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

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## The SCS *Beyond Mastery* Newsletter

### *Welcome ...*

Here is your *Beyond Mastery Newsletter* for February 2011. 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, “Crystal Ball Gazing,” by Joel; “And, Or, But” by Debra; “The Year of The Rabbit,” by Joel; and “Doing What You Were Born to Do,” by Debra.

### *Crystal Ball Gazing*

You may have noticed that January began with a number of prognostications for the coming year. Pundits of all stripes, from electronics to politics, made predictions about what the New Year would bring. When I was young, one of my pastimes was to clip the predictions from various tabloids and put them away for a second look the following year. In general, not much of what had been predicted actually happened, and when something vaguely similar happened, it happened in an entirely different way or at an entirely different time or location from that stated in the prediction.

Such predictions, however, sell tabloids. Most people want to know what’s going to happen in the future so that they can avoid it or take advantage of it. Common subjects of concern are money (financial resources), relationships (husbands, wives, lovers, and children), health, and travel. These areas of common concern are what enable storefront “psychics” to earn a living by making general observations seem more specific than they really are. This is not to say that some of those who charge for their psychic services don’t have real flashes of insight, but most of the time most of what you get from them is “show business.” It’s entertainment

rather than precognition. Those who give “psychic readings” for a fee have learned what to say and how to say it from experience.

Precognition and a wide variety of other intuitive phenomena, however, really do exist and have on more than one occasion been proven in controlled, scientific experiments (See, for example, an article about precognition in the online edition of the NY Times: <http://nyti.ms/g04CAI>). You have probably already experienced one or more of these phenomena but may have discounted or forgotten it because such experiences are not part of what we have come to think of as a normal frame of reference. At least in part, this is a left-brain/right-brain dichotomy. The left-brain is basically linear and logical in its approach to understanding, whereas the right-brain is holistic, metaphorical, and intuitive. Precognition and other forms of intuition require information from the right-brain to travel across the corpus callosum that connects the two brains and not only be acknowledged, but also be accepted by the logical left-brain.

Precognition (knowing in advance), clairvoyance (remote viewing), clairaudience (receiving information auditorily), and clairsentience (information through bodily sensation and/or touch) are learnable skills. It turns out that developing intuitive skills is not that different from learning a foreign language. If you are a native English speaker, you can learn French, Spanish, German, or Japanese—or if you’re sufficiently motivated, all of them—by studying and practice. You learn the appropriate vocabulary, grammar, and syntax; you practice speaking, listening, and translating, and eventually the new language becomes “second nature.”

In last month’s newsletter, I recommended a number of authors (Carolyn Myss, Laura Day, Francis Vaughn, Christel Nani, Mona Lisa Schulz, Judee Gee,

Sonia Choquette, Penny Pierce, and Judith Orloff who provide a foundational framework for understanding intuition and learning to use it. As is true for learning a second language, becoming fluent with intuition will require some effort. It really is a matter of practice making perfect. Unlike learning a foreign language, however, each person learning intuition will have his or her own “vocabulary” of symbols (images), metaphors, and kinesthetic responses to guide the way. The image of a banana, for example, might mean one thing to you and have an entirely different meaning to someone else.

Even if you have been aware of your intuitive insights, you can become increasingly fluent by taking a disciplined approach. Read books on the subject and practice the techniques mentioned. While in a meditative state, focus your attention on something or someone about which or whom you want more information. Remember that the Universe—the All That Is—is *not* judgmental. It doesn’t “care” whether a stock goes up or down, whether a business transaction will be good for you or not, or whether a particular person has a disease or a behavioral problem. Its focus is on what is “real,” and yours should be as well.

The more detached you are from what you focus your intuition on, the more accurate you are likely to be. If you are too attached to the outcome, your fear or desire will thwart your intuition. It is easy to “see” what you fear or what you desire. Also, you will not be able to receive information about others that you are not supposed to have. If you ask inappropriate questions, you simply won’t “get” answers. Remember that boundaries serve a purpose. Skin, for example, provides a boundary between your insides and the environment. It is designed to screen out harmful substances, and (for the most part) it does a pretty good job of that. You also need to maintain energetic and psychic boundaries so that you can determine the difference between your own pains and problems and the pains and problems of others.

Spend some time every day (preferably at the same time every day) practicing. Keep a journal. What did you try, and what occurred to you? Remember that the future is not fixed, so just because you “see” something happening doesn’t mean that it is the only possible outcome, so having it not happen doesn’t mean that your intuition didn’t work. Begin to notice the difference in the *submodalities* of your insights that proved correct and those that were less so. (For more about submodalities, see pp. 113 ff. in *Healing with Language: Your Key to Mind-Body Communication*, by Bowman and Basham.) Your journal entries will help you become increasingly aware of your progress. And enjoy the process.

### *And, Or, But*

Sometimes the smallest of changes makes the biggest of differences. Joel and I even use that as a logo line:

Small Changes ... Infinite Results™. Think about that for a few moments. Without giving it much thought, people can be getting in their own way, limiting the opportunities they have to be happier and healthier and more delighted with their own lives, even with these three little words: *and, or, but*.

In *Mindsight: The New Science of Personal Transformation*, Daniel J. Siegel, M.D., talks about the way the brain processes create very different points of view. He writes that the right mode creates an “and” stance, while the left creates an “or” point of view. (p. 108) For the sake of this article, however, let’s choose to be aware of how options expand or contract, and how you can get your needs met or not, when you notice the subtle ways you are thinking and speaking.

Would you like cake *and* ice cream? Would you like cake *or* ice cream? What if we go to the zoo *and* out to lunch? What if we go to the zoo *or* out to lunch? Will you stop to pick up milk *and* bread? Will you stop to pick up milk *or* bread? Language is not only limited, when you were not aware, it may have also been quite *limiting*.

I have often suggested folks use the “Rule of Six” to train your brain to see possibilities. I did not create this, but you might find it helpful. The idea is to notice when you are having a thought, an idea, an opinion, which produces distress. Simply choose to think about six other ways you can interpret what you are noticing. When you begin to see other plausible ways to think, other opinions that are just as valid as the one you previously held, you are now moving into the area of the brain that generates “and.” If you need some help with this until you get into the habit, invite your creative part to be the one to generate the possibilities. Now this is a lot like birth control, for it to work, you have to use it....

There is a place for “or” in the world, too, otherwise, we would be creating another or stance while trying to pass it off for an “and.” Try this.... Would you like me to being by rubbing your feet, or would you like me to start with a head rub? Might we go to for a walk in the park before we get ice cream or after? Will you find your own way alone or would you like some help?

I am wondering just how much you are starting to get the idea of how significant your thoughts and language are, or how it will make even more sense to you when we look at but. My favorite for this one is one my daughter Stacey uses, “Cut the green wire, but first....” “We got all of the cancer, but....” “She had the right of way, but....” We have an entire section on “The Magic But” in *Healing with Language: Your Key to Mind-Body Communication* (pp. 162-163).

If you could change any one thing about your life, what would that be? Once you have identified that, write it down, and take a close look at any of these three little words (either overtly or hidden) having a part in the limitation. For example, “I would like to retire.” The *but* that is hidden might be about finances. “I would love to travel.” The *but* that is hidden might

be about time.

Imagine that you already have what you identified in the exercise above, what would having that allow you to have/be/do that you have not seemed to have/be/do previously? Write this down, and take a close look to see where any of these three powerful little words might be implied. "I would feel like I could be myself around other people." Or you feel like what? "I could finally relax." If you were choosing between relaxed and its opposite, you would feel relaxed or what?

I usually ask clients to identify the real reason for their coming in for a session, what they would really want if they could have anything they really wanted (physical, emotional or mental, spiritual). It makes sense that when we know how to make the most of the little things in our lives, you are sure to see more and more of what you really want showing up. And, decide if you would prefer to begin showing others right away how easily you can do that now, or you can just enjoy it until others notice for themselves. Whatever you choose, it is totally up to you, but it's exciting to know you are at choice, isn't it....

### *The Year of the Rabbit*

Chinese mythology has used different animals to designate the character of years for a long time. This year, 2011, happens to be a Year of the Rabbit. Previous years of the Rabbit have been 1915, 1927, 1939, 1951, 1963, 1975, 1987, and 1999. In Chinese mythology, as in folklore in the U.S., the Rabbit is considered good luck. In the States, people who wanted good luck have used a rabbit's foot as a part of a keychain, perhaps failing to notice that the rabbit donating the foot probably wasn't all that lucky.

The actual subject of this article isn't about rabbits, however, it is about what is usually called *anniversary energy*. The planet, and everything on it, is subject to cycles. Some of these cycles, such as the change in seasons (most notable if you live a distance from the equator), are obvious. Some are short (sunrise to sunset to sunrise, etc.), and some are long (major climate changes, evolution of plant and animal life). Most of the time we don't pay a lot of attention to anniversaries in our lives. We may celebrate birthdays and wedding anniversaries, and we may be aware of the anniversaries of deaths of loved ones.

If you've been keeping a journal (if not, it may be time to start), you can track less obvious "anniversaries." If you find yourself feeling depressed or anxious without an obvious reason, check your journal for what was happening at the same time in previous years. It may be that you are experiencing an "anniversary" feeling. Events, both significant and the seemingly insignificant, leave markers that respond to cycles. It may be that our unconscious minds contain biological clocks that keep track of such things, or it may be that events are *anchored* in based on external

factors.

If, for example, you have a really bad experience on the first day of school when you were in the third grade, you may have negative feelings associated with the first day of school every year, or your feelings may be triggered by buildings that resemble the school you attended, or they may be triggered by people who resemble your third-grade teacher. This is one kind of "anniversary" anchor that may or may not be tied directly to an annual cycle. This kind of anchored-in anniversary is easy to change when it's appropriate for you to do so with the NLP technique of setting and collapsing (or integrating) anchors. There's no sense in continuing to feel bad about something that's over now.

The subtle anniversary energies worth examining are connected to other sorts of patterns in your life. Such patterns may influence you without your having a specific memory of the antecedent event. The first question to ask is what was happening at this time last year. When you find a correspondence, look at your journal entries for that year, the year before that, and on back through the years to discover the source of the feelings you want to know more about. The awareness of the way cycles influence you is the first step to making yourself independent of their influence on you.

Which brings us to the Year of the Rabbit. The Chinese zodiac, much like the Western zodiac, was originally based on observable patterns. As science gained ascendancy, "natural" observations fell by the wayside. These days, horoscopes are considered superstitious hokum for good reason. While the art of reading the zodiac has not disappeared completely, most of what you find in the popular press is presented for entertainment purposes. The patterns of anniversary influence, however, still exist even if we no longer track them.

If you've been keeping a journal for a long time, you can look back at previous Years of the Rabbit for commonalities with this year. Even if nothing instantly pops out at you, your increasing awareness of cyclical patterns of "anniversary energy" will help you understand the cycles of your life. Because "the more you know, the less you fear," you will find that understanding the patterns helps free you from any negative feelings that used to be associated with them.

If you haven't been keeping a journal, do the best you can with your memories, and start keeping a journal. If you need a little help getting started, you can download directions for journaling here: [www.scs-matters.com/Download/Journaling\\_scs.pdf](http://www.scs-matters.com/Download/Journaling_scs.pdf). Journaling is therapeutic all by itself, and the usefulness of the record you keep will gain in value as time goes by. Self-understanding is a wonderful thing, isn't it....

## Doing What You Were Born to Do

Jean Huston has named 2011, "The Year of Your Doing What You Were Born to Do," with the focus on what she calls your Second Destiny. When you think about it, a lot is being said about this idea right now. A hugely popular program based on the bestselling book, *The Purpose Driven Life: What on Earth am I Here For*, by Rick Warren, is making the circuits in Christian churches and has sold over 30 million copies worldwide. I will give page numbers when I am quoting from Rick's book as we take a look at the facets of these two programs that both dovetail beautifully with SCS/NLP. They will make great sense to you as you read them and it is my hope that they will inspire us to do great things with and for our world.

First, Huston says the work you were born to do is probably different from efforts you have made earlier in your life, far beyond all the "should do, must do, and ought to do." Warren says, "Unfortunately, those who follow the crowd usually get lost in it" (p. 29).

Huston says your *Second Destiny* work is "born from joy, from abundance, from deep heart." This idea of "deep heart" is echoed by Warren as he reminds readers, "If you want your life to have impact, focus it! Stop dabbling. Stop trying to do it all. Do less. Prune away even good activities and do only that which matters most. Never confuse activity with productivity. You can be busy without a purpose, but what's the point?" (p. 32-33). I am recalling how a gardener will prune away dead stuff, but also some live stuff, as a means to greater health and flowering to come.

Huston suggests you can create a vision board to open your life up to your true work. She says to start by making space in your mind by imagining that you are able to "send light" to the right hemisphere of your right brain. Think of this process as a "treasure hunt to dream your dream for the year—a dream in which you can do anything, knowing you cannot fail." Gently ask yourself some key questions: What do I love to do? What do I most want to express? What makes me feel alive?

"When you fully comprehend that there is more to life than just here and now, and you realize that life is just preparation for eternity, you will begin to live differently. You will start *living in the light of eternity*, and that will color how you handle every relationship, task, and circumstance. Suddenly, many activities, goals, and even problems that seemed so important will appear trivial, petty, and unworthy of your attention. The closer you live to God, the smaller everything else appears" (p. 37).

When you have a sense of the answers to these questions, let an image come to your mind, and draw or write it down (Huston says you can do this most easily using your non-dominant hand) on a piece of paper. In NLP terms, this is bringing your heart's desires from a kinesthetic to a visual sensory system.

Keep the creative, imagining brain active by continuing with gentle questioning about the image, asking how the image represents your true gift/s for the world and how it brings you joy. One caution Huston offers is to watch for modal operators of necessity like "ought" or "should." If you bump into those, take a few minutes to still your mind, and go more deeply into your heart to nurture yourself so you can experience the work you truly love to do because it is truly the work you came to do.

Your doing the work you love is important because love is important. Warren says for all of us, love should be our top priority; not just a part of our lives, not even a good part of our lives but the most important part. He says it's not enough to say we want to be more loving. He reminds readers that the Bible says, "*Let love be your greatest aim.*"

Huston closed her newsletter with the following quotation: "These are the times when we stand humbly and boldly in the presence of our own great promise. These are the days when through our decisions and actions, we determine our legacy for those to come." I really liked that. She opened with, a simple question across the top of the page, with a great big distance between.... I leave you with that for now: **What would you do if you could not fail?**

## Language Tip

If you went to public schools in the States, you may have never heard of a strange language form: *particles*. It sounds more like something that belongs in a physics class than in a class on the English language. A particle is often a preposition that, when attached to a verb, changes the meaning of the verb. Compare the following:

Stand	Break	Step
Stand <i>up</i>	Break <i>up</i>	Step <i>up</i>
Stand <i>out</i>	Break <i>out</i>	Step <i>out</i>
Stand <i>down</i>	Break <i>down</i>	Step <i>down</i>
Stand <i>for</i>	Break <i>away</i>	Step <i>away</i>
Stand <i>aside</i>	Break <i>in</i>	Step- <i>child</i>

We had a fight and then made *up*.

We had a fight and then made *out*.

We had a fight and then made *up* a story about it.

We'll look better once we've been made *over*.

Normally, we simply learn the "verb + particle" construction and use the combination as though it is a different word. The way particles change meaning, however, is a powerful illustration of the way language works.

Our "old friends" *tag questions*, for example, are also particles, aren't they.... And you may have become aware of their subtle influence on the meaning of the sentence they follow.

*You'll have fun with this, won't you?* [Voice tone up for question.]

*You'll have fun with this, won't you....* [Voice tone down for statement.]

One of the nice things about noticing particles is that the increased awareness that comes from paying attention to such small details increases your sensitivity to linguistics, doesn't it....

**Headline Language:** Police Kill Man with Golf Club. [They must have been really teed off....]

### *What's New?*

As the next right step in our commitment to collaborate with others, the SCS Trance-formational CDs will be available at Patsy Dollars' new e-store: "My Three Sisters Online." The e-store is moving Patsy along in her dream of having a holistic center in Clarksville, Tennessee. If you have products that are a good fit, send Patsy an e-mail message: [PatriciaSDollar@hotmail.com](mailto:PatriciaSDollar@hotmail.com) Good luck, Patsy. The world needs more people like you. Check her website:

[http://www.facebook.com/1/3f3a7DF4Q1gyQWILsc2sNshA\\_fA;Mythreesistersonline.com](http://www.facebook.com/1/3f3a7DF4Q1gyQWILsc2sNshA_fA;Mythreesistersonline.com)

And her blog:

<http://www.facebook.com/1/3f3a7zXNrNF9LqGFaP yNuktWoeQ;my3sisters.blogspot.com>

We know you are busy, but remember to put a listing on the affiliates page on the SCS website so it is easy for folks to make meaningful connections. We have a few listings now. Just let Joel know if it is appropriate for you to be part of those listed. For sure, know that the contribution you make to the world is valued.

Thanks to Brian Turk, we are now exploring video conferencing. We have had a first run with Joel and Debra and Brian, and Brian has done some troubleshooting for Debra. While the phrase is already used for another product, we do agree that video connections are "the next best thing to being there...." Thank you, Brian!

### *What's Coming Up?*

By the middle of the month, Debra will be heading back to Michigan after her time in Florida, and the first offering will be her Welcome Baby! Workshop at Borgess Health & Fitness Center on 23 February. This will be a two-hour opportunity (5:30 to 7:30 p.m.) for expectant moms to learn self-hypnosis for pregnancy, labor, and delivery. We are still thinking our next time in the Nashville area of Tennessee will be early May, where the topic will be most likely have a health-care emphasis again, perhaps "Surgical Support." If you have contacts, remember we are looking at ways to provide clinical hours for students in Middle Tennessee and to support the schools there with health programs.

You have probably seen the new format for news and notes. We will start including an educational tip

in each one so you are learning more and developing skills even as you are staying alert to workshop opportunities with us.

Mark your calendar for April 2011, when we will be offering *Comprehensive Introduction to NLP* in St. Joseph, Michigan (Saturday the 9<sup>th</sup> through Saturday the 16<sup>th</sup>). The investment is \$1000. If you want certification, some additional training (and associated cost) will be required, but whether you want certification or are primarily interested in the best technology available for self-improvement, this workshop is an astonishing value. The trainings are getting to be more fun, and the changes are becoming more obvious, so we are expecting this class to fill quickly. Let Debra know you are going to attend, and be sure to invite folks you know will benefit. You earn 10% gratitude from us, and the world benefits, too.

We are proud that SCS teaches a comprehensive understanding of using language to support your work with the Energy, and an energetic understanding of what happens with language use. Obviously, both are vitally important, and you get both when you learn with us.

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.

As part of our *Perpetual Tuition*, if you are already trained in NLP or SCS, 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.

"Developing Your Intuition with SCS," which is designed to help you learn to distinguish among desires, fears, and intuitive insights, is moving to the forefront 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 e-mail or Skype. Let us know when you want to 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)

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*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*

