



Midwest NLP Monthly Muse

June 2005

Volume 16

See the end of the newsletter for many local upcoming events!

NLP Defined!

• NLP is an attitude, a methodology, which leaves behind a trail of techniques (Richard Bandler)

• NLP considers not reality, but the maps of reality that guide our thinking and behavior.

IN THIS EDITION!

Intro: Welcome To Issue #16!

Article: Mind Reading- More Meta Model Language Violations
Article: Communication and Intimacy-What's really important?

Book Review: The Patterns of Hypnotic Techniques of Milton H. Erickson M.D.

More! June/July Midwest NLP Events

Must see! Upcoming local workshops & events!

Welcome to Issue #16

To speak truly, few adult persons can see nature. Most persons do not see the sun. At least they have a very superficial seeing. The sun illuminates only the eye of the man, but shines into the eye and heart of the child. The lover of nature is he whose inward and outward senses are still truly adjusted to each other; who has retained the spirit of infancy even into the era of manhood. ~Ralph Waldo Emerson

Welcome to issue 16. Let me first draw your attention to the quote by Ralph Waldo Emerson and then the importance of remaining childlike in our learning, in our approach to living and as a key to enjoying so much of what the world has to offer. Let me then draw you attention the quotes in the left hand column just below the NLP quotes. As you look at them, each one will speak to you in some way, I urge you to let the messages in and smile ☺

Being childlike or having a beginners mind have been touted as a path toward great learning and creativity, as a means toward innocence and happiness, as well as a way to enjoy 'the little things' in life. Recently two friends of mine commented saying "You're one of the happiest people I know!" I have been told this for a very long time, and it reminds me always of one of my favorite quotes by Abraham Lincoln:

People are about as happy as they make up their minds to be☺

Just as well, too often people spend time in thinking about what might go wrong, how they are not doing all they want to do, or allowing the gremlins inside to influence their mood and their daily life.

My focus in this issue is a continuation of the meta model: language patterns that limit the speakers model of the world and self hypnosis, a way for you to begin pointing your brain in the direction you want: more happiness, more

In every real man a child is hidden that wants to play.
~Friedrich Nietzsche

Feature Article->

The reluctance to put away childish things may be a requirement of genius.
~Rebecca Pepper Sinkler

peace, more fulfillment. With just a few simple exercises, find a renewed sense of peace and relaxation. Before ending, let me end with a quote from Richard Bandler, the founder of NLP:

“The problem with most humans is that they just don’t know how to feel good enough!”

So often, too many people do not believe they have choices or a decision in their life. This manner of thinking is sometimes due to simple denials of what is possible; other times it is due to a lack of awareness of choices, of options, of new ways of doing things, of a way to improve one’s situation or simply to live a more in a more fulfilling manner while doing exactly what one is doing now! I urge all of you to read on, notice how mind reading may be effecting you or your relationships today...and then make a conscious choice on whether to continue how you are living, or come alive in new and exciting ways!

Namaste

Jim Accetta 😊

Mind Reading- More Meta Model Language Violations

“You should know how I don’t like chocolate ice cream!” “I know what he is thinking.” “She was late so I know she doesn’t care about me.” “He is ignoring me, I know he is mad at me.”

How many times during your everyday life do you think you know what is going on in someone else’s head? We truly believe we “know” what another person is thinking or feeling? And then, as a result of such ‘beliefs’, we then make decisions for ourselves, for how we will act or not act in the relationship, all determined by some idea or notion of what another person might be thinking!

Today, I will discuss mind reading followed by a brief description of what meta-model violations are:

Some Technical Stuff

Our communication is determined by how we perceive the world, through our physical limitations as well as the mental constructs that exist and those that are co-created within us. In order to operate in the world, we all delete, distort and generalize information. The Meta-Model is a model of communication and language outlined by Richard Bandler and John Grinder in the mid 70’s in their book: The Structure of Magic based on our understanding of how we humans operate and models of transformational grammar. The meta model in essence is a model of how we use language to represent our experience. Violations of this model violate what has been referred to as ‘well-formedness’ in language.

OK.. ENOUGH OF THE TECHNICAL TALK!

EVERY CHILD IS AN
ARTIST. THE PROBLEM
IS HOW TO REMAIN AN
ARTIST ONCE HE
GROWS UP.

-PABLO PICASSO

*The great man is
he who does not
lose his child's-
heart.*

*~Mencius, Book
IV*

During my initial coaching discovery session, I discuss mind reading with my clients and make the commitment to avoid or 'not' mind read as part of our agreement.

While working with clients, the discussion of mind reading comes up, often times in reference to how clients describe their communication situations with significant others in their lives. Statements such as: "he won't understand" "he will get upset" "she doesn't think such things are important", "they are uncomfortable when I do X"... When we discuss these situations further, what shows up is that: a) the notion or idea of what the other person might be thinking or feeling has never been confirmed; b) my client has made decisions based on this unconfirmed belief; c) the decision made has somehow limited what my client has believed to be possible, either in the relationship or in their own life; and d) when the unconfirmed belief is brought out into the open, when the thoughts and feelings are brought out into the open, challenged or simply discussed, then we find out that the belief is false OR the communication results in more openness in the relationship.

In the NLP practitioner training we spend days (at least 3) on language patterns alone! Playing with language, learning language patterns, recognizing the patterns limiting patterns in our own thinking, becoming aware of how others limit their experience, hypnotic language patterns, patterns of influence AND how to effectively respond, deal with and change the limiting patterns as well as how to effectively use them in our own relationships and communication situations.

How are you acting as if you can 'read minds'? Would you like to challenge some of these limiting beliefs? Would you like to open lines of communication in a relationship you are in? If so, please contact me at 847-749-0759 or write jim@trulyhumancoaching.com today!

Hypnotic Communication

Many myths currently surround the idea of hypnosis. As a hypnotist, I get 'kidded' from folks from the simple "be careful, don't look into his eyes" to the "you won't make me quack like a duck, will you?" However, do you know that we are 'hypnotized' everyday? That's right!

Every day we take in and are influenced by hypnotic suggestions!

How many of you (or your children) know the McDonalds or EMPIRE jingle write now? Or find yourself humming some other commercial tune? Let's see if some of these 'ring a bell':

- It takes two hands _____ {to handle a whopper}
- How do you spell relief? _____ {ROLAIDS}
- Winston tastes good _____ {like a cigarette should}

*When you're
green you're
growing, and
when you're
ripe you start
to rot. ~Ray
Kroc*

*So, like a
forgotten fire, a
childhood can
always flare up
again within us.
~Gaston
Bachelard*

- 588-2300 _____ {EMPIRE; go ahead and add the music!}

How about some of the sayings or 'lessons' are parents and relatives used to 'offer us' in their wisdom:

- Eat all the food on your plate, there are people (somewhere) starving
- Money doesn't grow on trees
- No playing on the furniture (I always thought it was one very fun place to play)
- ETC....

From our parents & family, to religion, to schools, the media and more! We are beset with hypnotic suggestions that influence our thinking!

Learn to take control of what gets into your brain!

A simple exercise that I often teach to begin to relax into a mild trance state is what I refer to as "soft eyes". Get in a comfortable position, begin paying attention to your breathing, slowing your breathing to the count of 4 in, pausing and then 4 out, breathing in & out fully and completely. Then defocus your eyes, allowing you to see with your peripheral vision. Continue to do this until you have the urge to close your eyes, then close your eyes and relax.

Simple and easy!

That's right! Coming up on June 15th learn two self hypnosis techniques that will enable you to give yourself powerful hypnotic suggestions that will help you to point your brain and life in the direction you want! Learn how to relieve stress, eliminate tension, and improve relaxation immediately.

For only \$39.00, become aware of the some of the more subtle influences in your life and begin to use these powerful methods in just two shore hours. See you on June 15th! Call 847-749-0759 or go to <http://www.midwestnlp.com/nlptraining.php> to confirm and purchase now

Patterns of Hypnotic Techniques of Milton H. Erickson, M.D. Volume 1

During the early days of NLP, the 'modeling' and exploration took primacy. Today, a large part of the teaching of NLP comes from teaching the models of excellence that were 'deciphered' so many years ago. One of the primary models taught is the understanding and use of hypnotic

Upcoming local events:

Larry Garrett
Hypnosis open forum
discussion, Sunday
6/5: 1pm. Chicago
3020 N. Kimball Ave.

Toastmasters
Coaches Elite:
(always the 2nd
Wednesday of the
month) Wednesday
6/8 7pm Hinsdale-
Wild Oats Market
Come as a guest and
hear the speech
contests!

Windy City
Professional
Speakers -
Toastmasters,
Sunday 6/12: 6pm
Doubletree Hotel,
1909 Spring Road,
Oak Brook, IL Come
on in and join us!

communication! In Volume 1, the Ericksonian model of hypnotic communication is outlined and followed with examples and 'sessions' of use. This is a great read for anyone who wants to use their language to influence others (anyone out there not want to use their language to influence others in some way...Hmmm?) Although the title is a bit lengthy, the format and content follow a natural progression that allows for ease of reading. Not a bunch of technical jargon here, just stuff to use! The appendix maps out the patterns succinctly enabling you to begin practicing on day 1!



Upcoming NLP Trainings Call 847-749-0759 for early registration discounts!

Demystifying Hypnosis

Wednesday June 15th 7-9pm

Holiday Inn-Rolling Meadows, IL. RSVP jim@trulyhumancoaching.com

Relieve Stress!
Reduce Tension!
Improve Relaxation!
Sleep easier!

Hypnosis and trance happen every day! Reveal the mystery of hypnosis along with learning how to: relieve stress, reduce tension, improve relaxation and sleep easier! These are but a few of the benefits of self-hypnosis. Learn how to direct your intentions to those goals that are most important in your life and more. Register today! Go to <http://www.midwestnlp.com/nlptraining.php> or call Jim at 847-749-0759

Communication Excellence

Saturday-Sunday: July 9th-10th 10am – 6pm

Holiday Inn-Rolling Meadows, IL. RSVP jim@trulyhumancoaching.com

Do you want to be more influential? In any situation? No matter what? What would it be like for you to be able to build rapport with prospects or clients immediately, maintain that rapport and use your communication to help them to reach their goals? How do others who are so influential and persuasive do it? In any situation? No matter what?

NOW YOU CAN LEARN TO BE MORE INFLUENTIAL!

It all has to do with you we use our own brain—how we connect our language and how we use both our verbal and non-verbal to influence. LEARN NOW what thousands of others have learned! Gain for yourself the insight that allows you to create the results you want in almost any situation! Register today! Go to <http://www.midwestnlp.com/nlptraining.php> or call Jim at 847-749-0759

Upcoming Local Events

Open Hypnosis Forum: Hosted by Larry Garrett of Garrett Wellness Center

Sunday, June 5th: 1-3pm

3020 N. Kimball Ave. Chicago

If you've not been to Larry's, and enjoy good people and the topic of hypnosis or personal growth, then this is the place to be! Larry has been hosting this group for MANY years. The group includes: fellow hypnotists, trainers, coaches, business owners, current and former clients, neighborhood folks and friends and associates with purely an interest in learning more about hypnosis as well as some their just to socialize with kind people. For more information, write Larry at Mesmer1@aol.com

Toastmasters Coaches Elite

7-9pm

Wednesday, June 8th

Wild Oats Market, Ogden Ave. & I 294, Hinsdale

Do you want to:

- Learn or practice your ability to speak in front of groups?
- Become comfortable with developing varied presentations?
- Enjoy networking with other coaches?
- Like to have fun?

If you said yes to any of these, then Toastmasters coaches Elite is for you. We meet on the 2nd Wednesday of every month. Join us once and experience the fun for yourself! Contact jim@trulyhumancoaching.com for more information. Or see www.chicagotoastmasters.org for a Toastmasters group near you!

International Coaching Federation- Chicago Chapter Event:

Building Business Relationships Through Coaching

4-7pm

Monday, June 13th 2005

American Academy of Orthopedic Surgeons

In June, the CCF will host Ed Maier and Renata Viskanta, two seasoned business executives and coaches, as they unveil to us the strategies, skills and behaviors required for successful relationship development. They will illustrate to us how we can grow our coaching practice and professional relationships while simultaneously helping our clients build stronger

"Ecstasy is a feeling that comes only when the heart is tuned to that pitch of love which melts it, which makes it tender, which gives it gentleness, which makes it humble." -Hazrat Inayat Khan, The Sufi Message

*When I grow up
I want to be a
little boy.
~Joseph Heller,
Something
Happened,
1974*

relationships for their own business and personal success.

Join the Chicago Coach Federation on June 13 as we look at the ins and outs of successful business relationships.

This program has been approved for 1.5 ICF Continuing Coaching Education Units (CEU's) in the category of: Business Development.

To read more or to register, please visit our web site: chicagocoaches.com