

METHODICAL EMPATHY

A Path of Conscious Evolution

Part 3: The Art and Science of Methodical Empathy – the birthing the new will

‘The Soul that can See itself – Can See the World’

For most people empathy is a gift of character which some people have and others don't. As I tried to indicate in previous articles in Vitalita Empathy is a new phenomenon in human civilization, replacing the old blood-related tribal understanding of people with a new capacity of consciously understanding any individual. The word Empathy was invented in 1909, and was only put into professional use in 1951. The phenomena itself is as new as the word, as the history of 20th century Europe can amply demonstrate.

Empathy is a young and therefore a rare capacity in universal popular demand and short supply. But expectations alone cannot create empathy. Methodical empathy training is required if empathy is to become a reliable, professional capacity for people who are working with people, including parents.

The instrument enabling empathy with the soul of another person must be formed within one's own soul. But how can a normal human being use one's own personal soul as an instrument of understanding another? If you are not careful – you are bound to project yourself into the client; if you are too careful, keeping your own soul away from the process – you have no instrument for real empathy. There must be a third way if Empathy is to be methodical.

In Psychophonetics Methodical Empathy we developed for that purpose the process of 'Parallel Processing': what the practitioner of Methodical Empathy is doing with *oneself* while listening to the *other*. It is the constant process of creating inside oneself the instrument for the perception of the other. Some call it a 'Goetheanistic Phenomenology of Human Experience'.

It has two parts:

Part 1: Listening to Oneself. Constantly tuning one's own subjective experience into an instrument of listening to the other's experience from the inside. At any point when the practitioner is getting stuck in the process – the practitioner is doing a fast-tracked Psychophonetics on oneself:

- 1) Acknowledging the block
- 2) sensing it
- 3) inwardly gesturing it
- 4) inwardly feeling it
- 5) inwardly observing/visualizing one's own block
- 6) naming the block, giving it personal meaning.

In doing so one has activated one's new Perceptive Intuition, Perceptive Inspiration and Perceptive Imagination on oneself. One is ready to empathize with the client afresh.

Part 2: Listening to the Client. On the basis of activating one's own instrument of perception in the above way – the practitioner is now turning the attention to the client again:

- 1) acknowledge the client and their story afresh
- 2) create a fresh picture in your mind about the internal experience and situation of the client in their own story, in light of what you heard so far
- 3) 'Enter' this picture inwardly in internal Gesture, as if you are inside of it, as the client is
- 4) sense in your whole body that situation as if you are inside it
- 5) feel it entirely as if it was your own situation
- 6) 'Exit' from this position and name the experience intuitively, give it a fresh meaning, and communicate it in words to the client.

That communication we call in Psychophonetics: 'Deep Empathic Response' or DER.

Every single time a practitioner uses this process on the level and the depth that they are capable of, in the middle of any communication – that communication is taking a step in becoming deeper, warmer, clearer, more real. On that basis the following can take place:

A) ***The Inviting Process***: inviting the person to invite the deeper dimension of their being into the conversation. It creates warmth, comradeship, community, companionship. It enables the soul and the spirit to be much more present in the process of striving for deeper and higher self knowledge. It creates new self knowledge, and ***new self knowledge*** enables new will, what we call in Psychophonetics "The Wish". This is primarily ***Empathy with Feeling Life***. The client feels deeply understood, met and acknowledged through Feeling Empathy. That experience brings warmth into the space between the two people, in which the client feels safe enough to feel all that in their normal life they do not allow themselves to feel.

B) ***The 'Organizing Process'***: People need their thinking, picture making, meaning, mental state to be also understood. For that the counselor has to mobilize one's own thinking capacity to help and validate the thinking life of the client. Organizing is putting the information gathered through the Inviting Process into possible order, relationship, proportion, cause and effect sequence so that an overall *Common Picture* emerges. Organizing helps the client to create perspective, orientation and understanding of their own situation. The major activity of the Organizing phase is summary: acknowledging the major elements of the story so far, validating them and putting them in meaningful relationships to each other in front of the client. This is ***Empathy with Thinking***. Coming after the Inviting Process it enables deeper and new meaning to emerge from the phenomena of experience.

C) ***The Challenging/ Personalizing Process***: Acknowledging the Willing dynamics of the client that gives the Empathic process its power, form, and future drive. New will has to be created if new action is to follow. That potential new will is suppressed under deep layers of denial, hurt and fear. Courage is required, and that courage can be encouraged through the 'Challenging' process: using hidden signals in the client's expression the counselor becomes a hunter of opportunities for deepening the client's awareness of oneself: logical contradictions, hidden inner voices and characters, opposing values, blaming, victimization, reactivity, projections, self-dishonesty, 'blind spots' – all the habitual avoidance of taking personal responsibility for one's own reality. The purpose of the Challenging process is to encourage the client to take deeper personal responsibility for one's inner and outer life. The Challenging/ Personalizing process is ***Empathy with the Will to go Deeper into the Soul***.

D) ***The Concluding Process***: sensing the potential will of the client to act, and catching the moment when it is time to move into action, when the will is ready. It is the process of identifying the

readiness of the client to move towards action through focusing on that aspect of the story that one is ready for it. This process is ***Empathy with the Will to Act.***

The successful conclusion of the Conversational phase leads to the creation of the ***Wish***. In the right moment at the end of the concluding process a clear request will be presented to the client: "please make a wish about what it". 'It' stands for everything spoken of so far. The wish will come out of the client's deep intuition readily, like a smooth birth after a proper process of gestation: the Wish will be born.

The Wish places the client in the position of true leadership of the following process. This is the end of the 'Culture of the Expert'. The direction for the journey will be given by the owner of the journey: the client. The counselor is the 'Midwife' of the wish, and then the comrade on the road to achieve it. The client is in charge of where we are going, and of the assessment of whether or not we are getting there.

Following the Wish the '***Action Phase***' will be launched through the client's choice of an example from recent time, a real moment of life from the normal life of the client in which the issues at the focus of the conversation took place. That moment will be taken as a point of entry into the reality underlying it. It will be put 'under the microscope' made of a combination of Sensing, Gesture, Visualization and Sounds activities (as outlined in previous Vitalita articles) and explored thoroughly. The underlying patterns, old habits, dysfunctional defenses, the variety of internal characters, the deep logic of each one of them, the hidden potential for healing and for making the next step in this person's development – all will be revealed dramatically and acted on. Each element will be understood with 'Dramatic Empathy' before being transformed.

The Wish will lead, govern and inspire the process from the moment of its expression until the end of the session, and beyond, into the follow up 'Home Work' that will be suggested. The Wish is the highest expression of the client's empathy with one's own higher human potential. The counselor is the servant of the wish. The Wish transforms the interaction into a practical 'Psychology of Freedom'.

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