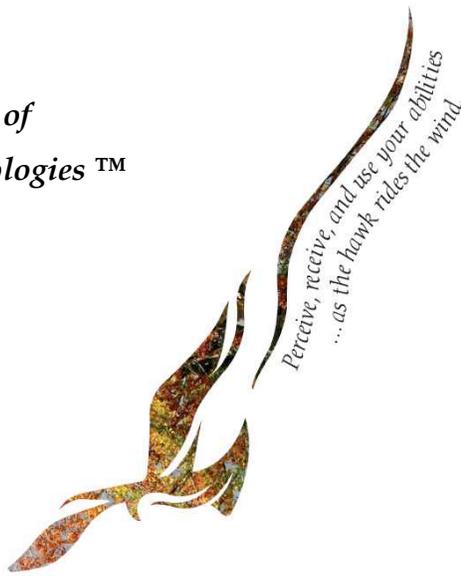


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Edited and published by Joel P. Bowman and  
Debra Basham for SCS Matters, LLC  
October 2009

## The SCS *Beyond Mastery* Newsletter

### Welcome ...

Here is your *Beyond Mastery Newsletter* for October 2009. 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 “Music to My Ears,” by Debra; “Seeing Clearly Now,” by Joel; “Green Grasshopper and Martin Luther King, Jr.,” by Debra; and “So What Is NLP Anyway?” by Joel. Bonus: We’re adding a new feature this month: “Language Tip.”

### Music to My Ears

I woke up one morning with the question running through my brain, “Is there a way to value the diversity and still feel harmony?” This question, like all those we notice in our lives, did not just pop out of nowhere. Oh, no. I had been aware again that at times, just being in physical proximity to another person would induce a reaction in what I have come to call my *energy field*. I have noticed this can go both ways—proximity to some people produced really good feeling vibrations, and proximity to some produced not so good feeling vibrations.

As soon as the question was formulated in my head, I had a running discourse follow it: Think about what you know about sound or music. You experience harmony from differences. Some sounds can come from different notes, yet the result is disharmony. The same is true with tastes. Mixing ingredients can produce something much more delicious than the separate ingredients: flour, or sugar, or eggs, or oil by themselves would be quite distasteful. However, mixed together in the appropriate amounts, and in the case of this cake we are making, placed in the

oven for a time, the result can be quite yummy.

Life is like this. Relationships are really like this. If you pay close attention, you probably can see that you have been at some times very much in harmony with another, and at other times, very much in disharmony. Human beings are not static. Our “energy” changes and, therefore, our vibrations change.

I have seen couples experience discord because of the way the common metaprograms operate in each individual (see *Healing with Language: Your Key to Effective Mind Body Communication*, Bowman and Basham, pp. 51 ff). If one person is focused on the big picture, and the other is focused on the details, what each is seeing at that time can seem to be totally different, while actually not being different. If one is focused on what he or she is moving away from, and at the same time the other is focused on what he or she is moving toward, they can be confused and think they have incompatible goals. If one is matching and one is mismatching.... Oh, my...I think I am now describing my mom and dad!

I read recently that the Buddha often said you know you have found the ocean if the water tastes of salt. But how do you know if you are in harmony or disharmony? What do you do if you experience disharmony in a close relationship? Is there a secret to relating that truly does result in your being able to live your life and experience more joy? I would like these answers to be very simple and predictable, but I think relationships are more of an art than a science. It is said that relationships are the sacred soil in which you get to grow yourself up. True....

For example, if you and your beloved like the same music, you can turn on the CD or the iPod, and you can enjoy the same thing at the same time. If one of you is into jazz and the other is into blue grass, you can each turn on your favorite music and you can still

enjoy the same thing at the same time. However, if even one of you has the thought that your music is the right music, or good music... and the other music is wrong, or bad, disharmony in your vibration will result.

I sometimes explain that feelings (emotions) are something generated inside when you are exposed to a certain external stimuli. What you are saying to yourself, what you are thinking, what you are feeling, is able to create that harmony or disharmony. I remember having been at the home of my husband's parents. The sons were doing some major work on the front porch. They had saws and hammers and were making all sorts of noise. I was able to nap lying in the living room, right next to where they were working. I just let all that noise lull me to sleep.

While you might not always be able to produce harmony from the differences in your experience, you can notice that what you are doing inside really does create your sense of things. And you can gain understanding by paying attention to those elements of rapport, including preferred sensory systems or common metaprograms. Whenever you make it your intention to experience more harmony in your life, you will begin to notice ways in which everything in your experience is a sort of music to your ears....

### *Seeing Clearly Now*

Regular readers of the SCS Blog (<http://www.scs-matters.com/scsblog/>) already know that I had cataract surgery in both eyes during September, on the right eye on the first of the month, and the left eye on the 15<sup>th</sup>. I found the results of the first surgery astounding. The world around me was suddenly brighter and "crisper" than it had been for—I'm not sure how long, but it seems like years. The results of the second surgery were less dramatic, probably because I had some sense of what to expect, but they were still impressive.

After the second surgery, I began to notice how much more relaxed and comfortable I was feeling. Just as the cataracts had gradually been causing a dimming of my vision, my reduction in visual clarity had gradually resulted in my spending increasing amounts of energy in an attempt to see more clearly. Not being able to see clearly had been draining my energy below my level of conscious awareness.

Any and all stress requires energy. In some cases, such as exercise, this is good. When we have made a deliberate, conscious choice to expend energy in pursuit of a worthwhile goal, the "stress" of the activity results in beneficial change. If we solve a difficult math problem or write an article, for example, the energy we spend is rewarded by feelings of satisfaction with the solution to the problem or completion of the article. On the other hand, the stress that results from bodily pain (such as a headache), problems at work, or interpersonal conflict drains energy without providing the positive reward that comes from achieving an objective.

The term "free-floating anxiety" is commonly used to describe anxiety or stress that lacks a specific known source. If you were walking down a path and saw an Eastern Diamondback Rattlesnake a few feet in front of you, even if you do not have a snake phobia, you would probably have an immediate stress response. This kind of anxiety has a specific source, and it will dissipate when the situation has passed. Free-floating anxiety, however, hangs around, usually just below the level of conscious awareness. If you have free-floating anxiety, you have the sense that something is wrong, but you can't quite figure out what it is. It's the first thing on your mind in the morning and the last thing on your mind when you go to bed at night.

I had not realized how much anxiety my inability to see clearly had been causing. Following the first cataract surgery, I could see clearly that the free-floating anxiety I had been experiencing had been caused by poor vision. In my case, the cause and the solution were both physical. Not all anxiety, however, is caused by a physical problem. The emotional, mental, and spiritual aspects of an individual can also have problems with "vision." Are you "seeing" everything you need to see to be fully comfortable in your important relationships? Are you "seeing" everything you need to see to feel fully comfortable with the decisions you make on a daily basis? Are you "seeing" everything you need to see to be comfortable in your spirituality?

Different people will, of course, have entirely different needs in these categories. One person might be fully relaxed and comfortable with relationships full of conflict, with a life without plans or direction, and with no sense of connection with the Divine. For someone else, difficulty in "seeing" in any of these aspects of life would cause a great deal of free-floating anxiety.

Because the causes of free-floating anxiety are below the level of conscious awareness, discovering what—if anything—might be causing you to feel anxious will require some introspection. It may be that any anxiety you are experiencing is, like mine, a result of less than wonderful vision. You may not need cataract surgery, but perhaps a change in prescription for your glasses or contacts is in order. How are you feeling about your relationships? Do you have any that give you the "walking on egg shells" feeling? Do you have any that seem to suck all the air out of your lungs? Does the room light up or darken when your significant other enters?

One of the most popular management development programs of the 1980s, "Managing Accelerated Performance," advocated a "brain dump," which put on paper (in a day-timer) all the "to dos" participants had hanging over them. All those things you're tracking (such as a dental appointment, an oil change, phone calls, and things to do around the house or in the yard) add up and create mental stress. Writing them down, and especially, checking them off your

list, will definitely reduce any free-floating anxiety you might have had.

Addressing the issue of anxiety caused by problems with one's spiritual connection may well have the greatest variability from individual to individual. Some people are perfectly comfortable not thinking about it. They may pursue their intellectual and/or creative life with spiritual dedication even while claiming to be atheists. Others may find relaxation and comfort in a particular religious practice. Others may find that same sense of connection to the All That Is in communion with Nature.

If you are experiencing a sense of anxiety and have eliminated physical, emotional, and mental causes, it may be that you need to find a sense of spirituality that satisfies that need. Fortunately, when it comes to spirituality, it is generally true that if you seek, you will find. "Seeking" in this case doesn't mean searching the globe, going to a variety of religious services, or eating or not eating special foods. What has worked for others may not work for you, but something will. Look within, and when you find it, you'll know.

### *Green Grasshopper and Martin Luther King, Jr.*

Life is rich with choice, and while we value that, choice itself can create amazing values clashes, even among people who love one another deeply. People who know me and know my husband John are well aware we are opposites in many ways. John and I have joked about going out to breakfast rather than going to the polls because our votes would just cancel one another's out.

Of late, there had been less joking. He watched with fervor all that led up to the election of our current president, and even though I did not vote, his candidate did not win. And through it all, it all resulted in its being less and less likely we could have a conversation even remotely touching on politics without its also touching on something that did not even remotely resemble a meeting of the minds.

As is often the case, he made some choices I would not have made. After what I considered diplomatically unsuccessfully trying to get him to change perspective, not on everything, but at least on some things, I found myself feeling quite disconnected, and we bumped into enough raw spots that I am thinking we both were quite aware of the distance that loomed a bit insurmountable, at least to me.

I am sure some of my discomfort (OK, "emotional pain" is a better way to say it) came from the fact that I really do value the freedom we have to make choices, and I even teach how it is always best to stay unattached to outcome because you cannot know what is highest good. I fully appreciate the way the teachings of Abraham-Hicks help you see the gift in contrast. So I had been cut off from my own core values. Something obviously had triggered what Gary Zukav and Linda Francis refer to as a *frightened part of my personality* (in *Heart of the Soul*), and I began to

share some of my ragged emotions with a couple of good friends who respect both of us.

Things came to a head over John's choice of words on a protest sign that tipped the tentative truce I had been holding within my "self."

Now, some of you will automatically understand when I mention it is significant to note that several days prior a huge green grasshopper had been hanging out in our garage. I had to Google images of green grasshopper to know it was for sure what this amazing creature was that moved around the door to our family room for day after day and even got on my garage shoes at one point. For a number of years I have enjoyed reading the meanings indigenous peoples found in the creatures they encountered. One of my favorite resources for this is *Animal-Speak*, by Ted Andrews. The key message in that reading was "grasshoppers always hop upward or forward, never backwards. They remind us that life only becomes difficult when we refuse to move forward, and promises that if we make the move, we will see our hopes and dreams begin to be realized."

I recorded those words in my journal, and later that day, I wrote to my two friends who had held space for my journey living with a political activist. I wrote, "I am free at last. Somehow, something happened in the past couple of hours that just opened my heart and mind. I have been challenged by the lack of respect I felt was being offered to our president and others with whom John disagreed. Suddenly, I am aware I must be that which I wish to see in the world. I do not agree with John's conclusions, but I am no longer agonizing over them. Thanks be to God!"

The response from one friend of "Halleluiah for All of Us ... whenever one of us loves, forgives, becomes free it happens on some level for each one of us. Thank you!" confirmed my choice to share with another whose intent is also to stay off the drama triangle and whose belief is that relationship is the fertile ground in which you get to grow yourself up.

The second friend responded with the same essential message but in words that will, I think, touch you as much as they touched me. Here is the message, just as it came:

I think it's very interesting that the title of your email is "free at last". It immediately brought Martin Luther King, Jr. to mind. He was an "activist" who was committed to being the change he wanted to see in the world, too. I've been thinking a lot about John and how his conclusions about government and Barack Obama seem so out of sync with the "lover" he is. I wondered last night if he agreed to play the "protester" role so that those of us who love him could more easily open ourselves up to listen more closely to perspectives that are different to our own so that we can better be agents of change and instruments of healing. I've been pondering how John's journey right now is gift for me as I seek to increase my awareness of the One we are.

From the ending of Martin Luther King, Jr.'s, inspired speech: "...when we allow freedom to ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, 'Free at last! Free at last! Thank God Almighty, we are free at last!'"

Perhaps Democrats and Republicans, protesters and those who are not, supporters of health care reform and those who do not support change, those who are "prolife" and those who are "prochoice" would also be included in the modern day version of this speech.

I know John will read this article, and many others who know him will read it, too. Before I decided to share, I wondered if telling the truth about my experience with this inner work might violate MIPPA (Marriage Insurance Portability and Accountability Act). It came to mind, thought, that so many of us really do see the opportunity behind every struggle and you will each read "our" story as your own, and you will see it all through the eyes of love and compassion and we will be able to join hands and sing in the words of the old Negro spiritual, "Free at last! Free at last! Thank God Almighty, we are free at last!" (By the way, the green grasshopper was no longer in our garage when I went out to look.... Another of God's creatures free at last.)

### *So What Is NLP Anyway?*

As someone who has been studying NLP for more than 20 years, I am often surprised at the amount and kind of misinformation about it. NLP is the standard abbreviation for *Neurolinguistic Programming* (or, as it is sometimes spelled, *Neuro-Linguistic Programming*), and that's part of the problem. Although the term, "Neurolinguistic Programming" started as a joke, it accurately describes the discipline, which is usually defined as the *study of the structure of subjective experience*. "Neuro," stands for neurology, references the nervous system, including the brain. "Linguistic" refers to the way in which people use language. "Programming" refers to the way in which neurological and linguistic structures develop and then shape behavior.

The early criticisms of NLP were that it was "manipulative" and that it "didn't work." Very little research has actually been done on NLP, and most of what has been done was based on faulty assumptions. Two early studies, for example, basically concluded that all of NLP was false because the famous eye-accessing cues (see <http://www.scs-matters.com/special.shtml>) failed to match associated language patterns. The researchers began with a false premise, that a "visual" eye-accessing cue *should* be matched with a visual predicate (such as "see" or "clear"). The

research was further confounded by its failing to provide sufficient training for observers.

The researchers failed to note that eye-accessing cues are an unconscious process—they are controlled by patterns outside of (or below) conscious awareness, while language is much more a conscious process. Also, being able to pay attention to eye-accessing cues (be sure to watch the video on the SCS Web site) while simultaneously paying attention to what is being said requires more than a little practice. Serious research by neuroscientists (such as Antonio Damasio and Joseph LeDoux) and science writers (such as Norman Doidge and Jonah Lehrer) is consistently showing that the basic concepts of NLP are fundamentally true.

A new discipline, *neuroplasticity*, which is basically the study of how old brains learn new tricks, has helped explain how such early NLP techniques as the "Fast Phobia Cure" (see *Healing with Language: Your Key to Effective Mind-Body Communication*, by Bowman and Basham, pp. 236-238) are able to achieve their effects so quickly and easily. When most phobias can be eliminated in about 15 minutes using NLP instead of through months of psychotherapy, it's easy to understand why traditional psychotherapists have felt threatened by NLP. That is, perhaps, why the confirmation for NLP has come from neuroscientists rather than psychotherapists.

Because it works so quickly, NLP has often been called a form of brief therapy, but although an increasing number of therapists are incorporating the tools of NLP in their practices, NLP is *not* therapy (see John La Valle's article on the subject at <http://www.scs-matters.com/article-LaValle.shtml>). The techniques of NLP are designed to engage the brain's natural neuroplasticity to change the structure of ineffective neurological patterns and make them more effective.

To have phobic responses, for example, people have to process information in a certain way. They create scary images, tell themselves scary things, and amplify the neurology of fear. Where traditional psychotherapy attempts to "desensitize" people to their fears through increasing levels of exposure, NLP bypasses that process and simply teaches people how to "run their brains" in a new way. The fear simply dissipates.

Another lingering concern about NLP is that one of its founders, Richard Bandler (see [www.richardbandler.com](http://www.richardbandler.com)) was arrested for murder. Although he was tried in 1986 and found not guilty, the shadow of that experience has followed him in spite of his ongoing creativity and accomplishments. When I had first decided to study NLP with Richard, a number of people warned me, "Oh, don't study with Richard. He *installs* things. He will change you." Well, sure ... if you don't want to change, don't study NLP. NLP is, after all, about change and having choice about the changes you accept and those you reject. Some have said that NLP is *manipulative*, and there is some truth to that. NLP is a tool, and tools are *always* neutral. Ethics reside in the person using the tool

rather than in the tool itself. It is as inappropriate to question the ethics of NLP as it is to question the ethics of a hammer. If you plan to study NLP (or any other form of *changework*), study with someone who demonstrates the kind of ethics you wish to emulate.

In all the years I have studied NLP with Richard and his current principal co-presenter, John La Valle, I have consistently been impressed by both their skill and their integrity. They present a model that Debra and I have attempted to follow, even as we blended our understanding of Energy Medicine with the techniques of NLP. Although the “NLP attitude” is based on finding new and better ways of doing things, not every NLP trainer encourages exploration and freedom of choice. Regardless of where, when, and how you choose to learn more about NLP, find a trainer who doesn’t require guru status.

Debra and I would be glad to have you study both NLP and Energy Medicine with us, but we’d also be the first to encourage you to broaden your horizons in a variety of ways, including books, podcasts, videos, study with others, and experimentation. After all, if NLP is about anything, it is about your knowing more.

### *Language Tip*

New with this issue, “Language Tip” is designed to provide a brief description and explanation of one of the “Advanced Language Patterns” from NLP. If it proves popular, we will include it on a regular basis. This month’s tip covers the uses of *tag questions*.

A “tag question” is a short question appended to the end of a declarative sentence:

*It was a good movie, wasn't it? [Voice tone up]*

With voice tone up (normal question inflection) the tag question creates doubt about the original declarative sentence. When the tag question is inflected as another declarative sentence, with voice tone down, it increases the strength and conviction of the main sentence:

*It was a good movie, wasn't it.... [Voice tone down]*

The inflection (as a question or as a statement) influences the meaning of the original statement. Use voice tone up (question) when you want the other person to think more carefully about something he or she has said. For example, if someone says something that you find troublesome in one way or another, use voice tone up to call it into question:

*You really believe that's a good idea, don't you?*

Use voice tone down when you want to encourage the person to rethink the idea or to emphasize an alternative view:

*You'll think about that choice again, won't you....*

*Before you decide, you'll think about other options, won't you....*

When used correctly, tag questions have an important impact on the way others respond to your communication. An added bonus is that as you use them, you automatically begin to consider a variety of options in both your language and your behavior. One caveat: While you will want to practice this and other advanced language patterns until you can use them gracefully, you’ll want to avoid overusing them and driving your friends crazy, won’t you....

For more about tag questions and other “Advanced Language Patterns,” see Chapter 10 in *Healing with Language: Your Key to Effective Mind-Body Communication*, by Bowman and Basham.

### *What's New?*

As readers of the SCS Blog (<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-jlK>
- **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. To receive SCS updates on FB, “friend” Joel. We haven’t yet 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, where we have the username SCSTMattersLLC. To “follow” us on Twitter, simply go to <http://www.twitter.com/SCSTMattersLLC> and sign up. We use Twitter to let you an easy way for you to stay informed about what we’ll be doing and where and when. If you are able to help us make better use of either Facebook or Twitter, we’d be glad to hear from you, whether by email or Facebook wall writing....

Also, we now have a newly revised and published edition of the SCS Level 2 and NLP in text/workbook format. The new title is *Healing with Language: Your Key to Effective Mind-Body Communication*. If you’re among those who purchased one of the previous editions—even back to the days of the big, thick, three-ring binder version, you’ll be glad to know that we will make the new version available at a *huge* discount—so that we can all be on the same page. The retail price of the new manual is \$24.95, plus \$1.50 Michigan sales tax. For those replacing previous

editions, the charge will be a mere \$8 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)

### *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 Super Sunday for September. The Super Sunday for October is scheduled for the 25<sup>th</sup>. The Super Sunday in November is scheduled for the 22<sup>d</sup>, and, because of the holiday schedule in December, 22 November will be the last Super Sunday for 2009. 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.

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).

Starting in 2010, our NLP training will focus more on the intensives. While we will continue to offer Super Sundays as time permits, we will use them to focus on introductory material and skills review. We are currently planning two 9-day (Friday through Saturday) NLP intensives, with one scheduled for April and the other in August. As always, we will be glad to hear from you about the what, where, and when of the SCS/NLP workshops.

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)

***Change begins with you. SCS can help.***

***See more...***

***Hear more...***

***Feel more...***

***Be more ... SCS***

