

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
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TimeWarp Technologies™ Newsletter:

The Premier Issue

Welcome to the premier issue of the SCS TimeWarp Technologies™ Newsletter. Those of you who have trained with us know that we believe strongly in continuing education, not only for those who take classes with us, but also for ourselves. Many of you already know the story that SCS, *Subtle Communication Systems*, resulted from the combination of neurolinguistics (specifically NLP, Neurolinguistic Programming) and Energy Medicine (specifically Healing Touch™).

Debra facilitated Joel's learning more about Energy Medicine, and Joel facilitated Debra's learning more about neurolinguistics and the therapeutic uses of hypnosis. Our continuing, continuing education has led to the development of what we are now calling **TimeWarp Technologies™**, which incorporates elements of Energy Medicine, Hypnotherapy, Margaret Ruby's technique of DNA Healing (see her article on the SCS Website or her book, *The DNA of Healing*), and more.

This newsletter is designed to facilitate our collective continuing education.

Where We Are Now

As I (Joel) write that headline, I'm not even certain that I know for sure. It has been quite a year. A year ago at this time, Debra and I were preparing a presentation on intuition for the Annual Convention of the Association for Business Communication, which was scheduled for New Orleans in late October. We changed our plans after New Orleans was "washed away in the flood" that followed Hurricane Katrina. This year we are planning to deliver a revised version of that presentation in San Antonio, Texas, next month. A lot has happened in between. Much of our journey over the past year has been chronicled on the SCS Website (www.scs-matters.com).

Where we (Joel, Debra, and all of us) have been, however, is less

important than where we are going—physically, emotionally, and spiritually. It's worth remembering that where we go physically, we are also going emotionally, mentally, and spiritually; and that wherever we go in mind and spirit, the body must go as well.

In addition to the presentation on the practical applications of intuition for ABC, while we are in San Antonio, we will conduct a free introduction to NLP and the therapeutic applications of hypnosis on Saturday, 28 October, from 1:30P to 5:00P.

In November, we will be going to Toronto to attend the meeting of the Association for Comprehensive Energy Psychology. This trip will be primarily for our own continuing education. Also in November, on the 18th, we are holding a reunion for those who have taken either an SCS or NLP class with us. The location will be Joel's home in Kalama-zoo. Starting at 10:00A, the morning will focus on sharing interventions

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and/ or readings followed by a pot-luck or bag lunch. The afternoon will consist of a round-table discussion of our common journey, and perhaps some trance work for those who are interested. At 6:00 we'll head for dinner at the Black Swan restaurant. To help us plan for this event, please reserve your spot by calling Debra (269.921.2217) or sending her a quick email message.

Books Worth Reading

If you haven't yet read Margaret Ruby's book, *The DNA of Healing*, it's well worth the time and effort. But it certainly isn't the only book to capture our attention and imagination over the past year or so.

Among the books that have had the greatest impact on us are those by Jerry and Esther Hicks, chronicling the teachings of Abraham. The two that we most recommend are *Ask and It is Given* and *The Amazing Power of Deliberate Intent: Living the Art of Allowing*. Also having significant influence on our perceptions of past trauma and relationship difficulties is Byron Katie's *Loving What Is: Four Questions that Can Change Your Life*. She simply calls her process *The Work*, and we have both found "the work" to be profoundly powerful.

Of the books focused on consciousness and the "biology of belief" the following are among those that have had the most significant influence on the way we think about what has often been called "the mind-body problem." If this is an area of interest for you, we would say first read the books by Antonio Damasio, starting with *Descartes Error: Emotion, Reason, and the Human Brain*. Steven Pinker's *How the Mind Works* and *The Blank Slate: The Modern Denial of Human*

Nature are also important studies of both conscious and unconscious processes and well worth reading. For those interested in the role of the amygdala and hippocampus in processing the fear-based emotions and the combination of love and joy that might be called bliss, *Synaptic Self: How Our Brains Become Who We Are*, by Joseph LeDoux is also worth the investment in time.

Related books that provide scientific evidence supporting what we are calling TimeWarp Technologies™ include Bruce Lipton's *The Biology of Belief: Unleashing the Power of Consciousness, Matter, & Miracles* and Christian de Quincey's *Radical Knowing: Understanding Consciousness Through Relationship*. Accumulating scientific evidence suggests that DNA is not fixed at birth but is constantly being influenced by environmental factors, including language.

New and significant in area of psychology are *MindSet: The New Psychology of Success*, by Carol S. Dweck, and *The Myth of Self-Esteem: How Rational Emotive Behavior Therapy Can Change Your Life Forever*, by Albert Ellis.

Dweck delineates the differences between what she calls a "fixed" mindset and a "growth mindset." The person with a fixed mindset believes that intelligence and skills are fixed quantities and fears mistakes and challenges. A person with a growth mindset shares with NLP the philosophy that there's no such thing as failure, that it's simply feedback. Such a person enjoys challenges and is willing to risk not doing well because it results in learning.

The Ellis book, written when he was 92 years old, provides a comprehensive overview of his philoso-

phy and work over the last 60 decades or so. It is a brilliant book, but be prepared to work. Ellis tends to assume that the reader is familiar with most major philosophers and psychologists over the past several centuries. It is an especially good read for those with a highly developed growth mindset.

The most recent books to influence our thinking about intuition are Malcolm Gladwell's *Blink: The Power of Thinking Without Thinking*, and Laura Day's *Practical Intuition: How to Harness the Power of Your Instinct and Make It Work for You*.

From Gladwell, we learned about what he calls "thin slicing," the ability to make decisions based on the capacity of the unconscious mind to perform rapid correlations between a few observable facts and the huge database of information stored below the level of conscious awareness. When we "thin slice," we know without knowing exactly how we know.

From Day we learned the technique of "blind" dowsing or penduling. Write your questions on one side of a card, one yes/no question to a card, turn the cards over, so that you can't see the questions, shuffle the cards, and then put them down with the blank side facing up. Ask your pendulum to indicate *yes* or *no* for each card. The "blind" aspect of asking helps remove fear, desire, and other bias from the intuitive process. Day's philosophy is that the best decisions are made by employing a combination of intuition, reason, and emotion.

Conversations: Freedom is Everything & Love Is All the Rest, by Richard Bandler and Owen Fitzpatrick, is in a category by itself. The book is a remarkable mixture of allegory, philosophy, exercises, and growth

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experiences for the reader. If you've been interested in NLP and have heard the stories about Richard Bandler—the *Good*, the *Bad*, and the *Ugly*—this book will help you gain perspective of Richard the person as well as Richard the co-developer of NLP and Richard the philosopher. The book is structured around a series of conversations between Richard and Owen Fitzpatrick, a masterful hypnotherapist and NLP trainer (and salsa dancer, but not everyone knows that).

We like the book so much that we have elected to make *Conversations* available through SCS.

New Books (At Least to Us), Not Yet Read, and Full of Promise

If you are quick, you might be able to read these before we can. We ordered most of these books based on author and title, and most are in one way or another based on NLP. Three of the books are by Steve Andreas, who, along with his wife Connirae, was among those who discovered NLP in “the early days.” Through NLP Comprehensive, the Andreas transcribed and published or videotaped many of Richard Bandler's presentations.

Transforming Your Self: Becoming Who You Want to Be focuses on the ideas of self-concept and self-esteem. The book offers a practical guide to understanding and changing limiting beliefs about the self.

Six Blind Elephants: Understanding Ourselves and Each Other, Volumes I and II, are—to the best of our knowledge—the most recent publications by Steve Andreas.

Also new to us and in the general category of NLP is *From Coach to Awakener*, by Robert

Dilts, another of those present in “the early days” of NLP. Dilts isn't always the easiest of authors to read, but he is a *thinker*, and many of his ideas have made a lasting impact on the body of knowledge typically encapsulated by “NLP.”

A new one not specifically in the category of NLP is Daniel Gilbert's *Stumbling on Happiness*. Gilbert is Harvard College Professor of Psychology at Harvard University, so although this book is written for a general audience, it is written from the perspective of one with an extensive database of knowledge about psychology. The thesis of the book is that most of us have no idea about what really makes us happy. According to Gilbert, major disappointments often cause us less emotional stress than the small events that influence our “emotional thermostat.” Instead of planning for and working toward happiness, most of us simply stumble on it from time to time.

Website Stuff

As long as we are on the subject of reading, we will remind those of you who like to read that the SCS Website is full of stuff for you to enjoy reading. We have articles by Kathleen Jenks (past lives and archetypes), Margaret Ruby (DNA healing), and John La Valle (what is NLP). You can find them at www.scs-matters.com/articles.shtml.

Joel's blog, which is available at www.scs-matters.com/scsblog, covers a wide variety of subjects and invites your participation in an ongoing dialogue about items of interest. If you prefer a more structured dialog, see the SCS-NLP Forum, and if you want to improve your understanding of NLP, NLP-Online is designed for you.

NeLPerville, the cartoon series by Meredith Bede Aldrich, is online at www.scs-matters.com/NeLPerville.

Plus we have all that other stuff about SCS, Pre- and Postsurgical Support, NLP, and hypnosis for you to read and enjoy and to create questions and discussion.

SCS has changed a lot over the years, and this last year has been a year of accelerated change. Most of our programs have changed, some substantially, because we have changed. If it has been a while since you visited the SCS Website, we think you'll be surprised by the changes, and we hope that you'll be delighted as well.

New Products

Joel's instructional CD on self-hypnosis is now available. If you want to learn self-hypnosis, or if you want to improve your ability to use self-hypnosis for specific purposes, this CD can help. Debra's CD, “Freedom from Pain,” which includes “Ethereic Vitality Plus”™ and “Self Full Body Connection” as bonus tracks, is also available. It is the first SCS CD to have specific tracks for specific purposes. You can select the track you want at a particular time, or you can play the entire CD for the “triple whammy” effect.

SCS Homecoming Event

On Saturday, 18 November, those who have trained with us for either SCS classes or NLP workshops are invited to participate in the SCS Homecoming event, which will be held at Joel's home in Kalamazoo, Michigan. We will start at 10:00A with the opportunity to exchange sessions and/or the opportunity to participate in casual conversation.

We'll break for a potluck or bag lunch at noon. At 1:30 we will have

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group conversation about our personal and collective journeys and ways that SCS can facilitate your recognizing, setting, and achieving your goals and dreams. We have reserved the banquet room at the Black Swan restaurant in Parkview Hills starting at 6:00P.

Be sure to reserve your place by letting Debra know your intent. Phone her at 269.921.2217 or send a message: debra@scs-matters.com

SCS in 2007

One of the topics of conversation on the 18th is sure to be how SCS can best evolve to serve your purposes in the year to come. We realize, of course, that evolution sometimes has its own ideas of the nature and direction of change. Over the past year, for example, a lot of what we anticipated happening, didn't; and a lot of what did happen, we had not anticipated. Perhaps the overarching rule is, "Plan, but maintain flexibility."

We want to know how we can evolve in ways that will best serve your purposes. Write to us and tell us about your needs, desires, and dreams:

- joel@scs-matters.com
- debra@scs-matters.com

Or, to participate in an ongoing discussion of options and possibilities, send your message to the SCS discussion list:

scs-discussion@scs-matters.com

If what you want to do is flex your linguistic muscles and increase your flexibility with language, you may wish to participate in the Punny-Times Word Play list:

scs-punnytimes@scs-matters.com

Healing the Healer

One of the standard scope ambiguities in NLP language exercises designed to promote increased flexibility in language usage is, "Hypnotizing hypnotists can be tricky." The reader can't tell if it is difficult to hypnotize a hypnotist or whether hypnotists practicing their trade can be tricky.

The same ambiguity applies to healers and healing: "Healing healers can be tricky." One of the perennial mysteries is why healers don't have a better health record. The first two things that come to mind are (a) a general lack of self-care prompted by focus on others, and (b) the identification with clients and the concomitant taking on of their patterns of *dis-ease*.

While lack of self-care and lack of appropriate boundaries are doubtless part of the problem, other factors may also contribute. One possibility is the belief, whether in consciousness or below the level of conscious awareness, that the healer actually deserves his or her *dis-ease*.

Most of you reading this article have heard the term, "Wounded Healer," and we suspect that most of you—most of *us*—would identify with the concept. Who among us has *not* experienced wounds along the way? We often believe that our clients deserve a healing in spite of the nature of their wounding, but we fail to extend that charity to ourselves. We forget the basic truism that charity begins at home, and that whatever we have done, however we have been wounded, we also deserve to participate fully in the abundance of the Universe.

Another possible explanation is the arrogance that comes from a sense of certainty that one is immune from *dis-ease*. Several years ago, a friend of Joel's who is a cardiologist said that (at that time) 80 percent of chest surgeons smoked. Day after day they opened the chests of those who had smoking-related diseases of the heart and lungs, while seemingly confident that they would avoid falling subject to the same fate.

The two principal psychological defense mechanisms, denial (*not me*) and projection (*but you*) are at work here. Those who work in the helping professions perceive the needs of others more readily than they do their own. It is much easier to see the moat in someone else's eye than it is to see the beam in your own. The main reason for this is that no two "beams" are identical. *Your* bad habit or problem *really* needs to be fixed, but *my* habits and problems aren't so bad. Once we recognize that our seeing the lack or problem in another puts us on notice about our own lack or problem, we are ready to facilitate a healing.

The first rule is, of course, that what we say to others is for us first. This is part of the general concept of *going first*, which is a common expression in NLP. When we go first, we not only help ourselves, but we also increase the likelihood that our client, friend, or relative will follow.

Feedback

Please let us know what issues you would like us to address in the October issue of the TimeWarp Technologies™ Newsletter. We aim to please—you aim, too, please....

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