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Welcome ...

Here is your *Beyond Mastery Newsletter* for May 2011. This newsletter may be duplicated and distributed to those who share an interest in Energy Medicine, neuro-linguistics—especially Neurolinguistic Programming (NLP)—and spirituality.

Additional copies of this newsletter may be downloaded at the following link: <http://scs-matters.com/beyondmastery/Newsletter-May11.pdf>. Archived newsletters are available at <http://www.scs-matters.com>.

This month the featured articles are "The Secret of the Shells," by Debra; "Home Alone," by Joel; "Healing Woe-Men" by Debra; and "The Secret of Hypnosis" by Joel.

The Secret of the Shells

While I was spending some time in Florida in January 2011, I had a wonderful, mystical, magical experience of the divine provision around something quite ordinary in that part of the world.... Shells!

When I was younger, I loved to sunbathe, and would use one of those foil blankets so I could start early in the spring and continue late into the fall. But at this phase of my life, I am not much of a beach person. Oh, I enjoy walking along the beach, but I am not a sun worshipper, and I am definitely not a swimmer. We were staying in a delightful walkable/ride-able community about 20 to 25 minutes inland from the Atlantic coast, and we had taken two outings to the ocean shore—one with a native Floridian who loves the ocean, and one with a couple of our friends who came to visit from the gulf.

The day we returned from the beach I received email from a dear friend back home in Michigan asking me to bring her a shell for her rock garden. Although I did not say it to her, I thought to myself, "And now a request for a shell ..." knowing we were not expecting to be going back to the ocean on this trip.

The next day I went for a bike ride, and as I left the condo and came around the corner, I saw something lying in the road. As I got closer, I could see (quite to my amazement) a big white shell. Somewhat curious about how it got there, I recognized at once it was for my friend! Grateful to have found it, excited to bring it back to her, and relieved to have the weight of the feeling of "I should get a shell for Debbie" off my shoulders, I picked the shell up, and brought it back to the condo.

The very next day, my husband and I took a nice, long bike ride. On the way, we were both quite shocked to see a wonderful shell right in the middle of the sidewalk! This one was green ... and it had some dirt inside, and it looked just as though some creature had outgrown it, and left it there for me to find.

My sense of gratitude was immediate! Not only had LIFE provided me with "a" shell for my dear friend, but also it had now provided two. I brought this one back, and carefully packed it in some foam wrap for safe transport to Michigan.

We enjoyed almost another month walking and riding in the Florida sunshine. The last day of our stay was spent very task oriented, "hyper" cleaning the condo so it was left in wonderful condition for our dear friend who so generously allows us to stay in her magical kingdom (www.TraditionFL.com). It was well into the afternoon, and I still had a couple of hours of work when I said to my husband, "Let's go for one last bike ride of the season. In a few days we will be back in Michigan with snow and cold. It will be a good long while before we can ride in 70 degree weather again."

John wanted to check one of the places we had seen some alligators on previous rides, so he pulled off the sidewalk and parked his bike. I followed. As we neared the edge of the water, I looked down and saw not one, not two, not three, but a whole pile of shells! I was breathless. Inside my head I heard the words,

"Oh, Beloved, when you honor yourself with kindness by giving in to your heart's delight, you find all the abundance of gifts I have for you."

While I had not thought about it at the time, as I am writing this now, I am thinking back to a teaching by a man who was a professor of theology in Chicago, Robert Tuttle. He taught a program called something like *relational evangelism*. To this day I can still recall his having said that Jesus never went out of his way to minister to anyone; he simply ministered to those who were right on his path. I took a zip lock bag out of my fanny pack and carefully picked up the shells. You can imagine, as I immensely enjoyed my ride that day, I would look down at that bag of shells and say to myself, "You need to remember just how generous LIFE is." And to think that these beautiful shells for my friend were gathered without my going even an inch out of my way.

Home Alone

Modern U.S. culture does not encourage solitude. The common image of those who enjoy solitude is that of cloistered monks or hermits living in caves. When people do strange things, their former neighbors often describe them as "loners." Even when circumstance puts people in situations where they are by themselves, they typically engage in behaviors to preclude feelings of loneliness. Cell phones go everywhere, and you'll often see those who are alone in their cars talking on their phones while driving. The radio used to serve the purpose of keeping drivers entertained, a purpose currently served primarily by iPods and other MP3 players.

A long time ago (especially in technology years), I knew a woman who told me that she had nine TVs in her house, and the first thing she did in the morning when she got up was to turn them all on because she didn't "want to be alone." I have noticed that a lot of runners, joggers, and those walking for health do so with "ear buds" firmly implanted. Some of the runners in particular may be using music as a way to ensure that they maintain a desired pace, but my guess is that most are using whatever they are listening to in their ears as a means of avoiding hearing not only the natural world around them, but also their own internal dialog.

Our ancestors typically spent most days by themselves, often with the men out in the fields or hunting, while the women worked in the house and garden. My father once told me that during a time his mother was sick, they stayed with her mother. He reported that his grandmother could easily go two weeks without talking. Even then (probably about 1925), he considered that unusual. These days going so long without conversation would probably be considered a psychiatric disorder. (If you have a copy of the DSM-IV handy, you can check.)

A long time ago (even before 1925) Socrates said, "The unexamined life is not worth living." The idea is that individuals should explore their own lives, and

especially what is usually called "the life of the mind." Socrates would have us think about the essence of our being, to examine our lives, to make sure that it has been worth living. More recently (1985), media expert Neil Postman wrote *Amusing Ourselves to Death*, which details the loss of "inner life" that results from the focus on external images. And if Dr. Postman thought things were bad in 1985, I wonder what he would think now.

Most of us living today grew up in the days of increasing media onslaught. If you're old enough, you may remember the days of AM-only tube radios. At first, families had just one. If you are typical, these days you may not have more than one or two rooms in your home that lack some form of media device. The question is what do you do—what do you think about—when you aren't focusing your attention on a "media device." How comfortable are you being "home alone" with your thoughts?

In some ways, solitude—not the kind that comes from being by yourself, but the kind that comes from being *not only* by yourself, *but also* without a focus on external media—is a gift. Books (and perhaps e-book readers) are not quite the same as electronic media, although certainly some kinds of books are more diversionary than thought-provoking. The difference is the opportunity to explore your own thoughts and feelings and to get to know the "real" you. A number of philosophers have said that we pray to talk to God, while we meditate to listen to God. There's nothing that precludes your doing both, of course, but if you are doing all the talking, how can you listen?

The next time you are home alone, spend some quiet time with just yourself. Ask yourself what would Socrates want you to know about yourself, and see what occurs to you. You might be surprised and delighted to discover how much lies beneath the surface and how getting to know the "real" you changes your perceptions of everything else. The Socratic dictum that the unexamined life isn't worth living presupposes that self-knowledge enriches life in ways that make it worth living. There is a sense of course, that the only way to know that you really are alive is to reflect on the unfolding of your life.

You may find that such reflection changes everything, from the way you listen to music and watch TV, to your sense of the greatest adventure of them all, being alive.

Healing Woe-Men

Recently my heart was again awakened to the profound healing currently happening within women and men, in and around what has been called *patriarchy*. The definition, according to Wikipedia: "Patriarchy is a social system in which the role of the male as the primary authority figure is central to social organization, and where fathers hold authority over women, children, and property. It implies the institutions of male rule and privilege, and is dependent on

female subordination. Historically, patriarchy has manifested itself in the social, legal, political, and economic organization of a range of different cultures, and also influences modern civilization."

You see, the reason the healing is happening in both women and men, is simply because, in mystical consciousness, something could not be bad for one and good for another. In other words, God's grace is win-win. I admit that I have my own personal pain around this. In 1966, I got married. Some might say I got married because I was expecting a baby, but I got married because I was expecting to live happily ever after. My parents did not really want me to get married; the judge did not really want me to get married, either. But on March 19, 1966, we did just that.

How I experienced patriarchy was in the rule (part of a "double" standard) prohibiting a married female from attending school. It was not because I was pregnant; it was because I was married. As a married female, I was thought to be a bad influence on the other young girls because I was sexually active. The double part of the standard comes into play because my husband was able to attend school and graduate with his classmates. Thankfully, I have been able to recognize the truth that nothing comes to me but by divine activity, and I have been able to value my journey through all of this. That was 45 years ago....

The video that popped all this into awareness for me again is called "Conscious Men," and it features some incredibly loving males facing the camera and apologizing to women. It is not everyone's cup of tea, obviously, from some of the nasty comments posted about it. For me, it was deeply moving. Now, maybe the reason this can touch your heart has to do with the reality of how men have been affected by this all, too. Here is the link: <http://bit.ly/gNrbjw>, so you are free to decide for yourself that you agree with me.

I sent the video along to Sindy, a dear friend of mine who works for the U.S. Army. She was deeply touched, too, and sent back a video about Isabel Allende, a passionate writer, speaking about violence against women. Allende is funny, and she delivers her message with both humor and tragedy. If you have not known of Isabel before now, you owe it to yourself to take time to meet her. It will cost you 17 minutes and 59 seconds of your time, but it just may change your life. Here is the link to that amazing video:

<http://bit.ly/9ftFfA>

When Sindy, carrying the burden of our soldiers with their broken bodies and minds and spirits, wrote back after watching the "Conscious Men" video, her heart had opened widely and this touching poem had poured out for us all:

No lack of worthiness
shines through the Divine.
Her veins filled with the knowledge
of how to carry the weight of life,
or the sorrows of humanity.

She raises her Kali head
to shout out towards suffering,
knowing her own so well.

She rocks to and fro
in nakedness, with no shame,
awakening the Goddess mind.

All powerful
the beloved mother, sister, daughter.

When I read these powerful words and felt the meaning beneath them, and when I heard Isabel say, "I was born in ancient times, at the end of the world," I felt the woe of women, and of men.

What was the price John paid for my having been excluded from attending school? Did he walk the halls with a heavy heart? Was he aware of the pain of guilt that shared the joy of expectancy as it sat on my chest? What price did he pay? Perhaps the best way to look forward is to think about this with intelligent sensitivity of the sort that comes to us from Terrence Real, family therapist and member of the senior faculty at the Family Institute of Cambridge and director of the Gender Relations Program at the Meadows Institute in Arizona. Real writes about the patriarchy both women and men are healing from in *How Can I Get Through to You: Reconnecting Men and Women*, in which he lays out five core relationship skills: Relational Esteem, Telling the Truth with Skill & Love, Responding Constructively, Negotiating with Wisdom, and Relational Integrity.

A quotation in Real's book still haunts me: "Women marry men hoping they will change. They don't. Men marry women hoping they won't change. They do." ~ Bettin Arndt

The double standard, which produces both the pain of patriarchy and the loss of human potential, is no longer something we have to accept. As Real writes in the last chapter of his book: "It is time to extend the net of empowerment that has begun to encircle girls to both sexes, time for women and men to join with one another and lift a veil that has covered us both. Doing whatever I can to help foster the growth of such a relationship—cherishing subculture has become my life's work. And there are legions out there just like me—researchers, educators, clinicians, each, in his or her way, giving voice to one clear, simple, message:

Patriarchy is over. We needn't live like this any longer." Let me hear an AMEN to that....

The Secret of Hypnosis

Richard Bandler, who has often been called "the best hypnotist in the world," is fond of saying, "Hypnosis isn't the exception.... It's the rule." The fact is that people—you, me, and everyone—tend to be in one trance or another most of the time. It is more a matter of *which* trance you are in rather than whether you are

in trance. What we think of as "normal consciousness" is just one kind of trance with a particular set of beliefs.

The more neuroscientists examine the way the human mind works, the more they discover that unconscious processes—processes operating below or outside our conscious awareness—are "driving the bus." The most recent author to address this issue is David Brooks, a columnist for the New York Times. In *The Social Animal: The Hidden Sources of Love, Character, and Achievement* (Random House), he presents many of the more recent findings in the form of a parable.

In my opinion, he has made understanding the relationship between neuroscience and behavior much more accessible than it is in most researched-based books, such as those by Antonio Damasio (*The Feeling of What Happens: Body and Emotion in the Making of Consciousness*), David M. Wegner (*The Illusion of Conscious Will*), Steven Pinker (*The Blank Slate: The Modern Denial of Human Nature*), Joseph LeDoux (*Synaptic Self: How Our Brains Become Who We Are and The Emotional Brain: The Mysterious Underpinnings of Emotional Life*), and George Lakoff and Mark Johnson (*Philosophy in the Flesh: The Embodied Mind and Its Challenge to Western Thought*). While these books—and a number of others on related subjects—will add to your understanding how the mind works and how it influences behavior, Brooks's *The Social Animal* will provide an excellent introduction to just how much of your behavior and mental life are below or outside your conscious awareness.

Most of us, of course, have been brought up in a culture (even if not the same one) that values the rational over the emotional. We like to think that we're making rational, logical decisions, but most of our decisions are predetermined by previous programming. Don Miguel Ruiz (*The Four Agreements*) uses the term, "domestication," to refer to the early parental and cultural programming that shapes our lives. Ruiz's word, *domestication*, is a synonym for hypnotic suggestion. Early hypnosis creates the core beliefs that shape most of our behavior for most of our lives.

This is not necessarily a bad thing, and, even if it were, there's no way to eliminate it. Humans would not do well if we weren't born into a relatively protective culture and raised by parents or other adults interested in our survival. The absence of "domestication" would be worse than the domestication most of us received as children. That does not, however, mean that we have to continue to believe everything we were taught in childhood. If that were the case, we would still be living the way our most ancient ancestors did.

Fortunately, one of the common beliefs instilled early is the belief in a better future. Most people—and you may be one of them—believe not only that current circumstances can be made better, but also that life can, and should be, better for our children. This belief

is what provides the motivation for working to make "things" better. This is an example of the hypnosis of domestication doing exactly what it is supposed to do.

When the conscious mind is doing exactly what it is supposed to do, it is helping you select the best available trance for you to be in. One of the impulses behind this article has been a recent example of hypnosis gone wrong. Recently, a minister in Florida acted on his trance-induced belief that burning a Quran would somehow alleviate his fear of Muslims. The burning was followed by a mob of Afghans acting on the trance-induced fear that the Quran had suffered and that killing a number of U.N. workers would help alleviate that suffering. Imagine how things might have been different if both the minister and the Muslims had believed that the Quran that can be burned is not the Quran....

Buddhists tend to believe that "the path [Do, Tao] that can be deviated from is not the path." For both the minister (and doubtless for many of those raised in a Christian tradition) and for the Afghan Muslims, that would require substantial reprogramming of original "domesticated" beliefs. Such major shifts have occurred in the past. Copernicus and Galileo instituted a change in beliefs about the Earth from geocentric to heliocentric, first individually and—eventually—culturally. Who is to say that we—you, I, and others who understand the power of hypnosis—can't do the same for some of culture's ongoing erroneous beliefs?

But first things first.... When Socrates said that the unexamined life isn't worth living, he was, I believe, talking about our need to understand how we have been "domesticated" to hold beliefs and behave in ways that do not serve our purposes well. How would your life be different when you change your "geocentric" beliefs for new, "heliocentric" views? How would your life be better by your recognizing the hypnosis in your life and beginning (if you haven't already done so) to make conscious choices about what programming you want to follow?

Anxieties, phobias (spiders, snakes, dogs, etc.), and "compulsive" behaviors of all varieties are all trance-induced, and the only way to "uninstall" such programming is by replacing the old trance with a new, improved one. Once you accept the fundamental idea that hypnosis is not the exception; it's the rule, you know what you need to know to improve those beliefs that prevent your getting what you want in life. Rather than just patch and repair what's "broken," you really can *optimize* your belief systems and your life. Change yourself, and you change your world. Change your world, and you help change the world for everyone.

Language Tip

If you're a careful reader and had four years of English classes in high school (or if you learned English as a second language), you have undoubtedly

noticed the increasing number of errors in grammar creeping into print media. Some errors are undoubtedly the result of the increased speed with which things go from idea to publication. In the "old days" (when I was in college), books and magazines had numerous proofreaders ready, willing, and able to ferret out the least offensive of writing problems and fix them before publication. These days, proofreading is typically left to the writer.

The most common mistakes—in both writing and in speaking—are relatively simple. Some of the errors are common because they are easy to make, and some of them are common because they are heard so often that people get confused about what's correct. Standards of correctness do, of course, change over time, but—in general—it is best to be among the conservative users of language rather than among the avant-garde. After all, for a while it seemed as though "groovy" and "dude" were becoming "standard English" expressions.

Let's start with the smallest of errors: The uses of the apostrophe, as in the difference between "lets" and "let's." *Lets* is a legitimate verb: I will go when she *lets* me. *Let's* is a contraction of "let us." Let's start with the smallest of errors.... The difference between *its* and *it's* is the difference between a pronoun and a contraction (*it is*, *it was*, *it has*). It's (it is) a difference that matters, just as *it's* important for a dog to know *its* master.

Because they sound alike, people get confused about when to use *than* and when to use *then*. *Than* is a comparative: When it comes to clearing phobias, NLP is faster *than* EMDR or EFT. *Then* refers to a sequence: First, we'll go to the store; *then* we'll go to the beach.

Lay and *lie* are another couple of words often confused, and in this case English doesn't make it easy because *lay* is the past tense of *lie*:

Today I *lie* (will lie, am lying) on the beach.

Yesterday I *lay* (was laying) on the beach.

In general, *lay* requires an object: *Lay* the book on the table. It's also confusing that *lie* has two meanings, to recline and to prevaricate. If someone tells you that he or she has been lying in bed, you might want to ask, "What do you mean?"

Pronoun case can also cause problems. English has three main cases: *nominative* (so-called because it names things), *objective* (because it receives actions implied by verbs and prepositions), and *reflexive* (which indicates some kind of reflection): *He* (nominative) gave *her* (objective) a kiss. *She* (nominative) gave *him* (objective) a black eye. *He* (nominative) said to *himself* (reflexive), that's the last time *I* (nominative) will kiss her. Pronouns also indicate number, singular (one individual or thing) or plural (more than one).

Another common pronoun problem is forgetting that gerunds (verbs used as nouns) require the possessive case even when the pronoun is preceded by a

preposition. *The story ends with my being elected King of the World (not "with me being elected...").*

Although *shifts* in number (as in, "I saw a *client* on Tuesday. *They* said...") can be confusing, the usage is becoming common to avoid indicating gender. Such shifts are likely to be ignored in conversation. In writing, however, it is best to rewrite the sentence to avoid the shift in number. When possible, use plurals ("clients ... they") to avoid awkward "he or she" constructions.

Calvin (of Calvin and Hobbes fame) used to say that he enjoyed "verbing" nouns, taking a noun (such as *verb*) and turning it into a verb (*verbing*). It is also possible, of course, to engage in *nouning* verbs. We no longer have *failures*, for example, we have *fails*. Some would say that using *fails* to replace *failures* is a *language fail*. I suspect that we (English speakers) are losing a couple of nouns (*invitation* and *quotation*) as a result of *nouning* verbs. The noun (*invitation*) is slowly but surely being replaced by the verb (*invite*). It remains to be seen whether asking whether someone received an *invite* to the party will go the way of "feeling groovy," or whether the word "invitation" will simply fade into the distant past. The same is true for citing a "quote" instead of a "quotation." With the advent of "texting" and associated spelling rules, members of the Internet generation are using "quote" instead of "quotation." At some point, u may decide that abbreviated spelling is gr8.

What's New?

Two new websites are "under construction," as part of our 2011 emphasis on the new, easy, efficient, and inexpensive way to share Pre- and Postsurgical Support with SCS. Some faithful followers of SCS/NLP are proofreading already, and www.ImagineHealing.info will be the landing page for the new piece for patients called *Imagine Healing: Using Guided Imagery to Help You Heal*. We also have a video interview with Jane Foster on our new ImagineHealing Youtube channel. Check that out, and let us know if you enjoy seeing <http://www.youtube.com/watch?v=uIVL1kGp1Ag>.

The next website to go up will be www.SurgicalSupport.info, for all those who would appreciate being able to provide support for clients and patients. In addition to the CD sets we currently have, we will soon be making the audio Surgical Support pieces (both the guided imagery and the six hours of music only with the healing statements for listening during surgery) available as a download. We are thrilled that more and more people want to know the language patterns to help patients heal.

What's Coming Up?

Our next scheduled "event" is the Whirlpool Corporation Health Fair Wednesday, June 22, from 10 a.m. until 3 p.m. Several of our graduates will join us for this. We are also scheduled to present at the Healing Touch™ Worldwide Conference in San Antonio,

Texas, August 25 through 28. We will be doing a breakout session: "Cool Responses to Heated Discussions: Understanding Beliefs and Developing Effective Strategies for Responding to Criticism," and on Monday, August 29, from 8:30 a.m. to 5:30 p.m., we are doing a postconference workshop, "Mind-Body Miracles: Surgical Support Secrets Revealed." See the following website for an overview:

www.healingtouchprogram.com/conference/2011

SCS continues to be committed to a comprehensive understanding of healing with language and 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.

Be sure to let folks know the NLP training is available online. Joel has that set up to go right along with *Healing with Language: Your Key to Effective Mind-Body Communication*. "Developing Your Intuition with SCS," which is designed to help you learn to distinguish among desires, fears, and intuitive insights, continues to be a goal 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 Skype, or send us a quick email message: debra@scs-matters.com or joel@scs-matters.com, or call Debra at (269) 921-2217.

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

