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## TimeWarp Technologies™ Newsletter

### *Welcome, and Happy Valentine's Day...*

Here is your TimeWarp Technologies™ Newsletter for February 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 "February Connections," by Joel; "Sensing Sedona," by Debra; "Seize the Day," by Joel; and "Enjoying the Delicious," by Debra.

### *February Connections*

February is best known for being the shortest month of the year and for St. Valentine's Day, a day set aside for us to express our feelings of connection with those we love. February is itself a bridging month, connecting the deep winter of January to the promise of spring in March. This seems an especially fitting time to write about the ways in which we are all connected.

The Festival of Lupercalia and other pagan rites celebrating the sexuality of young love antedate

St. Valentine by hundreds, perhaps thousands, of years, and the valentine tradition has come to include love in all its forms: *Eros* (sexual love), *Philia* (friendship or brotherly love), and *Agape* (general concern and affection for others). The Valentines we give and receive represent Love in any or all its forms, and the words on the cards usually state or imply the kind of connection the love for the recipient represents.

We often dichotomize connection, thinking that we are either connected or disconnected to and from others. When it comes to relationships, however, the term *disconnection* is a misnomer. Connections between people may be remote, either because of physical distance or differences in philosophy and belief systems, and they may vary from the wondrously pleasant to the uncomfortable, but we cannot not be connected.

The symbol for Valentines is, of course, the heart, but people have at least some connection on all levels. Through the *Root Chakra*, we are connected most strongly to family and those we consider part of our "tribe," including our home

territory and the dogs, cats, and other animals that populate our environment. The Root Chakra connection is one of safety—we feel the connection through our sense of safety and belonging. Awareness of our Root Chakra connections provides the security we need to explore the connections we establish through the rest of the chakras.

*Sacral Chakra* connections are based on *Eros*, which includes sexuality, procreativity, and creativity. The creativity of the Sacral Chakra includes what we think of as *play*—everything we do in life that is just plain fun, whether it is the games of childhood, telling each other jokes (and notice how many jokes have sexual innuendo), or (for those who find it fun) riding roller coasters. Sacral Chakra connections are exemplified not only by the joy of sex, but also the joy of belly laughs. The innocent and joyful play of childhood games and the more experienced game of adult seduction are both fueled by Sacral Chakra connections.

*Solar Plexus* connections are established primarily on *Philia*, our

affection for and relationships with others in our social and business groups. Connections may be hierarchical, in which one person has more status and authority than another, or they may be equal and complementary. Solar Plexus connections tend to be goal oriented and based on social roles. When a group that works together also plays together, the play originates in the Sacral Chakra. We may, of course, feel “disconnected” from others in our group (or from playmates), but the sense of disconnection is—ironically—proof of connection.

**Heart Chakra** connections are based primarily on *Agape*, an unselfish love and concern for others. Just as the Heart Chakra is the bridge between the “lower” and “higher” chakras, Heart Chakra connections influence the love we have for others as it expressed in the other chakras. When the Eros of the Sacral Chakra combines with the Agape of the Heart Chakra, for example, what is usually called “Romantic Love” flourishes with the combination of caring and desire that leads to creativity, procreativity, and bonding in “sickness and in health.”

**Throat Chakra** connections are based on voice, including tonality, pitch, and rate. The voice expresses what is being experienced in the other chakras. When a person feels safe, for example, that is reflected in both tone of voice and rate of speech. Sexuality, sensual pleasure, creativity, and group affiliations and roles are also reflected in voice, including language. The words we use reflect the chakras of energetic origin.

**Brow Chakra** connections are based on shared ideas and vision. The expression “seeing eye-to-eye” exemplifies Brow Chakra connections. Those who share a vision typically feel connected in

other ways as well. A shared vision energizes not only the connection between and among people, but also enhances the connections based on the other chakras.

**Crown Chakra** connections are centered on spirituality. Even those who claim that they are atheists and deny the spiritual nature of the All That Is have such connections. Just as other connections may be perceived as distant or weak, the spiritual connection may also seem remote. The spiritual connection tends to be based on the vision of the Brow Chakra. The vision of a better life for self and others leads to what Abraham-Hicks calls “launching a rocket of desire” that connects directly with Source.

At any given time with any specific individual, we may be aware of the various ways that we are connected. The one thing we can be sure of is that we have *some* connection through each of the chakras. The connection may be strong or weak, immediate or distant, but it will be there. Disconnected is a misnomer; we cannot not be connected. Understanding the nature of our connections allows us to choose a more joyful path of relating to and with others.

Whatever the true story of St. Valentine, Valentines Day affords us a wonderful opportunity to consider our connections and to honor and value them in a variety of ways.

### *Sensing Sedona*

You might know how it is to have heard words spoken that you understand but you don’t really have any idea what something means until you experience it. I had that happen to me years ago when I read about the need for a woman to *bear down* during labor and delivery. Nothing I read told me anything that allowed me to have

an understanding of what that really was. I recently experienced a similar phenomenon when I had the opportunity to visit Sedona, Arizona.

I had heard about the beauty of Sedona, but I was not prepared to be so captivated by it. And I can tell you it was not because it was January, and I had just left Michigan. We were hiking the area at a near-record frigid 9 degrees Fahrenheit, while back in Michigan folks were enjoying a mild 50 degrees.

We had been in Scottsdale and drove north to Oak Creek Canyon in the dark, arriving about 10:00P. On the way I asked Pat Hudgins, the only one of us in the car who had previously visited the area, “What is a vortex?” Her reply was that I would know the next day. Leaving our accommodations at the Hilton Resort and Spa in Oak Creek Canyon, we were delighted as we drove into Sedona on the next, very brisk morning.

Sedona is in Red Rock Country and is often called *the most beautiful place in America*. Living on the banks of Lake Michigan, I cannot say I totally agree that Sedona is the *most* beautiful, but energy is truly remarkable. The rock formations were formed by some long-ago geological event—and they are absolutely fantastic configurations. They are called mesas, buttes, and pinnacles, and our first stop was at Airport Mesa.

In about 1980, Page Bryant, a psychic and intuitive counselor asserted that three types of “hot spots” of natural energy can be found in the area. The three types of energy—or vortices—Bryant described are *positive*, *negative*, and *neutral*, fueled by electric, magnetic, and electromagnetic energies, respectively. Airport Mesa was considered a *positive* vortex. Others used the words *updraft*, *electric*, *feminine*.

Regardless of the terminology used to describe the energy of the different formations, you can definitely feel that they are different. Listening to a tour guide talk to his group, I overheard some of the interesting facts about these amazing spaces. Most amazing to me was that they find sea shells near the tops—at a height of over four thousand feet above sea level. You might imagine the power within the forces of nature that pushed the rock up from the bottom of the ocean, including the wind that later honed and shaped the rocks.

Cathedral Rock was considered a *negative vortex; downdraft, magnetic, masculine*. We could actually feel the energy pushing down on us as we climbed, much the way you feel the poles of a magnet pushing or pulling. Stopping to do energy work on a woman who, after making it to the top, lost her footing on some loose rock and injured her ankle, I was totally aware that the energy that was needed for her healing was already there, my role was simply to acknowledge it and tap into it. What a shift that was from the days I thought I had to work hard to do the healing....

At Bell Rock, as we looped back to the parking lot, we were fortunate to see a hawk sitting just ahead and to the left of us. Watching that hawk, being in the midst of such a magnificent showcase, seemed somehow so appropriate to honor the choice of hawk for the SCS logo.

Our last hike was a stop at Montezuma's Castle, an amazing five-level, 20 room cliff dwelling nestled into a limestone recess high above Beaver Creek served as a "high-rise apartment building" for prehistoric Sinagua Indians over 600 years ago. It is said to be one of the best preserved cliff dwellings in North America. Although

it was erroneously named for the Aztec ruler, my sensing of the energy was *these people knew how to make life, even in a harsh environment, a pleasure rather than a struggle*.

And that thought took me to the NLP law of requisite variety—know your desired outcome, have the sensory acuity to know if what you are doing is moving you closer to or further from that outcome, and have the flexibility to choose in ways that does let you get more out of your life—more love, more peace, more health, more joy and abundance in all ways. Perhaps Sedona is there to teach us that we can notice updrafts, downdrafts, and neutral spaces in our lives....

### *Seize the Day*

The idea that *now* is the only time we can actually live has been around a long time. It is often said that the past is but a memory, and the future but a dream, so we need to live for today. Even so, we all know the fable of the ant and the grasshopper and what happens to those who fail to plan for the future.... The key to seizing the day is balance—the ability to learn from the past, combined with enjoyment of the present and planning for the future.

Just as people have a preferred sensory system—Visual, Auditory, or Kinesthetic—people also have a preferred time orientation. Some prefer the past, whether the historical past (*the good ol' days*) or their personal past as expressed through their personal and family stories. Some prefer the present and are clearly "living for today." Others prefer the future and dedicate themselves to saving for "a rainy day" and planning for a glorious retirement, when they will do all the things they truly want to do.

Those who are "stuck" in their histories are unable to enjoy the present because they are carrying too much baggage with them. If you find that your past haunts your present you would do well to ask Byron Katie's question: "Who or what would you be without that story?" You have a past so that you can learn from it rather than continuing to relive it through your stories. The cliché, "Today is the first day of the rest of your life," is literally true. Make sure that the personal history you choose to bring forward is one that serves your present and future.

Those who live only for the present fail to notice that the present is simply the future slipping into the past—the grasshopper's philosophy of ignoring the approaching winter. Psychologist Daniel Gilbert, author of *Stumbling on Happiness*, calls the extreme focus on the present "goldfish moments." A goldfish doesn't think about what happened yesterday or do much planning for the future. Addictions—whether alcohol, cigarettes, drugs, gambling, or sex,—are one of the logical results of living only for the present. Those living "in the now" somehow manage to remain unaware of long-term consequences.

Those who focus on the future fail to recognize that dreams need to be lived to be fulfilled. I (Joel) well remember the day my father told me about a friend and colleague of his who had spent years talking about all the travel he and his wife would do when he retired. He had collected all the brochures. He had all the routes and destinations planned. But the day following his retirement, my father's friend died of a massive heart attack. Most of us know at least one person who struggled, saved, and denied pleasures in the present for what he or she hoped would be a glorious future, only to

miss the future and the experiences he had been planning to enjoy.

The idea of seizing the day includes taking advantage of the lessons of the past as well as planning for the future. The Sanskrit Proverb rightly says, “*Look to this day for it is life. In its brief course lie all the realities and truths of existence, the joy of growth, the glory of action, the splendor of beauty. Today, well lived, makes every yesterday a memory of happiness and every tomorrow a vision of hope. Look well, therefore to this day.*” Our memories, even those about which we might have some regrets, give us character, and our future will unfold according to our actions in the present. So seize the day by learning from the past and letting it go, enjoying the present, and working for a better tomorrow.

### *Enjoying the Delicious*

Dining with friends provides a wonderful opportunity to practice your NLP skills. For example, notice what people choose to order. Last night, we were hungry for fish. Linda had the salmon, John had the Mahi Mahi, and I had the perch. Each of us made our choice with the goal of “enjoying the delicious.” But what is delicious? Obviously it is different for each of us, yet we each understood that we were sharing the state called *delicious*, even as we elected different ways to arrive at that state.

Delicious is, after all, completely subjective. When “delicious” is a *predicate adjective* (essentially an adjective functioning as a noun in a sentence), it is a nominalization. Nominalizations are abstract nouns, such as freedom, love, hope, peace, trust. These words represent something to the speaker, but each is *abstract* in that it is without external referents. The classic test for a nominalization is whether

you can put it in a wheelbarrow. You could put a house or a horse or a car or a cow in a wheelbarrow, even if it would have to be a very large one! If it is a noun, and you cannot put it in a wheelbarrow (even if it takes a very large wheelbarrow), it’s a nominalization.

What someone else thinks is delicious (liver and onions comes to mind) might be the very thing I find repulsive. Abstract nouns, including things we think of as delicious, have a *complex equivalence* unique to the individual. Notice how the language we use to express our values are nominalizations: *honesty, faithfulness, worthy, productive, creative, kind, generous...* Even *moral, sin, and salvation* mean something unique to the individual. Many of the arguments that take place around both religion and politics can now be seen as misunderstandings based on the complex equivalency or *personal meaning*.

And that brings me back to you enjoying the delicious. I love tomatoes. Joel says I eat a tomato the same way others eat an apple. Tomatoes are definitely not on his list of favorites. I even love the smell when he buys the tomatoes on the vine, and I take one off. Mmmm... It feels so good to me to know that you can enjoy something that is unique to you, and we can still share joy with another. If I know someone else enjoys something I also enjoy very much, I can set my intent to share the joy. Even if I know someone else does not enjoy something I enjoy, I can still set my intent to share the joy. After all, it is the enjoying the *delicious* I am sharing, not the tomato!

If one person is afraid of spiders and another is afraid of snakes and they are on a walk together, when one sees what frightens him or her, the other person will feel the

fear and assume (incorrectly of course) that what has been seen is what triggers his or her own fears. In the same way that fear is contagious, you can begin to spread joy just by enjoying the *delicious* in your life.

Take a few minutes now to think about some of the things that you find delicious. Maybe you will even think of other words for what you are enjoying most. Maybe it is what you find pleasurable, or exhilarating, or inspiring, or just plain fun. However you imagine it, imagine having or doing that now. As you imagine it now, let your emotions expand—make the pictures in your mind bigger and brighter and closer and more appealing. Do whatever it takes to find that state within yourself that proves to you that you are capable of totally enjoying the delicious.

Now, imagine sharing the state of your joy—not the tomato, with others. Start with sending that good feeling to someone you care about very much. Then move on to someone you know but perhaps not very well. Move on to anyone who may need a boost of good feelings. As you are able, begin to imagine you’re able now to be enjoying the delicious with someone you had found challenging.

Many people will realize this is essentially the Buddhist idea of loving kindness meditation. But it is not just Buddhists who can use the tool of emotional contagion to share the good stuff. And be intentional about sharing your enjoying the delicious, because some people need to have evidence of love often. Speak words that indicate you are enjoying the delicious. Follow up the usual, “How are you today?” with, “I am enjoying the delicious.” Well, OK, maybe only say it to yourself while you tell them you are fine. You can even begin to dress like someone who is

enjoying the delicious. Remind me to tell you about my chakra colored PJs from Victoria's Secret....

### *What's Coming Up?*

The next regularly scheduled SCS training will be "Relationship Dynamics: Dynamic Relationships," from 20 to 24 April in St. Joseph, Michigan at the Priscilla Burns 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.

The real question is where you want to go next.... 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:

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