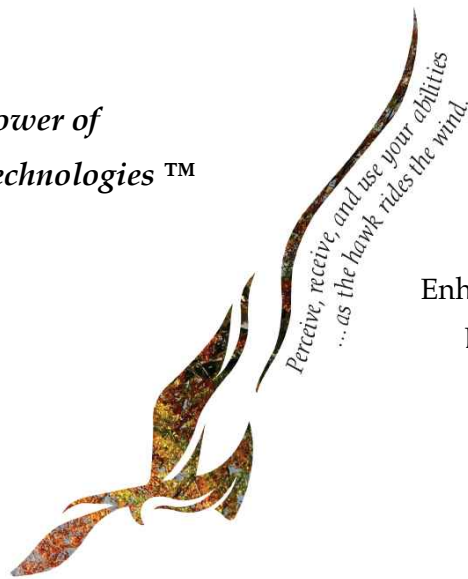


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Edited and published by Joel P. Bowman and
Debra Basham for SCS Matters, LLC
November 2012

Welcome ...

Here is your *Beyond Mastery Newsletter* for November 2012. This newsletter may be duplicated and distributed to those who share an interest in Energy Medicine, neurolinguistics—especially Neurolinguistic Programming (NLP)—and spirituality.

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This month the featured articles are “You Have Not...,” by Debra; “Prohibitions and Wars” by Joel; “Can You Keep a Secret?” by Debra; and “The Moving Finger,” by Joel.

You Have Not...

I am quite (almost painfully) aware of the truth of the scripture, “You have not because you ask not.”

This morning I was struggling to get my right earring in. I was semi-late for an appointment to get some recall work done on my van, and it was time that I needed to hustle out the door. I left the bathroom with that earring in my pocket.... As I was exiting the house, I stopped in front of the mirror in the family room and gave it another try. I was still unsuccessful, so I got into the van with that earring still in my pocket.

Waiting for traffic to clear so I could back out of the driveway, I gave it yet another try. Still unsuccessful....

As I was heading on down the road, I used the old “driving-with-my-knees” trick to try one more time. This time I also asked for help. That earring slipped right in! Still driving with my knees, I tried to put the back on. My fingernails are a little longer than is easy for those things, and I was not able to get the back to go on. A bit further down the road, I once more tried to put the back on. Again I had no success.

At the stop sign, I looked at the earring back in my hand, and I could see that I had been holding it sideways. No wonder it would not go on. As I flipped it around in my hand, I heard a voice in my head say, “If you would have asked, we could have told you that.”

I have been pondering all of this recently, and this most recent experience reinforces what my sense of it all is. We are surrounded by support but mostly insist on doing it ourselves rather than asking for help.

This might have been what would happen to let people give up on their dreams. As I am pondering all this, a friend sends me this from Esther Hicks: “You are not willing to let yourself outrageously want because when you outrageously want something that you haven’t found a way of getting; it is too uncomfortable, and the risk feels too great. We’re wanting you to hear that there is no risk at all! Fantasize and watch what happens.” Interesting....

A game I used to play often was to ask myself what I would do if I knew I could not fail. When I think about the dreams I have had they mostly involve others. I dreamed of renewable sources of energy like wind power replacing our dependency on oil and finite resources. I dreamed of cooperative uses of things like lawnmowers, rather than everyone needing to have their own. I dreamed of an interfaith temple/chapel where those of all religions were in harmony and respect. I dreamed of a healing resort where folks could come for sessions and then stay in sacred space—whether just for a few extra minutes or overnight or for an extended period of time. I dreamed of a truly integrative health system that looked at the whole person—physical, emotional, mental, and spiritual. I dreamed of living in community, with other conscious beings, where each contributed to the whole by doing what he or she loves doing. Some would garden, some would cook, some would take care of children, some would have horses. I dreamed of SCS leaving a legacy of practitioners who combine energy medicine and linguistic for transformation, helping people all over the world enjoy the abundant life they were called to live.

I admit that I can get discouraged, disappointed and down-hearted when I admit that I have not accomplished those dreams. Something else happens, though, when I look more closely. While it is true that Debra has not single-handedly brought these into manifestation, I see places in the world where every one of these dreams has already come to be!

Maybe I will create a resource list so that others can see how these dreams have come true. Maybe that is not even necessary. You see, I used to worry that if I did not do it, it (a variety of its) would not get done. Now when I see that someone else has done or is doing something I dreamed of, I am grateful that it is being done. I often even feel relieved that it has happened without my needing to assert any effort.

This may be a result of knowing myself more and more as the ONE. If it is just a rationalization to stop the pain of disappointment, maybe that is a good thing, too. Whatever it really is, what is really important to me today is that I know to ask for help and to be open to receiving it. When I did not ask for help getting the back on the earring, the message was, "You need to ask help for each step of the way." Can you imagine checking in with the GPS when you are leaving your destination, and then never checking again? When using a GPS you keep connected and you pay attention until you are where you wanted to be.

What gift to realize that is true right now.... I am where I wanted to be! Perhaps you can see that this is true for you, too.

Prohibitions and Wars

One of the strangest things about humans is how often we fail to learn from experience. From 1920 to 1933 the U.S. prohibited selling, manufacturing, and transporting alcoholic beverages. About the same time, Canada also had a temperance movement, but it never got as "wild and crazy" as the one in the States. We had organized crime before prohibition, but prohibition made the criminal lifestyle a growth industry. Al Capon and Bugs Moran, for example, built their careers on selling alcohol in "speakeasies," what we know as bars and nightclubs today. Machine Gun Kelly got his start as a "bootlegger," an occupation made possible by prohibition. The 1920s—the Roaring Twenties—were fueled by the consumption of alcohol in spite of its being illegal.

Prohibition proved a dismal and bloody failure. While alcohol can be legally manufactured, sold, taxed, and consumed in the States now, we have not learned the lessons presented by prohibition: If you make something illegal, consumption will continue, and crime will result. The United States currently has the highest rate of incarceration in the world, and a lot of our prison population is the result of drug-related crimes, in some cases for the possession of a small amount of a "controlled substance."

One of the slogans of the "War on Drugs" was, "Just Say No to Drugs." The problem here and with

all prohibitions is encapsulated in the well-known line, "Don't think of elephants." The word "elephants" automatically creates the thought of elephants. In linguistic terms, the "frame" of the sentence is *elephants*, just as the frame for "Just say no to drugs" is *drugs*. Saying "no" to drugs is a lot like not thinking of elephants. It keeps the mind focused on drugs.

Prohibition, whether of alcohol or drugs, is a version of the "War on" approach to solving problems, and failure is just guaranteed as it was in the 1920s. Whether the war is on drugs, cancer, or poverty, the problem of the war metaphor is that wars result in losses. No one gains. The "winner" is the person, concept, or country with the fewest losses. War is a win-lose philosophy, a struggle between "good" and "evil." Even in the case of something like cancer, declaring the disease to be the "enemy" and focusing on eradicating and "killing" it may prove counter productive. We often read that someone died after a long fight with cancer or some other illness.

As any soldier would tell you, combat isn't much fun. Surely we can think of another metaphor that allows us to create more health rather than killing something that isn't healthy. If you want to avoid thinking about elephants, what can you think about instead? Instead of focusing on the problem, focus on possible solutions.

Changing focus is different from ignoring problems. Looking for possible solutions provides creative alternatives to problem situations. This is true whether the problems are large, such as religious or ideological differences between cultures, or small, such as differences between two individuals, or singular. If you're old enough, for example, you've probably noticed that some people have really nasty and expensive divorces with yelling, legal proceedings, and a variety of court orders. Other people manage to stay civil, fair financially, and remain friends even while they go separate ways.

What do you suppose would happen if we (those of us in the States) legalized most drugs and released those who are in prison primarily because of possession and sales of small amounts and started taxing distribution and sales? Especially if what we legalized were *natural* drugs (marijuana rather than "spice," "bath salts," and other chemical intoxicants; coca rather than cocaine; opium rather than heroin). Would we have problems? Probably. But the problems would undoubtedly be fewer and less serious than the kinds of problems we had with organized crime during the prohibition against alcohol and the drug wars now.

In their natural form, different cultures have been using such substances for thousands of years without serious problems. The same is true, of course, with tobacco, which, in its natural form, is a relatively safe indulgence. The chemical manipulations done to enhance addictions are what make tobacco unhealthy.

The principal difficulty with all prohibitions is correctly identifying the problem. With drug use, the

problem isn't using the drug *per se*, but it is other behaviors. It's in society's best interest, for example, to prevent those using alcohol or other drugs from driving or otherwise engaging in behaviors dangerous for self and others. We declare "war" on drugs, poverty, and cancer because we haven't correctly identified the real problem. With alcohol and other drugs (and drugs aren't the only thing) addiction is a potential problem, and addressing addiction and related issues works better than prohibition.

The same is undoubtedly true for poverty and serious illnesses like cancer. When we switch our focus from "killing the enemy" to finding solutions, we will begin making progress. This concept is inherent in the Imagine Healing process. See <http://imaginehealing.info> for more information and—in all things—begin focusing on solutions rather than on problems. Rather than moving away from what you don't want, move in the direction of what you want.

Can You Keep a Secret?

In the New Testament there are three distinct stories where Jesus performed a miracle and then told those involved to keep it a secret. If you are interested in the details, you can look up Matthew 9:28-30, Luke 5:12-14, and Luke 8:52-56. Over two thousand years have passed and science may just have figured out the benefits of keeping something wonderful to ourselves. Then again, that might not be the case at all...

TED is a nonprofit organization that broadcasts what they refer to as "Ideas Worth Spreading." Even an organization with such honorable intentions can present ideas that might be worthy of some further research. Here is the introductory paragraph to the talk I am referring to:

After hitting on a brilliant new life plan, our first instinct is to tell someone, but **Derek Sivers** says it's better to keep goals secret. He presents research stretching as far back as the 1920s to show why people who talk about their ambitions may be less likely to achieve them. (*Recorded at TEDGlobal 2010, July 2010 in Oxford, UK. Duration: 3:16*)

Sivers says that telling someone else about a goal you have produces good feelings and diminishes the urge to take the steps to make the goal happen. The comments aimed at this advice are pretty direct. Here is one:

"I don't agree with the results of certain tests conducted on certain set of people. I would like to give example of some big events. In 1996 Olympics Michael Johnson was running in 200m race wearing a pair of golden shoes. His goal was obvious and he achieved golden double in Atlanta Olympics. In subsequent Olympics Maurice Green announced that 100m sprint gold was for him only and he made it. There are numerous examples where a person achieved the well-announced goal. Living your dreams before it actually happens is a powerful motivator for making your dreams come true."

While it is not practical to argue about this sort of thing, the other side of the point Sivers says research proves, is pretty well documented in a current story about a "lost" speech given by Steve Jobs in 1983, in which Jobs pretty much nailed the technological advances that he saw on the horizon. You can hear the digitized version of the whole thing on Marcel Brown's website. (See <http://bit.ly/UEe1ha>) Brown was given a copy of the cassette tape—technology from another era itself—from someone who had been present at the 1983 event.

We all know that there is wisdom in your choice of audience to share your hopes and dreams with. Some people are not visionary. Others think they do you a favor if they help you avoid false hopes. Recently I had someone ask me what my new book, *Falling Together in Love: Stories From My Heart for and about YOU*, is about. I responded to the question by saying it is designed to inspire you and to recognize there is hope." The reaction was nothing I could have ever anticipated. He looked me in the eye and said, "Why would you do that? I wish you hadn't. It is cruel to give someone false hope."

Well, fortunately, *Stories* is not about false hope, it is about real people who have overcome problems, including Jane Foster who had twenty-two malignant tumors on her liver in 1999 when her surgeon closed her up and told her she needed to find a "holistic healer." You can see a 2011 video interview with Jane at <http://ImagineHealing.info> and you can read about her in the book.

What allowed Steve Jobs to look 30 years into the future and see what was actually to come to be? What enables you to recognize a worthy goal and take the steps to bring that to fruition? Are there dreams worth dreaming? What are you doing with the specific piece of the vision for our world? As you welcome inspired vision into your life, listen within to know when you will gain energy by sharing that with others. At times when your vision might be strengthened by keeping a secret, consider using a journal to jot down those things. Watch life deliver all the best stuff and then be delighted for having known some of what was coming to be....

The Moving Finger

One of the lines from Edward FitzGerald's translation of the Rubáiyát of Omar Khayyám is, "The Moving Finger writes; and, having writ, Moves on: nor all thy Piety nor Wit, Shall lure it back to cancel half a Line, Nor all thy Tears wash out a Word of it." A simpler if less elegant way of saying it would be, "What's done is done." The basic wisdom is also expressed in the saying that there's no point in crying over spilled milk. The underlying question worth asking is, "What is the positive purpose of regret?" Most people spend far too much time feeling bad about aspects of their personal history that can't be changed. What positive purpose might that serve?

In my previous article in this month's Newsletter, I discussed the futility of prohibitions. Identifying what you don't want isn't enough. You have to know where you're going to get there. The function of regret is to help identify your *don't wants*. Keeping your focus on the behaviors you regret will ensure more of the same. OK, so you did something you regret. What are you going to do now and in the future that's different?

One of the things about the "moving finger" is that it goes in one direction only: from the present into the future. The idea isn't so much to leave the past behind as it is to use it to launch yourself in a new direction. One of the techniques from NLP is "Blowing the Trash off Your Timeline." Developed by Richard Bandler (see <http://richardbandler.com>) and described in *Healing with Language: Your Key to Effective Mind-Body Communication* (pp. 109-110).

The technique is designed to change your focus from past events you had been regretting and to brighten and clarify your vision of the future. It helps you leave what is often called "psychological baggage" behind and start moving forward with a lighter heart. When you shift your focus to the present and future, you can take control of the "moving finger." While you can't make it go back to cancel a line or two, you can ensure that what it writes from this point forward will be more to your liking.

The first step is to identify what you want so that you can begin moving in that direction. The trick here is that the desire you identify needs to be something your unconscious mind believes is within the realm of possibility. As you think about what's possible, remember that "What's hard by the yard, is a cinch by

the inch." (I have often wondered how that translates into the metric system.) In seeking change, it's more important to set a direction than it is to fully identify a destination. When you set a direction, the moving finger moves in that direction, filling in the details along the way.

One of the lines from Shakespeare's play, "The Tempest," is "What's past is prologue." You may have seen the 1971 movie, "That Was Then, This Is Now" (based on the novel of that name by S. E. Hinton) that delineates the changing relationship between two brothers. Whether we want them to or not, things change. The moving finger isn't go to stop, so paying attention to where it's going is more important than knowing where it has been. That way, you can write your own future, even as it becomes your new past.

Language Tips and More

For the current Language Tip and more, be sure to see scs-matters.com. You'll find the link to the language tip on the left side of the home page along with links to Debra's "Wellness Tips" and our blogs. Our new website also allows you to stay current with SCS in a convenient and more timely way than our month-to-month comments in the newsletter. You can subscribe to all our posts by clicking on the "Posts" link at the top right side of any of the pages.

You can also stay in touch with us by Facebook, LinkedIn, Twitter, or Skype. You can also text or send a quick email message: debra@scs-matters.com or joel@scs-matters.com, and within the continental U.S., you can 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....

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