

# THE MANY DIMENSIONS OF HUMAN LIVES

By Yehuda Tagar (April 2019)

It does not take a very sharp eye to realise that we live continuously on many dimensions at the same time. Against the background of the dominant materialistic worldview in our academic and public life - for many people one human lifetime is only a chapter of a much bigger cycle of time, story and biography. Some believe in the possibility of reincarnation, some scoff at it as an old eastern religion and western hippies fairy tale. But there is another category of people regarding the possibility of repeated earthly lives: those who experience their previous lives with the same clarity and strength of reality with which they experience any other memory. For them past life is not a matter of belief but of direct personal experience.

I met many of them in the course of my Psychophonetics work in many countries over the past 30 years. In the middle of a personal session, based on a very specific life problem they want solved, entering a specific moment from recent life as an example for Psychophonetics Action phase, to their shock and surprised they see themselves in the middle of a totally different experience of a completely different person, in another time, another place, another story – but they know it is themselves they are looking at, essentially the same person they are now but a long time ago, in another lifetime. Some of them were open to the possibility of reincarnation before that experience, some were not, most of them never thought about it in a personal way. The experience in front of them was real for them, no matter what their belief system was. Right from the start of my career as a counsellor I decided to trust their reality and to take it seriously, as I had my own personal experiences to guide me in this. I decided that if it is real for my client, it is real for me. I have never induced such experiences, I have never told them that what they see is a past life experience. I interviewed them. When they tell me that who they see in front of them is themselves in another life – I take it to be a reality. No speculation or interpretation is involved in Psychophonetics work. The clients define their own reality.

In one of my early experiences as a Psychophonetics practitioner in my position as a psychotherapist at the Melbourne Therapy Centre (a holistic medical centre specialising in Anthroposophical Medicine) a businessman from New Zealand came to see me because of a severe headache for which he found no cure. Having entered his pain experience in physical gesture, exited from it and looked at his previous position - he was completely shocked by what he saw. He could hardly speak. Eventually he said that the man in front of him has his head split with a Patiti, a Mauri axe, and is dead. Who is he? I asked? "It's me damn it" – was his immediate reply. This life? I asked carefully. "of course not. This is from a long time ago. I am of 1/8 Mauri descent. I always suspected this connection". Once calmed - he took care of the dead man in front of him, placing his soul into his present heart and sent the physical remains back to the earthly elements (in his imagination). There was peace. The war was over. So was the headache.

Since that time, 1992, such experiences have taken place in many Psychophonetics sessions. People remembered dying in gas chambers, mass graves and in front of shooting squads in the holocaust while others remembered being the SS officers involved in their killing, sometimes both being members of the same Psychophonetics training group. People remembered being mutilated by invading armies, burnt by the Inquisition, lynched by an incited mob. No great historical figures. Mostly simple people, rebels, wise women,

fishermen and prisoners who had suffered cruelty before death or rape – in another life. I have never induced or suggested that this is the story we are observing. That meaning always came from the client him/herself. I always respected it as their reality, and acted further on that basis. There was always a reconciliation and a healing process possible in that process resulting in a drastic beneficial impact on their lives. From time to time an experience appears not from past life but from the time between two lives, looking back at past life from the afterlife.

Here is one of them from recent time in more detail: A business woman in her early 40's in Central Europe came to me to deal with her difficulty to handle conflicts. She cannot stand them. Most of the time she just retreats and leaves the situation completely, always with a sense of a task not completed. Rarely she finds herself bursting forward with a defensive reaction, only to regret it later. Her wish was that in a moment of opposing opinions to be able to stay in an atmosphere of respecting her own boundaries and the boundaries of others. The sample was everyday life, as the fear of conflict was always there. Where does she sense it? In the stomach. Feel it, sense it, gesture it:

A punch into the stomach. A steel plate pressing her in the stomach, protecting her from her own self judgement. Judgement about what? I have done terrible things. What? When? Not now, not this life. I used to have a lot of power. \*\*\*

Face your own power – that was unimaginable. She cannot do it. It is too much to bear. Suddenly she looks as if she is not really there. Are you here? Not really. She looks like a shell of herself. Where have you gone? She left the body. She can identify the out-of-body position behind herself. She goes there physically. From that new position she can observe herself in the past position of power from bygone times. Go into this position of power. She does. It is powerfully restricted from being expressed. She is becoming a restricted power. The restriction is applied to her from outside through a blocked sound. She breaks through the restriction, then she becomes totally exhausted. She gestures the exhaustion.

She is in a completely new place now. This is not in life at all. This is in between lives, looking down at the life she led when she had power. She is now observing the consequences of her acts in a life when she had power over other people. It is dark and cold. She is paralysed and her legs are stones. She cannot move. She hears the suffering of people caused by her. It is pure suffering for her to hear it. There is no escape from it. She accepts it and suffers. She says : “I am responsible for that”.

Someone is watching her from another, broader perspective. She cannot see them, but she feels she is being watched without judgement. “they sent you back here” Yes they did. Do you feel authorised, having the right to have another life? Not yet. Something is missing, something got stuck in the process of full return, because something is missing.

“Was there a choice?”

“Yes, she says, there was a choice. I thought I was doing the will of the gods, representing them. But there was a turn. The gods became shadows. My actions became motivated not by the will to serve the gods but by the fear of losing my power. There was an inner voice of conscience telling me not to do it. If I listened to it – I would lose my power, and maybe my life. I did not listen to it. I chose to act on my desire to protect my power and my life. There was a choice”.

She confesses to herself and to her victims that there was a choice, and she chose the wrong options, creating these people's suffering. That was the turning point.

There is a change of scene, of atmosphere, of light.

“It seems as if they decided to send you back. They see your potential to do good, to heal what only you can heal. They trust you, they forgive you. Can you forgive yourself? Can you trust yourself?”

“Yes”, she says. :There is a way to do it all differently – to see God in everyone. This will remind me that God believes in me.

They trust me. I feel their trust. Now I can trust in myself. Now I know that I can do this differently.

I can trust myself now”.

She enters symbolically into this life by choice, accepting her power which she now can trust to do good.

She says: “In situations of conflict I can now stay and act freely because I can rely on God in myself. I don’t depend on people. I know what I am doing for myself”.

This is the conclusion of the session. The wish is fulfilled.

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What has just happened? I was there, participating in the inevitable logic of the process, which, I believe, has a life and an intelligence of its own. I responded to the meaning that was there in common to myself and to my client. There was no intellectual interpretation, speculation or abstraction. We shared the same reality, guided by the client’s intuition of what is going on and what it means. I followed her meaning, acting on my intuition from a position of a friend and a colleague. We had a shared reality.

What it means to the reader – the reader will have to decide. But to me and to my client it seems as if a past life was re-experienced, as well as a position in between lives, when the consequences of the life just lived are fully experienced. It had paralysed the soul in the face of conflict. Then a new choice was made: to take full responsibility for what she did, with no excuses and cover up. To acknowledge that there was another option for action – but she chose to take the one based on fear and preservation of earthly power. That acknowledgment opened a new possibility of forgiveness and self trust, from which she could experience for herself the trust that ‘they’ already gave her – but now she could give it to herself in self knowledge.

The processes that we used engage the deeper dimension of human intelligence and communication: reflection, sensation, gesture, visualisation and the sound of human speech. In short: Psychophonetics. It can make the invisible visible, the silent heard, the unknown – personally known. It mobilises the observational resources of Imaginative, Inspirative and Intuitive perception, potentially available to every human being, but in need of conscious activation. It is not speculative or theoretical. It is an early expression of a future Soul-Science: Psychosophy.

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I wish to leave the reader free from my interpretation of what happened. The client gave me her permission to write about it and to publish it.

May it enrich you and open your mind to the possible invisible dimensions of human lives, their broader context, to who we humans are, to the greater meaning of human lives on

earth. For us, myself and my client – so much of it became first-hand new knowledge, a reality.

We both leave it now with you.

Yehuda Tagar & his client.

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