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TimeWarp Technology™



Small Changes

Subtle Communication Systems

Infinite Results

Enhance your **Motivation**...

Become more **Optimistic**...

Improve your **Relationships**...

Maximize your **Enjoyment** in all ways...

Edited and published by Joel P. Bowman and
Debra Basham for SCS Matters, LLC
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TimeWarp Technologies™ Newsletter

Welcome...

Here is your TimeWarp Technologies™ Newsletter for June 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 “The ‘Subtle’ in Subtle Communication,” by Joel; “Revisiting Healing Touch™,” by Debra; “Personality, Metaprograms, and Behavior,” by Joel; and “Energy Speak,” by Debra.

The ‘Subtle’ in Subtle Communication

Those who work with “The Energy” are used to thinking in terms of the *subtle energies* of the Human Energy Field, whereas communication—both verbal and nonverbal—is usually thought to be both observable and relatively explicit. A lot of communication, however, typically remains below the participants’ level of conscious awareness because it is too subtle for them to notice it.

Eye-accessing cues, which indicate the sensory systems are being used to “re-present” or construct the way an individual is thinking about something often go unnoticed. When Bandler and Grinder first discovered that eye-accessing cues have meaning, they met with two kinds of resistance. The first was disbelief and an effort to prove them wrong. The second was a begrudging acceptance accompanied by the belief that, even if eye-accessing cues were meaningful, they were too difficult to notice to be worth the effort.

When we decided to call what we were doing *Subtle Communication Systems*, Debra and I had both the subtle energies and the subtle aspects of nonverbal and verbal communication in mind. The two are, of course, interrelated. For one reason or another, some people are naturally more sensitive to the subtle energies than others. Many others have to cultivate that sensitivity. The same is true for the subtleties of both nonverbal and verbal communication. Some people are naturally more sensitive to the subtleties of nonverbal communication. In Western culture, women tend to be more sensitive than men, but it is not clear whether the sensitivity is genetic or culturally based. Less of a gender gap exists in sensitivity to verbal communication, but both men and women also remain unaware of many of the subtleties of verbal communication. We learn most of the fundamentals in childhood, and we may actually be more sensitive to subtle communication systems early in life—before we are “educated” out of trusting our natural observations.

And it is not just eye-accessing cues. Most people miss changes in breathing rate—not only in themselves, but also in others, and most fail to notice that seemingly random gestures are not random at all. Most gestures, for example, extend from or point to the body’s principal energy centers—known as *chakras* to those familiar with the subtle energies—and indicate which chakra is most “concerned” about the communication. Voice tone and rate of speech are also conveying specific messages to those who are listening.

Language itself—the words, phrases, and sentences—is typically multilayered and complex, and most people miss most of the nuances. Because we understand completely what we think we are saying, we tend to assume that others will interpret our words the way we intend. We also tend to believe that others mean the same thing we would mean if we used the same words. Most of the time our assumptions are sufficiently correct that we avoid serious communication difficulties. Even when we are aware of basic presuppositions in sentences, however, we often miss the nuances of additional presuppositions:

If you get better, we'll go to Disney World. [If = might or might not get better.]

When you get better, we'll go to Disney World. [When = will get better.]

Think about what is presupposed in the following sentences:

How do you feel about being willing to make that change?

How do you manage to continue feeling bad about that?

And, of course, understanding the ways in which presuppositions influence the perceptual frame through which you view “reality” is just the tip of the iceberg. In *Words Were Originally Magic*, Steve de Shazer proposes the use of a “miracle question”: *What if by some miracle, your problem were suddenly solved—how would you know?* More often than not, the miracle question resulted in miracle answers, which demonstrates the degree to which words continue to be magic. The more you know about their subtleties, the more magical you become in your ability to solve problems for yourself and for others.

Revisiting Healing Touch™

There is a saying that one cannot step into the same river twice. While this is most likely true, I recently had the opportunity to be a room assistant at a Healing Touch™ Level 1 class. Janet Tait was the instructor. I took Level 1 in February, 1995, and, interestingly, it was also in Ann Arbor, Michigan. While I was once again inspired by the healing that happens when an individual follows the process of grounding, centering, and setting the intention to balance the energy field, I was also a bit curious whether the program had changed that much in twelve years or whether I had changed that much. Perhaps some of both....

Some of the terminology has changed—what we used to call *unruffling* and *modulation* are now *hands in motion* and *hands still*, because Therapeutic Touch™ now “owns” the terms. That in itself is a change.... We were using a new edition of the training manual, so that has changed, too. I had a sense that the

program has become more standardized, and I recognize that the standardization of Healing Touch™ is one of the things that has led to good scientific research being done. When a *Chakra Connection* is done by different practitioners, even though the energy and the result may vary slightly, the actual technique performed would be the same and would be recognizable by anyone who had attended a class, seen the training manual, or knew the technique from its origin. Familiarity and consistency are important elements in bringing Healing Touch™ to the clinical setting and having it gain respect.

I appreciated the setting. We were meeting in a University of Michigan administrative building with nice big windows—and got to see a couple of deer! We were close to restaurants, and the location was easy to find. We had bottled water and were told to be sure to drink plenty of water because being well hydrated assists the flow of energy. Several of those in attendance were nurses, including the class coordinator, Claudia Ogden. We discovered that she and I attended Level 3B together way back in 1996. That is another change in terminology. Healing Touch™ Level 3B has become Healing Touch™ Level 5....

One of the things that seemed different to me about the training (but maybe that change is within me) was how Janet stressed that your being grounded and centered and having a clear intent was more important than doing the technique correctly. She even took me aside and told me that rather than correcting a student if he or she were having a bit of a challenge with a specific technique, she would just make a general teaching statement to the group, “Be aware of your posture, ” or “Curve your fingers lightly as if you were collecting filings.” I am glad to know that people are learning the power of intention when they first start working with the energy. It took me a while to get there....

I was very concrete in my thinking when I began doing Healing Touch™. In fact, I remember early on I was doing a *Chakra Connection* on my husband, John, when I started feeling nauseous. Actually, I vomited on the way home from that first Ann Arbor Healing Touch™ Level 1 and spent most of the evening in the home of the instructor, Mary Ann Geoffrey, vomiting. I guess I learned about “energy sickness” or “fluky flu” the hard way—through experience! Back to John.... I began to feel nauseous while I was working on him and, because I was so literal I talked him through finishing the technique on himself while I lay on the floor with a cool cloth on my forehead. It is funny now when I think about it but back then I must have thought it would be like

opening a person's chest and then not stitching him back up. Fortunately I now know you can trust the energy. The energy actually has intelligence. The energy follows thought. Maybe that is what the Christian New Testament writing means when it says that the Holy Spirit will intervene on your behalf.

And I remember the woman who was on my table when I was using color to have her balance her field. Breathe in red, breathe out red. Breathe in red, breathe out orange. Breathe in orange, breathe out orange. Breathe in orange, breathe out yellow. Breathe in yellow.... Only this is where I got stuck. She just could not breathe in yellow. And I lacked the flexibility to just let it go. I am quite sure she still thinks about that from time to time. Maybe it is time to let that one go, too, along with all the things that you have still judged yourself about. Life is for learning, and learning to work with and to trust the energy seems worthwhile no matter how long it takes.

I thanked the instructor for allowing me to participate in the class. It meant a lot to me to be there. Several times during the weekend it was as if Janet Tait disappeared and the spirit of Janet Mentgen, the wonderful woman who created the Healing Touch™ program had come to visit all of us. If you would like to take an official Healing Touch™ Level 1, I highly recommend Janet Tait. Her email is jtait@voyager.net. Or maybe you would prefer to attend *Healing with Energy*, SCS Level 1. You cannot go wrong.... And as Janet said (I think you probably can tell which Janet) "Just do the work...."

Personality, Metaprograms, and Behavior

Most adults have encountered one or more "personality profiles" at some time in their lives. The best known of these is probably the Myers-Briggs Personality Type Indicator (MBTI), which measures individuals' tendencies to be Extroverted or Introverted, Sensing or Intuitive, Thinking or Feeling, and Perceiving or Judging. The idea behind personality profiling is that, when you know your own behavioral type and the types of others, you will have fewer misunderstandings and life will be more harmonious.

For this reason, businesses often use personality profiling as part of team-building exercises designed to help team members understand that different approaches to solving problems can be equally valid and that the individual who finds fault with proposed solutions contributes as much as the person doing the proposing. If problems aren't anticipated, they can't be avoided.

Although no personal profile system tells a complete story about individuals, the better systems do a

pretty good job of indicating behavioral tendencies. They are, after all, self-reports of past behavior, and past behavior tends to be a good predictor of future behavior. If you are asked for example, to state your tendency to be *patient* on a scale of 1 to 5, with 1 being very impatient and 5 being very patient, what score would you give yourself? When you are asked such questions about your degree of patience a number of times in a variety of ways, you receive a composite score that confirms your perception about your ability to be patient.

Regardless of the personal profile system being used, each of the personality types identified has both strengths and weaknesses. On the MBTI, Extroverts are good at spending time with others and making them feel good about group activities. They are typically not good at jobs requiring solitude and quiet. Introverts are good at jobs requiring solitude and quiet, but they are often not comfortable in group situations.

Although not exactly a personality sorter, the Metaprograms of NLP are based on the same basic premise. An individual's past behavior and the language he or she uses indicate his or her likely behavior in a variety of contexts. An individual is more likely to be an *Initiator* than a *Responder*, for example, if he or she has typically been an Initiator in the past and if he or she uses the language of initiation, such as "I decided..." "We need to..." "I want..." or "Let's go out tonight." That doesn't mean, of course, that the individual will *always* be the initiator. Many people find that they are Initiators in some contexts and Responders in others. It is perfectly possible for a person to be an Initiator at work and a Responder at home, or vice versa.

It is important to recognize that the Metaprograms are dynamic rather than static, simultaneous rather than sequential, and interrelated rather than independent. The same is true for the categories of personality types depicted by personality sorters. No one is completely *Extroverted* or *Introverted*; no one is completely an *Achiever* or a *Communicator*. However much we lean in one direction or another, each of us has the potential for it all.

And what's most important is to recognize that the better you understand your own behavioral tendencies and the behavioral tendencies of those with whom you live, work, and play, the better able you will be to live, work, and play in harmony. Such understanding also enables you to recognize and capitalize on your behavioral strengths even while increasing your ability to recognize and reduce or eliminate your weaknesses.

To help you in this process, we have put the *SCS Personal Profile* online as a free download at the following URL:

www.scs-matters.com/Download/PersonalProfile.pdf (requires the Adobe Reader, which is a free download from <http://www.adobe.com>). The SCS Personal Profile is *not* a test—you cannot fail, and no personality type is better than any other personality type. What *is* better is knowing more about who you are and the ways in which you differ from others. You might be surprised by how much you can learn about yourself and others in the 20 or 30 minutes you spend with the profile.

Energy Speak

Excuse me for taking a bit of liberty with the title of this article. One of my favorite books is *Animal-Speak* by Ted Andrews. The idea behind this book is that, in nature, messages or meanings can be derived from knowledge or awareness of species. *Bear* is about hibernation. *Squirrel* is about being prepared (hence squirreling something away). Although it is true that an individual will have a particular *complex equivalence* for a specific species, as in the case of a young friend of mine who loved snakes and had a pet boa constrictor, or my brother-in-law who said he could pick up a snake and use it to kill a spider (he is afraid of spiders but not of snakes), there does also seem to be a general meaning that is pretty well agreed upon.

Years ago, I had the opportunity to study dream work. Dream symbols seem to follow some of that same design – meaning a universal symbol exists that is pretty well agreed upon, and then the individual will also have a personal meaning for a particular symbol. The gentleman I was in a dream-study group with had spent some time at the Jungian Institute. I am pleased to say he was instrumental in helping me recognize the personal meaning of a symbol that had reoccurred in my dreams for over twenty years.

I have kept a dream journal for nearly 35 years now, and I find doing that to be a very useful tool for listening to my unconscious. Recently I had a dream that you might enjoy and relate to. The dream had essentially three scenes. I titled the dream *Espionage*. In the first scene, a woman killed a man that was somehow connected to me. In the second scene, I killed that woman in retaliation for what she had done. I was a bit shocked at how much I enjoyed the feeling of vindication.

In the third scene, the *Trickster*—something that could not really happen in waking consciousness—resulted in my fighting that woman. Desperately grasping for any weapon within reach, I grabbed a

milkshake and began to pour it on her. I have no idea what I was thinking but perhaps I was thinking she would melt like the witch did in the Wizard of Oz. Much to my surprise, both of us started laughing. Feeding on one another, soon we were falling down in gales of laughter.

If you are interested, you might enjoy using the formula I learned in dream work by saying, “If that were my dream, it would have meant _____.” The dream ended with a wonderful sense of my having transcended the drama of life by seeing the illusion for what it was and allowing humor to create a happy ending.

In her Awakenings class, Angel Gail Konz, teaches that using intuition is similar in that you share information from the perspective of what the symbol means to you. “I see a red car, and to me a red car is something that goes fast, so I would say this is something that is going to pass very quickly.” Reading the **Energy** tends to follow similar guidelines.

Although we have commented that the writers seem to be more and more influenced by Hollywood as the show goes along, Joel and I enjoy watching “Medium” on television. The show is based on a real psychic, Allison DuBois, who lives in Phoenix, Arizona. Much of the time we have more questions than answers, but always we have particularly appreciated the honesty with which the show deals with the challenge of accurate interpretation of information received intuitively.

Both Healing Touch™ and NLP provide tools for learning to work with other-than-conscious communication—the energy—and that can be a powerful personal experience. If you are already familiar with doing this, you know that whether called *higher sense perception*, as in Healing Touch™, or *calibration* in NLP, using these skills with intention to benefit others is a truly sacred journey. If you are just now making a commitment to developing this intuitive communication, or if you are ready to go to the next level with this process, perhaps the first step is being willing to stop, to look, and to listen.

Stop thinking this is something only others can do or stop thinking that others do it better than you.

Look to the spiritual or religious culture that is true for you for assurance that these are natural processes. The stories of Joseph’s dreams in the Hebrew Scriptures are common to both Jews and Christians. Every culture has similar stories to remind us that individuals who are willing to be messengers from the Divine are given messages. Or look at the messages you have been given in the past.

Regardless of where you are along the path, be intentional to take time to listen within. Some people call this prayer. Others call it meditation. Still others call it simply inner listening. Maybe we should just think of it as all of us becoming fluent in *Energy Speak*....

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 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 "Sell-Buy-Ology," from 8 - 12 June 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. It's coming up very soon now, so ... if this one is right for you, call/write now to secure a seat.

The real question is where you want to go next.... We continue to be open to suggestion and invitation to offer the workshop of your choice at your convenience. 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 one of the work-shops in the SCS list of offerings, call Debra at 269.921.2217, or send her a quick email message:

debra@scs-matters.com

