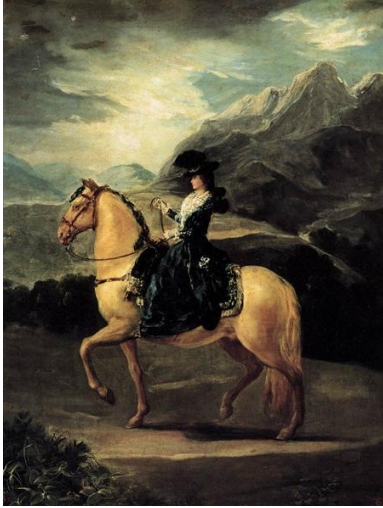


A WOMAN ON THE HORSE

The mission of creating self authority for women of our time.

By Yehuda Tagar

Founder of Psychophonetics and Methodical Empathy

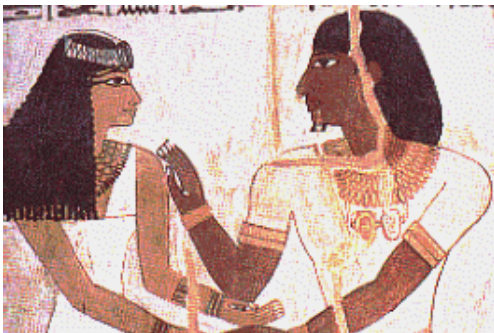


Women are taking up their equal position in society world-wide with unstoppable momentum. It has been a long road just to recognise their equal right to vote: 1881 Isle of Man, 1893 New Zealand, 1917 Canada, 1918 Britain and Germany, 1920 in the USA. It has been a long road since the Women Liberation Movement of the 60's to the relative improved conditions for women's economic and political equality of today, and there is still a long way to go for realising true equality between the sexes. These are the outer fronts of women's liberation. But the developmental process of establishing the internal dimension of equality, the individual power of women to be the authority in their inner life – is happening now.

Women are not taking back their power: they never had it. The last historical period in which women were the authority is so far back – it is before what we call history, in prehistoric times shrouded in mists and legend: the last we heard of them was the Amazons, a women warrior nation, between the Stone Age and the Bronze Age, participated the Troy war about 4,000 years ago.

In Ancient Egypt the relationship between men and women was still close to equal.

Egyptian married couple after death



But since those ancient times humanity has been dominated by men for at least 5,000 years. Women power, equality and authority is something new, the cutting edge of evolution.

There were exceptions of course: Queen of Sheba, partner of King Solomon, 1,000 BC,

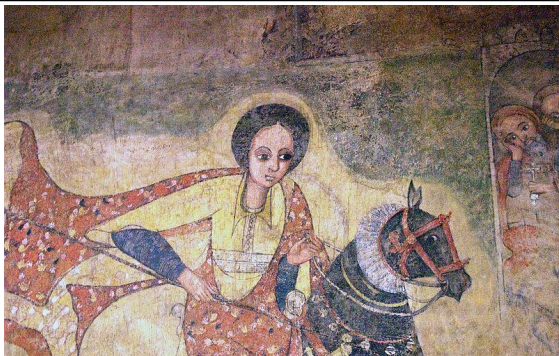
Empress Theodora of Byzantium (6th Century AD); Queen Elizabeth the 1st of England (16th Century AD); Tsarina Catherine the Great of Russia (18th Century); Empress Maria Teresa Habsburg of Austria (18th Century); Queen Victoria of England (19th Century); many, many more.

The Amazons, a women warrior tribe 12th century BC.



"Remember, they hate us as no other nation, for we are to them that which they fear beyond all: women unmastered by men."

Queen of Sheba, 1,000 BC



"A weak man declares a woman a temptress and orders her to cover herself. A strong man covers himself and says nothing."

Joan of Arc (1412-1431)



*"One life is all we have and we live it as we believe in living it. But to sacrifice what you are and to live without belief, that is a fate more terrible than dying".
"Act, and God will act".*

Queen Elizabeth the 1st of England (1558-1603)



"Though the sex to which I belong is considered weak you will nevertheless find me a rock that bends to no wind."

"Fear not, we are of the nature of the lion, and cannot descend to the destruction of mice and such small beasts".

"Ye may have a greater prince, but ye shall never have a more loving prince".

"A clear and innocent conscience fears nothing"

Empress Maria Teresa Habsburg of Austria (1717-1780) Holy Roman Empress, archduchess of Austria, queen of Hungary, & Bohemia, Empress of Germany.



"If I could wish for immortality on earth – it would only be for the power of relieving the distressed"

Tsarina Catherine the Great of Russia (1729-1796) Empress of all Russia



"You philosophers are lucky men. You write on paper and paper is patient.

Unfortunate Empress that I am, I write on the susceptible skins of living beings".

"I shall be an autocrat: that's my trade. And the good Lord will forgive me: that's his".

"I have no way to defend my borders but to extend them".

Marie Curie, (1867-1934) pioneering physicist and scientist



"Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less."

St Dr Edith Stein (1881-1942)

Philosopher, founder of **Einfühlung/Empathy**, first PhD on Empathy, one of the six Co-Patron Saints of Europe.



“My longing for truth was a single prayer”.

“The world doesn’t need what women have, it needs what women are.”

“The woman’s soul is fashioned as a shelter in which other souls may unfold.”

There have been great women in our history shaping our civilization on all levels, but because history was mainly written by men – the record of their role was diminished. These great women were the exception. The world was ruled by men, and still, mostly is. A woman on her own horse of inner authority, independence and power has been a rare exception in our history. It is slowly changing in front of our eyes.

The battle on social equality is far from over: equal pay for equal work is still a dream in most countries, our parliaments, governments and company directorates are still men dominated, and the most important work in humanity: motherhood of young children and home building and caring - is still exploitative of woman: no pay, no breaks, no training, very little support. There is a long way to go for a true equality of the sexes on the social front.

There are many political, economic and social patterns to change, but the changes that we are going through and that are still required in order to complete this transition from patriarchy to equality between the sexes – are primarily internal changes, changes of women’s self-image. All the outer, social, political, economic parameters of the change are only one front of evolution. Parallel to what can be outwardly observed and measured – there lives and grow the internal dynamics of change: women were held back in their development over thousands of years by a patriarchal, men dominated, men created system. But men could do it to women for one fundamental reason: they did it because they could!. Women let them do it. Women believed that their true authority is outside of them, not inside. The patriarchal system worked for generations because both men and women assumed that it was right, that it was ordained from God, that it is the natural, just, logical order of things. Women collaborated in a system that gave them a second-rate place in the social order.

Not any more. Women working actively on discovering, creating, developing and applying their growing capacity to become the authority in their own lives – is, in my perception, the frontline of evolution worldwide. Especially here, in Slovakia, today.

I have been a life coach, counsellor, psychotherapist, trainer for personal development and trainer of Psychophonetics and Methodical Empathy since 1990 in Australia, South Africa, England, Hungary, Czech Republic, Israel and Slovakia, working altogether in 18 countries, training practitioners in 6. I have been working, living and teaching in Slovakia since 2013. This phenomenon of women actively taking responsibility and authority for their own personal, personal, spiritual, intellectual, emotional, sexual, ethical, professional, relationship and family concerns, social and political lives - is growing in front of our eyes. I feel in my work today, mostly with women (80-90% of my clients and students are women) that I am placed at the cutting edge of human evolution: women are becoming their own authority.

A woman with no child lost her pregnancy in mature age. Deep grief followed and a huge sense of loss. After a long journey the energy slowly returned, but not the sense of direction. Now she is a frustrated warrior ready for action with no sense of direction at all. At this state she comes to see me for a Psychophonetics consultation. She is expecting the answer to appear in her world or in her mind. It does not appear. Intense nameless anger covers it all. We release anger as pure energy, without intellectualising it. Feeling powerful, playful, *as if she is on the horse!*. Still no idea what to do with it, where to go. Still frustrated.

“Start from what you know, start from what is already inside you”.

The image of sitting on her horse brings the idea of movement, spontaneity, free ride.

“Speak and you will know what to say”.

Four wishes are coming out spontaneously directly from her will:

I wish - to know what the next step is./ - to make the next step./ - to know where to put energy and what the next step is./ - I am open to inspiration.

She looked radiant, powerful, purposeful, on the move. All the inner energies that were not poured into the lost baby – were mobilised into moving on, creating new life, passing the disappointment, the loss, the frustration, the despair, the anger that was released and transformed into a will to live.

Inspiration took place in the course of the session, coming out of the dynamics of the meeting: now is the time of maturity, this is the time to take full responsibility for the *creation*, not just the discovery of her destiny. This is the time for self-leadership. Creation now starts from the personal human spirit. No guidance for her destiny will come from outside any more. Guidance now has to be created freely, individually, by personal initiative. A sense of direction emerges from her process. Her surging powers are given a direction – by herself. The rider is mounting her.

A clear picture about what the future looks like did not appear yet, a future plan was not yet formed. All this will take place later. But the blocked energy was transformed into action. The woman spoke her will. *The woman was riding on her horse.*

Later on at home she had to confront a few more private demons, attended to personal relationship, and found deeper inner resources. And then a fifth wish was created: **I wish to express myself more, socialise more, be more creative and form my future.** She is doing it.

A woman in early 40s, her mother died recently, taking with her this woman's sense of centre, direction, meaning. “I want to go away, disappear from my life, not to be. At this state she came for a Psychophonetics session.

She is discovering that she is living someone else's life. This is not her life. She has not really been here for years. She has never really been at home in this life. But she is also tired of being outside of this life in a fantasy world. There must be a third option.

Hard to imagine. “Imagine it anyway”: being here yet inside of *your own real life*. With great effort, out of depths not ever being touched before, she says: “It is a place where I am fully accepted and understood”. That was a turning point in the session. This imagined place and community never happened before. They were new. *Nothing* in her biography so far could give it to her. There was nothing to build on. A re-start based on the past was not possible. The past was over. Her wish came to her from her future.

It never occurred to her that there can be another starting point: starting from ‘Future me’. This option was strongly legitimised in the session. It was a revelation to her. It immediately became a real option, firing up her imagination, her life energy, her zest for life. She wrote to me later: “*The expression was a threshold to future me. Energy was gained from the future - relaxing at this position. After a long time in this position I heard message from the Higher world - It's something huge....*”

She could not fit into the previous position any more. The new position became ‘the new normal’. Her mother's departure left her alone. Her mother's departure also liberated her to find the source of authority inside. Now she had to be her own mother. Now she has completed her arrival to her own adulthood. She looked completely different. She looked practically taller, more upright, steady and flexible, ready for life. ‘*A woman on the horse*’.

I left her alone in the room for a while, to sense her new self on her own. She wrote to me later on that moment: “*In part of the session when I was alone it came to me to help people to be themselves and to be happy..*”.

She also said later: “The new wish was: To have my life in my hands and also to be fully accepted by close people ”. “Status after the session: coming alive. Main meaning for me: That's enough living from the past. The future has a bigger right to be expressed and lived than the past”.

Women are restoring their self-authority everywhere, an authority they did not have for thousands of years. In the west it started to happen before the first world war, and accelerated through the 20th century, especially in the 60's and still progressing. In Eastern Europe this process was delayed, as all developmental processes towards individual

freedom were delayed – by the years of communism and Soviet control. We are all catching up in Central Europe on conscious evolution and individual freedom. This is unstoppable.

It has to happen. The process of women regaining their power, equality and authority can happen through necessity, as it did through the years of war, through conflict, as is still the case in many households and workplaces, or, much better, it can happen through conscious development, conscious change of women's self-image, men's empathy to evolving women, men's own self-development and change of social contracts on all levels.

Sometimes it needs training, coaching encouragement, collegueship, language, legitimacy, empathy and skills.

Psychophonetics is one such training method for the empowerment of women in the interest of all. It is a great privilege to be a part of this evolution, to put two hands together for the foot of. Women to rest on – and, like in the old days, to help her get up onto her horse and into the saddle.

A woman getting on her horse is a beautiful and a glorious event to behold.

Yehuda