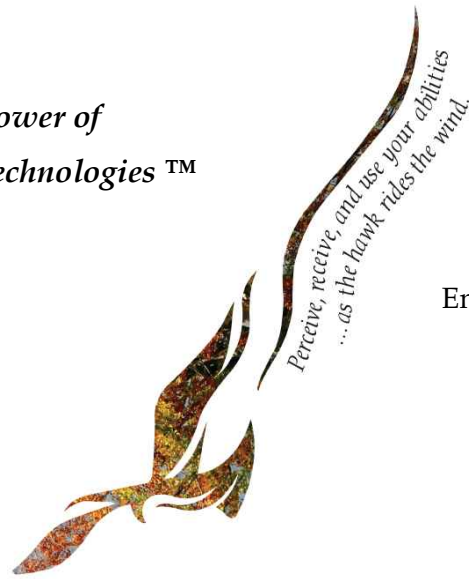


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Edited and published by Joel P. Bowman and
Debra Basham for SCS Matters, LLC
July 2011

Welcome ...

Here is your *Beyond Mastery Newsletter* for July 2011. This newsletter may be duplicated and distributed to those who share an interest in Energy Medicine, neuro-linguistics—especially Neurolinguistic Programming (NLP)—and spirituality.

Additional copies of this newsletter may be downloaded at the following link:

www.scs-matters.com/beyondmastery/Newsletter-Jul11.pdf.

Archived newsletters are available at www.scs-matters.com/archives.shtml.

This month the featured articles are “Debra’s Farewell,” by Debra; “Let Freedom Ring,” by Joel; “Ah ... Na,” by Debra; and “End of Days,” by Joel.

Debra’s Farewell

I wonder if Debra were to offer her farewell how many people would tune in and what the world might miss for her having gone on. I got to this wondering after being very aware of Oprah’s farewell, and how touching it was for me and for many. Unlike a well-written novel, or even an accurate expense report, I would invite us to start, not at the beginning, but at the end.

Oprah said, “I am truly amazed that I, who started out in rural Mississippi in 1954 when the vision for a black girl was limited to being either a maid or a teacher in a segregated school, could end up here. It is no coincidence that a lonely little girl who felt not a lot of love, even though my parents and grandparents did the best they could, it is no coincidence that I grew up to feel the genuine kindness, affection, trust and validation from millions of you all over the world. From you whose names I will never know, I learned what love is. You and this show have been the great love of my life. I won’t say goodbye. I’ll just say...until we meet again.”

Living each day of our lives with the raw awareness that we will not be here forever invites the recognition of the sacredness bundled up in the 60 seconds of every red-hot minute. A few years back, Joel and I were in Orlando attending a workshop with Richard Bandler on the morning of the shocking occasion of the death of his wife, Paula. One of the most memorable comments Richard made to the group later that week was, “You are wasting your f\$%^ing time.” You see, in that raw moment of having lost the love of his life, Richard saw what really mattered. And it was not NLP. It was not anything we were doing. It was **LOVE**.

Oprah is so candid and so “right on” when she says, “The only time I’ve ever made mistakes is when I didn’t listen. So what I know is, God is love and God is life, and your life is always speaking to you. First in whispers.... It’s subtle, those whispers. And if you don’t pay attention to the whispers, it gets louder and louder. It’s like getting thumped upside the head, like my grandmother used to do.... You don’t pay attention to that, it’s like getting a brick upside your head. You don’t pay attention to that, the whole brick wall falls down. That’s the pattern I’ve seen in my life, and it’s played out over and over again on this show. Whispers are always messages, and if you don’t hear the message, the message turns into a problem. And if you don’t handle the problem, the problem turns into a crisis. And if you don’t handle the crisis, disaster. Your life is speaking to you. What is it saying?”

Have you ever answered the question about what your own farewell would mean to the world? Have you let your heart respond to the question, “What is the gift, the grace, the truth, the passion that would be missed if you and it were to be gone?” If you stop to listen to the whispers as if your own life were speaking to you, what is it saying now?

Perhaps it is saying the same thing to you as it was saying to Oprah: “Nobody but you is responsible for your life. It doesn’t matter what your mama did; it doesn’t matter what your daddy didn’t do. You are

responsible for your life.... You are responsible for the energy that you create for yourself, and you're responsible for the energy that you bring to others."

Oprah explains, "Dr. Taylor [Jill Bolte Taylor, *My Stroke of Insight*] sent me a sign that I have hanging in my makeup room. It says, 'Please take responsibility for the energy you bring into this space.' And I ask the same thing in my home and at my companies."

"Remember physics class? Did you pay attention to Newton's Third Law of Motion? Let me tell you, that thing is real. It says for every action there is an equal and opposite reaction. That is the abiding law that I live by, articulated to perfection by Miss Celie in *"The Color Purple"* when she finally gets the courage to leave her abusive husband, Mister.... 'Everything you done to me already done to you.' It is the Golden Rule to the 10th power." It seems to me maybe that is what we all came to learn, and now we know, at core, this is true.

While they were not Oprah's last words, today I will make them mine: "There is a difference, you know, between thinking you deserve to be happy and knowing you are worthy of happiness."

Let Freedom Ring

A quotation usually attributed to Benjamin Franklin states, "They who can give up essential liberty to obtain a little temporary safety, deserve neither liberty nor safety." One of the things I wonder about is whether we in the U.S. have given up too many essential liberties to obtain a little temporary safety. That exchange may, in fact, be common in most countries around the world at this point.

We seem to be living in what might be called an *accelerated* environment that includes both demands for individual liberties and for the kinds of social controls designed to promote safety. Some of what I am calling "accelerated" is doubtless the result of the increasing population of humans on the planet. I can't remember the source (other than its having been recorded by Dennis Weaver of "Gunsmoke" fame), but the eighteenth-century speaker was complaining about how crowded the land was becoming in saying he couldn't "walk five miles without hearing the sound of another man's axe." These days, we'd be more likely to say that we couldn't walk a block without hearing the sound of someone's horn honking or power lawnmower.

Both types of environments have advantages and disadvantages. The "rugged individualists" out in the wilderness face and accept certain hazards in exchange for having the freedom to do what they want when they want. The modern urban dweller gives up certain individual freedoms in exchange for having others accept and respect more narrowly defined rights and privileges. You can imagine what happened to rugged individualists when they broke a leg or caught pneumonia, and you undoubtedly know full well what happens when their modern equivalents run a stoplight or lose control on an icy road.

One of the current conflicts between safety and liberty is airline passenger screening and having to choose between "the grope" and "the porno." Even before the current forms of physical and electronic screening were in place, airports had become places where the process of boarding an aircraft required long lines and multiple checks of baggage, clothing (remove your shoes), and carryon items.

There's no way to know, of course, how much safer we are, nor is it really possible to gauge the costs associated with our safety. When we give up little pieces of our liberty one by one, it's difficult to tell whether we are well-compensated for our gains. A common metaphor is that if you put a frog in a pot of hot water, it jumps out, but if you put it in a pot of cold water and slowly increase the temperature, the frog will stay in and cook. The metaphor isn't true. The frog knows that the water is getting hot and will jump out when it becomes uncomfortable. The same is probably true for humans. You can increase the degree of unpleasantness in our environment by degree, and, when we are too uncomfortable, we will say, "enough is enough."

The problem for humans is in knowing what actually poses a risk. In the "old days," the risks were fairly obvious and usually came in the form of direct physical assault in one way or another. These days the risks are not always obvious. We have to account for risks present not only in the temperature of the water we might be using, but also in a variety of toxins that might be in the water. Who but a scientist can know how many parts per million of a cancer-causing chemical might be safe—and does the scientist actually know for sure?

Air bags and seatbelts, child safety-seats, lawnmower cutoff switches, grounded electrical plugs.... The list of "technical stuff" we rely on and expect to be "safe when used as directed" is extensive. We currently have all sorts of complex rules and regulations to help control risk because we have a complex culture and complex environment. No single individual can know everything, and we are forced to rely on the expertise of others.

For those of us in the States, the Fourth of July presents a good opportunity to consider what it means for us to be "free." We normally associate the 4th with the birth of our nation and the sacrifices of our men and women in uniform who have fought and died while protecting the "homeland" from "all enemies, foreign and domestic." This year, it may be time to think about the ways a wide variety of others have been and are working to keep us safe from a wide variety of hazards of which we may be only vaguely aware.

It may also be time to be conscious of the balance between safety and liberty so that we can make good choices about what risks are worth taking in the name of freedom. When you know that you are making an active choice to be safe, you are exercising your most important freedom: the freedom to decide which risks are worth taking, and which are not. Choose wisely.

Ah... Na

Have you ever wondered how one develops an open mind? I think we all must know how refreshing it is to be with someone who has one. I had the opportunity to attend the AHNA (American Holistic Nurses Association) conference in Louisville, Kentucky, the first week of June. I was very blessed to be inspired by many, welcomed by most, and (maybe most importantly) accepted by myself.

You see, if truth be told, I have had a lot of pain around not having a "formal education." I got married at 16, and that ended my high school days. What did it mean for me to attend that conference? More than words can say.

Perhaps part of the sense of acceptance, welcome, genuine caring came along with the Southern Hospitality, but I think it is also part of the holistic mindset. I am going to make up what that is, and how you can develop it if you are new to it.

Mark Nepo says we need to say important things slowly, and to say them three times—once for each ear and once for the heart. Well, you can see how that is the way we listen with an open mind, too, right? As Don Glass writes on his blog, "A Moment of Science" (Feb. 24, 2005), the processing of sound actually begins in our ears, before sound reaches the brain. Your right ear connects to the brain's left hemisphere, and it is the dominant ear for processing music, nursery rhymes, and prolonged tones. Your left ear processes words because it is designed to hear rapidly changing sounds.

In the June 6, 2011, "Tip for Well-being," I mentioned Kirtan Kriya (KK), a 12-minute meditation form, called Kirtan Kriya (KK), in which you sing four syllables, *Sa*, *Ta*, *Na*, and *Ma*, while holding your thumb to your index finger, middle finger, ring finger, and pinkie finger, respectively. As you might often do, too, a bit of information generated curiosity, so I did a search and found lots of references to KK online, including a video I watched on Youtube.

I was stunned to see that someone had posted some very nasty comments. If that particular form of meditation did not resonate to the writer of those comments, why do you think he or she was unable to just ignore it? What was happening inside that person that made it seem necessary (or even appropriate) to criticize another's path?

There was name-calling, and making fun of ideas (how could holding fingers and making syllables possibly cause healing), and hinting that this person's soul was in danger because they held such a view. OK, I am biased because I happen to know that Traditional Chinese Medicine (TCM) refers to the meridians of the body entering and exiting the fingers and toes. This is the basis of acupuncture and acupressure, and has some pretty solid science backing it up, if that is more valuable than 6,000 years of effective application.

Perhaps what my heart enjoyed so much about the conference was the degree of open-mindedness one must have to pay to be associated with a group with the word holistic in it. You see, I know about this because I have been called "Satanic," simply because of my association with an organization called Holistic Alliance.

I recall the day a person came into the Holistic Alliance bookstore. We had books arranged alphabetically by title to make finding information easy. The person stepped in the door, landed in front of "H" and when I asked if I could help her find anything, she stammered out, "WHAT DOES GOD THINK ABOUT ALL OF THIS?"

I admit to having to use a metamodel question. "By all of this, do you mean, the books, the building, the town, the world?" "ALL OF THIS. HERBS, HOMEOPATHY, HEALING TOUCH!"

Well, I don't need to explain how much of a relief it was to realize that was what had her so upset. <grin> I thought something really serious had her so upset. Do you agree or disagree that she might have been able to hear things differently if she could have purposely listened three times, once with each ear and once with her heart?

In *Fried: Why You Burn Out and How to Revive*, Joan Borysenko, one of the keynote speakers at the AHNA conference, writes about her own experience of burnout. She shares six tips for revival. I really love them all, but pay close attention to number six.

1. **Unplug and take stock.** Go away for a few days to a quiet place where you can get some perspective. What's burning you out? Are you a square peg in a round hole? Customer service, for example, is a bad choice for the conflict averse. Are you a caregiver who needs respite? Are you a people pleaser who needs to say no to others and yes to yourself? Is your lifestyle so expensive that working enough to fund it is killing you?
2. **Purge what's not necessary.** Pareto's Law states that 20 percent of one's actions result in 80 percent of the desired results. Identify leverage points and energy drains. What serves you and what wastes your time? When I cut down on radio interviews, reviewing people's manuscripts, and doing favors for just about anyone who asked, I had much more time for what really matters. The fire gave me permission to say no without feeling guilty. But you don't need to wait for an excuse to live your own life.
3. **Play both for the sake of fun itself and because play changes your brain state and supports creative thinking.** Work smarter by exercising or playing when you feel stale.
4. **Pay yourself first.** Schedule time for self-care, family, and friends before filling up your calendar with work demands. Waiting for free

time to materialize is the same as deciding to save the money that's left at the end of the month.

5. **Take a weekly Sabbath.** Do absolutely nothing related to work on that day. This is a time-honored strategy for staying sane and enjoying life.
6. **Cultivate beginner's mind.** The late Zen teacher Suzuki Roshi wrote, "In the beginner's mind there are many possibilities, in the expert's mind there are few."

While I was at the conference, most people spoke of the organization using the letters - saying them separately, A — H — N — A, but I heard one person call it Ahna, like "ah," the sound that refreshes, and "Na," the syllable that goes with the ring finger in the meditation style that created such a stir in the comment-leaver. I will begin to think of it as Ah ... Na, too, because according to that ancient tradition, the syllable "Na" means *death, change, and transformation*.

When I have important things to share, I will continue to speak slowly, and I am willing to say it three times, so you can hear it once with your right ear, once with your left ear, and once with your heart. Maybe an open mind comes from an open heart.

The End of Days

Can you still remember when it was predicted that the world was going to end on 21 May 2011? That date seems to have come and gone without incident, as have a number of similar dates throughout history. The Mayan calendar (at least one version of it) ends in 2012, leading a number of "soothsayers" to predict that the world will end in that year. They are, of course, at least partially right. The world changes every day, and every change represents the "end" of what went before.

What's new now is that the rate of change has been increasing exponentially. The rate of change didn't change much from the beginning of time (for humans) until the nineteenth century. Until then, people got where they needed to go by walking, horseback (or horse-drawn vehicles), rowing, or sailing. Steam engines changed everything. And it wasn't long after people figured out how to use steam that gasoline engines accelerated the rate of acceleration.

External change, however, isn't the only change we've been experiencing. Humans have been changing—evolving—as well. There was a time not so long ago that well-educated people might have 40 or 50 books in their libraries. An evening's entertainment for middle-class and wealthy families consisted of a father's reading aloud, followed by a mother's playing something on a harpsichord. Letters were written by hand and carried from place to place by horseback, train, or sailing vessel. No one had a phone, let alone a "smart phone." There was no Internet and no Google. Watson, IBM's big computer

that did so well on "Jeopardy," would probably have been branded the "work of the Devil."

Internal change is both the creator of and mirror of external change. If you have read much history, you already know that the nature of relationships has been changing as our external environment has changed. People used to be either independent (think Daniel Boone exploring the wilderness) or dependent, needing others to survive. Relationships now are increasingly *interdependent*, with complex social structures increasing in importance, while "family" and "tribe" are playing reduced roles.

The changes in relationships are one of the things that many people find scary. I am reminded of the day a couple of years ago I picked up two kittens about eight weeks old and brought them home. They were really scared. Littermates, they—Bobbie and McGee—stuck together like glue and spent a lot of time hiding under and behind furniture. My perception was that they felt that they had arrived at their "end of days." How could they know otherwise? They had been safe and secure with their mom, brothers, and sisters, and—with alarming suddenness—they found themselves in a strange environment full of potential threat.

On a grander scale, perhaps, humans are currently in an increasingly "strange" environment full of unknown threats. Will your cell phone give you brain cancer? Are you eating a healthful diet? Can you trust those with different ethnic backgrounds and religious beliefs? Can you keep up with the changes in communication technology? I don't know, of course, how the Mayans were able to "look" forward and determine that 2012 would be a pivotal year for human history. It does seem, however, that it is likely to be the case.

The real question is what will we do between now and then. Will we—as individuals or as a species—scurry around like Bobbie and McGee trying to determine whether they would be safe in my house, or will we choose to face the future without fear? Resisting change does not appear to be a valid option. Certain religious sects have made the effort, only to discover that change simply continues without them. It seems to me that the best plan of action is to take advantage of changes in the external environment to promote internal change, to choose the direction of those changes we want to make for ourselves.

When you think about what it might mean to be "more evolved," what comes to mind? While my sense is that the answer doesn't have to be the same for everyone, I suspect that if each of us were to list, say, the ten most important characteristics of an "evolved" being, more than half—and perhaps as many as 7 or 8—of the characteristics would be the same on all our lists.

I also have the sense that, if each of us would pick just two or three of those characteristics we considered most important, and choose to work on developing them, we could help create the kind of world we really want to live in—one we would find inviting rather than scary.

Language Tip

One of the most powerful elements of persuasive communication is the *presupposition*. Presuppositions are assumed true. A famous example is, “What color is the cat on the table?” The question presupposes that cats come in colors, more than one cat, that tables exist, that it is possible for a cat to be on one, and that the person being asked the question is in a position to see the cat and understands English.

Sentences *must* contain presuppositions. If I am writing in English, for example, all my sentences presuppose that my readers will be able to read English. In addition, sentences presuppose certain concepts that must be at least assumed to be true for the sentence to make sense. Consider the way “because” is used in the following sentence: *Because power corrupts, politicians can't be trusted.*

Note that the sentence contains two statements (or *propositions*). The first, “power corrupts,” is the obvious presupposition. It is more likely to be accepted than the second, “politicians can't be trusted,” which is also a presupposition. The second presupposition, however, would more likely be challenged than the first because the word “because” disguises what's being presupposed.

In a well-known experiment about the power of “because,” the duplicating function in an office building was reduced to a single copy machine, which quickly developed a long line. The experimenters discovered that the key to getting others to let them cut to first in line was the word “because.” Something like 80 percent of those standing in line let the experimenter cut to the front with the question, “Can I go first *because* I have to make some copies.” Well, why else would people be standing in line at a copy machine? While a few might have been in line to avoid doing real work, most of those in line were probably there because they had to make some copies. Nevertheless, the word “because” short-circuited their ability to recognize that.

Another word that disguises presuppositions is “although.” *Although you may still be wondering whether politicians can't be trusted, part of you already knows that power corrupts.* Count the presuppositions and then ask yourself which ones you were likely to have missed. You *might* not have missed any, but sometimes a single word can indicate more than one possibility. You *might* be right about that presupposes that you *might not* be right.

One of the best things you can do for yourself when you are reading an ad or watching a commercial and feeling persuaded is check for what the advertiser wants you to accept without question. Recognize the presuppositions, and ask yourself whether you want to accept them as “true.”

What's New?

The first of the two new websites has gone live, so be sure to check out <http://ImagineHealing.info> offering

the easy, efficient, and inexpensive way to share Pre- and Postsurgical Support with SCS! This is the landing page for the new piece for patients called *Imagine Healing: Using Guided Imagery to Help You Heal*. We will be adding more interviews to the video interview with Jane Foster that is already on our new ImagineHealing Youtube channel:

<http://www.youtube.com/watch?v=uIVL1kGp1Ag>

You can read Success Stories on ImagineHealing.info now. June's story will grab your heart and have you singing! Thank you to Rebecca Stuurwold, our webmaster, for all the “heart” work of getting this up and going. If you need a website, Rebecca may be able to help you make your dreams come true. For more information, see her website: <http://www.sterlingdesigns.net/>

Thanks to Joel, you can also now sample all of our guided imagery audios (CDs seem to be going the way of 8-Track and Cassette tapes) on www.scs-matters.com/products.shtml. Everything except Welcome Baby! is available for downloading, since that one currently uses Shaina Noll's “Songs for the Inner Child.” Right now “Welcome Baby” still needs to be purchased as a set, but we have a plan to work with Pamela Chappell to use her music as background to make this last one more accessible, too.

With the help of Branden Wilson and Santiago Chemes—NeLPers in Grand Rapids, Michigan, and Argentina—respectively, Maria Chojnowski has completed the TRANCE-lation of “Enjoying Your Ideal Weight.” To download, see our new page for downloading products:

www.scs-matters.com/products_download.shtml

We are thinking “Surgical Support” will be next.... Just imagine Spanish speakers healing around the planet, too!

The other new item is Joel's radio interviews on Mid-West Family Broadcasting in Benton Harbor, Michigan. A video taken during the interviews are available for your viewing pleasure on the SCS website: www.scs-matters.com/givingback.shtml.

What's Coming Up?

A good way to “jump-start” the ImagineHealing™ process for yourself, a loved one, or your clients would be to attend the special offering, “Using Guided Imagery for Surgical Support,” on 5 August at Hospice at Home, in St. Joseph, Michigan. For details, see the SCS schedule: http://www.scs-matters.com/scs_schedule.shtml or download the flier: <http://www.scs-matters.com/Download/flier-5Aug11.pdf>. Space is limited, and this workshop will fill quickly, so to ensure that you have a spot, call Debra at (269) 921-2217.

You still have time to decide to join us at the Healing Touch™ Worldwide Conference in San Antonio, Texas, August 25 through 28. The breakout session is about learning to say what you mean, mean what you say, but don't say it mean! The title is “Cool

Responses to Heated Discussions: Understanding Beliefs and Developing Effective Strategies for Responding to Criticism.” On Monday, 29 August, during the post conference workshop, “Mind-Body Miracles: Surgical Support Secrets Revealed,” we will introduce the audience to the dynamic duo: <http://Imagine-Healing.info> and <http://SurgicalSupport.info>.

For more information, see the conference website: www.healingtouchprogram.com/conference/2011.

SCS continues to be committed to a comprehensive understanding of healing with language and energy. 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.

Be sure to let folks know the NLP training is available online. Joel has that set up to go right along with *Healing with Language: Your Key to Effective Mind-Body Communication*. “Developing Your Intuition with SCS,” which is designed to help you learn to distinguish among desires, fears, and intuitive insights, continues to be a goal 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.... Stay in touch with us by Skype, or send us a quick email message: debra@scs-matters.com or joel@scs-matters.com, or call Debra at (269) 921-2217.

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

