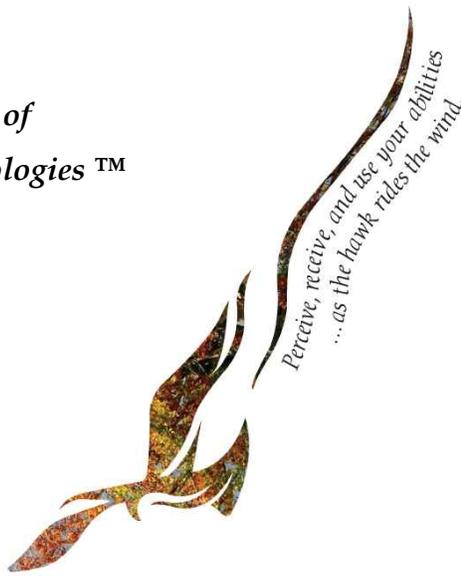


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Edited and published by Joel P. Bowman and
Debra Basham for SCS Matters, LLC
January 2010

The SCS *Beyond Mastery* Newsletter

Welcome ... and Happy New Year!

Here is your *Beyond Mastery Newsletter* for January 2010. 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 “Weight Watching and Lifting,” by Joel; “Final Authority,” by Debra; “The Ontological Mystery,” by Joel; and “From Illness to Wellness” by Debra.

Weight Watching and Lifting

In *Why People Don't Heal and How They Can*, Caroline Myss used the term *woundology* to describe the way individuals keep memories of traumas and other difficulties fresh in their minds. In her most recent book, *Defy Gravity: Healing Beyond the Bounds of Reason*, Myss uses the metaphor of anchoring “weight” in the past, which steals energy from the present.

The metaphor of “anchoring” the weight of a trauma in the past and the way that the word “anchoring” is used in NLP helps explain some of what participants in SCS/NLP workshops have said about their inability to let go of limiting beliefs and behaviors. One of the exercises we do with regularity is to have participants list a few limiting beliefs (either their own or someone else's). We then have them run the limitations through the Advanced Language Patterns of NLP to see which pattern produces the greatest shift.

The most remarkable thing about the exercise is that, when participants use what for them had been a real limitation, they do their best to hang onto it in spite of knowing that the belief is limiting them in undesirable ways. A common way of thinking about retaining a limiting belief or behavior is *secondary gain*. Surely, the logic goes, the person must be gaining

something from retaining the limitation. The concept of a secondary gain, however, essentially begs the question: What specifically is the person gaining?

The concept of *woundology* helps answer that question. You can probably recall having hurt yourself as a child, perhaps falling down and skinning a knee, and receiving a fair amount of maternal care and comfort. A scab forms, the skin heals, and the scab eventually falls off (often with a bit of help). In general, the body knows how to heal. What happens, however, when the wound is emotional and/or mental rather than physical? The scab that forms is also emotional and/or mental, and—especially if the wound had been a serious one—you may not heal so quickly.

Your mother probably told you to resist picking at the scab on your knee with the threat that, if you do, the wound “will never heal.” *Woundology* is essentially picking at the scabs on emotional and/or mental wounds. Such wounds become *anchors* that draw you back to the time and place the wounds occurred. Constantly reminding yourself of the contexts in which the wounds occurred is a form of magical thinking. You may have been thinking that keeping the wound “fresh” would magically protect you from future wounds of the same variety.

While it is true that we should learn from the past, living there robs us of the present. Most people want their lives to be meaningful and logical and think that if they can only examine the trauma carefully enough, if they can only figure out what they did wrong, they can avoid making whatever “mistake” allowed the trauma to occur. That's weight watching of the worst kind. Many of you will be glad to know that instead of watching, you can do some significant *weight lifting*—and feel lighter, healthier, and happier as a result.

Weight lifting occurs when you now realize that the past is *really* over and that you can stop picking at the scabs and allow your wounds to heal. Just as different people find that some language patterns are more effective at reframing their negative beliefs, you may need to experiment with a variety of weight lifting techniques to discover those most effective in allowing your wounds to heal.

You may find that the visual image of releasing the chain that has kept you tethered to the anchor from your past is all you need to move forward with more joy. Or you may discover that you need to burn the "contract" you established with the wound, perhaps a vow to "never forget, never forgive." However you choose to do it, the main thing is to let the weight of the anchor go, and notice how much lighter you feel.

Old wounds can heal quickly once you stop picking at the "scab" that reminds you of the trauma. If you had a really serious knee scrape as a child, or perhaps lost a lot of skin in a bicycle mishap, you know that even though you can remember the circumstances of the injury, you no longer feel the pain. The same is true for emotional injuries from times past. When you lift the weight by cutting the chain or burning the contract, you will not forget the injury itself, but the pain will be lifted, allowing you more joy in the present and to move freely into the future.

Final Authority

Recently I have noticed how certain presenting problems or issues seem to have an identifiable developmental stage at core. For example, I will catch myself or someone else resisting acceptance of what is happening, and you can observe a phenomenon of how a two-year old will have or want something, and when that desire is thwarted (usually very much for his or her own good), the child will push away other options (even those that would in other circumstances be welcome). For example, if the child were pulling the cat's tail, and you moved the child or the cat, offered a toy, then a bottle—both of which are likely to have been pushed away!

In another sample, notice how a teenage perspective is that when love is lost, life is over. A relationship might have been enjoyable, even mutually satisfying and producing mutual benefit. From the point of view of the teenage mind, however, life is ruined, meaningless, and not worth living, when that one aspect of life was removed.

It seems pretty obvious these perspectives are from a less mature state, yet when the emotions are triggered, it seems as though the resources of more mature states are not easy to access. Perhaps that has been the case because we grew up through a time when the "final authority" was external.

Nowhere does this dynamic present itself with more troublesome results, than when it comes to doctors and lawyers, counselors and therapists, or ministers and priests. Recently I asked a friend who works in the insurance industry what, with all of the upheaval going on, she sees as the biggest challenge

in the whole industry. Her response was "the way people will just agree to procedures without questioning them, even if they don't think they need it done." To explain, she told about a friend who had gone to the dentist, was told she needed a \$1500 procedure, and even though this person had been having no symptoms and did not really think she needed the procedure, she agreed to have it done.

What a convoluted state many of us have found ourselves in with the authorities in our lives telling us one thing while our sense of things was the opposite, yet going along with the authority. Now, there may be some situations where this is smart. I do not know much about certain things, such as the transmission in my vehicle. I can tell if I am having difficulty with it, but there may be a stage before I am having problems, but attention is warranted. We all know, though, a lot of unwarranted repairs have been done by unscrupulous mechanics.

In spiritual matters, the caveat is you will find the answers within yourself, not in outside advice. In SCS/NLP we call this accessing your internal resources. I often quip that it is as though you have a million dollars in your bank account but do not know your pin number. Joel is currently developing and will be presenting a workshop on the intuitive process. We both have been very fortunate to take "Awakenings" with Angel Gail Konz, and we have valued enhancing our own intuition in a variety of ways. We recognize fully that being attached to outcome can certainly muddle the ability to be inspired. The most important thing to remember is that Divine Intelligence is available, and knowing that places your focus in a position where you are more likely to be able to access it.

My husband John is fond of saying that opinions are like a\$\$holes, everyone has one, but that does not mean you want to hear them. Whether you think of that word picture as crude or rude, slightly funny or downright hilarious, it is vital for you to remember that much of what gets passed off as the voice of authority is simply someone else's opinion, and, while the opinion of others might be helpful in your gathering of information for making your own choices, it is really healthy for you to know beyond a doubt only one person is living in your skin, and only one final authority is really needed. It is a very different journey as you live your life as your authentic self, your inner being, your higher power.... You are not the two-year old needing to be protected. You are not the vulnerable teen blown away by the changes in your life. It is a very different journey when you enjoy living your life as your authentic self, your inner being, your higher power.... The options are unlimited. You can and will be guided. Your own soul is the final authority. Live from this space.

The Ontological Mystery

French philosopher Gabriel Marcel (1889 to 1973) divided the cosmos into the *Problematical World* and the *Ontological Mystery*. The Problematical World is

the world of everyday life. When Marcel used the word “problematical,” he is including not only what we think of as “problems,” but also anything and everything that requires “problem solving.” The Problematical World includes not only problems with your relationships, but also everything from the need to go to the store to buy groceries to working out the equations required to send astronauts to the moon and bring them back home safely.

The Ontological Mystery, on the other hand, is a mystery because it cannot be fully grasped by the human intellect. The word, *ontological*, means concerning the study of the nature of being, existence, or reality. The concept of the Ontological Mystery ties a number of common threads together. It is related to what Esther and Jerry Hicks call “the Vortex” (also the title of one of their recent books). You can enter the Ontological Mystery by consistently practicing what Don Miguel Ruiz calls “the Four Agreements” (also the title of one of his books), and what Debra and I refer to as “the Transrational Pyramid” (see *Healing with Language: Your Key to Effective Mind-Body Communication*, pp. 186 ff.).

Native American shamans refer to the same concept with the terms *Ordinary Time* (the Problematical World) and *Nonordinary Time* (the Ontological Mystery). One of the first metaphors that occurred to me when I started working with Debra and learning more about what is often called simply “The Energy,” was a giant tapestry or mosaic. Most of the time we are so close to the tapestry that we can see only a few intersecting threads representing the present and perhaps the immediate past and a bit of the future. That limited view isn’t enough to allow us to see the whole picture. We can see the whole picture only by backing away from the tapestry or mosaic. Unless we gain perspective, we miss the larger meaning: We are too close to the trees to see the forest for what it is.

In the evolution of Western thought, we went from being absorbed in the mystery of existence to an increasingly reductionist view. The reductionist view is very useful in solving problems in the problematical world. With a reductionist view, for example, forests are seen as sources of lumber to build houses (and other things) rather than as magical ecosystems supporting millions and billions of living organisms. In reducing the trees in forests to a resource for making “things,” we lose overall perspective of the contribution forests make to supporting life on earth. The reductionist view, however, has some advantages. A reductionist view has allowed humans to go from having to navigate oceans and continents by using the stars to developing GPS systems that permit navigation across oceans, continents, or town even when the stars aren’t visible.

This is a good time of year (of course) to ponder the degree to which you are “stuck” in the Problematical World and to spend a bit more time contemplating the Ontological Mystery. How would your life change if, from time to time, you backed away from the intersection of a few threads on the tapestry of your life to

see the larger picture? You might notice how the threads of the present connect with the threads of the past, and how those threads extend both backwards and forwards through time to way before you were born and long after you will have died to this lifetime.

The Ontological Mystery is, in fact, eternal, without beginning and without end. That is a difficult concept to grasp, especially from a reductionist point of view. The effort, however, is worth it. The poet William Blake understood: “To see a world in a grain of sand, / And a heaven in a wild flower, / Hold infinity in the palm of your hand, / And eternity in an hour” (“Auguries of Innocence,” c. 1800). You will enjoy the view. It is breathtaking.

From Illness to Wellness

I was fortunate to attend a presentation by Dr. Dean Ornish a couple of years ago. He really speaks a language that is near and dear to my heart. He said as people lose weight they gain health.

Although when people have an ideal weight goal that is more than 25 pounds off where they are right now, it can seem like it will take a big life style change to get there. Fortunately, he reminded the audience that people are not afraid to make big life style changes—they have kids!

His program consists of very practical, easy ways to live healthy lives: good diet, regular exercise (30 minutes a day, six days a week), and one hour a day of yoga, meditation, or guided imagery. As he said, these choices are worth your making even if you don’t live one day more—because you will feel better.

It is interesting that some people had been ignoring signals from their bodies, such as pain. But he reminded us that pain is not the problem—it is just the messenger. Bypassing pain is like clipping the wires on your beeping smoke detector and going back to sleep.

When asked the difference between illness and wellness, he said a Swami went to the board and drew: **ILLNESS** and **WELLNESS**. The difference was between “I” and “we.” It occurred to me that it may have a lot to do with feeling like you are alone or your recognizing that you are in good company. This is probably pretty obvious to you already, but notice how wonderful it is to see your life part of what has been called the web of life.

When you choose to eat healthier foods, your choice affects you in a positive way, but it also has a ripple effect. Choose to purchase only free-range eggs, and some chickens get to enjoy walking around outside rather than living life confined in a tiny cage and having their beaks cut out. When you choose to walk or ride your bike to work, the ozone is healthier, too.

In *Defy Gravity: Healing Beyond the Bounds of Reason* Caroline Myss writes that, at a certain level of soul development, people come to realize spiritual truths not just intellectually, but *through the eyes of their soul*. The example she uses is the cosmic truth of oneness. A famous story demonstrating this powerful spiritual truth is how Francis of Assisi, understanding that a

fierce wolf which had been terrorizing the town of Gubbio was doing what he was because he was hungry, arranged to have the townspeople feed the wolf: "The wolf lived two years at Gubbio; he went familiarly from door to door without harming anyone, and all the people received him courteously, feeding him with great pleasure, and no dog barked at him as he went about. At last, after two years, he died of old age, and the people of Gubbio mourned his loss greatly; for when they saw him going about so gently amongst them all, he reminded them of the virtue and sanctity of Saint Francis."

While we are not being called to tame wolves, you can enjoy that shift from "I" to "We," and it probably makes sense to most of us that your making a conscious choice to be healthier in 2010 will benefit others in your life as well.

Language Tip

A shift in referential index occurs when the subject or object of a verb changes in mid-sentence. They occur by accident when speakers dissociate from what they are saying and attribute it to the listener:

When I got up this morning, I was really depressed. You know how it is. Some mornings you wake up and you just know that it's going to be the worst day of your life.

The speaker starts speaking about his- or her own feelings of depression, and then with a shift in referential index, passes the depression off to the listener. Most shifts in referential index are this type and are usually accidental. Because they are relatively common, they slip in as hypnotic command. Because such shifts function as hypnotic command, they can be used to good effect. One of Richard Bandler's well-known examples is the following:

I wouldn't say that to yourself for the last time.

I (Joel) have had occasion to use that line, and it worked wonderfully well to derail a disagreement and turn the conversation to something the other person and I could agree about. The opening, "I wouldn't say that" creates the expectation of continued disagreement. The shift (from *I* to *you*) results in a hypnotic command: "Say that to yourself for the last time." Because a "naked" shift of that variety creates confusion, it needs to be followed by an alternative point of focus, so change the subject quickly:

I wouldn't say that to yourself for the last time. Let's go ahead and go to the restaurant now.

Be alert for shifts in referential index in the speech (and writing) of others, and be aware of what is being installed through the hypnotic command. Being aware allows you to accept or reject the hypnotic command based on whether it is something you want for yourself. If the person suggests that you know how it is when you wake up knowing that it is going to be a great day, you can confirm that with the thought, "Yes, I *do* know what that's like...." If the

suggestion isn't to your liking, recognize that the speaker is dissociating from his or her feelings, and then use your own shift in referential index to install something better in the other person.

What I have found is that when you wake up, you get to choose just how wonderful the day is going to be.

I think you'll find that you can have a really good time listening for and using shifts in referential index. For more about shifts in referential index and other "Advanced Language Patterns," see Chapter 10 in *Healing with Language: Your Key to Effective Mind-Body Communication*, by Bowman and Basham.

What's New?

Although the Web address remains the same (<http://www.scs-matters.com>), we have changed hosting services. Moving all the files and mailing lists to their new home has been challenging, and we'd appreciate your letting us know if you discover that something isn't working as expected. We are also in the process of redesigning the SCS Web site.

One of the advantages of the new Web hosting service (BlueHost) is the availability of the course management software Moodle (see <http://www.scs-matters.com/Moodle>), which will allow us to offer online instruction for those who want to know more but have had difficulty finding the time to attend workshops. It will, of course, also allow those who have studied with us to continue learning following and between workshops.

We have put the manual for our workshop, "The Power of Presence: Seeing the Divine in Everyday Life," online as a free e-book for downloading. The address you need for downloading is the following: <http://www.scs-matters.com/FreeE-book.shtml>.

We have continued putting videos on YouTube. You can find all SCS videos quickly and easily by going to www.youtube.com and entering joelpbowman in the search window, or by going directly to the following Web address: www.youtube.com/joelpbowman and clicking on the link for "Uploads."

We have been posting SCS updates on Facebook and Twitter. On Facebook, SCS uses Joel's account. To receive SCS updates on FB, "friend" Joel. On Twitter, we have the username SCSMattersLLC. To "follow" us on Twitter, simply go to www.twitter.com/SCSMattersLLC, sign up, and ask to "follow" us. We use Twitter to provide an easy way for you to stay informed about what we'll be doing and where and when.

If you are able to help us make better use of either Facebook or Twitter, we'd be glad to hear from you, whether by sending Joel an e-mail message (joel@scs-matters.com) or Facebook wall writing....

Also, we now have a newly revised and published edition of the SCS Level 2 and NLP in text/workbook format. The new title is *Healing with Language: Your Key to Effective Mind-Body Communication*. If you're among those who purchased one of the previous

editions—even back to the days of the big, thick, three-ring binder version, you'll be glad to know that we will make the new version available at a *huge* discount—so that we can all be on the same page. The retail price of the new manual is \$24.95, plus \$1.50 Michigan sales tax.

For those replacing previous editions, the charge will be a mere \$8. Shipping within the United States is \$3. For overseas shipping, multiple-copy discounts, special shipping requirements, and to reserve your copy now, send a quick message to Debra (debra@scs-matters.com).

Judy and Her Jewelry

Also relatively new and definitely current, Judy Bolin continues to recover nicely, and jewelry donated to contribute to her ongoing recovery continues to be available for you to order yours now. Simply go to

www.scs-matters.com/judyjewelry.shtml

You will enjoy the jewelry even more knowing that it is supporting a good cause.

What's Coming Up?

As you are reading this, Debra will be enjoying some time in Florida, but will return the last week of January. The first thing on the schedule for the New Year is "Touch for Tots," which has become a regular offering. Some wonderful feedback has come in, such as that from Heidi, who said that her son had a double ear infection, strep throat, and pneumonia. Following her working with him, he fell asleep, his fever broke, and the next day he was up and around! "Touch for Tots" is a special program for those with young children—or those who have responsibilities for their health and well-being. The next offering will be held on Saturday, 30 January 2010. Let Debra know if you are interested in attending that one and the location will be set based on the size of the group.

The Super Sunday series will continue. It was created especially for those with tight schedules and a desire to have this powerful tool kit, allowing you to 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. Either way, mark your calendar now for Super Sunday events on the 28th of February and March, in 2010. Also, when you're ready to complete your NLP certification quickly and easily, set aside 23 April through 1 May for the first of two SCS/NLP Intensives in Saint Joseph. Or perhaps the second intensive, from 13 August through 21 August will be more convenient for you.

The SCS approach to NLP focuses on using what we call *The Big Three of NLP* (anchoring, submodalities, and advanced language patterns) to promote your own health and well-being and to facilitate that process for others. You will receive a thorough grounding in the fundamentals of NLP and

other subtle communication systems.

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

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 e-mail 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.

In 2010, watch for a master manual for healing with energy similar to *Healing with Language: Your Key to Effective Mind-Body Communication*. Individuals are increasingly recognizing "energy" as significant for health and well-being. When you learn energy healing with SCS, you also receive a comprehensive understanding of using language to support your work with the Energy. Because both are important, when you learn NLP with SCS, you are also learning tools that influence the 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.

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.

"Developing Your Intuition with SCS," which is designed to help you learn to distinguish among desires, fears, and intuitive insights, is still being developed. This program is for you when you're ready to begin using your "sixth sense" to its fullest capacity. For a preview of what will be offered, you can watch the course being developed at the following Web address: <http://www.scs-matters.com/Moodle>

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.

Change begins with you. SCS can help.

See more...

Hear more...

Feel more...

Be more ... SCS

