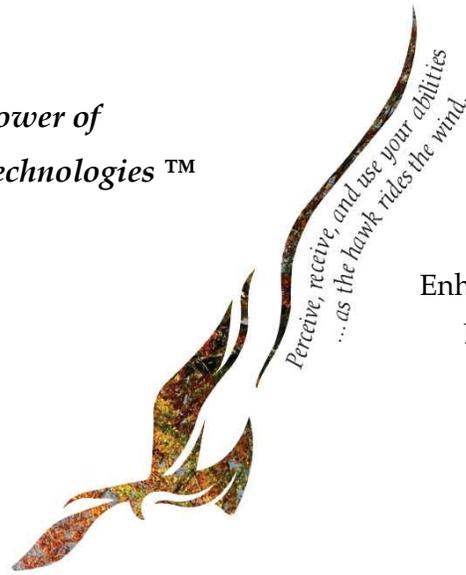


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Edited and published by Joel P. Bowman and  
Debra Basham for SCS Matters, LLC  
October 2012

## Welcome ...

Here is your *Beyond Mastery Newsletter* for October 2012. 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:  
[www.scs-matters.com/beyondmastery/Newsletter-Oct12.pdf](http://www.scs-matters.com/beyondmastery/Newsletter-Oct12.pdf)

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This month the featured articles are “Falling into Fall,” by Joel; “Who Said That?” by Debra; “Interventions,” by Joel; and “Hints from Heaven,” by Debra.

## Falling into Fall

I don't know about you, but it seems to me that our spring and summer have flown by at supersonic speed. For those of you south of the equator, you may be glad that winter is fading fast for you. Humans have known for a long time that seasons influence mood. The great literary critic Northrop Frye, in *Anatomy of Criticism* (1957) identified the following patterns in literature:

- Spring is associated with *Comedy*.
- Summer is associated with *Romance*.
- Autumn is associated with *Tragedy*.
- Winter is associated with *Irony and Satire*.

Literature suggests that this is our common cultural heritage, regardless of one's specific culture. We have fun in spring, make love in summer, experience tragedy in autumn, and become bitter and ironic in winter. In some ways, the changes in season mirror human changes from birth to death. Childhood is a time for comedy; adolescence is the time for romance. Although most tragedies of middle age aren't the same as those experienced by Hamlet and Othello, middle age is the time most of us discover that the dreams we had while young may never be realized. It

is understandable that we learn to see the irony of our lives in the winter of our advancing years.

While the seasons of the year may be filters for our perception, they do not determine where we choose to focus our attention. We can choose to focus on comedy and romance at any age and in any season. These words have, of course, changed meaning over the years. Shakespeare, who wrote numerous comedies, would not have recognized the “comedy” in the kind of situation comedies common on TV, although he certainly would have appreciated many of the skits on “The Carol Burnett Show.”

We now think of *romance* as a boy-meets-girl story, but the original idea came from medieval chivalry. Chivalry includes the concept of holding others in high esteem. It is related to the idea of comedy because most comedies include the idea of boy-meets-girl, romance, and a wedding. The fundamental difference between a comedy and a tragedy is that a comedy ends in a wedding (and they all lived happily ever after), and a tragedy ends in a death (or a lot of them—think “Hamlet” and “Othello.”)

Irony and satire both contain humor, but the sense of humor is different from that of comedy. In a comedy, people laugh because they are having a good time. It is a shared, community experience. In irony, the laughter is based on seeing scoundrels get their just deserts. It is ironic that “chickens come home to roost.” The laughter in satire is based on the foibles of others. The guy walking down the street who steps on a banana peel, slips, and falls can be satirized. It is ironic when the guy who tosses his banana peel away later steps on it, slips, and falls.

Regardless of the season, everyone can associate into the framework of Comedy, Romance, Tragedy, or Irony and Satire. The only real question is whether we recognize—are consciously aware of—what we are doing and why. That awareness is part of having moved beyond the Drama Triangle and the Cognitive Triangle, and—at least for the moment—enjoying the Transrational Perspective that transcends time and space. Try it. I'm sure that you'll like it.

For more about the Drama Triangle, Cognitive Triangle, and the Transrational Pyramid, see pp. 182-192 in *Healing Through Language: Your Key to Effective Mind-Body Communication*, by Bowman and Basham. A free download in PDF format, "The Drama Triangle" is available at the following Web address: <http://scs-matters.com/subtle-communication/hwl/>. Scroll down for the link to the download.

### *Who Said That?*

I read an amazing article by Madisyn Taylor (Daily Om) titled, "Being Your Own Voice of Reason," in which she wrote: *When we begin to bring consciousness to what we are making things mean, we may be shocked at the messages we have been feeding ourselves all these years.*

This idea is often in my awareness as you can notice making things up when you do not know what is what, for example, when *someone* is upset about *something*. NeLPers know that people respond to their own mental maps (rather than to reality itself), but it is another matter altogether to stop your own mental gyrations before they do damage to you or those you love.

This is a poignant practice for me in settings where a lot of alcohol is being consumed. I understand where that stress comes from—my dad was an active alcoholic when I was a child. Fortunately for all of us, the last many decades of his life were spent in sobriety, but my inner reaction was programmed at a very tender age.

I watched an incredible interview with Eckhart Tolle about his own spontaneous spiritual awakening after many years of anxiety and depression. He described his inner landscape of stillness, untroubled even by troubling thoughts. He described the sky always being blue, with occasional clouds drifting by before they go "poof." Even when there are more clouds than blue sky, at his core he remains in peace because he does not get pulled into the gymnastics of his mind. He does not tell himself stories...

It has taken me many years to notice what had really been challenging for me was the lack of my own *awareness* that went hand-in-hand with the discomfort I had with the consumption of alcohol. Even while my spiritual practice has (for years) been to *go within*, and that is a phrase that means something very clear to me, I could not get through the clutter to my own stillness.

Stillness is a space of well-being. It is a core of peace. It is my connection with nature. It is where I can feel my own energy flow. In the stillness I know all is well. It is what Karen Drucker is singing about when she sings *in the stillness of this moment there is peace, and I rest and I trust, and breathe, and know....*

What had happen to my stillness and that blessed core of peace when I was in the midst of the drinking? Where had it gone?

That question has begun to be answered as I bring consciousness to what I had been making things

mean. Yikes. The second verse of Karen's song is *in the stillness of this moment there is love.*

The problem was not what was happening out there (what others were doing). The problem was that I would get so busy in my head, I could not find my own heart. My usual compassion was not there, not there for me and not there for the others. It was as though my temper was hot; my fuse was short; and my peace was gone.

Fortunately for all of us, the final verse Karen sings goes like this: *in the stillness of this moment I am peace. I am love... I am. I am. I am. I am. I am peace. I am. I am. I am. I am love. I am. I am. I am. I am. I am peace.* (See: [www.youtube.com/watch?v=Vf\\_eBLGWvu4](http://www.youtube.com/watch?v=Vf_eBLGWvu4))

Taylor closes her article with a powerful invitation to us all as she encourages each one of us to take the reins of your own mind so you can "begin assigning a kinder meaning to the events in your life and you will likely find yourself on a much more pleasant ride."

### *Interventions*

A version of this post also appears on Joel's blog (see <http://www.scs-matters.com/blog/?p=1989>).

If you have been following Debra's and my attendance at various conferences and meetings this year, you already know that we've been hanging out with some of the best healers in the country. This article describes the interventions I have received along the way, primarily for my principal presenting problem of hearing loss. My hearing had been declining for at least the last 10 years.

One of the things about hearing loss is that it is subtle. When your vision gets blurry, you can see it. When you lose hearing, you can't tell what you are not hearing. You just find yourself saying, "What?" more often. The standard medical model for hearing loss associated with aging is primarily the result of damage to the hairs or nerve cells in the cochlea responsible for sending sound signals to the brain.

Because the little hairs can't be repaired through any known method at this time (stem cells might make a difference), many with hearing loss are told to get hearing aids and learn to live with the associated problems. And there are problems: a majority of those who buy hearing aids stop wearing them within a month or two, saying that they are more trouble than they are worth.

For each of the interventions I describe here, my "presenting problem" was hearing loss. The interventions described here are all "holistic," in that the whole body and energy field are evaluated and treated rather than just the hearing loss. The theory behind holistic interventions is that problems, including hearing loss, are a result of total system compromises. If only the one symptom is addressed, the problem will recur. The problem will be corrected when the system as a whole is restored to normal functioning.

Although I had been “hanging out” with energy workers for a number of years and receive acupuncture regularly, my experiences this past spring and summer introduced me to a much broader range of holistic therapies, including both osteopathy and chiropractic. At the ICIM meeting in Lexington, Kentucky, I was introduced to Mesotherapy. See [Adventures in Mesotherapy](#) for details.

The Mesotherapy consisted of a number of injections of a homeopathic remedy. In addition to focusing on old (high school) injuries to my liver (Hepatitis A from an infected water supply) and left kidney (a football injury), in response to my presenting problem of “hearing loss,” one of the attending physicians addressed a trauma-induced lipoma on my head (if you have seen me in person, you’ve probably noticed it). Following that intervention, the lipoma is smaller than it was, and Debra became aware that my hearing had improved. I also just plain felt better. In general, I found the Mesotherapy a powerful intervention. It is hard to say what overall effect it has had on my hearing, as I have received several additional interventions since, and each has made a difference.

At a wellness conference in the Chicago area (see [Wellness for All](#) for details), I received two interventions in response to a comment I made about hearing loss in my presentation about stimulus-response conditioning as a therapeutic intervention. First, I experienced an energetic intervention called “Crystal Consciousness,” which I found very powerful and actually needed assistance walking afterwards). The women who did this intervention, Jane Frey and Pam James, worked with my energy field as a whole. I did not test my hearing afterwards, primarily because I went to sleep soon thereafter and, in the morning, needed to be ready for the activities of the following day.

The next day, I had the opportunity to receive an intervention from a person licensed in acupuncture, Chiropractic, and Applied Kinesiology who also happens to be a Master Practitioner of NLP and a licensed hypnotherapist. Danny McLane is from the Chicago area (see [Balance Natural Health Care](#)). He did some of everything from his arsenal of interventions on me (and used some hypnotic language patterns I found interesting) and made many comments similar to those made by the person who did most of the Mesotherapy while she was working on me. After Danny’s intervention, I tested my hearing and found it much improved.

Later, when I was walking from the hotel to the conference center, another person from my presentation group asked me if he could do a spiritual intervention for me. I said yes. Later, I had another intervention from a well-known trance medium at a gathering in Jackson, Michigan, so the interventions were beginning to add up.

The following month, when Debra and I attended the Healing Touch Program Worldwide Conference

in San Antonio, Texas, I had an intervention from a well-known writer and speaker (Deborah King—you can see her books on Amazon.com). I also had an intervention from [Mary Jo Bulbrook](#), a long-time practitioner of Energy Medicine and the principal developer of the Crystal Consciousness system of energy-based healing.

Although both my hearing and my general health have improved, it is hard to say which modality had the greatest impact. My hearing continues to have ups and downs, but in general, it continues to be much improved from what it was—and sometimes it is astonishingly good. I cannot account for its ups and downs, but I am increasingly convinced that the standard medical model of hearing loss is at best a partial truth. If nothing else, the interventions I received confirmed my belief in holistic approaches to health.

The bottom line is that the standard medical model, which relies on pharmaceuticals and surgery, is not complete, and holistic therapies may prove better—a lot better—for many common conditions. Whatever your condition, explore your options. Remember that both allopathic and holistic therapists are a lot like plumbers and mechanics: some are better than others. You may need to try more than one to find one who produces really good results for you.

### *Hints from Heaven*

I read a cool phrase from Neale Donald Walsch: “A hunch is angel talk.... Honor your Hints from Heaven. They could be giving you the best advice you ever had.” What a wonderful way to think of our inner wisdom or intuition or higher-self or guidance from the Holy Spirit. I don’t know what you call that sense, but we probably all agree we want more of it.

As with other areas of life, the best way to get more of what we want is to focus on that. For example, basic dog training says if you want your dog to let you know when he or she wants to go outside to the bathroom, catch that behavior and reward it. This can be fully understood to apply to our hints from heaven, too.

From “Psychology Today”: “We think of intuition as a magical phenomenon—but hunches are formed out of our past experiences and knowledge. So while relying on gut feelings doesn’t always lead to good decisions, it’s not nearly as flighty a tactic as it may sound.”

If you like reading to learn, you might appreciate checking out Mona Lisa Schulz, a medical intuitive. One of the reasons I appreciate her work is that she truly demonstrates how the best intuition comes from good knowledge paired with that mysterious element someone called “Gut Almighty.” Dr. Schulz received her doctorate in behavioral neuroscience from Boston University School of Medicine in 1993, and “in addition to her extensive background in health and brain research, Dr. Schulz has been a practicing medical intuitive since 1987. During a medical

intuitive consultation, knowing only someone's name and age, Mona Lisa discerns both a person's physical condition and the emotional state of his or her life, explaining how the two are linked."

This healing story came from John Suhar, who studied NLP with Joel and me several years ago, and has also gone on to study with Joseph Riggio (Mythoself). Notice how, although John does not mention his use of intuition, it is clear he is getting guidance. The story is in his own words, and I am using it with his permission.

Not long ago ... I was asked by family members (of another family) for help with their family member who was addicted to opiates.

This person (will not give actual names ... so I will just call her Jane) finally came forward saying she wanted to quit her use of pain meds. Why did she want to quit ... out of money to continue the addiction and the realization she was leaving her kids at time (age 14 and 12) to go buy these drugs.

Her brother (we'll call him Mike) came to me for help.

I went with them to the hospital emergency room (with Jane and Mike, due to Jane's severe withdrawals, to find out from the doctor if any physical harm would happen to her body if the drug were stopped immediately without her being weaned off the drug. The answer was that there were severe withdrawals only.

The rehab center for this type of addiction told Mike that a space at their center was not available and for him to administer some form of the drug until she gets placed at the rehab center.

Anyway ... hospital emergency room released Jane, and the wait was on for the rehab center placement ... and it was time for me to go to work.

First, I discovered that Jane's mother passed on a year before, and Jane started taking pain meds that her mother had to deal with her death. I also found out she was close to her grandparents who had also passed on.

So ... off to the cemetery I went, taking pictures of the gravesites of her mother and the grandparents. Then returned to Jane's home. I educated

the family on what I was about to do and to refrain from interfering with my work in progress.

With Jane sprawled out in agony suffering from withdrawals. I started by using the [Tony] Robbins' Technique called the Dicken's Approach (The story ... "A Christmas Carol").

I used conversational trance and played the part of the ghost of Christmas Present ... Past and Future ... showing her the photos of the gravesites and sending the experience into the future where her grand kids never meet her, and her kids bringing their kids to the cemetery to meet the grandmother they never actually met. Then anchored it over and over.

Well ... she did get placed in a facility, and I've followed up with Jane, setting a Greater Than Self experience (found in the MythoSelf Process), and I'm glad to inform you she is doing quite well.

I've been told that the counselors in the rehab center have never seen a recovery from an opiate addiction that happened so quickly.

The power of NLP ... what else can I say.

Remember a specific time when you acted on a hunch and had a positive outcome. Pay attention to the way you received that insight. Did you hear a voice in your head? Did you have a feeling in your body? Were you aware of images? In NLP we know these inner details as *submodalities*. Perhaps you can think of submodalities as the language of our guardian angels bringing hints from heaven!

### *Language Tips and More*

For the current Language Tip and more, be sure to see [scs-matters.com](http://scs-matters.com). You'll find the link to the language tip on the left side of the home page along with links to Debra's "Wellness Tips" and our blogs. Our new website also allows you to stay current with SCS in a convenient and more timely way than our month-to-month comments in the newsletter. You can subscribe to all our posts by clicking on the "Posts" link at the top right side of any of the pages.

You can also stay in touch with us by Facebook, LinkedIn, Twitter, or Skype. You can also text or send a quick email message: [debra@scs-matters.com](mailto:debra@scs-matters.com) or [joel@scs-matters.com](mailto:joel@scs-matters.com), and within the continental U.S., you can call Debra at (269) 921-2217.

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