



Enhance your **M**otivation....

Become more **O**ptimistic....

Improve your **R**elationships....

Maximize your **E**njoyment in all ways....

Edited and published by Joel P. Bowman and
Debra Basham for SCS Matters, LLC
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The SCS *Beyond Mastery* Newsletter

Welcome ...

Here is your *Beyond Mastery Newsletter* for January 2011. 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, “Ice Road Truckers,” by Debra; “It’s Just a Number,” by Joel; “The Rebel,” by Debra; and “Intuition,” by Joel.

Ice Road Truckers

Sometimes you get a sense of what you believe by noticing what happens when things are challenging. Years ago I was caught in a blinding snow storm. I had gone to the office and was on my way back home, just about a mile from home, right on my own road. Visibility had been impaired when I left, but as I was making my way back home, I literally could not see a thing. I had a strong sense that I needed to just stop. As I sat there, a vehicle passed me on my right, driving very fast, going the other direction! The car was between me and the mailboxes.... Through all of that, I had an inner calm. I recall speaking out loud, saying something like, “Thank you, Lord.”

I had a very different experience on Wednesday, December 1, as Joel and I left Saint Joseph on our way to Nashville, Tennessee, for a weekend workshop. Joel arrived at my house about 30 minutes later than he had estimated, having already encountered challenging winter weather. Given that, we decided to travel U.S. 31, avoiding I-94 because it is famous for problems owing to “lake-effect snows.” It was snowing and blowing, but we could see, and we headed South.

Just a few minutes into the drive, as we approached a four-way stop, Joel put on the brakes, the anti-lock brake function kicked in, and we began sliding on the

ice. In his own words, Joel “did my best to keep us going straight, and I was very glad people were able to get out of our way.” As I recall, we started to slide into an oncoming vehicle, then we continued through the stop sign. I do have a sense of something similar to the parting of the Red Sea (story of the Hebrews from the Old Testament) as cars just managed to not be where we were.

I am totally shocked (and somewhat embarrassed) by my reaction. I would say I was near hysterical, but Joel’s report is I was full-blown. I do remember saying if 31 was this bad when we got to it, we were turning around and going back, and I would call and say we will be in Tennessee in the Spring, and I spent a lot of time pushing on the airbrakes until we got to U.S. 31. Fortunately, the surface was merely wet, and we were able to make the rest of the trip without incident.

While icy road conditions are just part of living in a state nicknamed “Winter Wonderland,” what interests me most is my own reaction. In contrast, the risk was much greater in the previous event. Was my reaction because Joel was the one behind the wheel? Did I have a fearful reaction to things being out of my control? Have I been under a lot more stress recently? Did I have more faith then? What was happening inside me to produce such a stressful reaction?

I am very thankful that more and more you know your reaction is YOUR reaction. Think back—not that long ago how much we would fly into blame over things like that. I never blamed Joel, not even under my breath. I was relieved and grateful, not only to him, but also to the others who assisted us in our safe passage.

Although my sense of the sacred has expanded to include the wisdom teachings from all cultures, one of my favorite teachings from my own religious past is how we are to have hearts for love and not for fear. One website I checked out says some message of

living free of fear is mentioned in about 365 places in the Old and New Testaments, the Hebrew and Christian scriptures.

I know that I certainly had a lot of fear that day. Of course, the key seems to be that it is appropriate to have a reaction when something fearful is actually happening. It was pretty scary to be sliding through an intersection, and I was not imagining that. At some point I asked Joel, if he had been scared. His response was, "Sure!"

While I don't know what made my reaction so strong, I am taking that as a personal call for change. The first thing I did was have a personal yoga instruction. Interestingly, it was already scheduled! I intend to add yoga to my self-care protocol. I am also going to add some extra B-vitamins. It is wonderful that we know fear is not our natural state, and it is worth taking the steps to experience more peace. How many times do you go sliding through a stop sign? Fortunately, not many, however, Joel and I are gifting ourselves with a stress-reduction tool from Heart Math, called emWave Personal Stress Reducer. I do not get a commission from Heart Math. We will let you know how well it works for us. You know how it is, you just want to share the good news....

It's Just a Number

A former student of mine who has remained in touch since graduation and has become an e-mail friend had a birthday last month, as did I. He turned 50 and had a minor emotional crisis about the "Big Five-Zero." Age is very strange thing. In the 1970s, Jefferson Airplane recorded a song about a guy named Lather who turned 30 and asked, "Is it true that I'm no longer young?" A longer time ago, one of my great uncles, Walter B. Pitkin, wrote a book with the title, *Life Begins at 40*. At the time he wrote it, 40 was considered the beginning of the downhill slide into the grave.

One of the things we (humans in general) have discovered in recent years is that how old one feels at a given age is largely a matter of lifestyle and attitude. Some people really are "old" at 50, while some that age are still playing competitive sports. Boxing great Archie Moore was 50 years old when he fought a much-younger Muhammad Ali (Cassius Clay at the time). Satchel Paige was 60 when he pitched his last professional baseball game. People (and you may be one of them) really can stay healthy and happy even as they age.

What makes the difference between those who are young at 50 and those who, at the same age, are already on the downhill slide into the grave? You might be thinking that it's just genetics: those who were born to parents who had long lives would also have long lives. That does, of course, help, but it isn't the only or even the most important factor. The two principal differences are *attitude* and what is usually referred to as "*lifestyle*."

The relatively new science of epigenetics clarifies how attitude and lifestyle influence which genes are

"turned on" and which are "turned off." Your thoughts and feelings about life and the behaviors you choose tend to outweigh any genetic advantage or disadvantage you might have been born with. If you're a long-time reader of this newsletter, you may be wondering what thoughts, feelings, and behaviors *specifically*....

The most important of the thoughts and feelings are what Carol Dwek calls a "growth mindset" (see her book, *Mindset: The New Psychology of Success*). People with a growth mindset are intellectually curious and are willing to risk being wrong along the path to discovery. Those with a "fixed mindset" avoid taking chances because they fear making mistakes. These are, of course, opposite ends of a continuum rather than either/or mindsets. I am not sure whether there is anyone who is 100 percent growth mindset, as most of us have things we simply don't care enough about to explore.

I am a bit more certain that some people have virtually a totally fixed mind set, believing that they had learned everything they needed to know by the time they finished the 8th grade, high school, or college. As I write that, I am reminded of a woman I worked with a long time ago who *bragged* that she had not read a book since she finished college.

The reason a growth mindset fosters a long and happy life is that it keeps you actively engaged in life. You have places to go, people to see, and things to do. Your interests don't have to be deeply intellectual to benefit from a growth mindset. A good example of this is Sarah Winchester, who was told that she would live forever if she engaged in constant construction on what has become known as the "Winchester Mystery House" in San Jose, California. She lived 83 years, which was considered ancient at the time she died.

Lifestyle is, of course, another of the major influencing factors. Nothing in this list will surprise you. Eat a healthy diet, maintain an appropriate body weight, exercise regularly (both aerobic and anaerobic), avoid smoking (and using other drugs), drink alcohol only in moderation (1 drink a day for women, 2 for men), get between 7 and 8 hours of sleep a night, and spend an hour a day in "mindful" activity (including, meditation, guided imagery, hypnosis, yoga, or Tai Chi). None of these is an absolute, and different people will be influenced in different ways by each of the factors.

For more information about what you can do to increase your health and well-being, see *Train Your Mind: Change Your Brain*, by Sharon Begley, and *Relaxation Revolution: Enhancing Your Personal Health Through the Science and Genetics of Mind Body Healing*, by Herbert Benson, M.D., and William Proctor, J.D. One thing you can know for sure: when you go buy and read these books now, you will have confirmed a growth mindset and be increasingly aware that age is "just" a number....

The Rebel

Each year I look forward to receiving the symbology for the upcoming year from Robert Waldon. Since this article was coming out before I saw Robert's information for this year, I got a head start by looking in *The Transcendental Game of Zen* book, companion to the Osho Zen Tarot. "Whether he is wealthy or poor, the Rebel is really an emperor because he has broken the chains of society's repressive conditioning and opinions. He has formed himself by embracing all the colors of the rainbow, emerging from the dark and formless roots of his unconscious past and growing wings to fly into the sky."

New Year's is an event that just begs contemplation. As such, you get to bring into awareness the things that are really working in your lives, as well as those that are worth changing. Maybe this symbol of the rebel within each of us can offer some help.

CBS News (online) ran a feature about the ten most depressing careers. Imagine my surprise when I took a close look and noticed all but three—food service staff, maintenance and grounds workers, and financial advisors—describe my life. When we do trainings, I do some food service!

Here is the list of those careers, along with a few notes (parenthesis) of my summaries.

1. Personal Care Providers (Nursing home/ Child care/helping the helpless)
2. Food Service Staff (thankless job)
3. Social Workers (dealing with crisis and red tape)
4. Health Care Workers (long, irregular hours/ other's lives in their hands/little self care/ seeing sickness, trauma, and death)
5. Artists, Entertainers, Writers (irregular paychecks/uncertain hours/isolation)
6. Teachers (demands of different standards parents, students, schools)
7. Administrative Support Staff (high demand/ low control/lack of recognition)
8. Maintenance and Grounds Workers (odd, seasonal hours/danger/turnover)
9. Sales People (uncertainty/communication challenges/travel/long hours)
10. Financial Advisors, Accountants (responsibility for other's finances and no control over the market)

Here is a link if you would like to see the list for yourself: http://www.cbsnews.com/2300-204_162-10005838.html?tag=cbsnewsSectionContent.9

Looking at this list of careers, notice how some of these elements are just a way of our modern life. For sure, even people who think their pensions are secure are working long hours and some with substantial travel, too. How about high demand, low control, and lack of recognition? What about relationships in general? Parenting probably should be at the top of the list.

I appreciate that 2011 is the year of the Rebel, and it is about our learning to fly. Of course, we don't get to where we are in one big leap. I worked in retail for well over a decade, and I certainly still remember well when I made the leap from wage-earner with paid vacation and insurance coverage to commission-only work in sales. Suddenly the values shifted beneath my feet and the way I experienced security changed as well.

Learning to listen to your own inner guidance and to take the risks that allow you to learn to fly is an act of surrender. I read recently how surrender is a choice, can never be forced, and *one cannot surrender completely to anything but God*. Wow ... In some ways what we are each surrendering is the false self, and what we are embracing instead is the wisdom of our own heart.

More about our friend The Rebel: "His every way of being is rebellious—not because he is fighting against anybody or anything, but because he has discovered his own true nature and is determined to live in accordance with it." That certainly sounds like a good thing for all of us to do, doesn't it...

Perhaps these lovely words of wisdom I enjoyed reading today make sense of all of that for you, too.

To know the presence of God's will you need to listen to the many voices that live in you. You will find voices of fear, rage, contradiction, obstinacy, illusions of all sorts. When these voices become familiar then the gentleness, the softness, warmth and Light of your inner wisdom can more easily be heard. (Emmanuel's Book: A Manual for Living Comfortably in the Cosmos, compiled by Pat Rodegast and Judith Stanton, p.35)

In 2011, may each of us awaken our own inner rebel, just enough that we can each "be courageous enough to take responsibility for who we are and to live our truth."

Intuition

Intuition may well be the least understood and most often denied mental faculty. It is often contrasted with *reason* and *scientific inquiry* as something "primitive people" did because they had not yet developed a scientific mindset. While that may be partially true, it gives a false impression that "science" and "intuition" can't and don't work together. Some of history's most brilliant scientists used intuition to initiate their lines of scientific thought. Descartes, Edison, and Einstein are just three examples. You can probably think of more, but many scientists are loath to admit that they based their work on intuition.

In *Second Sight*, Judith Orloff, M.D., recounts her struggle to learn to balance science and intuition in her daily life and professional practice as a psychiatrist. Her parents, both physicians, did their best to squelch her intuitive side. She became a rebellious teen, but eventually decided that she would go to medical school and went through a period of denying

intuition as a way of knowing. When her mother was old and sick, she told Orloff about her own intuitive guidance. She had discouraged the same in Orloff because she wanted her to “fit in.” Along the way, Orloff discovered that her intuition made her a better doctor and psychotherapist.

I suspect that intuition is like any other skill. Some people have more of it than others, but everybody has some. Some people, for example, have so much musical skill (often called *talent*) that they start playing on their own and composing music at an early age. Some people take lessons and never get very good. We naturally gravitate to those things we find “comfortable.” For some, it’s music. For others, it’s the visual or language arts. For still others, it is athletics.

Those people who are not especially gifted at music, however, can still improve their musical abilities by practice. The same is true for visual and language arts. You become better at drawing, painting, or sculpting by making the effort. Practice may not always make “perfect,” but it certainly leads to improvement. This is true not only for music, sports, or art, but also for intuition.

Most people have a number of intuitive—or *psychic*—experiences as children. You may recall times in your own life when you knew something you had no way of knowing with the five physical senses. Most people have at least one memory of *déjà vu*, the sense that you have experienced something previously. Most people also have at least one memory of precognition, having the sense that something will happen before it actually does. Most people can also remember being told by well-meaning adults—primarily parents and teachers—that you were “just” imagining things.

As adults, most of us are wise enough to know that many of those claiming to be psychics are not as gifted at psychic phenomena as they are at creating the illusion of being able to “see” your future and to converse with your “departed” love ones. It is easy to see why the intuitive process has not fared well in the age of scientific materialism. It has become the forgotten sense. Although our ancestors relied on it far more than we do today, even then priests and shamans were perfectly willing to use trickery to promote the placebo effect in healing and to use ritual to add drama to their presentations.

None of that, however, negates the authenticity of the intuitive process. Scientists have been attempting to demonstrate that physical matter tells the whole story. A few years ago, scientists were claiming that dreams were simply the random firing of neurons, that genes were fixed at birth and could only degenerate as we aged, and that there was no mind as distinct from the physical brain. Fortunately, good scientists keep working to reveal the truth, and the evidence of the interconnectedness of everything is becoming increasingly obvious. In a strange but fascinating movie, “The Limits of Control,” one of the repeated sentences is, “The universe has no center and no

edges.” Everything—and everyone—is connected.

Science has recently discovered *mirror neurons*. Mirror neurons allow us to be aware of what others are thinking and feeling. We know that all mammals have them, and it probably won’t be long until we find that all organisms have them. My guess is that “being intuitive” is “simply” a matter of paying close attention to the ways in which your mirror neurons are being stimulated. Physicists are gradually proving that Einstein’s theory that space and time as we perceive them are illusions, which can easily account for both *déjà vu* and precognition. Everyone—and everything—is connected.

As for conversing with “dead” relatives, a phenomenon well-observed in hospices is *Nearing Death Awareness*. People who are close to death often have observable conversations with relatives who died previously. In the past, such conversations were dismissed as hallucinations, but evidence that the substance of such conversations is verifiable keeps piling up. Visiting friends and relatives have consistently confirmed that such conversations are grounded in what we like to think of as “reality.”

Intuition is simply another sensory system that we would do well to cultivate, not as a substitute for science and reason, but as a supplement to them and a guide for their application. One of the ubiquitous phrases in the current political discourse is, “Trust, but verify.” That, it seems to me, is an appropriate stance to take when it comes to intuition.

Because anyone can make predictions about remote (in time or place) events and have some of them be true, it is far better to cultivate your own skills as an intuitive than it is to rely on someone else’s. Some individuals will, of course, have more (and/or better developed) skills than others, and you can learn from them. The better ones have all written books. Among the authors I recommend are Carolyn Myss, Laura Day, Francis Vaughn, Christel Nani, Mona Lisa Schulz, Judee Gee, Sonia Choquette, Penny Pierce, and Judith Orloff.

Each has her (and women tend to be more intuitive than men) own particular slant on the process. You don’t have to agree with everything anyone says. When you read, look for the commonalities. And enjoy the process of self-discovery.

Language Tip

One of the quirks of human nature is that two people can observe the same thing—whether a product, service, or human behavior—and have two entirely opposite opinions about it. There is, of course, nothing wrong with having an opinion. We naturally prefer one thing to another. Some prefer bacon and eggs for breakfast, for example, while others prefer pancakes or cereal, and others prefer all sorts of stuff some of us might consider strange. Preferences aren’t the problem.

The problem begins when people begin to think of their preferences as “reality.” If I prefer bacon and

eggs for breakfast and think of them as a *better* breakfast, it becomes easy for me to think that everyone *should* share that preference. When two individuals have different preferences, arguments about “better” and “worse” often follow. The trick, if you can call it that, is to recognize the difference between *observation* and *evaluation*.

This is one of many “maps” and “territory” challenges. Observational comments focus on the territory. Comments that include an opinion are focused on the individual’s mental map. One of the examples Debra and I use in *Healing with Language: Your Key to Effective Mind-Body Communication* has a hypothetical “John” saying, “Coke tastes better than Pepsi.” John isn’t actually saying anything about either Coke or Pepsi. It is a judgment (a “mental map”) rather than an observation and tells us something about John but nothing about either Coke or Pepsi. If you have a strong preference for Pepsi and you and John are responsible for getting the soda for the party, there could be blood in Isle 3.

Preferences come out in a person’s language. Evaluative words and phrases (better, worse, beautiful, ugly, strong, weak, great, petty, and so on) all demonstrate mental maps at work. This language tip is about your increasing your ability to recognize the difference between statements of observation and statements of evaluation. Recognition is easy, of course, when others express an opinion that differs from yours. It is not so easy when you are the one using evaluative language or hear evaluations with which you agree.

A statement, such as “Senator Noname is a crook,” can easily pass for an observation if you happen to agree. If you have a different opinion, however, you are likely to offer your own mental map as a counter. Before you know it, the dueling pistols will be out. You can do yourself and others a favor if you ask to be shown the territory. Two of the principal Metamodel questions (see pp. 152 ff. in *Healing with Language: Your Key to Effective Mind-Body Communication*) that help point to the territory are, “What do you mean?” and “How do you know?”

A good place to start is watching and listening for evaluative words and phrases in TV commercials and programs. The first step is to increase your awareness—your sensitivity—to whether statements are based primarily on evaluation or on observation. If John says, “Pepsi is sweeter than Coke,” he is closer to observation than he is with the word “better,” but “sweeter” is map rather than territory. If you asked John what he meant by “sweeter,” however, you and John would probably never be asked to get the sodas for the party again.

The main thing, of course, is for you to enhance your abilities to distinguish between evaluation and observation so that when your relationships would benefit from being observational rather than judgmental, you’ll be able to notice the difference. If I were

to say, “And that would be a good thing,” would it be an observation or an evaluation?

What’s New?

We continue to welcome opportunities to collaborate with others. In December while we were in Nashville, we met with a great group of healers in the home of Linda and Michael Doochin. We had the opportunity to be there for a presentation by Linda Hunt, a nurse healer who does vibrational healing. We trained in the new location of Harmony Family Health Care, a nurse practitioner practice that Judy Bolin is connected with. What a joy to witness the marvelous work these women are bringing to the folks in Middle Tennessee. That group that week was quite a miracle, including SCS/NLP graduates (Judy Bolin, Pat Hudgins, Jane Cantrell, Larry Curtis) and some who have trained with us in the past and came to add to their skills (Cathy Woodward, Megan Hudgins), and some new to SCS/NLP, including Jean Bills who was part of the original Friends of Silence meditation group Debra met with there in Murfreesboro, Tennessee, back in 1996, as well as Jim Nash, Nancy Small, and Judy’s daughter, Wendy. When they could make it, we were joined by Carlotta Crawford, and Ethel Robertson, both on staff there at Harmony Family. As always, it is an honor to see how this body of work—the combination of energy work and linguistics—continues to expand and bless so many.

We are encouraging the folks we are meeting to put a listing on the affiliates page on the SCS website so it is easy for folks to make meaningful connections. It may be something you would like to do as well. Just take a look at the few listings we have already, and let Joel know if it is appropriate for you to be part of those listed. For sure, know that the contribution you make to the world is valued.

What’s Coming Up?

We will be in the winter mode while Debra is in Florida for the month of January. In February she has scheduled the first Welcome Baby! Workshop at Borgess Health & Fitness Center. This will be a two-hour opportunity for expectant moms to learn self-hypnosis for pregnancy, labor, and delivery. We are looking at the next time in the Nashville area of Tennessee to be early May, where the topic will be most likely have a health-care emphasis again, perhaps “Surgical Support.” We are looking at ways to provide clinical hours for students in Middle Tennessee, since there are several good schools with health programs in that area.

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 getting closer to completing the master manual for healing with energy and language, and as soon as it is proofed, we should be choosing the method of printing. We are considering print "on demand," so if any of you have great insight, please share it with us. As we mentioned last month, with Oprah having introduced her audience to the healing potential of Energy Medicine 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, and Joel will be heading down there for holiday family time over New Year's. You can stay in touch with us by 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

