

Re-creating heart safety

*The spiritual-scientific background of the healing process of restoring heart wellbeing,
with Philophonetics-Counselling*

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Tagar, Y. (1998). *Re-creating heart safety*. Perth, Western Australia: Nova Magazine.

Safety comes from within. The most vulnerable part of us is at the same time the source of safety: The Heart. The heart is an organ which operates on all the levels of human existence: it is a physical organ; a Life organ; a centre of the Feeling and of the Emotional life; an organ of perception for the heart-dynamics around us, and a major threshold as well as a bridge to our true spiritual being. When the heart is not safe and protected - nothing in us can be really safe and protected. To be safe the heart needs to be protected and maintained with a healthy sheath of Life (etheric) Forces. The basic conditions needed for that healthy sheath are: being saturated with warm moisture (water) on the physical level; vital positive energy and nurturing on the Life-etheric level; warmth, acceptance, intimacy, belonging, sympathy and a space to expand and to flow on the Soul (astral) level, and love, light, truth, beauty, goodness and a sense of meaning on the Spiritual level. When any of these elements is missing, fractured, depleted or drained - the heart as a whole is not safe. When the heart is not safe - it cannot function in a healthy way as a centre of regulation, rhythm, feeling and sanity.

The dysfunctionality of an unsafe heart will manifest sooner or later through a characteristic dysfunction of the human being on each of the above mentioned levels: the immune system on the Physical level; the strength and the harmonious flow of energy on the Life (ether) level; the centredness and the ability to *digest* experiences on the Psychic/Soul (astral) levels; the sanity, clarity and the sense of direction on the Spiritual level, the level of the 'I Am' itself - all these will suffer in one way or another, and will become, in time, depleted.

The un-sheathed heart can be resembled to an exposed foetus who, prematurely, is no longer sheathed by the water of the amniotic fluid sack (in Hebrew *Shapeer*, which also a word for wellness). A heart safe within its etheric sheath can be resembled to a foetus within the protecting water. Like the foetus, the heart is a being in the making, whose evolution is still in its early phases, with a whole future pending on its well being. When the Feeling

Heart is exposed through an emotional injury such as inconsolable grief, hurt, loss, insult, cruelty, abuse, coldness and the absence of love from an etherically close person – the etheric heart-sheath becomes eroded and fractured. The heart then is not safe and because of its central position in the whole being - nothing else is safe either.

In order to survive, we develop a range of defence mechanisms, most of them implemented in early childhood. These include inner disengagement, numbness, aggression, passive aggression, brick-walling, compensations-cravings-addictions of all kinds, intellectualization of feelings, excarnation (mental departure from the body), to name some of the major ones. These defence mechanisms with which we compensate for the lack of the natural heart-safety can in turn contribute to the hardening of the etheric sheath of the heart. They enable the survival of the essential being for the present moment, but prevent its long-term healing. They can cast a long shadow of developmental disability, isolation and waste of life potential for the duration of one's life, unless, with conscious inner work, they are being disarmed.

In the process of healing from injuries such as mentioned above, the defence mechanisms will have to be penetrated with consciousness and to be dissolved with care and with the warmth of compassion. In the process, the original hurt and pain that warranted the defences, as well as the layers of fear covering it will have to be confronted, re-experienced, and released. The 'I' will have to enter the hidden, frightened corners of defensive isolation, to turn on the light, to turn on the love. Fear of emotional pain, stemming from the given, reflexive survival instinct, will always automatically attempt to prevent this conscious encounter with ourselves, with whatever excuses, however logical, spiritual, Anthroposophic, practical rationalizations, but excuses nevertheless. For encounter with our inner being is often painful, and our instinctive reaction in the face of pain is a fear reaction. But in truth, pain cannot kill our inner being, and pain is not the enemy. Fear of pain can kill us; fear of pain is the enemy, and pain-killers on all levels are its tools in the soul-killing work.

The reluctance, born out of fear, to experience our emotional pain is the single greatest hindrance in the healing process of the heart and of all that depends on it - the wholeness of our humanness. That reluctance always has biographical causes, originated in times of great insecurity and helplessness, normally of a child in the care of an adult. What was once an outside influence is now an inner layer of one's being, because one's 'inner flesh' has grown over it, internalizing it, incorporating it into one's being as an organic part of the system and its operation. Years later the adult consciousness forms as the upper layer of one's awareness, while the inner-child's dynamics, un-cared for yet, live in the inner places, being

triggered periodically into the surface. The inner-child does not trust adults because adults were not trust worthy before. It does not trust oneself as an adult either. The injury is still defended automatically in the old way, which is the child's way, and the conscious adult has no access to it, not even on behalf of the intention of healing. One has to gain one's own inner-child's trust in order to overcome that internal defence, to match in strength of self-care the strength of the old threats that were crippling in the past. Only then can real care be taken, only then can heart-safety be restored.

None of these embedded experiences is to start with verbal, reflective and intellectually observable. They live in deep layers of the being and their mode of being, operation and cognition is largely non verbal: unnoticed bodily sensations, subtle movements which could be only articulated in actual movement and gesture, half-conscious mental pictures which could be grasped through active visualization, and unheard sounds, the voices of the inside, which the single sounds of human speech and singing can express much better than words. The artistic, formative, expressive, non-verbal dimensions of knowing and of communicating, the 'Indigenous Language of Experience' are needed for access to the heart and for the healing of the heart to take place. There are many names for these languages. We call it 'Philophonetics - Love of Sound', intimacy with one's own resonance of inner experience, articulation of the otherwise inarticulate, awareness of one's internal humanity.

A lot of fear is likely to be confronted on the way to heart-healing, a lot of old hurt, scars and anger, of acute need for protection and defence. While there could be substantial reasons to defend and to protect oneself, even to fight back and claim one's rights when such a response is called for and chosen from the centre of one's being - none of these are the task of the heart.

The heart is not a defence organ, the heart is the organ in need of defence. Other aspects of one's being must conduct the role of defence. The heart must be relieved of these duties, to be free to do what a heart does best: feeling, loving, knowing, balancing, harmonizing, humanizing, understanding from within, communication with the higher dimension of one's being, of others and of the situation at hand. Allowing the heart to be a heart in that sense is the purpose of all the Heart-Safety sequences of Philophonetics-Counselling. At their heart is the striving for regaining the trust of one's inner being in one's mature ability to listen, to hear, to accept, to care for and to heal the inner heart injury, however far in the past and deep within the being its origin may be.

A deed of restoration of Heart-Safety is regarded by Philophonetics-Counselling Practitioners as an act of healing with consequences not only for the well-being of the

individual concerned, but also for the community as a whole, for the Earth and for the universe. Whenever one heart is being healed - Nature herself breathes a sigh of relief which some can actually hear, the breathing of the surrounding atmosphere is restored to harmony and light enters into shadowed places. Redemption then takes place, for in the end - all hearts are linked to the uniting, Universal-Human Heart, who is the source of all true healing, one and the same for humanity as well as for the Earth.