

The Human Double

Practical transformation of the human Double with Psychophonetics

Part 3

By Yehuda Tagar

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This is part 3 of the series of articles about the human Double and is dedicated to the practical Psychophonetics processes of identifying, confronting, and transforming our Double into the strength of our own grounded individual spirit. In part 1, the concept of the 'Anti-Human' inside the human being was established, as the foundation for human beings' moral dilemma and moral development. In part 2, the struggle between the essential human being and the Anti Human was presented as a threshold of individual spiritual development.

The core element required for exposing our own Double is the same as in any other aspect of personal development: a solid process for creating perspective between our awareness and our experience, through the act of self observation. Without a clear process of self observation all notions of real personal development are mere self delusions. You cannot change what you cannot see for yourself directly. Normal sense perception is designed and directed towards the outer, not the inner world, and the reflective intellect, so capable of organising and analysing data observed by the senses – is powerless when it comes to self observation of our own experience.

Psychophonetics is based on four modes of Deep Intelligence that are capable of extending reflective awareness into a direct perception of our own psychological dynamics: Sensing, Gesture, Visualisation and Sounds.

- Sensing the psychological dynamics through bodily sensation opens the gate for deeper dimensions of perception;
- Spontaneous Visualisation activate the intrinsic capacity of Perceptive Imagination ('See Me');
- spontaneous Gesturing activates the intrinsic capacity of Perceptive Intuition ('Know Me');
- Spontaneous Sound expression activates the intrinsic capacity of Perceptive Inspiration ('Hear Me').

See me, 'Hear Me', and Know Me' form the core competencies of Psychophonetics based Methodical Empathy. These forms of Deep Empathy enable objective observation of our own inner dynamics.

On the basis of the above generic processes of self observation, a whole range of 'Action Sequences' have been developed in Psychophonetics in order to address the range of personal development and

healing issues. Wrestling with one's Double is a major element of the 'Thresholds group of Psychophonetics sequences. The following is a short description of the major Psychophonetics processes enabling people to practically expose and transform their own Double. They all activate the existing capacities of logic, compassion and conscience, as the established moral standards of civilised humanity, and the foundation for the creation of the next step in the evolution of human consciousness - for Empathy.

The struggles for the truth, love and freedom are, at the same time, the struggles for the exposure and liberation from the power of the Double. It is primarily a challenge for moral development, for the primacy of conscience in human interaction. The aim of all the processes designed to expose the dynamics of the Double and of taking responsibility for our own moral decisions. It is the self correction part of oneself that has been formed by the influence of the Anti-Human – back to a human form, consciously and in freedom.

A classic Psychophonetics session has two parts: Conversational and Action phases. The Conversational Phase starts from the presentation of an issue which the client wants to change. It is followed by a process of conversational Methodical Empathy which enables the client to take more and more responsibility to their own psychological, mental and relationship dynamics. Deeper emotional awareness, deeper perspective and wisdom and fresh will are activated. That results in a stronger presence of personal wisdom, warmth and will. At the right point a request for a 'Wish' is presented, and the client makes a wish, expressing his/her deeper and higher being.

The Wish, once understood, becomes for the practitioner the 'Job Description' for the Action Phase of the session. An example from recent time in which the issue presented was active is chosen by the client and 'entered' in through body memory, gesture, visualisation and sound, the major tools for 'Deep Intelligence' required for personal change. All this is done in the service of the Wish.

The search for encountering our own Double starts in the Conversational Phase of the process. The following are the processes that enable the beginning of perspective regarding our own Double:

The 'Personalising' or 'Challenging' process follows the 'Inviting' and the 'Organising' components of the Methodical Empathy process. The aim is to encourage the client to take personal responsibility for aspects of their personal life which was previously avoided and neglected. It is the activation of 'ownership' which is essential for the further incarnation of the 'I' activity into one's soul. Logical contradictions, heartlessness, gaps between stated values and actual motivations, contradicting sub-personalities – all these are to be exposed and owned by the 'I' in order to lead to a strong, life changing 'Wish'.

Then there is the Action Phase of the session. Following the creation and declaration of the Wish, a relevant example from recent time in the client's life will be chosen, re-experienced and expressed in action. The internal register of the recent event will be expressed in an authentic, spontaneous dramatic

form. The following are the major Psychophonetics Action processes designed for exposing the dynamics of one's own Double.

1) Reactions

Reaction as defined in Psychophonetics is a defensive, not freely chosen, uncontrolled action that is repetitive, damaging, diminishing of human dignity, cause for regret and destructive. They explode and cause damage in their surroundings or implode and damage the interior bodily life of the person reacting. In both cases the cause has got nothing to do with the trigger in front of the person reacting which appears to cause it. The real cause is never in front but always behind the one reacting; never outside but always within the one reacting.

Somewhere behind consciousness there is an ongoing unhealed wound, hurt, frustration lurking, seeking attention, for healing and release. This is called 'The Inner Chamber' within our soul. A pressure born out of a painful experience frozen in time keeps exploding upon a trigger, taking over one's better judgment: hurt feelings, despair, untold truth, injustice, and/or anger. In the Psychophonetics Overcoming Reaction process, the exploded reaction is being re-experienced, expressed in gesture repeatedly a few times in slow motion, until awareness catches up with the dynamics that underlie the reaction, and the reacting person learns to take care of the distress behind it.

But alongside the psychological content that bursts into the surface, there is something else: a source of aggression tends to open up from a hidden space in the body, 'riding on the back' of the exploded psychological pressure, magnifying it ten-fold, bursting into the surface with a heightened aggression, negativity, cruelty, toxicity, wounding energy, leaving a deeper scar on the receiver, having a lasting effect on the relationship, often hurting someone you love, which is not your conscious intention. That is the Double in full fling. There is, potentially, a choice about it, if you can catch yourself in time. If you fail to catch yourself in time – you can still catch yourself later, in reviewing that moment, with the above described process. If you face yourself later on having chosen to explode in this way – you will have a much better chance to heal the unconsciously expressed old wound, but also to catch the Double in operation before it does its damaging work the next time you are triggered.

2) Healing past decisions

Healing Past Decisions is the major Psychophonetics process for awakening and confronting one's Double. The Double does not make decisions, only the human 'I' does. But the Double 'advises' the human 'I' as to what decisions to make, on what basis, with what motivation, regardless of what consequences. There is another potential adviser at the threshold of making a decision: one's higher being, accessible through the 'I'. There is the choice between them. That is the fundamental human predicament of freedom. Many years later that moment of choice can be re-experienced, exposing the

real force behind it. An inner 're-choosing' can be enacted. It will not change the past or the outer consequences of that old choice but it can change the internal formation caused by that choice. You may have lied at one point, but you don't have to remain a liar; you may have destroyed something at one point – but you do not have to remain forever 'the destroyer. By exposing the voice of the Double that pushed you in that direction – you overcome it inwardly.

3) Heartlessness in human interaction

Heartlessness is common. There is no law stating that heartlessness, acting with no human care – is illegal. Heartlessness is grey, unexciting, just normal human. Yet it is not human. It is deadening for that which is human, living heartlessly, as if no one and nothing is meaningful. Taking nothing to heart until the heart is numb, until there is no heart left to feel the reality of anything and of anyone. It can be comfortable, painless, stress free. But there is no one at home. The human element is gone. One is not dead, but not really alive. And if someone else happens to be there in any position of human closeness: child, partner, friend, expecting meaningful human connection, in such a proximity – heartlessness is deeply wounding. Heartlessness is the quiet toxic, life destroying dominance of the Human Double. Confronting it in oneself takes courage and honesty. It opens the heart to the reality of human experience, to the truly human element.

4) Compassion Triangle

Self hatred is very common. All of us suffered criticism, judgment, rejection, insult and disrespect to various degrees. It is common to internalise negativity, and to various degrees it becomes self hatred, projected to all around us upon a trigger. This is very destructive. It passes down the generations like a psychological genetic contagion. But it can be stopped, once exposed. In Psychophonetics we developed a process that exposes self hatred for what it is and neutralises it. At any point in the process when an expression of self hatred (self criticism, self judgement, self rejection) is heard – we expose it completely. Any position of weakness, vulnerability, disability, brokenness, fear, once expressed in gesture and observed from outside – can bring about self hatred. In order to go beyond it – one has to be encouraged to go right into it, to express it in Gesture, to externalise it and observe it, and the judgmental character is exposed. It is always surprising to the observer to see how in one gesture the complete identification with self hatred – turn into compassion for one's own weakness, once the self hatred is exposed. We call this process: 'The Compassion Triangle'. The debilitating habitual character of self hatred is the Double. Observing it objectively – invokes its absolute opposite: self compassion.

These are some of the major opportunities to encounter, expose and transform one's own double in a practical way. As shown in the previous articles on this subject – the presence of the Double in human

life has a purpose: it is an opportunity for the exercise of freedom of choice and of awakening to one's own higher potential. It is a test and a threshold of honesty with oneself. It is a grounded form of practical personal, moral and spiritual development.