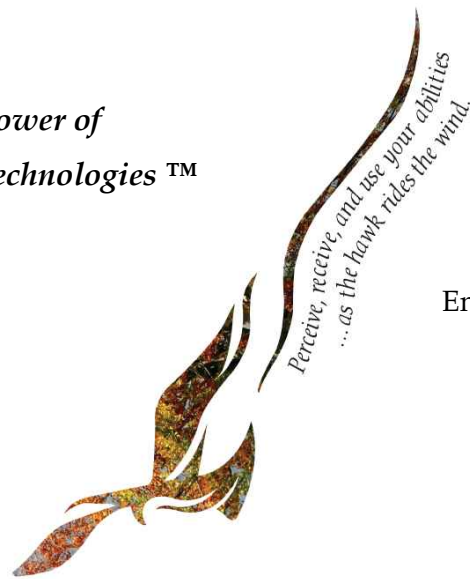


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Edited and published by Joel P. Bowman and
Debra Basham for SCS Matters, LLC
August 2011

Welcome ...

Here is your *Beyond Mastery Newsletter* for August 2011. This newsletter may be duplicated and distributed to those who share an interest in Energy Medicine, neurolinguistics—especially Neurolinguistic Programming (NLP)—and spirituality.

Additional copies of this newsletter may be downloaded at the following link:

<http://scs-matters.com/beyondmastery/Newsletter-Aug11.pdf>

Archived newsletters are available at <http://scs-matters.com/archives.shtml>.

This month the featured articles are “Dog Days,” by Joel; “Broken Wings” by Debra; “Mind Over Matter,” by Joel; and “Impotence, Pessimism, and Identity,” by Debra.

Dog Days

The “dog days” of summer are upon those of us in the Northern Hemisphere. When I was a child, I thought that the expression had to do with the way dogs get lazy and lie in the sun (or seek shade) as the afternoon sun got hot. I can’t remember whether I simply hallucinated that or whether my mother explained the expression to me that way. The Greeks and Romans associated the hot, humid summer weather with Sirius, also known as the “Dog Star” because it is the brightest star in the constellation, Canis Major (Large Dog). If you have a chance to view the night sky, you can identify Sirius because it is the brightest star.

Most of us are not much influenced by the “dog days” these days. We no longer pay much attention to the night sky, and most of us spend most of our time in air-conditioned environments. During the dog days, you may find yourself going from air-conditioned home to air-conditioned car to air-conditioned office and then back home the same way. Even the ancient Romans (the wealthy ones) attempted to air condition their homes by circulating

water through the walls, so the desire to escape the heat and humidity of summer has been with us for a long time. In the U.S., Benjamin Franklin was among those who experimented with ways to use evaporation to cool the air.

If you are like most people these days, however much you enjoy the warmer days of summer, you actually accomplish more when you are cooler. In countries close to the equator, where the heat of “summer” lasts longer, an afternoon “siesta” has long been a tradition. People work in the cool of the morning, have lunch, and then have the nap and/or “lazy period” during the heat of the day. They go back to work in the late afternoon and work into the evening hours.

Modern architecture and air-conditioned offices have changed that cultural tradition, so the siesta is increasingly replaced by “power naps.” Getting all the sleep you need in one seven- to eight-hour stretch at night is fairly recent in human history. With industrialization, factories needed to have workers present and keeping the line moving from the morning whistle to the evening whistle. Before industrialization, most native people had some form of “first sleep” and “second sleep.” The official term is “segmented sleep.”

The time in between first and second sleep was often used for prayer, meditation, and making love. Many native people added an early morning “dream time” to their daily schedule. In the days before artificial (and especially electric) light, there wasn’t much people could do after the sun went down in the evening and before it came up in the morning. They used that time to engage in the form of meditation known as “dream time.” This natural state is a form of hypnosis, and you have undoubtedly experienced it. You may recall times when you seemed to be awake, but not fully, and your mind was “showing you” dream-like images that seemed “real.” You may have even experimented with influencing those images, doing what is known as “lucid dreaming.”

All of this may seem familiar, if only vaguely, because of the memories we have all “inherited” from what are usually called *past lives* or through our DNA. One of the strange things about life from generation to generation is how little we actually know about the evolution of humans over time—and this is true whether you lean in the direction of “creationism” or Darwinian evolution. You may have noticed, for example, the popularity of movies about “sword-and-shield” battles, great sea adventures, and past wars and heroic achievements. And you may have wondered why some of those movies (or novels) resonated with you when others failed to capture your imagination.

The dog days of summer are the perfect opportunity for you to explore your own circadian rhythms and your own use of dreamtime. If you normally enter dreamtime while watching TV in the evening, for example, guess who is determining the content of your dreams and their associated beliefs. I suspect that you would rather be the one choosing your dreams and beliefs, wouldn't you.... The dog days, rightly used, can make a big difference for the rest of your life.

Broken Wings?

If you are easily shocked or offended, this article may invite you to rise above those old, outdated, narrow-minded habits. Whatever your beliefs are, we are all being invited to see the world in more expanded ways. Think for a few moments about what is often called intuition. Most people are familiar with that concept. Stretch a bit more and imagine angels or guides or guardians. I think of them as “unseen helpers,” but that might not even be accurate since highly sensitive (or skilled) individuals talk about seeing them as they are assisting us, even if they are, admittedly, not seen by most of us.

The reason I think this is an important concept for us to explore is because of the way I experience that it is most often those folks who guide the sessions when I am working with clients. That was the case with a woman who made an appointment. Her stated reason for coming was her goal of becoming a former smoker. As I usually do, I began by asking her a few questions, “How do you know this is the ideal time for you to make the choices that will allow you to be healthier, happier, and enjoy a greater sense of well-being?” People always know the important stuff, at least in your heart-of-hearts. Then I asked her to identify one person she knew was supporting her so she could be successful in her goal. Without any hesitation, she responded, “My husband.”

I jotted that down in her chart and then as we continued, I said to her, “You are right that your husband is supporting you, but it is not just your current husband, it is also your late husband.” She asked me how I knew about her former husband. I said, “You told me about him when we spoke on the phone to set up today's appointment.” She looked

rather blank, and I continued, “His name is Steve, and he died in an auto accident.” I thought my additional information was proof she had told me about him.

She was adamant she had not told me about any of this.

I don't know for sure if she did or not, but for sure I had that information, and it was important.

We began to look at all the previous evidence she had had letting her know Steve was still in their lives. One event was the day eight sun catchers popped off her window, one at a time, all in a row.... What are the odds? She told me they even said, “That's got to be Steve.”

Alan Bodkin developed a process he titled “Induced After-death Communication,” and we used that. With some tears and some laughter, she left the session more aware of the eternal nature of love. She left there with a sense of support and love and confidence. About a month later she referred someone else to me. That person said she shared simply, “I went into that appointment not sure if I could quit, but I did quit, so I know you can benefit, too.”

Now, for most of us, the goal is not to become a former smoker, but for each of us there is some sense of something we desire in our life, maybe it is more emotional or mental. What you desire, what we all desire, is a place where you are ready to spread your broken wings and fly.

Last fall I had a visit with a very intuitive woman who gave me that line as a sort of mantra. She was hearing it in her head. It is a line from the song Blackbird, by the Beatles. Maybe you would like to refresh your memory or hear it for the first time: <http://www.youtube.com/watch?v=zeRF4n1KNco>.

I am realizing my broken wings came from the feelings I had been carrying about closing the Holistic Alliance in 2005. A dream ended. It is time to dream again. Think about anything you were absolutely committed to having/doing/being. Remember the rhyme, “If at first you don't succeed, try, try again.” When you know in your soul something is important, as that woman knew about her becoming a former smoker, the important thing is to never quit quitting.

I wonder how many of us have angels there willing to help and all you have to do is receive! My sister-in-law had been a very addicted smoker, and she had tried to quit many times. The last time, though, she prayed, “Jesus, I cannot do this on my own. You have to take this addiction away from me.”

Thankfully, she is now enjoying being a former smoker....

Mind Over Matter

The old saying, “If you don't mind, it doesn't matter,” is true in more ways than one, primarily because “mind” has multiple meanings. You can *mind* (object to), someone else's eating the last cookie. You can *mind* (obey) your parents. You can *mind* (pay attention to) your manners. In this article, I intend to focus on

the way the saying applies to the Biblical (Matthew 26:41) saying, "The spirit is willing, but the flesh is weak."

This is, of course, often the case. We intend to lose weight but skip exercising, have our lunch supersized, have a big dinner with pie and ice cream for dessert, and snack on potato chips and soft drinks while sitting on the couch watching TV reruns....

What is it that makes the spirit willing but the flesh weak in so many cases? Another way to think about this is to focus on what is usually called "willpower." We tend to think of willpower as something people either have or lack. It isn't, however, that simple. Great athletes, musicians, and artists, for example, may have a lot of willpower when it comes to training and/or practicing. They may not have the same degree of self-control when it comes to "wine, women (or men), and song."

Not everyone can easily maintain the kind of focus required for meditation. How long can you sit doing nothing but counting your breaths and saying, "Oh, well," when you catch yourself having an extraneous thought? Even if you are among those who spend your time meditating saying, "Oh, well," rather than counting, you will have *some* aspect of your life where you find maintaining focus easy and natural. It doesn't really matter what it is, whether it is a big thing (such as getting up every morning regardless of the weather and running), a small thing (such as making sure that you watch "Wheel of Fortune" every evening and solving the puzzle before the contestants can), or something in between (such as planting a garden and then weeding and watering).

When you have identified that whatever-it-is where you succeed at maintaining focus, identify the aspects of the process that help you stay focused. Identify both what you are investing (time, energy) and the rewards (both short-term and long-term) that keep you going. Staying focused on weeding a garden, for example, is not that different from counting breaths while meditating. When you think about whatever it is that you can stay focused on, you'll notice that certain things come to mind. You may, for example, show yourself a movie of how you engage in the process.

If that is weeding, you might see yourself weeding, or you might see what weeding actually looks like. The one perspective would be dissociated, and the other associated. The size and location of the images, whether they are color or black and white, and their perceived distance from you are important. Those are "submodalities" of the visual representational system. You may also notice that the movie may or may not have associated sounds (auditory representational system); and elements of the kinesthetic representational system, including touch (the feel of the dirt, the weeds, pulling, warmth of the sun, etc.), smell (dirt, plants, etc.), and taste. When you think about whatever you would like to do but have had a problem doing, you'll find that your internal

representations of that activity have different qualities.

When you first start thinking about submodalities, it may be easier to begin by re-presenting the image of a food you really love, and comparing that image with that of a food you dislike. Notice the characteristics of each image: its location (high, low; left, right, center, etc.), size (large, small, in between), and distance from you (close, far away) and color (full color, dim colors, gray scale, black and white). The submodalities for each of the foods are what let you know whether you like or dislike them. They are the *drivers* of behavior.

You may currently believe that the food determines whether you like or dislike it, but it is actually the way you represent it. When you change the submodalities, you will change your feelings about the food. This sometimes happens automatically as you age. When I was younger, I absolutely hated yogurt. I didn't like either the taste or the consistency. At some point in adulthood, I'm not sure when or why, yogurt became one of my favorite foods. In other cases, you may want to change the submodalities of something you like more than is good for you and/or something you dislike that you would do well to eat more of.

When you want to develop more "mind over matter," it is more important to look at the *process* of each item or activity than its *content*. The process consists of the submodalities used to *re-present* the item or activity and, if an activity, the sequence in which the activity happens (what you represent first, second, third, and so on).

You might believe that you "can't help it, that it's just the way you are," but the way you are is simply a matter of choice and knowing how to change your internal representations, your *subjective experience*, so that you can increasingly become the person you were meant to be—the person you really *want* to be.

For more about the way submodalities influence your ability to exercise "mind over matter," see Chapter 8 in *Healing with Language: Your Key to Effective Mind-Body Communication*.

Impotence, Pessimism, and Identity

If you have the courage, with the risk of bursting a bubble of optimism, you might want to take time to watch a lecture from philosopher Alain de Botton, in which he describes Leonard Cohen as *one modern artist who resists the relentless optimism of our age and opens our imaginations to the possibility of tragedy*.

The title of the article that contains Botton's video is "The Wisdom of Pessimism," by Sam Roggeveen. Here is the link: <http://bit.ly/rnlB52>.

One of Botton's statements that really stayed with me was directed at the difficulty of impotence. He tells the story of a man who had *failed* with a woman (if you know what I mean). In his despair following his *failure*, the guy cut off his *member* (I will let you make your own mental image about that), and sent it

to the woman. Botton's advice? "When entering into the bedroom, always say you are a bad lover."

Botton's lecture touches on raw points, including the illusion of the happy marriages and only doing work you love. You may be persuaded to join him in his perception that pessimism is not fatalism. Beyond a doubt, he says what other people think about you should matter less to you than what the people you really like think about you.

He says it is good to feel really small in relationship to the really big things: eternity, time, and death. I have mentioned the cartoon of the man and woman in conversation. The caption has her saying, "I am having an identity crisis. Well, I think that was me, but maybe it wasn't." Listening to Botton's lecture came for me at a profound time. I admit to having suffered an "identity crisis" for some time now. July 12, 1997, I was ordained as a Minister of Reunion. I had no idea where that would lead, and while reading Mark Nepo (*The Book of Awakening* July 12), two haunting lines stand out and call to my core:

The first: I would do anything for you.

The second: Would you be yourself?

According to Brother David Steindl-Rast O.S.B., in "Exposure: Key to Thomas Merton's Asian Journal?" (Published in *Monastic Studies* #10, Easter 1974), Thomas Merton wrote,

In the midst of our experiences—happy ones which we may wish to hold forever; difficult ones which we might prefer to escape—what a profound learning comes from noticing that "Experience ... is not mine. It is 'uninterrupted exchange'. It is dance.... The self is merely a locus in which the dance of the universe is aware of itself."

Even the subtitle of Brother David's column (<http://bit.ly/mXF85E>) creates that aftertaste on my tongue: Wisdom does not labor. Wisdom plays.

Botton talked about how we could learn from ancient cultures that believed personal success or failure was in the hands of the goddess of fortune (Roman Fortuna and Greek Tyche). He said the suicide rate goes up in societies with lots of focus on individualism. In those cultures, it also goes down in bad economic times because people have a shared sense of struggle, saving themselves from that painful personal identity of failure: the bad economy kept them from succeeding.

A promotional piece for a retreat and training in self-acceptance with Joan Borysenko says the retreat "allows us to step into the radiance of who we really are." Even if he would most likely encourage you to think twice about attending the retreat, you can join Botton and agree with the rest of the ad: "The root of human suffering is self-judgment, the belief that something is wrong with us, that we are not worthy of love. This fundamental lack of security translates into anxiety, depression, addiction, and burnout."

The retreat promises participants you will "cultivate self-acceptance through meditation, reflection, inquiry, sharing and laughter." I can certainly embrace the idea that "Learning to love ourselves is both a psychological and spiritual journey." It is inviting to ponder what it must be like to be there at that retreat with those folks "in the compassionate shelter of one another" where we will each lay aside our "false self" and step into the radiance of who we really are. Oh, maybe that is the cure for impotence....

Language Tip

Fundamentals of language usage can be problematic. One of the things about the fundamentals is that our own mistakes are invisible (or, perhaps, inaudible) to us. We fail to notice most of our own mistakes because the usage *seems* correct to us. The problem is that others notice. Not all others, of course, but at least some. If you are among those who have a bias in favor of complete sentences, you may have noticed that the previous word group is not actually a sentence. It is a sentence fragment that relies on your memory of the sentence just before it to complete the thought.

In casual conversation, much of what is said relies on context for meaning. The "Advanced Language Patterns" of NLP—and especially the "Milton Model" patterns—take advantage of the natural tendency people have to make sense of language in spite of ambiguities, illogical constructions, and a variety of common mistakes. This is all well and good when those speaking and writing know what they are doing and make deliberate choices about their usage. It can be problematic when such patterns are perceived to be the result of ignorance.

Two of the most important aspects of usage to keep under control are *pronoun usage* and *modification*. Pronouns have *case*, which indicates how a pronoun is to be used. A recent headline said, "here is *me*." The speaker probably meant, "Here I am," or "I am here," but in some contexts, "here is *me*" would make sufficient sense to go unnoticed. In describing a situation, someone might point to various places in a room say, "Jim was there, Mary was to his left, Bob was here, and here is *me*." I suspect the pronoun usage would go unnoticed.

That doesn't mean it isn't worth knowing the differences among the *nominative* (subjective), *objective*, and *reflexive* cases. Using the wrong case can be problematic, especially when it comes to *who* (nominative) and *whom* (objective). An infamous headline read: "*Whom* should be laid off first." A reader responded: "*Whom* wrote the headline? *Him* should be laid off first. *Him* doesn't know enough English grammar for the job *him* has."

Modification is another common problem (remember the rules about adjectives and adverbs?). One of the most noticeable (in not a good way) modification problems is the so-called *dangling modifier*. A dangling modifier is one that can't or doesn't modify the part of the sentence it is intended to modify. A famous

example is, "Smelling just awful, I drove past the factory." The reader hopes that it was the factory and not the driver who was smelling awful, although with the differences in meaning between *smelling* and *stinking*, we might have more than one possible meaning for the sentence.

You may have seen something like the following: "As a student, a computer is as important as textbooks." Who is the student? It sounds as though it is the computer, doesn't it.... Most of the funny/strange sentences collected from church bulletins ("All those wanting to be Little Mothers should meet with the pastor in his office after the service...") and letters to members of congress ("My wife has been in bed with the same doctor for three years and won't change...") have modification problems of one sort or another.

Your grammar doesn't have to be perfect, but when you find yourself quoted in the news, it would be better to have it be for something you did exceptionally well rather than for unintended meaning in something you said.

What's New?

We are very honored to have been the first instructors to be approved by Healing Touch Program, so now the "Using Guided Imagery for Surgical Support" workshops can now offer CE contact hours for both nurses and massage therapists! We are delighted about this next right step, and this opens the door toward getting NLP approved as well.

The sample cut of the new "Welcome Baby!" audio is on its way to Pamela Chappell. The background music includes some of her most powerful songs. The people who have heard it have really liked it a lot, so watch for that to be available soon.

The past several months have been a very wonderful time of new birth for us, and we are making good progress on the second of our two new websites. We are excited to have you see "Using Guided Imagery for Surgical Support: A Comprehensive Guide for Nurses, Massage Therapists, Doctors, Energy Workers, and Anyone Who Believes in Our Healing Potential." We think you will appreciate it a lot, and since <http://SurgicalSupport.info> is now online, you will be able to download your copy for just \$10.

What's Coming Up?

This is the last time we can say that you still have time to decide to join us at the Healing Touch™ Worldwide Conference in San Antonio, Texas, August 25 through 28. The PowerPoint presentation for our breakout session: "Cool Responses to Heated Discussions: Understanding Beliefs and Developing Effective Strategies for Responding to Criticism," may be online afterwards.

Friday, August 5, from 8:30 a.m. to 5:30 p.m., we will be at Hospice at Home in Saint Joseph with a "sneak preview" of our postconference workshop on **Using Guided Imagery (Imagine Healing)**. This is the debut. So if you are flexible and can join us, come

on down! Here is the link to the information you need to have: <http://bit.ly/oBDCE3>

Then on Saturday, September 17, from 8:30 a.m. to 5:30 p.m., we will be offering **Using Guided Imagery (Imagine Healing)** for the first time through Borgess Health and Fitness Center in Kalamazoo, Michigan. Whether your primary motivation is to work with others or to bring healing into your own life this workshop will provide you with the tools to achieve amazing results. Learn neuroscience techniques to reduce pain, change limiting beliefs, replace nonproductive attitudes and stop destructive behaviors. This class is ideal for nurses, massage therapists, doctors, energy healers, and everyone who believes in our healing potential. To register, call (269) 552-2348. The cost is only \$150.

Continuing education credits for nurses or massage therapists are available upon completion of this course. [Healing Touch Program is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's COA. The Healing Touch Program is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider under Category A. Provider Number 150588-00. 8 CE contact hours available for \$15]

Debra will also provide an **Introduction To Guided Imagery** monthly at Borgess Health and Fitness Center in Kalamazoo, Michigan. If you are facing surgery, childbirth or any stressful medical procedure, preparing emotionally and mentally can improve the outcome dramatically. Research indicates people who use guided imagery techniques experience less blood loss, need fewer pain medications and recover faster. This introductory session is designed to provide an overview of how and why these techniques really work. To register, call (269) 552-2348. The dates are Wednesdays, September 7, October 5, or November 2, 6:30 to 7:00 p.m. The cost is \$20.

SCS continues to be committed to a comprehensive understanding of healing with language and energy. In the same way that body, mind, and spirit cannot really be separate, energy and language are both part of the Subtle Communication Systems many want to know more about. We consider that blend (energy and language) to be what helps SCS—and Joel and Debra—provide a wonderful learning environment.

Be sure to let people know the NLP training is available online. Joel has that set up to go right along with *Healing with Language: Your Key to Effective Mind-Body Communication*. "Developing Your Intuition with SCS," which is designed to help you learn to distinguish among desires, fears, and intuitive insights, continues to be a goal for Joel. 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.... Stay in touch with us by Skype, or send us a quick email message: debra@scs-matters.com or joel@scs-matters.com, or call Debra at (269) 921-2217.

Because subtle communication matters, and because everyone needs to do more with less these days, you need better tools to achieve better results. SCS can help....

See more...

Hear more...

Feel more...

Be more ... SCS

