



Psychophonetics Institute International

CONSCIOUS EVOLUTION NOW: AN INDIVIDUAL ACT OF FREEDOM

Self-awareness & initiatory personal development

with Psychophonetics & Methodical Empathy

Skilled friendship on the threshold

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I want with cosmic spirit
To enthuse each human being
That a flame they may become
And fiery Will unfold
The essence of their being.
—Steiner¹

Self-awareness, personal development and the human evolution of consciousness, are now one inseparable process. It is the only clearly observable evolutionary process that has been taking place on mass over the past sixty years: the freely chosen conscious evolution of individuals, one person at a time, one chosen step at a time, consciously, freely, originally, following nothing and nobody. And, of course, the inevitable backlash against it.

*It is only men who are free,
who create the inventions
and intellectual works which
to us moderns make life
worthwhile.*

Albert Einstein. Speech at Royal
Albert Hall, London, 3.10.1933

Ever since the publication of Charles Darwin's: *The origin of the species* in 1859, the universally dominant theory of evolution asserted that the blind, meaningless mechanical process of coincidental mutations, combined with the coincidental natural selection process of the *survival of the fittest* resulted in the creation of the variety of the planet's flora and fauna species, including human beings.

This theory cannot be verified by observation as it takes millions of years of coincidental mutations and selection processes to result in visible physical changes. But, in the absence of another successful theory, it dominates our science and culture unchallenged for the past 170 years. There is no possibility of visible evidence of that kind of evolution which is perceptible to human direct scientific observation. New species of animals and plants are not created unless by direct human manipulation. The existing variety of earth's living species are progressively disappearing, apart from us, humans. All other children of creation struggle to survive. We are the only ones who keep adapting, evolving and thriving, presumably following some given

¹ Rudolf Steiner <https://anthropopper.com/tag/rudolf-steiners-last-verse/>

genetic code. The fact remains, that our dominant evolutionary theory is unproven. New species are not being created.

Human cultural evolution is an undeniable unstoppable reality which is observable by everyone during their own lifetime.

Physiologically, we have not changed much during the recorded historical and pre-historical times of homo sapiens. The bone collections of presumably pre-homo sapiens humanoids are assumed to be proof of our evolution from these predecessors, but that in itself, is only a theory. Physiologically, we are still the same man and woman that the legendary Adam and Eve were by the time they conceived their third child, Seth, not long after Paradise was lost to them.

Scientifically speaking, *homo sapiens* or *modern humans*, the only surviving species of the biological genus of *Homo*, emerged out of Africa some 300,000 years ago—gradually completely replacing the presumed previous species of Neanderthal *human* race—and proceeded to dominate the Earth. Physiologically, anatomically, nothing has changed in us since then. Our physiological evolution has mysteriously stopped at that point in time. During the time of recorded history, about 3,400 years ago, we have been physically the same, but *everything else in human life has been changing*, in spite of the old cliché claim that *there is nothing new under the sun*. Evidently, a lot is new and keeps renewing itself in human life, collectively known as human civilization. Their physical remnants are there for all to see, but the invisible cause of all the changes throughout human history is human consciousness. Humans and our consciousness have created the dynamics which resulted in the outer visible remnants of human civilizations. We, humans, have not stopped evolving.

The way we are changing has changed

Changes in civilization used to be a group affair: tribes wandering, conquering and being conquered, nations forming and dissolving, cities built, destroyed and built again. Empires rising and falling, social systems coming and going, religions in endless mutual struggles for domination, politicians winning and losing control of the masses, and technologies competing for markets. All these kinds of historical processes seem like old news to a most of us. But to a deeper observation they are all the external footprints of an ongoing evolutionary process—*the evolution of human consciousness*.

Visible evolution of consciousness has taken place during my personal lifetime and it seems to me to originate in individual affairs, resulting from the powerful determination of individuals to manifest their unique higher human potential in their earthly life, in their own individual style, following no-one but their

own intuition, creativity, desires and conscience. Cataclysmic original consequential social, cultural, artistic, community, family, social, political, philosophical, scientific and technological changes kept taking place throughout the 20th century, changing the face of humanity and the earth—all of them practically coming out of the original thinking of unique individuals—and it hasn't stopped.

Of course, this all started before the 20th century, but not very long before: the start of individual-originated changes of consciousness could be traced back to the 15-16th Renaissance and Reformation periods, primarily in southern and western Europe, at the time of independent thinking of individuals as a formative force in history. To various degrees, similar developments took place in many other parts of the world, known to a much lesser degree.

Individual-based evolution of human consciousness is the only phenomenologically directly observable kind of verifiable, evidence-based evolution theory that we have. All other theories of evolution, with all due respect, are fundamentally brave speculations, unproven and unprovable temporary theories.

I have no doubt that like the once dominant flat earth theory, people will go through evolution themselves when new emerging theories will be able to better explain actual human reality.

Motivations for change

I have been a counsellor, psychotherapist and a trainer of therapists in six countries over the past 32 years, most of them in diverse multicultural countries like Australia, South Africa, the UK as well as the Middle East, Central Europe and recently, China. I believe I have worked with individuals and groups representing the rich diversity of humanity. I lived, studied, practiced and taught counselling and psychotherapy in Australia, where in Melbourne alone there live twenty-seven ethnic groups, and in South Africa which has eleven different official languages and many more ethnic groups. Central Europe, where I am now based are also richly diverse. I now teach in China as well. Throughout all this diversity of cultures and human conditions, I consistently hear one underlying voice. I can hear each one of them saying to me, in their own individually unique way:

Please help me to be myself. Please help me to manifest my true, deeper, higher, wiser, healthier, more powerful, more effective, more loving, more creative, more authentic, more evolved me.

It seems to me that no-one feels fully oneself. We are all still evolving. Yet everyone seems to be inwardly connected to some unique potential of being a more perfect self, an ideal human being that they can become, not by imitation of an external role model but from within, and often present only in its absence in

their life. It has become completely normal for people to claim to be at least potentially a unique individual. The Monty Python joke—*we are all individuals*—has become a reality, at least as a normal aspiration. It has become predictable that individuals seek to grow beyond their past habitual and traditional record, social conventions and ancestral way of life into a fuller manifestation of their own individual potential. The claim of the right for an opportunity for personal development required for the discovery and expression of one's potential future unique self—seems to have become universal over the last fifty years.

It evolved very quickly since the middle of the past century. Only eighty years ago, the tribes of Europe, as well as elsewhere, were tearing each other apart in tribal, ethnic and racial wars which claimed millions of lives in that most violent of centuries. We had a period of relative peace but now, in the mid-20s of the 21st century, the shadows of those nightmares are upon us yet again. There are those people who are trying to drag us back there, but they are failing.

Most of these same warring tribes now combine their collective efforts, grounded in constitutional commitment to individual human rights, addressing the demands of their individual constituents for an opportunity of pursuing their personal development economically, socially and culturally. These are at the same time the leading economies and that is not coincidental. But, at the same time, the powers that want to drag us back to central control and tribal existence are threatening to take us back a century—they are gaining popularity in the mind-control of those who gave up thinking for themselves. The frontlines are being drawn anew, between the portion of humanity harking back to the old social orders that dictate hierarchically and collectively, the allotted reality of individuals as human herds.

Humanity seems to be divided into two evolutionary types. This is no longer a division between east and west, north and south, between upper and lower classes, between different religions, ethnic groups and ideologies. It is a division within families, tribes, nations and cultures; between individuals who are committed to consciously evolve their striving towards their own individual ideal, of their future self, and those who give up on this and retreat from this threshold back into tribal safety of collective group-soul, centrally controlled human herds. This is the evolutionary reality underneath the symptomatic crisis in every country in the world today.

For those who are committed to personal evolution the incentives for the motivations for change comes in many forms: physical, mental and emotional pain; relationship crisis; creative blocks; crisis management; trauma; parental issues; work related stress; sexual issues, grief, addiction, recovery from abuse, leadership challenges, vocational and thresholds, and many more. I learnt to regard them all as symptoms of the underlying great universal agenda of our time: the labour pains of birthing the new level of one's own

personal development. I grew to regard any human being who is committed to any aspect of conscious change, as a pregnant woman whose crisis is that she needs to give birth to a child. She does not feel well in the middle of labour. No-one feels well in the middle of a crisis. Yet a child is on the way: as the next stage of our personal development.

So, I became a *Soul Midwife* for myself and others, and a trainer for *soul midwives* and for *skilled friends on the threshold*. That is the clearest description of the profession of all those who are committed to support personal change: therapists, healers, counsellors, doctors, coaches, parents, and all good friends. For this purpose, together with colleagues in a few countries, over the past 35 years, I developed a methodology of change: *Psychophonetics* and a cutting-edge frontline of its application: *Methodical Empathy*.

I do not believe the major purpose of modern psychology is the restoration of soul pathology back into some kind of conventional normalcy. No-one who I really met in my journeys wants to be *normal*. In job interviews, CV or on their Facebook profile, no-one says, *I am really very normal*. We all wish to be unique and special; and are determined to find what is our next step in realising and manifesting it.

I truly believe the real purpose of 21st century psychology in all its manifestations is the transformation of all life challenges into opportunities for personal development.

I expect to see it happening in my own lifetime: psychotherapy will be replaced with psycho-development for the leading practitioners and trainers of our time and for the public requesting these services.

A close colleague in Central Europe told me one morning after a long contemplation that he found the essential characteristics of the kind of people he wished to attract to the Psychophonetics/methodical empathy professional courses in his country. He described this as:

I am an individual in search of my own path of spiritual development, based on my own personal experience, following no one. Can you help me?

I said yes, I can support you. It is my dedication and profession to do so. All my efforts, skills and ever-developing methodology are dedicated to such a person. Such a person is becoming the new, normal, functioning, contributing, evolving member of each sustainable community. Striving to become more of one's unique fuller being, one's own leader, teacher, healer, striving towards one's own next stage of personal evolution through conscious, self-led independent personal development—is becoming the norm for the leading components of 21st century humanity.

The challenge of every individual who is seeking conscious personal change

Amongst the many tribes of South Africa there are many different kinds of initiations into the state of being a traditional healer—called sangoma—and there is one term in common to most of them: *Twasa*, which means the calling of the ancestors to become a healer of the people. It is also a name of an incurable sickness. The one who is chosen by the spirit world to become a healer will usually become sick, physically and mentally, and stays sick until she/he accepts their task in life, embraces the path of becoming a healer, finds the right teacher, and enters the process of initiation. There is no other possible healing from the sickness of the Twasa: the completion of initiation as a sangoma. I met a woman who refused to go through this severe process for seven years, becoming progressively sick with no cure, until on the verge of death she accepted that she is in Twasa. She then found her initiation teacher and completed her sangoma training, and all the symptoms disappeared. Such traditions exist amongst the Aborigines of Australia. A prominent late Aboriginal elder from Port Philip Bay, Victoria, Burnam Burnam, once laughed at me when I asked him how someone can become an Aboriginal healer. He said: *This is impossible, you cannot choose it. The spirit chooses you, and then you have no choice in the matter. You have to do it.*

This process was always there for the special people who were our leaders. For instance, you could not become a leader in Ancient Athens without going through personal initiation of the Goddess Persephone at Eleusis or the god Asclepius in Epidaurus. You could not become a leader in Ancient Egypt without going through initiation in the mysteries of Isis and Osiris. People needed an external leader. It seems that during the past sixty years something gradually but drastic has changed: most people now want to be their own self-appointed leader. This is the inevitable evolutionary process of our time.

For me, the notion of the South African Twasa has become the most powerful metaphor for the major underlying challenge of every individual who is seeking conscious personal change, regardless of symptoms that trigger that motivation. An external leader is no longer needed for initiation as that time is now over. Isis, Osiris, Moses' burning bush, Persephone, Parsifal's holy Grail, the priest at the altar representing an external God, are all inside now.

Our beloved Nelson Mandela's 27 years in prison prepared him to lead South Africa out of fifty years of Apartheid, but he was our last great leader in South Africa, maybe the last one in the world. A decisive step in human evolution is taking place: leadership training has moved to the inside of the soul. We don't need an external soul leader any more, however, a temporary midwife could support this development, as *a skilled friend on the threshold*. Initiation was always a leadership training process for the evolution of consciousness, it is moving to the inside of everyone's life now, as a potential.

The initiation tradition of the Australian Aboriginal people is considered to be over 40,000 years old. They are still speaking about the mysterious collective Dreamtime state of consciousness as the origin of their spiritual life now. The rest of us are painfully waking up into our individualized remnant of our reduced spirituality in the form of our individual thinking, our analytical sharp mind, our isolation from the spirit of nature, our isolation from the spiritual world, from each other, from the given meaning of our individual lives, our relentlessly growing individuality. This is the *wilderness and desolation* of our cut-off soul life. From there we, or at least some of us, are slowly waking up to the reappearance of a new spiritual dimension of our reality, from within. It seems there is no way back to the dreamy spiritual dimension of our life, only forward in full consciousness. *The only way out—is through.*

On the threshold

A higher potential is hovering above, and is stirring within us, getting closer. We are all on a threshold. Most people are *pregnant* with the next step of their personal development. If they don't take initiative to grow and deliver that *inner baby*, they may become sick—we are all in our *Twasa*. We will only recover when we consciously take that inner step. This is not about feeling better, being happier, being pain free, or being successful in the outer world and in the eyes of others. Personal development is not a luxury social item. It is a serious core business, an essential human need. It has the same force as birthing a baby, growing new teeth, standing upright, or learning to speak; the transformation into the sexual maturity of adolescence. These processes are physically visible and predictable. Soul and spiritual development is not physically visible but are as real and powerful, inevitable, and unstoppable. Everyone will become unwell, one way or another, unless and until the threads of individual, conscious personal development is taken up, and we move into our unique path of development. Everyone has their own *Twasa*, in which guidance must come from the inside.

This is where evolution is vested now, not in outer nature. Mother Earth is growing old. She is past menopause: no more babies. She does not seem to be creating more species of animals and plants any more. She is only losing many of them every day. The only constant change that is taking place in nature these days is the human beings' progressive destruction of it. Even the pace of that destruction has become a consequence of evolution of human consciousness. The baton of evolution has now passed to the inner development of the human being—evolution is what we do with ourselves.

There is an essential difference between natural evolution and human evolution: natural evolution, from human perspective, is a natural force that takes place without human intervention. It happened naturally, whatever that means. Whether or not there was consciousness involved in natural evolution is a matter of opinion, speculation or Spiritual Science which normal mortals cannot verify. It was not human consciousness that produced nature and ourselves.

Human evolution can *only* happen now consciously and by personal initiative. In fact, human evolution is primarily evolution of consciousness, but unconscious to most of us. Nothing else changes externally until consciousness changes, sometime forward, sometime backward, as we all see on the screen of world news Organizations and countries don't change any more unless people change individually, for good or bad. Changes are indeed taking place without stopping, expressed in what we view as world news. All news these days is world news—the external symptoms of evolutionary reality which underlies every aspect of our lives.

There is an applied social science research that I conduct in every second public lecture that I give in all the countries in which I taught. I ask the audience: *How many of you would choose consciously to raise your children the way you were raised yourself?* On average one in 30 will raise their hands. The others will choose to raise their children differently. Next question: *How many of you would choose consciously to conduct your relationship with your intimate partners the way your parents conducted theirs?* On average one in 50 will raise their hand. All the others would choose to relate to intimate partners differently.

Why? Because they reflected on their past experiences and did not like most of what they saw, and made a free choice to create another way of parenting, another standard of intimate relationship, *not* following their parents. There is nothing at all to follow any more. That is conscious evolution. This is why self-awareness and personal development are the two sides of the same process. You cannot change anything that you do not observe. The most skilled computer nerd in the world must display the data onto a visible screen in order to change it.

Every step in personal evolution starts from a step in further awakening of the individual human 'I', the source of all consciousness—further and deeper into one's own soul (psyche, experience). Habits cannot see themselves. Only the activated 'I' at the centre of the individual soul can take the initiative to observe oneself. That initiative is the pre-condition for any personal development. It is also the inevitable pre-requisite for any step in the development of interpersonal empathy. These two are happening together, or not at all.

Seven initiatives of the human 'I' in the soul

In Psychophonetics, seven *initiatives* of the human 'I' within the individual soul (psyche, experience) are identified:

1. 'I' acknowledge that there is something I need to observe and to change in the dynamics of my own experiences.
2. 'I' explore and observe my own experience.
3. 'I' own and take responsibility to my own experience.

4. 'I' choose what meaning I give to my experience.
5. 'I' apply my ethics, morality and values to my actions in response to my own experience.
6. 'I' make a free choice regarding the right action which is guided by my values at the time.
7. 'I' act on my own new choice.

Number 2 in the above list, exploring and observing one's own experience, is the threshold between sustainable, progressive evolutionary personal development and regression and repetition of past patterns with diminishing returns. Without a deeper, clearer new observation of our automatic operation as it is, no real change is possible. Such self-observation requires what seems impossible at first: having perspective between one's awareness and one's experience. How can a part of me see the whole of me? How can the intellect, a product of the soul, observe the soul? A new *internal mirror* is required for that.

Four modes of deep intelligence

The intellect is the centre of reflective intelligence. It can observe the outer world but it cannot observe one's own soul. A new consciousness within the 'I' regarding one's own experience is required for that. In Psychophonetics, a method of self-awareness which evolved out of initiatory transformational theatre, four modes of deep intelligence have been identified with which to activate the potential for self-observation which is often dormant in the human 'I':

- 1) *Sense Intelligence*—Sensing inner experience in the body through the 'Sense of Life' by which every sentient creature can feel physical pain and pleasure. It can be extended to the sensing of the impact of emotions on our body, *sensing the soul* as if with an extension of existing neurons. That intelligence opens the first perspective between the 'I' and one's own experience which intellectual verbal communication alone cannot provide;
- 2) *Gesture Intelligence*—expressing the sensed experience *spontaneously but consciously* in a bodily gesture. That opens the doors for Intuitive Perception of the soul, uniting the central and the autonomic nerve systems for a moment;
- 3) *Visualization Intelligence*—consciously creating pictorial images of one's own sensed and gestured experience, using what is called in Methodical Empathy, *Imaginative Perception*—towards oneself;
- 4) *Sound Intelligence* (or vibrational intelligence)—finding the right sound from the variety of the universal human alphabet, consonants, vowels and their combinations, which in their vibrational reality can match precisely the explored experience. That opens the doors to what in Psychophonetics, is called *Inspirational Perception* and *Intuitive Perception* of the soul.

Methodical Empathy

This is the foundation of Methodical Empathy:

- with *Imaginative Perception*, one can *See* their own subjective experience, which leads one to the ability to *See* the experience of others;
- with *Inspirational Perception* one can start to *Hear* their own experience, which in time leads to the capacity to *Hear* others from their inside;
- with *Intuitive Perception*, one can start to *Know* their own experience consciously from the inside of that experience, developing objective perception of their own subjectivity, which leads in time to the capacity to *Know* others from their own inside.

See me, **Hear** me, **Know** me are the three core-competencies of Psychophonetics based Methodical Empathy which together make this a new cutting edge of human conscious evolution.

Conscious methodical empathy is a cutting edge of human conscious evolution today. The long-term future of humanity is empathy, if humanity and the earth are to have a future at all. In Methodical Empathy, self-knowledge, personal development and social-environmental sustainability, are becoming one. This is an introduction to *Conscious Evolution Now: An Individual Act of Freedom*.



Yehuda Tagar is the founder of Psychophonetics, Methodical Empathy and Humanising the Workplace. He is an Israeli, Australian, South African, British & currently Central European based Psychophonetics psychotherapist, consultant and trainer, director of Psychophonetics Institute Intl; co-director of Skola Empatie in Slovakia, UK and China.

Further Information

- <https://linktr.ee/yehudatagar>
- www.psychophonetics.com.au (Practitioners website)