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## TimeWarp Technologies™ Newsletter:

### *Happy New Year!*

Here is your TimeWarp Technologies™ Newsletter for January 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 “New Beginnings,” by Debra; “Resolutions,” by Joel; “Upstream and Downstream,” by Debra; and “Your Next Right Step,” by Joel.

### *New Beginnings*

How do you know when you are experiencing new beginnings? Is it something you see, something you hear, something you feel, or taste or smell? If it smells fresh, is it a new beginning? When I was about twelve years old, my sister would leave for school earlier than I because she rode the bus to the high school and I was still attending the country school which was right next door. I was really excited about new things. In fact, every morning for about two weeks I would unwrap my Christmas present and use it. It was a tube of lipstick. I would wrap it back up and do it all over again the next day. Five days a week.... For about two weeks.

Well, most women will know right away that a tube of lipstick only looks new until it is used a couple of times. It never occurred to me that, come Christmas morning, my sister would be able to tell that the tube had been used over and over again.

Sometimes new beginnings come by being able to say, “I am sorry” and really mean it. Years later I learned the joy of anticipation and I was able to know

where all my Christmas gifts were hidden and not peek even one time. But that took some maturity on my part. And that can take time.

New beginnings in our lives often start with a dissatisfaction of *what is*. Although lots has been written about the benefit of being satisfied with the current situation (*Loving What Is* by Byron Katie is one of the classics but much of the Eastern philosophy leans in the direction of nonattachment), my experience is that I am still excited about what is yet to come. That is the story of the Magi, following the star in the East.

The trick seems to be how to appreciate where I am as I acknowledge where I desire to be and to be patient while things develop. I was talking to someone about the way the chemicals developed the image back in the olden days when photos came from film and had to be developed in a dark room. We were marveling at what seemed like magic as you would see the image appear *out of nowhere*. I love that word. *Nowhere* with just a small change in space becomes *now here*.

If I had a magic wand—actually, I do have a couple, and, on December 8, Kris Pierman had two good friends of his beloved wife Jonina wave them over the congregation as friends and family were leaving her funeral—I would want everyone to feel the freedom that comes from being able to have patient expectation regarding all the new beginnings happening at every moment of our lives.

People worry about vanishing species, and often forget to notice the ones that are right outside the window. People fret about what might happen, and

pay too little attention to what is happening. People forget to be grateful for the ways things just seem to come together as if out of nowhere when what it took to bring them forth had been there all along.

I don't know how it is for you all, but sometimes the greatest new beginnings in life are those things that sneak up on you when you had been least expecting it, such as my daughter's being born when I was only sweet sixteen. And my dad's spirit teaching me from what I have come to call *the other side*. And like the step-by-step process of moving from the energy of the Drama Triangle, to the Cognitive Triangle, and finding yourself enjoying a Trans-rational perspective. Seeing things in a whole new way. Not jumping to "awfulizing." Not denying what is. Just simply seeing things and knowing that all is well.

In some ways, the greatest joy I have experienced has come from being with those who are letting go of the former perspectives and experiencing new beginnings, such as a baby's taking its first steps. Or a teenager getting that first drivers license. Or the birds enjoying a new birdbath in my back yard. What a wonder-filled world we all live in. It is important for you to look beyond what is reported on the six o'clock news. It is really important for you to recognize your *real* self as more than just the *you* who got your hair cut last.

I am sure you will hear more about it as we begin to share the new program for 2008, *Seeing the Divine in Everyday Life: 7 Keys to More Joyful Living*. Joel and I have been enjoying Ken Wilber's audio program, "The 1-2-3 of God," in which the stages and states of consciousness are discussed at length. I don't pretend to understand it all, and it is not necessary to, for you to begin to appreciate that it is what he calls *first tier values* that had created the inability for people with differing beliefs to peacefully co-exist and that humans can easily learn to honor one another as we recognize and move along what he calls the conveyor belt of spiritual development.

I guess that is a new beginning I can be excited about as it is developing amidst the evidence that might make me think otherwise. We are evolving. We are moving and expanding. We are living more and more now what has often been called awareness. You see it every time you experience a coincidence. It is what makes you get a chill when you listen to certain music. Sometimes it wakes you up at night. And always it is there, beneath the surface. Like water, it wants to hold you up. Like sunshine, it warms your core. And like every new baby, it is chocked full of promise even though it might need some help for a while.

As you greet another new year, turn the page on the old with appreciation. Be willing to make it true for you that today is the first day of the rest of your life. Make it a good one. Make it the best!

## *Resolutions*

When we were growing up, my sister and I would beg our parents to let us stay up to "ring in" the New Year. Year after year, we would fall asleep before the hour arrived, and we'd wake up in the morning with a sense of regret that we had missed the magical moment that would forever change our understanding of the mystery of life. I can't remember how old I was when I finally managed to stay awake until midnight, but I still remember a sense of disappointment at not "feeling different" as we moved into the New Year. I asked my parents why I "felt nothing" at the moment of transition from one year to the next, and, although I'm sure that they did their best to explain the structure of time and the arbitrary nature of calendars to me, I felt cheated. The New Year *felt* just like the Old Year.

What I didn't understand at the time is that the New Year is a metaphor for rebirth and new beginnings. The Ancient Egyptians were the ones who calculated that a solar year was approximately 365¼ days long, but it took a long time before most countries adopted the Gregorian calendar that determined how to best deal with the pesky ¼ day. That calendar helps ensure that the start of the New Year consistently occurs at about the same time every year.

History and myth both confirm that humans have been using celestial events as markers for beginnings and endings, so it is natural that the start of a New Year—occurring as close as it does to the winter Solstice in the Northern Hemisphere (where Pope Gregory happened to live when he created the Gregorian Calendar)—would become a focal point for looking at both the past and the future. We mark the occasion by remembering old acquaintances and old times (*auld lang syne*) and for celebrating new beginnings and confirming our willingness to change for the better. We end the year by promising our old friends that we won't forget them, and then we resolve to eliminate bad habits and/or start new and better ones.

Common New Year resolutions include losing weight, stopping smoking, getting physically fit, and spending more time with family and friends. The problem with such well-intended resolutions is that those who write them typically lack the *resolve* to keep them. The difficulty people have keeping New Year's resolutions is sufficiently well-known that many have simply given up on them. The common

saying is, "New Year's resolutions are made to be broken." This is in spite of the publication of a sufficient number of self-help books to sink a battleship full of motivational speakers.

One of the things that Debra and I have become increasingly aware of is the tenacity with which most people tend to hold on to their limiting beliefs. Even when workshop participants can see clearly how others are "stuck" and what others could do to change in desirable ways, they tend to grip their own "stuckness" ever more tightly when offered workable solutions to problems. Richard Bandler has said, "If they can't see it, they can't see it." This is essentially the same idea as the Biblical concept of being able to see the moat in someone else's eye without being aware of the beam in your own. Even when we are aware of our limitations, we can't "see" them because we have grown used to them and find them *comfortable*.

We know several former smokers who said that the hardest thing about quitting was the sense that they were giving up an "old friend." When they quit, they grieved the loss, feeling that *part* of them had died. This is one of the keys to being able to keep New Year's resolutions and otherwise to changing in desirable ways. Begin by recognizing the internal conflict inherent in the resolution you are setting. Part of you really wants to turn a new leaf, but another part of you wants to retain the comfortable behavior or pattern of thinking. The tendency to desire things to be the same is actually a "set point," which is the emotional or behavioral component of *homeostasis*, the regulation of internal and external environments to maintain stable, constant conditions.

For humans, stable, constant conditions are equated with safety and survival. Below our level of conscious awareness, we have unconscious programming that tells us that change is dangerous. This is one of the reasons that when people find themselves feeling joyful, they have the sense that they will have to "pay for it" later. We pay for "gains" with "pains." When you elevate your set point, however, you automatically set your standard—your comfort zone—higher. By recognizing your tendency to "revert to norm," you are able to adjust the set point for various behaviors higher or lower, depending on your desired outcome. Once the new norm is established, it will become your new comfort zone.

When you resolve to change your set point for a particular behavior, be sure to pair your sense of safety and security to the desired state and the process of change. If your objectives are to lose weight to be healthier and more physically fit, be sure to acknowledge that the positive intent of the "heavy

part" of you was help you remain safe and secure and to reassure that part that the rest of you also desires to be safe and secure. Whatever the change you desire, even if your resolution is to experience something others might consider dangerous (such as sky diving or whitewater rafting), you will be more successful at following through when you take your unconscious desire for safety and security into account.

If you haven't already done so, be sure to write your New Year's resolutions on something you will see with regularity (perhaps as a screen saver on your computer), as those who commit their goals to writing are uniformly more successful at achieving them. Recognize your tendency to "revert to norm," and commit yourself to satisfying your unconscious need for safety and security as you change your emotional and behavioral set points. You really can resolve to gain while avoiding pain.

### *Upstream and Downstream*

Recently Joel and I were sharing some email about progress a person makes when he or she moves out of a *stuck state* and is able to take appropriate action. When I read one of his comments I remembered how *action dispels fear*, a concept I learned while working full time in direct sales. Joel's response was, "Yes.... That's one of the things that leads me to believe that sometimes heading upstream produces good results."

He and I have been talking about the metaphor of upstream and downstream, often used by Jerry and Ester Hicks and Abraham-Hicks. Abraham says, "Nothing you want is upstream." That has really not sat well with Joel, and we, too, recognize and value the benefits and growth which comes from commitment and dedication and appropriate action. Twice weekly, I attend Bands & Balls, an exercise class. Diana McMann is a wonderful trainer because she knows how the body is conditioned. Just when I think it is safe to come out of the water.... She will mix up the routine, add something new, or make us *s-t-r-e-t-c-h* beyond our current limits. And that is a good thing. Although most of the time I am grumbling and complaining, I am totally grateful and I recognize the gift in her willingness to invite me to an ever-expanding level of fitness.

My response to Joel's comment, "That's one of the things that leads me to believe that sometimes heading upstream produces good results," was to write back saying if your complex equivalence for heading upstream is taking appropriate action, that would produce good results. I went on to remind him that the way Abraham-Hicks uses upstream is in reference to better or worse *emotions*.

The first exposure I had to an emotional scale came from a 1997 article titled *Life Giving or Life Taking*. In that article, Larry Lee Cole referenced the book *Power Versus Force*, by David Hawkins. Hawkins used the tool of kinesiology (muscle testing) to test emotional reactions and determine whether they *enhance and strengthen* or *weaken and wither* us. Although a couple of years before I met Joel and learned the amazing trance-formational tool of NLP, this certainly reminds me of what SCS calls the critical components required to achieve any outcome (*Healing with Language*, Bowman and Basham). Those steps include: *knowing your desired outcome, having sensory acuity, having flexibility, and allowing for Highest Good*.

The numbers Hawkins used make his information seem a bit arbitrary, and each of the words he used to describe the variety of feelings or emotions along the scale is a nominalization, a form of unspecified noun that leaves the meaning open for personal interpretation. His *map of consciousness*, which moves from feelings of shame and guilt up through apathy, grief, fear, desire, anger, and up to courage, willingness, acceptance, love, joy, and peace points to the way emotions can move toward or away from a sense of empowerment.

Joel said it seems to him that if one is feeling afraid and attempts to move to a better emotion before taking action, he or she could end up as lunch for the lion.... Fortunately, when you are dealing with frightened parts of your personality (limiting beliefs) that had been holding you back, it just *felt* like you might be lunch for the lion.

Recently I had the honor of facilitating a Celebration of Life funeral service for a courageous woman. Her husband had me include an Old English Legend: "Fear knocked at the door. Faith answered. No one was there." Using anchors to chain states works that same way. In some cases, an individual needs to go through a series of states to accomplish a particular objective or reach a certain goal. A person might, for example, be feeling that he or she *can't* do something he or she would like to be able to do. You might help the person (even if that person is YOU) get from *can't* to *will* by leading that person through the following progression: *can't, won't, might, could, can, will*. (See "Exercise: Using Anchors to Chain States," in *Healing with Language*.)

In *most* cases, you would not want to move a person from *will* to *can* to *might* to *won't* to *can't*. Likewise in *most* cases, a better feeling connects you to more options and can lead you to better results. This goes right along with what Abraham-Hicks means by saying *nothing that you want is upstream*. "We would much prefer that you find yourself in feelings of

eagerness and love and joy than in those of fear or hatred or anger but because we understand the vibrational reason for these emotions, we do not attempt to guide you from the emotion of fear directly to the emotion of joy, for we understand that the vibrational difference is too great to span all at once. And, in fact, we see no reason to try to make the jump all at once, because a gradual movement in the direction of feeling better is all that is necessary or even possible." (*The Astonishing Power of Emotions: Let Your Feelings Be Your Guide*, by Ester and Jerry Hicks, p. 35)

They also use the metaphor of a round object rolling downhill of its own accord. Emotions are like that. A good feeling thought will connect you to another good feeling thought.... Because tools are neutral, one bad feeling thought will also often lead to another bad feeling thought. Your noticing that thoughts create feelings and feelings create thoughts is what we call your becoming *aware*. Your learning to let your feelings be your guide does not mean acting out irrational emotions. It means that you are now increasingly *knowing your desired outcome, having the sensory acuity to notice if what you are doing is getting you closer to or farther from that outcome, having the flexibility to do something that is moving you in the desired direction, and allowing for Highest Good*.

All very *downstream*....

### *Your Next Right Step*

One of the fundamental presuppositions of NLP is that the ability to achieve a desired outcome is predicated on three steps:

- **Knowing your desired outcome.**
- **Having sensory acuity to know whether what you are doing is taking you closer to or farther away from your desired outcome.**
- **Having the flexibility to change what you are doing isn't helping you achieve the desired outcome.**

Presupposed within this three-step presupposition is that you will take—*are taking*—some kind of action. Each of these steps presents certain challenges. Many people, for example, are much better at identifying what they *don't* want rather than what they *do* want. A classic story tells of a guy riding his bicycle down the road. He sees a rock in the road in front of him and begins telling himself, "Don't hit the rock. Don't hit the rock." As you have undoubtedly surmised, his focus on avoiding the rock results in his hitting it. Others are ambivalent about which objective they desire. The Lovin' Spoonful's "Did You Ever Have to Make up Your Mind?" captures the essence of this dilemma:

*Did you ever have to finally decide?  
Say yes to one and let the other one ride?  
It's not often easy and not often kind  
Did you ever have to finally decide?*

In the song, the Lovin' Spoonful rhyme "the moment you kiss her" with "distracted by her older sister." The father of the girls tells the young man to go home and make up his mind. While this is an interesting dilemma, in most cases it is a lot easier to manifest your desires when you are clear about your desired outcomes.

Knowing your desired outcome, however, is not enough. You also need to have the sensory acuity to determine whether you are moving in the right direction. If the guy on the bicycle had noticed that he was moving in the direction of the rock, for example, he would have noticed that what he was doing wasn't working. In addition to being aware of where he was actually headed, he also needed the flexibility to do something else.

Even when we are clear about our objective, however, our strategy for deciding what is desirable may be faulty. If we really want a Shiny New Gizmo, for example, we can probably get one. The question is whether the Shiny New Gizmo will do for us what we anticipate. Folk wisdom cautions us to be careful what we wish for because we might get it. In most cases, this is caused by focus on short-term pleasures rather than the long-term consequences.

Even when the short-term isn't a matter of "instant gratification," it is easy to overlook factors that will become increasingly important over time. The saying, "Marry in haste—repent at leisure," applies to long-term commitments of all sorts, from personal habits to buying a house. The choice to smoke, for example, is based on short-term satisfactions without regard to the long-term consequences of heart disease, emphysema, and/or lung cancer—or even the intermediate consequences of having clothes, cars, and a home that smell of smoke.

In addition to conflicts about knowing what to want, our sensory acuity for whether we are achieving a desired outcome is influenced by the perceptual frame we are using at the time. You are much more likely to make good decisions and to see opportunities when you are feeling good about who you are and where you are going. This is one of the reasons that those who eat for comfort often choose high fat or high sodium foods. Their perceptual frame has shrunk from long-term consequences to the perceived needs of the moment. Like Scarlett O'Hara in *Gone with the Wind*, they will think about the future tomorrow.

Flexibility—requisite variety—can also present challenges. If your only tool is a hammer, you will use

it for everything. If English is your only language, your options for communicating clearly with someone who knows no English are limited. Hitting the person harder with the hammer by speaking English louder and more slowly won't help. When you have a complete tool kit, you have options. If the hammer isn't working, you can use additional tools until you find the one that works.

This entire process occurs within the larger perceptual frame of our belief systems. If we have irrational beliefs, such as "Everyone must love me, and it's awful when someone doesn't" or "I am responsible for the happiness of everyone I know," everything else will be influenced. Our desired outcome will be predicated on the irrational belief, as will our sensory acuity for whether we are succeeding, and the requisite variety we exhibit in achieving our objective.

Perhaps when you're reflecting on your resolutions for 2008, you'll find time to reflect on beliefs you've had that are no longer serving you well and make good decisions about what will best serve your long-term objectives. Your parents may have taught you to believe that good things, desirable things, were scarce and expensive and that they—and you—didn't deserve them. And perhaps when you're reflecting on your resolutions for 2008, you'll discover that as you replace those outmoded beliefs with newer, better beliefs, you'll find yourself wanting and achieving better outcomes—and helping others do the same.

### *Worth Reading*

Recent topics on the SCS Blog (see <http://www.scs-matters.com/scsblog/>) include discussions about the importance of balancing short-term and long-term advantages and disadvantages when making decisions, the desire to change others rather than change ourselves, the process of change, and anxiety attacks. The blog invites comments on these topics and provides the opportunity for readers to post their own topics for discussion. It's a good way to promote conversation about topics of concern. Also, the following books are worth consideration for your holiday—and postholiday—reading:

Carson, David. (2005). *Crossing into Medicine Country: A Journey in Native American Healing*. Tulsa, OK: Council Oak Books. *Crossing into Medicine Country* tells the story of Carson's initiation into the shamanistic tradition of the Choctaw Native Americans in southeastern Oklahoma. The story is well-told and fascinating. Those already familiar with Energy-based healing will recognize the commonality of concepts in spite of differences in metaphoric expression.

Hicks, Esther and Jerry. (2007). *The Astonishing Power of Emotions: Let Your Feelings Be Your Guide*. Carlsbad, CA: Hay House, Inc. The teachings of Abraham continue, with emphasis on using the emotions as your guide for your being in alignment—or out of alignment—with Source Energy. This book will help you better understand how to manifest what you truly desire in life.

Kelly, Alan. (2007). *The Elements of Influence: The New Essential System for Managing Competition*. New York: Plume. *The Elements of Influence* is the first *really* new approach to persuasion, and the ongoing “game” of influence in a long time. Using examples from advertising, business, and politics, Kelly identifies plays, strategies, and strategies in the ongoing competition for attention and market dominance. After you have read this book, you’ll never see a TV commercial or listen to a political speech in the same way. This is an important book, especially in view of the upcoming national election in the U.S.

Ruiz, Don Miguel. (2004). *The Voice of Knowledge: A Practical Guide to Inner Peace*. San Rafael, CA: Amber-Allen. More autobiographical than his previous books, *The Voice of Knowledge* records the development of Ruiz’s philosophy leading to the core concepts of the Four Agreements: Be impeccable with your word; take nothing personally, make no assumptions, and always do your best. As is true of his other books, this one offers easy reading combined with profound learning.

Wilber, Ken. (2000). *Grace and Grit: Spirituality and Healing in the Life and Death of Treya Killam Wilber*. Boston, MA: Shambala. Shortly after Ken Wilber married Treya Killam Wilber, they discovered that Treya had cancer. The book chronicles her journey through illness and death, with her journals and Ken’s philosophical commentary. The result is a thoughtful, comprehensive—and loving—description of a spiritual partnership on a sacred journey. Debra describes it as “riveting.”

Wright, Susan J. (2007). *The Chakras in Shamanic Practice: Eight Stages of Healing and Transformation*. Rochester, VT: Destiny Books. Susan Wright is a practicing shaman and licensed massage therapist trained in Gestalt psychotherapy who has combined the

knowledge and skills of those disparate practices into a chakra-based system of Energy healing. She describes the ways in which traumas occurring at different ages are stored in the chakra developing at that time and how to promote healing by working with the chakra.

## *What’s Coming Up?*

What’s your Life Plan? Successful people have a clear life plan, which they memorize or write down. They create it, review it regularly, and revise it as necessary. Approximately 85 percent of those who rate themselves as highly satisfied with their lives have a Life Plan. Without a plan, you leave your success in the hands of others or of random chance. What’s in your Life Plan for 2008? One of the things that should be in your plans for 2008 is making sure that your skills are current. When is the last time you updated your skills through reading, taking a workshop, or otherwise adding to the skill set appropriate for your work and/or Life Journey? Consider making 2008 the year you accelerate your personal and professional growth.

The SCS training schedule for 2008 begins in February, with a low-cost, one-day introductory workshop, five days of “Healing Relationships,” “Introduction to NLP,” and “Healing with Energy.” In March, we’ll be offering our newest program, *Seeing the Divine in Everyday Life: 7 Keys to Joyful Living*, and in April, we have scheduled “NLP and Health” and “Pre- and Post Surgical Support with SCS.” We’ll be training in Southwest Michigan, Tennessee, and Indiana. And in May.... Well, you can see what we have scheduled, read course descriptions, and decide how what we’re offering fits your Life Plan 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

