda Tagar, BA(Educational Theatre)

Drama Therapist, Director of the Persephone Initiative for Transformational Drama

As we rush towards the end of this amazing century, there seem to be fewer and fewer ready-made models, channels or existing guidelines available to cope with the need to express new content which is constantly arising *within us*. Never before has such a massive attempt been made to create so many new concepts needed for this plethora of content. There is a great urgency to know *ourselves* before we yet again fatally surprise ourselves, but no ready-made language seems capable of fully capturing our new inner realizations.

Any new language must spring from intelligence, which heals and unites our

relationship with the surrounding world, rather than analytical intellect, which divides us further from reality.

Philophonetics ('love of sounds') is one attempt to develop such a language.

The main formative elements of philophonetics are the sounds of speech. What are these sounds? Listen to babies before they speak words. They babble. One sound at a time, they express their whole being, thoroughly. They (we) do it in exactly the same way all around the globe. IT is a universal language. Later on we learn to form words, but our thinking develops at the expense of our one-ness with the

world. The abyss widens and we attempt ever after to bridge it with our ever-increasing range of words, even though words alone do not suffice.

Yet there inside the words, forgotten, ignored, laying hidden but inwardly alive like seeds in mid-winter, are the oldest, deepest building stones of the whole of human civilisation, consciousness and communication: they are the speech sounds. Some thirty five sounds or phonemes (depends on how you count them) to carry between them the whole range of human languages around the whole world throughout the whole of history! What are

A SHORT PHILOPHONETICS SEQUENCE AS A PART OF A THERAPY SESSION UNBLOCKING AN EMOTIONAL KNOT IN THE STOMACH WITH THE SOUND 'G' (GU)

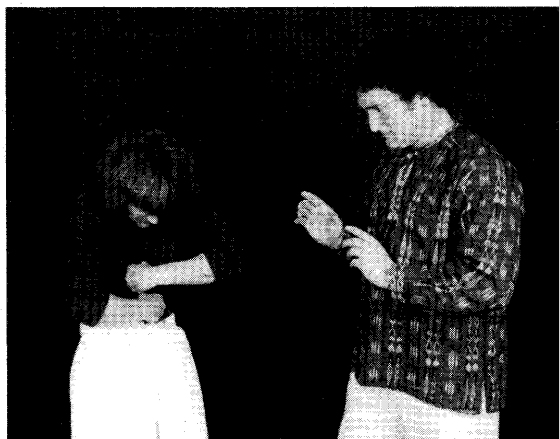


FIG. 1 – TRAINEE EXPRESSES IN GESTURE HOW SHE FEELS; AN OPPRESSIVE FORCE BECOMES INWARDLY VISIBLE.



FIG. 2 – TRAINEE RESUMES THE GESTURE OF THE OPPRESSIVE FORCE WHILE TRAINER (YEHUDA) RESUMES HER PREVIOUS POSITION; THE SOUND 'G' (GU) IS DISCOVERED AS THE SOUND-NAME OF THAT FORCE.

FIGURES 3 AND 4 ON NEXT PAGE.



FIG. 3 – TRAINER SIMULATES FOR TRAINEE (ADELE) THE SENSATION OF THE OPPRESSIVE FORCE BY UTTERING AND GESTURING THE SOUND 'G'. TRAINEE'S REACTION NOW INCLUDES THE POWER TO CREATE HER OWN SPACE WITH 'G'.



FIG. 4 – TRAINEE USES THE SOUND 'G' TO UNBLOCK THE OPPRESSING FORCES, CREATING HER OWN SPACE.

BREATHING ALWAYS DEEPENS AFTER UNBLOCKING.

these strange magical elements, capable of carrying so much meaning?


Take them one by one, play, touch and gesture them, act them out, taste, feel, visualise and dance with them and they will

open mysteries to you; your own mysteries as well as those of the rest of humanity, of nature and of the universe. In the ancient Greek Mystery Centre of Ephesus, one of the seven wonders of the world,

which was devoted to the creative universal Word, some three thousand years ago a verse was spoken:

*Speak, oh human
And thou revealest through thee
The coming into being of worlds.
The coming into being of worlds
Reveals itself through thee
Oh, Human
When you Speak.*

A few centuries later at the same location, the same insight was cast into the most enigmatic of statements by St. John, the first bishop of Ephesus, who knew its mysteries well: "In the beginning was the Word". What word? According to Rudolf Steiner, founder of the revolutionary approach to science and to humanity, as well as much more and life-time researcher into the mystery of Ephesus and of the Word, that Word is *the totality of all sounds of speech spoken together*, which no human being can do. These sounds were there in the beginning, the prime creative forces of the universe and as the crown of creation, they created in us the instrument through which they can be echoed, our speech organism, to carry creation further. Little gods they made of us, capable of uttering one sound at a time, at least for the time being. Later, we forgot the value of that which was given to us. We took them for granted, we used and abused them and we fell from the



PERSEPHONE
Initiative for Transformational Drama

PHILOPHONETICS
language for the whole being

YEHUDA TAGAR, BA (Educational Theatre)
Drama therapist, director & counsellor

A NEW MODALITY OF HUMAN DEVELOPMENT
BASED ON THE UNIVERSAL SOUNDS OF ALL LANGUAGES,
ACCESSING AND TRANSFORMING DEEP EXPERIENCES
THROUGH MOVEMENT, VISUALISATION, SENSATION AND SOUND.
based on the work of Rudolf Steiner

PARTICIPATORY THERAPY
Client Empowerment Techniques
in body work and counselling
ADELAIDE 17TH - 18TH August
Can the CLIENT be a PARTNER in the therapeutic process?
Yes, by both therapist and client developing an expressive body
language as a form of a direct communication between them.
Uni. of SA. booking: Helen Hood, ph 08-233 6400

THE HEALING INTELLIGENCE
philophonetics for personal & artistic development

ADELAIDE - RESIDENTIAL WEEKEND 18th-20th Oct.
The Emmanus Centre ph 08-389 8394
- PERSONAL SESSIONS on going. BOOKING: HELEN HOOD
PH. 08-233 6400; AH 08-47 3804

MELBOURNE - INTENSIVE WEEKEND 31st Aug. - 1st Sep. The Sanctuary,
Healsville contact Heather Howard 059 62 3592
- INTENSIVE WEEKEND 14th - 15th Sep. The Avalon Centre
Caulfield, ph. 03-509 8038
- INTENSIVE WEEKEND 28th - 29th Sep. The Augustine Centre
Hawthorn, ph. 03-819 2644

BRISBANE - MASTER CLASS FOR PROFESSIONAL ACTORS 11th - 13th Oct.
In-depth characterisation, Brisbane Actors Centre
La Boli Theatre Ph. 07-369 1622
- PARTICIPATORY THERAPY & PERSONAL GROWTH mid Oct.
Contact: Patrice Bon 07-366 1590

For general inquiries : The Persephone Initiative
59 Buller Tce. ALBERTON SA 5014 ph: 08-47 3804

universal consciousness to the national one.

But through the sound we are potentially connected to fundamental forces, each consonant expressing a zodiacal constellation, each vowel the creative force of a planet. For everyone can be as vAstly open as the openness of Venus with "Ah", as deeply rOOted in the depth of Saturn with "Uh" (oo), as whOle and as wise as Jupiter is with "O". Everyone can be as Mothering as the sound "M" relating to Aquarius, as aSSertive as "S" of Scorpio, as penetrating as "T" relating to Leo.

Philophonetics asserts that through these natural elements, skilfully put together, every human experience can be inwardly explored, outwardly expressed and universally understood.

Further, it claims that by developing the ability to tap our inner resources, we also create some new transformational, re-deeming faculties: through the creative strength of the universal sounds of all human languages. Philophonetics enables us to transform inner weakness into inner strength and inner poverty into inner richness. Now if, understandably, this

sounds a bit unbelievable, I might then just as well make it also poetic. I say, on behalf of this technique and after testing it on 100s of people in three continents over the past six years: "everyone is as strong as the blows one received" and "everyone is as rich as the qualities one misses". I will elaborate.

Between the inner world of our emotions, memories, thoughts, etc. on the one hand, and the outer natural and human world on the other - lies an abyss of separation for most of us. With our mind, we attempt to bridge this abyss with as many words as we can muster, but intellectual wordiness alone cannot link our consciousness with the unconscious. However, there exist many dormant bridges, even though only a small proportion of them is being used. These include the expressiveness of the human body, our range of sense-awareness and our ability to visualise any aspect of our experience or to utilise the formative forces in nature in our communications: colours, shapes, rhythms and sounds.

It is these bridges which philophonetics seeks to encourage, that they may become

tools for the exploration and expression of inner contents.

Through the sounds, we can explore aspects of our psyche which we suffer from. We can then master and recycle them into new energies for our growth. We can well up in us all those aspects of our psyche which we need more of, because through the instrumentality of the sounds, they are all there in us like raw material waiting for the mining. The unique quality of every moment from any phase in our biography can be precisely simulated, re-lived and be released. The sounds can become efficient midwives for our inner growth.

Philophonetics claims that every human experience from any level of consciousness, once expressed in a gesture, can be matched by a sound experience which will result in the same gesture precisely. Not only can sounds become an extended language for expression of the whole range of human experience, they can also transform it.

That is why the sub-title of "philophonetics", which literally means love/relationship with sounds, is: "language for the whole being". It is.

YES PLEASE!

I'd like to subscribe now

S	TO "THE WHOLE PERSON" P.O.BOX 408 HURSTBRIDGE Victoria 3099		S
	Please send me:		
U	<input type="checkbox"/> 1 year's subscription to "The Whole Person" (6 issues) for \$15.	\$ 15.00	U
	Starting from: (month) _____		
B	<input type="checkbox"/> Back issues available: Mar, Apr, May, Jun & Jul 1990: \$1.00 each; Aug/		B
	Sep onwards \$1.50 each. The low price includes postage & handling.		
S	Please indicate issues required: _____	\$ _____	S
C	<input type="checkbox"/> Gift subscription for: Name: _____		C
	Address: _____	postcode _____	
R	Message: _____	\$ _____	R
	No extra for postage.	TOTAL \$ _____	
I	NAME _____		I
	ADDRESS _____	POSTCODE _____	
B	You may wish to pay by: <input type="checkbox"/> Bankcard <input type="checkbox"/> American Express <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard		B
	Credit Card Number _____		
E	You can fax if paying by card! 03 718 1678	Signature _____	E