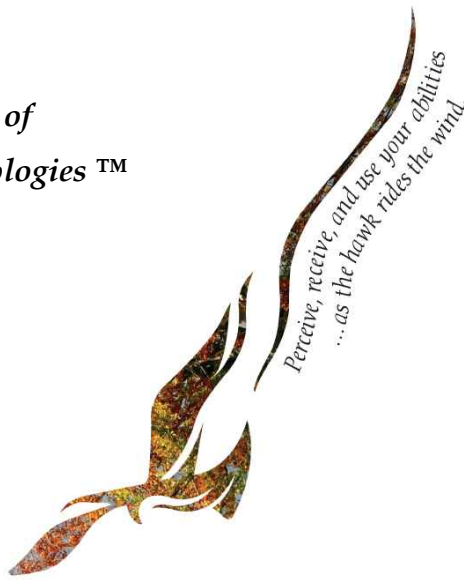


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Edited and published by Joel P. Bowman and
Debra Basham for SCS Matters, LLC
September 2010

The SCS *Beyond Mastery* Newsletter

Welcome ...

Here is your *Beyond Mastery Newsletter* for September 2010. 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, “A Special NLP Student,” by Debra; “Training Days,” by Joel; “Sacral Chakra Fun,” by Debra; and “Powerless,” by Joel.

A Special NLP Student

I know you can understand how nothing is more intimate than the opportunity to simply be present with another human being during a challenging or difficult time. You get to watch as the human spirit slips gently back into whatever had seemed to be missing—health, happiness, a sense of safety, belonging, love, peace, joy. That experience happened for me in a very major way during the August NLP Intensive.

Admittedly Joel and I were still very much amplified after nine days in Orlando with Richard Bandler and John and Kathleen La Valle and the international community of NeLPerville, but even with that I admit some of the happenings were over the top. One of the participants was in a vehicular accident—her car was totaled—on her way back from going out to buy her lunch. Knowing that Joel and I include energy medicine (Healing Touch™ and Reiki) with our trainings, she elected to come back to join the group rather than be taken home. We all know that, in this country, it is against the law to practice medicine without a license; therefore, she *chose* to take Rescue Remedy (Bach Flower Essence) and Arnica Montana (homeopathic remedy). Both of these just happened to be in my purse, if you know what I mean! I did energy work on her, and she did energy work on herself.

Although she took the next day off, when she returned to class the following day, she was proudly showing off how accelerated the healing had been.

In fact, the places where we directed the healing energy were almost totally healed—in just two days. A couple of places we had not noticed the day of the accident were in an **obviously** slower healing progression. The reminder is to be sure while you are working on what you think needs some attention, always allow the wisdom of the healing energy to go where it is needed, rather than just to where your conscious attention is focused. You already know this is simply allowing for *highest good*, but it was a good reminder for me. <blush>

A couple of the other participants were having marvelous meltdowns ... giving birth to magnificent new ways of being, but a “special” participant is the one who really rocked my boat. “David” (rather than not use his real name to protect the innocent, I am using his real name to introduce the innocent) is a young adult with special needs, and his mom is the woman who had had the great lunchtime adventure....

David came to class with his mom. I watched his face light up when I made a nametag for him. It really is a basic human desire to know you fit in with your tribe, and his innocence allowed his delight to be visible to all of us.

One day while everyone else was busy working in groups, Joel did some trance work with David. I think they were both surprised by the depth of the emotion they experienced.

When the group was creating well-formed goals for installation during the “multi-induction” exercise, I coached David a bit while he wrote his. He started with wanting to be able to share his feelings without hurting others. He wanted to be able to be kind. He wanted to be able to help veterans, and he wanted to

honor the memory of his grandfather who had served in the military.

Joel created a certificate for David for his *honor and courage during the NLP training*, and you can see David's great big heart in his grin—front and center—in the group photo Joel took (see <http://www.scs-matters.com/NLP-Aug10>). Thank you, David. Whatever it might have meant for you to be there with this group, the real awareness for the rest of us is to let love live through us, too. That means you can be open to it. That means you welcome it. That means you are able to recognize it. When I saw him at his mom's office a few days later, David was still wearing his nametag.... What an important lesson this special NLP student came to teach us all: It is important to know who you really are so you can proudly share your real self with the world!

Training Days

Debra and I had already scheduled our August NLP intensive before we decided to attend the July NLP workshop in Orlando. We knew in advance that with two intensives scheduled back-to-back, we would be having an "intense" time. Our Training Days were more enjoyable and not quite as intense as those of Ethan Hawk's in the Denzel Washington film, "Training Day," but they definitely were intense, both emotionally and mentally.

Some activities, such as spending too much time watching TV, can be mind numbing and emotionally draining without providing a corresponding enrichment. NLP intensives aren't like that. The mind may go blank from time to time. Occasionally a participant (or a trainer) will have what Debra likes to call "a melt-down," in which the emotions get stretched past the snapping point. In the right environment, however, such breakdown moments lead to "break-throughs," in which the environment and everyone in it is seen with new eyes.

Debra and I have taught NLP for certification in a wide variety of training formats, including a series of weekends, five-day training segments, commuter intensives (9 or 10 consecutive days of training), and residential intensives. Each of these training formats has advantages and disadvantages.

The weekend format is especially good for those who can't afford time off work for a longer training. The principal problem with this format is that it makes the training *seem* less important. Most people save a variety of relatively unimportant activities for the weekends, from shopping, to mowing the lawn, to washing the car. A related problem with this format is what might be called the "two steps forward, one step back" learning. This is essentially the same problem that schools have because of summer vacations. Just as students forget at least some of what they learned during the "school year" over the summer, would-be NLP Practitioners and Master Practitioners also forget at least some of what they learned from weekend to weekend. Two steps forward, one step back.... Trainings in the weekend format need to last more days to

compensate for the time lost between trainings.

The five-day trainings (with two five-day trainings being required for certification), are somewhat more efficient than the weekend format, but the time between the trainings tends to follow the same "summer vacation syndrome" as the time between weekends. Even if one weekend is included in the training, participants are still missing three days of work, which they would need to do on at least two occasions.

Both commuter and residential intensives can (and usually do) incorporate two weekends, which makes them more efficient from the standpoint of time away from work. It also makes them more efficient from the standpoint of learning. The "summer vacation syndrome" occurs primarily because of the sense of being *not done yet* that occurs when the participants know that they will need to return for additional training.

When the intensive ends with the sense of having earned certification (NLP certifications with SCS Matters, LLC, are through Richard Bandler and the Society of NLP) something magical happens. It isn't, of course, the only time and place something happens with the completion of a degree or certification. People who complete a training have the sense of being ready to apply what they have learned. Not everyone does, of course. Just as earning a Black Belt in a martial art is *the beginning* of serious study, earning Practitioner in NLP is the beginning rather than the end. Those who go on for Master Practitioner of NLP are aware that they are still on a journey—a journey that really has no end. Other than in spy movies, it is simply not possible to know too much.

In both the martial arts and NLP, some "fall by the wayside" along the way. Let's face it: excellence requires work, and both the martial arts and NLP require desire and dedication, the desire to *know more* and the dedication required to *continue learning* even when others might question the value of expanding your awareness. Regardless of which training format best meets a variety of your needs, the most important thing is your dedication and commitment to knowing more—more about how you and others create and maintain the world of your subjective experience. Your being able to run your own brain is, after all, what NLP—the study of the structure of subjective experience—is all about. When it comes to the ability to "run your brain," you'll find that the bliss of awareness is a lot more satisfying than the bliss of ignorance.

Sacral Chakra Fun

I would guess we will have larger groups in our NLP Intensives as word gets out that we have "Orgasm Day" during the training. OK, it may not be totally what you are thinking, but it is a day of intentional laughter with an emphasis on sexual humor, if you know what I mean.... And that is feeling good for a very good reason.

You may be wondering what that is all about, and you are right to think it has a very important message for you, too. Energy medicine recognizes that the

“energy and information” of the sacral chakra is related to sex (yes), to procreation, and to creativity! To identify the area of your body referred to as the sacral chakra, place your thumb in your naval, and let your relaxed hand hang down. That area of your lower abdomen, down to the pubic bone, is called the sacral chakra.

Humor is a way people learn quickly and a way to relearn when unhelpful fears had been installed in a person. Think about the ways that fears around sexuality get “domesticated” into humans. Fears of “out of wedlock” pregnancy, fears of sexually transmitted diseases, and fears related to sexual jealousy are issues of the sacral chakra. As far as we can tell, humans are the only species that has so many rules that go against natural instincts. Of course, there are plenty of reasons to use good judgment about behavior. Each person needs to be aware of that, for sure.

The other energy that is related to the sacral chakra is creativity. It is probably obvious that creativity is vital to human survival as surely as is sex. In fact, these energies are intimately connected, no pun intended. To prove that to yourself, take a few minutes to just breathe into, or put your attention on, that area of your body. Notice any thoughts and feelings that come to mind. You may notice a color or a sound or even memories floating into your awareness. Now, let yourself imagine a message about all this. You may ask, “What is real?” or “What do I need to know in consciousness *now* to free my energy?” or “What will allow my creativity to really flourish?”

In addition to the pickle, and the pickle slicer joke, another of the tools for laughter we used on our recent “Orgasm Day” was the roll-over-laughing dog (see www.youtube.com/joelpbowman). Suddenly, I can imagine a message written on the bathroom wall, “For a really good time, go to Cracker Barrel and purchase a roll-over-laughing pet....” That brings up quite the picture, doesn’t it....

The point is to notice the sorts of thoughts or beliefs or attitudes you have that block energy in that part of your energy field. Notice those that get the creative juices flowing. Do less of the former and more of the latter and you will be surprised how much healthier you will be. Your best ideas will not come from feelings of fear. They will come from feelings of freedom. Think about being given a picture to color, and coloring it the way you see it in your mind’s eye. If you were told that those were not the “right” colors, a lack of creative freedom would block that area of your body. Now imagine being given wonderfully vivid images, and told that you can color your life the ways that are most beautiful to you. That is creative freedom. Feel what that feels like...

For both men and women, your enjoying a sexual orgasm stimulates activity in the limbic areas of the brain and increases production of the neurohormone, oxytocin. Next time you want to feel really good ... do something creative. The smile on your face might

have folks wondering what you have been up to....

Powerless

Yesterday (as I write this—obviously not from when you are reading it), I spent most of the day without electricity. The power went off without warning, came back on briefly after about an hour, and then went off again for several hours. I was made very aware of how many clocks and other appliances (including those, such as the microwave, with clocks of their own) I have that depend on electricity to do the jobs they were designed to do.

Especially during the early morning hours, while it was still dark both outside and in, I was led to wonder what life was like for our ancestors for whom being without electricity was a normal way of life. Although my main computer, a desktop, requires electricity, I used my battery-powered laptop to record my sense of what it was like to be without power. Even my laptop computer was baffled by the experience of not being able to connect to the Internet. It was as though my laptop was confirming my own sense of isolation, of being cut off from civilization.

If you have ever been without power, you know how quiet a house becomes when nothing is “running.” The normal background hum of all things electrical goes silent. The “normal” sounds of the compressor in the refrigerator, air conditioner or furnace, sump pump, dehumidifiers, and anything and everything else that gets its power from electricity, simply goes silent.

The sense of being alone is amplified. I had my cell phone, of course, and had I absolutely needed to contact someone, I would have been able to do that. I am typically alone on my morning run, so I am used to spending time with my thoughts while jogging through the predawn darkness. I have, of course, noticed the number of runners who carry iPods and listen through earbuds while on their daily run and have wondered what they are listening to that they would find more interesting than their own internal dialogue.

The sad fact is that many people are simply afraid to be alone. A woman once told me that she had nine TV sets in her home, and the first thing she did on arising was to turn them all on so that she wouldn’t “feel alone.” Although I did not ask her at the time, I have often wondered what is so bad about feeling alone. My guess is that the fear of being alone is relatively recent in human history. In previous centuries, people spent more time alone, really alone. Entertainment was time spent listening to tribal elders telling mythic tales. Even in the nineteenth century, entertainment was done in family gatherings with poetry readings (for those families in which someone could read) or music (for families rich enough to own an instrument).

While humans have probably always had gossip of one sort or another, the focus on the trivial that the word implies was a luxury. Most communication was for practical purpose: hunting, gathering, child

rearing, weapons making, and so on. As the advances of civilization meant that fewer people were performing such necessary actions, social activities expanded to fill time for those who had time to spare. The “natural” human, the human as humans lived for thousands of years, was busy tending to survival most of the time. Our ancient ancestors didn’t have time to spend on chitchat. Every waking moment was spent on something necessary to further survival.

That “human” still lives within us, but we no longer have the need to work constantly to ensure our survival. Most of us have a lot of “spare” or “discretionary” time these days. The popularity of diversions, both high-tech and low-tech, suggests that a lot of us don’t know what to do with it. The most popular books (such as “murder mysteries,” romance novels, and those about vampire sex) are designed to distract us from spending time alone in much the same way Facebook and Twitter provide us with an artificial sense of community. Talk radio and most TV shows are also distractions that we use, in Neil Postman’s words, to amuse ourselves to death (see *Amusing Ourselves to Death*, by Neil Postman).

This is not to say, of course, that you can’t learn something by reading about vampire sex or matching your wits against those of Agatha Christie’s master detective, Hercule Poirot. It is also not to say that some of those you “friend” on Facebook aren’t real friends. The question isn’t so much *whether* you read murder mysteries, spend time chatting on Facebook, or watching “soaps” and other content-less TV shows, but *why*. In NLP, the question “why” is often discouraged because it leads to a Pez dispenser of reasons, none of which is likely to be “true.” Reasons “pop up” in the order that they occur to the person answering the question. If the first one doesn’t hold water, another is ready to pop up. Sometimes, however, *why* is the right question even if the forthcoming reasons fail to provide the real answer.

My friend with the nine TVs told the truth. She turned them all on to avoid feeling alone. That leads to another *why* question: Why is feeling alone something to be avoided rather than something to be cherished? If you are among those who has had some sense of apprehension about being alone, take some time to find out why. Turn as much stuff off as you can without having food spoil. Take a few minutes to sit in silence, and spend some time getting to know yourself. What do you say to yourself as things go silent? What do you hear when you silence your self-talk and listen—really listen—to the sounds of silence?

You may find the answers surprising and gratifying, as you will discover the “real” you that underlies the personality you use to navigate your way through life.

Language Tip

Can you think about *conversational postulates* for a minute? If you’re like most people, you gave conversational postulates *some* thought, even if only to ask yourself, “What the heck is a conversational postulate?”

Conversational postulates are an interesting linguistic construction. They are questions asking for a *yes* or *no* response that typically produce a behavior. The following are among the common conversational postulates in English:

- Does anyone have a pencil? [Typically results in the production of pencils.]
- Do you have the time? [Typically results in a statement of the time.]
- Is the door still open? [Typically results in closing the door.]

Richard Bandler has said that his favorite conversational postulate is, “Can you take your clothes off?” While that question is a conversational postulate that might work with the right person in the right circumstances, it probably would not work as often or as universally as, “Does anyone have a pencil?” The behavior being requested is too complex and has too many interpersonal and cultural implications to work with most people most of the time.

One of the advantages of conversational postulates is that they are *indirect* or *polite* requests. Asking, “Is the door still open,” is less direct and more polite than saying, “Shut the door.” Even, “Please shut the door,” implies that the person being addressed is somehow at fault for not having shut the door. Conversational postulates are best used when asking directly might be considered threatening or judgmental. “Has anyone seen my cell phone,” is much more likely to produce helpful behavior than, “Who took my cell phone?”

Can you think about ways you might use conversational postulates to be more effective as a communicator? Consider the following possibilities:

- Can you give me a hand?
- Do you know how to get to Carnegie Hall?
- Can you check my spelling?
- Do you know the way to San Jose?
- Have you seen my glasses?
- Can you explain neurolinguistic programming?
- Can you add a few of your own now?

What’s New?

Debra is going to Thailand! She is scheduled to leave on the 6th of September and to return the 28th. While there, she will complete her book about healing, *Stories from My Heart*, and attend to the process of publishing it, first in Thailand, and then worldwide. She is being encouraged and assisted in this process by D, a woman we met at the NLP workshop in Orlando, who is the author of the best-selling book, *The Compass of Life I and II*.

Debra has two relatively new pages on the SCS website. Be sure to visit Debra’s Wellness Tips (www.scs-matters.com/Debra-blog.shtml) and Debra’s Poetry Corner (www.scs-matters.com/Debra-poetry.shtml).

Healing with Language: Your Key to Effective Mind-Body Communication, the revised SCS/NLP comprehensive training manual is now the key to what is really new! If you're among those who purchased one of the previous editions of *Healing with Language*—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. Shipping within the United States is \$3. For overseas shipping, multiple-copy discounts, special shipping requirements, send a quick message to Debra (debra@scs-matters.com).

In our continuing effort to provide you with the best values in holistic health, we have put the manual for our workshop, "The Power of Presence: Seeing the Divine in Everyday Life," online as a free e-book for downloading. The address you need for downloading is the following:

www.scs-matters.com/E-Books/PowerofPresence.pdf

Thanks to Brian Turk, who completed NLP Practitioner with us as one of the "Weekend Warriors" who braved weekends through one of the snowiest winters on record for Southern Michigan, we now have a special page on Facebook where you can become a "fan" of SCS Matters, LLC. The new page simplifies the process of staying current with SCS without the "clutter" that typically occurs on Facebook.

To become a "fan," go to www.facebook.com/SCSMatters-LLC/. Thank you, Brian.

You can also "follow" us on Twitter, by going to www.twitter.com/SCSMattersLLC, signing up, and asking to "follow" us. We use Facebook and Twitter to make it easy for you to stay informed about what we'll be doing, where, and when.

We have continued putting videos on YouTube. You can find all SCS videos quickly and easily by going to www.youtube.com and entering joelpbowman in the search window, or by going directly to the following URL: www.youtube.com/joelpbowman and clicking on the link for "Uploads."

What's Coming Up?

We will be on hiatus while Debra is in Thailand this month. We will be back to training in October and have scheduled a weekend of Reiki for the 15th and 16th in St. Joseph, Michigan. This will be a Reiki I & II, with an introduction to Energy Medicine and the Reiki I & II attunements. If you have always wanted to learn Reiki, or want to expand your knowledge of Energy Medicine, let Debra know of your interest soon or debra@scs-matters.com. Given the cost of international phone calls, e-mail is the best way to reserve your space. Class size is limited, not only to ensure that participants receive a solid foundation in Reiki, but also because the physical space for the training is small.

Because you asked: We have developed a new, low-cost *Comprehensive Introduction to NLP* and will be offering it in St. Joseph, Michigan, in November (Saturday the 6th through Saturday the 13th). The investment is an astonishingly low \$500 when paid by the 15th of October. Some additional training will be required for certification, but whether you want certification or are primarily interested in the best technology available for self-improvement, this workshop is an astonishing value. We are doing the NLP training this way on an experimental basis, so it truly may be a "once in a lifetime offer." If you've always wanted to know more about the magic of NLP but hesitated because of the cost of training, this is your chance. We are expecting this class to fill quickly, so the sooner you let Debra know, the better. Send her a message: debra@scs-matters.com.

We are continuing to work on the master manual for healing with energy similar to *Healing with Language: Your Key to Effective Mind-Body Communication*. More and more individuals are increasingly recognizing "energy" as significant for health and well-being. Fortunately, when you learn energy healing with SCS, you also receive a comprehensive understanding of using language to support your work with the Energy. Because both are important, when you learn NLP with SCS, you are also learning tools that influence the 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.

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.

"Developing Your Intuition with SCS," which is designed to help you learn to distinguish among desires, fears, and intuitive insights, is still being developed. 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 (after she is back from Thailand), or send her a quick email message: debra@scs-matters.com

Because subtle communication matters, and because everyone needs to do more with less these days, you need better tools to achieve better results. SCS can help....

See more...

Hear more...

Feel more...

Be more ... SCS

