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TimeWarp Technologies™ Newsletter

Welcome...

Here is your TimeWarp Technologies™ Newsletter for July 2007. This newsletter may be duplicated and distributed to those who share an interest in Energy Medicine, neurolinguistics—especially Neurolinguistic Programming (NLP)—and spirituality.

This month the featured articles are “How Logical, How Level,” by Joel; “Brush with a Sheik,” by Debra; “The Magic of Science,” by Joel; and “Not the Three Little Pigs,” by Debra.

How Logical, How Level?

If you’ve studied NLP, you’ve doubtless encountered Robert Dilts’s *Logical Levels* along the way. Depending on where and with whom you’ve studied, you may have also encountered the complaints about Dilts’s presentation of the idea. The complaints about it center on the belief that what Dilts proposed is neither logical nor levels, and/or the belief that Dilts misapplied the concept of logical levels original proposed by Bertrand Russell and modified by Gregory Bateson. Neither of those complaints bothers me because I find the Logical Levels as presented by Dilts useful categories for therapeutic intervention. In brief, Dilts suggests the following levels or categories for possible interventions:

1. **Environment.** The environment consists of the people and things around us. The environment supports some behaviors and discourages others. You need a fairly large body of water, for example, to engage in water skiing.
2. **Behavior.** The behavior consists of the actual actions operating in the environment. The branch of psychology known as Behaviorism studies ways to define and then shape behavior by providing consequences for engaging in it. Desired behaviors are rewarded, and undesired behaviors are punished or ignored. We may have learned to water ski to enjoy the satisfactions of being able to do it.
3. **Capability.** Capabilities consist of sets of skills and strategies that allow us to perform certain behaviors and to improve the way we do them. Water skiing requires a variety of skills and strategies that would need to be mastered.
4. **Belief.** What we believe facilitates our engaging in some behaviors and discourages other behaviors. If we believe that we are capable of learning how to water ski, we are more likely to engage in the behavior than if we believe that water skiing is dangerous.
5. **Identity.** Identity is based on closely held beliefs about who we are. We tend to behave in ways that are consistent with our self-image or sense of identity. Professional water skiers may well have established an identity based on water skiing, and skillful water skiing may have become very important to their self-image.
6. **Spirituality.** Spirituality refers to the way an individual connects with Source or the All That Is. It may be the outgrowth of a religious

belief, but it doesn't have to be. It is more a matter of an individual's sense of how he or she connects with the Energies of the Cosmos.

These categories are neither really logical nor levels because they overlap and interconnect. An intervention at any "level" may result in changes in any or all categories. If you are already familiar with the concept of *chakras*, you may have noticed that Dilts's Logical Levels have a rough correspondence with the chakra system:

Dilts	Chakra
Environment	Root
Behavior	Sacral
Capability	Solar Plexus
Belief	Heart
Identity	Throat
Spirituality	Brow, Crown

Although neither "logical" nor "levels," the categories are arranged in what Ken Wilber (*Sex, Ecology, Spirituality: The Spirit of Evolution*) refers to as *holons*, wholes that exist within other wholes. In general, changes in the first three levels would be what NLP considers *remedial* changes. A broken arm is set and splinted, an environmental change. A person generates a new behavior to replace one that's no longer desired. Changes at the upper three levels are typically what NLP would call *generative* changes because changes at the "higher" levels are more likely to influence a greater range of behaviors. A change in Identity or Spirituality influences all the other categories—the person develops new beliefs, new capabilities, and new behaviors and changes his or her environment to correspond with the new sense of self.

When you look at your own behavior—or at the behavior of others who desire change—a good place to start is by asking yourself in which of the Logical Levels, or in which chakra, the behavior is most closely associated. Once you have identified that, you are in a good position to effect the most appropriate change for where you and others want to go.

For how all of this fits with NLP, see Section 12 in the SCS Level 2/NLP manual, *Healing with Language*. If you do not yet have a copy, you may access a free, read-only copy of the manual by going to the following URL and completing the form:

www.scs-matters.com/read-only.shtml

Brush with a Sheik

Once in a while, something you read or hear or find out about changes you at your core. That happened to me recently when I saw a bumper sticker for the U.S. Marines.

I am glad I don't have sons. And I am even more grateful to those mothers who do. A friend shared an article, titled *Dialogue: (Talking Can Stop Hate)*, by Akbar Ahmed, author of *Journey into Islam: The Crisis of Globalization*. Ahmed is the chair of Islamic Studies at American University in Washington, D.C. The article chronicled the experience he had when he and two of his honors students traveled to nine countries in the three major regions of Islam—the Middle East, South Asia, and the Far East Asia—for two months in 2006. The students, Frankie Martin and Hailey Woldt, ignoring the advice of loved ones who begged them not to go, had taken time off from their academic studies, and paid their own expenses.

The vehicle in front of me seemed innocent enough.... It was a red Jeep Cherokee. A prominent sign on the middle of the bumper caught my eye: Proud Dad of a U.S. Marine. It reminded me of the many similar bumper stickers I have seen with everything from "Proud owner of a Labrador Retriever" to "Parents of an Honor Student at such-and-such Elementary School." If it had not been for my glance down and to the left, I may have continued driving and never had my entire future changed.

How could 16 words—not one of them over 10 letters—turn my world upside down and create for me such clarity of purpose? Six of those 16 words had only two letters.... Five more had only three.... That means in only five words it all came clear. It may be, too, that you will never be the same after you read them. Only time will tell.

I have dabbled for decades with what I called *discovering my mission*. I think I was born with an adult perspective. By fifth grade I spent much of my school days tutoring other students. Phillip and I would go into the *library* a space smaller than the closet in my current bedroom—where I would listen to him reading aloud. When he would miss a word or get stuck, I was to simply give him the word and let him continue. Not one story he read is in my head now, but I suddenly see how my future was already unfolding. I wonder what he is doing now. I doubt he could have made it into the armed forces, so perhaps he was not drafted when so many of those our age were going to Vietnam.

Anyway, I now know what I was born to do. And it is as clear as anything could be because of those five words...

OK. I admit the six two-letter words, and the five three-letter words play a role in the sentence structure. But I know for sure now that I was born to be a thinking person who can move beyond emotionalism and make the choice to respond with love. Hailey Woldt would write about her experience back

in 2006, "We must approach the world, not from the position of fear, as I had done before the trip, but from that of love and friendship."

The structure of the sentence on the back of that red Jeep Cherokee was part of its power. It is loaded with presuppositions that, to someone not aware of subtle communication systems, might have gone unnoticed. I warn you to be aware as you read it. The phrase has the power to change lives. This is it:

It is **God's** job to **judge** the **terrorists**. It is our job to **arrange** the **meeting**.

When you think about it, the sentence begs you to ask the classic Metamodel questions, "How do you know?" and "What do you mean?" doesn't it.... Notice the nominalizations.... Notice the ambiguities.... Notice the embedded commands.... Notice the unspecified pronoun.... Verbs....

The article says "we can only see into the souls of others if we take the trouble, and the risk, to visit one another. Only then can change occur." When the group met with Sheik Hussam Al-Din-Farfor, the head of the Fatah Institute, a well-known Islamic University, and some members of his faculty, the conversation became tense with criticism of the policies of the United States. Later, however, the group had a powerful experience during a dinner at the Sheik's home shared with many of the professors from the university. The Sheik "began to hum, closing his eyes, swaying to the rhythm he tapped on his knees. He sang about the love, beauty, and compassion of the Prophet, and soon the others in the room had the same look of serenity on their faces."

Their experience of Islam at that moment was a far cry from what they had previously seen or read about. The day before they left Damascus, the Sheik met with the group in private and presented gifts to each. Hailey was especially touched by the gifts and later wrote, "If two Americans with their professor can make such a difference, what can a whole nation do with the power of compassion and dialogue?"

Maybe talking can stop hate, especially if I remember to approach the world, not from the position of fear, as I had done before I saw that bumper sticker, but from that of love and friendship....

The Magic of Science

In 1959, novelist and critic C. P. Snow delivered a lecture entitled "The Two Cultures," in which he explored the division between science and the humanities. At the time, science was seen as steeped in reductionism, attempting to reduce all of life to its smallest and simplest components. The humanities, on the other hand were viewed as what we now

consider "holistic." The sciences were *material*; the humanities were *spiritual*.

What many—including many scientists—have failed to notice is that the differences between the two cultures are based on process rather than on content. In Jungian terms, science is "sensing," while the humanities are "intuitive." But ... even in 1959, that didn't tell the whole story. The principal clash between the cultures has been between those who have denied the spiritual aspects of life because they couldn't "see" them or otherwise measure them, and those who were offended by that denial.

That isn't always the case. Sir Isaac Newton (1642 – 1727), who laid the groundwork for modern physics, astronomy, math and optics, was also a deeply religious man who believed that the close examination of the physical world would reveal the workings of the Divine Mind. Before Newton, René Descartes (1596 – 1650) had provided a philosophical justification for the scientific exploration of the world by concluding that God would not lie to humanity; therefore, we were safe in believing that our observations of the physical world could be trusted and, given careful observation, be assumed to be "true."

"Science" is, of course, a *nominalization*—a noun without a specific referent—so each of us creates a *complex equivalent* or personal definition for what the word means. It is easy to forget that science is more than what any one scientist thinks or has been able to discover. Science itself is a process of moving forward, discovery by discovery. Most of us—most of you old enough to be reading this newsletter—can remember all sorts of things that scientists thought were "true" have turned out to be "false." Some things, such as using leeches to drain "bad blood" from wounds have come full circle, from being considered the treatment of choice, to being considered primitive superstition, to being considered highly useful.

The magic of science is the magic of discovery. Some scientists still question the existence of a spiritual realm other than that expressed by the wishes, hopes, and dreams of humans, but other scientists are busy formulating ways to study what's often been called nonphysical. The really interesting thing is that recent discoveries in Quantum Mechanics have shown that what Descartes and Newton would have considered "physical" is actually nonphysical at the fundamental level.

The magic of science resides in the willingness of scientists to revise their views of reality as new evidence is discovered. Religions, on the other hand, often cling to their old maps of reality even while the territory around them changes. The split between the

Amish and the Mennonites occurred because the Mennonites were more willing to adopt modern dress. The crux of the differences between them was reportedly the Mennonites' willingness to use buttons, while the Amish felt that because buttons were not mentioned in the Bible, the only acceptable fasteners for clothing were hooks and eyes.

Whether that is literally true or an exaggeration, it represents the way many in religious communities resist change. It isn't always easy, of course, to determine which changes will serve us well over time, but unless we are open to possibilities, we will miss the magic that accompanies knowing more and the expansion of consciousness. The more we know, the more likely we will be to discern which changes will be good for us over time. That discernment brings wisdom, and that's the magic of science.

Not the Three Little Pigs

On the June 5, 2007, drive home from Still Waters (to see where I take my personal retreat time every other week, go to www.comebestill.org) I had just turned off West Clear Lake Road onto Warren Woods Road, when I could see something crossing the road about half-way up the hill. At first I thought I was seeing several dogs, but as I slowed down and increased my focus, I could see three baby deer. I began to brake and eased down the hill and part way up, stopping about 20 - 30 feet from the trio. There they stood, all covered with spots. Their spindly little legs were still wobbly, and each looked at me with immense curiosity.

As I just sat there, barely breathing, heart beating, one even approached my van! It got within about 24 to 36 inches from me and just peered into my eyes with that innocent, wide-eyed wonder. I saw the mom pop her head out of the ditch, give a close look to see where everyone was and what was happening, then vanish into the coverage of the tall grasses.

I sat with my foot on the brake and my engine idling. I kept looking into the rearview mirror to be certain no cars were coming up behind me. There in the middle of the road, time stood still for us all for about five minutes. I was not even daring to open a window for air. I wished this moment in time could last an eternity.

When I saw a pickup truck backing out of a driveway at the top of the hill and heading toward us, I reached over and flipped on my hazard signals. As the man driving the pickup approached slowly, my tender young friends slowly and tentatively scampered off the road and disappeared into the tall grasses in the ditch. I rolled down my window. The other driver did the same. I said, "I have been sitting

here with them for several minutes. I have never seen such young ones out and about." He responded, "They did not even know to be afraid."

Wow....

In Native American teachings humans, together with the animal kingdom and the plant kingdom, are all recognized as interconnected—the web of life. To them, creatures are part of *all my relations*. Furthermore, each animal is said to have a certain "medicine" and is thought to relay life lessons to humans that generally apply to the individual's or tribe's life at that moment in time. If the elders were discerning to go on a certain hunt or to stay put, they understood that the guidance would come when a certain animal would appear. The message would be in the meaning of that particular animal in its natural life. And the guidance was always to be followed, because you received it from Great Spirit.

Great Spirit was known to be in all things. In the Christian understanding, this idea is called *omnipresence*. It was said that Great Spirit could "shapeshift" and would appear in a form that would bring the needed information at the exact time it was needed. Shamans even today work with this ability for the energy to change form as necessary. NLP would talk about *perceptual frame*.

About 15 years ago, I was introduced to a wonderful resource called *Medicine Cards*, a set of cards with animals and a book describing the possible meanings according to elders in the Choctaw, Lakota, Seneca, Aztec, Yaqui, Cheyenne, Cherokee, Iroquois, and Mayan traditions. A system of divination, the authors acknowledge meanings vary but they offer the set with the intention of assisting people to remembering our connection to Mother Earth and all her creatures in hopes to "open a doorway to new understanding for those who seek the Oneness of all life."

Seeing such young ones, recognizing how vulnerable they were standing there in the middle of the road on their still wobbly, knock-kneed legs, is very unusual. Seeing "triplets" is especially rare as deer are usually born "twins." In those moments of my life that day, I was fortunate to experience that sense of connection to the Source of all life. Whether this is a new way of seeing the animals you encounter in your daily life, or whether you are already familiar with using nature as a divination tool, I think you will enjoy reading what the medicine of deer brings to us all:

"Deer teaches us to use the power of gentleness to touch the hearts and minds of wounded beings who are trying to keep us from Sacred Mountain. Like the dappling of

Fawn's coat, both the light and the dark may be loved to create gentleness and safety for those who are seeking peace.

"Stop pushing so hard to get others to change, and love them as they are. Apply gentleness to your present situation and become like the summer breeze: warm and caring. This is your tool for solving the present dilemma you are facing. If you use it, you will connect with Sacred Mountain, your centering place of serenity, and Great Spirit will guide you."

Medicine Cards, pp. 53-54, by
Jamie Sands and David Carson

For Your Reading Pleasure

As a subscriber to the TimeWarp Technologies™ Newsletter, you might also be interested in reading the entries on the SCS Blog (<http://www.scs-matters.com/scsblog>). You can read the blog entries without joining, and when you join, you can also enter comments and stories of your own. We'd be glad to have you participate.

We also provide free, *Read Only*, copies of the SCS training manuals online for your downloading and reading pleasure. They are available at the following URL: <http://www.scs-matters.com/read-only.shtml>. For a complete list of the "Free, Fun, and Useful" downloads we make available, see <http://www.scs-matters.com/downloads.shtml>.

One of the best-kept secrets continues to be that SCS offers online instruction in both NLP and Energy Medicine. If you are computer literate, curious, and you're convinced that knowing more would be good for you, the online instruction offered by SCS would be a low-cost way to further your understanding of these subjects.

What's Coming UP?

The next regularly scheduled SCS training will be "Classroom Classics: Restoring the Joy of Teaching and Learning" from 3 - 7 August in St. Joseph, Michigan,

at the Priscilla Byrns Heritage Center. This training is part of the NLP series and could serve either as your introduction to NLP or as your continuation on your path to the certification you desire. Licensed Practitioner of NLP requires successful completion of two of the five-day workshops, and Licensed Master Practitioner requires successful completion of three the workshops in the series. Also in August, we'll be offering "Healing with Language," a three-day workshop covering the effective use of language in therapeutic settings. August will be here before you know it, so ... if either of these trainings is right for you, call/write now to secure a seat.

Planning for 2008

In 2008 Joel and Debra will be introducing an all new program-Road Show 2008! Whether what works best for you is an event held in your home for a group of 10 or 12 of family, co-workers, friends, or neighbors or whether you know it is time to bring these life-enhancing skills to a group of professionals in your area the specific program will include our very best stuff tailored just for your group. Even as we are still fleshing out the details you will want to plan now to host "*Seeing the Divine in Everyday Life: 7 Keys to Joyful Living*." Schedule your 3-day event over a long weekend or use it as a perfect midweek pick-me-up.

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 "*Seeing the Divine in Everyday Life: 7 Keys to Joyful Living*" or any one 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