

# RELATIONSHIP UPGRADE TRAINING

## Relationship as a catalyst for personal development with Psychophonetics

Personal intimate relationships are in urgent need of upgrading everywhere. We cannot manage it the old ways any more. We have grown into complex sophisticated individuals in an ever more complex civilization. Traditions, old habits and following previous generations don't work for us any more. We are upgrading everything around us all the time from the simplest gadgets to IT to international trade, but the way we interact in personal relationships remains primitive, from the simplest of people to the most cultured and educated ones. The upgrade that is needed for our personal relationships requires a new capacity: the ability to look into ourselves, to see ourselves with clarity, and to transform our unconscious patterns of survival into conscious evolution.

Evolution is a conscious process now. Its cutting edge is not technological, organisational, political or the evolution of human consciousness itself, and the front line of human evolution today is the conscious upgrading of personal relationship on all levels. It starts at home: upgrading one's relationship to oneself.

An example of a Psychophonetics couple counselling recently. They came asking for help in their relationship: a man and a woman in their early 30's, young and fresh and beautiful, ready for relationship, for intimacy, for family, for life. They want to be with each other. They tried, and failed, and gave up, and tried again, and stopped again, and now they want to try again, differently, maybe for the last time. They cannot be with each other and they do not wish to be without each other. They both have good reasons to want each other as a partner. They want to give this relationship one more chance.

Their previous attempts at personal, intimate relationships were destroyed by regular outbursts of anger, arguments, reactions, destructive ways of speaking to each other, and a regular war. They did not know how to change it. They wanted it to be different this time but they do not know how to do it differently. They asked for my help.

I sensed that this is probably the last attempt that they are making to save this relationship from destruction. I knew that they needed to go home today with something new, with a new possibility of practical change, a new practical hope. I also knew that what they carry in themselves now – they will carry with them into any future relationship. I wanted to try to train them in new skills for personal transformation, as the basis for a new pattern of relationship with each other. I also knew that they are not here to become dependent on my continuous support for the maintenance of their relationship. They needed new skills, not a new dependency.

It was time for 'Relationship Upgrade Training'.

With their permission I introduced to them the possibility of this process as a *training* process, not as a *therapeutic* one. They liked the idea. So I took them on as students for that training.

For a process to be a training – new experiences are not enough. There must be a combination of understanding the existing patterns, developing new ideas, understanding new principles, trying new exercises, reflecting on experience and learning from it, acquiring and practising new skills, developing new patterns, integrating them into normal life and upgrading it into a new standard of living. All this has to be done methodically and consciously. I also knew it was possible.

But what about spontaneity? Aren't personal relationships supposed to be spontaneous, natural, instinctive, intuitive, a flow? Yes, of course. But the transition from one level of relationship to another has to be conscious and methodical. Good driving of a car is spontaneous, natural,

instinctive, a flow, but learning how to drive a car is a conscious process. I wanted them to be my colleagues for a common task, partners in the awareness that is required for a real change.

So I introduced to them the basic principles of 'Psychophonetics Relationship Upgrade Training', and I am introducing it now to you:

#### **Part A – training in guiding principles:**

- 1) This is not a pathology to be corrected back to normalcy. This, unfortunately, *IS* normal, but what's normal is not good enough for anyone anymore. **A shift is required from 'Psycho-Therapy' to 'Psycho-Development'**. Only when you embrace personal development as your goal of this process will there be a real change into a different kind of relationship.
- 2) **You as you are now – just cannot do it. A problem cannot be solved from the same level of consciousness that created it.** A consciousness-upgrade is needed. Your combined present individual consciousness can only create what you have now as a relationship. You will be creating the same level of relationship repeatedly until your consciousness will change, individually.
- 3) **The conflict is created by the two. The solution can only be created by one at a time.** The development required in order to upgrade the relationship – is an individual development. Only if each one of you, or at least if one of you will commit yourself to a personal change – will there be a chance for a change in the relationship.
- 4) **Relationship is with the whole person: his/her light as well as his/her darkness.** In joining with a partner in a committed personal relationship you choose, consciously or not, to have an intimate relationship with their dark, unconscious, un-transformed, destructive elements – not only with their light, love, consciousness and creative sides. This is not a mistake. It is inevitable.
- 5) **You cannot change anyone else!** You can only change yourself, and even that takes a lot of work. Any attempt to force a change on someone else – just starts another war. People don't change because someone else wants them to change. No one else has the *password* for changing my program. Only I have it for me, only you have it for you, potentially. The sooner you stop trying to change your partner – the sooner the wounding and the repetition will stop and healing and development can start.
- 6) **There is no one absolute truth - Reality is an individual creation.** What we call reality is a personal construct. Each person constructs his/her reality in their own individual way. There cannot be exactly the same picture by two people regarding the same experience. There is always more than one point of view on anything, and no one has a monopoly on absolute truth. It is an objective fact that people's realities are subjective. Only through being open to the reality of the other from the other's own point of view, understanding and respecting it – can we come closer to what is the common reality in the relationship.
- 7) **In order to upgrade the existing pattern – the present pattern must be clearly observed.** The person has to come to observe one's own subjective reality – objectively. You cannot change what you cannot see. Psychophonetics is primarily a method of objective self-observation of one's subjective self, for that purpose.
- 8) **The major individual patterns that have to be changed are automatic defensive reactions to each other.** You individually are responsible for your reactions. The trigger, the provocation is outside of you. The real cause of reaction is *always* inside of you. Only you can change it.

- 9) ***The major interactive pattern that has to change is the dynamic of arguments:*** No one wins domestic arguments. There is no point in speaking if no one is listening, and no one is listening during a domestic argument. But it takes two to do an argument, and it takes two to continue it – but it takes only one to stop it. It is enough for one of the two to stop arguing – for the argument to stop.
- 10) ***Heart and sexuality of men and women in an evolving relationship*** - The way to women's sexuality passes through her heart; the way to man's heart passes through his sexuality. You cannot change it, work with it. Heart and sexuality can of course exist in separation from each other in a personal relationship, but not in an evolving relationship. Roots and branches make one tree.

These are the basic principles that I formulated over the years of my own personal and relationship development, my years of experience with couple counselling and my years of professional training of counsellors. That is how I always worked with couples. But recently I had to realise that working with couples on the basis of these principles is no longer enough: these principles have to be taught and understood by the partners before any practical training can start. For this process to be consequential - my clients have to become my colleagues.

Of course just talking about these principles is not training. Training requires understanding them and applying them, reviewing them in action and integrating them. So I shared these principles with them, and they made sense to them. The expected logical question came from one of them:

Question: what if one of them does an individual upgrade and the other does not?

Answer: the one who does the individual upgrade evolves personally, even if the other does not. He/she will be capable of creating future relationships differently. But even for the present relationship – a personal upgrade of one partner will change 50% of the quality of the interaction for *both* of them.

## **Part B – Practical developmental training**

Each couple is unique and different, of course. But some basic architecture can be used as the basis for many possible variations. I will outline here only the practical starting point for Relationship Upgrade Training, through describing the details of that recent couple counselling session:

I asked them to develop and to share their wishes regarding the future of their relationship. His wish was to have a peaceful, nurturing, supportive relationship in which both the positive and the negative sides of each one of them will be accepted. Hers was to feel accepted and appreciated as she is. There was no contradiction between these wishes. I appreciated and accepted them both.

Then I asked them to imagine themselves sitting on a couple of chairs in front of them, in the near future, in that ideal relationship that they desire. It took some effort in creative imagination, but they did it.

Next I asked them to go to these other chairs and become that future person that has this future relationship *with the same partner*. I asked them to feel that new position in their body and to express that feeling in a gesture.

Once they relaxed into this new position – I asked them both to look back at themselves today in the previous pair of chairs, where they were at the start of this session: their 'normal state'. Each of them looked at oneself as if they were still sitting in those chairs.

Then I asked each one of them to identify the major difference between themselves as they are in the future, ideal position – and themselves in their normal position in life. I asked them to identify *one element*, one characteristic of themselves that *has* to change in order to move into this future position, and to name it.

She named it: to move into accepting him as he is. He named it: to think less about his work and more about her and her child.

**Part C: home work**

I gave it to them individually as their homework between now and the next time we meet: she will practise accepting him as he is; he will practise changing the ratio between time spent thinking about work and time spent on this new family. They fully accepted this homework.

The Relationship Upgrade Training has started.

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**Conclusion:** We all have many examples of bad relationships to observe all around us. We also have at least some ideals and examples of beautiful love stories in real life, literature and movies. There is nothing new about both.

But a conscious, methodical process of upgrading the present standard of a given personal relationship from one level to another – that is still new.

This is my humble contribution to our collective effort of the past six decades of conscious evolution on the front line of the conscious intimate, personal relationship: a catalyst for personal development, with Psychophonetics.

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