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November 2008

TimeWarp Technologies™ Newsletter:

Welcome...

Here is your TimeWarp Technologies™ Newsletter for November 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 “Fat Camp,” by Debra; “Time and Presence,” by Joel; “Rainy Day,” by Debra; and “Learning Curves, Redux,” by Joel.

Fat Camp

We spent a week in a “Wholly Smokies” cabin (see www.timbercreekcabins.com) in the Smoky Mountains with our adult daughter and two of our grandchildren. We all came to the experience with different expectations, including things we were looking forward to, and things we were hoping did not happen. NLP would speak about this as the *toward* and *away from* strategies in the common metaprograms. I was looking forward to time with them all, including Brad, our elder grandson who started college at the University of Tennessee in Knoxville. We traveled on Friday and had expected to spend the day with him on Sunday, but we were pleasantly surprised to get a call from him saying he was out of class and wanted us to pick him up. Friday was our daughter’s birthday, so his being with us that evening was a surprise for her.

Our younger grandson and our granddaughter were looking forward to being able to sleep in. Having been in day care or school or having to get up to go to the Boys and Girls Club, or church on Sunday, sleeping until you are ready to get up is uncommon.

I would guess that John, my husband, was looking forward to it all.... But, for sure, Stacey was looking forward to hiking and to riding bikes through Cades Cove.

Our first hike took place on Saturday and was a five-mile trail to Abram Falls. Having grown up in Michigan and having spent very little time in the mountains, I was a bit surprised how many more muscles you have to use to go up and down along a rocky trail. Although the booklet said that this trail was “easy,” “perfect for a beginner,” and “family friendly,” it is so true that our own perceptual frame is providing the meaning of the message. My expectation of a leisurely stroll was definitely a mental map (construct) and not reality. Although we fared better than families with younger or older members, I was certainly ready to get back to the van, and the next day I had muscles talking back to me. I imagine they were saying something like this: “Your life will be much more pleasant if you do a little bit at a time rather than excessive all-or-nothing.”

Fortunately, Sunday was our trip into Knoxville, and we enjoyed a walking tour of campus with Brad and lunch at the Mellow Mushroom (a very hip pizza joint) where I had a WiFi connection! The evening came to a close with a marathon game of Phase 10, with everyone glad it was ended so that we could go to bed.

Somewhere along the way, Adam, our younger grandson heard the week’s schedule and, with immense passion and some sincerity, cried out, “What is this? Fat Camp?” This quickly became our motto. Our daughter, his mom, became in our minds a relentless taskmaster in her pursuit of our physical activities. I was reminded of the time I researched being able to visit Walt Disney World in a day. Everything was based on going against the crowd to get ahead, and after my art was perfected, saying to my friend that we had ten minutes before we needed to be at the next attraction to keep to our schedule so would she like to get a coke, to which she replied through gritted teeth, “Only if I can sit down to drink it.”

Monday we rode bikes along 11 miles of mountain roads. I am hoping we will remember the vistas after our muscles stop being sore....

All this reminded me of how much our experience is created by the way we think about what is happening. Rather than recognize that our experience comes from the way I look at things (the *perceptual frame*), I can resent, fear, or resist what I am experiencing in the moment. It is so much more pleasant when you know you are always at choice, if only so that you can choose the attitude with which you approach your life. Enjoying a fresh fruit bowl with organic yogurt and ground flax seed on top really is a wonderful way to start the day. So is having some prayer or meditation time. And getting out for a hike or bike ride gives you more energy and keeps your immune system running well. And when you are aware of all the gifts you have in your life, including family and friends and nature, you know you truly are fortunate beyond words.

At the old Methodist church in Cades Cove, we were treated to an impromptu concert by a woman and her children. She was playing the piano, and they were all singing contemporary Christian songs. This, too, was not exactly what we had expected, but sometimes, even at Fat Camp, your life can be even better than you had planned....

Time and Presence

If you're familiar with NLP, you are aware that your internal representation of time—your timeline(s)—influences you in a number of ways. Individuals with *in-time timelines* tend to focus primarily on the present moment, while those with *through-time timelines* tend to put the present in the context that includes both the past and the future.

Those with in-time timelines are good at relaxing and enjoying the present moment, but they may tend to forget mistakes made in the past and fail to learn from them. They may also fail to plan adequately for the future. They might, for example, become so engrossed in lunch conversation with friends that they forget to go to their 2 p.m. dental appointment.

Those with through-time timelines remember (sometimes too well) their past mistakes and are highly aware of what they need to do next and where they need to be to do it. They are not especially good, however, at relaxing and enjoying the present moment. They may be having fun, but they will occasionally check the time to see how much longer the fun can last.

One of the principal timeline exercises in most NLP workshops is the installation of each individual's missing timeline, so that participants enjoy the benefits of both in-time and through-time timelines. Along with the second timeline, participants install a switching mechanism that assumes responsibility for choosing which timeline is most appropriate at a given time.

This all happens in what is often called *Ordinary Time*. Ordinary Time is the chronological time of the physical plane. Earth and our solar system is so many

billions of years old. Your grandparents and great grandparents lived for so many years. If your parents are still living, they are so many years old. You are so many years old. Ordinary Time unfolds at a regular pace: Last winter... next summer... next year....

The mystical traditions also include what is often called *Nonordinary Time*. Nonordinary Time is the time of mystical experiences, including those of Near-Death Experiences (NDEs), energy-based healing modalities (such as Reiki, Healing Touch™, and Therapeutic Touch™), and the Shamanic tradition. As the nineteenth-century poet William Blake said, it is "seeing Eternity in an hour."

For those fixated on Ordinary Time, Nonordinary Time seems fantasy rather than "real." It has, however, long been a fixture of the mystical tradition. It is the time and place that mystics experience what most people call "God," or "Source Energy." It is the time and place where we experience what Ken Wilber has called the "witness position," which has also been called the place of *Presence*.

In a number of his writings, Wilber points out that those who wish to move beyond a rational, mechanistic world view often retreat into *prerational* modes of thinking. In reacting against the restrictions of rational logic, they embrace the irrational rather than moving into what Wilber calls the *Transrational* perspective. A number of recent publications promote focusing on the present moment as an antidote to the mechanistic ticking of the clock of Ordinary Reality.

This is essentially an In-time orientation. In focusing exclusively on the present, the problems of the past and possible difficulties in the future disappear. Being "here now" is, the advocates insist, the road to bliss. It is not, however, the Transrational, Witness position that allows individuals to escape Ordinary Time. In fact, it traps them in Ordinary Time just as much as people can become trapped in a Through-time obsession with the passage of time from the past, to the present, and on into the future.

If two In-time people are together, they will focus intently on being with the other person. If two Through-time people are together, while they are with each other, in addition to whatever they are doing, they will have thoughts about what they were doing the day before and what they need to do tomorrow. Neither of these time orientations is *Presence*. Although being In-time with someone may *feel* like Presence, it is limited in scope to the present moment.

An In-time parent with a child, for example, will enjoy the child in the moment without consideration for the child's ongoing needs. A Through-time parent, on the other hand, will interrupt the present moment to remind the child of his or her need to do well in school and get into a good college. Neither serves the child's actual needs.

Having the *power of Presence* requires the ability to be aware of both the In-time and Through-time orientations. Native American shamans were said to have one foot in Ordinary time and one foot in Nonordinary time. Such a perspective allows for both

current and long-term needs. The Witness perspective needed for presence is more than being able to switch between In-time and Through-time timelines at the appropriate moment—it is being able to access both timelines simultaneously.

The Witness position is mechanistic and organic at the same time. Farmers know that certain things must be done at certain times for crops to grow even while they recognize that, under the right conditions, seeds naturally germinate, grow, and produce fruit. It is among the most natural of processes. The mechanics of farming may influence where and how well crops flourish; but farmers also recognize that the power to germinate, grow, and produce fruit lies within the seed.

Rainy Day

We are always at choice. The most important thing about your understanding that is the freedom that comes with being able to be OK with the decision you make, however it develops. Our last day in the Smoky Mountains was like that....

We had planned a hike, our last hike before leaving the mountains and heading home. We woke up to rain and sat out on the covered porch telling ourselves we could enjoy a day of reading and playing games. I am not sure who we were trying to convince, but before noon my daughter and I were saying we were willing to go for a hike even though it was raining. My husband and grandson said they were going to hang out at the cabin. Our granddaughter decided to go with her mom and me.

It was just a light rain as we drove to the trailhead. Our resolve was strong. We parked the van, got out to look around, and asked a group of men (some of the father age, and some of the teenage son age) if we were in the right place. I am not sure if it was my black boots, white socks, and Capri pants that made them think we were not seasoned hikers, but they were kind enough to share a bit of advice, including, "It will take you a while " and "You are going to need a good pair of shoes" as they looked at my granddaughter's feet. They seemed a bit relieved when I told them we had hiked to Abram Falls a few days previously.

Off we went, feeling a bit smug that we did not let a rainy day get in our way.

It was a paved trail for a bit, then cinder, running along a lovely river. We made it the first couple of miles with only a minor amount of complaining from Courtney. Her mom was firm, "You knew what you were agreeing to when you made the choice to come with us." Wow, don't I know that feeling? It is so true that we sometimes make a choice and then get into the thick of things and, whether we say it out loud or just think it, wonder what we were thinking. When we got to the *no turning back now* place on the trail (it would have been the same distance to go back the way we had come or to continue along the loop back to the trail head) Courtney surrendered her complaints and settled in for the trip.

The cinder Little River Trail merged into the Cumberland Gap Trail, and we began to do what we lovingly called "root hopping." About this time, we also hopped over a pile of bear scat (feces, for those who are new to bear lingo) and at least two of us were hoping we did not have our bear sighting while we were out there in the rain. And rain it did. It rained hard enough that I had to take my glasses off. And then I could hardly see.

And then it rained harder. And then it rained *even* harder. Back at the cabin my husband and grandson kept saying to each other, "They can't be hiking out in this."

But we were out there hiking, in the pouring rain. And we were actually having a good time. We kept saying the guys had no idea what they were missing. We were all relieved to find the sign for Jake's Creek Trail, so we knew we were only three tenths of a mile from the trailhead. Victory was ours. You know what it is like when you have whatever it is that allows you to stay the course; it may be attitude. One of the men had asked if we had rain gear. We told him no, but we were not afraid of getting wet. I would not have been willing to do that if it had been cold, but we knew we would get back to the cabin and be able to take a nice warm shower and get into some dry clothes. You can hang in there because you know that nothing will last forever. Someone said that the happiest phrase in the world is *this, too, shall pass*. It has also said it is the saddest phrase in the world.

Both are true.... Nothing lasts forever. It is important to be able to enjoy the life you are living. If we had been out there on the trail wishing we were back in the cabin, every step would have been a chore. In her book *Loving What Is*, author Byron Katie says attitude creates your experience. When we got back to the cabin, the guys were totally glad they had not gone hiking. We were totally glad we had. What you really want to do is look back at your choices—all of them—and know that it has all been worth it. That is the way to enjoy a rainy day....

Learning Curves, Redux

A lot of learning has rounded the curve since I first addressed the issue of learning curves in May 2007. One of the things about learning is that sometimes it is forced on you by circumstances. Other times, it is a natural consequence of curiosity. When we are in school, we often encounter the former. To earn the approval of our parents and our teachers, we learned a lot of stuff that—at least at the time—seem unnecessary for living happily. Were you among those who joyfully memorized the multiplication table? Or gleefully memorized new vocabulary words, including how to spell them and use them in sentences? You may have been. I wanted to learn more about cowboys, Indians, and airplanes.

In adulthood, we face essentially the same choices. One of my recent learning experiences was forced on me. I had a window crank fail, resulting in a bedroom window that wouldn't open or close properly. Now,

window repair was not high on my list of things to learn. I called and made arrangements with a window installer to come fix it. The night before he was due to come do the repairs, he called and said that he wasn't going to come and that I should fix it myself.

I wasn't happy about that, but I took him up on it. I learned how to take the window apart, how to separate the broken part from the rest of the window, and how to install a new part to make the window work again. This was a learning forced on me by circumstance rather than one I freely elected. Even so, I felt a huge amount of satisfaction at having been able to complete the task. Window repair is not something I intend to do a lot of in the future, and—truth be told—it is probably not a good use of my time. Nevertheless, the satisfaction that resulted from success was significant.

At the other end of the scale, I have elected to learn more about video production and editing. The more we become what I have called a "video nation" [see the SCS Blog for 29 April 2007 (www.scs-matters.com/scsblog)], the more video production will become a useful skill. Although I am not a big fan of YouTube (<http://www.youtube.com>), its extensive popularity is hard to miss. For the most part, the video quality on YouTube is poor, and most of the videos are inane. Even so, YouTube is where I first saw the Jill Bolte Taylor lecture about her stroke of insight, so you can find good and interesting videos almost everywhere you look.

It is amazing how much there is to know about video production, from where and how to focus the camera, to transferring the recorded digital tape to the computer, to using video editing software. Since I have been in the process of learning, my appreciation for what I see on TV and in movies has increased 1000 fold. I have a much better sense now of how much time and effort goes into the production of the evening news. The next time you watch the TV news, you may wonder how those who produce the show are able to show text associated with the stories, perhaps in outline form, highlighting each segment of the story as it develops.

The same is true for the creation and maintenance of Web sites. Have you ever been tempted to use the "View/Source" on the menu bar to see the kind of computer code used to create a Web page full of images and words? It's really amazing how much effort goes into things we encounter in our daily lives. My work with the SCS Web site (<http://www.scs-matters.com>) has greatly increased my respect for those who create and maintain what I consider "fancy" Web sites.

I don't know about you, but I am finding the current discussion of our national (and perhaps global) financial meltdown dizzying. I simply do not understand the complexities involved in the way banking and insurance institutions sold and resold risky investments in smaller and smaller chunks, creating huge corporate profits while theoretically spreading the risk. Nor do I understand the dynamics of the bailout/rescue that

seems to transfer the liability to U.S. taxpayers. I should perhaps point out that I don't even do my own taxes—I hire a professional accountant to do them for me.

In general, our learning curves follow the demands of our environments (my window experience and the installation of a garbage disposal) or our interests and natural inclinations. In addition to learning about such things as Energy Medicine and NLP, my interests lead me to learn more about video editing. The question for you is, "What learning curve are you on?" What are you making a deliberate effort to learn more about? A long time ago, Bob Dylan said that he or she "not busy being born/Is busy dying" ("It's Alright, Ma").

My sense is that Dylan's words are more than a metaphor. An even longer time ago than Bob Dylan, I knew a woman who actually bragged about having *not* read a book since leaving college. I thought that she was in her 60s, but it turned out that she was in her early 40s. She was definitely old before her time. I don't think that it makes a difference *what* learning curve you are on, but I am convinced that human beings do better (physically, emotionally, mentally, and spiritually) when they are on one.

You may recall the TV commercials from years ago that stated, "A mind is a terrible thing to waste." The human brain—and human spirit or soul—thrives on learning. Learning produces new neuronal connections in the brain and keeps old ones healthy. Although when Grace Slick of the Jefferson Airplane reminded us what the dormouse said (which was "Feed your head") she had a different kind of learning in mind than I do, I think that the premise is correct. To be healthy and happy, your head needs "food" every bit as much as your body does.

If you are not already on one, hop on a learning curve today. You'll be glad you did.

What's Coming Up?

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. You can start now by joining us on the 4th Sunday of the month in November and January for ongoing study of NLP. The dates are 23 November and 25 January. The times are from 1 p.m. to 5 p.m.

Additional dates will be scheduled to ensure your ability to complete NLP certification in the most convenient way. NLP certification requires 10 days of training and the completion of a variety of "Homefun" exercises. We are in the process of developing our training schedule for 2009. Begin the training now, and you'll have a substantial head start by New Year's.

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

terminology before each training day through having read the appropriate materials in the NLP training manual. Your progress can be tracked easily either by your participating in the NLP forum or by your submitting simple written process reports, whichever you prefer. The focus for the training days will include:

- Anchoring
- Submodalities
- Timelines
- Metaprograms
- Metamodel
- Milton Model
- Hypnosis, Trance, and Altered States

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 a 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 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 “The Power of Presence: Seeing the Divine in Everyday Life (7 Keys to Joyful Living)” or any 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

