



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  
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## The SCS *Beyond Mastery* Newsletter

### Welcome ...

Here is your *Beyond Mastery Newsletter* for June 2010. This newsletter may be duplicated and distributed to those who share an interest in Energy Medicine, neuro-linguistics—especially Neurolinguistic Programming (NLP)—and spirituality.

This month the featured articles are “Home Is Where the Heart Is,” by Debra; “When Waters Rise” by Joel; “Spiritual Partnerships,” by Debra; “Keeping Up with Technology” by Joel.

### *Home Is Where the Heart Is*

I used to have a fridge magnet with an image of a little boy sticking out his tongue. The caption was “Be nice to me. God is not finished with me yet.” As I was reading in *Frequency: The Power of Personal Vibration* by Intuition Guru Penney Pierce, I had a new appreciation for the mnemonic I made up using “home”: Having Only My Energy. Pierce writes about the experience of “Lisa” who is recovering from cancer treatment (how true this statement is, most people find recovering from the treatment quite a process, while healing is the most natural thing in the world) and suddenly had an awareness of the energy flowing in her body. I certainly recall the first time I had a conscious awareness of my own subtle energy - I was on a massage table at the end of my massage and felt this glug, glug, slosh, slosh, feeling in my abdomen as the therapist was standing over me talking with her hands.

I blurted out, “What is that?” “Energy,” was her reply.... Pierce writes, “Lisa discovered that night that she loved her own energy, that there was something about the ‘real Lisa’ that was so beautiful and nurturing—she just wanted to bask in herself, to feel her own essence forever.” I felt that same way. Days

after the first fleeting awareness of that inner sensation I would laugh right out loud remembering how delicious it is.

I know for some people this moment of inner awareness is “old hat,” and for some it might be “yet-to-come,” but I am suspicious that for many of us we are somewhere in between and when you are intentional with your awareness you can enjoy that sense of well-being, too. A young woman I met recently, who is also named Lisa, told me she had a similar experience while in love. She actually called a friend and said, “Did you die, too?” because she truly felt like she was in heaven.

If you are energy aware, do you tell others about the benefit that has brought to your life? If not, why not? When I became aware of energy, I wanted to learn as much as I could as quickly as I could. After seeing a Certified Healing Touch Practitioner do an energy healing session with a dear friend of mine, I breathed the truth, “I was born to do this.” At that time I thought that statement was just about me, I had not yet become aware that it is universally true so it is about all of us, including you.

I recently had an e-mail conversation with John La Valle in which John was saying what we need to do to bring more audience for our NLP trainings is to make a commitment to doing that and not doing anything else. Joel essentially agreed with that and asked me what it would take for me to make a commitment of that magnitude. Whoa.... I knew I had made that commitment—ten years ago. My commitment was not just to NLP, though, as wonderful a tool as NLP is. My commitment was expressed in my personal mission statement: *living and encouraging a conscious spiritual journey*. A few years ago, that was updated to *living, encouraging, and enjoying a conscious spiritual journey* when I was able to fully recognize that it was

not enough for me to live it and encourage something unless I was also able to enjoy it.

As I read that account of Lisa waking up to her home frequency, I realized it is probably time to update my mission statement again. As of today, it is now *enjoying and encouraging living my home frequency*. If changes like this have bothered you, maybe you can get one of those magnets so you remember to "Be kind to yourselves. God isn't done with you yet." And meanwhile you might enjoy using track 3 "Ethereic Vitality Plus" from the *Freedom from Pain* CD as one of the tools you use for your now *enjoying and encouraging living your home frequency*.

### *When Waters Rise*

I arrived in Franklin, Tennessee, in late April to be a "back-up" babysitter for my grandson in case my granddaughter decided to arrive a bit ahead of schedule. While there, I planned to conduct a workshop ("Introduction to NLP") in a nearby community on the first of May. The rain began early in the morning that day. It was a hard, steady rain that slowed traffic on the highway and soon had gullies filling with water and streams overflowing their banks.

I drove through very heavy rain on my way to the workshop. When we entered the facility, we noticed that a little water was on the floor. We cleaned it up but didn't think that it would be much of a problem. We knew that the weather was already preventing some participants from attending, and a few more were late. Even so, we had a good morning session discussing NLP and the "Fast Phobia Cure."

We had lunch. The organizers provided a hot and healthy lunch for everyone, and we were enjoying eating and talking when we noticed that more water was coming into the workshop room. We started moving furniture and bailing water. That's how we ended up spending the afternoon until professional help arrived. Once someone who knew how to do something other than bail arrived, the rest of us started packing up and getting ready to head for home. We had no idea that that much of the area was in about the same shape as our training facility.

I started back to my son's house through the rain. Traffic was heavy but moving well. At least for a while.... About 6 or 7 miles from my exit, traffic slowed to a crawl and then came to a stop. I assumed that a weather-related accident was the cause. I inched along with the traffic for about an hour, when I saw an opportunity to exit the highway. Although I didn't know the roads in the area, I thought my GPS would be able to find an alternate route.

Soon after leaving the highway, I saw an underpass filled with water—and vehicles with water up to the roofline. I knew, of course, that it had been raining, but I had not expected that much water to have accumulated at a major intersection. Between there and my son's home, I went past a shopping mall where the parking lot had two to three feet of water in it—water up to the door-line on cars still in the lot. I still didn't know how much flooding had occurred

until I reached my son's house and saw some TV news.

Several of those who had been at the workshop discovered first-hand what I learned from TV news. Major highways were closed because of flooding, and people from the workshop had to find motels where they could spend the night. Although they managed to get home the next day, the rain continued, and the Cumberland River continued to rise. Areas of downtown Nashville, including Opryland, flooded. Hundreds had to evacuate their homes and apartments. Thousands were without power and phone service. It was a mess.

The rain stopped sometime Sunday evening. Nashville area schools remained closed on Monday, which turned out to be a pretty nice day, in spite of the fact that the water in the Cumberland, already above flood stage, was still rising. My grandson and I checked the neighborhood pond, which was overflowing, even if not quite at the rate it had been when the rain was falling.

Although not everything was back to normal on Tuesday, most businesses and schools had reopened, and most people were back on their usual schedules. Some weren't so lucky. A few had drowned or had other weather-related accidents that resulted in death. Some lost their homes. You may have seen the video of the schoolhouse floating down I-24 and smashing into vehicles stalled in the water.

A common metaphor was Biblical: Noah, the Ark, and the 40 days and 40 nights of rain. Given the flooding that occurred with two days of rain, I have a pretty good idea of what 40 days would have been like. Fortunately, in spite of the flood debris, the rain was cleansing for the natural environment. Nature, after all, is much better equipped for adapting to and using natural events to its long-term advantage.

The planet—Mother Earth—is well-equipped to use floods, droughts, earthquakes, and volcanic eruptions to her advantage. Most of nature does the same. As the global mean temperature of the Earth increases, the migratory patterns of birds change along with the changes in the ecosystems. What was injured, heals. Nature adapts. We could all learn from nature, and—who knows—perhaps you'll become more flexible by adopting Nature's philosophy of accepting and adapting to changes in the environment.

### *Spiritual Partnerships*

Many in our culture are new to the idea of spiritual partnerships, but it is important for all of us to develop this awareness. Currently I am reading a wonderful book on the secrets of lasting relationships written by husband and wife co-therapists Elda Soderquist, M.A., and Ronald Soderquist, Ph.D., and published on the 55th anniversary of their marriage. Are all the ideas new? Not if you have an understanding of Harville Hendrix and *Imago Therapy*. Not if you have read *Healing with Language: Your Key to Effective Mind-Body Communication* and are familiar

with the drama triangle and the role of the amygdala in our emotional development.

Author Penney Pierce writes about “baby mind” in *Frequency: The Power of Personal Vibration*: “Under every unhealthy feeling habit is a misperception about the way energy and awareness really work. Remember that when the habit was originally established, you didn’t even understand language and had no mental concepts; everything was visceral, instinctive, and survival oriented. Your reptile brain and animal nature were keeping you alive. There could have been no other way to get through childhood. It’s absolutely normal that as you reach maturity, you reconsider these early patterns and clear them so that you can become the being of light and love that you really are. Now is the time when you can feel into each habit to find the underlying misperception made by your baby mind. Once you connect compassionately to the odd logic and the reason you formed the habit, it’s much easier to let the habit fade and even chuckle about it.” (p.71)

Pierce continues: “You have both healthy and unhealthy feeling habits. The unhealthy ones are in the way of your transformation process because they keep you contracted in fear or in partiality. Your unhealthy feeling habits are based on a choice to either flee and avoid or fight and control. Today’s increasing energy frequency speeds the surfacing of your subconscious ‘wounds’ and brings and urgency to clearing the underlying misperceptions your baby mind made before you understood you were in charge of your own experience. You can turn the unhealthy habits into conscious sensitivity by catching yourself in a reaction, being with the experience, and choosing an alternative healthy feeling habit to experiment with instead.” (p.73)

As I am writing this I am listening to an interview with Neale Donald Walsch, author of the very popular *Conversations with God* series. As I listen to him tell about his experience of having been homeless, having been in total despair, having been at the end of his rope, I am aware that spiritual partnerships are those relationships where we grow out of our baby mind and remember *we are not learning to help others; we are learning to go first*. Those of us in the SCS/NLP Intensive just heard those words by Richard Bandler. The important thing is for you to ask yourself right now what they mean for you.

Walsch says that the struggle comes from thinking that something *wrong* is going on right now. He asks his audience how many of them have had an experience in life that was challenging at the time but later on turned out to end very well. He said each time he asks that question, many hands go up. You have had this happen in your life, too. His point is that the only thing that is lacking right now is the clarity of what is yet to be revealed. I am reminded of the way Richard Bandler says that someday you will look back on this and laugh, so why wait.

Some of you may remember the story of “The Man from Bogota” that was shared in the March 2010

“Beyond Mastery” Newsletter. This was about the man who was kidnapped and returned much healthier. Think about that story in regards to spiritual partnerships and your growing up your baby mind. One chapter in *Equality* is titled “Habits from Home.” The exercise in that section tells you to ask yourself, in a matter-of-fact way, whose face is it you are seeing when you argue with your partner, such as a sibling, mother, father, or grandparent. Seeing it more clearly now, when your adult brain is ready, take a few moments to reflect on the gifts that have come from challenging relationships in your life. Do that automatically the next time something gets triggered and you will begin enjoying the truth that it is never too late to have a happy childhood....

### *Keeping Up with Technology*

I sometimes wonder whether it is, in fact, possible to keep up with the changes in technology. I spent a lot of time using a manual typewriter before electric typewriters became common. I was an early adopter of “personal computers” long before the days of the Graphical User Interface and long before “normal” people had computers with hard drives. Although I never had a collection of them, I remember 78 rpm records. I did have a small collection of 45s, and I had a *big* collection of the “long-play” albums. I thought that they would last forever. But then came tape, first on 7-inch reels, and then cassettes. And then came CDs, iPods, and other MP3 players....

The changes in technology have come at a very rapid rate. A number of writers have observed that the principal focus of the twentieth-century was on increasing speed, whether on land or sea or in the air. On land, we went from wagon trains, to “iron horse” trains, and to automobiles. We went from sailing ships to steam ships. In the air, we went from open cockpit biplanes to jet aircraft.

You may have noticed the changes in a common item of “personal” technology: the telephone. When I was young, telephones came in just one color (black), had rotary dials, and often required a “party line,” with a number of households sharing a common line. Phones started coming in colors and decorator designs (you may remember the “Princess” phone). They started using push buttons instead of a rotary dialer.

At this point, most people are making the switch to wireless phones (bypassing “land lines”), and many have “smart phones” that provide access to e-mail and Web browsing. We should at least note in passing that the most recent smart phones also contain video cameras to supplement texting—and sexting—for those bold enough to go where no one has gone before.

We continue to live on the cusp of change. This concept has been on my mind a lot lately, as I am on a learning curve with both Web technology and with video technology. The Web is, in fact, the frontier of what is often called *multimedia* because it handles text, images, audio, and video. With the right computer

and software, an individual can now do in a few hours what used to require a team of programmers and video editors weeks to do. Most of us have been influenced more by changes in technology than we know—unless we stop to think about how many changes have occurred in recent years.

In my other article this month, I addressed the need to adapt to changes in the environment. In a way, the technological environment requires the same kind of willingness to adapt as changes in the natural environment. It is easy to forget that the “things” that we rely on—from central heating and cooling to computers to telephones to automobiles—are not only things we created to adapt more easily to the natural environment, they are also a critical component of the environment in which we live.

I can remember years ago when Web technologies were just beginning to influence the way information was designed and presented, one of the workshops at a business communication convention focused on using Web documents to supplement course lectures. One of the “old lions” of business communication in attendance shook his head and said, “I’m glad that I’m close to retirement.” I can also remember a long-time secretary who quit her job when they took away her typewriter and gave her a computer. She spent a long time looking for another job before finally accepting one that also required computer usage.

While the Amish demonstrate that it is possible to live (and live well) without adopting new technologies, they also help demonstrate the ways in which new technologies have the potential to enrich our lives. We have gone from live performances being the only entertainment, to black-and-white silent movies, to Technicolor and 3D; we have gone from small, black-and-white television with one or two channels only in some areas, to color, to “big screen” high-definition cable delivery with 500+ channels in some areas. You may not want a “home theater” for yourself, but the technological advances that make one possible, also make possible such devices as the GPS (Global Positioning System) that lets you navigate unfamiliar highways and cities.

You may not feel the need to adopt every new technology that comes along (I can’t imagine wanting a 3D TV and having to wear the special glasses every time I wanted to watch a movie), but staying current with what is being developed does two important things for you: First, it allows you to make wise choices about how you want to enrich your life by being aware of the possibilities, and, second, it facilitates the health and well-being of your neural circuitry. Keep those neurons young and healthy by learning more.... Don’t take my word for it—discover for yourself that the more you know, the less you fear.

### *Language Tip*

Because we grow up in a sea of language in which speaking and listening seem as natural as breathing, it is natural for you to think that you know everything you need to about it. Now, because you are unusually

alert, you would have noticed that I used a *shift in referential index* (from “we” to “you”) in the previous sentence. If you did, that’s good. If not, shifts in referential index are one of the linguistic “tricks” you will want to become increasingly aware of.

But in this “Language Tip” I want to focus on something even more basic to effective language usage: verb tenses. One of the things about verb tenses is that they imply more than they actually say, and the more aware you can be of their implications, the more effective you can be in influencing your own thoughts and behavior and those of others. Even the simple tenses are more complex than they seem to be. The three simple tenses are *past*, *present*, and *future*:

**Past:** I *felt* good. [Implies that the good feelings belong in the past rather than in the present.]

**Present:** I *feel* good. [Implies that the good feelings belong in the present—*now*.]

**Future:** I *will feel* good. [Implies that the good feelings belong in the future rather than in the present]

The implications are important. *Good feelings* (and all *desired* behaviors belong in the present and future, and *bad feelings* (and all *undesired* behaviors) belong in the past.

The simple tenses are called “simple” because each refers to a specific action at a specific time. In addition to the simple tenses, English has two more complex verb structures, each of which has its own version of past present and future. The *progressive tenses* are used for ongoing action, and the *perfect tenses* are used to show time relationships in sentences that express more than one time frame. As Language Man Dave Berry would say, “I’m not making this up.”

In next month’s newsletter, we will explore the progressive and perfect tenses and their implications. In the meantime, you can explore on your own, making sure that you recognize the additional verb tenses. Use them in a number of sentences, and ask yourself what the different tenses imply. You might wonder how doing that will have affected you then now....

### *What’s New?*

Debra has two new pages on the SCS website. Be sure to visit Debra’s Wellness Tips (<http://www.scs-matters.com/Debra-blog.shtml>) and Debra’s Poetry Corner ([www.scs-matters.com/Debra-poetry.shtml](http://www.scs-matters.com/Debra-poetry.shtml)).

*Healing with Language: Your Key to Effective Mind-Body Communication*, the revised SCS/NLP comprehensive training manual is now the key to what is really new! The new course management software Moodle (see <http://www.moodle.org>) is **FREE** for a limited time with the purchase of the manual. This is a real bargain as the regular subscription will be \$25 a month. Moodle allows us to offer online instruction for those who want to know more but have had

difficulty finding the time to attend workshops. It will, of course, also allow those who have studied with us to continue learning following and between workshops.

If you're among those who purchased one of the previous editions—even back to the days of the big, thick, three-ring binder version, you'll be glad to know that we will make the new version available at a *huge* discount—so that we can all be on the same page. The retail price of the new manual is \$24.95, plus \$1.50 Michigan sales tax.

For those replacing previous editions, the charge will be a mere \$8. Shipping within the United States is \$3. For overseas shipping, multiple-copy discounts, special shipping requirements, and to reserve your copy now, send a quick message to Debra ([debra@scs-matters.com](mailto:debra@scs-matters.com)). And you can all access Moodle *FREE* for a limited time.

In our continuing effort to provide you with the best values in holistic health, we have put the manual for our workshop, "The Power of Presence: Seeing the Divine in Everyday Life," online as a free e-book for downloading. The address you need for downloading is the following:

<http://www.scs-matters.com/FreeEbook.shtml>.

Thanks to Brian Turk, who completed NLP Practitioner with us as one of the "Weekend Warriors" who braved weekends through one of the snowiest winters on record for Southern Michigan, we now have a special page on Facebook where you can 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 <http://www.facebook.com/SCSMatters-LLC/>. Thank you, Brian.

You can "follow" us on Twitter, by going to [www.twitter.com/SCSMattersLLC](http://www.twitter.com/SCSMattersLLC), signing up, and asking 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. You can find all SCS videos quickly and easily by going to [www.youtube.com](http://www.youtube.com) and entering [joelpbowman](http://www.youtube.com/joelpbowman) in the search window, or by going directly to the following URL: [www.youtube.com/joelpbowman](http://www.youtube.com/joelpbowman) and clicking on the link for "Uploads."

### *What's Coming Up?*

SCS will offer its first Reiki workshop at the end of this month. The workshop on Saturday and Sunday, 26 and 27 June, will cover the fundamentals of Reiki as a healing modality and provide First- and Second-Degree attunements. If you have always wanted to learn Reiki, or want to expand your knowledge of Energy Medicine, this will be a good workshop for you. Space for this one is limited, so let Debra know right away if you want a spot reserved for you: (269) 921-2217 or [debra@scs-matters.com](mailto:debra@scs-matters.com).

The second SCS/NLP intensive for 2010 is scheduled for August (Saturday the 7<sup>th</sup> through

Saturday the 14<sup>th</sup>). Earn certification as a Licensed Practitioner, or, if you have already earned Practitioner certification, you can become a Licensed Master Practitioner by completing the intensive in August. We will start with an Introduction to NLP on Sunday the 1st (1 to 5 p.m.). Those close enough to commute to St. Joseph should plan to attend. Those at a distance may complete the introduction using our online educational program, Moodle. Either way, register now with Debra ([debra@scs-matters.com](mailto:debra@scs-matters.com)). Space will be limited, so reserve your place now.

The SCS approach to NLP focuses on using what we call *The Big Three of NLP* (anchoring, submodalities, and advanced language patterns) to promote your own health and well-being and to facilitate that process for others. You will receive a thorough grounding in the fundamentals of NLP and other subtle communication systems.

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

We will continue to offer intensive-style workshops to focus on the experiential aspects of NLP because you will have the opportunity to become familiar with the NLP terminology before your training begins through having read the appropriate materials in the NLP training manual. We will continue to offer instruction and support by e-mail as well as on Moodle and with online video. For more information about this innovative, cutting-edge learning opportunity, and to be among the first to sign up. Call/write now: (269) 921-2217 or [debra@scs-matters.com](mailto:debra@scs-matters.com).

We are still working on the master manual for healing with energy similar to *Healing with Language: Your Key to Effective Mind-Body Communication*. More and more individuals are increasingly recognizing "energy" as significant for health and well-being. Fortunately, when you learn energy healing with SCS, you also receive a comprehensive understanding of using language to support your work with the Energy. Because both are important, when you learn NLP with SCS, you are also learning tools that influence the 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.

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](mailto:debra@scs-matters.com).

“Developing Your Intuition with SCS,” which is designed to help you learn to distinguish among desires, fears, and intuitive insights, is still being developed. This program is for you when you’re ready to begin using your “sixth sense” to its fullest capacity. For a preview of what will be offered, request a username and password so that you can watch the course being developed at the following Web address:

<http://www.scs-matters.com/Moodle>

The real question is where you want to go next... When you sponsor an SCS workshop, you have the advantage of bringing the workshop to you instead of going to the workshop, and your commission for sponsoring the event will undoubtedly cover the cost of your tuition—and perhaps even more.

To learn more about sponsoring “The Power of Presence: Seeing the Divine in Everyday Life (7 Keys to Joyful Living)” or any of the workshops in the SCS list of offerings, call Debra at (269) 921-2217, or send her a quick email message: [debra@scs-matters.com](mailto: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*

