

Look What You Missed!

For more information on NLP, check out this website Genie Laborde
<<http://www.influence-integrity.com/>>



October 4, 2007 Meeting

The Inner Game...Engineering, Empowering Attitudes, The Outer Game...Designing Effective Actions - NLP

Presenter: John Wulf

This meeting introduced NLP with emphasis on applications to coaching.

An Introduction to NLP

NLP stands for **Neuro-Linguistic Programming**, a name that encompasses the three most influential components involved in producing human experience:

- neurology (regulates our bodies function),
- language – how we interface and communicate
- programming – determines the kinds of models / maps of the world we create and how their interplay affects our body and behavior (programming).

In essence, all of NLP is founded on two fundamental presuppositions:

1. We experience and respond to the world around us primarily through ‘maps of reality.’ It is generally not reality that limits us or empowers us, but rather our map of reality.
2. Our bodies and our universe form systems and sub-systems all of which interact with and mutually influence each other. It is not possible to completely isolate any part of the system from the rest of the system.

Notes from John Wulf’s Presentation:

- Geniuses have been involved in music and art – important to have mind involve in both sides of the brain.
- Richard Bandler was originators of NLP in the 1970’s. His purpose was to make explicit models of human excellence. He worked with:
 - Fritz Perl – Gestalt Therapy
 - Virginia Satir – Well renowned family therapist
 - Milton Erickson - founder of the American Society of Clinical Hypnosis... all therapeutic wizards.
- NLP is a model of therapeutic interaction spread to every area of endeavor. It is a methodology to teach excellence to further evolve human consciousness.
- Imagine that on your left is the **YOU** is the less functional one, the one that doesn’t deal with life at its very best.

- The **YOU** that is upset, tired, stressed out.
 - Picture how you look, what are you wearing, how are you feeling – example: Your clothes are black; you are lying down, expressionless, just wanting to go to sleep.
 - Then there is a pattern interrupt – can be a word or a phrase, such as "STOP Now!", or some unexpected comment or behavior which shocks the person into paying more attention to what is going on right here and now. – Break existing pattern to something with energy, and causing a more effective and beneficial, behavior.
 - Give that feeling to the person on your right, the one that's the next best version of you - the person that feels positive, secured, and confident. This is the person **YOU** wish to be.

- **We make stuff up** – human beings are imaginary beings. We believe the present and past are the result of our quality of life.
 - **What is causing our quality of life is the future**, not the past.
 - NLP is built around an idea of a well-formed outcome. What does it take for a goal to come true?
 - You need to feel good, you need to be happy, and you need to visualize success.

- **About Stress**
 - You may feel your job is causing you stress, but that is not true. Stress, passion is actually good, intense living.
 - The source of your stress is not hard work – it is distress - the **feelings** you experience because of your job, family problems, etc.
 - Stress is not cause by what they are doing, it's your reaction to what they are doing that is causing you stress.
 - Stress won't harm you – in fact, patterns of high stress, followed by deep relaxation and/or celebration are good for life

- **Breathing**
 - When you start fearing something you stop breathing
 - Depressed people are very still – they do not even breathe, yet their minds are going 1,000 mph, replaying a scenario that results in a freezing of movement and breadth.
 - The actual situation is manifested in the breadth – no action.
 - When humans freeze up they need to start breaking from this mold – they must imagine becoming fluid.

- A problem to be a problem must maintain its integrity. If you do anything that disrupts its integrity, it will collapse.
 - You need conversations with the right brain to receive advice.

- Joseph Campbell – follow your bliss

- When I am depressed, I do not see a future that will make me happy.
 - I am running a tape and I believe it to be the future.
 - Do something to interrupt the pattern - Interrupt those patterns that are the memories.

- I must have the ability to create a compelling future – a reason to get up in the morning.
- Visualize your goal = partial teaching – just a map. But the energy that has you fall is that devotion is a 'positive feeling' feel real good
- Advertising media are the #1 learners of NLP
 - What can people do to make you buy something you don't need.
 - "I want this" when it's a contradiction!
 - You need to know what you don't want.
- Emotion exists in posture and facial expression
 - We are very horizontal – logistically
- **Tools / Coaching**
 - If there is something you want:
 - Create a large screen in front of you with a picture of the outcome you wish to realize.
 - Feel it, live it, breathe it.
 - Keep it in your mind to evoke feelings of success, happiness, accomplishment, etc.
 - Give it to the **YOU** on your left, the one that has no inhibitions, that has the positive reaction to life.
 - Enjoy the moment as long as it takes to make you feel you are living it.

Summary

NLP is about self-discovery, exploring identity and mission. It also provides a framework for understanding and relating to the 'spiritual' part of human experience that reaches beyond us as individuals to our family, community and global systems.

- NLP helps you in identifying conditions that are unpleasant and also helps you to deal with the condition for complete remodeling, changing or alteration
- NLP encourages you for physiological relaxation in order to minimize conditions of unnecessary anxiety and tension
- NLP makes you confident from within so that it becomes easier for you to handle your condition
- NLP helps in eliminating a sense of insecurity and helps you in developing trust towards everything positive in life
- NLP transforms your mental construct and make you feel less vulnerable to fearful situations in life