

NLP AND HEALTH

I have recently returned from the 1st week of the 1999 -2000 NLP Health Certification Training in Salt Lake City. This training will end in February of next year. The course focuses on training individuals such as myself to use NLP processes and skills to help individuals with physical ailments. Although, for years I have worked with people with physical symptoms, I now have a system to work with the individual more holistically. NLP is perfect for working as a complement to medical treatment and other health alternatives

The NLP World Health Community is a diverse group of people, including many medical professionals, united by the fundamental presuppositions of NLP, mastery of the skills of NLP, and the desire to make a difference in the available choices that people have in their own health and well-being.

The mission of the NLP World Health Community is to help create choices and alternatives for health in the world through the tools of NLP. This community is dedicated to providing the "how to's" to create shifts in beliefs about what is possible in the arena of health and help people develop the capabilities to mobilize and activate the natural self-healing ability within each person. To do this the NLP community is forming and developing people who desire to be leaders in this arena. "Leaders" refers to those who have the commitment and skill to "create a world to which people want to belong."

Many of our challenges around health stem from our concept of health. Webster's defines it as the absence of disease (move away from strategy). Most people are not motivated to do anything difference until faced with the symptoms of ill health. The word "health" is a nominalization of the process of life. Life is moving. The word "health" implies something static and stuck. Those of you who understand semantics and linguistics will understand the full implication. Disease and ill health comes from being disconnected from self. It is an internal conflict or internal split or disconnection. The processes of NLP are designed to help resolve the conflict and help the person access their own natural healing ability.

When I took my first NLP course almost 11 years ago, I was the biggest skeptic. "Show me this "stuff" works!" And it has, over and over again. Now, as I am learning new things, my skepticism is back. Will it work on me? (I am my own best and worst customer.) Yesterday, plagued by a stuffed, achy head, I sat down and ran the Allergy Process on myself. Within an hour, the stuffiness was gone and so was my headache. Ok, let's see what else this will work on. Fungus? Asthma? Hearing loss? Sinusitis? I ran the Physical Trauma process on a friend last week. He had a recent knee injury from sail boarding. His knee is significantly better. I've also used the Eye Movement Integration process successfully on myself several times to help me change an un-resourceful state.