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TimeWarp Technologies™ Newsletter

Welcome...

...to The TimeWarp Technologies™ Newsletter. 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 “What’s New at SCS?” “Oddities of Framing,” “Lessons Learned Along the Way,” and “The Next Step: Relational Therapy.” We are glad to consider contributions from our readers, so if you’re ready to share your expertise, please let us know: joel@scs-matters.com and/or debra@scs-matters.com.

What’s New at SCS?

If you’re a regular reader of the SCS Blog (www.scs-matters.com/scsblog), you’re already aware that we have been on the road again ... to Tennessee and Texas. In Tennessee, we presented *NLP & The DNA of Healing* and the *Using TimeWarp Technologies™* materials for the first time. We had, of course, been developing both the materials and the foundational concepts for

the past 18 months or so, and we were surprised and delighted at the power of TimeWarp Technologies™ to promote positive change: surprised because we had not had opportunity to use them all in a single training, and delighted because we got to *go for the ride*.

The SCS Website has two new articles by Steve Andreas (scs-matters.com/articles.shtml), the articles on the Website are excerpted and adapted from Steve’s most recent book, *Six Blind Elephants: Understanding Ourselves and Each Other, Volume I*. We are pleased to recommend it (and its companion, *Volume 2*). Also, another of Steve’s recent books, *Transforming Your Self: Becoming Who You Want to Be*, is well-worth reading.

The first article describes a therapeutic technique called “Externalizing.” It is a way to take advantage of the natural tendencies of *denial* and *projection* by focusing on the positive intent of the undesirable behavior. The second, “Mind and Body,” is a very nifty consciousness-expanding meditation.

If you’re ready to begin—or to continue—learning more about

healing with energy, NLP, or the therapeutic applications of hypnosis, the SCS Website has what you need to get started or to review and renew your skills. We have two forums available, one for SCS (scs-matters.com/SCS-NLP/) and one for NLP (www.scs-matters.com/NLP-Online/). The forum looks more difficult to navigate than it actually is, and we have provided directions for reading and posting topics and replies to topics. The forums are an especially effective way for those who access the Internet with a dial-up service because they are primarily text-based rather than image-based.

And for those of you with broadband, video-based training is next on the list....

Oddities of Framing

In a recent TV news interview, a candidate for Congress said, “I am married to my husband....” I (Joel) wondered if she weren’t married to her husband, to whom would she be married.... Whether we are consciously aware of it or not, every time we speak, we are doing so based on a particular *perceptual frame*. Although the perceptual

frame may vary from context to context (such as speaking first about transportation and second about automobiles), every perceptual frame is based on what is typically called *Model of the World* in NLP terminology.

Another strange framing from the world of TV occurs in an ad for a prescription drug designed to prevent osteoporosis. In touting a drug that is taken once a month, the spokesperson says that she has a friend who needs to set aside time once a week to take her medication. How much time does one need to set aside to take a pill? How burdensome is taking a pill once a week? Unless we are aware that the ad sets a perceptual frame through which taking a pill once a week seems time consuming and inconvenient, we may accept that framing on an unconscious level.

Any perceptual frame can, of course, be reframed by changing the *context* (time and/or place) of the subject or the *content* or meaning of the subject. What if the company manufacturing the once-a-week drug produced an ad that focused on the difficulty of remembering to take a once-a-month drug? The ad could say, "Why risk forgetting to take your osteoporosis medication when you can easily schedule taking it once a week at the time you find most convenient...."

The "Magic But" is another example of setting a frame and then reframing. The "but" in a sentence reframes the idea in the first clause through negation. Note the way the focus of the following sentence changes following the "but": *I would like to attend the workshop, but I can't afford it.* The focus—the frame—changes from desire to fear. An easy reframe simply reverses the clauses: *So ... you can't afford it, but you would like to attend the workshop.* In this case,

the frame changes from fear to desire or possibility.

When we communicate, we typically communicate unconsciously based on our perceptual frame at the moment. While most of the time that's OK, we would be more effective with our communication when we consider not only our perceptual frame at the moment, but also the perceptual frame we want those with whom we are speaking—or to whom we are writing—to have as a result of our communication. We have had, for example, ample opportunity to see the process of framing and reframing at work in the political ads inundating TV in recent weeks (did you notice the perceptual frame implied by "inundating"?).

In Michigan, the candidates for governor have been wrestling with a perceptual frame about who has created jobs in Michigan or shipped them overseas. It has basically been a *did not/did too* exchange that probably hasn't changed the perceptual frame for many voters. This effect is part of the *if the shoe fits* phenomenon, which is, of course, a perceptual frame of its own. Others will accept (buy) your perceptual frame or reframe only when and to the degree that the shoe fits. In SCS we refer to changing perceptual frames over time as *reframing by degree*. It is very difficult to force a size 10 foot into even the most elegant size 6 shoe, while it is relatively easy to change the style of a size 10 shoe so that it is more elegant and appealing.

We often think of perceptual frames in terms of "buying" and "selling" products, services, and ideas. Your product is cheap; mine is inexpensive. Your candidate is unscrupulous; mine has integrity. On a larger scale, think about how your large-scope perceptual frames influence a wide variety of your beliefs and behaviors. What all is influenced, for example, if your

perceptual frame were that humans are superior to and have dominion over the rest of Nature? How would it be different if your perceptual frame is that humans are simply one part of the All That Is and play an equal role in an ongoing process of Creation?

After catching and removing a spider from the dojo (training hall), my Sensei (teacher) told a story about one of the ancient karate masters who brought home a new wife. He had finished putting his things away when he went to the kitchen and saw his new wife about to squash a bug. "Wait," he cried. "What are you doing." She replied, "What's the matter? It's just a bug." "Yeah," he said, "you try to make one."

Perceptual frame: Is it "just a bug," or is it a unique expression of the Divine?

Lessons Learned Along the Way

If you have been following the adventures of SCS for a while, you already know that we have been in a constant state of change. The early "SCS watchers" can remember when we attempted to teach Levels 1, 2, and 3 in one fell swoop. It seemed like a good idea at the time.... We have learned to be a bit more humane along the way.

Although the recent changes have been *evolutionary* rather than *revolutionary*, we have continued to seek new information and incorporate it into our training. The most recent acquisitions are based on Margaret Ruby's *The DNA of Healing: A Five-Step Process for Total Wellness and Abundance* (Hampton Roads: Charlottesville, VA, 2006). You can read more about Ruby's five-step process on the SCS Website at the following URL: <http://www.scs-matters.com/articles.shtml>.

When combined with NLP, including hypnotic language patterns, the resulting TimeWarp Technologies™, facilitate rapid and lasting change in a magical way. When you take the emotional pain out of childhood and even adult trauma, your future will open in magically joyful ways. One of Richard Bandler's best-known sayings is, "Some day you'll look back on this and laugh. Why wait?" TimeWarp Technologies™ can stop the waiting and start the laughing.

Another of our evolutionary developments is a renewed focus on what we have called an individual's *preconceived perceptual frame*. As the previous article on the "Oddities of Framing" indicates, a person's perceptual frame not only limits what he or she perceives, but also limits his or her attitudinal and behavioral options.

The preconceived perceptual frame is a *meta frame* that determines an individual's range of available perceptual frames. The preconceived perceptual frame controls, for example, an individual's metabolic rate and his or her emotional set-point.

Consider how your life would change if your metabolic rate were set higher so that you had more energy more of the time. Consider how your life would change if your emotional set-point were set higher so that you experienced more pleasure—more joy—more of the time.

Because the preconceived perceptual frame is, after all, just a frame, it can be changed by reframing. As you increasingly spend more time focused on what you want—what you desire—than on what you don't want—what you fear, your preconceived perceptual frame will automatically shift in that direction as well. *You had been focusing on your fears, but you are now focused on your desires.*

The Next Step: Relational Therapy

One of the programs we have had on the books for a long time now is Healing Relationships with SCS, which we are now calling **Relationship Dynamics—Dynamic Relationships™**. Although we have been pulling together a wide variety of materials and ideas for the program, it has taken a long time to "gel." Recently, however, we have noticed that we are being pushed (by whom or what you may well ask) to speed the process of developing this new program.

In recent months and weeks, we have been influenced by four relatively new books that address the centrality of relationship, not only that between and among individuals, but also among all living creatures and, in fact, all things. You may already be familiar with one or more of the following books:

- **de Quincey, C. (2005). *Rad-ical knowing: Understanding consciousness through relationship*.** Rochester, VT: Park Street Press.

Christian de Quincey, a professor of consciousness studies at John F. Kennedy University, concludes that feelings and relationships define who we are. Although neither he nor Lipton (see below) mentions the other, their work and theories are highly interrelated. Both focus on the centrality of communication occurring below the level of conscious awareness.

- **Goleman, D. (2006). *Social Intelligence: The New Science of Human Relationships*.** New York: Bantam Books.

Daniel Goleman, author of the groundbreaking *Emotional Intelligence*, focuses on the centrality of relationships in his new book, using the most recent

findings in biology and brain science to show how we are "wired to connect." Along the way, Goleman discovers that humans have a built-in bias toward empathy, cooperation, and altruism. All we need are the social intelligence and the cognitive tools to nurture these capacities in our-selves and others.

- **Lipton, B. (2005). *The Biology of Belief: Unleashing the Power of Consciousness, Matter, and Miracles*.** Santa Rosa, CA: Elite Books.

Bruce Lipton taught cell biology at the University of Wisconsin's School of Medicine and a researcher at Stanford University's School of Medicine. Lipton's principal thesis is that beliefs influence cell biology.

The new science is called *epigenetics* and although not specifically about intuition, it provides foundation for the kinds of connections intuition implies.

- **Robb, C. (2006). *This Changes Everything: The Relational Revolution in Psychology*.** New York: Farrar, Straus and Giroux.

Christina Robb is a winner of the Pulitzer Prize for National Reporting, and we suspect that she may well earn another one for her reporting on the development of relational psychology by psychotherapists willing to challenge the inherently patriarchal views of psychology from its inception through the 1970s.

Male readers may find some of the antiquated views disconcerting and embarrassing. Women will say, if only to themselves, "Ah, ha.... I told you so...."

Both men and women will, of course, benefit by developing a better understanding of how to make and sustain satisfying human connections.

We have scheduled *Relationship Dynamics—Dynamic Relationships™* for the first time in St. Joseph, Michigan, this next April. See the SCS calendar (www.scs-matters.com/cgi-bin/calendar.pl) for details. This is sure to be a powerful workshop for both participants and presenters.

We are also open to suggestion and invitation to offer it again sometime soon 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 this workshop, *NLP and the DNA of Healing*, or one of the other workshops in the SCS list of offerings, call Debra at 269.921.2217, or send her a quick email message: debra@scs-matters.com.

