



Enhance your **M**otivation....

Become more **O**ptimistic....

Improve your **R**elationships....

Maximize your **E**njoyment in all ways....

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December 2008

TimeWarp Technologies™ Newsletter:

Welcome...

Here is your TimeWarp Technologies™ Newsletter for December 2008. This newsletter may be duplicated and distributed to those who share an interest in Energy Medicine, neurolinguistics—especially Neuro-linguistic Programming (NLP)—and spirituality.

This month the featured articles are “Going the Distance,” by Joel; “The Other Side,” by Debra; “The Pleasures of Politics,” by Joel; and “The Healing Power of God’s Love,” by Debra.

Going the Distance

The meaning of the expression, “going the distance,” changes from context to context, especially following National Lampoon’s releasing a movie by that title. Its original meaning was an expression of extended effort over time—a refusal to give in, give up, or quit in the face of adversity. When you say of someone that he or she “can go the distance,” you are saying that the person has strength of will and character. While I agree with that premise, I think that another perspective is also worthy of consideration. In a certain sense, we all go the distance. We all go from B to D—from Birth to Death, so we are all going the distance. The fundamental question is in the *how*.

From that perspective, we are all spending the time of our lives a minute, an hour, a day at a time. If we were spending money instead of time, what would we have to show for the expenditure? In a way, our lives are like having a bank account of unknown quantity and the requirement that we spend so much every day with no possibility of saving for tomorrow. Once we spend a day, it’s gone. We have no other choice: we must spend it. Ideally, we will spend each day in ways that allow us to look back and say that the day was well spent.

From this perspective, “going the distance” suggests a sense of joyful perseverance. You would probably not

consider a day spent being angry or miserable, for example, as “well-spent.” You might, however, consider a day spent grieving for a loved one who had completed his or her journey a day well spent. Most of the people I know consider a day spent learning something new well-spent. I suspect that all of us have certain criteria for what counts as well-spent. Satisfactions are, after all, in the mind of the beholder.

Because we have no choice but to go the distance, the *how* of our going is the measure of not only success, but also satisfaction. We can, of course, choose to reduce the distance we go in a variety of ways, including lifestyle choices, risky behaviors, and even suicide. On the other hand, simply extending the distance doesn’t guarantee that the time will have been well-spent. The quality of the spending is what counts.

No one can tell you what a day well-spent might be. When it comes to your life, you are the only one who can say whether your time has been well-spent. This is one of the reasons that short-term choices about lifestyle are so important over time. We may eventually consider some of those things that brought us pleasure in the short-term as time not so well-spent. Eating healthful foods and exercising with regularity, for example, may not seem like well-spent time in the short-term, but they are the kinds of things that allow us to extend the distance. They are medium and long-range strategies rather than a short-term strategy.

As a big fan of bacon cheeseburgers (with French fries) and pizza, I would be the last person to say that enjoying short-term pleasures of that variety should be forever banned. A life without any short-term pleasures could not be said to have been well-spent. Short-term pleasures are worth having if only because we can never know for sure when we will have gone the distance. At the same time, we do well to have a strategy that will help ensure that we are able to enjoy the longest distance that might be afforded us. Mickey

Mantle of baseball fame and football star Bobby Lane were fond of saying, "If I'd known I was going to live this long, I would have taken better care of myself."

While you can't know for sure how long you are likely to live, you can adopt short- and long-term strategies that help ensure that the pleasures of the day contribute to the pleasures of the weeks, months, and years. That may mean three salads for every pizza or bacon cheeseburger, and it may mean three days of exercise for every day of sleeping in. But, once you have gone the distance, such strategies will let you look back and say that it was time well-spent.

The Other Side

Recently I was introduced to the song, "The Other Side," by Don Conoscenti. The message reminds me of a poem I have often used at funeral or memorial services. And they both connect my thinking to a question Joel asks in our program, *The Power of Presence: Seeing the Divine in Everyday Life*, "What would you do if you knew you could not fail?" That is an easy question for me, because one thing that I would do is build an intentional sustainable community. It is a dream that has been with me most of my life. Way back before the current energy crisis, I was convinced that wind and solar power were viable for small groups of people and that we would be better off if we did not all think we needed a washer and dryer and riding lawn mower of our own. I was sure the reason people had difficulty with the idea of sharing was simply because of the attitude that I might want something at time when it was not available. Convenience and fear had gotten in the way of conscience, cooperation, and creativity.

Mass production created the need for marketing and advertising, and we let ourselves be sold a bill of goods, and so our way of life had been shaped without our awareness. I had the strong sense that we really can let awareness guide our choices more and more now. I could imagine a community where confidence that everything we need is provided was the foundation for joyful and exuberant living.

What would you do if you knew you could not die? That is the question dancing in my heart as I listen to Don's lyrics: "I can fly, really fly. Below the earth...all through the sky. Tell 'em all I did not die. I'm just over on the other side...." (See: www.donconoscenti.com/index.php?page=songs&display=9) This is essentially the same message that's in the following parable that I have often used in funeral or memorial services:

I am standing upon the seashore. A ship at my side spreads her white sails to the morning breeze and starts for the blue ocean. She is an object of beauty and strength. I stand and watch her until at length she hangs like a speck of white cloud just where the sea and sky come to mingle with each other.

Then someone at my side says: "There, she is gone."

"Gone where?"

Gone from my sight. That is all. She is just as large in mast and hull and spar as she was when she left my side and she is just as able to bear her load of living freight to her destined port.

Her diminished size is in me, not in her. And just at the moment when someone at my side says "There, she is gone," there are other eyes watching her coming, and other voices ready to take up the glad shout "Here she comes!"

And that is dying.

--Henry van Dyke (1852-1933, "A Parable of Immortality")

I grew up with the Christian understanding of I Thessalonians 4:13 mandate for us to not grieve as unbelievers. It is the story of the resurrection of Jesus, and the assurance that even those who have died would have new life just as Jesus did. Even back then with my concrete thinking, knowing that life was eternal was somewhat comforting. The idea that got in the way of my peace of mind, however, was that one's eternal life could be in hell, separate from God, and filled with pain and suffering. I am not sure how I deleted the clear message in Romans 8:38 that *nothing in all creation will be able to separate us from the love of God*. Maybe this is what the contemporary philosopher, Ken Wilber, means when he says that consciousness develops in waves and streams, so we can have clarity about some things and still have been very naïve about others.

But I digress ... and the real message of this article is how you see the divine in everyday life, and how your seeing that allows you to live your life with a total sense of safety, security, and peace of mind. Another stanza in *The Other Side* is, "Left my skin and bones behind, now I'm over on the other side. Can you feel me there with you? My breath is gone, but I'm not through. Loved you then, and I still do from over on the other side."

Indigenous peoples sometimes have had an easier time of accepting this because their perspective more often allows them to see that space and time are not concrete or literal, but rather concepts that enable us to negotiate life. Shamans were said to have one foot in ordinary time and one foot in nonordinary time. We talk today about the veil being thin, but where is that veil and how did it get thin? It does make more sense when we remember that all language is essentially metaphor, and we are speaking about states of awareness that really do create how we experience our lives.

When my mother was nearing death, I had a few moments alone with her while the rest of my family went to have some lunch. I turned off the fluorescent lights and took her hand in my hands and began to just sing softly. I made up words. "Momma's gonna get a brand new pair of wings, fly Momma, fly!" I don't know where those words were coming from within my heart or soul, but it seems that Don Conoscenti and I were somehow sensing from a collective awareness, and we both knew those words

let you have a peace that really does surpass understanding. In the same way that the heart has reasons that reason (logical thinking) does not know, at core, you do know that even when breath is gone, life is not through.

What does the idea that you can be totally unafraid of death—than you can be aware that you cannot die, what does that total trust of your own eternal nature invite your heart and mind to dream? What would you do if you knew you could not die? What dreams are still waiting there within you to be birthed into being? How much more abundant will all of our lives be as you move beyond those limited thoughts and really fly?

Joel and I were talking about people needing to have a strong lifewish, meaning a total honoring of our being in this body at this time and loving it. We were talking about how some people seem to live life fully, and then just die a quick, easy death. My point was we had been concrete thinkers and believed that when our loved one died, he or she went to heaven to be with God, and we thought the only way we could be reunited was for us to die, too. It was pretty natural that many people developed a deathwish.

You can go online and read all the lyrics to *The Other Side*, and even hear Don singing “It’s good here on the other side. The sweetest songs ... the bluest skies. Thank you for the tears you cried, but it’s good here on the other side.” In the same way that we had been looking to some future time for our dreams to come true, we can notice our dreams are already here, and we can now begin to really enjoy life to its fullest.

The Pleasures of Politics

Here in the U.S. we have just concluded what seems like the longest political campaign in history—not only the history of the U.S., but also of the world. In remembering the TV ads in particular, you may be wondering, “*What pleasures?*” The pleasures of politics are undoubtedly an acquired taste. Let me explain....

In most countries for most of human history, people could not vote. The king was the king until there was another king. Presidents for Life hung around until some other guy who wanted to be President for Life staged a rebellion and ended the life of the previous president. Some cultures provided for citizen input through councils of elders who would advise the chief, but, even in such cultures, the number of those who had a say in government were limited. Even in Ancient Greece, the birthplace of what we now call democracy, only the wealthy and privileged participated in the democratic process. The slaves and the commoners had no vote.

The U.S. is not, of course, the only participatory democracy. It is the one with which I am most familiar and the one from which I derive the pleasures of politics. My guess is that those living in other democracies have their own pleasures to savor, as democratic governments afford individuals with the

opportunity to participate either directly or indirectly in governance.

The U.S. is a republic, so we participate in our democracy primarily by electing individuals to represent us. You can imagine what political life would be like if we all voted on everything that our elected representatives have to wrestle with. Our democracy works best when we select good representatives to do the wrestling for us. This is where the pleasures come in.

Every so often different individuals ask us to elect them to represent us. We have chosen to call this activity “running for office.” Most readers of this newsletter are aware that in the U.S. we have just completed major a election cycle and have elected a new president who will serve for the next four years. While the results of that election are necessarily more pleasing to some (those who voted for the winner) than to others (those who supported the loser), the really fun part lies in the process of watching the candidates run for office.

I know quite a few people who found the TV ads for the candidates annoying. I will admit that at times the relentless repetition of the ads seemed excessive. This is especially true with the so-called negative ads. Even so, the ads are great way for politicians to reveal their true nature to the electorate (those if us who vote). When you understand some basic psychology and a bit of NLP, you really can learn a lot about the candidates from their advertising.

The most important thing to remember is the psychological defense mechanism of projection. When a candidate says, “My opponent is a dirty, rotten X,” the Law of Projection states that the statement applies to the person who says it as much as or more than to the person being spoken about. Of course, the statement may also apply to the person spoken about, but such statements apply first to the speaker.

The next most important thing to remember is that communication is imperfect. Virtually all messages contain deletions, distortions, and unwarranted generalizations. The Metamodel of NLP is designed to reveal and correct deletions, distortions, and unwarranted generalizations by asking the speaker to fill in the details. The two universal Metamodel questions are, “What do you mean?” and “How do you know?”

Statement: My opponent is a dirty, rotten X.

Question: What do you mean?

Question: How do you know?

Now, you have probably figured out that when the TV commercial runs, you can ask Metamodel questions all you want and never receive a reply. But that’s not important. What is important, is that you ask—and not only that you ask about deletions, distortions and unwarranted generalizations, but also that you look to see whether the person (or his or her “surrogate”) making the claim provides a satisfactory answer anywhere.

Deletions, distortions, and unwarranted generalizations are not always “bad” of course. They come with

the territory we call “communication.” When they are deliberate and designed to influence our thinking, however, we can benefit by filling in and correcting missing and distorted information and understanding the implications of generalizations. The principal pleasures of politics reside much more in the *how* than in the *who* or the *what*. In politics, as in sports, the pleasure isn’t so much in whether your “team” wins or loses as it is in how you play the game.

The Healing Power of God’s Love

In late October I arrived at a wedding rehearsal at 4 on Friday afternoon. Imagine my surprise to have the mother of the groom tell me the mother of the bride had just been in a very serious auto accident. Everything was up in the air. I went to the hospital. Nothing was going the way I had envisioned....

Linda had surgery late that evening. Things were still very much up in the air.

I got to the wedding about an hour early to meet with each of those in the wedding party and make sure we all knew what was expected. The news was that Linda was going to try to get released from the hospital about 3:30 and get to a 4 p.m. wedding!

At 4, guests were seated, and I went to the microphone and shared the news about the accident and asked folks to be patient because we were going to delay the ceremony a bit until the mother of the bride could arrive. At 4:25, Linda was wheeled in, and each of us gathered there was grateful beyond words. I told her later that I could tell it was sheer will and unswerving love and devotion that got her out of that hospital to be with her daughter on this special day.

It is pretty sure to say that every one of us was affected. Some sacred space within each of us had our faith deepened by witnessing the love present in that room. The music, the readings of the Love Chapter in First Corinthians 13, the flowers, the way the father-of-the-bride pulled back her veil.... Even the familiar actions took on a more precious meaning.

If medicine, meaning drugs and surgery, were the cause and healing was the effect, then think for a moment about why it works some times and not others, and become aware now of why some people heal without medicine, drugs, or surgery.

Think about something really *physical* like a hip replacement, and notice how nothing the surgeon does—nothing the nurses do—actually “makes” that hip heal. If healing results, not from what is done to the individual by others, then what is it that actually causes or allows healing to occur?

In *Love & Survival: 8 Pathways to Intimacy and Healing*, Dr. Dean Ornish reminds readers that even when drugs and surgery are necessary, they are just the beginning. The physical body—the heart, is more than just a mechanical pump. Ornish says you also have an emotional heart, a psychological heart, and a spiritual heart.

“Curing is when the physical disease gets measurably better. Healing is a process of becoming

whole. Even the words *heal* and *whole* and *holy* come from the same root. Returning healing to medicine is like returning justice to law.”(p. 15)

The healing power of God’s love is the most natural of processes. Remember a time when you cut a finger or skinned a knee. Something inside you allowed healing to occur. That something inside you is your innate healing capacity. Your greatest goal, as facilitators of healing, is to support the individual discovering the attitudes, beliefs, and behaviors which turn on this innate healing capacity to its maximum.

While mere focus on cure might see death as failure, look at life as the process of living, as more than flesh and bones, and you gain a greater sense of the sacred art of healing.

“Illness and the opportunity it presents people to engage consciously and actively in a journey toward wholeness can be one of the most transformative experiences that life offers. It provides you with space for self-reflection, for caring for yourself and your needs in a way that may not have been possible in your busy everyday life. It can give you time for learning about who you are, your purpose, your potential; a time for reassessing your priorities and the value of your relationships, work, and possessions. Illness (or disease) can be the beginning of a deep, spiritual quest.” *Rituals of Healing :Using Guided Imagery for Health and Wellness*, by Jeanne Achterberg, Ph.D., Barbara Dossey, M.S., FAAN, and Leslie Kolmeier, R.N., MEd., (p. 12).

The things that promote a sense of meaning in our lives, our connection to others and to what is sacred, can heal our lives even when medicine is not able to cure our bodies.

What’s Coming Up?

For those with tight schedules and a desire to have this powerful tool kit, you can now earn certification as Practitioner or Master Practitioner of NLP in the most convenient way! This program is for you when you are highly motivated and committed to doing your reading and independent study. Register now for \$250 and receive your training manual. You can start now by joining us on the 4th Sunday of the month in January and most months in 2009 for ongoing study of NLP. The times are from 1 p.m. to 5 p.m.

The next date is 25 January. With the exception of February and May, the fourth Sunday of the month are reserved to ensure your ability to complete NLP certification in the most convenient way. NLP certification requires 10 days of training and the completion of a variety of “Home-fun” exercises. Begin the training now, and you’ll be well on your way to certification by next spring.

Each day will focus on experiential learning for you because you will already be familiar with the NLP

terminology before each training day through having read the appropriate materials in the NLP training manual. Your progress can be tracked easily either by your participating in the NLP forum or by your submitting simple written process reports, whichever you prefer. The focus for the training days will include:

- Anchoring
- Submodalities
- Timelines
- Metaprograms
- Metamodel
- Milton Model
- Hypnosis, Trance, and Altered States

As part of our *Perpetual Tuition*, if you are already trained in NLP or SCS Healing with Language, you

can attend to improve and update your skills at just \$25 a day. Space for these special days will be limited, so be sure to reserve your place early. Call/write now: (269) 921-2217 or debra@scs-matters.com

The real question is where you want to go next.... When you sponsor an SCS workshop, you have the advantage of bringing the workshop to you instead of going to the workshop, and your commission for sponsoring the event will undoubtedly cover the cost of your tuition—and perhaps even more.

To learn more about sponsoring “The Power of Presence: Seeing the Divine in Everyday Life (7 Keys to Joyful Living)” or any of the workshops in the SCS list of offerings, call Debra at (269) 921-2217, or send her a quick email message: debra@scs-matters.com

