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Edited and published by Joel P. Bowman and
Debra Basham for SCS Matters, LLC
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The SCS *Beyond Mastery* Newsletter

Welcome ...

Here is your *Beyond Mastery Newsletter* for March 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, “Fine Feathered Friends,” by Debra; “March Hares,” by Joel; “Intention or In Tension,” by Debra; and “Evolution,” by Joel.

Fine Feathered Friends

I have been a back-yard birder for several years, but I stepped things up a bit by taking a “beginning birder” class through the Saint Lucie County Audubon Society while I was in Florida last month. I must admit, it was challenging, because I suddenly became glaringly aware of what I did not know. Fortunately, learning can be a lot of fun when you approach it with a good attitude, and you can make the conscious choice to add knowledge in areas you had previously been ignorant in.

Before the class, I noticed big categories only. I noticed “white” Florida birds. Things got much more interesting, and much more complex, as I began to notice nuances. On these “white” Florida birds, some bills went up, some bills went down. Some bills were yellow; some bills were black. And this is just about “white” Florida *bills*.... it does not take into account the size or shape of the bird. Another layer of awareness is about the specific mannerisms, the normal diet, and the preferred habitat. As my awareness expanded, I became fascinated because the more what had looked to be very much “all the same,” became very, very distinct.

The more commitment I made to learning, and the

more time I spent birding, the more I began to notice this phenomenon in other areas in my life. Have you noticed how in human relationships people often lump things together in ways that are not accurate? *Women ... teenagers ... men*.... Of course, the same thing can happen when we think about ethnic groups, or political parties, or age categories.

Generalizing is great when it lets you move the resources you have from one situation to another. I do not have to drive every car to have my ability to drive one car assist me in driving another. While it is helpful to *generalize* learning by lumping similar things together, it is also vitally important to be aware of emotional coloring or frozen evaluations. When using my debit card as a credit, some systems have me press cancel. Others tell me to press enter. I admit it seems it would be easier and I often wish all of the credit card machines were more uniform because it can be confusing when you think you know the way it should work, because something about this time is similar, and you remember how it happened before.

The best birders go by the calls and songs, by the behaviors, and by the habitat, to help make identification. Yes, paying attention to subtleties is a necessary skill in birding, but it is equally as valuable in *life*.

Adding more awareness by expanding your observation skills, including looking at things from more than one perspective, can prevent mistakes in birding. It is equally important in your communication with others. If you have not already done so, to understand the way adopting another person’s point of view can be helpful in relationships and in sales and marketing, check out Joel’s SCS/NLP February 5, 2011, blog entry at www.scs-matters.com/blog.

Birding takes a lot of patience. When you are engaged watching eagle chicks on the nest, or the mating ritual of the vultures, or the expert fishing of

the osprey, or the soaring of a hawk, you can get very present moment. Listening to the song of the Palm Warbler, or the symphony of the mockingbird, or the caw, caw, caw of the Fish Crow, help you really listen. Noticing something unique, amongst the familiar, can lead to very exciting discoveries, such as the morning I mentioned that I was seeing a small shore bird that did not look like the others we were watching. Those who really know birds were suddenly thrilled ... because they knew we were seeing a Purple Sandpiper, a very rare bird in Florida. (Although they do not mention me by name, the sighting made the news on the website of the Saint Lucie County Audubon Society at <http://stlucieaudubon.org/sightings.htm>.)

My time in Florida brought lot of gifts, indeed. I am so thankful to Hart and Jewel Rufe for leading the class, and opening my world. You can enjoy some of Hart's beautiful photos of many of the birds I enjoyed seeing by going to <http://stlucieaudubon.org/photos.htm>.

I trust I will continue to learn and I trust more gifts will come as I do. You value *all* of your experience, you are *present to the gifts* that are presenting themselves right where you are, you are *seeing the beauty* in the uniqueness while also valuing it all because it all helps you learn and grow. Most of all, you are *trusting the process* and truly *loving what is*. I love all my fine, feathered friends! It makes me think of a line a friend of mine learned from a spiritual teacher of his: "It is all good. It is all God." Who would have thought you can gain so much from a vacation....

March Hares

The famous character of the March Hare in Lewis Carroll's *Alice's Adventures in Wonderland* was probably so named because of the popular saying at the time, "mad as a March hare." If it weren't for the saying, I would not have known that March is mating season for hares, and based on what I know about rabbit reproduction, I would have guessed that they are busy mating most of the year. Spring, however, does tend to be the time of year when, at least according to Tennyson, "a young man's fancy lightly turns to thoughts of love" ("Locksley Hall"). That's undoubtedly the reason that my college professors often referred to spring as the "Sperm Term."

Spring, of course, doesn't just influence hares, men, or the young. Spring is a renewal for everyone and everything. T.S. Eliot ("The Wasteland") called April the cruelest month because it wakes us from the warmth of a "forgetful" winter. I understand that sentiment, which undoubtedly has deep roots in human history. Until recently, our ancestors spent most of winter in virtual hibernation. While electricity and central heat have opened winter to increased activity, the natural human tendency still leans toward a long winter's nap.

My sense is that winter is a time for consolidation, just as spring is a time for growth, and summer a time for ripening, and fall for harvesting. I also have the

sense that whether you are aware of it consciously or only at a level below your conscious awareness, you have been using the winter months to consolidate what you have been learning from your experiences. What you have consolidated becomes the platform from which you will launch your next blossoming. Ideally, at least in my opinion, we become more consciously aware of that process every year.

In "King Lear," Shakespeare warns about being old before one is wise, and even though the line is delivered by The Fool, fools were often allowed to make observations that others refrained from saying. The Fool on the hill of the Beatles' song by that name "sees the sun going down, and the eyes in his head see the world spinning 'round." In the Hans Christian Andersen story about the Emperor's new suit, it takes a "foolish" child to state the obvious, that the Emperor is naked.

To be aware of our consolidations over winter often requires that we become a bit foolish or perhaps more "child-like" to see what culture as a whole and others in our lives often want us to deny. For each of us, that is likely to be something different. It is hard for parents, for example, to fully appreciate the changes in their children over the years. Some adjust better than others, but even the best of parents are not always happy that their children are getting older and following their own path—rather than the path that had been anticipated for them by their parents.

Change, after all, introduces a certain lack of stability. Spouses who had grown comfortable with their respective roles and personalities while their children were growing up, may find themselves facing a new set of challenges when they become "empty nesters." People do not always grow in the same direction at the same rate. We are more aware, of course, of those changes introduced by major life changes, such as having children leave home, a change in jobs or job status (such as retirement), accident, or illness. Even when all external factors remain the same, however, change is occurring. In Eliot's words, April leads to "breeding / Lilacs out of the dead land, mixing / Memory and desire, stirring / Dull roots with spring rain" ("The Wasteland").

What if your spouse or others in your life are not happy about your lilacs? It is easy to see why people may be in denial about their lilacs. The irony is, that others in your life may be as much in denial about their lilacs as you have been about yours. What if you were glad to acknowledge and accept not only your own lilacs, but also theirs? Life would probably be much more comfortable and joyful if we were increasingly aware of the ways in which we have been consolidating our learning over time and the natural cycle of blooming, ripening, harvesting, and consolidation.

Perhaps this year's "March Madness" will not be about basketball only, but will also be about our own willingness to recognize that we are both the Emperor and the child, finally recognizing that we are the ones

not wearing any clothes. And then perhaps, we'll see the sun going down, and the eyes in our head will see the world spinning 'round.

Intention or In Tension?

I have been enjoying the phonological ambiguities in NLP for over a decade now but had not seen this one until today. For any readers new to NLP, phonological ambiguities are words that sound alike but are spelled differently or have different meanings. Familiar ones include *to*, *two*, and *two*; *here* and *hear*; and *I* and *eye*. Now that you are aware of intention and in tension as a phonological ambiguity, it may well be worth asking ourselves if we enjoy life more living *in tension* or with *intention*. A significant amount of research data suggests that intention is a dynamic process that can be harnessed for benefit.

Lynne McTaggart is the name most often identified with this research, because she pulled together a team of leading physicists and psychologists to participate in an Intention Experiment. The experiment worked with 16 individuals who were practiced in the art of meditation. They were based in London. They were asked to direct their thoughts to a number of targets being observed in a laboratory in Germany—two types of algae, a plant, and one human volunteer.

Looking up the word "intention" online brought some interesting nuances to mind. I expected to see the idea of your being determined mentally, and your taking appropriate action, and your staying focused on the purpose. I even knew about the use of the word "intentions" related to relationship and marriage, as in "Are your intentions honorable?" I remembered hearing the term used in church, as related to your having "prayerful intentions." I had not been aware of a medical term, however, related to the healing of an incised wound by either skin-to-skin (first intention), or by the use of *granulations* to bridge the gap between skin edges (second intention). I assume this is essentially skin grafting.

Of course, in healing we understand sacred intention is central to being a "clear channel." It is not helpful to be attached to outcome. It is not helpful to feel needy. It is not helpful to make demands. It is helpful to look beyond the surface where you are able to see only wholeness.

The question I think is worth asking yourself about your own intention is, "How can you tell if you are in tension or using intention?" I have been answering this for myself the past several weeks and I will share what has come up for me. I would invite you to do your own experiment and share some of your benefits as well.

The first noticeable element of intention seems to be *trust*. Notice what the nature of your intention is that most cultivates your sense of trust—trust of yourself, others, and life itself. The second dynamic that comes clearly to mind is *choice*. Begin to think about what you would choose if you can have anything you want

(physical, emotional or mental, or spiritual). Closely related to your trusting life, and making conscious choices, intention is related to what is most important to you. A sense of connection is very important to me. At times when I am not physically with someone I love, my intention is to keep connected through keeping an open heart. I think about that person when I see things that person would enjoy, whether nature, or food, or art. I think about that person when I hear a song that person enjoys. I think about that person often and I use my intention to send my love.

Those meditating were asked to attempt to lower "certain measurable biodynamic processes" in the targets. Now remember these were two types of algae, one plant, and one human being. Significant changes were observed in all four targets during the time that those intentions were being sent, compared to while the group of meditators were instructed to just rest.

Several years ago Joel and I created a workshop/retreat called "The Power of Presence: Seeing the Divine in Everyday Life (7 Keys to Joyful Living)." We currently have the handbook available as a free download upon request. A friend shared a beautiful reading that seems to sum up your intention to live life using your intention rather than in tension. The opening quotation was by Pablo Casals: "In music, in the sea, in the flower, in a leaf, in an act of kindness.... I see what people call God in these things."

The article went on to remind us that, "every tree and every leaf on every tree, as it rustles in the wind, expresses God in our lives." As I write this article, it is very windy here in South Florida. It is not a cold winter wind. It is very warm. Regardless of the way the wind blows, your thoughts and beliefs and actions are keeping you in tension or intention.

The inspirational writing closes with a profound truth, "The beautiful works of art created by our fellow human travelers on this journey through life are the expressions of their courage to reach out and create something." Perhaps it is true that the most important expression of my courage to reach out and create something is to share with you my loving and healing intention, toward you, and toward all of my life!

Evolution

Regardless of your beliefs about the validity of Darwin's Theory of Evolution and/or "Social Darwinism," it is hard to look at history without being aware of significant changes since humans began recording history. In spite of the belief that "the more things change, the more they stay the same," it is obvious that the process of change is ongoing. Rocks, for example, seem pretty stable and unchanging, yet, over time, even rocks change with exposure to weather. Where we once had just rock and a river, we now have the Grand Canyon.

Evolution, however, is more than just change. The very word implies improvement—change for the better. Darwinian evolution focuses on the concept that species change to better adapt to their environment. Those that adapt well survive to reproduce. Those that fail to adapt, also fail to pass their genes on to their offspring. Humans have—so far, at least—done an excellent job of surviving and reproducing. The degree to which we have “evolved” in the other sense of the word, however, isn’t exactly clear.

We have obviously evolved in terms of the “stuff” we produce. Changing methods of transportation is an obvious example. We went from walking everywhere, to riding horses, to using horses to pull wagons, to trains, to “horseless carriages,” to automobiles, and eventually to airplanes. For crossing bodies of water, we went from rowing boats, to sailing vessels, to steamships. These improvements focus on the speed and convenience of travel, covering greater distances in more comfort. What’s missing in this form of “evolution” is any change in the purpose or intention of travel. We can get “there” faster and more comfortably, but what are we going to do when we get “there”?

The human evolution that really counts is how we—humans—have changed since the proverbial “Dawn of Time.” In some ways, we have made measurable progress: language, literature, music, the visual arts, social and political structures. In other ways, we have remained the Yahoos of Jonathan Swift’s *Gulliver’s Travels*. Modern cultures are not especially supportive of evolution. The cultural tendency is to support the status quo. We do, of course get pockets of evolution on different levels: physical (professional athletics), emotional (Buddhism), mental (science), spiritual (seems to be individual rather than cultural).

It may be that it simply isn’t one of the functions of culture to further human evolution other than by changing the external trappings of civilization. It seems to me that we—humans—have been waiting for culture to provide us with an environment that would automatically lead to our evolution as a species. It is, of course, natural to hope that some magic formula will make meaningful change easy. We have all seen ads for magic diet plans and exercise plans that will let us eat everything we want and provide rock-hard, sculpted bodies. In earlier times, the saying would have been, “If wishes were horses, beggars would ride.”

I think it is time for us to stop waiting and wishing and take the matter of our evolution into our own hands, hearts, and minds. When you think about how we would need to change as a species to be “more evolved,” what comes to mind? The next question is what are you doing—and what would you like to see others do—to move in that direction? How would you like to change today, and what can you do to start that process now? No one, of course, is obligated to change—especially when change involves effort. But what would happen if you did? As William Blake

said, “The eye altering, alters all” (“The Mental Traveler”).

Language Tip

One of the really nice things about language is that it provides a “window” into a person’s thought processes. You probably already know that people recreate their external experience by using internal representations based on their sensory input. They *see* things in the external environment, and then they create (recreate) internal visual images in the likeness of what they have seen. The same is true for sounds: they hear things, including words, and then recreate them inside their heads. The same is also true for the senses of touch, taste, and smell. The “burnt child” fears the fire because he or she can recreate—remember—that feeling.

While some expressions are so common that they tend to be repeated by rote, in most cases words based on the senses provide a clue to how the speaker is processing information internally. Note, for example, that when you have bumped into a friend and then head in different directions, you are likely to say, “*See* you later,” which is a visual reference. If you talk on the phone, your parting comment would more likely be, “*Talk* to you later,” (*auditory*) unless your call was about getting together for some **face time** (*visual*). You also might say, “We’ll be in *touch* again soon” or “Let’s *touch* base again next week” (*kinesthetic*).

When you have listened carefully long enough, you’ll begin to *see the larger picture* of the other person’s favorite mode of processing information at the conscious level. Processing occurring below the level of conscious awareness is revealed by eye movements known as “eye-accessing cues.” (For an overview of eye-accessing cues, see pp. 24 ff. in *Healing with Language: Your Key to Effective Mind-Body Communication*, by Bowman and Basham and www.scs-matters.com/eye-cues.shtml). When you are able to match the person’s sensory modalities, both in terms of sensory system and the order in which they are presented, you will greatly enhance your communication effectiveness.

A person might say, “When I first **saw** (*visual*) the car, I **didn’t like** (*kinesthetic*) the **color** (*visual*), and I couldn’t **see myself** (*visual*) **driving** it. I was **afraid** (*kinesthetic*) my friends would **tell** (*auditory*) me that the car was ugly (*visual*).” In this sequence, you probably noticed that *visual* leads to *kinesthetic*. If you are new to listening for sense-based predicates (see p. 23 in *Healing with Language*), you may want to focus first on the sense-based vocabulary first, and, when you have that under control, begin paying attention to the sequence. You’ll be amazed at how much more effective your communication will become when you are able to demonstrate that you see eye to eye, speak the same language, and share the same feelings as your partners in conversation.

What's New?

SCS has again been invited to participate in the Whirlpool Corporation Health Fair. This year will be a grand event as part of their yearlong celebration leading up to their 100th anniversary in November 2011. As part of that celebration, they are highlighting 100 years of Health so the health fair will be *under the tents* on Wednesday, June 22 in the Ad Center parking lot, from 10:00 a.m. until 3:00 p.m. Employees, their families, and retirees will all be able to enjoy learning of the benefits of SCS/NLP.

Still pretty new is our collaborative relationship with offering of the SCS Trance-formational CDs at Patsy Dollars' new e-store: "My Three Sisters Online." Remember if you know of products that are a good fit, send Patsy an e-mail message:

PatriciaSDollar@hotmail.com

We applaud Patsy on her goal to bring truly holistic products to those who appreciate the benefits. If you have not yet been to it, her website is

http://www.facebook.com/1/3f3a7DF4Q1gyQWILsc2sNshA_fA;Mythreesistersonline.com

And here is her blog:

<http://www.facebook.com/1/3f3a7zXNrNF9LqGFaPyNuktWoeQ.my3sisters.blogspot.com>

What's Coming Up?

Debra is back to Michigan after her time in Florida. If you are reading this in time, you may catch her doing a smoking cessation workshop at Southwestern Michigan College in Dowagiac on Wednesday, March 2. Tentative plans still have us back in the Nashville area of Tennessee in early May. Those of you in that area are invited to let us know if you have contacts, and especially to remember we are looking at ways we can provide clinical hours for students in Middle Tennessee and to support the schools there with health programs.

Registration is open for the April 2011 **Comprehensive Introduction to NLP** in St. Joseph, Michigan

(Saturday the 9th through Saturday the 16th. 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

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

