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Edited and published by Joel P. Bowman and
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The SCS *Beyond Mastery* Newsletter:

Welcome...

Here is your *Beyond Mastery Newsletter* for April 2009. This newsletter may be duplicated and distributed to those who share an interest in Energy Medicine, neuro-linguistics—especially Neurolinguistic Programming (NLP)—and spirituality.

This month the featured articles are “Head Out on the Highway,” by Joel; “Is Resistance Really Futile? (And Other Questions Worth Asking Yourself)” by Debra; “The Elusive Obvious,” by Joel; and “More than Just Semantics,” by Debra.

Head Out on the Highway

On the 21st of February, Debra and I pointed my car in the direction of Orlando, Florida, looking for adventure. We were going to Orlando to attend a workshop being offered by Richard Bandler and John La Valle, aptly named “Adventures for Everybody.” You can see our review of the workshop at the following Web address: www.scs-matters.com/Orlando2009review.shtml

We had decided to attend the workshop primarily because it was the only one being offered by Bandler and La Valle that we had not yet taken. We knew that, whatever the actual content, the workshop would be good—even better than good—and an excellent opportunity to learn more. We knew that it would be an adventure.

In 2007 we had flown to Orlando for a Bandler/La Valle workshop and had weather delays and flying conditions that led the person who had been seated in front of us to call his therapist as we deplaned, saying “I thought I was going to die....” Given that and everything else that has been going on with air travel, we opted for the highway experience.

Once again, weather was a factor. A blizzard was heading toward Michigan, so we opted to leave really early in the morning, hoping to be far enough south to

avoid the arrival of the blizzard. No such luck.... The blizzard caught up with us at Ft. Wayne, Indiana. From I-69 in Indiana to I-75 in Ohio, the whiteout conditions made for an interesting adventure. I was driving and kept wishing that the semi in front of us had larger, more visible taillights. As we turned south once again, we gradually left the blizzard behind. By the time we were south of Cincinnati, we were driving on dry roads.

We made it as far as Cartersville, Georgia, the first day. Debra knew of a really good Italian restaurant there (Antonio’s), and we enjoyed excellent Italian food and the cozy warmth of an authentic Italian restaurant. We were back on the highway early the next day. We stopped for lunch in Valdosta, Georgia, at a very good Thai restaurant that Debra knew about, and from there, it was a relatively easy drive to Orlando.

We had deliberately given ourselves a day off between travel and the start of the workshop to help ensure that we’d be well-rested for the next phase of our adventure. We used the time to orient ourselves to the neighborhood of the workshop (close to the intersection of International and Universal Boulevards) and to see what restaurants had opened and closed since the last time we had been in Orlando. We both enjoy walking, and we were glad for some of the well-known Florida sunshine to facilitate that. While the native Floridians were complaining about how cold it was, we were basking in relative warmth. It was *a lot* warmer in Florida than it had been in Michigan.

The next day, the *real* adventure began. One of the things that Debra and I have most enjoyed about the Bandler/La Valle workshops is the number of people from countries other than the U.S. who attend. This year was no exception. In addition to the contingent of Japanese participants (who travel with their own translators), we had attendees from China, Indonesia, New Zealand, Russia, Mexico, and most of the countries in

Europe. We had especially good adventures with a couple from Germany and with a young woman from Indonesia.

One of the core themes of the workshop—and, indeed, all of the Bandler/La Valle workshops—is that “Life is Good.” Because the greatest adventure of all is being alive, you can greatly expand your joy quotient by remembering that you are on a grand adventure, with every day presenting new opportunities for exploration, learning, and more fun that you can possibly imagine.

Is Resistance Really Futile? (And Other Questions Worth Asking Yourself)

Since it was first used in an episode called “The Best of Both Worlds,” the phrase “*resistance is futile*” has found its way from “Star Trek: The Next Generation” into popular culture. Since its original use by an evil species bent on cosmic domination, the phrase has been used to describe resistance and struggle against any overwhelming force. As was true for the heroes of Star Trek facing the Borg, we need to decide what’s worth resisting and when we should simply relax and go with the flow.

Author Gary Zukav titled his February 19, 2009, newsletter article “Is It Real or is it Resistance?” He suggests that what might be experienced as negative emotions come from resistance. Procrastination, exhaustion, and even overwhelm, for example, can be recognized as a common experience of resistance. The way Zukav speaks about it is to say that a *frightened part of your personality* has interpreted something negatively, but when you look at things from a more healthy perspective, you are able to recognize what had seemed bad as an *illusion*. Often I will introduce this idea when I am providing support in learning the relaxation response. It is easy to understand that one might have more than can be done at the moment, but more often (and more importantly) those feelings of urgency and even physical discomfort have a deeper cause than the amount of work that you have to do. Zukav says they are “experiences of fear-based parts of your personality that see themselves as inadequate, unlovable, unworthy, and flawed.”

Someone told me about a single guy who was living at home with his father and working in the family business when he found out he was going to inherit a fortune when his sickly father died. The young man decided he needed a wife with whom to share his fortune, so one evening at an investment seminar, he spotted a woman he thought was the most beautiful woman he had ever seen. He was so taken with her that he said her natural beauty took his breath away.

Carried away with emotion, he approached the woman. “I may look like just an ordinary man,” the young man said to her, “but in just a few years my father will die and I’ll inherit 200 million dollars. Understandably impressed and totally interested, the woman obtained the young man’s business card, and then three days later she became his stepmother. The

subject line in the email message that contained this rather surprising development was: Women are so much better at financial planning than men.

I think most people would agree that it would be natural for this young man to have some resistance toward his new stepmother, but would that be helpful? Would it be healthy? What would there be for him to gain?

In Neale Donald Walsch’s book *Conversations with God Book One*, Walsch says: “...you have forgotten what it was like to be loved without condition. You do not remember the experience of the love of God. So you try to imagine what God’s love must be like, based on what you see of love in the world...This fear-based love reality dominates your experience of love, indeed, actually creates it. For not only do you see yourself receiving love which is conditional, you also watch yourself giving it in the same way...”

If you check a dictionary, you will discover that the word *resistance* has myriad meanings. It may refer to physics, such as electrical resistance, friction, drag, geological, or thermal resistance. In biology, you can have drug or antibiotic resistance, disease resistance, or pesticide resistance, to name a few. And, of course, in politics, you can have a resistance movement....

And, admittedly, there does seem to be a lot of contemporary life that it would be natural to have some resistance toward. But just like that young man his new stepmother, what can you do that would be helpful? What actions can you take that would be healthy? If resistance really is futile, or even if all the bad stuff is not even real, perhaps rather than focus on resistance, you might enjoy having the fun of just going with the flow for a while and see how energizing that can be.

Walsch says that love is the energy that expands, opens up, sends out, stays, and reveals. He believes that when you choose the action love sponsors, you do more than survive, you do more than win, you do more than succeed. He says you will experience the full glory of Who You Really Are, and who you can be...Oh, I like the sound of that!

The Elusive Obvious

When Moshe Feldenkrais first used the term, “the elusive obvious” (see the book by that name), he was concerned with habitual patterns of body posture and movement that have become “elusive” in that they are out of conscious awareness. The mind and body work together, so that what goes on in the mind is reflected in the way the body moves, and the way the body moves indicates what is going on in the mind. The Feldenkrais method is based on his belief that you can change patterns of thought by changing patterns of posture and movement.

The concept of the obvious becoming elusive as a result of habit has broader applications than just your becoming increasingly aware of what your body posture and movements are saying about your mental attitudes. All habits—whether of posture and movement, behavior, or thought—are elusive. After heating

water for coffee or tea, for example, I turn the stove off. Later, when I am on my way to the store, I start wondering whether I remembered to turn the stove off. The same is true with closing the garage door. I have an electronic door closer, and my usual habit is to click it as I'm backing out. I may be halfway down the street when I begin to wonder....

Relatively innocuous examples of this variety can show you how elusive habits can be. I need to pay conscious attention to noticing when I turn the stove off or learn to check the stove before leaving home. I also need to watch the garage door to make sure that it is closing before pulling away. I wonder how many other habits I have that are so completely below my level of conscious awareness that I engage in the behavior, thoughts, or feelings without being aware.

Not all habits are "bad," of course. When I get in a car, I habitually fasten my seat belt. When I know I'm going to turn or change lanes, I habitually use the turn signal. (I don't always habitually turn it off, however.) My sense is that we would do well to learn to review our habits from time to time and choose consciously which habits to keep and which to change.

Think about the way you normally stand. Do you have what could be called "good" posture? What about the way you walk? Where do you spend most of your time looking while you are walking? In general, we usually don't think about such things, but—for those who are watching carefully—they communicate a lot about you. The same is true of your breathing, whether you are breathing high in your chest (shallow breathing) or engaging in abdominal breathing from the diaphragm. Which type of breathing do you suppose does the better job of oxygenating the blood?

Would your habit of daily dental care make your dentist happy? Are your dietary habits designed to produce good health and longevity along with gastronomical pleasures? Such routine behaviors become habits, entering the realm of the elusive obvious. When you begin making conscious choices about whether to continue habits that may not serve your current purposes or to develop new habits that will better serve you now and on into the future, change becomes both easy and automatic.

When you set your intent to be more consciously aware of your habits, they will begin to be less elusive. It may surprise you to know that optimism and pessimism are simply habits of thought. You have learned to be one or the other. If you habitually have negative thoughts, you can learn to be more optimistic simply by being aware when you are being pessimistic and making the choice to shift your perspective and thinking into a positive direction.

When faced with a new and complex task, for example, is your first thought that it will be difficult? Or do you think that learning something new is going to be fun? Whether your principal focus is on the difficulties or on the benefits will determine not only the quality of your work, but also the joy you

experience while doing it. When you look for it, you can see that enjoying life is, in fact, a habit.

More than Just Semantics

I saw a recent news heading: Do Not Resuscitate vs. Natural Death. The article cited a study that found more people would forgo resuscitation for a family member or loved one if the phrase "allow natural death" were used. With the phrase, "Do Not Resuscitate," it seemed that they were giving up, *condemning* a loved one to death.

Perhaps, as with other forms of communication, you are seeing hypnosis at work. In *Comeback Season*, author Cathy Day makes a profound observation, "The written word is nothing more than squiggles on a page, and yet those squiggles have the power to produce physiological responses in the human body." Most of the time those responses our body has are due to the fact that words have ambiguous meanings. Even "allow natural death" contains ambiguity. Exactly what does "allow" mean? How do you know the death is "natural?" It is natural for someone who steps on a grenade to die, but that is probably not a natural death.

Learning to notice how you are representing those squiggles on a page in your mind will enable you to choose how you want to respond more of the time. A few years ago, while playing high school sports, my grandson Brad, was injured in a football game. As the season rolled around the next year, Brad talked to me about feeling conflicted. The way he expressed the situation was that he did not want to play football again, but he felt bad about "quitting the team." I told him that it is understandable that someone would feel badly about "quitting the team," so what if we simply took the emotion out of the situation and asked some neutral questions. We began with something along the lines of, "Is it highest good for Brad to play football this next season?" With the bad feelings of *being a quitter*, and *letting down the team*, and *disappointing the coach*, out of the question, Brad soon was clear that football was not to be part of his senior year. Out of that clarity, he discovered that he really enjoyed drama and he played the Tin Man in the school's production of "Wizard of Oz," and he was also in "West Side Story."

Those of us who have studied SCS/NLP recognize and appreciate how different ways of saying the same thing can produce very different internal results. The following excerpt is from our "Pre- and Postsurgical Support with SCS" training manual (Bowman and Basham, pp. 49-50):

While what you can and should say to a given individual in a given situation will vary, being sensitive to and consciously aware of what you say and how you say it can make a significant difference in how the patient responds. When appropriate, you can diminish the impact of negative information in the following ways:

- **Use the *Magic But*.** Because statements following *but* have greater impact than those that precede it, state the negative fact first, and then state the associated positive: “As with any surgery involving general anesthesia, you may die, **but** the chances of an adverse reaction in someone your age are miniscule.”
- **Contradict the Statement Nonverbally.** Indicate that you disagree with the negative statement by shaking your head “no” while you are saying it.

Note that the converse is also true. If your nonverbal behavior suggests that you agree with a negative statement, the patient will pick up on that unconsciously if not at the conscious level. When you are aware that you will reinforce the negative impact of the statement if you nod your head *yes* while saying, “You may die,” for example, you can learn to choose your nonverbal behavior more carefully.

Even when—or perhaps *especially* when—a patient’s chances of surviving the surgery are not great, use your nonverbal behavior to support a positive outcome. Do what you can to help ensure that the individual’s beliefs and expectations will lead naturally in the direction of improved health and well-being.

- **Put the Negative Idea in a Subordinate Clause.** Ideas in subordinate or dependent clauses are considered less significant than those in independent clauses.
 - Not this:** *Although the chances are extremely slim, you might die.*
 - Say this:** *Although you might die, the chances of that are very slim.*
 - Not this:** *This surgery entails risk, which is why it’s important for you to be as relaxed as possible.*
 - Say this:** *Because this surgery entails risk, it is important for you to be as relaxed, comfortable, and confident as possible—before, during, and following the operation.”*
- **Provide Appropriate Statistics.** What’s appropriate may be difficult to judge. Most people do not fully understand statistical reasoning, so if statistics are important for a patient, make sure that he or she really does understand what the statistical evidence shows.

Remember to frame statistics in a way that emphasizes the positive rather than the negative:

- Not this:** *Only 30 percent of those who have this condition live more than one year.*

Not this: *More than 70 percent of those who have this condition are dead within 12 months.*

Say this: *Although 70 percent of those who have this condition die within a year, 30 percent are alive and healthy 5 and in some cases 10 years following surgery.*

Say this: *About 70 percent of those who have this condition die within a year, but 30 percent are alive and healthy 5 and, in some cases, 10 years following surgery.*

Whatever your primary focus is, your learning the value of the therapeutic use of language is sure to be helpful. Even our self talk is subject to be helpful or hurtful. You might enjoy how much fun it is to notice the way you feel when you think certain thoughts. If you would prefer to feel better about something, play with the phrases in your mind. In the same way that people are much more comfortable with the idea of allowing a natural death, you have begun to be able to stop stinking thinking and to engage in a wonderful sense of conscious communication. Who knows all the wonderful places that new behavior might lead you to....

Jewelry for Judy

Judy Bolin, a close friend and colleague who has hosted Joel and Debra at Wildwood Farm in Nunnely, Tennessee, many times over the years, has recently gone through an amazing healing crisis. After some time in the hospital including surgery, she has been told by the doctor that was it a miracle that she survived.

We are so grateful to say that Judy continues to recover fully, and is grateful to be alive to face her medical expenses. She is being gifted by the generosity of some wonderful artists who designed and created some awesome one-of-a-kind gemstone necklaces and bracelets. You will see how lovely these pieces are by viewing photos of them: at <http://www.scs-matters.com/judyjewelry.shtml>

Another close friend and colleague of ours, Pat Hudgins, who has been a hostess for SCS trainings in Tennessee, is also Judy’s dear friend. Pat has the jewelry, and her wonderful husband, Ken Gilliam, took the photos. When you have taken a look at the photos online, contact Pat with your selections and to arrange payment and shipping. Directions for ordering are on the Web page.

Retail value is \$50 for the necklaces, and \$25 for the bracelets, but you may wish to contribute more as Healing Gems by Cherié have donated these special healing pieces so the proceeds will go to help Judy with medical expenses.

Whether you will choose your selections for your own enjoyment, or whether you will be gifting others with these amazing pieces, all those involved are blessed by so many loving hearts supporting Judy’s continued healing.

What's Coming Up?

For those with tight schedules and a desire to have this powerful tool kit, you can now earn certification as Practitioner or Master Practitioner of NLP in the most convenient way! This program is for you when you are highly motivated and committed to doing your reading and independent study. Register now for \$250 and receive your training manual. You can start now by joining us on the 4th Sunday of the month in April and most of the remaining months in 2009 for ongoing study of NLP. The times are from 1 p.m. to 5 p.m.

The next date is 26 April. With the additional exception of May, the fourth Sunday of the month is reserved to ensure your ability to complete NLP certification in the most convenient way. NLP certification requires 10 days of training and the completion of a variety of "Home-fun" exercises. Begin the training now, and you'll be well on your way to certification by next spring. The Super Sunday in June (28 June) is the last day of our June SCS/NLP intensive, so it will afford a special opportunity for you to refresh and update your skills—or to complete the training you need for certification as a Licensed Practitioner of NLP.

Each Super Sunday focuses on experiential learning for you because you will already be familiar with the NLP terminology before each training day through having read the appropriate materials in the NLP training manual. Your progress can be tracked easily either by your participating in the NLP forum or by your submitting simple written process reports, whichever you prefer. The focus for the training days will include:

- Anchoring
- Submodalities
- Timelines
- Metaprograms
- Metamodel
- Milton Model
- Hypnosis, Trance, and Altered States

The NLP intensive, scheduled for 22 through 28 June, affords you the opportunity to earn your NLP Practitioner or Master Practitioner certification at the ideal time to be along the shore of Lake Michigan in St. Joseph, Michigan. Master Practitioner requires previous certification at the Practitioner level. Those in the Super Sundays group may use all or part of the intensive program to speed the completion of their certification.

Both the NLP intensive and the SCS/NLP Super Sundays focus on experiential learning because you will have the opportunity to become familiar with the NLP terminology before your training begins through having read the appropriate materials in the NLP training manual. We are also now offering instruction and support by email and online video. For more information about this innovative, cutting-edge learning opportunity, or to be among the first to sign up, call/write now: (269) 921-2217 or debra@scs-matters.com.

As part of our *Perpetual Tuition*, if you are already trained in NLP or SCS Healing with Language, you can attend to improve and update your skills at just \$25 a day. Space for these special days will be limited, so be sure to reserve your place early. Call/write now: (269) 921-2217 or debra@scs-matters.com

Also in the works: We have been asked about and are in the process of developing two new programs. The first of these, "SCS for Tots," is a special program for those with young children—or those who have responsibilities for their health and well-being. The second is "Developing Your Intuition with SCS," a program designed to help you learn to distinguish among desires, fears, and intuitive insights. This program is for you when you're ready to begin using your "sixth sense" to its fullest capacity.

The real question is where you want to go next.... 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 "The Power of Presence: Seeing the Divine in Everyday Life (7 Keys to Joyful Living)" 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

