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Edited and published by Joel P. Bowman and
Debra Basham for SCS Matters, LLC
August 2008

TimeWarp Technologies™ Newsletter:

Welcome...

Here is your TimeWarp Technologies™ Newsletter for August 2008. This newsletter may be duplicated and distributed to those who share an interest in Energy Medicine, neurolinguistics—especially Neuro-linguistic Programming (NLP)—and spirituality.

This month the featured articles are “O’Henry’s Gift,” by Joel; “Lake Living,” by Debra; “Organic Is as Organic Does,” by Joel; and “Going Forward by Retreating,” by Debra.

O’Henry’s Gift

In a short story entitled, “The Gift of the Magi,” O’Henry (a pen name for William Sydney Porter), a poverty-stricken young couple, Jim and Della Dillingham, struggle with what they can possibly give each other for Christmas. Della decides to sell her knee-length hair to a wigmaker to be able to afford a fob (chain) for the watch Jim’s father left him. Meanwhile, Jim decides to sell the prized watch to be able to afford combs for Della’s hair. While they are both surprised by what they have chosen to give each other—and what each of them did to be able to afford the gift—they recognize that the gifts represent unselfish love, which is what makes them the gift of the Magi. Jim and Della decide to put their gifts away and wait for Della’s hair to grow back and for their financial condition to improve. At that point, Jim will be able to buy a new watch, and Della can use the combs for her hair. A happy ending....

One of the implications of O’Henry’s story is the way in which self-sacrifice in the name of love can have unintended consequences. Another implication is that open, honest communication can often preclude difficulties. What might have happened if Jim and Della had discussed their desire to give each

other something special for Christmas? One option might have been to sell Della’s hair and Jim’s watch and to buy something that would enrich their life together. Another option might have been to save the hair and the watch and give each other something nonmaterial.

A long time ago, and it must have been in a galaxy far, far away because I couldn’t find the reference on Google, I heard a short poem about the kind selfless love that prompts self-sacrifice:

*Two things I could never do
The first is cut a melon exactly in two
The second is give the smaller half to you.*

The idea of sacrifice for love has ancient roots. Most indigenous peoples sacrificed something—from virgins to prisoners of war or captives from raids on other tribes, to sheep, goats, and cattle—to earn or retain the love of their deity. In some aboriginal tribes, the individual who gave away the most is the one who earned the highest status. The Biblical injunction for self-sacrifice is, “No greater love hath a man, than to lay down his life for a friend” (John, 15:13). In the Christian tradition, Jesus is the sacrificial Lamb of God. Over the years self-sacrifice has become central to our view of selfless love.

Given the way civilization advanced in what Ken Wilber calls “waves and streams,” it is easy to see how the idea of self-sacrifice became embedded in most cultures. In battle after battle, century after century, the hero risks his (and sometimes her) life to save others. Hero after hero died so that others might live. It is natural to honor that kind of self-sacrifice. It is the kind of thing that earns U.S. service men and women the Congressional Medal of Honor.

As Jim and Della discovered in O’Henry’s “The Gift of the Magi,” self-sacrifice isn’t always the best option. Sometimes logical forethought can preclude the need

for sacrifice and create new options and better solutions. The standard airline instruction, for example, is that, in the case of an emergency, you are to put on your own oxygen mask before attempting to help others. One of Richard Bandler's sayings is that the best way to help poor people is not to be one. Once you have given away all that you have, you have nothing left to give. In many cases, the best way to care for others is to take care of yourself first. That doesn't mean that self-sacrifice is never required but simply that it may not be the best choice. Even a crusty old soldier like George S. Patton reportedly told troops going into battle, "I want you to remember that no bastard ever won a war by dying for his country. He won it by making the other poor, dumb bastard die for his country."

The Magi, the Three Wise Men of the Biblical story, arrived bearing gifts for the Baby Jesus. Their act seems to have been the origin of gift giving at Christmastime as well as the inspiration for the title of O'Henry's story. The gifts for Jesus were gold, frankincense, and myrrh. My guess is that Joseph and Mary would have been glad for the gold, which was essentially the coin of the realm in those days. I'm not sure how useful they would have found the frankincense and myrrh.

However useful they might have been, O'Henry's gift is helping us all to recognize that self-sacrifice may not be the best gift and that communication before the giving can preclude unhappy surprises. Even the gift that seems most thoughtful and loving to the giver, may not serve the purposes of the receiver, and even in an emergency, the best thing you can do for another may be to take care of yourself first.

Lake Living

Once in a while you have some truth (with a capital "T") come so into your awareness that nothing else really means much—just that total sense that you cannot not be in the right place at the right time. Lake living has meant different things to me over the years. For a period of probably 20 years, every Spring I would go though an almost desperate wanting to live by a lake. John would go with me to drive around the inland lakes—Round, Big Crooked, Little Crooked, Magician, Dewey, Indian.... Even Pipestone and Black would get their attention. We would discover that property with lake access is very pricey. And Spring would unfold into Summer.

The lazy, hazy, crazy days of summer would somehow allow me to settle in and I would ride my bike and I would walk. You can enjoy being right where you are when you think things are OK just as they are. That would happen to me again, and I would, once again, appreciate my life and the people in it and the opportunities to give and receive love and the beauty and the tranquility and the peace.

Lake living would have its own set of challenges. People probably like to come and visit but not to stay long enough to mow the lawn. And while it is fun for

a while to play host or hostess, sometimes all you really want is to have someone say to you, "Be my guest." I have recently been aware that life/God/The Universe has said that to each of us. When you feel that sense of welcome and safety and comfort and ease, it is not about not working or not about not anything. It is about your becoming aware.

For years I had a written goal of living somewhere with lots of light and natural wood and nature. I was so busy wanting that I had not noticed that I was already living there. And all my years of wanting to live by a lake, while I was living less than five minutes on my bike from the shores of Lake Michigan! Southwestern Lower Michigan is called the *Riviera of the Midwest*. Saint Joseph is hailed *Michigan's most romantic city*. And Silver Beach was voted as *one of the top-ten family beaches* in the U.S. All of this within ten minutes of me since the day I was born...

So, what other gifts are present in my life right now that you had been missing all the best by being focused on the rest? Have you noticed how children laugh with their entire body? Even a young baby's smile is a whole-body event. I was recently facilitating *Healing with Energy: SCS Level 1* when one of the participants told the following joke: A research group put together a study of adult couples and the way sexual intimacy did or did not change their relationships. They took three couples, married for a variety of years. They told all three couples to abstain from sexual intercourse for the period of one month. They were to notice what they were feeling and thinking and how all of that seemed to affect them.

So, at the end of the 30 days, the couple who had been married the longest (over 50 years) said that you learn that love and intimacy are more than sex and that they did not notice any difference. You still love one another and enjoy being together.

The couple who had been married 20 years reported noticing that they must have been in a pattern of physical intimacy about every 10 days because they would get feeling frisky and you have fun just thinking about love making and being intimate.

The third couple had been married less than a year. They told the research assistant that they had not been able to abstain. "We were doing OK without having sex," he said, "until one day she dropped a can of creamed corn on the floor, and when she bent over to pick it up I was overcome with passion and could not help myself, and we made love right there." The research assistant told them that she was very sorry to hear that and that she was disappointed in them. To this the young husband replied, "So was the management at Wal-Mart!"

Think back to the last time you laughed so hard you lost your breath. Scientific studies now indicate that heart-felt laughter might just be the best medicine. It turns up your metabolism. It boosts your immune system. It relieves anxiety and muscle tension, and has calming effects on your physical, emotional and mental health. In the same way that I was living *by the lake* my entire life without having gotten the full

benefit, your ability to laugh your way through life is an untapped treasure. I read once that if you cannot laugh at yourself, you are too attached. It may be that laughing does for you the same wonderful things that you get from a walk along the shores of our beautiful lake. That is when you truly know that nothing else really means much—just that total sense that you are always in the right place at the right time.

Organic Is as Organic Does

The idea for this article came to me when I was reading about the massive marketing campaign that was launched to promote organic foods. When I was a student of nineteenth-century literature at the University of Illinois, the theme of *organic* versus *mechanistic* was a common topic of discussion. Until the nineteenth-century, it was hard to find a mechanistic anything. Even means of transportation were organic, with wooden wagons being pulled by horses. Over the course of the nineteenth-century, “things” became increasingly mechanized.

This is not to say that mechanisms are bad. After all, machines give us leverage to do things that simply couldn't be done the old-fashioned way and to do other things more quickly, more easily, and more precisely than could be accomplished with organic techniques. But the marketing of—and the book I was reading called it *applied propaganda*—organic foods prompted me to think about the differences between organic and mechanistic and *natural* and *unnatural* in the sense of *based on nature* and *artificial*.

In particular, I started thinking about what those terms mean when applied to learning. In some ways, of course, everything we learn from books is artificial. In the really old days, people learned directly from Nature. They interacted with Nature, and Nature provided feedback. As language developed, this evolved into stories about what happens when people interact with Nature in particular ways. The stories became codified and, when writing developed, eventually recorded. At that point, would-be storytellers had to learn to read to be able to tell the stories as they had been recorded. And then, of course, someone got the idea that everyone had the right and obligation to read the stories for themselves.

Over the years, this led to what is usually called *rote* learning. If you grew up in the U.S., you probably learned both the alphabet and the multiplication tables that way. Rote learning tends to be disparaged because it is learning without understanding, but it serves an important purpose. In the oral tradition, aspiring poets and storytellers listened to the official stories again, again, and again until they could repeat them. Rote learning is, after all, a natural way to learn. If you need to remember a phone number and can't write it down or otherwise record it, the best way to ensure that you remember it is to repeat it—again, again, and again—until you have the opportunity to record it.

Learning is a matter of developing neuronal circuits that fire in predictable ways at predictable times.

When did Christopher Columbus sail the ocean blue? I suspect that most of you reading this automatically thought, “1492.” If you did, thank your neuronal circuits for performing the way they are supposed to. If not, then you have not yet developed that particular neuronal circuit. When it comes to developing your neuronal circuits, no one can do that for you. You have to grow your own. And if growing your own takes you back to the 60s, you have grown other neural circuits that may lead to memories of Jimi Hendrix and Eric Clapton.

When it comes to learning, the organic versus mechanistic theme becomes a matter of what you actually know versus what you have to look up. What has happened as the amount of recorded information has multiplied is that people began learning methods of accessing external information rather than acquiring and storing the information in their brains. Given how much information that has been accumulated over the years, that's a good thing. Just as mechanisms increased our productivity in other ways, the mechanisms we've developed for storing and retrieving information have provided a lot of benefits. I am glad to know, for example, that I can look up phone numbers when I need them. If I ever need to know how the British defeated the French at Agincourt, I can look it up.

Knowing how to look stuff up, however, is not the same as knowing it. In many aspects of life, the *organic* form of knowing is required. Rote learning and other forms of repetition are really good ways of learning arbitrary types of knowledge, such as the alphabet. You will never be asked *why* the letters of the alphabet are in, shall we say, alphabetic order. They just are. Other stuff that we need to know organically because we won't always have opportunity to look it up requires more cognitive understanding—we need to be able to make connections between it and other stuff that might be related so that we can draw on a large database of information.

If you were to say to a therapist, for example, “I've been feeling a lot of anxiety lately,” what would you think if he or she went to the bookcase and started looking up *anxiety* in various reference books? Chances are, you'd head for the exit. One of the things we know about learning complex information, such as how to respond appropriately in a variety of social and professional contexts, is that it requires the kind of safe and nurturing environment that allows you to grow your own neuronal circuits. The fear response—fight, flee, or freeze—is useful in some cases, but it is less than helpful when a complex response drawing on information from a number of sources is required.

This kind of learning is best acquired in an environment that rewards correct responses and ignores mistakes when possible. Toddlers, for example, learn more when they are given a safe toy to play with instead of being punished for playing with the kitchen shears. Ignoring “mistakes” can well include correcting behavior. If a child says that 2 + 2 equals 5, simply ignoring the response doesn't do him or her a favor. If

you're going to learn to play tennis, you eventually have to learn with a net. It is *natural* for the net to provide feedback about how well you are doing.

This is, after all, the kind of learning environment that Nature provides. When we interact with the external environment we obtain what we want, or we fail to obtain it. If our "reach exceeds our grasp," we may be hurt, but that kind of hurt is simply a logical consequence of our action rather than punishment. Nature never says, "You're bad," or "You're stupid." If Nature were to speak English, it would say, "That didn't work. Try something else." One of the really nice things about human communication is that those who have learned something can pass that information on to others. The wisdom of the tribe is passed from generation to generation so that each new generation doesn't need to reinvent the wheel.

It's natural for the coaches and other teachers to be able to draw on their organic learning over the years to provide suggestions for improving your skills. As your skills improve, you are establishing the neuronal circuits that allow you to perform at your best automatically. In tennis, as in life, you may not have time to check with Google to read about returning a serve when the ball is speeding toward your court.

Going Forward by Retreating

Recently I was up at 5:05 one morning, my mind churning over a situation with the attorney we had create an updated will for my husband and me. I knew I needed to handle that soon, and as I sat with it on my mind, I just kept hearing "Bekandze, Bekandze, Maha Bekandze...." The words are part of the Medicine Buddha Healing Mantra I heard chanted by a group of Tibetan Monks from the Drepung Loseling Monastery in Southern India. The Drepung Monastery was established in 1416, and was located near Lhasa, Tibet. At that time, more than 15,000 monks were housed there in the Loseling complex. The Chinese invaded Tibet in 1959 and closed 6,500 monasteries. At that time, about 250 Drepung Loseling monks escaped and today there are more than 2,500 monks at the monastery-in-exile in India.

I thought of their loving and healing message as sort of an equivalent to Eckhart Tolle's saying one can express one's dislike without a lot of what he calls *ego* by simply saying, "my soup is cold." The monk's haunting chant kept running in the background of my mind as I allowed myself some space to be creative in what I might put into a letter, what I might say in a phone call, or what might be the content of a face-to-face visit with this man. I was surprised to find myself feeling a profound compassion - for him, for me, for the ONE we are.

Shortly afterwards, I received an email inviting me to share any insight or inspiration that I might have about a couple following their learning that the wife had just been diagnosed with cancer of the kidney, this after she had experienced the removal of a cancerous kidney a few years ago. What came through for me was a reminder to each of us about living life

moment-to-moment, staying in total trust of the process of life. I was also given the information that in some ways, once a person has had successful return to health from a medical crisis, you know that healing (from even grave situations) is possible. I could see clearly how your having this confidence can be the strength for whatever is the next step.

The message I had mentioned that this woman's son had offered to be a kidney donor for her, provided he is a good match. When I had the thought of the son's giving a kidney to his mother, that reminded me of a friend of mine, Carol, who received a kidney from her brother many years ago. Then that took me to a story about a young boy who was donating bone marrow for his baby sister. He asked the nurse, "Will it hurt much?" The nurse launched into a detail description of how the biopsy would work and what parts of it might be painful. The little boy listened patiently, then said, "I meant will it hurt much when I die." Even with the fear of the pain of death in his mind, his heart was totally full of love, and his focus was on the gift of life.

One of the things I have shared with audiences from time to time over the years is a saying that *the most widely practiced form of meditation in the West is sickness*. The idea is that, as we are just learning to really value the practice of meditation or stillness, when a person needs to go within and rest profoundly, one guilt-free way of doing that is to come down with something like a bad cold or the flu. I love that our daughter took a proactive stance with this idea and gave her kids one mental health day in each marking period during the school year. Although the kids had to be understanding if she just could not make it work for a particular day, each child was encouraged to choose one day as self-nurture. Staying home was allowed. Sleeping in was allowed. Reading in pajamas was allowed. Soaking in the tub was allowed. More than allowed, all of these wonderful choices could be thought of as going forward by retreating.

"I Can Pivot Under Any and All Conditions" sounds a lot like *omnidirectional chunking* in NLP. <giggle> Joel and I don't use that term, but when you study NLP with us, we introduce you to the term because the Society of NLP uses it, and we like you to know what you need to know when you go on from class and out into the world. It was actually the title for a daily quotation from Jerry and Esther Hicks. The message was how everyone has the ability to pivot under any and all conditions. "But most of you are habitual in nature, and your patterns are so well entrenched that at times the fastest path to the joy you seek is for you to take your pivot as you sleep."

They went on to remind us to be sure to find something you can feel good about before you go to sleep. Then while you are sleeping, you are experiencing the benefit of the quiet mind that occurs while you sleep. They also encourage us to remember to immediately find something good to think about when you first wake up in the morning. They call this the ultimate *Pivoting* experience.

That quote of the day is from their newest book, *Money and the Law of Attraction: Learning to Attract Wealth, Health and Happiness*, that is coming out in August. My favorite retreat space is a little farm house about 30 minutes South of here. It is called Still Waters. Get a good feeling by going to www.ComeBeStill.org. I am thinking it certainly sounds a lot like going forward by retreating to me....

Worth Reading

Stroke of Insight: Many of you will have already seen the video of Jill Bolte Taylor's presentation about her stroke and eight-year recovery. If not, you can find the video at <http://www.youtube.com/watch?v=UyyjU8fzEYU>. Taylor has also written a book describing her experience, *My Stroke of Insight: A Brain Scientists Personal Journey* (New York: Viking, 2008). In it, she describes the way a hemorrhage of an arteriovenous malformation (AVM) in the left hemisphere of her brain led to a diminished capacity in that hemisphere and the ascendancy of right-hemisphere brain functions.

She experienced the Nirvana of oneness with the Universe even as she lost ability to interact with the environment normally. As a neuroanatomist, Taylor not only recognized what was happening, but also had a strong belief in the plasticity of the brain. It took her eight years of hard work to relearn the left-brain functions that had been lost when she had the stroke and corrective surgery.

This book is well-worth reading for a variety of reasons. First, it explains differences in hemispheric brain function from the perspective of a brain scientist who has had a profound personal experience with those differences. Second, it demonstrates the brain's plasticity—ability to change and learn new things—in a powerful and direct way. Third, it provides insight into the ways in which we can all access the right-brain's ability to see wholeness and unity in addition to the compartmentalization and separation of left-brain perception—and do so without forgoing the left-brain's ability to navigate external reality. Fifth, it is a powerful story of a profound healing journey.

Taylor does an excellent job of explaining things in easy-to-understand language without oversimplifying brain processes and functions. If you've ever wanted to learn more about how you think—and improve your ability to understand why you are thinking what you are thinking—you will want to read this book.

Magic in Practice: For those who really desire to use NLP in medical settings, *Magic in Practice: Introducing Medical NLP: The Art and Science of Language in Healing and Health* (London, UK: Hammersmith Press, 2008) provides excellent coverage of the theory and practice of medical NLP. This book, written by Garner Thomson with Dr. Khalid Khan, may be more rigorous than the casual user of NLP to address health issues might desire. Those who are well-acquainted with medical settings and terminology will be most comfortable with it. Those of us who are in between will find it worth the effort.

Thomson identifies, illustrates, and explains the applications of NLP in the three phases of medical consultation: Engagement, Alignment, and Reorientation. Engagement covers the need for rapport and ways to achieve it. Alignment covers the way in which symptoms are not problems in themselves but are unconscious forms of symbolic communication that will disappear when the underlying distress is resolved. Reorientation covers techniques for developing outcomes and the use of hypnotic language for installing new strategies. Throughout, the focus is on solutions rather than problems, and for many working in medical occupations that will provide a new perspective of what is possible. You can see more for yourself at the authors' Web site: <http://www.magicinpractice.com>

Special for Veterans

If you know—or perhaps are—a veteran of the wars in Iraq or Afghanistan who is suffering from Post-Traumatic Stress Disorder, Joel has volunteered to work with such veterans without charge. Find out how NLP can dissipate the trauma and create a lasting sense of well-being—faster and more effectively than psychotherapy. The NLP procedure avoids discussion of traumatic incidents and creates new perspectives on life and opportunities for living happily and stress-free. If you or a veteran you know is ready for a new lease on life, send a brief email message to Joel (joel@scs-matters.com).

What's Coming Up?

As you are reading this, the August 2008 NLP Intensive is underway. This is the last NLP Intensive we have scheduled for 2008 to date. If you are ready to get started with NLP, you are invited to join us on 6-8 August (Wednesday, Thursday, and Friday) for Intro to NLP. If you are interested in the SCS program, we are also offering 5 days—Healing with Energy & Language on Monday, August 4 and Tuesday, August 5, and Healing with Language on 6-8 August (Wednesday, Thursday, and Friday).

Those who are already NLP Practitioner or NLP Master Practitioner and need to update your certificate or skills will want to catch some or all of this, including two fast-paced days of applications on Saturday, August 9 and Sunday, August 10.

For those with tight schedules and a desire to have this powerful tool kit, you can now earn certification as Practitioner or Master Practitioner of NLP in the most convenient way! This program is for you when you are highly motivated and committed to doing your reading and independent study. Register now for \$250 and receive your training manual. Join us on the 4th Sunday of the month in September, October, and November for ongoing study of NLP. The dates are 28 September, 26 October, and 23 November; and the times are from 1 p.m. to 5 p.m.

Each day will focus on experiential learning for you because you will already be familiar with the NLP

terminology and before each training day through having read the appropriate materials in the NLP training manual. Your progress can be tracked easily by either participating in the NLP forum or submitting a simple written process report, which ever you personally prefer.

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 per day. Space for these special days will be limited, so be sure to reserve your place early. Call/write now: (269) 921-2217 or debra@scs-matters.com

The focus for the training days will include:

- Anchoring
- Submodalities
- Timelines
- Metaprograms
- Metamodel

- Milton Model
- Hypnosis, Trance, and Altered States

You can get a jumpstart by attending either one or both of the August days: Saturday, 9 August, or Sunday, 10 August, from 10-4.

We are in the process of developing our training schedule for 2009, so 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 Every-day 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

