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Improve your **Relationships**...

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Edited and published by Joel P. Bowman and  
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## TimeWarp Technologies™ Newsletter

### *Welcome...*

Here is your TimeWarp Technologies™ Newsletter for August 2007. 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 “Joys of Gingerbread,” by Debra; “Waxing and Waning: The Cycles of Our Lives,” by Joel; “Spare the Rod: Conscious Parenting,” by Debra; and “Seven is a Magic Number,” by Joel.

### *Joys of Gingerbread*

Several years ago my husband and I had a small travel trailer on a year-round lot on Pitcher Lake in Dowagiac, Michigan, about 40 minutes from our home in St. Joseph. It was a lot like tent camping with metal walls, in that we did not have a bathroom. Neither did we have a furnace so when it was cool—as Michigan can be in the spring and fall—we would fire up the oven to warm up the space. It was small so it really did a good job. Being practical, I would often use the need to warm up the trailer as an excuse to bake up a pan of gingerbread. You know how good smells can really give you a wonderful feeling? Think about pumpkin or apple pie. Remember times when you enjoyed fresh-out-of-the-oven bread.

Many wonderful memories are evoked by smells, like bacon frying or a favorite aftershave lotion or perfume. The sense of smell, which is called the olfactory system, is one of the oldest and most vital

parts of the brain. For most animals, it is the primary mode of communication and influences many important functions, including reproduction as well as taste. Scientists are just beginning to learn how the olfactory system in humans works but even without scientific understanding of why or how, I know that fragrance of the gingerbread, coupled with the increasing warmth from the oven, created a cozy atmosphere that combined smell, and the anticipated taste, with a true sense of *home*.

Olfactory information travels not only to the limbic system—primitive brain structures that govern emotions, behavior, and memory storage—but also to the brain's cortex, or outer layer, where conscious thought occurs. Conscious thought plays a huge part in our lives because it sets the perceptual frame for our experience. If I expect life to be filled with sweetness, I am going to interpret my experience differently that if I expected life to be difficult. In *Law of Attraction: The Science of Attracting More of What You Want and Less of What You Don't Want*, by Michael J. Losier, says that in the “vibrational” world there are only two kinds of vibrations: positive and negative. His book really resonated for me because, like baking gingerbread while warming up the space, it is practical and it gives me something to look forward to.

Using affirmations can sometimes backfire. This is because while we can say the words, we are creating based on what we feel. Losier says when a person has doubt he or she can have something, regardless of the words of the affirmation, the vibration being sent out

was one of doubt. In the same way that an automatic withdrawal cancels out an automatic deposit in your bank account, Losier says the negative vibration of doubt is diluting or canceling the positive vibration of your desire. In other words, having the positive vibration of a strong desire can be canceled out by having the negative vibration of doubt. Manifestation, or allowing the law of attraction to bring your desires to you, occurs in the absence of doubt. When a statement is true for you it feels good. When it feels good, according to the book, you are sending out a positive vibration.

The book suggests you use some or all of the following phrases to help describe your ideal desire:

- I love knowing that my ideal....
- I love how it feels when....
- I've decided....
- More and more....
- It excites me....
- I love the idea of....
- I'm excited at the thought of....
- I love seeing myself....

Using phrases like these that produce the good feeling even while you are in the process of seeing your desire manifest seems a lot like enjoying the smell of the gingerbread while it was in still in the oven baking.

I was looking at what might be the cause of reoccurring headaches that I had been experiencing. I started by asking what was real in the physical, emotional, mental, and spiritual areas relating to the pattern. As I thought about it, I heard, "They all interplay. Talking about one without recognizing that is like saying the heart moves oxygen throughout the body with no understanding of the function of the lungs."

Likewise, because the more contrast you identify the more clarity you create, Losier suggests you start by looking briefly (whatever that means) at what you are moving away from by creating a list of 50-100 items that you do not want before asking yourself, "So, what do I want?" By going through your list, item by item, and flipping them around you will be able to turn each negative perspective into a positive anticipation. This is exactly what *Pre- and Postsurgical Support with SCS* is designed to do for those who are scheduled for a surgical procedure or undergoing a serious medical condition. The key to using affirmations is that they need to be true for you to make you feel good.... So I will affirm that making your journey one of sweetness—celebratory, festivity, flavorful—is really what you were born to do. Now that reminds me of another book a friend just mentioned: *Living Luminaries: On*

*the Serious Business of Happiness*, by Michael Lasky and Larry. J. Kurnarskiy. It is time for us all to get down to business and smell the gingerbread!

## *Waxing and Waning: The Cycles of Our Lives*

When I was young, I used to think that "waxing" and "waning" were strange words. I knew about bees' wax and waxing cars, and it seemed strange to me that the same word could also mean to *grow* or *increase*. That use of the word is old and is now considered primarily poetic and/or literary. Because it is an old use of the word, and perhaps also because it is now primarily poetic, it seems to be the right word to use to describe the cycles our lives.

The most obvious cycles are those we share with all living things on the planet: the circadian rhythm, rise and fall of the tide, the "monthly" cycle marked by the phases of the moon, and the changes of the season. Each of these has a waxing and a waning, although it is not always easy to tell which is which. The waxing of the day, for example, is the waning of the night, just as the waning of the day is the waxing of the night. As modern humans have become increasingly separated from Nature, we have also become less sensitive to natural waxings and wanings in our own lives. To a great extent, modern technology has enabled us to ignore natural cycles. When night falls, we turn on the lights. It hasn't been that long ago when oil lamps were the best technology for ignoring the darkness of night. Before that it was candles, and before that it was a campfire. Campfires, candles, and even oil lamps, however, did not produce enough light for people to ignore the waning of the day and the waxing of the night.

It hasn't been that long ago captains of ocean-going vessels would alert the crew that they would sail with the tide. Even when they are aware of the rise and fall of the tides, captains and crews of modern vessels, secure in the knowledge that their ships are equal to the task, do not share concerns about the tides with captains and crews of yesteryear. It also hasn't been that long ago when people were paid by the day, typically from sunrise to sunset, instead of by the hour.

The question for those of us living in "modern" times is whether we can maintain our connection with natural rhythms—the rhythms of Nature—even while we appreciate the advantages modern technology provides. The answer may be different for each of us, depending on where we live and the kind of work we do. Consider spending time outside, becoming more fully aware of the sunrise and sunset and the sun's travel across the sky; being aware of the twilight—the gloaming—before the sunrise and after the sunset; and watching the night sky. Spend time in nature, paying special attention to

the Energy of the Life around you. Talk to the trees, and listen to what they have to say to you. The nineteenth-century English poet William Blake said, "Everything that lives is Holy." Discover the truth of that for yourself.

Spend some time watching your dog and/or cat just being a dog or cat (rather than being your domesticated companion animal). Watch a hawk or turkey vulture use updrafts to gain altitude before riding effortlessly on the wind. Ride a horse. Notice the way animals—the beasts—are in tune with nature, completely at home in their element. The animals have their feet—actual and metaphorical—on the ground. Walt Whitman, perhaps, said it best:

I think I could turn and live with animals, they  
are so placid and self-contain'd,  
I stand and look at them long and long.  
They do not sweat and whine about their condi-  
tion,  
They do not lie awake in the dark and weep for  
their sins,  
They do not make me sick discussing their duty  
to God,  
Not one is dissatisfied, not one is demented with  
the mania of owning things,  
Not one kneels to another, nor to his kind that  
lived thousands of years ago,  
Not one is respectable or unhappy over the whole  
earth.

*"Song of Myself," from Leaves of Grass, c. 1882*

The beasts don't need to lie awake in the dark weeping for their sins or spend time discussing their duty to God because they are already fully in tune with the Energy of the All That Is. Although their instinct to survive is strong, not one is afraid to die when that time comes. They know that death is simply part of the natural cycle.

As we continue to move into a world dominated by technology, it becomes increasingly important for us to remember that the natural rhythms of life influence the beating of our hearts and every breath we take. Before we turn on the lights in the evening, before we crank up the heat or air conditioning, it is worth taking a moment to recognize and honor the natural cycles of our lives.

### *Spare the Rod: Conscious Parenting*

Contrary to what many people think today, it was Charles Dickens in *David Copperfield* who said "Spare the rod, spoil the child." Although corporal punishment was accepted as the norm in Victorian times, Dickens clearly paints a portrait of Mr. Murdstone as a cruel step-father (a *murderer* with a

heart of *stone*) who abuses his powerful position over David. Murdstone's punishments are excessive and unearned. Dickens also understands the role of emotional abuse, portraying Murdstone as withholding and remote, even restricting David's mother from showing her love for her son. Today we recognize that parenting is done best from a position of greater awareness, rather than reacting based on prior programming (fight, flight, or freeze). In *You Can't Make Me ... But I Can Be Persuaded*, by Cynthia Ulrich Tobias, (Waterbrook Press, 1999), the author makes a firm statement that a family cannot survive without unconditional love for one another, but that does not mean you must accept unacceptable behavior.

It is possible—even desirable—to maintain a loving attitude even when you are being firm in addressing something that has profound implications. Our daughter is an adult now, so I have the honor of working this magic with my grand children. It is great for you to be able to stop and look at things differently. When my daughter was young, I thought the role of a parent was to teach my child right from wrong. However, now recognizing concrete thinking as a very immature way to think, you are much more aware that you want to be paying more attention to teaching *how* to think using more logic and less emotion. The best way for you to teach anyone anything is for you to demonstrate what you want the other to learn.

Kindness and respect show up as the foundation for good relationships, and these are essential in your developing a good relationship with your child. Think about it this way, you are never stronger than when you are calm and in control of your emotions, especially anger. Positive emotional reactions are not only possible in negative circumstances, they are actually key to your staying clear and meeting your objectives. Refocus on what you have in common with the other person so you can blend desired outcomes.

While I was listening to a CD by Jerry and Ester Hicks, Abraham really helped me clarify what it is that you want to experience in your parenting. You want to teach your child how to motivate him- or herself. You want to demonstrate the freedom that comes from being able to choose how you feel in every situation. We do this by our learning to take responsibility for ourselves and our own feelings rather than blaming others for the way we are. Learn to be compassionate toward ourselves. Constructive criticism, given compassionately, is part of being real. Even when giving constructive criticism compassionately, take responsibility for ourselves and our own feelings rather than blaming. If we move from thinking about "right" or "wrong" to listening within for inspiration regarding our words and our actions, we will see that we are

teaching our children, by our demonstration, that unnecessary criticism, verbal cruelty, sarcasm, and demeaning others really hurts the speaker.

Because emotions are *energy in motion*, the way we act is a demonstration of the way we feel. In *The Science of Becoming Excellent*, authors Wallace D. Wattles and Dr. Judith Powell suggest we come to value people by seeing each individual as a human soul. They say this will allow you to stop looking at human mistakes and look, instead, at successes; seeing the value in every experience. To show respect, avoid phrases like, "You must," which demonstrates lack of freedom or choice. You can learn to say, "I am going to buckle your seat belt, because it is the law, and I choose to obey it." Rather than saying, "You have to..." learn to simply describe what is going to take place. "I am going to put you in your car seat now and you can enjoy the ride knowing we are going to get there and you will be able to get out of your seat then." When you are negotiating, begin by using the magic word, "Okay." Foster Cline and Jim Fay in *Parenting with Love and Logic* say that 'control is a curious thing. The more you give away, the more we gain.' Remember that control is not the same as authority and negative reinforcement usually has no positive effect.

Perhaps the best way for you to spare the rod and enjoy conscious parenting is simply to live by the Bambi Principle. In the Walt Disney movie, Thumper's father told him that if he couldn't say something nice not to say anything at all. Of course, it is key for you to first apply the good habits of life (how you think and what you feel as demonstrated by your words and actions) that you want your children to have in your own life. In *A Parenting Manual: Heart Hope for the Family*, Doc Lew Childre considers his tools "scientifically developed and proven to keep one's child-like spirit alive and happy, so that life can be the quality adventure it is meant to be." (p. 150) However you were raised, your awareness now allows you to remember that it is truly vital at those times when you must say something that might be a bit difficult to hear, you can stay aware of your goal to be sure you say it with genuine compassion and honest kindness.

### *Seven Is a Magic Number*

Snow White had 7 dwarves. Seven brothers had 7 brides. We have 7 main chakras, which mature in seven-year intervals. A rainbow contains 7 colors. Many of us are familiar with the Seven Deadly Sins and 7 years of bad luck for breaking a mirror. Christianity has 7 sacraments. You may also have

heard that the seventh son of a seventh son has special gifts. Stephen Covey discovered that successful people have 7 habits. Many couples who want to be lucky in love have elected to wed on 7 July 2007 (07/07/07). The list goes on....The number 7 turns up with regularity—almost on a weekly basis, in fact.

Have you ever wondered what's so special about the Number 7? For one reason or another, it has been considered a sacred or magic number in most cultures since the earliest days of what we consider "prehistory." My guess, and it is just a guess, is that when George A. Miller discovered that the Number 7 was the approximate ( $\pm 2$ ) limit of human capacity for processing information (see *The Psychological Review*, 1956, vol. 63, pp. 81-97), he also discovered the reason it has been considered a sacred or a magic number.

I suspect that it is one of those things that had been recognized at the unconscious level long before it was brought into conscious awareness. We somehow knew even before Miller wrote his classic article that we were structuring our perceptions based on schemas using the Number  $7 \pm 2$ . (We'll just have to wonder about Moses and the Ten Commandments and Jesus with Twelve Disciples.)

The reasons that people can remember  $7 \pm 2$  bits of information are complex and based on the limits of short-term memory. You have undoubtedly encountered this when you've looked up a phone number and tried to remember it long enough to complete dialing. It is a lot easier to remember a phone number, for example, if you don't need or already know the area code. It's even easier when the prefixes in your city are all the same. When you have to remember the whole number, such as 269-921-2217, it's not so easy. And if you are calling someone in a different country and need to know the country code, and if the numbers are not grouped according to the 3-3-4 schema we use in the States.... You can appreciate the magic of the Number 7.

This is a round-about way of explaining how Debra and I discovered that joyful living has 7 key behavioral patterns. We started by asking ourselves how we would define our core teaching. As part of our exploration, we reviewed the personal mission statements we had written long before we met. Debra's mission statement is, "Living, encouraging, and enjoying a conscious spiritual journey." Mine is, "To bring out the Divine in myself and others through reading, writing, teaching, and interpersonal communication." After some discussion, we decided that the core commonality of our teaching was *Seeing the Divine in Everyday Life*.

We asked the question, how do we know when we are seeing the Divine? While the answers to that question aren't the same for us—and they may be still different for you—the thing we noticed is that the

associated emotion for both of us was joy. We experienced joy when we saw the Divine. Two of the times in my life that I had what can only be described as a transcendent sense of joy were times that I had rescued birds. On the first occasion, a small bird had become trapped in my garage and was desperately struggling against a window trying to get out. I caught the bird in my hand and could feel its little heart beating rapidly. I took it outside and let it go. And, for one reason or another, I could feel the joy it experienced in knowing that it was free. On the second occasion, I was walking my dog when she spotted two goslings that had become trapped in a drainage pipe. They had fallen in and were too small to jump out. I pulled them out and experienced the soft warmth of baby goose down. As I took them down by the lake shore, their parents responded to their cries, and I was able to observe—and participate in—their joyful reunion.

In thinking about such moments, Debra and I decided to develop and offer a new program, "Seeing the Divine in Everyday Life: 7 Keys to Joyful Living." It seems appropriate now that we have been working together for seven years.

### *For Your Reading Pleasure*

As a subscriber to the TimeWarp Technologies™ Newsletter, you might also be interested in reading the entries on the SCS Blog (<http://www.scs-matters.com/scsblog>). You can read the blog entries without joining, and when you join, you can also enter comments and stories of your own. We'd be glad to have you participate.

We also provide free, *Read Only*, copies of the SCS training manuals online for your downloading and reading pleasure. They are available at the following URL: <http://www.scs-matters.com/read-only.shtml>. For a complete list of the "Free, Fun, and Useful" downloads we make available, see <http://www.scs-matters.com/downloads.shtml>.

One of the best-kept secrets continues to be that SCS offers online instruction in both NLP and Energy Medicine. If you are computer literate, curious, and you're convinced that knowing more would be good for you, the online instruction offered by SCS would be a low-cost way to further your understanding of these subjects.

### *What's Coming UP?*

**For the really eager:** The next regularly scheduled SCS training will be "Classroom Classics: Restoring the Joy of Teaching and Learning" from 3 - 7 August in St. Joseph, Michigan, at the Priscilla Byrns Heritage Center. This training is part of the NLP series and could serve either as your introduction to NLP or as your continuation on your path to the certification you desire. Licensed Practitioner of NLP requires successful completion of two of the five-day workshops, and Licensed Master Practitioner requires successful completion of three the workshops in the series. Also in August, we'll be offering "Healing with Language," a three-day workshop covering the effective use of language in therapeutic settings. That's scheduled from the 23d to the 25<sup>th</sup> and will also be held in St. Joseph, Michigan. If either of these trainings is right for you, call/write now to secure a seat.

### *Planning for 2008*

In 2008 Joel and Debra will be introducing an all new program-Road Show 2008! Whether what works best for you is an event held in your home for a group of 10 or 12 of family, co-workers, friends, or neighbors or whether you know it is time to bring these life-enhancing skills to a group of professionals in your area the specific program will include our very best stuff tailored just for your group. Even as we are still fleshing out the details you will want to plan now to host "Seeing the Divine in Everyday Life: 7 Keys to Joyful Living." Schedule your 3-day event over a long weekend or use it as a perfect midweek pick-me-up.

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 "Seeing the Divine in Everyday Life: 7 Keys to Joyful Living" or any one 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

