

Discover the Power of
TimeWarp Technology™



Small Changes

Subtle Communication Systems, LLC

Infinite Results

Enhance your **Motivation**...

Become more **Optimistic**...

Improve your **Relationships**...

Maximize your **Enjoyment** in all ways...

Edited and published by Joel P. Bowman and
Debra Basham for SCS Matters, LLC
December 2006

TimeWarp Technologies™ Newsletter

Welcome...

...to The TimeWarp Technologies™ Newsletter. 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 "Where the Twain Meets—Endbeginnings," by Debra; "Perspectives on Thanksgiving and other Holidays," by Joel; "Books Worth Reading," by Joel; and "The Ongoing Evolution of SCS," by Joel and Debra.

Where the Twain Meets—Endbeginnings

Perhaps you, like me, grew up hearing Rudyard Kipling's *The Ballad of East and West*: "East is East and West is West and never the twain shall meet." I love how Osho, a contemporary mystic, uses this line in *Osho Transformational Tarot Insights and Parables for Everyday Life* (Pg.99), saying Kipling is right *logically*, but that existentially it is "utter nonsense,"

that they are meeting everywhere.

For example, he says, imagine you are sitting in India. Is it East or is it West? If you are comparing it to London, it is East; but if you are comparing it with Tokyo, it is West. He goes on to say that at each point East and West are meeting because it is one reality. He included a number of other concepts as one phenomenon: life-death, darkness/light, love/hate.

This got me to thinking about endings and beginnings. I was reading an article about the cosmic butterfly and how ancient Mayas did not perceive linear time but believed that time flows in a circle. They saw that there was a beginning and an end to things—and they considered it a renewal at the end of the Time cycle.

A friend of mine used to give out cards on which were a butterfly and the words: all endings are new beginnings. Perhaps Osho might call the caterpillar's becoming the butterfly an *endbeginning*.

In *Soul Mates*, author Thomas Moore calls divorce or the ending of a significant relationship "evidence of the tendency of fate to

spin us in different directions." My sense is we might be much kinder with ourselves if you can let these ideas filter into your own consciousness and see the life that comes as one phase gives way to the next.

You have undoubtedly read that energy is neither created nor destroyed. That being true, seeing time as it flows in a circle can make a lot of sense.

Last year at this time I was in the thick of closing the Holistic Alliance, which had held my focus for eight years. Every item in that 6,000 square foot building had to be sold, given away, or thrown away. Each room was chock-full of memories.

But, as Thomas Moore says, death doesn't erase a relationship, it simply places it in a different context, and the ending of a relationship can be recognized and experienced as a difficult rite of passage for the soul.

I now look back on the weeks of moving, packing, cleaning, and tossing, and I can see that I was swimming through a sacred ritual of new beginning. It was, indeed, a difficult rite of passage for my

soul, and I suspect this to be true for the many others for whom that space had been a sacred birthing room. I am grateful, though, for the opportunity I had to extend myself in the re-creating just as fully as I had in the creating. And I am even more grateful to be able to see and appreciate the truth that, one year later, love is still eternal and life is still immortal and new beginnings are present in every ending.

Thomas Moore's comments that fate is just as present in divorce as it is in marriage strikes at the heart of your healing from guilt and failure and the need to blame or fall into shame when change is happening in your life. The twists and turns of fate were weaving a destiny for a corporation and I had the honor of witnessing that destiny.

At significant times of change ritual can be at the core of your seeing the new creation even as you are releasing the old version of your reality. As each room was emptied out, I saw the space as holy, sacred, and I offered gratitude for all the healing that had happened there. As I worked, I would hum or sing the words to "This Old House," music and lyrics by Craig Bickhardt and Thom Schuyler:

www.craigbickhardt.com/lyrics/lyric_this_old_house.html

Traditions, like physical space, often need to be examined and, as appropriate, honored and released. I remember the resistance that met my initial suggestions of not buying Christmas gifts for everyone in the family. You may have let many of those *shoulds* and *oughts* go already, too, or perhaps you now see the value in doing that at this time of your life.

The freedom you seek might be an *endbeginning* of what has been, as you welcome into your life what is becoming now more

and more of what you truly desire. Think about making this the year in which every month you let go one limiting belief that had been operating in your life. For a real boost in this direction, you are invited to attend NLP and DNA of Healing. Debra has a one day event on Saturday, December 9 and the three-week schedule will be offered on Tuesday, January 30, and February 6 and 13. Either way, enjoy seeing your life as a sacred circle where all endings really are new beginnings....

Perspectives on Thanksgiving and Other Holidays

If you grew up in the U.S., you undoubtedly heard the story of the first Thanksgiving, celebrated in October of 1621 by the Pilgrims and Native Peoples at Plymouth, Massachusetts. Although the stories we learned about the first Thanksgiving aren't exactly true, some of the principal details are. The Native Americans really did teach the Pilgrims how to grow corn and helped them survive the first difficult year in New England, and they really did join the Pilgrims in the feast that fall. In the years that followed, however, the perspectives of Thanksgiving began to diverge.

The Pilgrims and their descendants continued to celebrate the fall harvest and issued a formal proclamation of the First Thanksgiving in 1676, which asks for God's help in destroying the "Heathen Natives." Abraham Lincoln declared Thanksgiving a national holiday in 1863, while we were embroiled in the Civil War. In 1939, on the eve of WWII, President Franklin Roosevelt moved Thanksgiving from the last Thursday to the third Thursday in November to extend the Christmas shopping season. In 1941,

Congress permanently fixed the date on the fourth Thursday of November.

And what of the Native Americans? What do you suppose they see, think, and feel when they look back on that first Thanksgiving in 1621? Do you suppose that their view of that historic event is one of gratitude and thanksgiving, or might it be one of regret, loss, and betrayal?

One's perspective of Thanksgiving and other holidays—*holy days*—can't help but be influenced by a variety of perceptual filters, whether ethnic, cultural, familial, and/or personal. The question for all of us is the degree to which we are sensitive to and tolerant of different perspectives. If we struggle to understand why Native Americans might not view Thanksgiving the same way the descendants of the Pilgrims do, or even why men and women in traditional families might see that holiday through different eyes, we should not be surprised when differences in perspectives in our day-to-day interactions with others result in conflict and hurt feelings.

The tricky thing about perceptual frames is that the frame through which we perceive the external environment typically *seems* correct, leading to the thought that the way we view the external is *real* and *true*. This is especially true when others in our family and social groups seem to share the same perspective. I am reminded of a story I heard a long time ago about a husband and wife who entered counseling because of recurring weekend arguments that typically centered on whose turn it was to mow the lawn. The couple had agreed to share inside and outside chores equally, and the sharing worked pretty well except for the task of mowing the lawn. When pressed by the therapist, the husband

blurted out, "In my family, the mother always mowed the lawn." The stunned wife replied, "In my family, the father always mowed the lawn."

In spite of their conscious agreement to "share equally," the couple's attitudes, beliefs, and behaviors were influenced by the *Preconceived Perceptual Frame* (PPF) each had of what was right and appropriate based on gender. The unconscious and unspoken expectation was more powerful than the conscious agreement, so even with the best of conscious intentions, the resentment each felt oozed to the surface. I suspect that each of us has similar facets of our lives where conscious intent is subverted by an unconscious PPF, whether it is giving up a habit (such as smoking), losing weight, creating wealth, starting an exercise program, recurring difficulties with others, or getting past grief or resentment.

Thanksgiving (it is Thanksgiving Day as I write this) and the other year-end holidays provide appropriate occasions for self-evaluation and renewal. We know from lots of studies that simply stating a conscious intent—a New Year's Resolution, perhaps—is probably not enough to change an underlying PPF. Changing the unwanted attitude, belief, or behavior depends on changing the underlying PPF, and that requires conscious recognition of the PPF. I don't know what happened to the husband and wife when they finally recognized their underlying PPFs about lawn mowing, but I suspect that their increased awareness facilitated their commitment to sharing lawn-mowing duties in a more amicable way.

Where in your life are you getting more of what you *don't* want than you are manifesting what you *do* want? What are the underlying PPFs that undermine

your conscious intent for change? One of the most important things to note about PPFs is that, even though they are typically below our level of conscious awareness, they long for recognition. When you seek them, you will find them. They lie on the tips of our tongues and often reveal themselves in something we say, as they did for the couple in the counseling session.

Take a minute (or two or three), and list three or four areas of your life that have not changed in spite of your conscious intent to change them. It may be, for example, your relationship with money. Perhaps you've been intent on creating financial well-being for yourself, and you've been using affirmations, listening to Abraham-Hicks CDs, and doing your best to stay focused on what you want (wealth) rather than what you don't want (poverty or scarcity). And the manifestation of what you desire has been slow to arrive.

Now ... take a minute (or five or ten) to list the beliefs you have about the areas of your life you've elected to work on first. If manifesting wealth is your issue, think about the things your family members typically said about money. How often did you hear, "We can't afford it," or "Money doesn't grow on trees"? If you have an affirmation you are using to help manifest what you desire, what does the affirmation presuppose? Does the affirmation presuppose that you already have what you desire? If so, what is the message to the unconscious? If you affirm that you have everything you need, for example, you are presupposing that your needs are already satisfied. If you affirm something that you obviously don't have, will your unconscious reject your affirmation?

Because the *Law of Attraction* requires *action*, manifesting your

desires requires not only that you know what you want, but also an awareness of what has stopped you from having it already, and an "action plan" to move you in the desired direction. You can say, "I am a nonsmoker" or "I am my ideal weight" day after day, but it takes a specific action plan to overcome the PPFs that have stopped you from your quitting smoking or sabotaged your becoming your ideal weight now. Your unconscious believes what you *do* a lot more than it believes what you *say*.

Like any other perceptual frame, PPFs can be reframed quickly by overwhelming evidence to the contrary (which is probably what happened with the lawn-mowing couple) or by degrees based on repeated action and increasing awareness. In schoolyard lingo, it's a matter of putting your money where your mouth is. Commitment—*real* commitment—leads to action, which increases commitment, which leads to more action, and so on. Before you know it, your perception of what is possible has changed. And there's no time like the present to begin.

Books Worth Reading

Ever since I was young, one of my favorite ways of expanding my perception of what is possible has been reading. Among the most recent are the following:

- **Kida, T. (2006). *Don't Believe Everything You Think*. Amherst, NY: Prometheus Books.**

I learned about Thomas Kida's book while searching for something else on Amazon.com. In spite of the negative command in the title, the categories of faulty thinking covered in the book appealed to me. The six basic mistakes are that (a) we prefer stories to

statistics; (b) we seek to confirm, not to question, our ideas; (c) we rarely appreciate the role of chance and coincidence in shaping events; (d) we sometimes misperceive the world around us; (e) we tend to oversimplify our thinking; and (f) we have faulty memories. The patterns of faulty thinking all derive from Korzybski's observation that deletion, distortion, and generalization are inherent in perception. The question isn't whether we delete, distort, and generalize, but whether we are aware that we are doing so. The book is an introduction to logic, and although there may be no coincidences, the book will help you understand why you may not want to bet your family fortune on one.

- **McFarlan, B. (2004).** *Dropping the Pink Elephant: 15 Ways to Say What You Mean.* NY: MJF Books.

Bill McFarlan uses the term "Pink Elephant" to refer to the negative language of denial, such as Richard Nixon's *I am not a crook* and Bill Clinton's *I did not have sex with that woman*. Along the way, he covers a variety of other ways people get themselves into communication difficulties. It is a clever, well-written book. Bill is from England, so he is prepared to learn a variety of British expressions you may not have seen or heard before.

- **McStravick, S. (2006).** *Flowdreaming: A Radical New Technique for Manifesting Anything You Want.*

Carlsbad, CA: Hay House, Inc. (Includes a free CD.)

Summer McStravick describes the way she discovered what she calls *The Flow*. The Flow is the energy field that surrounds and permeates everyone and everything; it is what others have called *The All That Is*. The book and accompanying CD help the reader/listener become aware of The Flow and to begin the process of Flowdreaming for the purposes of manifestation. *Flowdreaming* will help you understand exactly how the Law of Attraction works and provide you with an action plan to manifest your dreams.

- **Neill, M. (2006).** *You Can Have What You Want: Proven Strategies for Inner and Outer Success.* Carlsbad, CA: Hay House.

Debra and I learned of Michael Neill's book from an email message John La Valle sent to those on his mailing list. In my quick look through it so far, I can see why John recommended it. The book is a practical guide for using NLP and related ideas to improve your life.

- **Shealy, C. N. (2005).** *Life Beyond 100: Secrets of the Fountain of Youth.* New York: Jeremy P. Tarcher/Penguin.

Norm Shealy, M.D., Ph.D., is the founder of the American Holistic Medical Association and has had a remarkable career in both conventional and complementary medicine. *Life Beyond 100* is his prescription for long life and good health. Debra and I attended his presentation at the recent

annual convention of the Association for Comprehensive Energy Psychology (ACEP), where he stated that lifestyle choices of diet, attitude, and exercise are the main reasons we aren't already living longer, healthier lives.

The Ongoing Evolution of SCS

As many of you already know, we covered a lot of territory in October and November, conducting a workshop in Tennessee; attending the annual convention of the Association for Business Communication and conducting a workshop in San Antonio, Texas; and attending the ACEP convention in Toronto. Each of these experiences afforded us opportunity for self-examination and to obtain feedback about what and how we have been doing. The same was true for the SCS Homecoming Event on 18 November.

One of the challenges we have faced is that of balancing what is typically called a "stable product" with our desire to innovate and create. Those of you who have taken advantage of our offer of *Perpetual Tuition* already know that you cannot step in the same SCS "river" twice. The river will have changed between steps. The workshop may have the same title, but the content will have changed to accommodate what we have learned in the interim. The content also changes, of course, based on your own increased understanding of workshop concepts.

One of the things we have been asked to do—in Tennessee, in Texas, in Toronto, and again at the SCS Homecoming Event—is to identify the core benefits SCS promises to deliver regardless of the workshop title. As Debra is

fond of saying, if one person says that you're an elephant, you can ignore it; if two people say you're an elephant, you'd better look in the mirror; if three people tell you that you're an elephant, it's time to buy peanuts. We bought a bunch of peanuts, and you can see what we have so far at the following URL: <http://www.scs-matters.com/scswhy.shtml>.

Instead of the "mega-workshops" that many of the corporate training programs offer, we have set our conscious intent to provide substantive learning for professionals who desire a deep understanding of linguistics and the

subtle energies that will facilitate your using them as tools of personal empowerment—not only for yourself, but also for others. In our opinion, knowing how to use matching and mirroring to help establish rapport or the "Magic But" to facilitate a sale are just the beginning.

The real question is where do you want to go next.... Wherever that may be, enjoy the holiday season and the end-of-year reflections that it brings. Our next TimeWarp Technologies™ Newsletter will be dated 2007, which sounds almost like a *timewarp*. We continue to be open to

suggestion and invitation to offer the workshop of your choice at your convenience. 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 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.

