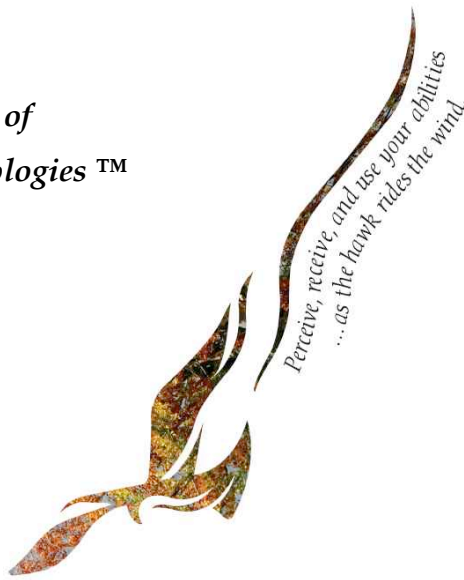


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Edited and published by Joel P. Bowman and  
Debra Basham for SCS Matters, LLC  
June 2009

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## The SCS *Beyond Mastery* Newsletter

### *Welcome ...*

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

This month the featured articles are “Past Lives,” by Joel; “Future Lives,” by Debra; “Clean Your Plate,” by Joel; and “When Push Comes to Shove,” by Debra.

### *Past Lives*

One of the so-called “New Age” concepts that Debra and I are asked about with regularity is the idea of past lives, the sense that the souls we have now have lived in other bodies at other times. I am not sure that any single answer to that question can be designated the “truth.” This article will cover my perceptions of the various possibilities.

**First: Past lives are nonsense.** We have one body (with or without a soul), and what we do with it is up to us. Those who believe in the soul part think that the choices we make lead to the kind of afterlife our souls enjoy (or not). Those who don’t believe the soul part, think that when we die, we cease to exist. I have had a number of experiences that lead me to reject this view of past lives in either of its forms. My awareness of the Human Energy Field leads me to believe that we are more than biological mechanisms and that “life” is more inclusive than biology alone suggests. Although I am not a “ghost whisperer” in the sense implied by the TV show of that name, I have had experiences that lead me to believe that individual personalities survive the death of the body.

For those who believe that souls enter the body at conception (or shortly thereafter) and remain with it until death, my question centers on the “learning

curve” of human existence. One lifetime simply does not offer much time to learn the full extent of what “being human” entails. A single lifetime is simply too restricted by the time and circumstance of one’s birth to afford much in the way of empathy for or perspective of the lives of others. If you were born male, how can you truly understand what it means to have been born female (and vice versa). If you were born in a Christian nation, how can you truly understand what it means to have been born in a Muslim nation (and vice versa)?

**Second: Past lives are literally true.** Although difficult to prove, this view makes a degree of sense because it emphasizes the educational aspect of life. We have different lifetimes to learn what it means to be male, female, rich, poor, slaves, and slave owners. We choose each lifetime based on what our souls still need to learn to have the wisdom typically associated with what are called “Old Souls.” This view is, in fact, the basic arrangement described in the Bible until the early Christian “fathers” had references to it removed from the cannon out of fears that people would conclude that they had no need to convert and begin tithing in their current lifetime to ensure eventual salvation.

The principal problem with this view (other than the difficulty proving it to be true) is that so many people who have a *past life regression* end up being the same individual in former times. While it is possible that hundreds (and perhaps thousands) of individuals alive today had a past life as Cleopatra, for example, my sense is that it is more likely that the “psychics” who tell people that they were someone famous in a previous life are usually after something other than historical accuracy.

**Third: Past lives are metaphors for current life situations.** One of the beliefs common to many who

study NLP is to “trust the unconscious.” The unconscious doesn’t communicate in a straight-forward, logical way. It shows us things by metaphors and symbols. When you are aware of your dreams, for example, you notice that aspects of them reflect normal daily experiences, while other aspects of them seem mystical and magical. People, places, and things turn out to be something other than what they could logically be. We may not always understand our dreams, but they typically offer us something useful about our current lives.

According to this view, a past life experience may be “simply” a dream-like metaphor for a current life situation. Individuals who seek information about their past lives often do so because of questions they have about a current relationship. They want to know what might have happened in a past life that resulted in the difficulties they are having with their current relationship. A past life regression (or reading with a “sensitive”) will often include information about how they were related to the individual in a previous life. A wife may discover that she was the father, mother, brother, sister, or slave owner of her current husband and that her “memory” of that lifetime will show her the origin of current dynamics and provide clues for how to improve the current situation.

It seems to me that this view makes good sense in terms of the way the unconscious mind works, but it is less than satisfactory when it comes to what poet John Keats referred to as Life’s being a veil of soul-making, with the purpose of “schooling [educating] an intelligence and making it a soul” (Letter to George and Georgiana Keats, April 21, 1819). The principal question is whether one lifetime is really sufficient for that purpose.

**Fourth: Past lives are memories embedded in our DNA.** According to this concept, DNA actually carries the residuals of all our ancestors. We inherit not only bodily characteristics, but also at least bits and pieces of their memories. Now that science has explained the way in which a hologram can be divided thousands of times, with each part containing the whole of the original, it is—at least in theory—possible that our DNA carries holographic memories of all our ancestors. At least in theory, this would make it possible for hundreds and perhaps thousands of us to have holographic memories of having been not only Cleopatra, but also Julius Caesar and any number of other famous (and infamous) individuals from times past.

Most of us probably have some sense of identification with our most immediate ancestors. My father was primarily Cherokee Indian, and my mother was primarily Norwegian. I have always had a sense of identification with things Native American and with the Viking way of life. If this view of past lives is correct, that would be because I carry DNA memories of what those ways of life entailed. This view of past lives would also help explain why so many adopted children have such a strong desire to locate, meet, and

get to know their birth parents: their DNA is seeking ancestral resonance.

All but the first of these theories would help explain spontaneous recollections of past lives that occur during bodywork and hypnosis. A man might say something like, “When I gave birth to my first baby....” Or someone with all limbs intact might say, “After I lost my leg in the accident....” The deep relaxation of body work or hypnosis sometimes produces such “recollections.” We have no way of knowing, of course, whether such memories actually are remembrances of past lives or are simply hallucinations. When they help individuals better understand their current life circumstances, however, it really makes no difference.

If you want to know more about past lives—for whatever reason—be sure to see the article by Kathleen Jenks about “Past Lives and Archetypal Influences” on the SCS Web site: <http://www.scs-matters.com/article-jenks.shtml>.

### *Future Lives*

A lot of information exists about setting goals and having clear intentions, yet a lot of people seem to go through life lacking full appreciation for way the you’re visualizing things the way you want to experience them as an important tool to improve your present and your future. Recently I was reading about some journal exercises in *Mining Below the Surface: Discerning the Gift of Presence* (Conversations: A Forum for Authentic Transformation, Fall/Winter 2008, Vol.6:2), by Helen Cepero. I have enjoyed journal writing for over 30 years, and I believe you can gain valuable awareness by regular journal practice. However, even after all those years, my reading that day introduced me to two new tools (adapted from Virginia Hearn, *Just as I Am: Journal-Keeping for Spiritual Growth*. Grand Rapids: Revell, 1994, 54.) you may enjoy, too.

The first is a two-step process to use when you notice you are caught in a thought, belief, habit, behavior, memory, or attitude that is not producing the emotions and experiences you want more of in your life. Write at the top of a blank sheet of paper: “What I no longer believe to be true,” and respond as truthfully as you are able. Then turn the page over and write at the top, “What I now know to be true,” and once again respond as truthfully as you are able.

The second new tool is simple, yet profound. With an issue in mind, make a list answering the following, “It’s too late to....” Now write several responses to the phrase, “It’s too soon to....” And finally, write what comes into awareness in response to the phrase, “It’s time to....”

Keeping a journal, writing your story, or writing notes or letters can be a way to express and discover more of who you really are. Here are some helpful tips to begin a practice of journal writing:

- Purchase a blank book, or notebook to be used exclusively for your journaling.

- Plan to write in your notebook every day.
- When beginning, some people find it helpful to restrict yourself to one page a day.
- Every day open to the next blank sheet of paper, write the same first word: *Yesterday*.
- Write a paragraph or two recounting yesterday's events, sort of a post-game analysis. Write whatever you want - perhaps a little description of the people you interacted with, your appointments, decisions, thoughts, feelings, high points, low points, frustrations, what you were planning to do and didn't.

Provide a page or two for each of the following sections:

1. Record childhood losses. Include how you felt. What helped you then? What made it more difficult? How much better do you feel about those losses now?
2. Record any losses during adolescence. Answer the same questions.
3. Record losses in your adult life. Again ask how you felt and now feel.
4. Visualize your ideal future. Put in as much detail as you can create.
5. Write a letter to your body or to a loved one who has died. Express your needs and desires. Shift gears, and imagine what your body or your loved one would write back to you.

Because your unconscious mind takes things literally, well-formed goals are (a) stated in the positive, (b) focused on the process, (c) stated in specific, sense-based terms, (d) based on one's own actions, and (e) focused on present and future. (See *Healing with Language*, Bowman and Basham, p.206 ff.) Those of you who are already somewhat or very familiar with SCS/NLP will recognize that your using a journal to help yourself reflect and pay attention to what is in your conscious awareness is the first step in having a well-formed goal. That can make your taking your next right step very natural, can't it.

## *Clean Your Plate*

Are you a member of the "clean plate club"? Many of us who are currently adults living in the U.S. were brought up to believe that it was immoral to leave food on our plates while other children from various locations around the world were starving. If your parents were like mine, they went out of their way to make you feel as though leaving some peas on your plate would result in children in India, China, or Africa going hungry.

Those of us of a certain age had parents who had been influenced not only by the Great Depression of the 1930s, but also by the days of scarcity during World War II. It is easy to understand how they came to believe that failing to eat everything on your plate was wasteful. They often didn't have enough to eat, and food *not* eaten was simply being wasted. This

was certainly true in times of scarcity. In much of human history, people went from "feast to famine" based on how much food was available—you feasted when you had it, and went hungry when you didn't.

The rise and fall of the availability of food was a major influencing factor in human evolution. It is one of the reasons most of us are so good at storing body fat (whether we want to or not). When food was available, we ate all we could. We kill "the fatted calves" in late fall and feast to avoid having to feed them over the winter months, which would deplete stores of grain. Children who grew up in such an environment would surely not have complained about having to eat all their peas. For these reasons, cleaning your plate probably seems both natural and right.

One my fairly recent blogs ("You Believe What?" 22 March 2009) asked the question, "What if you knew that everything you believe is a lie...." In that blog, I was making the distinction between useful beliefs and those that were no longer serving my purpose. At the time I wrote that article, I wasn't focused on the belief that a clean plate avoids having food go to waste. In spite of all my examination of beliefs to see whether they were useful, I had never really examined my own belief that cleaning one's plate was a sign of virtue.

I was aware, of course, that my parents had made me feel guilty about the children in China, India, and Africa who would benefit by my eating my peas (or any vegetable other than potatoes and corn). And while as an adult I no longer believed that hungry children anywhere would benefit if I cleaned my plate, I usually managed to clean my plate on most occasions.

Restaurants, of course, were one of those occasions. Most restaurants double-up on the servings, so the plate contains twice as much as any one person actually needs. Restaurants also double-up on the beliefs leading to cleaning your plate. Added to the notion that starving children everywhere will resent your leaving food uneaten, you're also faced with the fact that you've paid for it. Not eating it seems like money tossed down the industrial-strength garbage disposal. That's why doggie bags were invented. You bought it, so take it with you. Eat it later, give it to your dog, or find some other use for it.

I had just finished reading a new book, *I Can Make You Thin*, by Paul McKenna, when I had the insight that led me to resign from the clean plate club forever. McKenna does mention the clean plate club and the reasons starving children don't benefit by your being fat, but that's not the insight that made the difference for me.

The thing that made the difference for me was the recognition that eating more than you want is every bit as wasteful as throwing it out. In some ways, it is more wasteful. As we no longer need to store body fat to make it through the winter, eating more than you want or need is simply a bad use of food. I was eating dinner one evening and still had a bit of food on my



plate when I became aware that I really was already full. It was too little to save for another meal, and there it was on my plate.

At that moment, it occurred to me that eating it really would be a waste. It would have been just as wasteful as sending it to the landfill. I chose to put it out for the various creatures that visit my yard on a regular basis. Whether you can do that depends on the kind of neighborhood you live in. Deer, wild turkeys, raccoons, opossums, rabbits, squirrels, ducks, crows, and occasionally a ground hog make the rounds through my yard, so I can be sure that nothing I put out goes to waste.

Regardless of your neighborhood, however, when you have more than you want on your plate, remind yourself that eating more than you really want is just as wasteful as throwing it out. There is, after all, more than one way for food to go to waste....

### *When Push Comes to Shove*

Every once in a while, something comes along that shakes you to your foundation. I look back and see how that happened for me some years ago now and I am still adjusting. In 1988, I was having a very rough time of things physically. I was experiencing chronic pain, mostly in my back and legs, and I was referred to the Post Polio clinic at University of Michigan Medical Center. I came away from that appointment stunned, and unable to know if the news was *good* or *bad*. Essentially, I was told that, although I had been diagnosed and treated for polio in 1955, it was 99% conclusive that I had never had polio. Rather, I had what they were now calling a *mimicking virus*. While it obviously was good news that I was not experiencing post polio syndrome, letting go of part of my story that had been thought to be part of my hi-story, left more questions than answers.

Facing the truth that what I had believed was no longer fact opened some doors and closed others. I was fortunate that my pastor introduced me to the book *Love, Medicine, and Miracles*, by Bernie Seigel, M.D. I am probably still integrating the awareness he offered, and I have now seen him in person twice, both times life-changing. The main idea I got from his work is how if you will look honestly at the illness in your life and ask yourself honestly "What does this illness allow me to do/have/or be?" The next step is to find ways to give that to yourself and see if the illness will heal itself.

When I asked myself that question, the answer I received was, "Rest." You see, I had held a belief that my worth was tied to my work. And I was what many would call a workaholic. When chronic pain became my companion during that period of my life, I had no choice—I had to rest. As I regained health and stamina, I also built in a regular practice of what has come to be called "inner" time. Some might call it contemplative, meditative, reflective, or even prayerful. The benefits are more than skin deep....

With a regular practice of self-care, you become healthier in body, mind, and spirit. You become more

emotionally aware, meaning that you know what you feel more of the time, and you honor what your heart seems to be telling you to do. It is like you start to live that message you hear when you fly in a commercial airplane, "Put on your own oxygen mask first...."

This new way of being in the world made a few waves. For one thing, people in my life were not accustomed to my speaking in integrity. For example, at our family reunion, when my daughter asked me if I minded keeping our grandson for her to go hang out with her cousins, my reply that I was not fully comfortable with that arrangement was first met with some misunderstanding. We were able to work through that, though, and soon she was totally comfortable asking me for anything that she wanted or needed because she was confident I would only say YES to those things that were genuine yeses. Obligation and a sense of self-sacrifice slowly disappeared from my way of life, and then you begin to delight in giving to those you love.

In December 1995, a friend told me about Still Waters, a lovely space dedicated to contemplation. It is located about 30 minutes from my home, and my first visit was an overnight. And, much to my surprise, poetry began to birth itself in my heart and my mind. Poetry that gave me a sense of peace.

"Visions of rest. We rest on the stillness and wait for your peace. We kneel in the grass and giggle as it tickles us in places usually not touched. We open ourselves up to living and loving and marvel that we would be so blessed as to find life and love. Stretching to reach that which stretches to reach us, longing for wholeness, which we already are. Take me, Oh Treasured One, to the place I call rest where I am what I am and I leave all the rest." 25 June 1996—Debra

Recently I received an email from a person who was feeling very overwhelmed by the plight of a lot of families, each demanding that this person do something to help them. The situation is not really as important as our staying aware that when push comes to shove, if you are going to be able to take care of anyone or anything else, first you must take care of yourself. I wrote back to this person and reminded her of that. I suggested she draw from true stories of times when people were actually blessed through the challenges, even very severe circumstances.

I shared how a woman was totally bereft when her husband was struck by lightning while fishing off the shores of Lake Michigan. He was rushed to Kalamazoo, and she came from their home in Ohio. A local pastor was called to offer support during the trying days before her husband died. Friendship between this woman and the pastor spanned several years before it gently blossomed into affection and then love. They have been married for a very long time now.... And who would have ever dreamed that something so *pleasant* would flow from something so *painful*.

My own experience with energy work and linguistics, what has grown to be recognized around the

world as SCS/NLP, had its roots in that painful time of my life. Physical therapy, medication, bad days and worse days, gave way to something that has touched my life profoundly as I touch others, too.

Whatever you are going through right now, and whatever you witness others going through, be open to seeing what gifts can come *when push comes to shove*....

### *What's New?*

As readers of the SCS Blog ([www.scs-matters.com/scsblog/](http://www.scs-matters.com/scsblog/)) already know, SCS now has five videos on YouTube:

- **Anchoring and NLP:**  
<http://www.youtube.com/watch?v=Aw8gZeN-jIk>
- **Double Induction:**  
<http://www.youtube.com/watch?v=9aEKbCaQmRQ>
- **Abreactions in Hypnosis:**  
<http://www.youtube.com/watch?v=3U7Yytmj0pc>
- **Remembered Wellness:**  
<http://www.youtube.com/watch?v=hrLgDJRj1w>
- **Fast Phobia Cure:**  
[http://www.youtube.com/watch?v=GLkyRfv\\_d7s](http://www.youtube.com/watch?v=GLkyRfv_d7s)

You can find all five quickly and easily by going to [www.youtube.com](http://www.youtube.com) and entering joelpbowman in the search window.

We have also signed on for Facebook and will post provide SCS updates, typically using Joel's account. We haven't, however, figured out how to use FB effectively. Perhaps we'll get a little help from our friends....

Our next adventure into the digital wilderness is Twitter. We have the username SCSMattersLLC, but we're too new to tell you how you can use that to "follow" us. We're also too new to know how to use that service to let you know what's new with us—or even whether it will be a useful way to keep you informed what we'll be doing 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 email, Facebook wall writing, or tweets....

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*. We will be using the new edition for the NLP intensive in June.

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. As a special for everyone everywhere, we are offering an introductory price of \$12.49 (that's 50 percent off) plus \$0.75 sales tax.

For those of you replacing previous editions, the charge will be a mere \$8 plus \$0.48 sales tax. 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 e-mail message to Debra ([debra@scs-matters.com](mailto: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: [www.scs-matters.com/judyjewelry.shtml](http://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, we will have just completed the last of the Super Sundays before the upcoming NLP intensive. The NLP intensive, scheduled for 22 through 28 June, affords you the opportunity to complete your NLP Practitioner or Master Practitioner certification at the ideal time to be along the shores 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.

The Super Sunday series 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.

If you're brand new to NLP, start with the intensive in June, and continue with the Super Sundays for quick and easy certification. NLP certification requires 10 days of training and the completion of a variety of "Home-fun" exercises. The Super Sunday in June (28 June) is the last day of our June SCS/NLP intensive. Begin the training now, and you can easily complete the training by the end of summer, especially because you will have had the opportunity to work with those who will be completing certification during the intensive.

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 email and online video. For more information about this innovative, cutting-edge learning opportunity, or to be among the first to sign up, call/write now: (269) 921-2217 or [debra@scs-matters.com](mailto:debra@scs-matters.com).

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

Also in the works: We have been asked about and are in the process of developing two new programs. The first of these, "SCS for Tots," is a special program for those with young children—or those who have responsibilities for their health and well-being. The second is "Developing Your Intuition with SCS," a

program designed to help you learn to distinguish among desires, fears, and intuitive insights. This program is for you when you're ready to begin using your "sixth sense" to its fullest capacity.

The real question is where you want to go next.... When you sponsor an SCS workshop, you have the advantage of bringing the workshop to you instead of going to the workshop, and your commission for sponsoring the event will undoubtedly cover the cost of your tuition—and perhaps even more.

To learn more about sponsoring "The Power of Presence: Seeing the Divine in Everyday Life (7 Keys to Joyful Living)" or any of the workshops in the SCS list of offerings, call Debra at (269) 921-2217, or send her a quick email message: [debra@scs-matters.com](mailto:debra@scs-matters.com)

*See more...*

*Hear more...*

*Feel more...*

*Be more ... SCS*

