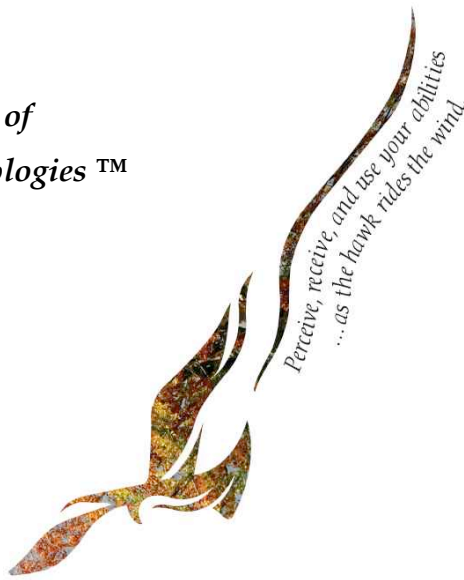


Discover the Power of  
SCS Technologies™



Small Changes

Subtle Communication Systems

Infinite Results

Enhance your **M**otivation....

Become more **O**ptimistic....

Improve your **R**elationships....

Maximize your **E**njoyment in all ways....

Edited and published by Joel P. Bowman and  
Debra Basham for SCS Matters, LLC  
February 2009

## The SCS *Beyond Mastery* Newsletter

### Welcome ...

Here is your *Beyond Mastery Newsletter* for February 2009. 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 “Ground Hog Day,” by Joel; “Do You Believe in Angels, Too,” by Debra; “Valentine’s Day,” by Joel; and “Inner Awakening,” by Debra.

### Ground Hog Day

In the 1993 movie, “Ground Hog Day,” Bill Murray’s character kept having to relive one day, the 2d of February, until he had the right attitude and made the right decisions. If you haven’t seen the movie, you may want to rent it and imagine how lives would change if each of us had such a prompt and effective feedback system for noticing and correcting errors in attitude and behavior. Just imagine, for a moment, if you had to live every day over until you got it right.... Others wouldn’t know that you were in “do over” mode, so their behavior would change only in response to the ways in which *you* had changed. How long would it take you to figure out what you needed to do to make it through your days successfully?

This kind of feedback is a basic concept of mazes and many computer games. You reach a dead end or “Game Over,” and you need to go back and start again, avoiding the wrong turn or mistake of your previous attempt. Other than having to start over, there’s no penalty for making mistakes. You simply learn from the mistake, and try again. If you do enough mazes or play a sufficient number of computer games, you learn to avoid most of the wrong turns and mistakes. You zip through to the end more quickly and more easily when you learn how to spot the common mistakes and avoid them.

What if Life really is like that? Unless you make a very serious mistake, you don’t see a big “Game Over” screen until you have successfully navigated your intended course. Instead, when the mistakes are less than fatal, you experience bad feelings. In the movie, the Bill Murray character had grown so accustomed to behaving badly in minor ways, that he had learned to suppress any associated bad feelings. The Universe caught his attention by making him aware that he was repeating Ground Hog day when he had made mistakes along the way. Although he knew that, for him, each day was a repetition, it took him a while to notice that he needed to change his behavior before being able to move forward into living the life he was meant to live.

In many ways, the Bill Murray character had it a lot easier than the rest of us. He kept encountering the same situation with the same people, so it was relatively easy for him to recognize the patterns in his behavior. Most of the time, at least, the rest of us have to take our cues from the patterns of situations and the similarities of feelings. Bill Murray’s character had to discover the error of his ways and connect with the love of his life in a movie less than 2 hours long. The rest of us have to learn to recognize patterns over weeks, months, and years.

Recognizing patterns is a matter of what in NLP is called *sensory acuity*. Almost always, sensory acuity for patterns that need changing is enhanced when you have the conscious intent to become more aware of them. Byron Katie’s question, “How do you feel when you think that thought?” also applies to situations: “How do you feel when you think about that situation?” By paying attention to that feeling, you’ll recognize it the next time you have it, and that will help you recognize the similarity in patterns from situation to situation. Also, be consciously aware of anniversaries. The most obvious kind are annual: birthdays, major holidays, minor celebratory days (such as Ground Hog Day and Valentine’s Day),

school start and stop days, and your own special days (such as wedding anniversaries, birthdays of children, and deaths of significant friends and relatives). Each of these will have associated feelings, even when those feelings are subtle. Pay attention to them, and notice what those feelings are trying to teach you.

If you haven't already seen "Ground Hog Day," this would be a good month to rent it to see just how much you can learn from it, even as you are paying attention to changing those things carried over from yesterday that left you feeling less than wonderful. Every day really can be the first completely new day of the rest of your life.

### *Do You Believe in Angels, Too?*

Sometimes I like to just let my heart have its way with me. When that happens, I believe in angels. Oh, I can think about 'angels' as people who do kind or generous or helpful things, like the night my daughter (then 14 years old) and I were rescued by a friend who just happened to stop by our house while she and I were locked out on a winter night. I can also think about angels as organizations that help those in need, such as the Shriners. I can even think of organ donors as angels, even if they no longer have a need for them. But sometimes you just have to join the ranks and admit that the truth about angels is more *divine*, more *mystical*, more *real* than that, even if you don't understand it all.

In a December 21, 2008, article, CBS reported a story about a grandfather, father, and son who had always wanted to attend a Giants game. Sadly, before that could happen, the grandfather died. Shortly after that, the father and son were gifted two tickets to a game. They arrived at the box office only to be told no tickets had been left for them. They were disappointed and upset when a man approached them with two tickets, telling them he wanted the two to enjoy the game. Arriving at their seats (great seats right above home plate), a third seat adjacent to theirs remained unoccupied throughout the entire game. The son said he knew that the extra seat was for his grandpa, and that the three of them had been able to enjoy a game together.

The Bible has lots of stories of angel encounters, and there are angels in Judaism and Islam, and winged figures in Buddhism and Hinduism.

I remember reading about a physician who had a young girl show up at his door late one stormy evening. She told him her mother was very ill and she asked him to come with her to help her mother. They took a cab across town to the address given by the little girl, and upon entering the apartment the doctor found a very ill woman, near death with pneumonia. After arranging to have her transferred to the hospital by ambulance, he told the woman what a brave and thoughtful child her daughter was. The woman shocked the doctor by telling him that her only child, an eight-year-old daughter, had died six months earlier, and she was living alone. She even said, "My daughter's coat and boots are still hanging there in

the closet." When the doctor pushed open the door, he saw the very same coat and boots the little girl had been wearing when she rang his doorbell earlier that evening.

What you believe about angels may be mostly about your own experiences and those of everyday folks you know and love. My friend Peggy had a story about her own angel encounter published in a magazine years ago. Peggy's young son fell into an open grave. Lost for options, and frantic, without a car being heard or seen, a man in a dark suit appeared out of nowhere and helped get him out. He instructed Peggy and her friend to hold onto his feet as he reached down into the grave and pulled her son to safety. In their excitement, busy comforting her son, they failed to notice that the man disappeared just as quickly as he had appeared, still with no car in sight.

I once had a client who was flying from the Midwest to the East Coast alone. She was very nervous, but was relieved to have someone speak to her kindly as she boarded, and then to have that nice young man as a seatmate. They chatted easily, and he was able to put her mind at ease, saying he was going to the same parking area she was and he would help her with her luggage and escort her where she needed to go. Once she was safely with her family, she turned to thank him for his kindness, but he was gone. Wanting to let him know how much his company meant to her, she contacted the airlines to find out his name. Imagine her surprise when she was told that the seat next to her was not occupied during that particular flight!

"I think the power in the idea of angels is that angels change people's lives," said Edward Grinnan, the editor of *Guideposts*, the inspirational magazine where readers often share stories about their own angel encounters.

If you, too, believe in angels you are in good company. It is reported that an estimated 24 million people watched "Touched By an Angel" for nine years between 1994 and 2003, and stores of all types sell angel items all year long. "Angels are emissaries from heaven," Grinnan said, "and they bring comfort and they give hope. And wherever people find comfort and hope in their day, I think they can see that at least in part as an angelic experience." I think my client and my friend Peggy would agree totally....

### *Valentine's Day*

February is "home" not only for Ground Hog Day, but also for Valentine's Day. Although the history of Valentine's Day is murky, it seems to have started in the Middle Ages about the time of Chaucer as a celebration of at least one Christian martyr named Valentine. Since then, and perhaps especially in the U.S., it has become a holiday of significance for lovers, close friends, and certain relatives. It is often called a holiday established by the Greeting Card industry (Victoria's Secret probably likes it as well), but I think that it also serves an important anniversary function (see my previous article, "Ground Hog Day," in this issue of the "Beyond Mastery" newsletter).

Even if you are not currently in a “romantic” relationship, by its very nature, Valentine’s Day serves as a reminder to think about those who are important to us. It seems to me that we owe the Greeting Card industry a round of applause for reminding us to pay attention to those most dear to our hearts.

Those of you familiar with the NLP concept of “anchoring” (a form of stimulus-response conditioning), know that sights, sounds, smells, tastes, and other kinesthetic experiences are important triggers for feelings and behavior. If you are like most people, you can undoubtedly remember having given someone a gift that produced feelings of joy, not only in the other person, but also in you. You may also recall having received such a gift. As you take a moment to think about the giving and receiving of those gifts now, and you will probably notice that at least some of those feelings returned with the memories. If not, think about them again, recalling more specifically what those situations were like—*associate in* to your previous experience.

The reason those feelings come back as you think about your previous experience now is that the giving, receiving, and associated sights, sounds, smells, and tastes have become anchors for the psychological state of joy. Birthdays, wedding anniversaries, important holidays, and even death anniversaries have their own complex set of anchors. This is true even when the individual is not consciously aware of the anniversary. A person might feel sad for a few days, for example, without knowing why before remembering the death of a close friend or relative at that time of year. Even when you are not consciously aware of the death of a close friend or relative, your *unconscious* knows....

Valentine’s Day falls into that general category of influential anniversaries. It—like Halloween, Thanksgiving and Christmas—is hard to miss because of the associated advertising and publicity. Weeks before the actual day we are reminded to buy cards, candy, flowers, and jewelry for those we love. In some ways, the commercialization of Valentine’s Day and other special days tends to undermine their effectiveness as anchors for the feelings with which they are supposed to be associated. The romantic anchor tends to wear out through overuse. The symbolic action of giving and receiving gifts becomes obligatory instead of joyful, and the anchor triggers a sense of obligation instead of romance and joy.

By the time you are reading this, the promotional push for Valentine’s Day will doubtless be in full flower. Unless you hide under a rock for at least a month, you won’t be able to escape the anchors various advertisers are attempting to set to help ensure the commercialization of the day. The question is what can you do to re-establish the romantic and joyful feelings, the heart-to-heart connections, you would like to have associated with Valentine’s Day—and, perhaps, for the rest of the year as well.

What’s appropriate for you will, of course, depend on your age and current life circumstances. It will also

require *conscious* partnership with those with whom you have important heart-to-heart connections. The right Valentine’s Day message enhances the health and well-being of both giver and receiver. It’s an easy way to make yourself and others feel good—and you can make every day Valentine’s Day when you so desire.

### *Inner Awakening*

I have been enjoying this quotation from Kabir found in *Centering Prayer and Inner Awakening*, by Cynthia Bourgeault:

We have subtle subconscious faculties we are not using. Beyond the limited analytic intellect is a vast realm of mind that includes psychic and extra-sensory abilities; intuition; wisdom; a sense of unity; aesthetic, qualitative and creative faculties; image-forming and symbolic capacities. Though these faculties are many, we give them a single name with some justification because they are operating best when they are in concert. They comprise a mind, moreover, in spontaneous connection with the cosmic mind. This total mind we call, “heart.”

- Kabir Helminski, *Living Presence: A Sufi Way to Mindfulness and the Essential Self* (New York: Tarcher/Putnam, 1992), p.157.

When I was training in Healing Touch™, this was called *higher sense perception*. Gary Zukav speaks of our developing multisensory perception and authentic power. Whatever you call it, this inner awakening can be an intentional path you are on, and you can assume where ever you are in the journey, there is more.

I have been thinking about my years at Still Waters ([www.comebestill.org](http://www.comebestill.org)), and recently I also had the opportunity to visit GilChrist (the retreat center operated by the Fetzer Institute) and to participate in a “dreamtime” ceremony. Time dedicated to this inner awakening has been part of my spiritual practice since December 1995. In January of 1996, I met with a group of women in Murfreesboro, Tennessee, who practiced a process called *Friends of Silence*, consisting of some inner time, some journal time, and some time for sharing. I often laughingly say I had to go to Tennessee to learn the technique from a priest from Detroit.

They had learned this format from a priest, Fr. Edward J. Farrell, an educator who was a licensed trainer of “Personality and Human Relations.” PRH was developed by a French priest in the 1960s who sought to discover and overcome interior issues that hinder spiritual development so that one could reach full human potential. One of Father Ed’s favorite sayings was, “My job is to help people hatch their true selves, to become the person God created them to be.”

As the years have gone by, I have shared this format of inner awakening with hundreds of folks, and Joel and I have incorporated it into *The Power of*

*Presence: Seeing the Divine in Everyday Live (7 Keys to Joyful Living)*. Whether this turns out to be your favorite format, or if you discover another, the important thing is that you find a way to cultivate this total mind Kabir refers to as "heart."

According to many, your learning to welcome aloneness, to nurture the witness perspective, and to sense the presence of yourself filling the universe, is simply meditation. And meditation comes in many forms. In the *concentrative* method you might use a mantra, count breaths, or hold your attention on different areas of your body. *Awareness* is about the inner observer, such as in centering prayer. Relaxed attention, not judging, just noticing, is the *surrender* method. (See *Own Your Health: Choosing the Best from Alternative and Conventional Medicine*, by Roanne Weisman and Brian Berman, Health Communications, Incorporated).

You might enjoy reading some facts about meditation from a handout I created:

- To the body, meditation is the opposite of fight or flight or anger or anxiety.
- The physiological effects of meditation are deep relaxation coupled with a wakeful and highly alert mental state.
- In the Western world, illness is the most widely practiced form of meditation.
- Set aside a regular time and place for meditation, one that supports *your* lifestyle.
- Your body should be relaxed, stable, and comfortable, allowing you to hold the posture without any extraneous movement for the entire period.
- Breathe through your nose in a gentle and relaxed way, noticing your breath and the physical sensations you are experiencing throughout your body.
- Your attitude should be a balance between alertness and receptive, not thinking, but noticing.
- A meditation must be repeated consistently over a period of time to derive maximum benefit.
- Have a clear expectation, and do not try to do a meditation "well."
- The benefit of the practice of meditation itself is the first effect of meditation.
- Create a setting as free from interruptions as possible.
- Every time your awareness is pulled away, gently bring your attention back to your meditation without berating yourself.
- All disruptions may be thought of simply as "objects of awareness," and gently let go.

- Begin with a minimum 10-minute period daily for two weeks.
- Practice at least five times weekly.
- Decide exactly what your time is to be and stick to it.
- Gradually increase the time, try adding 5 minutes and staying with that for two weeks before adding more time.
- Structured meditation carefully defines what the inner activity is you are working toward (counting, breathing.)
- In unstructured meditation you choose a subject and just stay with it as you notice your reactions and feelings about it (staring at an object such as a lighted candle or a piece of art).
- Many people find it easier to practice meditation in a group, like singing in a choir.
- Singing, chanting or praying is considered the Path of Action, learning how to "be" by pure concentration on what you are doing.
- Yoga, Tai Chi, or jogging is considered the Route Through the Body.
- Inner work, monastic devotions, and self-help practices of learning to love self, others and God is considered the Path Through the Emotions.
- The path of choice for most Westerners is called the Path Through the Intellect and deepens the understanding of ways of perceiving and relating to the world.

Whatever your experience has been, know that you certainly can enjoy more as you cultivate your own inner awakening.... Who knows what may come from that?

### *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 4<sup>th</sup> Sunday of the month in January and most months in 2009 for ongoing study of NLP. The times are from 1 p.m. to 5 p.m.

The next date is 24 March. We're taking February off to update our skills by attending another workshop with Richard Bandler ([www.richardbandler.com](http://www.richardbandler.com)) and John La Valle. 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.

Each day will focus 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

For those who prefer to take their training in one-fell swoop, we are also scheduling an NLP intensive from 22 through 28 June. When you have the time to dedicate to it, an intensive approach is the fastest way

to ensure learning. 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.

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](mailto:debra@scs-matters.com)

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](mailto:debra@scs-matters.com)

