

The Three Sacrifices

Growing towards our greater being *through* growing into Seeing, Hearing and knowing others.

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At any given point in time everyone can say to oneself: *there is in me a greater me, a higher potential that is not yet realised, a wiser, deeper, more generous, more loving, more creative, stronger, more courageous, more forgiving, more grateful, more helpful me; there is a living greater potential human being in me that can be much more awake to the reality of the world around me, inside me, inside other people, inside nature, inside art, inside the hidden beings that are now invisible for me; there is a potential greater me in me that can connect more intimately with truth, with goodness, with beauty, with joy, with the purpose of my life, with the meaning of all life. I am pregnant with the greater me that lives embryonically inside of present me. But this potential will not be born into reality just by the passage of time. I will have to grow it with my own conscious efforts, I will have to birth it with my own spiritual hands.*

At every point in life every human being can say this to oneself, and it will be true. It will be a truth that they will no doubt—doubt. There is no past record for future me, no evidence, no witness outside of me to what has never happened to me before. The doubt will be there and the only way to overcome it is to create, by my own hands, the next stage of my own development. Only a new act of creativity can overcome self-doubt.

Thresholds exist for the manifestation of human potential into reality. The threshold has to be there. Crossing the threshold *is* the preparation for the next stage. Crossing personal thresholds is not a walk on a garden path because there is no ready-made garden, there is no ready-made path, and there is no ready-made power in me with which to overcome my own limitations by my own not-yet-existent capacity. All this I have to create.

The greatest threshold of our time, personally and collectively is understanding another human being from their own point of view; experiencing their experience as if it was mine; knowing what their life means to them as if this was the meaning of my own life. There are other beings in the world, in nature and in the universe, but we cannot reach them before we reach awareness of the human being next to us. We humans are spiritual beings, each one of us, we just forgot, and the path to greater spiritual awareness passes through meeting the spirit in each other. We are, for each other, the gates.

And this is what I believe that it takes: a sacrifice. I have a life: I sense, I feel, I think, I will and act. These soul capacities we all being used in normal life for my own fulfilment and satisfaction. This is the normal, present 'me' in everyone. But that natural, given, instinctive commitment to my own satisfaction, which human beings share with all the animal kingdom— this is the ordinary me that has not crossed the threshold to truly meet another human being.

Everyone has a soul for oneself. To evolve across the threshold, that soul has to become an instrument for the perception of another soul. That transformation from using my soul for my own satisfaction to using my soul as an instrument for the deeper connection with the souls of others. This is at the same time, my personal evolution, and the evolution of humanity as a whole. This is the future, if we have a future at all. And this is the principle of true initiation: what I do for me and what I do for the world are one.

Three major thresholds stand on my way to that dimension of the greater me, at any moment of any human interaction:

- 1) transforming my thinking into a sense organ for the perception of the thinking of the other
- 2) transforming my personal feelings into a sense organ for the perception of the feeling of the other
- 3) transforming my will into a sense organ for the will of the other person.

On the one hand, I do it for the other person and for improving my relationship and collaboration with them, for everyone would like to be understood on a deeper level and everyone will have better relationships with someone who understands them better. It can improve my relationship with partners, friends, children, family, colleagues, work, everyone. But at the same time, on another level, this is the best that I can do for my own personal and spiritual development, and for my healing. As a result of these efforts, I will be making a real practical step towards the manifestation of my own higher being, my own higher potential; I will be developing the three new levels of human evolution that are waiting now as potential for everyone:

- 1) Imagination as power of perception for the thinking of other
- 2) Inspiration as a power of perception for the feelings of others
- 3) Intuition as a power of perception for the will of others.

These are the characteristics of the greater 'me' in everyone today. But real development requires sacrifices. Three major sacrifices are required for the conscious cultivation of our futuristic powers of perception. They are, in short:

The First Sacrifice: Holding my perception of another person *before* making it into a fixed concept in my mind. Letting the concept come from the meaning it has for the other being.

The Second sacrifice: Holding my feelings about another person *before* consuming it for my own satisfaction, allowing my *feeling* to *feel* the reality of the other person's *feeling*.

The Third Sacrifice: Holding my own impulses of will, action and reaction *before* fulfilling the desire to express them fully, using it for the purpose of perceiving the reality behind the reaction of the other, the reaction which provoked my reaction to it.

Much more could be said and written about each one of these threshold crossings, their precise impact on one's own self-transformation, their impact on human communication, relationship, family, parenthood, collegueship, work and community building. But for this article I will only add three examples of the application of the Three Sacrifices in real life.

Take the First sacrifice, the discipline to hold on to a perception of an impression coming from another person. The other person speaks, using a certain emotive language and intonation, acts, reacts, makes choices. These, for me, are perception. The normal tendency is to judge it straight away on the basis of liking it or disliking it, agreeing with the expressed opinions or disagreeing with them, standing to benefit from those expression or to be damaged by them. We take side, we form a judgment, we make our own mind in light of our previous dispositions, past relationships and the association that it provokes, consciously or not. From that moment on, the judgment we form about the other person's expression becomes our reality. That is what most of us normally do most of the time.

But none of my judgments, my attributed meaning, my evaluation of that expression and the 'reality' I form about that person reflect his/her reality. Not at all. This is just me projecting myself into the other person's reality. This leads to constant clash or different realities regarding the same life situation, stopping individual and relationship development.

But if, at that moment, just between perceiving the other's expressions and forming my own judgment about it, I would stop, and instead of proceeding to form *my* reality—I would use the same mental capacity to *allow* his/her experience, background, reality, meaning—to form the picture in my mind of what is *really* meant on the other side—something new would take place both in me and in the interaction: my own thinking would become to a certain degree a sense organ for the thinking and the reality of that other person, connecting me to their being from the inside. That is a move in the

direction of what we call in Psychophonetics *Imagination-Perception: 'Seeing'* the mental pictures of another human being from their own point of view.

Take the second sacrifice: the possibility of holding my feeling *before* consuming it for my own satisfaction, allowing my *feeling to feel* the reality of the other person's *feeling*. Someone speaks or act in a way that moves me deeply, pleasantly or unpleasantly. Usually, *my* feeling in response to that expression fills my soul, dominates my experience of the meeting, giving *my emotional colouring* the power to become, for me *the emotional colouring* of that expression. But my feeling/emotional response to the other person's expression could be largely controlled by *my* sympathies and antipathies, *my* attraction and repulsions, *my* associations, *my* past knowing of this person, *my* past experiences of similar expressions. If that is all I do on the feeling level—I end up not with more perception of the soul of the other, but with more of myself. It is in relation to *my* feeling that I will give *my* meaning, forming *my* reality about the other person's soul life. That, again, is a projection, not a perception.

But, if at that moment, just between the perception of the feeling of the other - and allowing *my* feeling/emotional to dominate the meaning I give that expression; if at that moment I would decide to stop and to use my own feelings to *resonate with their feeling*— then something new will happen both to myself and to the interaction: my feeling will become a *receptor and a preceptor* for the feeling of the other. My feeling at that moment have become *an organ for the perception of the resonance* of another soul. That is a step towards what we call in Psychophonetics *Inspiration-Perception: the 'hearing'* of the resonance of another soul – inside of mine.

Take the third sacrifice: Holding my own impulse of will, action and reaction *before* fulfilling the desire to express it, using it for the perception of the reality of the will of the other, whose action provoked my reaction. This act of sacrifice can have far reaching consequences: the transformation of defensive reactions into a sense-organ *while they are happening*.

All impulses of will desire expression into the world. That is the nature of desire. Without the animation of desire— I will not be effective in relation to the world around me. To the perception of aggressive, defensive, offensive, judgmental, criticising, attacking reaction from another person towards me – The normal response to the to a reaction towards me coming from another person – is my counter-reaction, exploded or imploded. That is what most of us do most of the time. This is the destruction effect of defensive reactions on all human relationships.

If I would manage to stop for a split of a second just in between the perception of the 'attack' and my desire to defend myself and counter attack, something new will enter the interaction: at that moment my own will could fulfil its higher potential as an instrument for the perception of the will of others. Will speaks to will in the same way that French people speak French and Chinese people speak Chinese to each other. I can potentially use my own will to 'know' the will of others. That is the higher potential of human will, what we call in Psychophonetics *Intuition-Perception*, the organ of perception of others reality as if it was our own.

Will speaks will, as much as thinking speak thinking and feeling speak feeling. These are the languages of the soul. We normally use them on a lower level, just for our own satisfaction. But we can choose to sacrifice our immediate satisfaction in order to use these same languages of the soul– to perceive the same level of the reality of others. I can use my English to express myself in English, or I can choose to use the same English vocabulary that I have to understand another person speaking English to me. It is the same English, but it is not the same reality.

Our soul is our most personal, intimate possession, more personal than our body. Most of us most of the time use our soul for ourselves. But the higher potential of human beings becomes activated when one's 'I' chooses to use one's soul as an instrument for the perception of others. This is a real, grounded and accountable approach to spiritual development, with immediate consequences on the social sphere. This is humanity's future, if humanity has a future. But that future must start to be created now.

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