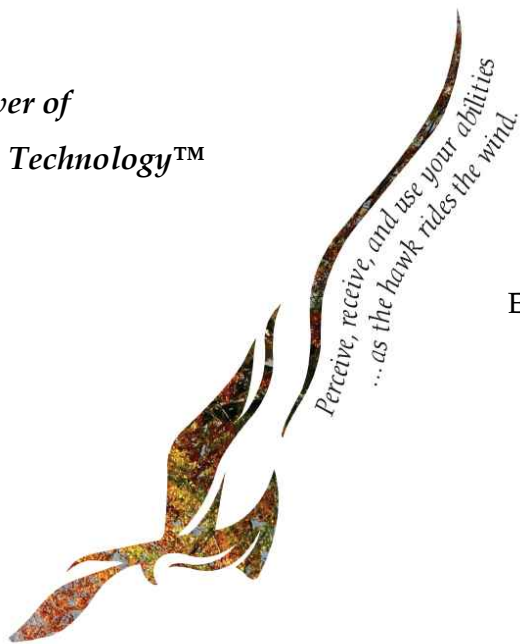


Discover the Power of
TimeWarp Technology™



Small Changes

Subtle Communication Systems, LLC

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
October 2006

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 this month are “Intuition: Ordinary and Nonordinary” (Joel), “Anchors While Away” (Debra), “Trance-form Yourself” (Joel), and “Emotional Cognition & Energy Awareness” (Debra). 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.

Intuition: Ordinary and Nonordinary

Although some people deny it, we all have it, and we all use it. Intuition is a natural human (and perhaps not even solely human) faculty. Over the past half century or so, Reason and Logic gained ascendancy, especially in the realms considered masculine, and,

most obviously, in science and mathematics. Men were expected to be rational and logical, and women were expected to be emotional and intuitive. In the more recent past, however, neuroscientists, psychologists, and philosophers have questioned the limits of conscious, rational knowledge and recognized the value—and even the dominance of—the unconsciousness, the “nonrational,” and intuitive ways of knowing.

Intuition covers a wide array of knowing. *Ordinary intuition*, or what might be thought of as “every day” intuition is actually a form of what in NLP is called “unconscious competence,” a natural function of what is usually thought of as the unconscious mind.

Malcolm Gladwell’s *Blink: The Power of Thinking Without Thinking* (Little, Brown, and Company, 2005) provides a number of examples of how the unconscious mind stores information and then retrieves it in the blink of an eye: the individual *knows* without knowing how he or she knows.

Gladwell calls it “thin slicing,” the ability to consider small bits of information and extrapolate to a

larger conclusion and gives the example of the well-known therapist John Gottman, who is able to watch videotapes of couples in conversation for as little as three minutes and accurately predict whether they will stay married. If he watches an hour of tape, his prediction rate is 95 percent accurate (Gladwell, pp. 21-22). Thin slicing is a form of unconscious competence. When we *really* know what to look for, a quick glance is all it takes. We may not be able to explain logically what we know (that requires what is called *mastery*), but we know that we know.

Dowsing bridges the gap between ordinary and nonordinary intuition. Dowsing includes using a forked stick or even a coat hanger to locate water or metals underground or a pendulum to answer *yes/no* questions. Dowsing is typically thought to work by tapping into the individual’s unconscious resources and from there into what C. G. Jung called the *Collective Unconscious*, the collected wisdom of the universe. Dowsing seems to work best when the person doing the dowsing is

able to what in theater is called “suspend disbelief.” Fear and doubt, desire and belief influence the micromovements that control the pendulum or other dowsing tool.

If you *really* want the pendulum to tell you that something is true, it will probably do so. If you are skeptical of the process, the pendulum will probably confirm your skepticism. The aspect of dowsing most closely related to ordinary intuition is actually a form of thin slicing—your unconscious has all the information it needs to answer a question, but your conscious mind doesn’t.

Unless you pay close attention to your odometer, for example, you may not know when your car is due for an oil change. If you use a pendulum to ask, your unconscious mind will know and, unless your conscious mind is too skeptical, will be able to tell you whether you will need an oil change within the next few weeks or months.

The questions about the kind of dowsing that leans into nonordinary intuition have always been where and how an individual’s unconscious processes can access information available in the Collective Unconscious.

The behavior of quarks, which can be in two places at the same time, suggests a possible answer. The energy that forms the universe is thought to transcend space and time. If a quark can move instantly from one location to another and back again, perhaps ideas, knowledge, and information can do the same. When you ask a pendulum to answer a *yes/no* question for which you can’t possibly know the answer, it may be the “quark trick”

at work.

Nonordinary intuition—the direct apprehension of something a person can’t possibly know through ordinary means—is usually considered the stuff of shamans and mystics. Even though people considered psychics tend to exhibit more of this particular skill, we have all done it. It might be a matter of having a sense that an old friend is going to call or of knowing what Uncle Frank will give you for your birthday. Or it might be knowing where and how a missing child will be found.

The information involved in nonordinary intuition may come as a vision, as a word or phrase heard internally, or as a feeling. Unless you have been willing to accept such insights as meaningful, the conscious mind is prone to reject them. You have a feeling that something bad will happen if you take the freeway, and, when you do so, you have a flat tire. When you begin paying attention to your visions, internal dialog, and feelings, you will gain a sense of when such insights are examples of nonordinary intuition and when they are expressions of your fears and desires.

For more information about how intuition works and its relationship to reason, logic, and emotion, see *Practical Intuition: How to Harness the Power of Your Instinct and Make it Work for You*, by Laura Day (Broadway Books, 1996).

Anchors While Away

Recently a new NLP graduate asked me (Debra) about using anchoring during a telephone session. First, you already know that anchors can be set in all three

representational systems—visual, auditory, and kinesthetic. Most people would assume you could not use a visual or kinesthetic anchor during a phone session, because the basic learning about anchors is that for a visual anchor the person has to be looking at you and for a kinesthetic anchor the person has to be touched. After you have the basic understanding, however, you begin to develop a broader understanding of anchoring as *state management* and now you can enjoy requisite variety with this powerful tool—even during phone sessions.

Let your mind expand...

The most elegant change work is the change you do to you! Or perhaps I should have said *in you*. This idea is foundational in Richard Bandler’s mandate that the NeLPer must *go first*. If there is any truth to the popular phrase that peace “begins with me,” or “you must be that which you want to see,” you know you want to pace and lead your client.

I was fortunate to attend an evening workshop with Ihaleakala Hew Len of The Foundation of I, Inc. (www.hooponopono.org/). Dr. Hew Len has been called the world’s most unusual therapist in that he was able to cure even the criminally insane by assuming total responsibility for everything he thinks and does. He said, “If you come free, they get free.” That sounds like state management to me.

People often tell me that while listening to the SCS Tranceformational CDs they can feel my smile... That sounds like state management to me, too. While I am on the phone with a client, I

SCS Matters, LLC

Subtle Communications Systems

4230 Lincoln Avenue • St. Joseph, MI 49085 • 269.921.2217 • www.scs-matters.com
Debra Basham debra@scs-matters.com • Joel P. Bowman joel@scs-matters.com

can use any word, phrase, or sound to set an anchor – but the anchor will be the state I am in! Imagine what might be happening to the client if I am sitting on my sofa sipping tension tamer tea and doing some long-bone stroking – if you know what I mean, during a phone session. (Now you are getting all of my trade secrets, aren't you.) Dr. Hew Len said once you clean up *your* stuff, your kids (or your spouse, or your world) will look great. What he is really describing is managing your own state of energy awareness. I loved his comment that if you do your work before your client comes, then they can pay you while you drink coffee. Make mine tea, please....

Let me know if this makes perfect sense to you now; call me up sometime... ah, ooh, yes.... That's right, you can do it, too, now that you understand more fully that whatever you are doing to/with your client.... It's all about you. Yeah....

Trance-form Yourself

What if you had a magical skill that would allow you to eliminate unwanted behaviors and establish new and better behaviors that would help you be healthier and happier—in body, mind, and spirit? The skill is self-hypnosis, and you are already using it. The trance state, *hypnosis*, is a common everyday occurrence. You pass through a trance state while falling asleep (*hypnagogic*) and again while waking up (*hypnopomic*). And anyone who has looked down to see that an entire bag of Fritos has disappeared knows, watching TV or reading a good book can also be trance inducing. The question is

whether and how you are using this marvelous skill to amplify the power of your con-scious intent.

Many of the beliefs that influence us—in both positive and negative ways—originated in a hypnotic command delivered by a parent, a teacher, or someone else we loved or admired. You may know people who were told that they couldn't carry a tune, that they would never amount to anything, or that they couldn't do anything right. The person may have actually said, "I can't do anything right," but because they loved the person, they may have identified with the suggestion and adopted it as their own. Whether you agree with and accept a suggestion as true for you, or whether you disbelieve it and feel the need to prove that it is not true, the suggestion is influencing you. Either way, it's hypnosis. All hypnosis is actually self-hypnosis, and you already know how to do it. The really wonderful thing is that you can use the same power of hypnotic trance to undo limiting beliefs, including those you learned in earliest childhood, and adopt beliefs that better serve your purpose.

Regardless of how you wish to use self-hypnosis, follow the same basic pattern until you have developed full control over entering and using the trance state and returning to full consciousness. To the extent possible, follow the same procedure every time, including the same location and time of day. Especially at first, select a time and place you won't be disturbed for at least 20 minutes. In addition to selecting a time and place you won't be disturbed, you may wish to plan what it is you

want to achieve in each session. Although simply entering the trance state has beneficial effects, you will speed the process of change by having specific changes in mind. Most people find that it is best to focus on one belief or behavior change at a time, especially at first. This helps persuade your unconscious mind that you are serious about the change and helps bring your conscious and unconscious resources into alignment for that purpose.

The unconscious mind responds best to short statements that use positive language to evoke an image and a feeling. Rather than saying that you want to *stop* smoking or that you want to *lose* weight, for example, focus on the positive outcome of the desired change while creating an image of yourself that shows *exactly* how you and others will know that you have achieved your objective. The unconscious mind tends to delete the negative aspect of statements. If you are told, for example, "Don't think of elephants," the chances are that elephants were the first thing you thought of. You also know what happens when someone says, "Don't look now...." To ensure that your unconscious mind knows what you want, use positive language to state what you desire.

If the feelings associated with the outcome you desire were of failure, the sense that the outcome was beyond reach, that is what would register. Failure would become paired with the outcome. To avoid this natural fear and to help ensure your success, before you think about your desired objective, associate into the feelings of success that you have had for

SCS Matters, LLC

Subtle Communications Systems

4230 Lincoln Avenue • St. Joseph, MI 49085 • 269.921.2217 • www.scs-matters.com
Debra Basham debra@scs-matters.com • Joel P. Bowman joel@scs-matters.com

past accomplishments and pair those feelings with your succeeding in achieving this outcome, too.

Many people have success with *affirmations*, such as “I am free of my dependence on tobacco and feeling healthy, happy, and energetic”; or “I am my ideal weight and feeling healthy, happy, and energetic.” Others do better with statements of *intention*, such as “I *intend* to be free of my dependence on tobacco and to feel healthier, happier, and more energetic”; or “I *intend* to use a combination of diet and exercise to achieve my ideal weight.” Still others prefer statements of *choice*, such as “I *choose* to be free of my dependence on tobacco and to feel healthier, happier, and more energetic”; or “I *choose* to use a combination of diet and exercise to achieve my ideal weight.”

Because the unconscious mind takes things literally, it is best to give it specific instructions for *how* you wish to achieve certain goals. You can, for example, lose weight in many ways, but not all of them are pleasant. Choosing what you eat more carefully and increasing your daily exercise routine are more fun than, say, a serious illness.

Whenever you can, tell your unconscious mind the *how* as well as the *what* for what you wish to change, and then make sure that you demonstrate your serious intent by following through. When possible, include your reason for doing what you intend: *I intend to use diet and exercise to lose weight until I reach my ideal weight so that I can feel increasingly healthy, happy, and energetic.*

In addition to using self-hypnosis to bring your conscious and unconscious resources into alignment about those things you intend to work on actively, you can use the power of your unconscious mind to help you achieve those things you would like but may be out of your direct, conscious control. Even those things that you may not be able to choose directly, however, are usually within what you might think of as *indirect control*. While everyone wants to be happy, for example, happiness is not usually something that most people can simply choose to be. You choose happiness indirectly. You choose to focus on doing those things that encourage you to feel happy. You choose to focus on seeing the silver lining even in the darkest of clouds.

For those things that you consider a matter of indirect control, you want them but you aren't sure how to simply “do” them, consider using the phrase, “It would be wonderful if....” So you might bring your conscious and unconscious resources into alignment by saying, “It would be wonderful if I can be more joyful more of the time.” “It would be wonderful if I can feel healthier, happier, and more energetic.” “It would be wonderful if I have everything I need to live in abundance.”

One of the things we know about achieving desired outcomes, whether you choose them directly or indirectly, is that the *feeling* you have when thinking about them is an important part of the process. The process you will use every time you choose to use self-hypnosis to facilitate achieving your objectives will be the following:

First, select the objective you wish to work on in the session, and write it as an affirmation, a statement of intent or choice, or as something that would be wonderful if it happened or you have it. *I intend to spend 30 minutes exercising every day so that I will feel healthier, happier, and more energetic. It would be wonderful if I can be more joyful more of the time.* Keep your statement short, specific, and positive so that your unconscious mind will understand exactly what you desire.

Second, think of a past success that has been a powerful resource for you. It may have been a time of athletic or academic success. It may be the first time you rode a bicycle without training wheels or the first time you knew that you were in love. It could even be a special time you spent with a favorite pet. Allow your unconscious mind to sort through your past feelings of success and to show you those memories that will best serve your purpose. Whatever the time and experience, associate into the feelings that you had at that time, and notice what color you associate with the feelings. Consider what you were seeing at that time, what you were hearing, and any particular sense of taste or smell.

If nothing specific comes to mind right away, that's OK. Just ask your unconscious mind to show you a color that will best serve to ensure your success and imagine how good it will feel to have your conscious and unconscious resources working together to help you achieve those changes that will best serve your purposes now. As you associate into those sensations, become

SCS Matters, LLC

Subtle Communications Systems

4230 Lincoln Avenue • St. Joseph, MI 49085 • 269.921.2217 • www.scs-matters.com
Debra Basham debra@scs-matters.com • Joel P. Bowman joel@scs-matters.com

aware of their corresponding color. Whatever color your unconscious shows you is fine. The color may change from session to session, and that's OK. In each session, use the color your unconscious mind shows you, and, even before you begin the process of going into self-hypnosis, you can begin the process of associating that color with your statement of intent or how wonderful it will be to have your desire.

Third, choose the time you need to return to full consciousness whether you will awaken following the session or simply fall into a natural sleep and awake when fully refreshed. State that time to yourself three times. When you are first learning the process, you may use an alarm clock to ensure that you return to full consciousness at the appropriate time. Using the clock will also help train your unconscious to return to full consciousness at the time you desire.

Fourth, sit comfortably (recliners are ideal for this purpose) or lie down at a time and place you won't be disturbed, and begin the process of putting yourself into a deep, relaxing, comfortable state.

Fifth, select a key word you will begin using to enter the trance state. Some people use the word *sleep*. Some prefer the word *deep*, and some simply use the word *relax*. Whatever word you select should be one you really do find relaxing, as it will become an anchor that will help you go into a deep trance state easily and automatically.

Finally, when you are ready, repeat your key word three times, and then say your chosen statement three times and continue to deepen your trance until the time you have chosen to fall asleep or to return to full consciousness.

Emotional Cognition & Energy Awareness

You might be surprised to know that persons who score low on measures of emotional intelligence are called *alexithymics*. I (Debra) have often wondered how they come up with such stuff, but you can read about this at <http://www.alexithymia.info/>

In *The Heart of the Soul: Emotional Awareness*, Gary Zukav and Linda Francis say, "Not focusing on an emotion while you are experiencing it is like being at a lecture and hearing the speaker but not listening to what he has to say... (p. 150)." Perhaps what they are both alluding to is your developing sensory acuity or *energy awareness*. I have even heard emotion described as *energy in motion*. That makes a lot of sense to me, and it reminds me of the way we suggest that when you have a bad feeling, you can notice where you felt it in your body and the direction of the spin. Maybe that is what they mean by "putting a different spin on things...."

Think about infants. Even though infants have what might be called temperaments, every baby is energy aware and has emotional intelligence. I remember one client

telling me every time her doctor would place the stethoscope on her abdomen to listen to the heart beat of her baby, the fetus would move to the other side of her womb. The doctor suggested she buy a book about raising a strong-willed child. I think he missed the point.

Research shows that even during infancy, girls are spoken to and touched differently from boys. Something happened, that is for sure, because too many males were taught that to be strong they were to ignore their emotions and not be a sissy. And now they are saying that people who are mostly unaware of their feelings are deficit in emotional cognition and likely to fare rather poorly in life. Go figure...

Once you have decided you want to avoid *alexithymia* like the plague, an easy way you can develop more emotional intelligence is to learn energy work. You will become increasingly aware of the energy that flows throughout your body. *Etheric Vitality Plus™* is a recent SCS recording of a wonderful technique described a Greek healer and named by Janet Mentgen, founder of the Healing Touch™ program. Your doing this technique, or any energy work, invites you to notice the energy in motion.

Let me know if you are interested in attending a one-day intro to energy work. It might improve your emotional outlook and perhaps even make you more successful in life.



SCS Matters, LLC

Subtle Communications Systems

4230 Lincoln Avenue • St. Joseph, MI 49085 • 269.921.2217 • www.scs-matters.com
Debra Basham debra@scs-matters.com • Joel P. Bowman joel@scs-matters.com