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TimeWarp Technologies™ Newsletter:

Welcome...

Here is your TimeWarp Technologies™ Newsletter for June 2008. 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 “Ruminating or Spinning Wheels,” by Joel; “You Can Judge a Book by Its Cover,” by Debra; “Easy Does It,” by Joel; and “How Far Can You Go,” by Debra.

Ruminating or Spinning Wheels

When something “nags” at us, and we’re not quite sure what to do, it is easy to spend time worrying about the situation. The question that occurs to me about such times is whether you are ruminating or spinning your wheels. It seems to me that the difference is significant. We ruminate on ideas the way cattle ruminate their cud. The first time cows chew and swallow their food, it isn’t fully digested. So they regurgitate it and chew it again. Now, we don’t have two stomachs the way cows do (which is probably a good thing for reasons beyond the scope of this article), so we don’t need to spend time ruminating our food. We do, however, need to digest ideas, and sometimes we need to chew on them more than once to ensure their complete digestion.

Spinning one’s wheels, it seems to me, is different. When you are spinning your wheels, you are spending time and energy going nowhere. At one time or another, you’ve undoubtedly been stuck in something—snow, mud, or sand—and probably burned a lot of gas digging yourself in deeper. Spinning your wheels is repeating something, whether an action or a thought process, even though it is not producing the desired result. When the realm is mental behavior rather than physical actions, spinning your wheels is

lying awake at night reviewing things that have gone wrong, are going wrong, or might go wrong.

Rumination, on the other hand, may be slow, but it is thorough and forward moving. If you’ve ever watched a cow chew its cud, you know that it’s an unhurried, peaceful process. It is also necessary for good digestion. Cows simply do not “wolf” their food. Wolves (and dogs) tend to eat rapidly and swallow big chunks whole. You may have noticed that they have teeth designed for tearing and swallowing instead of for chewing. Their digestive systems work best that way. Humans are in between. We do well to chew our food, but we don’t need to spend as much time chewing as a cow does. We tell our children not to “wolf” their food because our digestive systems work best when we spend some time chewing.

Because ideas are food for the brain, we need to make sure that we are chewing them appropriately for good mental digestion. Ideas that are like soup, for example, won’t require as much chewing as an apple or a steak. Regardless of what you are chewing on, however, you need to be able to identify whether the chewing is necessary and whether you’re making progress. Chewing on soup, for example, would be spinning your wheels. Trying to swallow a steak whole might result in a visit from Dr. Heimlich.

So ... when it comes to mental digestion, the key question is whether the idea or situation is one that can be swallowed and digested without chewing, one that needs only a bit of chewing, or something that requires chewing on more than once. If you find yourself chewing on the same issue repeatedly, notice whether you are making progress or whether you’ve been spinning your wheels.

If you’ve been spinning your wheels, take an action that will change your thinking. Whatever the issue, you can find something to do that will provide more information. You can then ask whether your action

helps you move closer to a resolution. If so, do more of it. If not, do something else. When you are spinning your wheels, you're going nowhere fast.... Learn to ruminate instead.

You Can Judge a Book by Its Cover

I love books. Actually I love to read. Recently, though, I have begun to challenge the idea that you cannot judge a book by its cover. Take this title, for example: *If You Want to Walk on Water, You've Got to Get Out of the Boat*. Notice how the images that come to your mind help you identify places where you had been dragging your feet, and you are already feeling a bit inspired to action, even before you opened the book.

Something like *If You Can Stand the Heat: Tales from Chefs and Restaurateurs* can actually make your mouth water, and your mind already saw the opposite and familiar—if you can't stand the heat, get out of the kitchen.

Think Thin, Be Thin: 101 Psychological Ways to Lose Weight begins to help you accept that your enjoying your ideal weight has more to do with your mind than your body.

Book titles can be provocative, and have a political slant. *Can Homophobia be Cured?: Wrestling With Questions That Challenge the Church* lets you know immediately that thinking God (the infinite being of unconditional love?) would reject someone because of his or her sexual orientation just does not make good sense to this author.

You'll See it When You Believe it: The Way to Your Personal Transformation, tells you not only that as you begin to use your ability to visualize good things in your world, good things will happen more and more—and this is the way to your personal transformation.

Some titles seem to give you a hint – that author, or the editor, must have fully recognized that when you are curious, you are more open. One of my favorites in this category is *If you Meet the Buddha on the Road, Kill Him!: The Pilgrimage of Psychotherapy Patients*. I can be quite sure you are not supposed to take the things you read literally. I can even notice that people will say things like *my feet are killing me*, and that is just more evidence that it is a good thing that you can see metaphor in the world around you. Maybe I will have to read this one to figure out what it really means. For now, though, I will join you as we celebrate our ability to tolerate (and even appreciate) ambiguity.

Some titles seem to start a trend. When I did a Google search for “Zen and the Art of...” I got a whole lot more than I had been looking for. *Zen and the Art of Motorcycle Maintenance* has now given way to *Zen and the Art of Archery*, *Zen and the Art of Face Punching*, *Zen and the Art of Internet*, *Zen and the Art of Remarkable Blogging*, *Zen and the Art of Postmodern Philosophy*, and (amazingly) *Zen and the Art of Dive-bombing: or the Dark Side of the Tao*. One can assume that the author of this one does not know a core teaching of the wisdom of Taoism is that the Tao that can be deviated from is not the true Tao. I think you will do well to remember that one and skip that book

and instead check out *Zen and the Art of Falling in Love*, or *Zen and the Art of Chilling*.

Start Where You Are: A Guide to Compassionate Living seems like something we would all do well to integrate more fully. Just reading those words lets you breathe more deeply and have a better sense of how the future is unfolding well, doesn't it.

That good feeling you have when you think about our future being bright must be what the author had in mind when writing *God is Closer than You Think*. Add to that the idea that *God is a Verb*. Now remember *Your Mind Can Do Miracles: How to Manifest Your Goals and Dreams*.

Just maybe we have all been *All Grown Up and No Place to Go: Teenagers in Crisis*, because it is pretty true that *Everybody's Normal Until You Get to Know Them*. While it is true that you will not know everything the author has written just by reading the cover, notice how you can have a rich experience by allowing the title speak to you. SCS still has a few copies of *Freedom is Everything and Love is All the Rest*, by Owen Fitzpatrick and Richard Bandler.

I recently read Luci Shaw's *The Crime of Living Cautiously: Hearing God's Call to Adventure* but I will save that for my next article....

Easy Does It

When I was 13 or 14, my Uncle Vince, who had played competitive pool as a young man, volunteered to give me a lesson. Other than for the time I was in college and the military, I haven't played much pool. Nevertheless, something my Uncle said as part of the lesson has been with me in a variety of ways over the years. He said, “Power is no substitute for finesse.” People (and you may be one of them) often resort to power—or force—to achieve an objective when they don't know what they're doing. If a hard “break” at the opening of a pool game were a good strategy, the professionals would do it. They use a more subtle approach that requires more skill—finesse rather than power.

Over the years I have discovered a correlate in the saying, “Speed is no substitute for efficiency.” Although I didn't recognize it at the time, the lesson was display for me when I was spending my summer vacations during college working on construction crews. One summer in particular, two of us were told where to dig parallel ditches for plumbing pipe and electrical conduit. The ditches were to be a foot deep and a foot wide. The other guy was fast and furious. I couldn't keep up. He had finished, while I was a little more than half finished when the site supervisor came to check on us. I was certain that I was going to be in trouble. It turned out that the other guy's ditch was neither wide enough nor deep enough, and he had to go back and do more digging to meet specifications.

Now that I am driving a hybrid vehicle, I'm learning that taking advantage of the hybrid technology requires special driving techniques. I now have a Toyota Highlander Hybrid with an electronic display that reports on gas consumption. I have learned that

to get the best gas mileage with a hybrid requires letting the electric motors do their share of the work. Because the electric motors take over when the driver takes his or her foot off the gas, a hybrid can maintain speed for a long time after the driver stops giving it gas. When you anticipate traffic patterns correctly, you can practically coast from stoplight to stoplight—and watch your mileage go up.

Since driving the hybrid, I have become increasingly aware of how rapid acceleration and higher speeds on the highway reduce gas mileage. The more feedback the vehicle gives me about how my driving is influencing my gas mileage, the more I become aware of driving techniques that conserve fuel, especially in these times of high gas prices. I am amazed at the way people will rapidly accelerate away from one stoplight and then have to brake hard to keep from rear-ending those waiting for the next stoplight to change from red to green. They (or their cars) are working hard to go nowhere fast....

The concept is related to the “upstream-downstream” metaphor in the Abraham-Hicks materials and to the idea of “efforting” that originated with F. M. Alexander of the “Alexander Technique” of body movement. Alexander discovered that “efforting” in pursuit of a goal actually interfered with the successful achievement of the goal. Although “efforting” has been hijacked by those who want a fancier verb than “try” and thought that “verbing” the noun “effort” would do the trick, that’s not exactly what Alexander had in mind. A Shakespearian actor, he discovered that he had a tendency to lose his voice. When no medical cause could be discovered, he began using mirrors to observe himself move and speak. He discovered that he was stiffening his body—*efforting*—when he started speaking. The stiffening extended to his throat and was the cause of his losing his voice. He had to learn to relax while moving and speaking. In so doing, he developed what is now known as The Alexander Technique.

This concept is closely related to what has been called *the paradox of intention*. The paradox of intention is that when we are too intent on achieving a particular goal, our intention actually interferes with our ability to achieve it. Unless you are an experience tailor, for example, you may find that on the occasions you need to sew something, getting the thread through the needle is the most difficult part. You can hold the thread still. You can hold the needle still. But ... they just won’t *stay* still when you attempt to bring them together. And ... the harder you try, the more determined the needle and thread are to go in different directions.

“Efforting” in this sense is trying too hard to achieve something rather than simply relaxing into the task and finding the strategy that works. You can break the racked balls with force and hope for the best or by using a strategy based on the game. You can do almost anything fast and furiously, but doing whatever you’re doing with greater care and attention to detail will probably produce better results more quickly.

You can accelerate fast and furiously, but why bother when it simply leads to having to stop quickly? If you need to thread a needle, simply relaxing into bringing the two together while knowing the two go together will lead you back to sew—a needle pulling thread.

In sports mythology, the saying is “No pain, no gain.” This is another example of “efforting.” There’s nothing wrong, of course, with working hard to achieve an objective. Being in good physical condition—or achieving any significant goal—requires effort. Efforting, however, delays or precludes achieving the goal. Power truly is no substitute for finesse. You can relax into the effort you are making in pursuit of a desirable objective know in that easy really does do it.

How Far Can You Go?

T.S. Elliott said that only those who risk going too far can possibly find out how far one can go. If you are going to start living your life with this as a guiding principle, you might want to also remember that Abraham-Hicks also said you can’t get it wrong because you can’t get it done. I used to have a poster on my bulletin board with a drawing of a pouting face with the caption “Be nice to me, God isn’t done with me yet.”

Somehow we all seem to have a sense that these are some interesting times. We might call them chaotic, or challenging, or even frightening. But when you remember how many times truly remarkable innovations flow naturally from just such circumstances, it is easier to relax and decide just how you want to live your life. The following stanza is from a poem by Mary Oliver:

*When it is over, I don’t want to wonder if I have made of my life something particular, and real. I don’t want to find myself sighing and frightened, or full of argument. I don’t want to end up simply having visited this world. ~ When Death Comes is from *New and Selected Poems* by Mary Oliver (Boston, MA: Beacon Press).*

Eleanor Roosevelt believed that a person must do the very thing that you think you can’t do. When Joel and I were in Orlando with Richard Bandler and John La Valle in 2007, I was the demonstration subject for a wonderful exercise called “Using Future Resources NOW.” It goes something like this:

Think about something you are definite about having wanted to do but haven’t, yet, been able to. This is something that you know you would be better off after you have been able to do it. Who else will be better off for your having been able to do this thing. Choose something that you know will benefit others as well.

Identify when you will have taken the appropriate action—maybe a day, a week, a month in the future.... Be realistic with the time when you will actually be doing this action.

For this exercise, place your timeline so that the past is behind you and the future is right out in front of

you. Pop your consciousness out of the present moment and send yourself into the future far enough to see yourself having done this thing that you know *you will be better off for having done*. You know *others will benefit, too*, from your having done it.

Now in that future time you are still be facing into the future, and you are looking at yourself, there in the future, having done the things it took you to get there. While you continue to see yourself there in the future, imagine a blue laser light coming from way behind you, coming into the back of your head, coming through your head, and right out your forehead, down your timeline, and into the back of the head of that future you who has been able to do this thing that is important for you and for others. See this beam of blue laser light go through the head of the future you and on out into the future. This beam has no beginning and no end that you can see. Just coming from behind you, through you, out your forehead, down your timeline, and out the forehead in front of you there in the future when you have been able to do this thing that is so important to you and to others.

Pop your consciousness down onto your timeline at that time—in the future—when *you are doing* the appropriate action and are enjoying having accomplished your goal and are doing *this thing* and getting the benefit for yourself and others. Let that future you *click* into you right now.

Now, with that future you still facing the future, and with that beam still shining, begin to imagine slowly stepping back along your timeline, enjoying every step it took to get you there. As you continue to step all the way back to this moment, each step will be clear, how you got to where you are.

That's right, take your time, *you are able to enjoy each step....* As you imagine returning to the present moment, all the attitudes, all the beliefs, all the resources you will have in the future are actually right here inside you right **now**.

Now, although people usually look at the world through their eyeballs, we learned that you can bring your consciousness just behind your eyeballs so that you are looking from just behind your eyes. Notice how that changes what you see. Richard Bandler says to *remember.... At every moment every thing is every where in the universe. Your thinking had been all wrong. That is why you didn't have it.*

Before John La Valle had me open my eyes and return to full consciousness, he had me place one of my hands on my solar plexus. He said to me, "Allow the energy to make all of the adjustments necessary for you to be successful in *you're doing this thing that benefits you and others.*"

For some reason remembering that all now brings to mind, "Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you." (Deuteronomy 31:6)

When it is over, you don't have to wonder... You don't have to find yourself sighing and frightened, or full of argument. You don't have to end up simply having

visited this world. When Anaïs Nin wrote that life shrinks or expands in proportions to one's courage, she must have been right. Wow....

Everlasting Peace

The newest SCS CD, *Everlasting Peace*, is now available for purchase. *Everlasting Peace* is a special product created for use by individuals as they are nearing death. This project was done with a unique Hospice program in mind: Hospice at Home. Hospice is a program that works to manage pain (emotional and mental as well as physical) during this intense time of transition. Designed to promote a deep sense of well-being, regardless of current life circumstances, *Everlasting Peace* is appropriate for use by all of those involved—family, friends, care givers, hospice staff, and who desire to reduce stress and gain peace of mind. The background music, "Pachelbel's Cannon in D, Three Meditative Variations with Ocean," by Liv & Let Live, is used by permission. To purchase their music, visit their website: www.invinciblemusic.com. The CDs will be available to Hospice at Home at low cost. In addition, SCS Matters, LLC, will donate \$10 of each retail purchase to Hospice at Home.

You Are Getting Sleepy ... Very Sleepy....

Debra has joined the staff at Borgess Integrative Medicine Center in Kalamazoo, Michigan, where she will be available on Wednesday and Thursday each week. Additionally, educational programs and marketing of the SCS Transformational CDs is in the works. Debra joins Dr. Jane Oelke, a long-time colleague from St. Joseph. The position at Borgess Integrative Medicine became available following the death of Kathy Schuch on February 13, 2008. Debra, Jane, and Kathy had previously worked together at Holistic Alliance in St. Joseph, and Debra and Kathy were on staff at Kalamazoo Psychology together as well. Kathy will be missed very much. You can visit www.reverendbasham.com to see the page Debra has online now. If you are curious about hypnosis, you can take the hypnosis quiz while you are there....

What's Coming Up?

This month (June 12 to 14), we are offering a special introduction to NLP, for those who have been curious and are wondering whether now is the time to commit to certification as Practitioner or Master Practitioner. Your investment is only \$250, and we will credit the \$250 toward your NLP Practitioner or Master Practitioner in August 2008. The dates for the Practitioner or Master Practitioner training are the 1st through the 10th.

For more information about these workshops and the entire SCS program, see the SCS Website for course descriptions and our schedule:

http://www.scs-matters.com/scs_schedule.shtml

If you are in business, whether working in a traditional corporate job or managing your own holistic health organization, you'll be interested in our most recently

developed program, "Building Your Business through Better Relationships," designed for one, two, or three days of training depending on the depth of coverage you desire. For more information about this new program, see the flyer in PDF format at following URL:

www.scs-matters.com/Download/BusinessSuccess.pdf

To learn more about sponsoring our newest programs,

"Seeing the Divine in Everyday Life: 7 Keys to Joyful Living," "Building Your Business through Better Relationships," 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.

