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TimeWarp Technologies™ Newsletter:

Welcome...

Here is your TimeWarp Technologies™ Newsletter for October 2008. 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 “The Long Haul,” by Joel; “Start Acting Like an Animal,” by Debra; “We Are Borg” by Joel; “How to Honor the Dead,” by Debra; and “Worth Reading,” by Joel and Debra.

The Long Haul

At a recent workshop, Richard Bandler talked about the need for a long-term decision-making strategy. One of the reasons for poor decisions is that individuals fail to consider the possible long-term consequences of their decisions. Someone in the audience had asked Richard about smoking cessation. His response focused on the smoker’s focusing on short-term gratification of each cigarette rather than on the long-term consequences of years of smoking. He went on to describe the agonies of dying from lung cancer and/or emphysema and said that if smokers thought about that kind of death before lighting up, they would quickly become ex-smokers.

Tattoos would be another obvious example of the short-term, long-term dichotomy. A recent TV ad (I’m not sure for what) features a young woman who can’t buy the wedding dress she desires because she is marrying a guy named Tom, and the dress, which is cut very low in back, reveals “Mike” tattooed on her lower back. On the same subject, a cartoon shows a grandmother showing her tattoos to her granddaughter: “This one used to be a rose. This one used to be a heart. This one used to be your Grandpa’s name....” Those who get tattoos when they are young rarely stop to think how their values—and their bodies—may change

over time, which is one of the reasons tattoo removal services have flourished in recent years.

Now, you may not be a smoker, and you may not be ready to “ink” your body, but if you’re like most people, you probably have areas of your life that could benefit from a long-term decision-making strategy. Debra and I have eliminated hundreds of phobias for people over the years, but every now and then we encounter an individual who is too afraid of the phobic item to go through a quick and painless procedure that would remove the phobia once and for all. Avoidance of phobia elimination in the short-term ensures continuation of the fear for the long haul. Fear of dental exams falls in this category. Those who fear a dental check-up may avoid short-term dental discomfort at the expense of long-term dental agony.

Diet and exercise are other areas where people often think short-term rather than long-term. The immediate pleasures of a second helping of pie and ice cream and an evening sitting on the couch watching TV can easily obscure the long-term rewards of health and physical fitness. Over the years, I have known several individuals who “couch-potatoed” themselves into wheelchairs and eventually into extended-care facilities relatively early in life, while many of their contemporaries were continuing to power-walk their way into old age.

Of course, the differences between short-term and long-term strategies are not absolute. In some cases, short-term pleasures are worth it and life affirming. Forgoing something you would really enjoy in the present won’t automatically guarantee long-term benefits. The automatic denial of pleasures can itself be a short-term strategy that leads to long-term dissatisfaction. Unless you consider not only the advantages and disadvantages of your decisions in the short-term, but also the advantages and disadvantages over time, you may be missing an important part of an effective decision-making strategy.

The trick to being able to take both the short-term pains and pleasures and the long-term consequences into account is to make the process automatic. Consider the gain or loss now, and then flash to the likely long-term consequence. If you really should see a dentist soon, for example, think about what that visit might entail, and then flash to a future in which you opt not to go and one in which you have gone. You probably already know that, left untreated, dental problems will only get worse, so you can imagine how much dental work you can avoid in the future by having a little now.

In some part of your life, you are already doing this. It may be a matter of taking your car in for oil changes at regular intervals. You may not especially enjoy waiting for the oil to be changed, but you invest the time because you know that the long-term consequence of not having the oil changed will eventually result in the need for expensive repairs. It may be that you are good about the food choices you make because you know that the long-term benefits of good health outweigh the short-term pleasures of fatty or sugary foods. It may be that you exercise with regularity because you have seen how staying physically fit benefits people as they grow older.

Notice that, for most of the things you consider both the short- and long-term consequences of your actions, you do so without special conscious awareness or deliberation. When our odometer shows that it is time for an oil change, very few of us would think, "Oh, no.... If I don't take my car in soon, the engine will be ruined." We simply—and automatically—arrange to take the car in at a convenient time. (This doesn't apply, of course, to those who change the oil themselves and judge the need by how dirty it is.)

Once you have identified those areas of your life that could benefit from some long-term strategies, you can apply the same sort of long-term thinking about those you are already using elsewhere in your life.

Start Acting Like an Animal!

When I was a child growing up, my parents or other adults would occasionally say to me or other children, "Stop acting like an animal!" How very interesting that you can now see the wisdom and grace with which an animal acts.

In an August 22, 2008, article Sharon Begley, writes about spreading democracy, monkey style. According to a British magazine, *New Scientist*, a very intelligent group process takes place when two Tonkean macaques in a troop have different ideas. Issues of when to forage, or when to stay put, are settled when a few monkeys line up behind a couple of would-be leaders, and even children can get the group moving! Once "one of them had a clear majority the monkeys backing the losing candidate switched to the winner, avoiding fragmenting the troop."

I have not particularly enjoyed witnessing the neighborhood cats foraging at our backyard bird-feeders. I have been a bit impressed by the one who can leap four feet into the air to snatch a goldfinch off the flat feeder... I have had to admire the tenacity,

and athleticism, and precision with which that one hunts.

You may have read the news story about the mother gorilla in a German zoo who was clearly in a state of "shock and bewilderment" over the tragic death of her three-month-old baby.

On August 23, 2008, I was with my sister-in-law as she showed me the corner of their yard in which they had planted a memorial tree for her son, Scott, who had died one year ago. She proudly showed me the tree, the flowers they had planted around it, and the lovely marker with this poem on it: "If tears could build a stairway and memories build a lane, I'd walk right up to heaven, and bring you home again." She tenderly said, "I love the plaque, and the fact that it is solar powered so it lights up at night, but it isn't true that I would wish him back. What courage ... and what love."

I have enjoyed all the animal videos I've seen of late. Perhaps you saw the video of the amazing reunion between Christian the lion and the two men who had cared for him as a lion cub before releasing him into the wild. Even after living in a pride in Africa for over a year, the lion obviously recognized and responded to those he had known and loved. Or maybe you saw the two moose calves frolicking in a water sprinkler. The pig nursing a baby tiger, the dog nursing kittens.... The list goes on and on. There some might have called these freaks of nature, I have seen each one as evidence of our capacity to love.

While visiting with my brother- and sister-in-law that day, I also had the opportunity to share some with Scott's sister, Lisa. She is beginning to explore the mind/body connection in healing and she was asking whether I thought EFT (see www.scs-matters.com/NLP-Energy-Psych.shtml) would work for her mom. I asked Lisa to share, from her perspective, what the benefits are she would hope her mom would receive. After she listed four or five components for a goal of well-being – meaning some physical, some emotional and mental, and some spiritual – I gently reminded her that you want to pay attention to the words you use and the way you articulate something about another's process, because it can be a mirror for our own.

After we were on the drive home, I heard myself making some observations about how people can be somewhat isolated in their grief and how my brother-in-law needed to learn to stay present with others in his pain rather than be embarrassed and run or hide it.

Bingo.

The next morning, I became keenly aware that years ago I had run from my own deep pain over some of the attitudes within my Christian community. I had thoughts of a recent meeting I had with a pastor with whom I had once been very close but for whom my emerging views had been quite uncomfortable so we had gone over ten years without contact. I visited the

memories of Maundy Thursday, April 1996. The liturgy went something like the following: “All are welcome here.” And inside my head I heard, “Unless you are gay.” “The table is now open. Come.” And inside my aching heart I thought, “Unless you have AIDS.”

You see, I had recently been grieving the death of a friend who had been both gay and had AIDS. I had spent a personal retreat day at Penuel Ridge Retreat Center, in Ashland City, Tennessee, praying and fasting and trying to find some peace of the experience I perceived of his having died in isolation and abandonment amidst the conflict in our denomination over the issue of homosexuality and God’s will. Both of his parents had been ordained clergy. Yet, when love was most needed, it looked to me like our fear and prejudice and judgment had shut the door of our heart and left all of us out in the cold.

Animal news includes report of a matriarch elephant from a different family caring for and mourning the dying and death of another matriarch elephant. They know how to be present with one another, and they know how to be present with their own pain.

Decades before Joel and Debra met and started working together as *Joel and Debra*, Joel’s dissertation was “Consciousness as Disease...” Although I am not sure he would have approved, I think a suitable subtitle might have been, “Start Acting like an Animal.” In many ways, our healing our own well-being and that of the incredible planet we cohabit with all the other creatures might just depend upon our doing just that.

One of the many times I watched those neighborhood cats feast on what I had come to think of as *our* birds, I asked Laurel IZARD, cofounder of Circle of Light, a new church meeting in Michigan City, Indiana, if she could say something that would allow me to see things differently. One simple sentence came quickly back via email, “The dance between predator and prey can be seen in all of its glory when you remember there is no such thing as death.” Thank you, Laurel. Thank you to all who humbly call this earth home.

We Are Borg

As those of you who have seen episodes of Star Trek already know, the Borg are cybernetically enhanced humanoid drones of multiple species, organized as an interconnected collective with a hive mind. Individuality has been erased, and the focus on the collective is to assimilate new species and add their biological and technological wisdom to the collective. The Collective is relentlessly efficient. What one thinks, they all think; what one knows, they all know. Although they seem to be individuals, they are one with the Collective. In the Star Trek series, the Borg are the ultimate Bad Guys—sophisticated, powerful, and Evil. Their goal is universal assimilation.

What isn’t obvious in the series is that the Borg Collective is a metaphor for what has often been called “Group Think” in humans. Recent political ads

and news coverage have provided numerous examples. Whether Democrat or Republican, the members of the camps speak with one voice: “We are Borg. You will be assimilated. Resistance is futile.” Well, of course, that’s not their *actual* message, but in some ways, it might as well be because “talking points” and being “on message” seem to have replaced intelligent discourse. I am amazed that political spokesperson after political spokesperson will reiterate talking points from TV ads on a word-for-word basis. I am even more amazed when I hear individuals—voters—engage in the same repetition. Can anyone spell “hypnosis”?

The antidote for such assimilation into Group Think is our old friend the Metamodel from NLP. The basic questions of the Metamodel are “What do you mean?” “How do you know?” and “Who (or what, when, where, or how) specifically?”

- **My opponent will raise your taxes....** Which taxes specifically? How do you know?
- **I will keep your taxes low....** Which taxes specifically? How exactly will you do that?
- **My opponent is too inexperienced....** How do you know? What kind of experience specifically?
- **My opponent would continue the same failed policies....** How do you know? What policies specifically?
- **My opponent is continuing the same, old partisan politics....** How do you know? How exactly is he (or she) doing that?
- **My opponent is a flip-flopper....** What do you mean? How do you know?

And so on.... Each time you hear a so-called talking point, the red flag attached to your Metamodel impulse should pop up so that you can ask automatically. Without a good foundation of evidence providing real understanding, it is easy to become hypnotized by the talking points. Joseph Goebbels, head of the Nazi Party’s propaganda unit, said, “If you tell a lie big enough and keep repeating it, people will eventually come to believe it. The lie can be maintained only for such time as the State can shield the people from the political, economic and/or military consequences of the lie. It thus becomes vitally important for the State to use all of its powers to repress dissent, for the truth is the mortal enemy of the lie, and thus by extension, the truth is the greatest enemy of the State.”

What Goebbels didn’t say is that the truth is the greatest enemy of the State only if the State is telling lies. I am not saying that the talking points start out as lies. They start as beliefs rather than facts. They begin as opinions that, with constant repetition, are perceived as facts by those who are hypnotized by them. Once we have been hypnotized by them, we have been assimilated.

When Debra first learned about the Borg, she thought of them as *Being Overly Rule Governed*. That’s true, and the sad part is that the rules they are being

governed by aren't even their rules but those of the collective. It is no wonder they are called "drones." The drones go through life repeating the rules and beliefs of the collective.

They may be Borg, but they can be resisted, and we can avoid being assimilated.

How to Honor the Dead

Recently a dear friend of mine, Carol Kelly, had to put one of her Scottie dogs down. His name is Monty. Monty was a young dog when I first met Carol and he loved my shoes. If I were not very attentive to putting them in the closet and closing the door, when I got ready to leave it was a full-out search to find where he had taken them. He did not chew on them, he *savored* them the way a group from slow foods would savor brandy at the end of their meal.

Mercifully, Carol has another Scottie dog, too. Her name is Abbey. Soon after the vet came to the house to help Monty complete his transition, Abbey would carry his toys around the house. Monty's transition was part of a process for Carol as her husband, Dan, also transitioned, and they have all been learning how to honor the dead.

At first Carol thought Abbey's carrying Monty's toy was just a sign of her missing him. What it reminded me of was the Mexican festival of *El Día de los Muertos*, the Day of the Dead. This is where they make a feast and say prayers and celebrate their loved ones who have passed. This is traditionally celebrated on November 1 and 2, and it is thought that this is the time when the departed souls are most able to be close to us.

To honor your loved ones, you have a feast. You make all of their favorite foods and you set a table for them and you eat, and drink, and be merry. I told Carol that Abbey was carrying Monty's favorite toys for him!

Survivor guilt is a widely recognize psychological phenomenon and it seems to me that it robs everyone of the joy of life. The morning after Monty completed his transition I used a process called Induced After Death Communication, developed by Alan Bodkin, of Illinois. You have a conversation with a deceased loved one. I asked Carol's husband, Dan, "What do you have to say?" and this is what came through:

Remind Carol not to think of Monty and my being "together" and her being somewhere "else." Remind her that what has changed is very little. Remind her that I see her, hear her, and feel her best when she sees, hears, and feels me.

He trailed off and I asked if there was anything else.

Tell her I need her there. Her joy with Chrissy, (their granddaughter) her joy with the night sky, is mine, too. She can understand that. If I were blind, she could make the sunset real for me... She is my connection to the things I love.

Perhaps it was the Western bent towards guilt, or maybe it was the unfortunate denial of the goodness of our sensate experiences, but whatever it had been, it makes perfect sense now for you to think about it this way, too.

Carol told me that the way they celebrated Dan's birthday was to go out to one of his favorite restaurants and enjoy some of his favorite foods, including apple pie for desert. I can almost see him licking his lips, can't you. Who knows, maybe as the book title by the medium Allison DuBois says *We Are Their Heaven*.

Worth Reading

From time to time, we like to recommend some of the books we've been reading. Here is the current list:

Bandler, R. (2008). *Get the Life You Want: The Secrets to Quick and Lasting Life Change with Neuro-Linguistic Programming*. Deerfield Beach, Florida: Health Communications, Inc. *Get the Life You Want* is Richard Bandler's first "how to" book in a long time. The book includes virtually everything covered in his previous books (including those written with John Grinder more than 20 years ago) but in a streamlined and supercharged way, based on everything Richard has learned in the intervening years. The specifics of how to get the life you want are divided into four parts. The first reviews mental resources. The second covers strategies for getting over things that had been holding you back. The third is about getting through things that constitute ongoing problems. And the final part is about getting to those things we often postpone, such as having fun, meeting responsibilities, exercising, and making important decisions. If you are new to NLP, this is the book to read first. If you are an old hand, put this book on your "must read" list soon now.

Covey, S. R. (1990). *Principle-Centered Leadership*. New York: Free Press. You may have missed Covey's *Principle-Centered Leadership* when it first came out. I (Joel) know that I did. This book was actually published before I took the Covey training, which focused on *The 7 Habits of Highly Effective People*. This book revisits the 7 habits and shows how to apply them to improving personal and organizational relationships and creating a more balanced, rewarding, and effective life.

Lakhani, D. (2008). *Subliminal Persuasion: Influence & Marketing Secrets They Don't Want You to Know*. New York: Wiley. NLP provides much of the foundation for *Subliminal Persuasion*, and for those trained in NLP, much of this book will have a familiar ring. If that reminds you of anchoring, you'd be right. The book and accompanying CD cover all the fundamental applications of NLP to the process of persuasion—and then some. When you think about the various ways you use

persuasion on a daily (weekly, monthly) basis; you'll recognize that the more you know, the more effective you will be.

Prentiss, C. (2008). *Be Who You Want, Have What You Want: Change Your Thinking, Change Your Life*. Los Angeles, CA: Power Press. Prentiss is the author of *Zen and the Art of Happiness*, and the Zen influence is obvious in his guidelines for reinventing yourself to being more and having more of what you want. In some ways, this is more a workbook—complete with exercises—than it is a book. In some ways, the wisdom of the book is old: We become what we think about. What's new is the way in which Prentiss guides the reader into new ways of seeing, thinking, and being.

Senge, P., et al. (2004). *Presence: Human Purpose and the Field of the Future*. New York: Currency/Doubleday. The authors of this book are all well-known: Peter Senge, C. Otto Scharmer, Joseph Jaworski, and Betty Sue Flowers. The book consists of their conversations about living institutions and new ways of learning. Their principle discoveries concern the nature of wholes and the ways in which parts and wholes are interrelated. The authors point out that living systems, such as trees and human beings, are not just assemblages of parts but are engaged in an ongoing process of self-creation. This is an important book. It covers a lot of philosophical territory. If you are among those who desire to enhance your sense of awareness and presence, it is well worth the investment of careful reading.

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. Join us on the 4th Sunday of the month in October, November,

and January for ongoing study of NLP. The dates are 26 October, 23 November, and 26 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 "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

