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NLP Connection

Volume VII, No. 2 The Journal of the International Association for Neuro-Linguistic Programming $3.00

"Perhaps the whole meaning of evolution is to create co-creators who can help transform the potentialities existing in matter and ideas into new forms, richer meaning, and high art."



Jean Houston

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HEY There!

HI There!

HO There!

A quick report of the upcoming 9th Annual IANLP Conference.....

by Teresa Robbins

WOW! is the word that comes to mind.

An exciting array of NLP Talent, perceptions and developments is converging upon Orlando, Florida, come April. Over 50 quality program selections covering a richly varied range of application and interest are sure to provide delight, expand practical tools, promote deep thought and exploration. Our roster of **65 gifted presenters** hailing from all over the United States, Canada, Israel, France, and Uraguay boasts seasoned favorites as well as stimulating comers in the field. WOW!

Of course, an International conference provides incredibly fertile territory for networking. There is nothing quite like some concentrated time rubbing elbows with people of similar mind to provide deep processing and possibility thinking, tie up loose ends and questions, secure and develop quality connections and promote your services. There will be an **Exhibit Room** where many institutes, organization, and businesses, will display their latest developments, training opportunities, tapes, and wares... and an extensive book store. WOW!

To pique your interest, some titles of presentation: **"Mind Juggling: Maybe you can't balance your checkbook, but you can balance your brain," "NLP & Business Models for the 21st Century," "The Heart of Co-Dependence," "Develop a Nose for Business or Blow It," "Aligned Self," "Enhancing Athletic Performance with NLP," "Mind over Money: NLP in Dealing with Financial Fears and Dysfunction," "Metaphor - Adjunct to Medical Intervention - The New Order," "Bliss or Blisters - Strategies for Spiritual Development"** ... and there's over 40 more! WOW!

Our dynamic keynote speaker, Jean Houston, Ph.D., is an internationally renowned philosopher, cultural historian, seminar leader, author and consultant on human development. In this time of massive world transition, I can think of no person more fitting to skillfully weave the theme of our conference through our awareness. As John Parmater, our *NLP Connection* editor put it, Jean Houston is a "WOW!" person... I concur.

PreConference Intensive!

And for those of you choosing to arrive in Orlando by **Thursday, April 23** AM, the opportunity to experience a full-day pre-conference workshop with Jean Houston is yours. Some of her thoughts: *"We are being called to become citizens in a universe richer than our aspirations, more complex than all our dreams. A new story is coming into time and we must learn how to tell it as well as how to live it.*

"We are living in times when old myths are rising to be rewoven and new myths are emerging to guide our steps. This workshop will provide an experience of the bringing together of the inscapes of once and future myths and the powerful and evocative landscapes of the new science and its visionary fiction.

"These days, our primary concern involves discovering ways to enrich our ability to open to the Myths of the Future. The new myths are embodied for us - at least in part - in the wild shifts and chaos of our time, a time we call Whole System Transition, in which every form, every model, every paradigm is being shattered on all levels in order to be created anew.

"Each being on this present Earth has a unique vision and understanding to bring to the future. Through this workshop, the absolute uniqueness of each adventurer is affirmed and empowered inviting you to weave your visions together with others, through the exploration of the many realms of the psyche and the sacred so that a richer, deeper story may come into being."
WOW!

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Jean Houston

"A person in human services today in the United States affects about two million people in his or her lifetime. In India, it's far greater."

IANLP is fortunate to have Dr. Jean Houston present the keynote address and a pre-conference intensive at the International Conference in April. Dr. Houston has served on the faculties of psychology, religion, and philosophy at several institutions of higher learning, including Columbia University, Hunter College, and the University of California. She has lectured worldwide at over 1,000 colleges and universities.

NLP Connection interviewed Dr. Jean Houston to learn something about what to expect from her workshop and presentation at IANLP in April. Dr. Houston has a profound message that challenges the way we look at the world. Her seminars address the ways archetypes, myths, and rituals form and influence our understanding of ourselves and our environment at sensory, psychological, mythic, spiritual and neuro-physical levels.

JQP: Your descriptions of the first, second, and third high level civilizations that you envision for the future are wonderful!

JH: I really think we have the option to make paradise on earth and at the same time go out among the heavens. Human creativity can not be limited to a single planet much longer. (laughs) We're too wild and woolly. The nature of our inventiveness almost requires that we join a larger ecology of cosmic systems.

JQP: Do you like Star Trek?

JH: I love it. The new one is especially interesting. Science fiction holds a *great* deal of the myth of the future. Last year at Mystery School we explored science fiction as the myth of the future. It's all there: from the nano-technologies to the virtual realities.

Some of my best research subjects are engineers because they allow for *sheer* wild speculative thinking that then allows them to be just as speculative about their own inner spaces. I can very well see by the year 2092, 100 years from now, that there may be as many as ten thousand separate cultures orbiting around the sun. Electronically linked but really very separate with wildly various cultures developing. Including perhaps wildly diverse species. And what may happen is that we'll develop other species in other places then put them back on earth. Maybe we *are* truly co-creators and that what is happening with the *natural* evolution is being cut back but we may be called upon to re-create as well as invent species to repopulate the earth.

JQP: I like it!

JH: That doesn't mean it will happen, but it's a nice scenario.

JQP: You have described a future that includes paradise on earth. I'm wondering how you are able to be so hopeful with so many species dying each day, so many acres of rain forest being lost every second, global warming, holes in the ozone layer, and so forth.

JH: I'm very *un*hopeful about that. I think we're moving into a wasteland of apocalyptic proportions. At the same time, I'm aware of some positive changes because I travel so much. I travel sometimes a quarter of a million miles a year – and I travel where the *people* are, not to the Bombay Hilton. I'm out there in the rain forests and the deserts and I see such a change of awareness of these issues. I'm sure you know this from your NLP work. People desperate to release the desertication of their own psyches and to begin greening. Unless we green the innerland – the inscapes – we are not going to green the outscapes. This is what I see happening all over the world. Now it's an incredible horse race whether sufficient greening will occur in a short enough period of time that we can stop the destruction. Whether there are new methods of technologies that can come in and reverse this destruction, this ecological holocaust, that is happening all over the world. I've been traveling lots by plane since 1965 and I can see the world being bleached away. You fly over Asian cities and there are mushroom clouds and pollution that are not to be believed.

Please turn to page 6

Who Is Jean Houston?

"I went to 29 schools before I was 12 years old.... So, I learned how to live in these different realities and became fascinated as a small child with the immense variation of the human spirit and with human culture."

I asked Jean Houston to tell me about herself and she responded magnificently. I only wish I could include the warmth of her voice on this printed page. However, since you know how to do it, you can include that quality of warmth and caring in her words as you read them.

Jean Houston is half Scotch and half Sicilian. Her great, great grandfather was Robert E. Lee and her great, great, great grandfather was Sam Houston.

Her father was a chiropractor who later became a comedy writer for Bob Hope, Fred Allen, Fibber McGee, and Amos and Andy. Her mother was a first-generation Sicilian Catholic.

Dr. Houston: "I went to 29 schools before I was 12 years old because Dad was always on the road doing these shows. I had a wonderful time because America in the 40's and 50's was a very different America than you'll ever find now. It was actually more like Europe. If you went to school in Biloxi, Mississippi one day and Bemidji, Minnesota the next, you were in absolutely radically different realities. So, I learned how to live in these different realities and became fascinated as a small child with the immense variation of the human spirit and with human culture."

She grew up in the theater and was also an athlete—a basketball player and a fencing champion. She tried out for the Olympics at one time, but decided not to go because she wanted to do theater instead. She won several New York critics awards in acting and directing off Broadway. Dr. Houston: "When I was 20, just graduated from college, I was going to the American School of Archeology and on an archaeological dig in Athens. I was sitting in a little temple of Athena with three telegrams in my hand. One was from Twentieth Century Fox offering me a seven-year contract; another was from the producer, Margaret Webster, offering me the lead in Jane Eyre opposite Errol Flynn; and the third was the lead in a Shakespeare in the Park play produced by Joseph Papp, a leading New York producer. A few years before, I had won the National Shakespeare contest so I very much wanted to do that, but an inner voice said, 'If you do that it's the life of theater and films.' Another voice said, 'No, it's a richer time than that. You could use your talents in more useful ways.' So, very begrudgingly, I said no. And for the next year all hell broke out. Everything bad that could happen did. I had typhoid fever. I nearly lost my hands to gangrene. All sorts of incredible things happened. It was like I was being tested because I had denied my own obvious intelligence."

So Jean went to graduate school and earned two Ph.D's. She was soon invited to participate in a government project to help in the exploration of the effects of LSD on the personality. One thing led to another, with Jean marrying Robert Masters, now her husband of 27 years, and creating with him a foundation to do non-drug studies of the phenomenal energy and capacity of human potentials. Dr. Houston: "I was also all over the United States trying to stop kids from taking drugs and trying to create alternatives to drug use. At that time we also had a best seller called *The Varieties of Psychedelic Experience.*"

During that period, Dr. Houston became a professor in three areas: philosophy, religion and psychology. She became friends with – more like and adopted daughter of – Margaret Mead and they worked together for many years. Dr. Houston: "She said to me, 'Don't rely on grants for your research. Go out and make the money to support your foundation and in that way you're beholden to no one.' Jean and Robert established a foundation to study the phenomenology of human capacities and she began to create seminars in human capacities. "By 1972, we also had a slew of books out, *Mind Games, Listening To The Body, The Varieties of Psychedelic Experience, Psychedelic Art.* I'm the author of I guess 12 books now, including *The Possible Human* and *Search for the Beloved.* I have three books coming out next week. So I went out and I created seminars in human capacities. And I realized that by integrating my religious, philosophical, mythical, and cross-cultural studies I would be able to take things much further. Because when you have a loaded, coded story people can travel much further than they can by just being taught various systems and dynamics of

Please turn to page 16

"Jean Houston" from page 4

I can only act as if what I do and what we do and what you do profoundly makes a difference. We deal with incredible, devastating tragedy of the world's dissolution and at the same time the extraordinary high comedy of the resolution – re-solution – of human beings. I hope that enough can happen in the next 20 years to stop this. That we have lost many species is true. That we have the capacity to activate new species is *also* true. We have just come out of what my friend Tom Berry refers to as the Cenozoic era where there was extraordinary proliferation and now we're going into an Ecozoic brew. *We* are responsible. *We* are the directors of the world that up till now has mostly directed us. It is a responsibility for which we are ill-prepared.

My great concern is how in the world do we prepare ourselves for this level of responsiveness and responsibility? That's what my whole life and work is about. I'm one among many, many, many thousands of people alive and working in the world today, as *you* are, trying to do something about this with whatever tools we can utilize. And we may lose. I have an experiment in my hand, but if it ends, the *life* experiment will not. The earth will shrug her shoulders and be back in good shape in 20 thousand years. But I like to believe we will win.

JQP: What have you learned or thought about in the last six months or year that you hadn't done or thought about before?

JH: Golly, it would be more like the last 2 or 3 days. Last night I was at the Actor's Studio. It's the main training ground for great actors. Ellen Burstyn, one of my closest friends, is a very fine actress and I was out with her last night at the studio. She is now starting a whole series of classes that are in a sense based on my work. What I was thinking in the last two days is the actor as Shaman. There is a whole new identity for theater that is coming into our own time. The actor, by being able to activate so many levels of his psyche and being sensitive to levels of his body, mind, and psyche then begins to take the shamanic role and no longer just performs but becomes an evocateur of the sacred.

JQP: When I think about you working in so many different countries, I think about different people who are different distances along the path, not to mention on different paths. It's as if the world were out of phase.

JH: It's true. They are different distances along a multitude of paths. We're living in an age in which all of time, all of history, and all of space have come together. I can, within a two-week period, move from working with an almost Paleolithic people in central Australia to high-tech hyper-intellectuals in Stanford or in Tokyo. I find that often these Paleolithic people have an extraordinary sense of the earth and its needs and a very richly developed community and a rich sensuous relationship to the earth and to their own psyche. They have a great deal more to offer the high-tech people of Stanford than high-tech people have to offer them. We are in a time of the harvesting of cultures and the honoring of them. That is beginning to happen; slowly, but it's beginning to happen. It's certainly beginning to happen with our own native American peoples in Canada and the United States.

JQP: Are these cultures then being preserved?

JH: Well, it's not so much preserved. We can't give these people a million acres and a billion dollars and say, "Okay, stay in a museum." That's not going to happen.

JQP: But as opposed to being destroyed?

JH: Yes. In many cases cultures are deepening. Take Bali, the Indonesian culture. Once the world came to it and said, "What a fascinating culture. What extraordinary rituals. What incredible art." They said, "You know you're right!" And they deepened their culture. It's as if with all this world travel we all serve as De Medici's to each other. Travelers serve as De Medici's to these different cultures. So, cultures, as I find, are becoming more of what they were, but they're changing.

It's going to be fascinating in about 4 or 5 years when all the fiber optics are installed here on the ground and we have all these satellite systems as the world begins to exchange information. My hobby is this: late at night I'm on the telecommunications networks late with home computers. I have different realities. I have different names. So, in one network I'm a kid and I play Dungeons and Dragons with other kids who all think I'm a 15 year old with a weird

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vocabulary. I try to help them subtly and suggest things. Thank God for these computers because these kids are suffering in school but they're brilliant! On other networks I have totally different identities. I'm constantly in touch with the whole world. The whole world is going to be doing this in a few years. There's going to be a world of colossal busybodies! (laughs) By the year 2000 anybody will be able to reach anybody for about ten cents. So, what's going to happen to democracy? Are we going to move into a kind of worldwide liberal democracy as described by Francis Fukiyama, *The End of History And The Last Man*? He asks a great philosophical question, "Is there a direction to history? And to what end is it moving?" He suggests that we are at the end of history. Something I thought as ism and ology and the contending polarity because are moving toward a form of liberal democracy. Now, I'm not sure he's right about that because he's seeing the Western form. I think there are multiple forms of deep community – participatory forms of democracy that we get from so-call third world countries and more primal cultures that may, in a sense, be much more sophisticated than our big bureaucratic systems. But certainly we are moving towards something that is phenomenal, and I think that this deep interaction of all peoples is going to greatly supplicate and accelerate this.

JQP: What about Mr. Gorbachev and Mr. Yeltsin? What brought down the Berlin Wall and opened Eastern Europe?

JH: It was partly this high technology. Everybody is communicating with everybody and the system was *so* stacked against itself. It was such a bureaucracy. Nothing could happen and life has to move. Something has to be born. The wall was an anachronism. It had to come down. In Eastern Europe, things were not working. When you crossed from one side to another you entered into a wasteland. There was sufficient back-and-forthness for people to know that they had been left behind by history. So it had to come down. The same thing was true in the former Soviet Union. Gorbachev was an extraordinary visionary, unappreciated by his own people. He will be appreciated a hundred years from now. He had the capacity to envision. Unfortunately, he was hamstrung by his own bureaucracy and he didn't have adequate people working with him. So he did not have the capacity to carry out the economic reforms. I'm involved in a lot of that right now. Sending airlifts of food to people. As for Mr. Yeltsin, all one can do is send him blessings and prayers.

JQP: You haven't mentioned CNN.

JH: It has done a tremendous job. In Tianenmen Square, in the Gulf War. It is making an immense difference. It is the future of tuning in on the world.

JQP: We've talked about three networks: people traveling, the computer networks you get onto at night, and CNN.

JH: So you see this is radically changing the world. You cannot put a subtle change or a big change into the world without whole

system transition. That for me is what is so exciting about being alive today.

JQP: Many people go into NLP, go to your Mystery School, or your Human Capacities Program with the hope of helping themselves, helping the planet, or helping other people. Some become therapists or teachers, others go back into their own lines of work, be it dental technologist or business manager. What is a useful myth or metaphor of how for these people to think of themselves?

JH: It is an emerging archetype. It's a fairly new one. It's the myth and metaphor of the co-creator. We have had forced upon us in our time a prodigious responsibility that we never had before in history. We are living in the most interesting times in which we are being asked to redesign the present, re-enchant the future, and re-think the past. We do this through the reweaving of ourselves. All of these methods and methodologies, and they are proliferating like seeds, are harvesting the ancient meta-technologies of the self as well as modern and futuristic ones. They are all coming together as part of an almost autonomous movement of life itself saying, it is time to wake up now. We are at this great threshold of history. Many people feel compelled, because of being part of the earth and part of the earth process, to wake up to who and what they are – to these extraordinary latencies that we all contain. We know that we only use about 10% of our physical capacity, and that's a measurable thing, and far less of our emotional and psychological capacity. We didn't have to as long as we lived in a tribe or factory or nation-state. Now with the complexity of modern life, we are being called to make use of these kinds of things and as we use them we grow and we regrow our world. Because we are not encapsulated bags of skin dragging dreary little egos. We are organism-environments, as my old friend Alan Watts used to say. We are symbiotic within fields within fields within fields of life. We are being *called* to a kind of quickening by the earth process itself, if the Gaia the earth is truly alive. We are either the neurons or the cancer of the planet! (laughs) We might as well stop being the cancer and begin to wake up and be the neurons. So I think that people feel this responsibility of being at the edge the radical historical process. A tremendous jump time. And they know that what they do will profoundly make a difference. I have seen educators make differences in their lives and then go out and talk to children and evoke children in ways they never had before and you could just see incredible change in the child as the child wakes up. It affects his or her whole life. A person in human services today in the United States affects about two million people in his or her lifetime. In India, it's far greater.

JQP: Wow!

JH: We're talking about a real effect, not just a cursory effect. So what we do with ourselves profoundly makes a difference in how we're making the world work. I think that's what we are all about in our time. Entering into this great metaphor of co-creation. I think we are co-creating. I am a deeply religious person – spiritual – not so much sectarian, but in terms of *religio* – meaning, "to be

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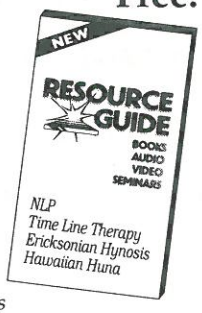
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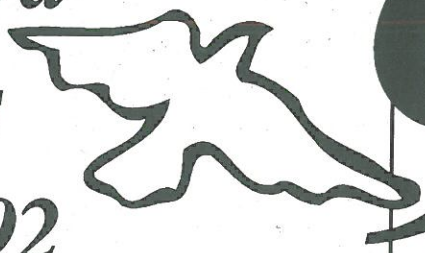
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in communication with the source." I believe the Zeit is getting geisty. The spirit is deeply moving in our time. We have moved to a new level of recognition. We are being enjoined by creative power to join in creation in this extraordinary time re-creation.

JQP: That's inspiring! I want to ask you a question that I've wondered about people like yourself and others for some time. It seems like some people come to this earth with more circuits wired up. (she laughs) You know what I mean?

JH: Yes. (laughs)

JQP: And it's as if you were sent here to be a teacher.

JH: You mean I'm an alien? (laughs)

JQP: Maybe we *all* are! Not only are you multi-talented, but also *highly* talented in several areas.

JH: I've had plenty of leveling, too.

JQP: Some people here have more circuits in place and are more in a position of leading and guiding and teaching. I wonder what that's about? How does that happen?

JH: That's such a difficult question... I've been in situations where I've had to work at it. It isn't simply coming in loaded. All of us come in loaded and often through life's tragedies and travesties and trivialization, we break circuits. Nothing is more loaded than a newborn baby. If you put a newborn baby on one side of a scale and all the world's wealth on the other, the baby would far outweigh the world's wealth. But we often undergo a systematic derailing-decircuiting, if you will, of who and what we are. I certainly had my share of that, too.

JQP: Do you suppose you had less of that, though? So that you were able to maintain...

JH: I had a certain blessedness. What I had is fortuitous meetings. Like running into Teilhard de Chardin when I was a young girl. Being so close to Margaret Mead and Joseph Campbell. And also having a very powerful religious experience when I was six years old, seeing the universe as an extraordinary symphonic resonance of fellow feeling everything dynamically part of everything else. That stayed with me very richly all my life. That is a long story and is told in the last chapter of *The Possible Human.*

I don't believe I'm necessarily more circuited than other people. I would say that I have chosen a kind of life that requires that I constantly do my human homework. I have no business working or teaching others unless I am constantly at an edge of reflection and growth, myself. When I find that I am not, I stop and go back and try to repair circuits. I do not pass a day that I do not try to do some personal work. Or else I'm a scam; I have no business being out there. So I put myself into a dangerous situation where one is

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required to do these things. But at the same time it's a blessed situation, because it allows me to do that.

I made many sacrifices. I chose not to have children. You'd be amazed at the things I haven't done that most people have done.

You do make choices and you do make radically difficult ones. I would have preferred to have translated ancient Greek poetry and played Bach on a harpsichord. I would have much preferred to be a musician and a scholar.

Instead, I have become sort of a world maven. (laughs) My preferences would have been different.

I made very radical choices which, to me, were also sacrifices. They were, in a sense, going counter to what would have been my natural inclinations. So you do make those kinds of choices and you then put in different kinds of circuits. I think many of us are being called to make choices in life that normally, in our natural forms, we would not have made. Because it is such a time that is calling for different talents to be utilized in different ways. Part of my job is to help people whose circuits have been broken – to repair them and to put in new ones. And that's all we're about. I don't feel myself as being a messiah (laughs) or sent from God. I think we *all* are. We're *all* agents in the process. We're all part of co-creation.❄

Training Announcements

Salt Lake City, Utah

Aligned Self Training
Connirae Andreas
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Tim Hallbom & Suzi Smith
April 10-13 • $195 ($150 for Practitioners)

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Calendar of Events

Advanced Neuro Dynamics, 1833 Kalakaua Ave. #908, Honolulu, HI 96815 – Phone 800-800-6463, 808-941-2021, Fax 808-951-0417

March 14-15	Secret of Creating Your Future - Vancouver
March 16	Hawaiian Huna - Vancouver
May 1-2	Secret of Creating Your Future - Orlando, Florida
May 3	Hawaiian Huna - Orlando, Florida
May 9-10	Secret of Creating Your Future -Los Angeles, California
May 11	Hawaiian Huna - Los Angeles, California
May 23- 29	Tine Line Therapist Certification - Santa Ana, California
June 27-July 2	Accelerated NLP & Hypnosis Certification - Kona, Hawaii
August 1-16	7th NLP Trainer's Training - Toronto, Ontario

Changing Paradigms - 5329 South Sheridan Rd., Tulsa, OK 74145 – Phone 918-622-0525/800-484-1048 ext 0749

April 24-25 & May 8-9	Photoreading

Chicago NLP Network

First Friday of every month - 708-975-9521 - Tim McPike

Eric Oliver - Meta Systems, Fort Worth, Texas – Phone 817-654-3655/206-672-7408

October 8-11	Personal Revolution Weekend - Detroit, Michigan

Freedom Workshop, 540 Alcatraz Ave. Suite 205, Oakland, CA 94609 – Phone 510-428-1184

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FuturePace, Inc., P.O. Box 151173, San Rafael, CA 94915 – Phone 415-485-1200

July 6- August 6	Imperative Self Analysis Training

Genesis II 4640 Hygiene Road, Longmont, CO 80583 – Phone 303-823-5053

March 13-14	Treatment of Multiple Personality Disorder - Denver
March 15	Treatment of Ritual Abuse Survivors - Denver
April 24-26	Engaging Your Personal Hypnotic States

Metaformation Inc. NLP Centre Learning Opportunities, 3538 Marlowe Ave. Montreal H4A 3L7, Quebec Canada – Phone 514-486-1282 FAX: 514-486-7736

March 4-11	Introduction to the Art of Effective Change - Montreal
March 13-15	Tools For Generative Change - Montreal
March 15	Phobia/Trauma Clinic and Professional Lab - Montreal
March 20-2	2 Tools for Generative Change - Quebec
March 22	Phobia/Trauma Clinic and Professional Lab - Quebec
March 27-29	Models of Change: Relationship of Structure and Function - Montreal
April 3-5	Pathways to Health and Well-Being - Montreal
April 5	Allergy Clinic and Professional Lab - Montreal
April 10-12	Pathways to Health and Well-Being - Quebec
April 12	Allergy Clinic and Professional Lab - Quebec
April 15,22,29	Masks, rituals and Living Metaphors eves. - Montreal
May 2-22	Cultural Modeling Training in Moscow
May 6,13,20	Masks, rituals and Living Metaphors eves.- Montreal

Midwest Institute Of NLP, 702 W. Colfax, South Bend, IN 46628 – Phone 219-232-9639 800-235-7210

Ongoing Nov.-May	Practitioner Certification Program - South Bend

Ongoing Nov -May	Master Practitioner Certification Program - South Bend
May	Photoreading - South Bend

New York Training Institute for NLP, 155 Prince St, New York, NY 10012 – Phone 212-473-2852

March 27-29	Beliefs and Your Health - Robert Dilts
July 14-August 10	NLP Practitioner Certification Program
July 17-August 10	NLP Practitioner Certification Program
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April 25	Goal-Setting Lakewood, CO
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Mar 21-22, April 4-5	The Aligned Self - Parts I and II - Cleveland, Ohio - Tamara Andreas

NLP Santa Fe, P.O. Box 9910, Santa Fe, NM 87504-9910 – Phone 505-986-3922

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August 3 - 14	Basic Trainer's Skills Core Course - NLPU 300

Outcomes Unlimited, Inc. 1210 Campbell, #118, Richardson Texas 75081 – Phone 214-699-9994 FAX: 214-699-7173

March 20-22	Introduction to Modeling and Performance Enhancement, Wyatt & Marilyn Woodsmall, Richardson
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May 29-31	Advanced Language Patterns

Upstate Center for NLP, P.O. Box 426 Pittsford, NY 14534 – Phone 716-586-6773

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Who Can Get Involved? Although brochures are being sent to listed organizations, you may have something to promote that we are not aware of, or you may know of a non-NLP related business that might be interested in promoting itself to this group. All members have the opportunity to support this program by giving consideration to the programs, projects, and products of the sponsors who are supporting the organization that support them and you. (The circle takes on a rich complexity of mutual support.)

Write or fax for full information: IANLP, 200 Mariott Center, 342 Massachusetts Ave, Indianapolis, IN 46204, FAX 317-638-0539 or call Sylvia Runkle at 309-837-4205 or Wanda McGee in Canada at 204-452-2198.

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July 17-19	Training & Platform Skills	Dallas, Texas
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Aug 18-21	Trainer's Testing	Toronto, Ontario
Sep 4-7	Advanced Strategies & Modeling	Dallas, Texas
Oct 2-4	Business Applications	Dallas, Texas
Oct TBA	To Be Announced	Amsterdam, Holland
Oct 31- Nov 15	Master Practitioner	South Africa

For further information on any of these trainings contact Advanced Behavioral Modeling, Inc. at our new address which is 1201 Delta Glen Court, Vienna, VA 22182-1320 or call (703) 757-7945 or fax to (703) 757-7946.

"Who Is Jean Houston?" from page 5

human potential activation. So I would code all these things in myth – The Odyssey, Isis and Osiris, the Hero or Heroine with a thousand faces, or any of the great heroes of the human spirit."

At this point Jean Houston has had about a million students. She faces about 150,000 people a year. There are thousands of groups all over the world doing her work. She is invited by governments to go in and help cultures deepen the integrity and autonomy of the culture while they move into "what is obviously going to be a planetary society."

In India, for example, she has lived at every possible level: in huts with lepers as well as in Maharaja palaces to get really deeply into the richness and complexity of the culture. She will give many speeches and then hold a seminar for 150-200 leaders of the culture from government to corporate to education to health. She will then take a root myth of the culture like the Ramayana or life of Gandhi and do it for 10 to 12 days as a journey of personal and sociological transformation. "Because coded in the myth – a myth is something that never was but is always happening – is the great cultural potential of any culture." Dr. Houston and her participants then look at what India can do about its education or about its homeless or other issues. She then provides ongoing training so that the seminars and substantive change can continue without her being there.

"I work with three or four cultures a year. This year, for example, I worked in Taiwan, I'm going to be taking my Mystery School through China and Tibet. I'll be working in New Zealand and Burma as well the Former Soviet Union. I've worked in 30 countries at this point.

"We still continue to do a lot of research. My husband is head of our research facility. We have a very large foundation here which continues to do research on a daily basis: neurological, psychophysical, psychological research of learning and creativity. I regularly address corporate groups and hospital groups. Next week I address the entire department of energy in Washington. And I work closely with corporations to develop their own particular culture and to move beyond these 19th century hierarchies.

"I'm fascinated by the phenomenon of whole system transition. I've been looking at modelings of the the new physics and chaos theories, of course, holonomic as well a orthogenic theories as they relate to the emergence of patterns of cultures and patterns of history. I believe we are in one of the most extraordinary times in human history. I realize other times thought they were it but they were wrong. So, I see myself as a kind of midwife. People and culture trying to help evoke whatever is this next natural stage as we move into whole system transition." ❄

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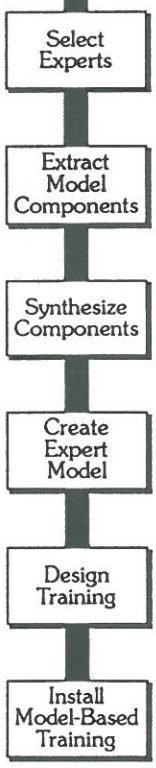
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Sex, Truth and Audiotape

NLP Connection interviewed Judy Underwood, author of The Isle of Pleasure, *a series of audiotapes designed to enhance sexual fulfillment. The tapes are used by women, both heterosexual and lesbian, by couples, and by therapists. Men who've given the tapes to their wives/partners have been very pleased with the effects. The tapes have also proved very helpful in healing the trauma of sexual abuse.*

JQP: Besides making audiotapes, what do you do?

JU: I'm a psychotherapist. I've been doing therapy since 1982 after I finished the NLP Practitioner training. I took a leave of absence from my University professor job and went into practice and really liked it a lot so I resigned from the University and I've been in private practice for almost 10 years.

JQP: What were you teaching there?

JU: I have a Ph.D. in Communication Disorder and worked with a lot of families in counseling and really got interested in doing more of that kind of thing. About two years ago, Adriel Brunson, Pam Gaynor and I got involved in this new venture called Odyssey making self-help tapes. Our first series of tapes is the *Isle of Pleasure* to help women achieve sexual fulfillment. A big part of that is helping women heal from sexual abuse.

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JQP: So the tapes help women heal from sexual abuse?

JU: Right. Right now in terms of our sexual recovery tapes, we only have tapes that were made for women. We have a series for heterosexual women and a series for lesbians.

JQP: Does your marketing talk about healing from sexual abuse?

JU: We haven't used that in our marketing strategy yet. We had a meeting last week and got clearer on sexually abused women as a group to address with our marketing.

The tapes are made so that two groups of people find them useful. One is women who are *healing* their sexuality and the other is women who are interested in *enhancing* their sex life.

JQP: And your marketing so far has been toward the latter?

JU: Right. Although what's happened is that we've had so much feedback from women who have been sexually abused. One in three women has experienced sexual abuse as a child. That's a large population.

JQP: I believe that now. That would have surprised me a year ago.

JU: So many women who've been sexually abused have found the tapes to be so healing.

JQP: That's remarkable. Was that outcome included in the design of the tapes?

JU: We had multiple outcomes. Two of the partners, Pam Gaynor and I are both therapists. She's a psychologist.

We see a lot of women (and men) who have been sexually abused as children. Often they don't know they have been abused when they first come to us, but it comes out in the process of their therapy. So, when we first decided to make these tapes, that was in our mind. We did think that these tapes could be helpful, especially as an adjunctive therapy for people healing from sexual abuse, although we weren't as focused on it as we are now. Are you familiar with Laura Davis's work? She wrote a book that's very popular right now called *The Courage to Heal.* It's a book for incest survivors. When she heard our tapes, she wrote me a wonderful letter telling me how important she thought the tapes are and how healing they were and helpful. I think the words she used were "soothing and empowering".

JQP: The response I've gotten when I have offered the tapes to women has been something like: "since I am not in a relationship, I don't want to get any more turned on." However, I believe that abuse in their history can be one reason they are not in a relationship.

memo:

Yo John--

You were right! At NLP of Santa Fe they're doing new and different trainings. Tom Best and Nelson Zink head up the team. They were smart to get Tim Hallbom and Suzi Smith involved in training with them at their Masters Certification. They've gone meta-- creating a map of NLP that is specific about how to apply it, especially useful for therapists. They keep me on the edge, learning by doing,-- and not just classroom exercises. We go NightWalking (something you've got to try) to build unconscious processes,something they call peripheral mental abilities. We play a Navaho game in the evenings to develop advanced sensory acuity. This Navaho medicine man comes by for us to learn from and model.

They've got a 20 day Masters residential this spring. And in the fall they're doing some wild and weird stuff: Hand Game Training, Patterns of Physiology, Mastering the Metaphor taught by Zink who wrote The Structure of Delight. The guy is a master of metaphor. His brain speaks metaphor.

These folks are on the edge. Catch them before they fall off, or go into orbit.

Richard

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JU: I agree. I've been teaching workshops in sexual healing and sexual fulfillment. It is important to understand that one of the best times to work on your sexuality is when you're not in a relationship.

JQP: That's really obvious now that you say it.

JU: Because when you're in a relationship ***and*** working on your sexuality, the framework is different because you each come to the sexual relationship with your own baggage. When you are working on it by yourself you can get clear about what your own issues are.

JQP: However, isn't there still the issue that the tapes are going to have the person thinking more about sex, they want it and if they're not in a relationship, there's no one there to have it with.

JU: In our culture, there are so many hangups about masturbation and even just the word conjures up lots of images with negative connotation.

JQP: It's not a pretty word.

JU: No it isn't. Actually I prefer to talk about "pleasuring yourself." That reminds me of a workshop I taught where I was talking about pleasuring yourself and learning about your own sexuality and sex for one and then about partner sex. One of the people in the workshop afterwards was so appreciative of my

giving that new way to think about sex. Sex doesn't have to be with a partner. In fact, a recent study found women who pleasured themselves regularly had more orgasms, greater sexual desire, higher self-esteem and greater marital and sexual satisfaction.

JQP: I haven't listened to all the tapes.

JU: Well, there are six tapes and before we made the tapes, I was researching what was on the market to help people with their sexuality. What's out there is pretty sad because either it's filled with clinical jargon which isn't very sexy or else it's pornography. For example, the movie *Henry and June*. I went to see that because everyone was talking about how wonderful, how sexy it was. Well, there are four rapes in that movie. Rape is not sexy. Rape is not erotic. At least not to healthy women.

JQP: Were *women* telling you how sexy this movie was?

JU: No, actually I was hearing it from men. And it was in revue! I was reading about it!

So in the *Isle of Pleasure*, there's no clinical jargon; it's not pornography at all. It's very erotic and tasteful. We chunked it into six different areas. The six tapes allow people to move at their own pace. The first tape is primarily about safety. In fact, the first tape is not sexy. It's a relaxation tape and is appropriate to be used by men, women, or children. We sell it alone as well.

Once somebody is comfortable with the first tape, she can move on to the second tape which is called *Your Body*. That's about exploring the body. The third tape is *Pleasuring Yourself*. The first three of six tapes don't have anything to do with partners. The fourth tape is *Fantasy*. Healthy fantasy is an important part of sexuality and can certainly enhance sexuality. Many people have problems with fantasy because either they don't or can't do it, or else their fantasies are obsessive or degrading. So, we want to help people use their imagination and fantasize in positive ways to enhance their sexuality. In the fantasies on the tape we introduce the concept of partner sex.

The fifth tape is *Receiving Pleasure* and the sixth tape is about *Giving Pleasure*. Each one of these tapes has a different erotic scenario on it. For example, one of them is about an erotic bath and another one has erotic dancing on it.

JQP: Have you considered doing a video?!

JU: Actually we've gotten a lot of requests! One of the nice things about the audio tapes is that people can make them be exactly what's right for them.

JQP: True. What do you think about couples using these tapes together?

JU: That's an interesting question. When we first developed the tapes it never occurred to us that couples would use them together.

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Paul R. Scheele will speak at IANLP and SALT conferences

- IANLP - **The New Option Generator: New Patterns for Resolving Paradoxical Problems** - 3 hours
- IANLP - **An NLP Training Forum** - Panel with Deanna Sager, Tom Dearth, and Rachel Hott
- SALT - **PhotoReading: Accelerative Learning from Written Materials** - 2 hours (For information on the annual Society for Accelerative Learning and Teaching conference, call 612-827-4856.)

PhotoReading instructors and sponsors will be joining Paul at both conferences. **Paul and Patricia Danielson, a PhotoReading co-developer, will have a special dinner for interested parties at IANLP.** See the Learning Strategies Corporation booth at IANLP for details. (Patricia will also be on a panel on taking NLP into the Schools with Edna Clay, Martha Wigglesworth, and Judith McDowel.)

For more information on PhotoReading classes, Paraliminal Tapes, Personal Celebration Tapes or EasyLearn Language Tapes, please write or call:

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We have gotten quite a bit of feedback that couples are using them together and they love them.

JQP: The whole series or certain ones?

JU: What a lot of people seem to be doing is listening to a tape together and then doing some of the things on the tape either with the tape or after the tape. They also use the tapes as a point of conversation to talk about sex. Because to have healthy partner sex, it's crucial to talk about what you like and what you don't like. And also about your boundaries around sex. What's okay to do and what's not okay. What's scary and what feels safe.

JQP: What kind of improvements in a person's sexual experience would you expect to result from utilizing these tapes?

JU: Well, people who have used the tapes have discovered a lot more about their own bodies and what they like and don't like. From using these tapes, people have gotten clearer about where they are sexually because a lot of times people think, "Oh, I'm just no good at sex." or "I just can't do this stuff." and they get into black and white thinking about it. With these tapes they begin to see (for example) "Well, I'm already very good at giving pleasure and I need some work in the area of my own body."

JQP: So, although there's not an explicit assessment section, it does allow a person to assess one's own skills and appreciate what they already have and then fill in the blanks.

JU: Exactly. We have a *Sexual Self Esteem Scale* with 35 items on it. It was developed to help women learn their areas of weakness and strength in their sexual self-esteem. The areas measured by the test correspond to each of the six tapes: *Safety, Body, Capacity for Pleasure, Fantasy, and Receiving & Giving Pleasure.*

JQP: Is that something you sell?

JU: No, we don't sell it. We're using it in workshops and offer it free to anyone who asks and sends us a self-adressed stamped envelope.

JQP: Would it make sense to package it with the tapes?

JU: That's a good idea. We'll do that.

JQP: I like it.

JU: After people use the tapes they invariably find they like themselves better and are more comfortable with their bodies. It definitely improves self esteem in a general way. Sexuality is such a core issue.

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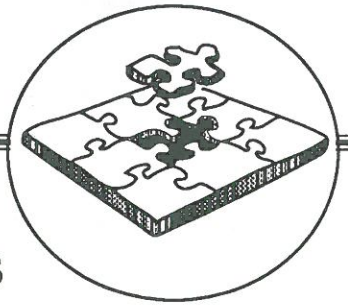
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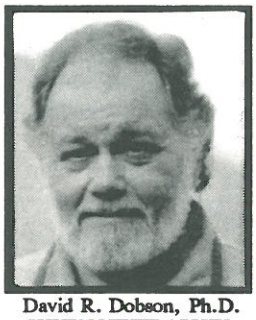
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JQP: Do you know of therapists utilizing the tapes as part of their therapy with clients?

JU: Yes, in fact, when we first developed the tapes we were pretty naive about a lot of things. This was really the first experience with the product and marketing and all of that. We found one of the best responses to be from therapists. We thought we would sell more directly to the consumer. Instead, although consumers are buying the tapes, we've had a larger response from therapists.

JQP: How are therapists utilizing the tapes with their clients?

JU: Clients take the tapes home and use them, then talk to the therapist about the experience. One of the problems of doing therapy with clients around sexual issues is the question of what's ethical.

JQP: Ethical to talk about?

JU: To talk about and to *do* in the session.

JQP: This gives them homework?

JU: Exactly. Because the tapes are very erotic and it really isn't appropriate for a therapist to do this kind of thing with a client.

JQP: I was thinking about the therapists using the tapes for their own education in attitudes and beliefs they would want to offer a client.

JU: That's a really good idea since many therapists would benefit personally and professionally from using the tapes. There's a lot of permission that comes through on these tapes. In these scenarios permission is given about really loving yourself in a sexual way. One thing I might add: I don't recommend my own clients buy these tapes. Just because of potential sexual transference to my voice. That's why most of our marketing has been out of state.

JQP: That's interesting and quite respectful on your part.

JU: Thank you.

JQP: Did you test these tapes with people before you marketed them?

JU: We asked people to listen to the tapes and give us feedback about them.

JQP: When did you do the recording?

JU: About two years ago.

JQP: How did you decide what to put on the tapes?

NLP and the CompuServe Directory

by Martin Brossman

IANLP members use of CompuServe is growing. CompuServe is an international computer information retrieval service. The people who are currently involved in NLP and are accessible through CompuServe are listed below. This list was produced for the IANLP Research Section by Martin Brossman, Rodger Bailey, and Lyle Chubb. One of the Research Section's missions is to support the creation of an international NLP computer forum. Such a forum would provide a place for people from all over the world to openly exchange their ideas through ongoing dialogues. We would like to hear from you. The primary contact is Martin Brossman, who can be reached at the following electronic mail IDs: CompuServe: 72157,1776 or Internet: 72157.1776@CompuServe.com

Name	Interests/Business	ID	Location
Aguilar, Isabel	Personal Growth and Medicine	73377,2704	S.Amer.
Bailey, Rodger	Creator of LAB Profile	73377,2704	S.Amer.
Berkley, Rob	Advanced Behavioral Modeler	70743,3403	
Bowman, Joel P.	Haworth College of Business	73206,2537	MI
Bross, Jack	Massachusetts Inst. of NLP	71220,205	MA
Brossman II, Martin	Environmental Protection Agency	72607,3666	DC
Brossman III, Martin	IANLP Computer Forum Project	72157,1776	NC
Burnstine, Don	Business Model Builder	76064,2722	Canada
Charvet, Shelle Rose	Multi-lingual Bus.Trainer/Cons.	70274,1035	Canada
Chubb, Lyle	Creative Growth Unlimited	75500,2156	NY
Davis, Steve	IANLP, Western Canadian Region	72070,2112	Canada
Dembinski, Arthur	IANLP Member	72775,1444	OH
Dowell, Dr. Arthur T.	Applications of NLP & Medicine	71051,3115	KS
Edwards, Paul	Working from Home Forum	76703,242	CA
Edwards, Sarah	Author, Broadcaster	76703,242	CA
Farrar, Charles	Therapy, Biofeedback, Allergies	70050,162	IL
Gambardella, Pascal	Computer Science Corporation	70272,522	MD
Gordon, Oakley	IANLP Research Section, Chair.	70313,213	UT
Hager, Joanne	IANLP Spirituality Forum	70671,1251	
Ikebuchi, N. Wayne	IANLP Member, Master Pract.	70334,1343	Canada
Judd, Bill	Interest in NLP	76004,643	
Kasai, Florence	NLP Developer/Trainer	70751,564	CA
Kasai, George	Business Executive Using NLP	70751,564	CA
Milland, Russ	Business Transformation Manager	76356,2327	Canada
Mulvihill, Steve	LAB Profiler	73467,753	Canada
O'Reilly, Patricia M.	Metamorph Us, Inc - IANLP Board	70571,615	Canada
Parmater, John	NLP Connection Editor	71005,3351	OH
Pesut, Daniel J.	Research Section Member	76336,1346	SC
Phillips, Mike	Anchor Point Publisher	71140,477	CA
Pile, Steve	Public Education Committee	71117,401	TX
Robbins, Stephen	Business Applications of NLP	71220,1356	
Russell, Julian	IANLP Member	100010,2715	England
Sager, Deanna	Eastern Canadian Rep. IANLP	73717,1315	Canada
Sager, Robert	Acupuncture, Photoreading, LAB	73717,1315	Canada
Salter, Tom	IANLP Member	72740,2506	
Shaw, Laura	IANLP Main Office	70414,10	IN
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Wehle, Sara	NLP Trainer	76234,1220	CT
Woodsmall, Wyatt	Advanced Behavior Modeling	76170,1314	VA
Yeager, Joe	Linguis-Techs, Inc.	71220,2324	

On Internet (from CompuServe, enter ">INTERNET:user id"):

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Cvejin,Snezana	Therapy, Mediation, Business	moje@med.unc.edu
Furman, Terry	DEC Engineer	furman@video.enet.dec.com
Owen, Robert	AI Human-Environment Model	rbowen@life.jsc.nasa.gov
Piccola, Greg	NLP and Medicine	piccola@med.unc.edu
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JU: It was an incredible experience, John. I was the primary person writing the script for the tapes and the three of us together chunked it down into these six areas. I would take one area at a time and write the script and I've never had an experience quite like this. I've heard people talk about channeling and I don't even know if I believe in that, but it was an incredible experience. Each time I sat down to write the script, it was as if it was just right there! It was really amazing. I still don't quite understand what that means or how it happens but ...

JQP: I had a similar experience with *Generative Touch*. It's like it was a gift.

JU: I like thinking of it as a gift.

JQP: I feel so comfortable about marketing it because if it's a gift, whoever gave it to me probably will help me take care of the marketing.

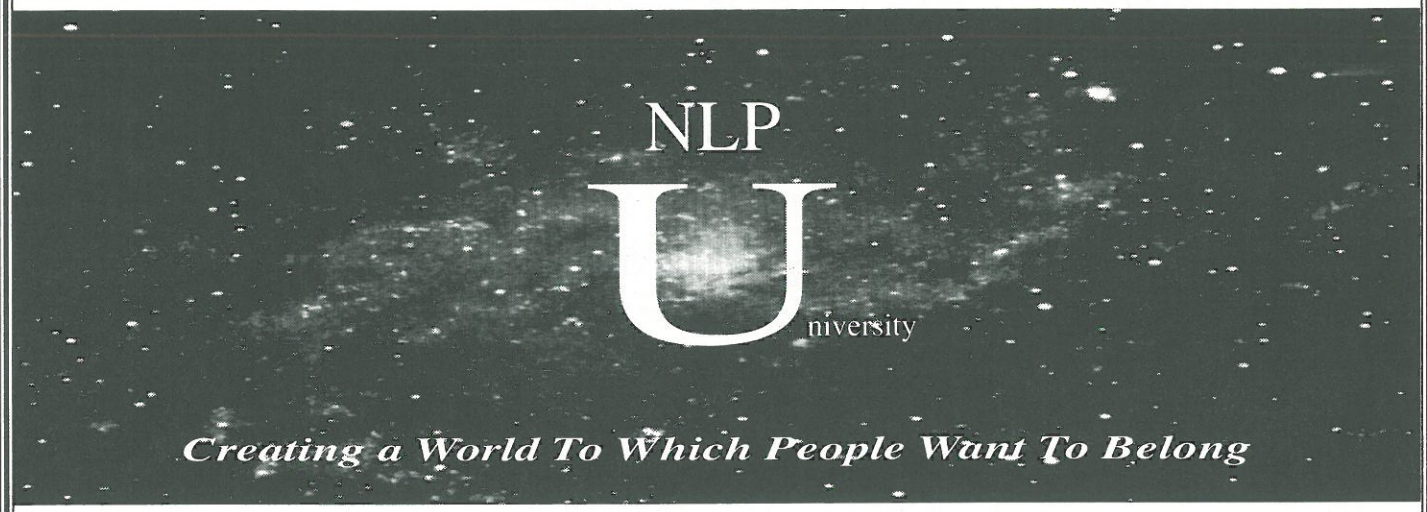
JU: Yes, right. That's what I figure with this. Whatever is supposed to happen, I think it's happening.



Judy K. Underwood, Ph.D. is a Master Practitioner of NLP and a Diplomate of the American Board of Sexology. She is Director of Centennial Center for Human Services in Fort Collins, CO, where she has a busy psychotherapy practice. An international presenter of workshops for personal change, her workshop at NANLP in Toronto was well received and she will present "Healing Our Sexual Relationships" at IANLP this year in Orlando. In 1989, Dr. Underwood co-created Odyssey, a publishing company that makes self-help tapes to facilitate deep personal change. In addition to the Isle of Pleasure, Odyssey has produced Welcome to the World which uses guided imagery to welcome the younger self to a world filled with love and caring. Dr. Underwood can be contacted at 515 S. Sherwood St., Fort Collins, Colorado 80521 303/221-0581.

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Research Database



New references are continually added to the research database. For information, contact Lyle Chubb at Creative Growth Unlimited, 510 West Union Street, Newark, New York, 14513. (315) 331-0411.

Attention
International Organizations

IANLP would like to contact other NLP organizations and associations in all parts of the world for networking and collaboration.If you know of such an organization, please let us know how to contact them. Write the IANLP Board of Directors with your ideas : Laura Shaw, IANLP, 342 Massachusetts Ave. 200 Marott Center, Indianapolis, IN 46204.

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