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Edited and published by Joel P. Bowman and
Debra Basham for SCS Matters, LLC
December 2010

The SCS *Beyond Mastery* Newsletter

Welcome ...

Here is your *Beyond Mastery Newsletter* for December 2010. 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, “Training Days,” by Joel; “Connections,” by Debra; “Future Shock,” by Joel; and “Do You Believe in Miracles,” by Debra.

Training Days

As I am writing this, Debra and I have recently completed a comprehensive introduction to NLP. We set the program up to provide a way for individuals to have a good foundation for continuing study leading to certification in NLP. One of the reasons training “intensives” are called intensives, is that concentrated programs are intense. In a typical college semester, a course meets for 50 minutes three times a week (MWF) or two days a week for 90 minutes for 15 or 16 weeks. Students have plenty of time (if they choose to use it) to learn at a leisurely pace.

An intensive—especially, it seems to me, one focused on NLP—moves at a “fast and furious” pace. One of the reasons for this is that most (so-called) adult learners do not have the luxury of time that most college students enjoy. Training time comes either from work time or vacation time, whereas attending college is typically considered a job to prepare for a career after graduation.

One of the other principal differences is that college classes consist almost entirely of cognitive content—facts that have to be learned and understood—intensives, especially NLP and related subjects (such as hypnosis, behavioral change, and state management), have both a cognitive component and experiential component. Learning NLP is more like learning

surgery than it is like learning anatomy. Those learning NLP not only need to learn the terminology required for discussing and understanding, but also need to be able to apply what they are learning in their interactions with others.

Another really important difference between NLP intensives and college classes is that NLP trainings are almost always a lot more fun. College is, after all, serious business, and college professors (and I was one for over 30 years) take what they do and their “areas of specialization” very seriously. This is not to say that NLP isn’t also “serious business,” but among the aspects of NLP taken most seriously is having a well-developed sense of humor. If you aren’t spending a lot of time in your NLP training laughing, the word “refund” should come to mind. Having a well-developed sense of humor not only makes life more fun, but also is one of the hallmarks of the NLP attitude.

One of the main objectives of the best NLP trainings, in fact, is the installation of what we call “The NLP attitude,” which is marked by the willingness to do whatever is necessary for you and others in your life to have more of what you (and they) want and less of what you (and they) don’t want—those things that no longer serve your purpose. It is what Carol Dwek, author of *MindSet: The New Psychology of Success*, has called a growth mindset, which fosters the belief that success is based on hard work and learning—including learning from your mistakes.

A fixed mindset, on the other hand, fears mistakes, so those with a fixed mindset tend to lack the flexibility to try new things. Fortunately, NLP training can—and should—help those who had fixed mindsets before training leave the training with a growth mindset and the NLP Attitude firmly installed. One of the complaints I used to hear about NLP training is that it would “change you.” Well, of course. NLP is about change, but not just any change. It is about *optimizing*

behaviors rather than simply *repairing* them. While you might be attracted to studying NLP because you have a problem behavior you want to fix, the training should do a lot more than simply fix that problem. It should open your eyes to a whole new world of possibilities.

Debra and I are fond of quoting one of Richard Bandler's questions, "How much pleasure can you stand?" The answer for most people is, unfortunately, "Not very much." A good meal, a funny joke, or an unexpected reward might enhance your mood momentarily, but imagine what would your life be like when you recognize that you can feel and be your best every day. Think how that would change all your relationships—including the one you have with yourself—for the better.

Does NLP training really make that possible? See a brief video or two from the recent SCS NLP training at www.youtube.com/joelpbowman or the complete video at www.scs-matters.com/Nov2010.shtml and decide for yourself whether NLP is right for you.

Connections

Think for a moment about all that will change if every person on the planet saw every other person on the planet as family. Add to that idea, each living creature. Now, expand that thinking a bit more to recognize the biosphere of the planet itself as an intimate beloved in your awareness. When you are truly inside this thinking, you are tapping into what Jeremy Rifkin has called the empathic civilization [*The Empathic Civilization: The Race to Global Consciousness in a World in Crisis*, Tarcher/Penguin, January 2010].

While not everyone is able to embrace this idea fully, yet even those least aware of the global impact that is our emerging reality, share that sense of excitement when the connections come into view in such a powerful way that this cannot be missed. This happened for me during the last SCS/NLP training.

On the first day, one of the women arrived, and I introduced myself because we had not met previously, having only spoken on the phone. In came one of our graduates to audit a couple of days. These two women were related by marriage but did not know the other was attending! Moments later, another Practitioner there for Master Prac walked in. She had been a neighbor to the other two. Joel just gave me that look, and I had chills go up my spine.

The entire week was like that. A woman came for an intervention. The presenting problem was stress related to a career change. Working in a very stressful environment, she was currently on medical leave, and had applied for another position knowing she could not return. The second interview was going to be held the next day and the woman wisely knew she would present herself in a much better light after clearing some of the stress. She was also feeling anxious about giving up a good salary, insurance coverage for her family, and her pension. Three of the students had close contacts related to the new job opportunity! And

one of the students had even worked in that organization!

The most important thing to notice is how scientific technology is proving these ideas to us. Mirror neurons are real. Well-being or dis-ease affects more than just you, because emotions are contagious. And just as emotions are contagious, the choices we make are far reaching.

Rifkin presents evidence of how print and electronic communications have extended the range of our social interaction. I certainly have felt that with news of weather (volcano, earthquake, monsoon) in Asia where I have friends. But it is more than about those we know. Rifkin makes a case that humans are wired for empathy.

By extending the central nervous system of each individual and the society as a whole, communication revolutions provide an evermore inclusive playing field for empathy to mature and consciousness to expand. For example, during the period of the great hydraulic agricultural civilizations characterized by script and theological consciousness, empathic sensitivity broadened from tribal blood ties to associational ties based on common religious affiliation. Jews came to empathize with Jews, Christians with Christians, Muslims with Muslims, etc. In the first industrial revolution characterized by print and ideological consciousness, empathic sensibility extended to national borders, with Americans empathizing with Americans, Germans with Germans, Japanese with Japanese and so on. In the second industrial revolution, characterized by electronic communication and psychological consciousness, individuals began to identify with like-minded others.

Today, we are on the cusp of another historic convergence of energy and communication--a third industrial revolution--that could extend empathic sensibility to the biosphere itself and all of life on Earth. The distributed Internet revolution is coming together with distributed renewable energies, making possible a sustainable, post-carbon economy that is both globally connected and locally managed.

You might enjoy a quite clever 10 minute animated talk on empathic civilization by Rifkin. Here is the link: www.youtube.com/watch?v=l7AWnfFRc7g&feature=channel

Whatever they have meant to you, we all have the opportunity to pay attention to how we think about connections. I will leave you with an entry from my journal (May 15, 1996): "The only thing we can control, ultimately, is our thought life, and by doing that, we, ultimately control everything!"

Future Shock

In 1970, Alvin Tofler wrote a book titled *Future Shock*, in which he defined the phenomenon as a personal perception of “too much change in too short a period of time.” The main issue at the time was the advent of personal computers and what he called “information overload.” In a subsequent book, *The Third Wave* (1980), Toffler predicted that rapidly developing technology would result in “death of the secretary.” I was present when an invited speaker told a group of some 300 secretaries that unless they learned new skills, they would soon be replaced by machines.

The handwriting was on the wall—in big print. The vast majority of the secretaries present, however, let out a howl of protest. They had a lot of time invested in learning shorthand and developing their skills with first manual and later electric typewriters. They absolutely refused to be replaced by machines. One of the secretaries I knew pretty well actually quit her job when her company required her to give up her typewriter and start using a computer. She then spent a long time looking for work before reluctantly and resentfully accepting a new job where using a computer would be required.

Depending on how old you are, you may look back at those times and recognize how difficult it was for those who had worked as secretaries for many years to cope with what they viewed as too much change in a short period of time. If you’re too young to remember what it was like to have been a secretary in the 1970s, you may wonder why the secretaries were so resistant to what was obviously a necessary change. This is a variation of the “frog in the water” metaphor. The story says that if you drop a frog into a pot of really hot water, it will jump out. If you drop it into a pot of pond-temperature water, it will stay there, even as you turn the heat up and it cooks. The story isn’t actually true—frogs are smart enough to know when the water is getting too hot—but it aptly describes human reluctance to change even in the face of a changing environment.

In my previous article in this edition of the “Beyond Mastery” newsletter, I mentioned the difference between having a fixed mindset and a growth mindset. A fixed mindset is marked by the desire to have everything remain the same. A growth mindset, on the other hand, enjoys exploring and learning new things. A growth mindset would seem to be even more essential now than it was in the 1980s when secretaries were being asked to adapt to what was then called “the electronic office.”

Things change. One of the most interesting changes, at least in my opinion, is the way that science is getting around to proving things that mystics and other members of the “lunatic fringe” have known for a long time. We now know, for example, that meditation, hypnosis, and guided imagery actually change both brain structure and brain chemistry. It is no wonder they feel *so* good.

It seems—at least to me—that the end of the year and the start of a new one amplify the sense of Future Shock, the sense that “Time marches on” at a pretty relentless pace. For this reason, the end of the year and a beginning of a new one have always been a time for reflection on what has been and what is to be. Debra and I intend to use the time following the “Healing with Language: Promoting Health and Well-being with Linguistics” workshop in Tennessee in early December to complete those things “hanging fire,” and to re-invent SCS for the future.

One of the things that has occurred to us is that we have done a really good job with teaching NLP and with teaching Energy Medicine (including Pre- and Postsurgical Support), and we have observed the way that the two areas have increasingly been merging. One of our meditation and planning efforts for our midwinter hiatus will be ways to meld the two and incorporate what we have come to view as the absent leg of a three-legged stool: The Intuitive Process.

At this point we are not sure what this melding will look like, and we would appreciate hearing from you about the ongoing development of the SCS program. Several years ago, we met with one of our friends from the Association of Business Communication about the path ahead, and her comment was that we were in the process of reinventing ourselves. That has, of course, been an ongoing process. We have been caterpillars in the cocoon for a long time now, and we have the sense that now is the time for us to emerge. What’s your intuitive sense? If you have an intuitive sense—or, perhaps, logical advice—of how we might best emerge, please let us know: joel@scs-matters.com or debra@scs-matters.com

Do You Believe in Miracles

Things change, that is for sure, and those who say we are in a time of awakening seem to be right, don’t they.... In March of 2000 I traveled to rural, central Brazil, to the small town of Abadiânia. When I came back, I was fortunate to have some people I could share my experience with. Some were interested enough that I was able to take a group back in October of that same year. Who would have dreamed that ten years later, the story of our experience would be on Oprah.

On Wednesday, November 17, 2010, four brave souls went on national television to tell their stories and to introduce millions of Americans to a greatly expanded view of the possibilities of just how healing happens.

The panel consisted of Susan Casey, author of *The Wave: In Pursuit of the Rogues, Freaks and Giants of the Ocean*; writer for the Oprah Magazine, Dr. Jeffrey D. Rediger; and two individuals who had received “surgery” at the hand of an uneducated, untrained, unorthodox man, referred to by millions around the world as John of God.

Rediger said, "Whatever is happening at the Casa with John of God, it's not about the phenomena or even about the healer—it's about a shift that happens to these people internally, spiritually or psychologically."

The entire story by Casey is in the December Oprah Magazine, and you can see some amazing video, and read the entire article online at the following Web address:

<http://www.oprah.com/showinfo/Do-You-Believe-in-Miracles>

When I returned from two trips to the Casa, it was awkward to tell folks that I met a man who had been near death with full-blown AIDS, and was now back to work as a carpenter. It was almost unbelievable to say that another guy I met there had not been able to walk or talk (Lou Gehrig's Disease), but now he was walking with a walker and speaking again. I was afraid people would think I was lying or crazy.

Rediger put a very impressive career on the line to tell people of his experience: Medical Director, McLean Hospital, Southeast; and an instructor in the Department of Psychiatry. His degrees include M.D., from Indiana University School of Psychiatry, and Master of Divinity Degree from Princeton Theological Seminary. He is medical director of the Institute for Psychological & Spiritual Development in Cambridge, Massachusetts.

But maybe now is the time to openly share. Human consciousness in general, and specifically our view of the world, seems to be shifting in very dramatic ways. Oprah's offering this program about spiritual healing seems to just be part of that. As Dr. Rediger says, "It's the journey of the soul. And we all are trying to use the illness to learn something that is unique to our particular situation, I believe."

The week before I arrived in Abadiânia the first time, the healing center had been raided, and all the scalpels had been seized. Susan Casey addresses some of this persecution of ideas that are outside the current mainstream in her article:

For John of God—or as he is known in Abadiânia, Medium João—the realization of his gift was accompanied by years of persecution and lawsuits for practicing medicine without a license. That didn't stop him from his mission—to aid anyone who requested it, free of charge—and as time passed and he managed to help such high-profile politicians as the president of Peru and the mayors of assorted Brazilian towns, he was accepted and even protected, treated as a national treasure.

Also, I found Dr. Ridiger's website worth checking out (<http://www.drrediger.com/>). These are his words from there: "I've had great concern about having a private spiritual experience aired on national television. Yes, it changed my life, but I still don't know the best way to understand it. And I don't want anything to hurt the relationship that I have with my patients and colleagues. The first lesson of the spiritual

life is that the phenomena are not important. What matters is what one does with an experience, or with one's life—the fruit that it bears. That's why The Initiative for Psychological and Spiritual Development is about development. If mental health is defined as the capacity to work and love, then one's capacity for working productively and sharing love should be increased as a result."

Humans are very interesting creatures, for sure. Prison was the fate for someone saying the world was round when the current belief was that it was flat. Christianity teaches how Jesus was crucified for saying things that ran counter to the beliefs of the day. Part of human history is the story of women who used herbs or touch and were called witches and put to death. Maybe, just maybe, our capacity to believe in miracles can be part of the solution. Healing is the most natural process in the world. Mysterious? For sure, it is that, but it definitely is not evil and it benefits our world to open our hearts and minds more fully to the truth about it all.

Language Tip

Last month we discussed communication problems caused by deletion. This month the language tip focuses on distortion. Technically, both *deletion* and *generalization* are forms of distortion, but the term, *distortion*, is usually reserved for faulty perceptions: things perceived incorrectly. Distortion can range from "sneaky" to "blatant." Sneaky distortions are primarily the small exaggerations that creep into speech about the *best* this or the *worst* that. This kind of distortion is often based on deletion. If we say that this is the *best newsletter* we've ever written, we are focusing on the aspects of this newsletter we like the most while deleting aspects we didn't like. We are also deleting memories of previous newsletters we may have liked even better.

Distortion is, in fact, often a deletion of some details and/or an exaggeration of others. Distortions in speech are often based on distortions of perception. If you love someone, you perceive him or her as being better looking or otherwise more attractive than someone you don't love, even though a "neutral observer" would perceive both your beloved and the other person as being equal in attractiveness. You simply "don't see" things that others might find objectionable. You probably already understand this about your beloved, but the same rule also applies to products, services, politicians, and political parties.

Deletion, distortion, and generalization are a natural part of the perceptual process. We are simply unable to observe everything in its totality, so we focus on what seems important at the time. When we recall something and report on it, the same process occurs. We cannot convey in speech everything we have recalled about something, so we delete, distort, and generalize in our reporting. Complex subjects—such

as economics, climate change, and new technologies—are the most likely to be subject to deletion, distortion, and generalization.

When asked why most people fail to grasp the significance of the U.S. deficit, Nobel Laureate economist Paul Krugman said, “Most people don’t understand macro-economics.” You may have noticed that, even though he is correct about that, his statement contains deletions, distortions, and generalizations. Be that as it may, people naturally conclude that their perceptions provide an accurate map (mental construct) of the territory (“reality”). A common confusion, for example, is assuming that the weather where you are represents the global climate. You may recall last winter a number of politicians said that all the snow in the D.C. area *proved* that global warming is a hoax. A climatologist might say, “Most people don’t understand the concept of the Global Mean Temperature.”

Most of the time (a generalization) such distortions are of little consequence. When they influence global beliefs about public policy, however, they merit further investigation to ensure that your map really does correspond with the external reality of the territory. The common belief in the Middle Ages that the Earth was at the center of the Universe, for example, had a stifling effect on travel. It is not always easy, of course, to see what you can’t see.... It is, however, important to remember that your mental map of the territory of what we call reality contains, deletions, distortions, and unwarranted generalizations and ask yourself whether you’re sure enough about your perceptions to be unsure. You might find it an interesting experience.

What’s New?

The release of Debra’s book, *Stories from My Heart*, is still awaiting publication in Thailand. Folks are asking, and we will explore getting it out here in the States, too. And she has started a second book, *A Short Cut to Enlightenment: What I Discovered in Thailand*.

Remember that the SCS Blog has a new address: <http://www.scs-matters.com/blog>. The new software (WordPress) will allow you to register and participate in ongoing discussion—something that was problematic with the previous software. We are also using the same program to provide online instruction in NLP. Instruction in Energy Medicine and The Intuitive Process will follow as time permits. For an overview, see www.scs-matters.com/WordPress/.

After several false starts, NLP is finally on line! It is a perfect solution for continuing to develop your skills, or if you are interested in an introduction but aren’t ready to jump into the “deep end of the pool,” when it comes to NLP training. You can learn more about the program design by reading one of Joel’s blog articles at the following Web address: <http://bit.ly/9E4NS9>. All you need to get started is a manual (*Healing with Language: Your Key to Effective Mind-Body Communication*) and \$25 for a month’s

subscription. How much can you learn in a month? That’s up to you, and we will be glad to help. To start, call/write now: (269) 921-2217 or debra@scs-matters.com.

Although we are not sure how long it will stay there, the manual for our workshop, “The Power of Presence: Seeing the Divine in Everyday Life,” is still available as a free e-book for downloading. This is a great time of year for a bit of extra focus on what is really meaningful about life. The address you need for downloading is the following:

www.scs-matters.com/E-Books/PowerofPresence.pdf

If you are not yet, become a “fan” of SCS Matters, LLC. The new page simplifies the process of staying current with SCS without the “clutter” that typically occurs on Facebook. To become a “fan,” go to www.facebook.com and put “SCS-Matters-LLC” in the search window.

If you like Tweets, you can also “follow” us on Twitter. Go to www.twitter.com/SCSMattersLLC, sign up, and ask to “follow” us. We use Facebook and Twitter to make it easy for you to stay informed about what we’ll be doing, where, and when.

We have continued putting videos on YouTube. The latest include the training videos and the TEST from the November SCS/NLP training. Oh, my ... what talented NeLPers you will see on that one! You can find all SCS videos quickly and easily by going to www.youtube.com and entering [joelpbowman](http://www.youtube.com/joelpbowman) in the search window, or by going directly to www.youtube.com/joelpbowman and clicking on the link for “Uploads.”

We have submitted proposals to offer presentations for two conferences: Healing Touch Program and International College of Integrative Medicine. Pamela Chappell is the one who gave us the lead on ICIM, and Mary Ann Geoffrey was the angel behind the scenes with HTP. We will keep you all posted. The gifts of collaborating with others and sharing what has been such a passion for us for so long now seems to be moving us to reach out. Let us know of other opportunities.

What’s Coming Up?

We will be in the Nashville area of Tennessee (3 through 5 December), where the topic will be “Healing with Language: Promoting Health and Well-being with Linguistics.”

Mark your calendar for April 2011 *Comprehensive Introduction to NLP* we will be offering it in St. Joseph, Michigan (Saturday the 9th through Saturday the 16th). The investment is \$1000. If you want certification, some additional training (and associated cost) will be required, but whether you want certification or are primarily interested in the best technology available for self-improvement, this workshop is an astonishing value. The trainings are getting to be more fun, and the changes are becoming more obvious, so we are expecting this class to fill quickly. Let Debra know you are going to attend, and be sure

to invite folks you know will benefit. You earn 10% gratitude from us, and the world benefits, too.

We are continuing to work on the master manual for healing with energy and language. It is being proofed right now, and with Oprah having introduced folks to the healing potential through her show on John of God, more people will be increasingly recognizing “energy” as significant for health and well-being. We are proud that SCS teaches a comprehensive understanding of using language to support your work with the Energy, and an energetic understanding of what happens with language use. Obviously, both are vitally important, and you get both when you learn with us.

In the same way that body, mind, and spirit cannot really be separate, energy and language are both part of the Subtle Communication Systems many want to know more about. We consider that blend (energy and language) to be what helps SCS—and Joel and Debra—provide a wonderful learning environment.

As part of our *Perpetual Tuition*, if you are already trained in NLP or SCS, 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.

“Developing Your Intuition with SCS,” which is designed to help you learn to distinguish among desires, fears, and intuitive insights, is moving to the forefront for Joel. This program is for you when you’re ready to begin using your “sixth sense” to its fullest capacity.

The real question is where you want to go next... Debra will be spending Christmas in Tennessee, before going on to Florida for the month of January. During that time, you can stay in touch with us via e-mail or Skype. Let us know when you want to 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

Because subtle communication matters, and because everyone needs to do more with less these days, you need better tools to achieve better results. SCS can help....

See more...

Hear more...

Feel more...

Be more ... SCS