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Debra Basham for SCS Matters, LLC  
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## TimeWarp Technologies™ Newsletter:

### Welcome...

Here is your TimeWarp Technologies™ Newsletter for April 2008. 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 “Final Act of Love,” by Debra; “Changing Changes,” by Joel; “The Meaning of the Message,” by Debra; and “The Seven Sees,” by Joel.

### Final Act of Love

I don't know for sure if everyone will understand this, but part of my soul's work seems to be with those who are dying. I have come to call it transitioning because as you develop energy awareness you cannot deny that somehow *essence* is eternal. In *Grace and Grit: Spirituality and Healing in the Life and Death of Treya Killam Wilber*, the touching story of Ken's journey with his beloved wife, the words of his final act of love touch me deeply enough to bring me to tears each time I read them:

We got up and started to go upstairs, and, for the first time ever, Treya did not have the strength to walk up the stairs. She sat down on the first step, dropped her oxygen line, and began softly crying. I picked her up in my arms, and began carrying her up the stairs.

“Oh, honey...I had hoped it would never come to this, I didn't want it to come to this, I wanted to be able to walk myself,” she said, and buried her head in my shoulder.

“I think it's the most romantic thing in the world. You'd never let me do this under any other circumstances, so come on, let me carry my girl up the stairs.” (p. 390)

Reading that, it is not the loss that touches me, it is the *love*. It is the way he holds his beloved with such

respect. Life has taken her independence from her but he has not let that loss take his respect. She was a lady to the end....

A few weeks ago, Joel did the same for his beloved cat, AC. For several months she had been experiencing kidney failure and was growing more and more frail. Her spirit, like Treya Killam Wilber's, remained faithful. Over the weeks I watched Joel always treat her with respect and consistently hold her in high esteem. She was doing her best, as he said, to be a good companion to him. On Wednesday, March 6 at 4:00P, Joel's final act of love was to let her go.

Dr. Griffiths is a genuine healer. He is the specially gifted vet who worked a miracle on Shadow, another of Joel's cat's. Because of the acupuncture he received, Shadow was able to jump onto the massage table. He had been paralyzed when Joel and his wife took him to doctor Griffiths the first time.

AC had been nervous as she sat on my lap as Joel drove to Mattawan – she did not like riding in the car, and she did not like going to the vet. When we first got into the office, she was still quite nervous, but as we waited for the doctor to come in, Joel began to share about other fur friends he had enjoyed over the years. As he remembered and shared those wonderful relationships, he and I relaxed, and so did AC.

When Dr. Griffiths came in and checked her out he sadly confirmed that she was *wasting away*. We both held her as he administered a lethal injection into AC.

Thornton Wilder (1897-1975), an American playwright and novelist, wrote “There is a land of the living, and a land of the dead and the bridge is love, the only survival, the only meaning.” The way Ken Wilber loved Treya, and the way Joel Bowman loved AC, is the way I want to love and be loved. Perhaps the final act of love is simply the consistent ability to hold the other in high esteem.

Recently I was rereading Gordon MacDonald's *Restoring Your Spiritual Passion*. He says that some

times we feel alone, or overwhelmed at the attempt to make things better in our lives. At those times, he says we *crave* the *safe space*. He calls this safe space a refuge, where you can restore your strength, get oriented, and begin again. He goes on to write about four kinds of safe places that restore spiritual passion. Reading about each one of those, I kept seeing Ken and Joel, and I recognized that those safe places are a result of choosing to love even while letting go...

I had the tender opportunity to work with a person who chose to use NLP to resolve grief from a loss that happened many years ago. The goal was to then use Change Personal History and experience the peace that comes from having been able to be there for his loved one *then* in the way he knows *now*. The beauty about life is that, while there is the journey that seems to be happening in linear time, each of us has the capacity to experience our life from the Transrational perspective. As I witnessed the awareness expanding, everything changed!

What had been a painful sense of not having been there for another, was converted by the power of the present moment. In the same way that Ken was there for his wife and Joel was there for his cat, you are able to be there for your loved ones, too. Ken's touching account continues:

I put Treya in bed that evening, and sat down next to her. She had become almost ecstatic. "I'm going. I can't believe it, I'm going. I'm so happy, I'm so happy, I'm so happy." Like a mantra of final release, she kept repeating, "I'm so happy, I'm so happy..." (p. 393)

Maybe it was my imagination. Maybe it was wishful thinking. Maybe it was the way a cat receives the final act of love. All I can say for sure is that I swear I could feel AC purring and she just relaxed *totally* ....

## Changing Changes

All changes produce change, but some changes produce more change than others. In the U.S., some ages are considered pivotal because of the changes they produce: At 16, most of us obtain a drivers license and experience the increased freedom of mobility that results. At 18 most of us have been graduated from high school and are launched into college life or our first "serious" job. Depending on when we were born, we became eligible to vote at 18 or 21. At 21, we're considered adults and can legally drink alcoholic beverages.

Other changes along the way—including marriage, parenthood, divorce, new jobs, new locations, new cars, new homes, remodeling homes, deaths in the family, and retirement—also have what might be called a "ripple effect" on us. You've undoubtedly seen scales of "stress points" different changes might produce (for an example, see [www.jobbankusa.com/stress.html](http://www.jobbankusa.com/stress.html)). While major events in our lives—whether we think of them as "good" or "bad"—can be stressful, the stress alone is not responsible for the changes in perspective that follows such changes.

When you recall significant early events in your life and compare the "before" and "after" perspectives, you may notice that at the time you probably weren't fully aware of how the change influenced you. With early changes in particular, lack of awareness is simply the result of insufficient experience with which to evaluate and understand the implications of change. In other cases, it is a matter of being "too close to the trees to see the forest." The events most likely to mark pivotal points in our lives are sufficiently overpowering that the focus of our attention is riveted on the *content* of the event itself rather than on its influence on the *process* of our life purpose.

Unless we make a deliberate effort to review our life journey and notice the ways we have changed over the years—and the ways we have been changed by the events of our lives—we may not even notice the extent to which we have been influenced. The continuity of memory gives us the illusion of consistency: We *seem* to be the same persons we were in childhood, even if older and wiser. We remember the events of our lives the way we *think* they actually occurred. If you have ever returned to the house you lived in when you were young, you undoubtedly noticed that it seemed larger from your perspective as a child than it does from your adult view.

When we are actually living in an environment—or going through an experience—we *assume* that our perspective is "true." The old saying is, "if you want to know about water, don't ask a fish." To the degree that fish think, they think about water only when the level of pollution interferes with their health and well-being. The same is essentially true of humans: We think about the environment of our lives only when conditions demand our attention. When that happens, our focus tends to be on regaining *homeostasis*—sameness—with our previous state. Only later do we consider gains and/or losses the experience may have afforded.

When I look back on my own youth and consider those events that had a major influence on my life, among them was the death of the dog I grew up with—a Doberman named Viking—primarily as a result of medical negligence. That experience influenced my perspective of companion animals and the medical establishment in general. I have continued to enjoy the companionship of dogs and cats, and I have been extremely careful in my selection of medical professionals, including veterinarians.

Another major event was having my mother return to work full time so that my parents could afford to pull me out of public high school (where I was rapidly turning into a juvenile delinquent) and send me to a private high school. At the time, I was unable to see how much they were sacrificing for my future. It took me a long time to back away from the trees of adjusting to a new, highly competitive environment and see the forest of opportunity that change provided.

Other major changes for me that I didn't fully understand or appreciate at the time were marriage;

entering the Army and going to Vietnam; buying a house; completing my education, joining the faculty at the University of Florida; moving to Kalamazoo, Michigan, and joining the faculty at Western Michigan University; and, following a career that started with typewriters and evolved into computer-based, online instruction, early retirement to help develop SCS Matters, LLC.

I am sure that you have your own examples, and some of them are doubtless more compelling than the examples I have provided here. The main thing to note is that, even though you may have missed some of those early forests as a result of being too close to the trees, you can now review them with a more accurate perspective. You can now appreciate the ways in which the *content* of the events of your life have been the stuff of your *process*. Whether you enjoyed the content at the time you were experiencing it, or whether you found it disconcerting or painful, you now view those events as having enriched your life in ways you could not have foreseen. You were too close to the trees to have seen the forest.

### *The Meaning of The Message*

Recently I received the following story about a young woman who grossly misunderstood what was expected from her in a new job and thereby created quite a stir. There is a factory in Northern Minnesota that makes Tickle Me Elmo for Fisher-Price Toys. The toy laughs when you tickle it under the arms.

The morning after the woman started work at the plant, a very upset foreman stormed in to the office of the personnel manager to complain that she is incredibly slow and has the whole line backed up, putting the entire production line behind schedule.

The foreman and the personnel manager enter the department and see the woman's area piled high with Tickle Me Elmo. Armed with a roll of plush red fabric and a huge bag of small marbles, the two men were stunned to witness her carefully cutting a small piece of fabric, intently wrapping it around two marbles, and then sewing the little package between Elmo's legs!

Annoying the foreman further, the personnel manager *got it* and he burst into laughter. Following a few minutes of near hysterics, he composed himself and walked over to the new hire. "I'm sorry," he said to her, barely able to keep a straight face, "but I think you misunderstood the instructions I gave you yesterday..."

"Your job is to give Elmo two *test tickles*."

Ralph Waldo Emerson is quoted as having said that to laugh often and much is to leave the world a better place - to have succeeded. I began thinking what it takes when you are able to allow a miscommunication (even when something frustrating happens as a result of that miscommunication) to be handled with grace and ease. The idea that popped into my mind was that curiosity seems to be the foundation of the change of perspective that will allow you to see things

differently now.

The meaning of the message is the response it elicits is one of the NLP presuppositions. NLP did not assume that the foundational presuppositions were *true*, but rather that they were *useful*. This is contrary to what many have believed - that what has not been proven true is false. Just for the sake of expansion, consider that what has not yet been proven to be false may indeed be true.

In *Healing with Language* you are reminded to notice that communication is not about what you meant to say (or even what you thought you said) but about how you are able to guide the other so that you have elicited the response you desired. With this awareness, you are able to be curious about the other person's response, and whatever it is you are able to appreciate it because you recognize that it is the best indicator of what he or she *thinks* you mean. Consider the following quotation:

*Love doesn't die, people do  
So when all that's left of me is love  
Give me away.*

Let yourself read it with an open and curious mind and notice what you think it means for you. If you are able to, imagine that these words represent something *inside of you* that guides your actions and behaviors on a day-to-day basis. Think back to a time, in the past, when you did not have this awareness and you experienced a miscommunication with someone that really matters to you. How would your having had this awareness have enabled you to experience the situation differently? You might have been more patient. Or perhaps you would have seen the humor in the situation the way the personnel manager was able to.

More options remain open to you when you step back and have a sense of the bigger picture. Every day we are confronted with situations in which misunderstanding can lead to conflict (within the self or with another) or to clarity. The NLP presuppositions are really powerful when you see how they fit together. Add the one about how people always make the best choice available to them at the time, and the one that says there is no such thing as failure, only feedback to this one about the meaning of the message and see how much better you can feel about everything that has happened. You will be better able to deal with things that will happen, too.

Perception is a complex, *learned* behavior. We learned to perceive based not only on our own experience - what we saw, what we heard, what we felt, but even more so on what the society said was right or wrong, and what others expected from us in a given circumstance. Often, communication had been distorted by things that were not even true. Thomas Kuhn said, "You don't see something until you have the right metaphor to let you perceive it." It is pretty amazing to let yourself really integrate the way our lives are affected when a metaphor like "Love doesn't die, people do... So when all that's left of me is love,

give me away" is as common as "Life is painful, and then you die." The meaning of that message elicits a response that is good to have an away-from strategy for...

### *The Seven Sees...*

Seven is a magic number and has been for a long time. While it may not be clear why, it may be because the ancients discovered seven major energy centers in the body. In Eastern cultures, they were considered sacred keys to health and vitality and were called *chakras* because they were experienced as wheels of energy. As Western cultures increasingly embraced what became known as *scientific materialism*, which focused on the material, physical aspects of the organs and nerve plexuses, we lost awareness of the energies associated with the organs and nerve clusters. Science is just now beginning to develop instruments sufficiently sensitive to measure such energies.

Ironically, humans have always had the ability to recognize the energy emitted by the chakras, whether through sight, sound, or touch. You may be among those who are already aware of the human energy field (and, perhaps, a variety of energy fields in your environment) or among those who find it easier to accept the measurements provided by the instruments. Either way, you can appreciate the way that scientific advances increasingly provide supporting evidence for many ancient beliefs.

My favorite example of the new rediscovering the old is the way humans went from believing that the Earth revolved around the sun, to believing that the Earth was the center of everything, to finally—with Galileo and Copernicus—providing evidence that the Earth really did revolve around the sun. That, of course, didn't protect Galileo from the wrath of the Catholic Church. The positive lesson here is that, with appropriate application, science eventually reveals the true nature of physical reality—even if it did take the Church 500 years to admit that Galileo had been right.

Be that as it may, the *Seven Sees* or insights that have been attracting my attention lately are those of the new SCS program, *The Seven Keys to More Joyful Living*. Taken as a whole, the Seven Keys are the basis for what we call *Seeing the Divine in Everyday Life*. The program is based on insights associated with the seven chakras, which develop as individuals mature from birth, through childhood and adolescence, and into adulthood.

Although all the chakras are present at birth, the Root Chakra develops first, and is typically fully formed by the time the child is seven, with the development of the remaining six occurring at approximately seven-year intervals. Because it's the first to develop, the Root Chakra provides the foundation for future development. The issues of the Root Chakra are primarily safety and security, including family and "tribe" affiliation. It develops during a time humans are unable to fend for

themselves. Even in so-called primitive cultures, children younger than seven rely on adults to provide for them and ensure their survival.

For this reason, in spite of some "acting out," young children are especially attentive to the desires and instructions provided by the adults around them. As young children, we follow most adult instruction and believe what our parents tell us. If they tell us that the presents are from Santa, we believe it. Although both TV and the Internet have changed the information available to young people, children usually don't question what their parents have told them until they have the opportunity to expand their peer groups to include those whose parents instilled different beliefs.

In terms of the chakra system, difficulties experienced are stored in the chakra developing at the age the problem occurred. Common terms for the way difficulties influenced the energy field are *debris* or *blocks*. "Healthy" energy is free-flowing and expansive. When the energy is distorted by debris or blocked, the individual experiences pain in one way or another, whether physical (pain), emotional (fear-based emotions, such as anger), mental (paranoia, "Victim mentality," etc.), or spiritual (inability to recognize the omnipresence or beneficence of the Divine).

One of the reasons that Energy Medicine (Reiki, Healing Touch™, Therapeutic Touch™, acupuncture, and other modalities) work is that they help clear debris and eliminate energy blocks. Health is a natural result of having the energy flowing freely.

Although each of the seven chakras has its own issues based on the developmental stage occurring at the time the chakra is maturing, most adult problems have their origin during the development of the first three chakras: Root, Sacral, and Solar Plexus. The goal of "Seeing the Divine in Everyday Life: Seven Keys to More Joyful Living" is to help individuals gain a *transrational* perspective on their developmental process. When you have transrational perspective, you are able to see the process of your development with the eyes of appreciation. A well-known story of a Japanese warlord (included in the movie, "The Last Samurai") tells of his search for the perfect cherry blossom. Every year when the cherry trees blossom, he checks blossom after blossom. It is only when he is dying that he finally realizes that they are all perfect—and that all of them always were perfect.

### *Worth Reading*

If you're an Oprah fan, you've undoubtedly seen that she has been recommending (and promoting) Eckhart Tolle's new book, *A New Earth: Awakening to Your Life's Purpose*. It is not surprising that she has made a special effort to bring this message to her vast audience. It's worth it. Especially in combination with his previous book, *The Power of Now*, Tolle presents one of the most insightful approaches to spirituality available. As is true for all "message" books (at least so far), some of what's presented is idiosyncratic and won't "fit" for everyone. He gives his own definitions for some words

(such as “ego,” for example), but the overall message is worthwhile and ... well, *enlightening*.

### *What’s Coming Up?*

In May (8, 9, and 10), we’ll be back in St. Joe with our first presentation of the new program, “Seeing the Divine in Everyday Life: Seven Keys to More Joyful Living.” At the end of the month, we’ll be conducting “Healing with Energy and Language,” SCS Level 3. You can see what we have scheduled, read course descriptions, and decide how what we’re offering will help you make 2008 your best year yet at the following URL:

[http://www.scs-matters.com/scs\\_schedule.shtml](http://www.scs-matters.com/scs_schedule.shtml)

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