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

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

Edited and published by Joel P. Bowman and  
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## TimeWarp Technologies™ Newsletter:

### *Welcome...*

Here is your TimeWarp Technologies™ Newsletter for February 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 “Synchronicities,” by Debra; “Seeking Happiness,” by Joel; “Spread Your Wings,” by Debra; and “Smidgens,” by Joel.

### *Synchronicities*

I don't know what your beliefs are about synchronicity, but I have begun to notice how much my energy is enhanced when I am noticing connections, and synchronicity is one way I have of noticing them. For example, one morning I was struggling with some email communication.

A customer was trying to determine what CDs she wanted to purchase from SCS. It was one of those weird happenings where the meanings in our messages just seemed to be missing one another. After about five messages I finally went out online and found a Website that provided an opportunity for the woman to listen to one of the options we were discussing. I found that site and sent it on to her, and that helped her decide what she wanted to purchase. I was in a hurry to get out of the house and downtown for a session but in my quick glance I was a bit surprised to notice that the artist (one I am very familiar with) had another CD which I had not been aware of previously. Off I went....

Imagine my surprise when, moments later my client arrived with a copy of that CD! However you might explain such happenings, it may be good to remember that Carl Jung is the first one that I know to say those sorts of coincidences are meaningful. Jung (1875-1961) was a Swiss psychiatrist and colleague of Freud's. Jung broke away from the Freudians. He is said to have believed in many of the things that would be called “new age” today: Telepathy, clairvoyance, astrology, telekinesis, ESP, and spiritualism. Jungian analysis was developed, based on these and the idea of synchronicity and the collective unconscious.

To be fair, I went out to a skeptic Website and read some very unkind comments about the ideas of meaningful coincidence. The author of that site concluded that the coincidences *are predictable, but we are the ones who give them meaning, and even if there were a synchronicity between the mind and the world such that certain coincidences resonate with transcendental truth, there would still be the problem of figuring out those truths.*

Interestingly, that argument helped me to appreciate even more the sorts of things that I have experienced that I call meaningful and coincidences. Take the fact that I saw a piece of music I had never seen before just moments before someone brought it into my office. I was even more amazed to discover that my client had not listened to that CD herself until that very morning!

Perhaps the difficulty comes when we insist on trying to explain something rather than simply being OK to say that I noticed something that I experience produces a response. One of the responses that I will

often notice is a chill – all over, and not related to the temperature in the room. Another response is a *w-h-o-a...* sometimes you have to say it right out loud. It is that momentary sense that you are part of what is often called the great web of life.

Years ago, Joel had an experience in which he saw what he called the *tapestry*. He did not go looking for it, nor did he know exactly what it was. The result for him, though, was a sense of connection. That is the best way to talk about it. Things are not just random. When I am aware, I seem to just notice. In 1996 I spent the winter in Tennessee because my daughter had just gifted us with a second grandson and we wanted an opportunity to bond with him and support our older grandson. I noticed that the address to the townhouse we rented, the phone number, and the numbers on my license plate each added up to eleven. Almost a year later I had *Life Purpose Reading* done by Robert Waldon and found out that according to several systems of symbology, my overall number is eleven. Many, many times since then I look at the clock and see 11:11. Some writings even claim the seeing of those numbers to have special meaning. Whether that is the case or not, I will say when I notice those numbers I feel energized. Perhaps I give the meaning....

One of the wonderful things about working with clients is how often coincidence seems to play a part in the healing that happens. After Joel started using animal symbols, he repeatedly drew alligator out of a deck of Native American Medicine Cards. I have drawn a card with a particular animal, placed that card back in the deck, shuffled, cut the deck, shuffled again, and then drew out the same card. How does that happen? While that question may not be one that you are going to answer definitively, perhaps the important thing is to notice how you feel when something like that happens to you. Some people might say that is the same thing as angels. Others might say it is just chance. Still others might be willing to admit that not everything that is significant can be explained using logic or rational thought. Perhaps this is what some call *mystery*. Perhaps it is something that is logical and rational but not yet recognized. However you think of synchronicity, you might begin to notice a bit more and to just allow yourself to enjoy the experience.

Several years ago, I was working at Holistic Alliance. I had just finished a session and came up from the lower level where my office was located at the time. As I came up the stairs, a woman came into the building. I asked her if I might be able to help her and she said she had once seen a book and audio tape for preparing for surgery. I explained to her that the

bookstore that had once been in the building was no longer there but that I was trained in that program and would be glad to work with her. "It is for my daughter," she replied. "I am willing to work with her," I said. "My daughter does not live here." "Where does she live?" "She lives in Boston."

Now, you will have to decide what it means to you, but I know for that woman, her daughter, and for me, it had meaning. The next day Joel and I were going out of town for an Association of Business Communication conference—in Boston! How do you explain the coincidence? If I had been seconds later finishing with my client, if the woman had been seconds earlier stopping by, if I hadn't been going to Boston the next day....

As I was writing this article, a colleague of mine shared what she considers a life-saving coincidence she just had. She went to pick up her daughter from gymnastics. As she headed home she made a wrong turn onto a street she had never been on before. They had to wait until five cars came and went before they could turn around. It *wasted* several minutes. As they pulled up to the road they noticed that the "wrong" road was named for her daughter's late father—Greg Road. She laughed and said "thanks Dad" out loud to her daughter and thought to herself, "I wonder what that was for... we probably missed an accident." Moments later as they neared their own road, they came upon an accident that had *just* happened: a tanker truck was in a field and two cars looked like they had been involved. Several cars were pulling off the road, and people were jumping out to help. She was in awe. She kept driving through the commotion and tried not to become part of the accident. Three ambulances passed them before they finally made it home.

Perhaps the next time something like this happens, you might just start noticing that something meaningful is happening and enjoy asking yourself *what are the odds*.

## *Seeking Happiness*

The U.S. Declaration of Independence guarantees citizens of the States certain "unalienable rights," among which are "Life, Liberty, and the pursuit of Happiness." Judging by the number of books and articles in self-help magazines, most people seem to be doing more "pursuing" than "finding." In *Stumbling on Happiness* (2006), Daniel Gilbert says that we "stumble" on happiness because we really don't know what actually will make us happy.

You may recall the song by Paul Simon and Art Garfunkel about Richard Cor[e]ly, who "had everything a man could want: power, grace, and

style” and was so miserable that he committed suicide. The same was true for George Eastman of Kodak fame. Both had everything most of us want, and yet neither was happy. If you pay even a little attention to current news, you can probably come up with a few famous names that amply illustrate that neither plentiful money nor fame guarantees happiness.

In *The How of Happiness* (2007), Sonja Lyubomirsky presents what she calls “a scientific approach to getting what you want” and claims that 40 percent of our happiness is within our power to change. She says that 50 percent is determined by our “happiness set point” and that 10 percent is determined by life circumstances, which leaves 40 percent as being a matter of choice. Lyubomirsky provides good coverage of common speed bumps on the road to happiness, and she provides some good suggestions for avoiding them, but the real key to being more happy more of the time is changing your set point.

Life circumstances are clearly an influencing factor. It is easier to be happier when your circumstances are comfortable than when they are not, which is why our Founders used the word “pursuit” in conjunction with “happiness.” If we find ourselves in difficult circumstances, we have the right to pursue circumstances that will be more accommodating. We have the right to recognize and use what we *don't* want to provide direction for pursuing what we *do* want.

While it is not always possible to know *exactly* what we want or to know that what we want really will make us happy (the maxim is to be careful what you wish for because you might get it), it is possible to identify what you don't want and to choose a path that will move you away from it and toward something that has greater potential for increasing your level of happiness. One of the major stumbling blocks for being happier seems to be the need to do something different—something that will result in your moving away from the *don't want* and toward the *want*. Those who keep on doing what they've always done while expecting different results are bound to be disappointed.

Identify specifically what you don't want, and then identify what you might prefer. The next step is to do something to move away from the undesirable and toward the desirable. Notice whether what you thought was desirable remains so as you're approaching it. If not, reset your direction, consistently choosing to change your behaviour in ways that provide greater happiness. When you do that consistently, your set-point automatically changes to keep up with your changing circumstances.

A long time ago when I was attending an NLP workshop with Richard Bandler and John La Valle in Toronto, one of the participants was not happy with his room in the conference hotel, saying that it wasn't up to his minimum standards. Truth be told, the guest rooms were a bit on the shabby side, and I justified staying there because of the low-cost, convenience, and the fact that I wouldn't be spending much time in the room. At the time I didn't fully appreciate my friend's reason for choosing to move to a better, nearby hotel. I do now. He didn't want to lower his happiness set-point. He took the action required to move away from what he didn't want to something more desirable—and was happier as a result.

Wherever you are, look around you and identify those things that tend to drag on your happiness set-point. Because you are more aware of how your finding more happiness now works, perhaps you are noticing what you can do now to move in increasingly better directions. (For reviews of the books by Gilbert and Lyubomirsky, see <http://www.scs-matters.com/books5.shtml>.)

### *Spread Your Wings*

When you think about spreading your wings, what comes to your mind? I recently vacationed in Florida and I enjoyed seeing some birds with truly amazing wing spans. In some ways that made me think more about what spreading your wings really means. I used to enjoy playing a little game where we would respond to the question, “What would you do if you knew you could not fail?” It might be good to reflect on that a bit.

If you have ever seen a hawk make a strike you understand total commitment, no-holds-barred, flat out. As I witnessed that amazing act, I could not help but think about my own life. What are the things that I have that sort of passion for and where have I put my hand to the plow and never looked back? Perhaps it is easier for the animal kingdom to give 100%. I remember a “stewardship” joke that used to make the rounds. A pig and a chicken were on a long journey. They had been without food for days when they came over the top of a hill and saw a sign: “Two eggs, ham, and toast - \$1.99.” The chicken was half way down the hill before noticing that the pig had not made a move. “What are you waiting for... come on!” cried the chicken. The pig held its ground. Pushed for an explanation, the pig finally said, “From you they only want a donation, but from me they want a total commitment!”

If it were possible to feel the freedom of flight with one's wings still folded, it might be different. The truth is, though, we feel the most alive, the most

supported, the most connected when we, like the pig, make a total commitment to what really has heart and meaning for us.

A few years ago I went through a time of feeling cut off from what I loved. It might have been more that I was in the process of discovering new loves. I used to fish. I would fish when the weather was not fit for ducks. I have fished so long out in the cold and rain my hands were numb. I would not even go fishing that long in ideal weather now. Where did the love of fishing go? What was it about fishing that changed? Was it even about fishing? In some ways I can still understand the love of fishing.

I used to enjoy backgammon. I would go out for breakfast with a friend and play a round before starting work at nine o'clock. Now I don't even eat breakfast out!

In some ways people experience similar ebb and flow in preferences all the time. Most of us barely notice. But sometimes it is tempting to keep going through the motions without having noticed that what used to really bring joy just does not any more.

It is a good exercise to think about those things in your life that have remained constant, even in the midst of changes. While church used to be central in my life, religiosity has given way to a more personal path of spirituality. I hardly notice that change because the core sense of looking at life through that bigger picture is common to both. And it is significant to recognize that while my sense of things of a spiritual nature have changed pretty dramatically, I never set out with that as a goal. The evolution was a natural process that came out of the continued direction, rather than from any change of direction.

I guess in some ways that happened with fishing, too. I never stopped being an avid fisher. My lack of fishing just evolved. One day of not fishing rolled easily into another day of not fishing and those days became weeks and months and years and then my identity as an avid fisher shifted. How could I consider myself an avid fisher if I had not fished for years?

Our identity as anything is connected in an intimate way with the actions we take. Like the hawk. The hawk would not be considered such a powerful hunter if it just sat on the post and never made a strike. As we gain understanding it becomes much more obvious that our behaviors and our goals are best working together. If physical health is something I have a commitment to, choices about nutrition and exercise will be easier. If mental clarity is a goal and I notice the things that enhance awareness, I will be more intentional with that. When your relationships are seen as opportunity to know yourself and love

and forgive and appreciate, the ways you think and act will be much more predictable.

What are the areas of life that put the wind beneath your wings? If you knew you had a limited time in your life, what are the things you would make it a priority to say, or do, or see, or be? I don't think it is melodramatic to encourage ourselves to make sure those things of the greatest importance are what we are involved with right now.

When I was a lot younger a friend of mine experienced the death of her father. It was before she was married, before she had children, even before she graduated from high school. I often wondered if there had been things he wished he had done. Perhaps we would all enjoy the benefits of living life with our wings spread wide open. Children do that more naturally. We can learn from them.

Think about how excited you were to turn 16. Or 21. Something happened for a lot of us before we turned 30. I think I am going to start a new trend. I am going to celebrate my birthday every month on the 22<sup>nd</sup>. Not just January, but every month. I will begin to notice what I really love doing now. I will think less about what I used to enjoy. I will open my heart and mind and let myself create my life over and over and over again. And I will take a broader perspective as I feel myself spread my wings....

## *Smidgens*

**The "Smidgens" that follow are bits and pieces that have been on my (Joel's) mind for a while without ever reaching the critical mass required for a complete article. I suspect that some will resonate with you as well.**

**An Apology to Subscribers:** The TimeWarp Technologies™ Newsletter is supposed to be one-way only. If you reply to the newsletter, you are supposed to receive a message saying that you need to write to Debra or me rather than to the newsletter. At some point in early January, that didn't happen, and a personal message—and my response to it—went to the entire TimeWarp list. I am sorry for that, and I *think* that I have the list's "email manager" (a computer program) set so that it won't happen again.

**Political Ads:** One of the things that continues to mystify me is the way people say that they "hate" the negative advertising that politicians (or those speaking for them) use, while the evidence indicates that they are influenced by it. Politicians who say that they "hate" negative advertising also say that they are "forced to use it" to counteract the negative ads by others. I wonder what would happen if we, the collective of voters, voted for the candidate who was the least mean and petty when speaking about his or



her opponents. I wonder if that would give us the changes many of us desire.

**Language:** Whether it's a result of my becoming more conservative as I age, or whether my study of neurolinguistics has increased my sensitivity, I have been growing more aware of slips of the keyboard in news stories. In a recent example, "two individuals were pronounced *died* at the scene." Were they *dead* or *dyed*? One way it's a sad story, and the other it's a colorful yarn. Had one been tied and the other one dyed, it would have been a tie-dyed accident.

**Spiritual Partnerships:** Debra and I like to ask the question, "What if everyone you meet is your spiritual partner?" We ask it because it's true: everyone you meet is your spiritual partner in that he or she is providing you with a mirror that shows you possibilities for spiritual growth. What makes *conscious spiritual partnerships* different is that the individuals are aware of the process and encourage the other on his or her spiritual path. In *Grace and Grit*, Ken Wilber wonderfully describes his spiritual partnership with Treya Killam, whom he married after an extremely brief courtship. If you are in—or think that you might be in—a conscious spiritual partnership, you will find this book captivating and compelling. (For a comprehensive review of this book, see [www.scs-matters.com/books5.shtml](http://www.scs-matters.com/books5.shtml).)

**Hypnosis:** Richard Bandler says, "Hypnosis isn't the exception. It's the rule." The truth of this becomes more obvious to me with every passing day. In NLP the term is "deep trance identification." When children play, they become cops and robbers, construction engineers, teachers and students. They know that they are "playing a role" as well as "playing." When adults become doctors, nurses, therapists, and teachers, they forget that they are playing a role—they have "deep trance identification" with what they are doing, but they have forgotten how to end the game. Some people remain in "personality trances" they acquired early in life, and some remain in their "high school personality" trance the rest of their lives. The questions to ask yourself are, "What kind of trance am I in?" and "What would happen if I ended that trance and tried on a new one?" Who knows—you might like the new one even more.

**Britney/Paris/Lindsay/Nicole:** Please ... enough is enough. I am reminded of the maxim in business that what's rewarded gets done. What do you suppose would happen if we simply ignored bad behavior and rewarded the behaviors we desired? What do you suppose would happen if you practiced that philosophy with yourself—stopped "beating up on yourself" when you fail to live up to your own standards, and rewarded yourself when you exceeded them?

**The Vital Truth:** One of Don Miguel Ruiz's "Four Agreements" is being impeccable with your word. It does make a difference, and it isn't as easy as it seems. One of the lessons I learned from my parents was to avoid making promises that I couldn't keep. I have learned to say, "I *plan* to be there" rather than "I *will* be there." Because the *Vital Truth* is that which cannot be argued with, those who wish to be impeccable with their word need to pay close attention to the differences among facts, assumptions, and opinions (beliefs) and identify them as such when speaking—even when speaking to yourself.

## Worth Reading

For those who learn by—or simply enjoy—reading, we have two recommendations this month:

- Austin, Andrew T. (2007). *The Rainbow Machine: Tales from a Neurolinguist's Journal*. Boulder, CO: Real People Press. *The Rainbow Machine* is a "must read" for those interested in NLP and/or clinical applications of linguistics in a wide variety of therapeutic situations. As a Registered Nurse and hypnotherapist, Austin was in the right place at the right time to work with a variety of clients typically called "difficult." Along the way he demonstrates what is usually called *The NLP Attitude*, including the flexibility to do "something else" when the established NLP technique isn't working. We suspect that after you have read *The Rainbow Machine*, your work with clients—and with your friends and neighbors—will automatically change for the better. See Joel's review at <http://www.scs-matters.com/books5.shtml>.
- Wilber, Ken (2000). *Grace and Grit: Spirituality and Healing in the Life and Death of Treya Killam Wilber*. Boston, MA: Shambala. *Grace and Grit* is a "must read" for those interested in spirituality and its connection with health and well being. Using Treya's journals to chronicle her experience with cancer and a variety of treatment modalities—including surgery, chemotherapy, radiation, and a variety of alternative and experimental methods—Wilber inserts his comments on her process, his process, and their process. It is a powerful and moving story that includes a good deal of the concepts that have established Wilber as a premier (if not *the* premier) transpersonal philosopher of the century. For those not especially interested in philosophy, it is also a powerful and moving love story and more. Wilber and Treya illustrate what it means to be

“spiritual partners.” See Joel’s review at <http://www.scs-matters.com/books5.shtml>.

**Debra’s comment:** From the moment I read a quotation from it in *The Simple Feeling of Being*, by Ken Wilber, I had the sense that *Grace and Grit* was going to be life-changing for me. There is no denying that reading Treya’s story, including the intimate details of the completion of her transition, took me back to the many significant moments I have been honored to share with family, friends, and clients along their journey with cancer. Ken and Treya’s compelling sense of spiritual partnership (she called it *love at first touch*) resonates with my sense of being that connected to Joel. We have described our coming together as “fated,” “no-choice,” “destined.” If you work with others in any capacity (whether Western medicine or complimentary or alternative healing therapies) this book is a must read.

### *What’s Coming Up?*

The most notable event on the calendar for February is Valentine’s Day, which will be on Thursday the 14<sup>th</sup>. In anticipation of your having a glorious Valentine’s Day and for adding joy to your significant relationship—or enhancing your skills at developing a significant relationship—SCS begins the month (the 7<sup>th</sup> through the 11<sup>th</sup>) by offering the NLP-based program, “Healing Relationships.” For those who want to do a little wading before jumping in, we are

offering the first day as a low-cost introduction to NLP. For those ready to swim in the shallow end of the pool, the first three days (7, 8, and 9) will provide a more comprehensive “Introduction to NLP.” You may use those three days, or the entire workshop, as part of your training for certification as a Licensed Practitioner or Licensed Master Practitioner of NLP.

In March, we’ll be in the Nashville, Tennessee, area to present our newest program, *Seeing the Divine in Everyday Life: 7 Keys to Joyful Living*, and in April, we have scheduled a four-day introduction to NLP in Douglas, Michigan, on the shores of Lake Michigan. The Lake will still be too cold for skinny-dipping, but it will be beautiful and impressive, nevertheless. In May, we’ll be back in St. Joe with another presentation of “Seeing the Divine in Everyday Life: 7 Keys to More Joyful Living.” You can see what we have scheduled, read course descriptions, and decide how what we’re offering help you make 2008 your best year yet at the following URL:

[http://www.scs-matters.com/scs\\_schedule.shtml](http://www.scs-matters.com/scs_schedule.shtml)

To learn more about sponsoring our newest program, *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](mailto:debra@scs-matters.com)

