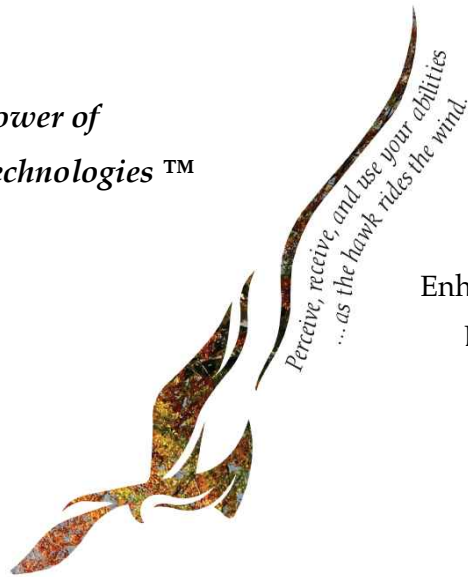


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Edited and published by Joel P. Bowman and
Debra Basham for SCS Matters, LLC
November 2011

Welcome ...

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

Additional copies of this newsletter may be downloaded at the following link:

<http://scs-matters.com/beyondmastery/Newsletter-Nov11.pdf>

Archived newsletters are available at <http://scs-matters.com/archives.shtml>.

This month the featured articles are “Imagine Healing,” by Debra; “A Long and Winding Road” by Joel; “Lighten Up” by Debra; and “Magical Mysteries,” by Joel.

Imagine ... Healing

Every once in a while something comes along in my life that just confirms everything I believe to be real. Maybe things will shift a bit as time goes along, but over the years one of the most significant gifts I have experienced is the privilege of facilitating the imagine healing process. The one thing that never ceases to amaze me is how the resource state shows up, what a difference that makes to the patient/client, and just how much “help” we have in the process.

When Joel and I were presenting to a group at the Healing Touch Worldwide Conference in San Antonio, Texas, in August, one of the participants chose to serve as a surrogate (some people are more familiar with the term intercessory prayer, but it is your intention for another person). The healing intention was aimed at a person halfway around the globe. In energy medicine, they talk about distant healing, and this was quite the distance.

I have wondered if part of the reason surrogate work is so powerful is the way you have to bypass your conscious mind to do it. You have to *imagine* what it would be for that person to imagine healing. Intuition (or divine guidance, or higher sense percep-

tion) is all you have to work with. Something very sacred takes place, even though the “patient/client” does not know in consciousness anything is being done. Moments after we finished the exercise in San Antonio, a message popped in via smart phone!

These comments were posted on the Imagine Healing Facebook page by Colette Gehr, who experienced the Imagine Healing process at the August 5, 2011 workshop and had surgery on August 22. “Whoever can make this ... go to it!! It really, really, really helps! I am living, breathing proof of this as I am two weeks past my brain surgery and I feel much better in having this healing before this one.”

September 17, we had two people train in the Imagine Healing process (the training manual is called *Using Guided Imagery for Surgical Support: A Comprehensive Guide for Nurses, Massage Therapists, Doctors, Energy Workers, and Anyone Who Believes in Our Healing Potential* and you can see more about it at <http://SurgicalSupport.info>) with me because they had not been able to attend the August event. We used Skype to have Joel with us in the morning for the foundation and then again in the afternoon for the Questions and Answers. Here are the reflections from Dahlis Roy, who was our patient/client.

I experienced an Imagine Healing Session with Debra Basham in preparation for plastic surgery on my face to remove two small lesions. Two days before my treatment with Debra, my skin broke out in several locations with redness and scaling. The area of redness was separate from the areas that will receive surgical attention.

Debra put me completely at ease in comfortable and positive surroundings. She interviewed me then gave me a guided meditation using experiences I had related in the interview. During the meditation I was wrapped in a brightly colored shawl she had provided for some extra comfort. The color of that shawl was the exact color I had “seen” as a color of healing during the interview, even though I had not seen the shawl.

Arriving home a short time later, both my husband and son marveled at my appearance! How I was magically now free of inflammation plus totally relaxed and alert. My husband exclaimed, "This works!" My son said, "Mom, the redness is gone."

After a wonderful night's sleep, I am happy to report my skin is moist and softly pink! I am fully prepared and confident to "face" my surgery! "Healing is more than skin deep!"

Dahlis Roy, Artist, Author, Tai Chi Instructor (<http://dahlisroy.blogspot.com>)

Left to its own devices, the left brain thinks about everything that might go wrong. Most of the time this is not a bad thing. In fact, it was nature's intention to create a function to scan the environment for threats as part of survival. Some things are just worth repeating. You will hear more about the Imagine Healing process because this is such an important step for anyone who is facing surgery or undergoing medical treatments or even tests. However else you think about it, healing happens most naturally when you are in your right mind. That is what Imagine Healing is all about...

A Long and Winding Road

If you remember music by the Beatles, you probably think that the thought that follows is, "That leads to your door." I am, however, thinking more in terms of the long and winding road as a metaphor for Life. If you're old enough (and if you're reading this, you undoubtedly are), when you look back on the twists and turns your life has taken from the time of birth until present day, you can probably see that it has been a long and winding road.

Over the years, I have known a few people who knew very early on what they wanted to do with their lives and followed through. One of the guys I work out with at karate wanted to be a doctor since he was four. He is now a cardiologist with his own practice (employing about 50 people). Another couple of guys I knew in elementary school wanted to be scientists. Both now have Ph.D.s—one in physics and one in chemistry—and, last I heard, were teaching at well-known universities. It occurs to me that this might be called the "superhighway" approach to life: decide very early what you want and then speed right along to that destination.

I don't know about you, but I seem to have missed the superhighway and took the detour through the mountains, the valleys, and desert wastelands. I have lived in eight states (some of them more than once) and one foreign country (Vietnam, courtesy of Uncle Sam). In some of the states, I lived in more than one city (six cities, both northern and southern, in California). The only state I have not been in (at least to drive through) is Maine. I went to two high schools and attended one college and three universities. I started as a chemistry major and finished as an English major with minors in psychology and sociology. My graduate

work focused on English literature, primarily of the nineteenth century.

I had a variety of jobs along the way. I earned most of my college expenses working construction crew. I sold Fuller brushes door-to-door (I didn't last long), worked in insurance as an auto insurance underwriter, and processed housing inspection forms for the government. Although I spent most of my academic career teaching business communication, I had the opportunity to teach a number of related courses, from advertising to report writing for psychology majors and minors. I had the opportunity to teach in a wide variety of formats beyond the traditional classroom, including daylong seminars, video teleconferencing, correspondence, and online instruction supplemented by prerecorded video. I also had the opportunity to develop a successful consulting business and taught literally hundreds of communication skills seminars in both public and private organizations.

At this point, I am retired from the university and working on what Debra and I have elected to call *Subtle Communication Systems*, because the subtleties of the communication process are the "difference that makes the difference." Only recently, geneticists discovered the small components that control (turn on or off) genes that determine virtually everything about our physical bodies. The new science of *epigenetics* is the subtle communication system of our physical bodies. SCS is the subtle communication system of our emotional and behavioral "bodies." Because body, mind, and spirit are an integrated unit, subtle communication systems influence the whole person.

SCS is basically the integration of what is usually called *Energy Medicine* and *Neurolinguistic Programming*. When Debra and I started working together, she had a well-developed background in Energy Medicine (Certified Healing Touch™ Practitioner), and I was a licensed trainer of NLP. Those of you who attended early workshops with us know that it wasn't always an easy fit. We did a lot of "mud wrestling" along the way. Although unpleasant at the time, "mud-wrestling" offers perhaps the best opportunity for deep reflection and personal growth. There's nothing quite like the sudden realization that you are exhibiting the behavior you are accusing someone else of doing. The psychological term for this is *projection*: attributing to others the behaviors you can't face in yourself.

Recognition of projection (in yourself and in others) is the point at which the long and winding road of psychological and spiritual growth begins to become a superhighway of personal development. Although twists and turns remain, simply recognizing projection when it occurs changes everything. Hills and valleys may remain on the highway that is your path, but the hairpin curves and potholes will be behind you. You can sit back, relax, and enjoy the ride.

Lighten Up

I remember when my adult daughter said I was stuffy. I turned to my sister and asked, "Do you think I am stuffy?" In a wink-of-an-eye she responded, "Yes!" I confess that much of the time I have been too serious. Have you noticed that most of the stuff (maybe almost all of the stuff) you had worried about, fretted over, and been obsessed with turns out fine? A dear friend was telling me about her plan to get some items moved out of her storage shed. She only had a few days and she knew she could not do it by herself so she got busy recruiting help. After working very hard to orchestrate everything she gave in and just went to bed. Her prayer was, "God, I give up. You handle the details."

Like most of us, when things did not immediately go exactly the way she wanted (those she had lined up wanted to wait and come the next day, even though the weather was good *now*), her initial reaction was to jump back in and try to control things. Fortunately, we can learn new ways of being. When her crew came, the work was done in a snap, even more perfectly than she had been able to imagine!

So what was it that my daughter and sister were experiencing in my behavior that they called *stuffy*? When I ask myself that question and lean into the quietness of that honest self-awareness, I can see that they were seeing the tendency to worry, fret, and work too hard trying to control things. Even seeing this in my past behavior now, I can sense the pull to judge myself harshly. For a pretty good look at gender differences regarding gratitude and how men and woman respond to kindness, check out this article by Heidi Grant Halvorson, Ph.D., motivational psychologist and author of, *Succeed: How We Can Reach Our Goals*. Here is the link: <http://huff.to/n3DJM7>

To help yourself lighten up, you can make a gratitude journal. It does not have to be something fancy. Although it might be fun to make my own journal some time, for now, I will lighten up by just choosing to use a spiral notebook. You can choose a cover that is a favorite color, though! Directions are easy:

- ✓ Look for things you can genuinely be grateful for. Make mental notes. Jot them down on a page with today's date.
- ✓ If you do not have notes on a given day, mark the date and jot down five things you have to be grateful for in your life. These can be big or small. Health is big. A comfy pillow is small. They can be personal or general. A raise at work would be personal. Baby's smiles would be general. Just write down five.
- ✓ One day a week, reflect on a specific thing you can look back and be grateful for even though it was challenging at the time. Even something like running a race, or completing a project have both a stress and a relief. Get in

the habit of being aware of that gratitude and relief even while you are in the thick of things.

- ✓ Once in a while, write about things you are grateful you can do. Even if others can do these things, too, notice how glad you are that you are able to do them. I am glad I can drive. I am also glad I can read. I am glad I can hear and see. I am glad I can ride my bike. You might be grateful for some of these same things, and you will have some that are unique to you, too.
- ✓ If you hear news of someone having a loss, use your gratitude journal to make notes of the things that help people get through painful times. Your list can be personal to your life, including things like your faith, your sense of humor, a good friend, a special place.
- ✓ Get into the habit of focusing on the ways that gratitude seems to act as a magnet to draw even more positive things into your life. Make notes of some of these attractions in your gratitude journal.

I know you cannot go back to that time in your life and have more of a light heart about things then but it is true that the practice of a gratitude journal, or other ways you are able to worry less and trust more, even let the way you see things in the past lighten up. Often we will find ourselves laughing about the way things were. Richard Bandler says, "Someday you will look back on this and laugh, so why wait."

Magical Mysteries

I originally had something else in mind when I came up with the title for this article. Since the death of Steve Jobs, however, the magical mysteries around his vision for our collective future have been much on my mind. By the time you will see this newsletter, you will have undoubtedly seen a few news stories about his life and death, and you have doubtless been influenced by the products he had a major hand in developing: home computers based on a graphical user interface (GUI), iPods, and iPads ("tablet" computers), and animated movies using Pixar technology (see <http://bit.ly/Rap7B>).

When Jobs started Apple, Steve Woskniak was responsible for the engineering that initially led to the Apple II and Apple III. I started my days in computing with an Apple III. I actually owned two of them. I found the first GUI too slow. When the Mac SE came out, I bought one. I remained loyal to Apple and Macs until I could not use a Mac G4 with a fancy four-color laser printer I had purchased primarily because it was supposed to be "Mac compatible."

At the time, Windows ruled the home computer world. I bought a Windows machine. When it proved slower and less reliable than any of my Macs had been, I bought another one. When it failed after about

18 months, I went back to a Mac and have been with Mac ever since, for both desktop and laptop machines. I also own several iPods and an iPhone (my first and only “smart phone”). In spite of all that, however, I had no idea the degree to which all things Apple had sprung from the mind of Steve Jobs.

Jobs had help, of course. In addition to the engineering genius of co-founder Steve Wozniak, he had help in virtually every way at every step along the way (his long and winding road). He had the vision, however, and he was able to articulate not only the vision, but also create in others the desire to help turn the vision into reality. According to Steve Wozniak, Jobs had the vision for the iPad at the beginning but knew that the only way to get there was step-by-step, using the technology available at the time to lead the way to the technology he needed to achieve the vision.

One of the reasons that Jobs was able to accomplish so much is that his vision was essentially spiritual. You may have seen Debra’s comments on the SCS Facebook page linking to what has become an iconic speech by Jobs. See <http://bit.ly/b5TnL5> for the full speech. Two critical sentences from that speech are the following:

Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart.

Your time is limited, so don’t waste it living someone else’s life. Don’t be trapped by dogma—which is living with the results of other people’s thinking. Don’t let the noise of others’ opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.

These ideas are not unique to Jobs. Others have expressed the same concepts, even if using slightly different words. You may be familiar with a similar saying, “What would you do if you knew you could not fail?” That’s the thing you should be doing. Fear is the only thing that stops any of us from that kind of moving into our own magical mystery of creativity and innovation.

Contemplate your vision, keeping Jobs’ words in mind: “Your time is limited, so don’t waste it living someone else’s life.” One of my favorite poets, William Blake, expressed a similar idea when he said, “I must create my own System or be enslaved by another man’s / My business is not to reason and compare; my business is to create.” Remember that your time is limited, and you choose how you spend your time. The main thing, it seems to me, is to be consciously aware of the choices you are making. You may, of course, choose to spend time relaxing and enjoying the companionship of your friends, but the main thing is to make sure that you have made the

choice with the full, conscious awareness that the clock is ticking....

Language Tip

This month’s language tip is about sequence. In virtually everything you do, from making your bed to baking a cake to grocery shopping, sequence plays an important role. You may not be inclined to spit out the window while driving, but if you think about it now, you probably know that rolling down the window should come before the spitting. In language, sequence—not only of the words you use, but also of the ideas you present—has a significant influence on how successful you are in communicating your intended meaning. Note, for example, the way sequence influences the meaning of the following sentences:

Only I will kiss her.
I will *only* kiss her.
I will kiss *only* her.

In general, the principal order of words in an English sentence is Subject—Verb—Object, as in, “I will throw the ball.” “I” is the subject, “throw” is the verb (future tense), and “ball” is the object “Will” indicates future tense, and “the” is an article implying a specific ball. Modifiers, such as “only,” however, can be moved around in a sentence. In general, modifiers are easier to understand when they are placed close to the part of the sentence they modify. Note that in the examples above, “only” modifies the word it is closest to.

Sometimes the differences in meaning are subtle. Compare the following:

Do it *now*.
Now do it.

When used, the word “now” helps the reader or listener focus on the current moment:

Now think about what you really want to accomplish.
Think *now* about what you really want to accomplish.
Think about what you *now* really want to accomplish
Think about what you really *now* want to accomplish.
Think about what you really want to accomplish *now*.

Another kind of sequence has to do with the impact of parts of a sentence joined by a conjunction, especially the contrasting conjunctions, *but* and *however* (technically a “conjunctive adverb”):

I really need the surgery, *but* I’m afraid of the process. [Emphasis on fear.]
So, you’re afraid the process, *but* you really need the surgery. [Emphasis on need.]

We call this the “Magic But.” Note that what comes before the “but” is diminished in importance, while

what follows it increases in importance. Your communication will be more powerful when you repeat something a customer, client, or patient has said word-for-word (what John La Valle calls “Parrot Phrasing”), changing the sentence so that the positive outcome follows the “but.”

This is something you’ll probably want to play with, if only to see how much fun you can have playing with a really magical “but.”

What’s New?

Still very new: Our first Spanish language guided imagery audio is now available for downloading. Go to http://scs-matters.com/products_download.shtml and scroll down to “Enjoying Your Ideal Weight.” Right below that, you’ll find the Spanish version: “Disfrutando de Su Peso Ideal” es un poderoso viaje de sanación usando visualización guiada traducida y grabada por Maria Fernanda Chojnowski. Ha sido diseñado para facilitar el que usted disfrute de su peso ideal. Usted va a hacer los cambios, primero en su mente, y luego en su vida. La grabación produce un nivel profundo de relajación que ayuda a que sus recursos conscientes e inconscientes se alineen de una manera que alienta el tomar decisiones apropiadas para promover la salud y el bienestar de su cuerpo, mente y espíritu. La descarga de este audio es de \$9.95.

What’s Coming Up?

Debra has one more **Introduction To Guided Imagery** at the Borgess Health and Fitness Center in Kalamazoo, Michigan. If you are facing surgery, childbirth or any stressful medical procedure, preparing emotionally and mentally can improve the outcome dramatically. Research indicates people who use guided imagery techniques experience less blood loss, need fewer pain medications, and recover faster. This introductory session is designed to provide an overview of how and why these techniques really work. To register, call (269) 552-2348. The date is Wednesday, November 2, 6:30 to 7:00 p.m. The cost is \$20.

Saturday, November 19, from 8:30 a.m. to 5:30 p.m., you can join us at Borgess Health and Fitness Center in Kalamazoo, Michigan for **Using Guided Imagery (Imagine Healing)**. This is the program for learning to use the Imagine Healing Process to assist others, but whether your primary motivation is to work with others or to bring healing into your own life, this workshop will provide you with the tools to achieve amazing results. Learn neuroscience techniques to reduce pain, change limiting beliefs, replace nonproductive attitudes and stop destructive behaviors. This class is ideal for nurses, massage therapists, doctors, energy healers, and everyone who believes in our healing potential. The cost is only \$150, which includes the comprehensive manual plus the CD set. Register online at <http://www.scs-matters.com/workshop-ap.shtml> or call/write now at (269) 921-2217 or debra@scs-matters.com.

Continuing education credits for nurses or massage therapists are available upon completion of this course. [Healing Touch Program is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s COA. The Healing Touch Program is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider under Category A. Provider Number 150588-00. 8 CE contact hours available for \$15.

March 28 to April 1, 2012, we will be in Lexington, Kentucky, at the Integrative Medicine Conference (see <http://www.IntegrativeMedicineConference.com>).

From their website, this description lets you know it is a great fit: “The International College of Integrative Medicine (ICIM) is a community of dedicated healthcare professionals advancing emergent innovative therapies in integrative and preventive healthcare by conducting educational sessions, supporting research and publications and cooperating with other professional and scientific organizations, while always promoting the highest standards of practice.” The focus of the conference is Rapid Therapeutic Response, and we will be doing a lead-in workshop, “Anchoring: Stimulus-Response Conditioning for Overcoming Phobias, Relieving Trauma, and Eliciting the Relaxation and Healing Response.”

Our breakout session will be “Beliefs, Values, and Effective Strategies for Lasting Interventions.” We are grateful to Pamela Chappell for introducing us to this group.

Although our proposals for the 2012 American Holistic Nurses Association (AHNA) Conference in Snowbird, Utah, in June were not approved, SCS continues to be committed to a comprehensive understanding of healing with language and energy, and we will continue our commitment to reach out and network with other organizations to bring this awareness to others. 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 people 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*. Joel is looking for ways to use streaming video for the NLP training. “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

