

The State of Our Minds

Where do I start? Never has there been a time in my memory has there been more need for NLP and Silva. People suffering from shock and grief, afraid they're going to lose their job (or they already have), afraid to make commitments, afraid they're going to lose their house or their life. Many people drifting on the sea of life without a rudder. How grim can it get? Many people moving on with their lives with a part missing. I've noticed the differences in attitudes between people who have the resources and tools that NLP and Silva provide and those without them. It's impossible to know how things will work out unless you plan it for it. We are living the life we created years ago through our thoughts, language, behavior and the choices we've made. What do we want now for the future? We have some good examples: American Airlines and Southwest Airlines. Will we be caught in an economic downturn or an economic disaster with no reserves? Or, in planning, will we put some money and resources aside for the times when business is not so plentiful? Do we have a knee jerk reaction to changes and try to hold onto what we have (scarcity thinking) or do we plan for a succulent future and know that everything will work out regardless of what happens (prosperity thinking)?

Are we looking at events *through time* (life is a process) or are we looking at each individual event as separate and therefore affecting us and leaving us with no hope for the future (*in-time*; life is an event). Are we willing to take risks when risk-taking seems to counter logical thinking? Or do we keep doing the same thing over and over expecting different results. The filters that we place over events in our lives greatly affects how we deal with them. Picture this: Indiana Jones in the search for the Holy Grail finds himself standing on the brink of a large, dark crevasse with instructions to step out into thin air. He is to trust that magically a bridge will appear to allow him to reach the other side. . And sure enough, when he stepped out into the darkness, the bridge appeared underneath his feet. What guts it took for him to do that. It takes guts to do something new and different, to love unconditionally, to laugh when we want to cry, to cry when we're deeply hurt, to be human. How many times are we asked to do just that? How many times do we actually do it? When we learn to trust our deepest instincts given to us by divine guidance, we can accomplish any outcome. Every time we take ourselves outside our narrow little model of the world we create neurological flexibility that allows us to see the challenge, situation, or the world in a different way. When we willing to do this enough, we literally transform our little box into a globe where possibilities are infinite. Inflexibility in thinking, refusal to accept other viewpoints and inability to act because of fear that truth might exist outside one's little box is what created the events of September 11th. The tools of NLP and Silva when used appropriately can truly create a world in which everyone will want to belong.

Some of you might not know this. I'm working on my Doctor of Divinity degree and my ministerial certification. I believe all the work we do in self-discovery and self-awareness can lead to a deeper spiritual connection. In fact, it cannot not lead us there. I have a new class coming up in February. I believe it to be divinely inspired. It's called the **Spirituality Workshop**. It combines the tools of NLP and the process of meditation to encourage and enhance your own spiritual evolution. You do not need NLP as a background and you will need the desire to change, grow and let go of blame, doubt and attachments. In January, another **Leadership Practitioner** course will begin. In May, Marilou Seavey will be back to teach another **Silva2000™** course.

Something I highly recommend Silva to anyone who wants more creativity, calmness and self-control in their lives. She will also teach a weekend on **Changing Beliefs** in the Masters program, February 9-10. Anyone with a Master Certification in NLP is eligible to attend. I will be starting another **Masters Certification** program this summer. Those people with just a Practitioner course only have part of the tools available to them. It's like reading half a book and thinking they have the whole story. They have some good information but it's incomplete. They don't have the ending. Also, I offer greatly reduced rates for those who would like to repeat the longer courses. Learn the information at a deeper level. Other classes will be scheduled. Look on my website and in the next newsletter for additional offerings.

Finally, thank you all for a great year. Many people have referred their friends, family and coworkers. For this and many other things I am eternally grateful.