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TimeWarp Technologies™ Newsletter:

Welcome...

Here is your TimeWarp Technologies™ Newsletter for March 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 “Healing More than Skin Deep,” by Debra; “Self-Doubt,” by Joel; “Snow Daze,” by Debra; and “At the Speed of Life,” by Joel.

Healing More than Skin Deep

Sometimes I am a bit overwhelmed at the incredible honor I have been given in the invitation to work with someone anticipating surgery or experiencing a serious health crisis. In some ways, I can look back at my own childhood and see how this was a natural progression because when I was just five years old I was diagnosed with and treated for polio. In fifth grade I broke my wrist roller skating, and at twelve I was in an auto accident resulting in 300 stitches in my forehead, a dislocated hip, and a near death experience. It is important to remember that regardless of what effects an injury, accident, or illness has on the physical level, your healing is happening in ways you may not even be aware of—a central idea in *Pre- and Postsurgical Support with SCS™*.

The first person I worked with after training in Prepare for Surgery/Heal Faster™ with Peggy Huddlestone was a single mom who was having surgery for a brain tumor. Treya Killam Wilber said (see *Grace and Grit*, by Ken Wilber) she discovered

that when she talked to people with cancer, she had to really listen to them to have a sense of what would actually help that individual. I was shocked to discover that it was not death that was this young mother’s greatest fear. Her greatest fear was that she might not know her four-year-old daughter when she woke up.

One young man I worked with had been born with his rib cage concave instead of convex, so as he grew the bones were beginning to squeeze his organs and his diaphragm. At age 17 he was going to have his chest opened up and his rib cages would be ‘flipped.’ His greatest fear was of hypodermic needles! No kidding. He had been totally embarrassed because he fainted once getting a shot at school. Before I did the surgical preparation, we did a fast phobia cure to eliminate his fear of needles.

Even if someone were not afraid before, hearing the doctor describe all the things that could go wrong during surgery can shift the focus away from the desired benefit. While it is natural to feel afraid when facing surgery or experiencing a health crisis, feelings of fear are not very helpful. According to the Centers for Disease Control and Prevention, up to 90 percent of the visits to the offices of primary care physicians may be triggered by a stress-related illness. If that much illness is stress related, think about how your body’s natural ability to heal will be enhanced by relaxation.

Huddlestone says with a week or two of daily practice, you’ll be so relaxed that you will feel peaceful in a noisy hospital hallway, or relax in the waiting room and during a medical test. One woman

said to me that she was actually looking forward to her surgical procedure! Stress is cumulative, but, fortunately, so is the benefit from your learning to relax. While some people learn relaxation techniques through successful preparation for surgery with SCS, it is not necessary (or even best) to wait until then.

Rachael Naomi Remen, M.D., was featured in the Bill Moyers PBS series, *Healing and the Mind*. Her work with persons with cancer and life-threatening illnesses and their families grew out of her 40-year personal history of chronic illness. Writing from that amazing, and unique, blend of viewpoint—physician and patient: “The process of letting go of what is completed or outgrown is absolutely essential to affirming life. One cannot engage with life if one is caught by the past.”

Those trained to conduct *Pre- and Postsurgical Support with SCS™* sessions, will work with individuals having something *removed* (this works even with something as simple as a tooth or a wart), helping them identify something—a belief, a memory, a habit, or a perception—*anything* that no longer contributes to a sense of joy or well-being. Because of the interplay between the conscious and unconscious processes, that limiting aspect can be removed, too! One woman I worked with wanted to have feelings of not being loved removed. This works so well that following surgery, this woman said she remembered that something else was being removed along with the tumor but she was not even able to remember what that was....

Perhaps you are anticipating surgery or experiencing an illness. Maybe you have been considering attending a workshop so you can use this program with people you work with. As with both Healing Touch™ and Neurolinguistic Programming (NLP), this trance-formational tool is powerful in its own, and it also works well with other modalities. All true holistic approaches honor body, mind, and spirit.

On his 80th birthday, John Quincy Adams (1767 - 1848), Sixth President of the United States of America, responded to a query concerning his well-being. He replied, “John Quincy Adams is well. But the house in which he lives at present is becoming dilapidated. It is tottering on its foundation. Time and the seasons have nearly destroyed it. Its roof is pretty well worn out. Its walls are much shattered and it trembles with every wind. I think John Quincy will have to move out of it soon. But he himself is quite well, quite well.”

When you think with your heart, what is your sense of what healing really is? Can you, too, imagine that healing is happening even when there may not be a visible cure? Dream with me what it would mean for our world and all those in it to see that even physical

death can be accompanied by healing that is truly more-than-skin-deep...

Self-Doubt

By now most of you who are reading the TimeWarp Technologies™ Newsletter have seen the ads for Holiday Inn Express in which a character rushes to an accident victim and begins to provide dubious medical advice. The victim asks, “Are you a doctor?” The response is, “No, but I stayed at a Holiday Inn Express last night.” While staying at a Holiday Inn Express might be a “smart” thing to do, it is not quite the same as completing medical school. One of my favorite Richard Bandler’s sayings is that one should not be confident before one is competent. The proper sequence is competence first, *then* confidence.

Most of us have met at least one person who has the Holiday Inn Express type of confidence, someone who knows very little about a subject and still presents his or her opinion as though it is indisputable fact. To a certain degree, culture encourages that kind of confidence, and some cultures encourage it more than others. In recent years math and science students in international competitions were ranked according to how well they thought they would do in comparison with how well they actually performed. Students from the U.S. were absolutely certain that they were the best, but their scores put them in something like 14th place.

Confidence without competence is arrogance, and most of us would prefer to avoid even the appearance of arrogance. Authentic confidence is based on the idea of being sure enough to be unsure, having the willingness to re-examine beliefs when more information becomes available and having the willingness to recognize the limits of certainty. A little self-doubt is a wonderful thing....

On the other hand, too much self-doubt leads to the paralysis of second-guessing. It becomes a matter of being unsure enough to *never* be sure. You probably know people like this, too. They are the ones who are very good at following specific directions, but who are unable to decide what to do when the directions don’t apply. You may have seen the recent TV news story about a new GPS system in Europe that has been directing traffic to follow the shortest route between points. Unfortunately, the GPS system has been directing commuter and truck traffic through what used to be sleepy villages where larger trucks have become wedged between the buildings that line the narrow streets. Evidently the drivers had so much self-doubt that they followed the directions of the GPS system without noticing that the territory was

not corresponding with the map provided by the GPS.

Self-doubt not only leads people to trust others—even a poorly programmed GPS system—more than they trust themselves, but also leads them to second-guess their own decisions. You may have known someone in college, for example, who changed majors virtually every semester. Or you may have known someone who wanted to write a novel, and in the course of a year he or she had written 52 versions of Chapter 1—and was worried that the 52^d version wasn't good enough. Along the way, you have undoubtedly known very intelligent, talented individuals who—for one reason or another—were never quite ready to fully commit themselves to the actions required to achieve their dreams.

At either extreme, whether too little or too much, self-doubt causes problems. Those with too little throw out the directions before reading them, while those with too much follow the directions even when they don't apply. You can tell where you fall on the continuum by which of those seems more like you. The idea is to bring your belief systems into alignment with reality, bringing your mental maps into alignment with the territory. Your mental GPS needs to recognize that the shortest route may not be the best. If the directions you are following aren't working, you need the confidence to do something else. That applies whether the directions are internal (too little self-doubt) or external (too much self-doubt).

The key question for those with too little self-doubt is, "Are you sure enough to be unsure?" The key question for those with too much self-doubt is, "What would you do if you knew you could not fail?" If you are one who vacillates from one extreme to the other, you may need to ask both questions with regularity. Then do something while noticing whether it is taking you closer to or farther away from your desired objective. As you pay closer attention to the alignment between your mental maps and the territory you are navigating, you will discover the right combination of confidence and competence to ensure that you achieve the goals you most desire.

Snow Daze

Nineteenth-century poet Percy Shelley asked, "When winter comes, can spring be far behind?"

When one finds oneself in what Shakespeare's Richard III called "the winter of discontent," such as during a time of grief, it is crucial to remember the seasons and cycles. The nature of nature is change. Day really does flow into night and the darkest of night gives way to dawn. Even in the land of the

midnight sun, this cycle is ever turning, end-over-end, and probably nowhere is this truth more powerfully presented than in what is normally called Holy Week, the story of Jesus' experience of the last week of his physical life. If you are familiar with the story, Good Friday is the day of death, and Easter Sunday is the day of resurrection. But what else might that mean, beyond what it is taught to mean for Christians; perhaps it might be the reminder of the sacred cycle of our lives.

Recently I was thinking about the phrase *what goes around, comes around*. At a certain level of cognitive development, children do not know this. That is why peek-a-boo works with them. When what was there is not there now, it is gone from thought—totally. When you play that game with a child, you are teaching the child to notice that gone, but not really gone, and back again is the way the game is played. Soon, with sufficient experience, the game is now seen for what it is—a game of changing perspective.

"After the first death, there is no other," wrote Dylan Thomas. That doesn't mean the ones that come after won't break your heart, but, as Larkin Warren said in "How to Grieve" (an article published in *AARP Magazine*, July-August 2007) "it's the first that punches your soul's passport."

It is fortunate that psychology is beginning to take an expanded view of grief as a *process*. In *The Grief Journey*, a group I have co-facilitated for the past five years, we often acknowledge how it is helpful to not expect a person to *get over* a loss. Rather than thinking of bereavement as being about letting go, it is more that we are learning to create a new relationship with our loved one. I read recently that the need to form a "continuing bond" is less well accepted in our get-over-it culture, but fortunately, it is more and more recognized as essential to healing.

The following paragraph is from a December 12, 2007, article by Ginny Graves: "How to be Happy Again: Finding Love, Joy and Peace of Mind after a Devastating Loss." You can read the entire article by going to <http://www.msnbc.msn.com/id/22186226/> "Grief isn't only about mourning — it's about restructuring your identity and life after someone you love has died," Prigerson [Holly Prigerson, Ph.D., director of the Center for Psycho-Oncology and Palliative Care Research at the Dana-Farber Cancer Institute in Boston] says. Rather than squelching their sadness and emotions, "the central challenge for mourners is to move from loving someone who is present to loving them even though they're absent," adds Thomas Attig, Ph.D., author of *The Heart of Grief: Death and the Search for Lasting Love* (Oxford University Press).

"Lots of people talk about closure, but that's a fantasy. Death ends a life, but it doesn't end the relationship."

The death and resurrection of Jesus is seen as the foundation of the Christian faith. In the same way that happened, spring begins *because* winter is no more, and our grief journey allows us to restructure our identity after someone or something we love has died.

Many years ago I was a member of a women's sharing group at our church. The other women were all much older than I was then, the youngest was in her sixties and the eldest in her eighties, and most were widowed. One morning I challenged them to identify the gift/s that had come from the transition of their husbands. After a hasty denial that there were any gifts, honest assessment unveiled subtle ways in which each of them had discovered possibilities that became available through the loss. Recognizing the possibilities was not a denial of the loss. While it was not natural for them to think of the possibilities as *gifts*, we were all able to experience a shift within our thinking as we honored them as something good that would likely not have happened without the loss.

Another radical idea came to me when I read in an article a friend brought to the February Grief Journey group that because it provides validation, acknowledgement, and witnessing, communal grieving offers something we cannot get when we grieve by ourselves, allowing us to heal deeply and enjoy life's changing seasons and cycles as profoundly freeing....

At the Speed of Life

Back in the 1980s, Denis Waitley, author of the audio series *The Psychology of Winning*, described life with the expression, "every day is the Super Bowl—and there are no time outs." More recently, an insurance company has been using the theme that "life comes at you fast," with a warning to be prepared. Ever since Napoleon Hill wrote *Think and Grow Rich* (1937), the literature of "success" has focused on setting positive goals and maintaining a positive attitude while working to achieve them. In 1961, W. Clement Stone, a successful business person, and Hill collaborated on *Success through a Positive Mental Attitude*, which essentially solidified the relationship between positive goal-setting and success.

The backlash against the desire for business success and the accumulation of wealth started in the 1960s. While the origins of that backlash are complex, it gained momentum at least in part because of the opposition to the war in Vietnam and the increasing use of marijuana, LSD, and other hallucinogens. Transcendental Meditation and "tripping" led to

Timothy Leary's dictum: "Tune in, turn on, and drop out." Although most of those in what has become the "be here now" movement (initiated by Ram Dass in a 1971 book of that title) have abandoned the drug-induced short-cuts to Nirvana in favor of meditation and quiet contemplation, those who would "be here now" continue to employ at least the tuning in and dropping out concepts inspired by Leary. Even the secret of *The Secret* implies that quiet contemplation is sufficient for the manifestation of abundance.

At this point—rapidly approaching the second decade of the new millennium—we seem to be entrenched in a duality between a philosophy of setting goals and then working your butt off to achieve them and the opposite philosophy of envisioning abundance and allowing it to manifest according to the "law of attraction." This division, however, wasn't always the case. In China, the monks of the Shaolin Temple were masters not only of meditative states, but also of the martial arts. In Japan, the same was true for the Samurai warriors. In Medieval Europe, the ideal of the "Renaissance Man" was the ability to master both the contemplative and the military arts, to be both poet and warrior.

In *How Can I Get Through to You*, Terrence Real quotes a Masai chieftain as saying that a *good* warrior can be both fierce and nurturing, but a *great* warrior knows from moment to moment whether to be fierce or nurturing. The implication is that we are to know from moment to moment whether it is more appropriate to relax into quiet contemplation or to take direct action in pursuit of a worthwhile goal. As is true for most everything we tend to divide into either/or distinctions, the truth is usually the "in between" state of "both/and." The modulation between black and white, for example, produces not only an infinite number of shades of gray, but also—at least metaphorically speaking—the full-color spectrum from subtle to brilliant.

The Speed of Life, after all, progresses at the evolutionary pace of a river creating a canyon by etching through the rocks of ages, or it can come at us fast—at the Speed of Light, as it does when we use computers or watch TV. Full participation in the process we call "life" requires that we be able to appreciate and adapt to both, knowing from moment to moment whether we should relax into quiet contemplation or take direct action in pursuit of worthwhile goals.

What's Coming Up?

In March, we'll be in Lawrenceburg, Tennessee, to present "Pre- and Postsurgical Support with SCS™" (7 – 8 March) and a one-day introduction to the Practical Applications of Energy Medicine (9 March). In May,

we'll be back in St. Joe with our first presentation of a new program, "Seeing the Divine in Everyday Life: 7 Keys to More Joyful Living." 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

If you are in business, whether working in a traditional corporate job or managing your own holistic health organization, you'll be interested in our most recently developed program, "Building Your Business through Better Relationships," designed for one, two, or three days of training depending on the depth of

coverage you desire. For more information about this new program, see the flyer in PDF format at following URL:

www.scs-matters.com/Download/BusinessSuccess.pdf

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