

RELENTLESS CHANGE: Process then practice

How committed are you to your personal growth and evolution? Are you the kind of person reads a book now and then or reads many books? Do you take a course now and then; maybe a half-day or day class? Do you commit to the longer programs? And how often do you take them? Do you see permanent change come from what you do? Or do you feel good for a week or so and then fall back into old patterns. Do you see big noticeable changes over time or little baby steps? Are you manifesting changes in your life or are you just feeling better? Are the courses you take designed to give you information that you could get in a book or do they involve the installation of new patterns of behavior or thinking and give you tools to maintain changes over time? Be honest with yourself, do you just want to feel better about what you are experiencing in your life or do you emphatically want to make changes? Where does your level of commitment lie? It is near the high end of *relentless pursuit of excellence* or does it lie near to middle to lower end of the spectrum? If it's near the lower end of the spectrum, have you bought into someone else's idea of who you are and what you can accomplish or do you think that just because it's not working now doesn't mean it won't start working eventually? Or have you filled your life so completely with people and activities that you can't even begin to think about all of this?

These are some hard questions. As I look back over the many years I've been involved in NLP both personally and professionally, I've realized how persistent I've been about using the NLP processes to change my experience when I'm not getting what I want. I look at it as the *pursuit of excellence*, a striving for improvement that drives me to seek my evolution because as a human being that is my intent and purpose. After almost 15 years, using the techniques has been as prevalent as going to the grocery store. One of the practitioner students asked me recently if I used the techniques on myself. My answer: "Often on a daily basis." Here are some ways to develop the pursuit of excellence in your life. For what purpose? To live the quality of life that is available to anyone who is willing to risk the change to make it happen.

1. Change does not happen without risk. If you are choosing to change, it will be risky. And the deeper the change (belief/identity level) the more risk it may involve. It may involve looking at an unconscious pattern of behavior or thinking, how you created a situation when it would be just as easy to blame someone else. It may involve ending a relationship or getting rid of something or surrendering to a situation. You may have to look at unresolved people, resentment, anger in you life with honesty.

2. Look at everything that happens as part of a larger process. With your goals in place, you may encounter obstacles or be tested to see if you are really serious about your direction. Have faith that things are going in the right direction even when your environmental evidence is to the contrary. That's true faith.

3. Be committed to the change and be willing to do what it takes. With NLP, some changes happen very rapidly while others take a longer time. Make a change, calibrate what happens, compare your experience to what you want, make another adjustment. To get to the core of an issue may take years. That doesn't mean that you can't enjoy your experience along the way. Each change is part of a larger process. No one of them will give you the total outcome; it's the cumulative effect of many changes that help you achieve your goal. It's like climbing a mountain; do it one step at a time.

4. Dream big. Most people are satisfied with just a little more than what they have right now when they are capable of having/being so much more. When someone says to me, “I want to retire with \$1,000,000 dollars”. I think “why a million, why not \$10,000,000? What makes us set our sights so low?”

5. Take big dreams and chunk them down into manageable achievements. Going for the \$10,000,000 all at once is probably not ecological. Case in point, lottery winners. What deep structure changes in your beliefs and identity have to take place for you to have that kind of money? If you had all the resources for that money, you’d have it now.

6. Be totally clear about what you want, when you want it and how you will look, sound and feel when you have it. What will be your experience when you have what you want?

7. Know that your thoughts are leading you to your accomplishments. Keep your mind clear of negative thoughts and your environment clear of people who don’t support you. Connie Podesta, a nationally known therapist, author and speaker, recently stated, “You deserve to have your relationships free of addiction, codependence and be kind, loving and supportive.” You cannot successfully have the life you want if you constantly tell yourself it probably won’t happen or think about all the times it didn’t happen or all of the failures in your life. You have to defy history.

8. Take advance courses. Be relentless. Yes, taking one class and then stopping is like reading half a book. You can delude yourself into thinking that you know what is going on but you are missing huge volumes of growth, advancement and information. I look at the difference between a practitioner and a master practitioner in NLP. It’s like night and day in terms of resourcefulness, awareness and confidence. I’ve been in this business long enough to know what going the extra mile will do. I’ve never understood why people don’t want it all or do want it all but think they can do it with a “high school diploma”. Stay and get all you can in one model before moving on.

9. Push through the resistance. On the other side is a life that few dream of and even fewer accomplish. When you start to reach an unconscious core belief, the mind starts to do funny things. It gets confused, lost, goes blank, goes in a different direction, gets busy. Who is in control here? Are you letting your mind run amuck or are you pressing onward to the desired change? When things start to get in the way, be aware that there are parts of you that are saying, “Hey, I’ve had enough change.” Their job is the maintain status quo. If you give into them, you will not get what you want. This is where your commitment takes over.

10. Your growth is a life long commitment. It is your intent and purpose. Once you’ve made that commitment, you will always have purpose in your life. It may not always go the way you want it, but you will always learn from your experiences.

11. Look in the mirror and be honest with yourself. Almost everything you experience can be traced back to some your thought patterns. You hate your job and complain about it constantly. And you are surprised when you get fired or laid off? The Universe is listening and responding to you. Take *personal responsibility* for your life and what happens in it. If you are mistreated in some way, look and acknowledge those “shadow” parts of you. Those are the parts that you have cut off from yourself and refuse to own. If you are harshly being judged, then note where you have harshly

judged someone. If you lie and then refuse to accept that behavior in yourself, people will lie to you. Accept that sometimes you lie about things will remove the necessity for that behavior to be mirrored back to you. Begin to own those unconscious parts. Once accepted, they will disappear. There is no reason for them to be played out in people around you.

12. Want to be the best (or at least better than average) at something: dancing, parenting, engineering, tennis, cooking, teaching, singing. Whatever it is, pursue it with the idea that you will never master it. Be relentless in your pursuit of excellence. Do whatever it takes to be the best.

13. Train with a Master and get good quality equipment. Take lessons from those who have beaten the odds. Look for people who have done what you want to do and then listen to them and how they did it. Then do what they tell you to do. Avoid trying to do it your way. You don't have enough information yet. As a novice, you need to follow the rules. Success leaves clues. Once you have the basics, then you can start experimenting.

14. Avoid the trap of ignoring your experience and your success with people and career while you develop yourself "spiritually". You cannot be evolved if you haven't cleaned up your trauma, your resentments, bad relationships, anger, scarcity consciousness. Living free of these is the only way to evolve spiritually. Meditating without consciousness is futile and delusional

15. Choose growth before anything else. What you will learn will help you with EVERYTHING else.

16. Practice, practice, practice; on anybody, everybody. Work with people better than you and teach someone who is behind you.