p. 16 Organ Lungs
p. 20 Death

RAPPORTER

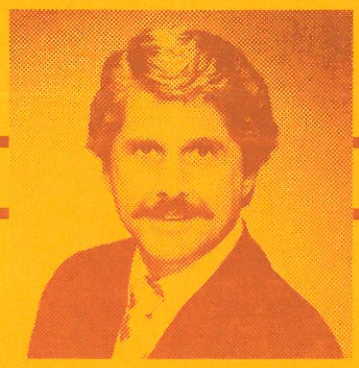
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ABUNDANCE | SEPT/OCT 1990 | #36

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OUR PURPOSE AND PHILOSOPHY IS:

- *To provide the best and most valuable information available in the sciences of human change to our readers*
  by offering information from various fields of human behavior — including NLP, traditional and Ericksonian hypnosis and healing therapies — in order to provide many different models and strategies for interacting with clients, students, friends and relatives
- *To be instrumental in the reinstitution of personal freedom*
  by offering tools whose use empowers anyone to become a master of their own destiny
- *To stimulate and expand minds*
  by presenting techniques that effect controversy, stretching, change and enlightenment
- *To be a bridge of rapport connecting the many different approaches to the pursuance of success, abundance, peace and joy.*

In our first issue (aptly named ACORN), we stated "We honor and respect that different strokes apply to different folks." This is a cornerstone of our philosophy. We respect different approaches and are excited that there is more than one road to enlightenment. As we continue to investigate other than familiar beliefs and truths in order to increase y/our capability for communication and change, we will look at results ("what works") as our criteria for success.

Perhaps, by moving from judgment of how others choose to express to acceptance of—even delight in!—differences, we can move beyond our present situations, beliefs and concepts to re-establish rapport throughout the planet.

Peace, RAPPORTER

Opinions, comments, letters, drawings and other materials are invited for consideration. Submissions must be signed and names will be withheld upon request. If return of materials or a personal reply is desired, include a self-addressed, stamped envelope.

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ABUNDANCE #36

This 'N That! 2
OUT OF THE CLOSET AT LAST
By Pamela Lieberman

Rappers Write 3
MORE RESPONSES TO "A PRISONER'S DILEMMA"
By Our Readers

Special Feature 5
LUCID DREAMING

Poetry 5
RAPPORT
By Leon Matuszkiewicz

Metaphor Galore 6
PAULA THE CATERPILLAR
By Larry Bellinger

Special Feature 7
BEHAVIOUR X
By S. C. Rowat

Special Feature 9
COMMISSION UPDATE: WORLD HEALING DAY 5
The Light is Intensifying

Book Review 14
THE CREATION OF HEALTH
Merging Traditional Medicine with Intuitive Diagnosis
By C. Norman Shealy, MD and Caroline Myss, MA
Reviewed by Peter Orgain

Special Feature 15
GALVANIC SKIN RESPONSE
By Michael Bristow

NLP and Health 16
HYPNOTIC ORGAN LANGUAGE, ORIENTAL MEDICINE AND PHYSIOLOGIC HEALTH CARE
By Dr. Joseph DiRuzzo

Special Feature 18
A STRATEGY FOR A MILLION DOLLAR HOLE-IN-ONE (A True Story)
By Edwin Sylvester, DDS

Special Feature 20
DEATH TRANSITION PROCESS
By Frank Gruber, MD

World Healing Meditation . . . . . **Inside Back Cover**

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THIS 'N THAT!



PAMELA LIEBERMAN
Editor

It's time to come out of the closet, toots!" That's a quote from a recent letter I received from an NLP colleague and dear friend — and I've decided it is time to do just that . . . . so, hi there, friends! (The photo's a couple of years old — just imagine me now with long hair and 60 pounds lighter.)

This is a very special issue of the RAPPORTER, as you may have already realized by glancing over the table of contents. You might even be wondering where all the familiar names and faces are— well, I gave them a "break" in order to publish some of the material you've submitted — that's right, this *entire issue* is comprised of articles submitted by RAPPORTER subscribers! Although I've always published your submissions "as space permitted," I began to get more and more frustrated at not being able to share with my readers more of what you are doing, so I decided to devote this issue to your work. If you like this concept, I'll produce more issues of this nature, so drop me a postcard letting me know what you think.

From the number of phone calls I've received over the past few weeks, a lot of you noticed that your last issue arrived later than usual — and that's because I had a golden opportunity to enlarge our production facilities by 100% — at no additional cost! — *if* I took advantage of the offer *immediately*. So, I did! That meant some downtime while we moved. Even so, it looked as though we were going to meet our printing deadline when — poof! — lightning struck — literally! — and caused some (repairable) damage to our desktop publishing system. It was a challenging couple of weeks for us here — and everything's back to normal (whatever *that* means in the world of publishing!) — we've resumed our "published every five weeks year 'round" schedule.

Oh, yes — some of you might have had a bit of a problem getting through to us by phone during that time: we had a new telephone system installed and it took a while to "debug" it — it, too, is now functioning properly.

For my newer subscribers, here's a bit of background:

From the beginning, I visioned the RAPPORTER as having regular features that covered the applications of NLP in health, education, sports, relationships, business, spirituality, therapy and world peace — complemented by regular features covering the areas of traditional and Ericksonian hypnosis, bodywork, "mind machines," etc. — with special features from time to time. My goal was to have the best in the field as regular contributors in these areas — and I've approached them all over the years — and been turned down by many, for various reasons ("I don't have time," "not interested," "you don't pay anything, why should I give it away," "I don't need the publicity," "I won't be published in the same journal as X" to quote a few). So, if you haven't seen articles in the RAPPORTER by some of your "favorites," it's only because I haven't yet found a way to entice them to submit. Some of the folks I've tried unsuccessfully to publish are Richard Bandler, John Grinder, Thomas Grinder, Michael Grinder, Carol Erickson, Tom Condon, Leslie Cameron-Bandler, Tony Robbins and Robert Dilts — so if you have any influence with any of these folks and if you'd like to see some of their work in the RAPPORTER, do what you can, keeping these parameters in mind:

1) I can't afford to pay for contributions (unless I raise the cost of subscriptions — is it worth it to you?).

2) No, they don't get free advertising (this is a *business*, not a hobby nor a philanthropical endeavor!).

3) Yes, I have the right to edit!

4) The work submitted must be original — there are other publications in the field which reprint previously published works — the RAPPORTER is dedicated to bringing you the freshest, newest, what's-happening-now material!

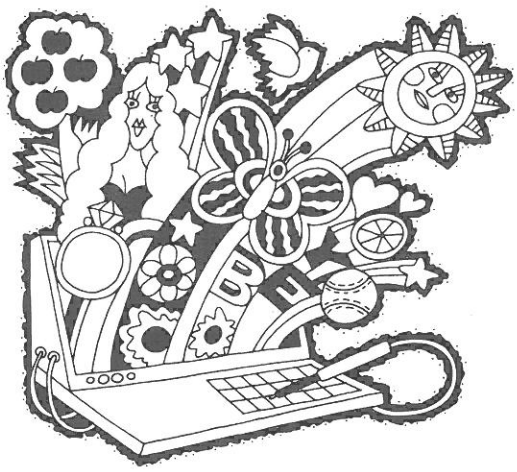
5) AND, most importantly, it must have content of value — I don't print what I call "brochure copy" — I want how-to's, not PR fluff for my readership!

Personally, I prefer articles that are controversial — I'd really like to see more dialoguing on issues of interest to all of us working in the wonderful field of NLP, such as the ethics and morals involved in the training and use of this incredibly powerful and potentially manipulative technology, the issue of integrity and the issue of the integration of heart and mind, both in teaching the use of NLP tools and in using them to facilitate change in ourselves and others.

I read all of your letters and intend to answer each one personally. Since I always have a stack of mail to which I want to respond, it may be a while before you hear from me! (Answering your letters is one aspect of the business I *don't* want to delegate!)

There's some fun stuff coming up in future issues — a long-awaited-for series of articles by Eric Robbie, news of an NLP board game, and more of our great regular features (I'm especially excited about our two newest regular contributors, Gordon Gamm and Lloyd Flaro, writing on NLP and Law and NLP in Education, respectively). I'll be talking to you again, soon! Meanwhile, Celebrate the Day!

— Peace, PAM



RAPPERS WRITE

MORE RESPONSES TO "THE PRISONER'S DILEMMA"

I'm writing in response to the commentaries you printed in Issue #32 regarding Wyatt Woodsmall's article "The Prisoner's Dilemma." Having read Wyatt's article, I found it interesting, throught provoking and challenging. It caused me to re-examine some of the dogma I had memorized from my early trainings without any critical assessment whatsoever. Indeed, the belief in positive intent does help me separate the person from their behavior and consequently to minimize my judgments, thereby allowing increased empathy and rapport. However, I don't for a minute actually believe that evil doesn't exist or that someone isn't capable of a premeditated act with "evil" intent.

I have been using NLP for nine years and teach it in five countries. Much of what I have learned about NLP has come from Wyatt, whom I have known for over six years. At times, his style can be a bit provocative and I have always experienced him as a true teacher, adding value and knowledge. To me, his questioning a dogma would be analogous to students in the 60s loving their country enough to challenge its blind spots and then being challenged by the very people who were unwilling or "unable" to change. As the saying goes, "Before the truth sets you free, it pisses you off."

As to the specific letters denouncing him, I'm stuck in an apparent paradox. How can the authors argue with his notions about the existence of evil, while implying that Wyatt may be evil for his style and views? I would appreciate your publishing this, to allow for further discussion and clarification on issues that can impede or enhance the evaluation of NLP.

— Richard Diehl, MEd, Certified NLP Trainer, Honolulu, Hawaii

✍ ✉ ✍

It is believed and taught by some disciplines, expecially by neurolinguistic programming, that behind every behavior, no matter how bizarre, weird or strange, lies a positive intent. This means that even when one person murders another person, there is a positive intent behind the murder, at least positive to the murderer. The only possible way a positive intent can be derived from this type of behavior is to reduce the behavior to its lowest common denominator, that of survival. Every behavior that is equated to one of survival can be then justified as having a positive intent. People are presumed to have an unalienable right to life and are justified in any action — against anyone or anything — that threatens to take away that life. The worth of a life is considered to be of infinite value. Witness the millions of dollars and thousands of hours that will be expended in the search for even one person lost at sea or missing in a plane crash. It is this primal imperative to stay alive at all costs that fuels this interpretation that all behaviors are instigated by positive intentions.

Now any sane person has a fairly adequate mental representation of whether any given situation is, in actuality, a danger to the survival of their being. A half-competent individual comprehends that some poor old lady with fifty dollars in her purse is not life-threatening to them, but the positive-intent rationalization theory will say something like, "the person is broke and hungry, and if they don't get food to eat will soon die of starvation and this threat to their survival justifies any action that they might take in order to survive."

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Now, if an old lady came at you out of some dark alley, wielding a large hunting knife, with blood in her eye, you could find a positive intent behind doing her in.

When yuo say that when someone embezzles a million dollars from their employer the positive intent was to feed their family or that the boat that they bought with the embezzled funds was for the purpose of relieving a negative emotion and making them happy, you are confusing positive need with positive intent. The need may be legitimate, but the intended behavior chosen to fulfill that need may or may not be appropriately positive. It is very true that a person has a legitimate need to be relieved of negative emotional situations, even realizing that long-term periods of these emotional stresses can end one's life. However, that positive need for relief can be accomplished by a positive or a negative behavior. There is no justification behind engaging in evil behaviors to accomplish good intentions. To say, "I have a positive need for something to ensure my physical or emotional survival, therefore, whatever I choose to do to achieve that something has this positive intent behind it," is absurd, to say the least. People have several courses of action before them whenever they have a positive need. They can choose a good and proper method of obtaining that desire or they can choose an evil, inappropriate way to achieve those results or anywhere in between.

If a person runs naked through a crowded park at noon it can be surmised that the person has a need or lack. Just what is that need? They may have a controversial need for people to be aware that they do in fact, actually exist — that they are a real, live, human being, because all of their life they have been treated as a non-person. Their self-esteem will continue to plummet lower and lower until at some point they will die emotionally. When you take any behavior and trace it back to its foundation you will arrive at the same location, survival — physical and emotional survival. The only way one can find a positive intent behind running naked through the park is to say that it is a matter of survival.

It is possible, with the presupposition, to reduce every behavior that mankind possesses back to the basics of survival. We do things to make us happy to prevent us from being unhappy, which unhappiness leads to depression, then apathy and finally death. Using this argument to the Nth degree will mean that everything that we do in life has as its primary motivator the inherent need to avoid death. This may be true for animals, but we are not animals, but human beings who are endowed with the ability to reason and make comprehensive determinations concerning life and death. To say that the positive intent behind every behavior is survival is the ony persuasion possible to believe the presupposition that behind every behavior is a positive intent. I don't buy that argument for one minute.

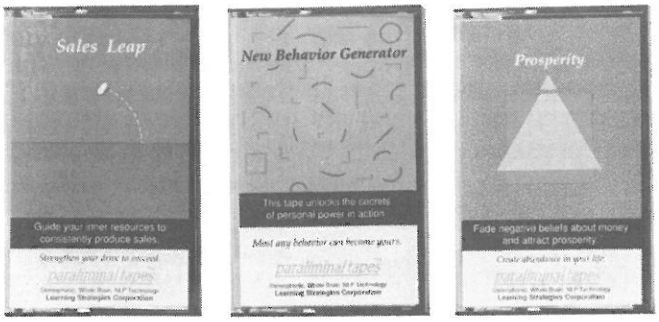
Religious throught teaches that while the life of every individual is a great importance, any one life is not necessarily more important than any other life or lives. Without some kind of spiritual understanding that mankind has a higher purpose in life, we are only animals that have the ability to reason and communicate. Many times, in many instances, the one life is not as or more important than the life of one or other lives. When a person is confronted with a situation where the choice is between them giving their life or a thousand other people losing their lives — while it may be difficult to do, there is only one correct choice. To save one's own life, while in doing so causes thousands of others to perish, is to become internally dead while the body still lives. A living death which is far worse to the individual than actually dying. An individual's inherent right to life is not dominant over the rights of others. In other words, the need to survive is not necessarily a positive intent.

— Robert Green, Oceanside, California

❐

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SPECIAL FEATURE

LUCID DREAMING

The skill of dreaming lucidly has considerable potential for promoting personal growth and self-development, enhancing self-confidence, improving mental and physical health, facilitating creative problem-solving, and helping one to progress on the path to self-mastery. Dreaming is presented as a technique during the PhotoReading program because of its immediate effect of opening channels to the subconscious mind. As people learn to recognize and recall dreams, they simultaneously discover ways of bringing PhotoReading materials into conscious awareness.

All of these applications of dreaming possess, to a greater or lesser extent, the potential for improving the quality of your life and enhancing your sense of well-being by enriching, broadening, and even radically transforming the varieties of experience open to you as a human being.

Up until now, we have had little or no control over the occurrence of cretive dreams. But at this point, it seems well within the realm of possibility that the fantastic and heretofore unruly creativity of the dream state might be bought within our conscious control by means of lucid dreaming.

The Lucid Dream

In most of our dreams our inner eye of reflection is shut and we sleep within our sleep. We are usually unconscious that what we are doing is dreaming. There are profound possibilities inherent in the dream state, but it is difficult to take advantage of them if we fail to recognize that until after we are awake. Fortunately, while this condition of ignorance is usually the rule, it is not the *only* rule. The exception takes place when we "awaken" within our dreams — without disturbing or ending the dream state — and learn to recognize that we are dreaming while the dream is still happening. During such lucid dreams we become and remain fully conscious of the fact that we are dreaming — and, therefore, that we are asleep. Thus we are, in a sense, simultaneously both "awake" and "asleep."

Lucid dreamers are asleep in regard to the physical world because they are not in conscious sensory contact with it; likewise, they are awake to the inner worlds of their dreams because they are in conscious contact with them. This what is meant by the idea of being "awake in your dreams."

The full-blown lucid dream, in which the dreamer stays in the dream for a period extended enough to allow the experience of wonder, can be associated with an electrifying sensation of rebirth and the discovery of a new world of experience.

First-time lucid dreamers might be overwhelmed by the realization that they have never before experienced their dreams with all their being, and now they are utterly awake in their sleep! This is how one lucid dreamer described the expanded sense of aliveness brought by the lightning flash of lucidity: he felt himself possessed of a sense of freedom "as never before"; the dream was suffused with such vital animation that "the darkness itself seemed alive." At this point, a thought presented itself with such undeniable force that he was driven to declare: "I have never been awake before."

Research at the Stanford University Sleep Laboratory had proven beyond any reasonable doubt that lucid dreams normally occur exclusively during the "rapid eye movement" (REM) stage of sleep. This remarkable brain state has also been called "paradoxical sleep" since the late 1950s, when experiements revealed it to be a much more active state than the traditional view of sleep as a passive condition of withdrawal from the world. The active REM periods normally last ten to thirty minutes and recur every sixty to ninety minutes throughout the night (about four to five times per night). They alternate cyclically with relatively quiet phases of sleep, referred to as "non-REM," "quiet sleep," and a variety of other names.

All normal people go through this pattern of quiet sleep, active sleep, quiet sleep, and so on throughout their sleeping lives. Experiments have shown that during REM sleep, everybody dreams, every night — whether they remember anything or not. During the four or five REM periods you will pass through tonight, your dreaming brain will, in most cases, be considerably more active than it is right now. In spite of REM's paradoxical and unexpected properties, all the experts agree (for once!) that it is a bonafied form of genuine sleep.

The same cannot be said quite yet for lucid dreaming, and indeed this phenomenon would seem to qualify as the strangest paradox yet to emerge from paradoxical sleep. What makes lucid dreaming so paradoxical is that lucid dreamers, while being completely out of sensory contact and, therefore, fully asleep to the outer world, are at the same time fully conscious of their dreams and as much (or nearly so) in possession of their mental faculties as when awake. They seem to qualify, then, as being fully awake to the inner worlds of their dreams.

The Choice is Yours

Every night we are resurrected from the grave of sleep by the miracle of dreams. Everyone dreams. It is not "to sleep, perchance to dream," but rather "to sleep is to dream, perchance to remember." It can be estimated that in the course of our lives we enter our dream worlds half-a-million times. This state of affairs presents us all with a challenge: as we neglect or cultivate the world of our dreams, so will this realm become a wasteland or a garden. As we sow, so shall we reap our dreams. With the universe of experience thus open to you, if you must sleep through a third of your life, as it seems you must, are you willing to sleep through your dreams, too?

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If you'd like to find out more information about the Stanford Sleep Laboratory experiments in lucid dreaming you can write: Lucidity Project, P.O. Box 2364, Stanford, CA 94305.

Notes on Lucid Dreaming taken from the book *Lucid Dreaming: the Power of Being Awake and Aware in Your Dreams* by Stephen LaBerge, Ph.D.

❐

RAPPORT

By Leon Matuszkiewicz

There is a technique that can help you make friends
and get along well with people you never met before.
The process is known as Rapport.
Rapport can neutralize differences and
open many locked doors.
Rapport helps you understand a person quickly
and get right down to their core.
Rapport is a very useful tool that can help
even the game of life.
Which will give you advantages
you never had before.

METAPHOR GALORE

PAULA THE CATERPILLAR
By Larry Bellinger

This metaphor came to life with a woman who had gotten herself out of a difficult seven-year marriage, and was beginning to have regets. I have found variations to be effective with clients who are stuck in a variety of ruts, and those who are considering returning to school aftr long absences. Some of the embedded commands have been emphasized to get you started.

Once upon a time there was a caterpillar named Paula and she spun a cocoon and became a beautiful butterfly and blah-blah woof-woof and everyone knows the story and it's DULL! Only Paula didn't and that's what THIS story's all about.

See, alien psychologists have been doing experiments on people for centuries. They watch behavior for a few millenia. Then they get togethr on their home planet, discuss things in committee for a few decades, introduce a **major change** in the way things are done on earth, watch us and **see what happens.** The artificial situations they create have been causing human misery for thousands of years, because they force us to **live outside our** normal and instinctual **patterns,** but that's another story.

Early in the spring a year or twelve ago, an alien psychologist named Piettoter knew that he needed to come up with a unique thesis to get out of school with any hope of a good job. Truth to tell, he had been more dedicated to parties than studies, vacations than curriculum, and he wasn't too bright to begin with. So he decided to mess up insect life on earth the way his predecessors had plagued humanity. He didn't know if insects had any psychology or if they were purely instinctual. All he knew was that no one had ever done it before.

Unfortunately, our friend Paula, a happy caterpillar eating the lush leaves of a warm climate on earth, became his first subject. Piettoter watched over Paula and made sure **everything went well** for her. He guided her to the greenest, juiciest leaves, protected her from predators, disease and weather, and prepared for that day when she would go into her cocoon.

Excepting the fact that everything went very well for her, which she didn't notice, Paula lived an ordinary caterpillar life. And in time she began to feel a compulsion to prepare a home, and she began looking for a place to put it.

Finally she found a good place, **well protected** from the weather. She **knew** immediately **what to do,** even though she had never done it before. She began to secrete a silky thread, and began to spin it around and around herself. Of course, it soon became dark, and there wasn't any room to grow, and her sense of freedom was gone, but she had the feeling within her that greater freedom was coming if she just waited a few months. In other words, she represented a normal caterpillar adjustment in all senses.

Then Piettoter took a hand. First there were the strange tones of organ music. Paula had never heard an organ before. Indeed, she had never heard music, but somehow she knew that the music was old. And then her cocoon came to life.

"Hi," it said. "My name's Jorge (pronounced in the Portugese manner, hor-ga). "Holding you is a very special thing for me. I vow to do it now and forever."

Well, he sounded so NICE, and remember, Paula had never been through this before, so she didn't know what to expect. She assumed that everything was going as it was supposed to. And it was cozy having Jorge snuggle up tight to her everywhere, talking gently and romantically. Perhaps Jorge was the key to the new freedom she felt was coming.

So it went on for some months, and it was very nice. Jorge held her and cuddled her, and talked and talked. She learned all about him, where he was from and what he had done. In time she forgot to remember that she had spun him herself, having a vague (and accurate) theory that he was a roving personality that had found an embodiment in her cocoon.

The months became more months, and then became years. The new freedom she expected never came. She still had no room to grow, and was kept in the dark about what was going on outside, except for those few things Jorge would tell her. A tiny seed of doubt began to grow within her, but he was so nice, and he held her just right, and he talked and said sweet words to her, and she was able to ignore the fact that in time the words that had had certain effects became patterns that were repeated over and over without much feeling.

The years became more years, and the seed grew and flowered, then grew more and more until it became a definite pressure within her. She longed to see a leaf. She longed to crawl over the cool greenness, seeking the juiciest edge, then sink her teeth into it and taste what she had once known. She longed to feel raindrops beat against her skin, then bake it dry in the sun. And she longed to **strech what** she **could be** and **become more** than she had been.

So she talked to Jorge, and she asked him if he understood. It almost seemed that he hadn't heard or understood the words, but only seemed to sense her discontent. He said, "Haven't I always held you, and spoken kindly to you?" Paula knew that this didn't answer her question, but somehow it made her feel guilty, and she didn't say anything more about it for another year. Still the pressure grew.

Finally, she asked Jorge to open up a little and let her crawl out for an hour or so. Jorge was shocked! "I vowed to hold you forever and ever, and I'm not going back on my vows!" It was then that Paula knew she was a prisoner.

There wasn't much to do inside the cocoon, and Paula still thought at least part of the time that what was happening was supposed to happen. So she decided to **take the responsibility** to make the most of her situation. She began to remember the things she had seen, in great detail. She would imagine the things she had done, making a clear picture of all that had happened, then step into the picture and hear everything, and check out her body for the memories of the feelings. And it was while she was doing this that she noticed something strange: the memories of her movements and feelings didn't seem to fit her body anymore! Something had changed.

At first she thought it was because she hadn't had any exercise in 12 years, so she began to work on isometrics, being careful not to disturb Jorge. She tensed every muscle as tight as she could, then relaxed them, one group at a time. And she did get stronger with practice, but she learned even more. Her body seemed to have things sticking out of it that had never been there before, and these things seemed to be controlled by the muscles, so she knew they were a part of her.

Finally, her curiosity, and the pressure, and everything else got to be just enough, and she said, "Jorge, I'm going out!"

Jorge became quite upset, and said a lot of things, from the old stand-by, "Haven't I always held you?" to something new, "I forbid it!"

But nothing could stop Paula now. She took a deep breath, used all the knowledge and strength she had gained, and told all the muscles in her body to expand and push all at once. They did, the cocoon burst, and from here on out Paula's story is just like all the caterpillar-into-butterfly stories you've ever heard, except that because of all she had earned in the extra time she spent in the cocoon, she had a lot of new wisdom and skills to teach the other caterpillars.

Oh, yeah...Piettoter. Well, he's pretty happy, too. What he's doing doesn't translate literally to our world, but idiomatically he's teaching surfing at a Holiday Inn in Hawaii. ❐

Larry Bellinger *is a certified practitioner of NLP and Ericksonian Hypnosis, with a practice on top of a mountain in northern New York.*

SPECIAL FEATURE

BEHAVIOUR X

By S.C. Rowat

After several months of reading and experiencing "NLP Therapy," co-founded by John Grinder and Richard Bandler, I recently awoke — during illness — into the dark middle of the night, and a memory of strange dreams. I wandered about the house seemingly aimlessy for the better part of an hour, and then wrote the following dialogue between my conscious and unconscious.

I'd like to communicate with the part of me responsible for staying alive.

Good morning.

Yes — could you tell me please what your positive intention is in keeping me alive?

Well, for one thing we get to buy NLP books.

I'm serious!

So am I!

Okay — but is there anything else?

Not unless you want to attend one of the camps.

No, no — I mean anything *different.*

*It's **all** different! In fact it's changing so fast it's hard to keep track of it sometimes. Say, have you heard the latest about Richard Bandler?*

Look, I'm feeling a bit suicidal right now, and I'd just as soon not *gossip ....*

Sorry — but just skip the content okay? I don't need to know the content. You feel ***something,*** *That's all I need to know.*

I thought *I* was the one who was going to find out something.

If you're looking for an alternative to staying alive you probably don't need to know a heck of a lot — catch my drift?

Oh, rats — isn't there anybody else in there I can talk to?

Nope, it's my department. Unless you give up.

Give up?

Yeah, change the question. Decide to stay alive.

Oh, no, I can't do that. This behaviour's been bugging me for years. I've got to find some other way.

Okay, then, next you're supposed to ask me if I mind having the creative department come up with three alternatives.

Can't you wait until I ask you? That's the way the book says I should do it.

Sorry, but I was reading it too, right? And it said that I'm really the boss — so it seemed like something I should know. But anyway the answer's no.

No?

No, I won't mind.

You scared me for a minute.

So give me a little while to ask creativity.

Okay, I'm not in a big rush — but will it happen today? I mean tomorrow there's something that I really don't want to live for.

What's that?

Another day of winter. It's still winter — like it's been six months.

Yeah, it sure is a drag, isn't it? I wish I didn't have to hang around in your body all the time.

Could you just go do it?

Yeah yeah. Hey CREATIVITY! HEY! OPEN UP IN THERE!! HEY!! IT'S ME! STAYING ALIVE!! GET YOUR ASS IN GEAR!!!

Do you have to shout?

I do. Sleeps all the time otherwise. Something's happening though. I hear sneezing.

(pause)

Nothing's happening ....

Perceptive of you.

But what ....

What was the question again?

Staying ***alive.***

Oh, yes. Creativity, could you whip up three alternatives to staying alive for me please? Consciousness has decided to chuck the show. And they have to fulfill the positive intentions of staying alive: buying NLP books, going to camps, gossiping about Bandler; that sort of thing.

And *sex.*

Well, whatever. Okay creativity? and just sneeze when you're done.

(quick sneeze)

Done already?

No, that was me.

Who are you?

What do you mean, 'who are...?'

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Eric has been hard at work unpacking and developing new material and will be presenting, for the first time anywhere, his work on:

? ?

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Oh, consciousness. Sorry, — your voice is different after you sneeze; must have cleared your throat or something. Say, do you think you could rig up some sort of signal so I'll know it's you? Maybe say, "I am consciousness I am consciousness," twice, before you say anthing? Could you do that?

Really — I'd feel a bit silly, I ....

No, no, go ahead, try it. It won't feel so bad after a few times. Learning just takes practice. Go ahead. Try it.

Well I ....

Come on.

Oh, well — "I am consciousness, I am consciousness" — oh, it feels so *silly.*

There; no, that was very good. You're a good person really.

Am I really?

Yes. Oh, yes, you are. Really.

Thank you — that's very kind of you.

Now, creativity: HEY! WAKE UP. He's gone to sleep again.

(Muffled body movements, like someone's shaking someone's arm)

(SNEEZE)

Hooray!

Good! — So what's the verdict?

Death.

Pardon me?

Death. Creativity says you have only one alternative, and it's death — so shall we go ahead?

Umm — no, not just yet — ahh — can't I think about it a bit?

No, we did that — but okay, for a minute.

It seems a shame, you know, — I'm feeling a little better about myself than I did, and maybe .... And besides, it doesn't fulfill the positive intentions, does it? I mean how can I buy NLP books when I'm dead? And I certainly wouldn't be welcome at any of the *camps.*

I wouldn't worry about ***that*** *part — as long as you've got the fee covered in your* ***will*** *anyway.*

But gossiping? I mean what is there to staying alive except gossiping — and if I wasn't alive ....

You couldn't do it nearly as well, I grant you that — although you can always leave a note, like "I didn't kill myself" or "I won't kill you until tomorrow" — something furtive and intriguing — that's always good for a few weeks. But you're right, it would become less interesting after that — unless you could come up with something new.

And I wouldn't be able to, do you see what I mean?

Who are you?

What?

Remember ....

Oh, do I *have* to? "I am consciousness, I am consciousness."

Good.

So can I stay alive then?

Okay.

What? That's all? Just like that — I can?

Sure; so can I have some juice? I'm thirsty, I want some juice.

I still think it might have been nice to have three alternatives.

You win some, you lose some.

❐

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S.C. Rowat *is an NLP Master Practitioner living in Vancouver, British Coilumbia, Canada, with a "special interest in NLP allergy applications."*

The Quartus Foundation
P.O. Box 1768 • Boerne, Texas 78006-6768 • (512) 537-4689

COMMISSION UPDATE: WORLD HEALING DAY FIVE, DECEMBER 31, 1990

THE LIGHT IS INTENSIFYING

NOTE: The following report is from an article written by John Price for the December 1990 issue of SCIENCE OF MIND Magazine.

On the final day of 1990, people around the world will gather for the fifth World Healing Meditation--the annual event that began at noon Greenwich time, December 31, 1986. The date and time remain the same each year as the momentum builds for a critical mass of positive energy and a chain reaction leading to world harmony.

For World Healing Day V we are seeing billions of men, women and children joining in the simultaneous global mind-link to break down the walls of separation and move us closer to lasting Peace on Earth. The number of groups and organizations that are making plans for the 1990 event has tripled from the '86 base, and with the dramatic changes taking place in Eastern Europe, the list of countries represented will total at least 105 (the number as of August 1990). If we use the rule of thumb that says "there are one hundred consenting for every participant counted," we can project that more than 2-billion people on Planet Earth will take part in some way in the December 31st Bond of Consciousness.

Mikhail Zykov, head of World Family in the Soviet Union, reports that their 1.5 million members have participated each year since 1986, and that the 1990 meditation will be the largest ever in Russia. In India a concerted effort is being made to bring together all spiritual organizations and movements for a united meditation at Noon Greenwich on December 31st, and in Western Europe the appeal for a global prayer for peace and harmony is attracting people of all religious faiths to come together under one umbrella, including "Quakers and Buddhists" according to one report.

The publicity and communications abroad regarding World Healing Day has greatly exceeded U.S. coverage. The Yomiuri, the third largest newspaper in Japan with 9.3 million copies distributed daily, ran an editorial on the front page entitled "Global Mind Link" and asked readers to "unite their minds to help heal this planet Earth from growing illness...to demand an end to hostilities, hunger, poverty, and the subjugation of individual freedom." And magazines and newspapers in other countries have continually spread the word of the upcoming event. As a correspondent from Italy put it, "This is our 'Super Bowl', and we plan for the 12-31 occasion just as families and friends in your country anticipate coming together in their homes to watch that media event in January. The victory we see, however, is not one sided. The prize is peace for all people."

In the United States the New Thought Movement is solidly behind World Healing Day, and we have

received letters of support from most of the known organizations identified as "New Age." When all the people who are interested in consciousness transformation, holistic health, world peace and global unity learn of the event and actually participate, this country will represent a mighty force for good in moving toward that critical mass. Just look at the numbers. The American Health Magazine found that 69 percent of the people in the U.S. accept some or all of the New Age teachings. That's over 170-million people who should be reached and positively influenced.

Spiritual Consciousness will make the difference. While we are vitally interested in creating a greater awareness of the event and recruiting new participants, the focus at The Quartus Foundation has also been on emphasizing the underlying spiritual meaning of World Healing Day and the transforming power of spiritual consciousness. Immediately following the 1986 World Healing Meditation, my wife, Jan, had a flow-through of thoughts that said, "The Mind-Link must continue each year until the last one comes into the light." In our interpretation, "the last one" did not mean the final remaining person on Earth. It was a reference to the one who represented the shifting of balance--the one who would tip the scales and be the catalyst for the chain reaction leading to the Christing of the collective consciousness.

And so our work has been directed to that potential "last one"--with articles, books, tapes, lectures, seminars, and mystery schools emphasizing our belief that human consciousness alone will not heal this planet. As I wrote in A Spiritual Philosophy for the New World, "we must not forget that Jesus prefaced the Great Commission to his disciples by directing them 'to the mountain'. Before they were given the assignment to go into all the world to teach, save every creature, and heal all they touched, they were taken to a higher state of consciousness as symbolized by the mountain. And we must follow this example if we are to heal the world and save the planet." We move "to the mountain" in consciousness, break the connection with the ego, become empowered with the Sacred Fire of our Divinity, and then we go forth as spiritual beings to do our part in revealing the New World of Love, Peace and Joy.

This "ascension process"--the moving up to new levels of spiritual consciousness--is happening with individuals throughout the world. We feel that the higher and finer energies that are bombarding the planet now are leading to spiritual attainment by more people than ever before--and that "the last one" may well be waiting in the wings, preparing even now for a mighty leap on stage. We are witnessing an intensified period of initiatory activity and a universal trend toward group consciousness, and our objective is to bond everyone with this high vibration energy and focus it during the World Healing Meditation on December 31, 1990. From this perspective, the quality is actually more important than the quantity; spiritual consciousness is "weightier" than numbers. Remember that a city was saved by only ten illumined ones.

The results of the Mind-Link since 1986 and what we can expect in the future. In an article that I wrote for a newsletter last year I said that the first simultaneous Global Mind-Link could symbolically be compared to Day One in Genesis, where the Earth was without form and darkness was upon the face of the deep. And the Word was spoken for light--"and there was light"--

yet heaven and earth remained in the void.

Beginning in 1987, the healing momentum began in earnest as individuals and organizations focused more intently on solving world problems while creating a greater global perspective. This was Day Two--the creation of the firmament, meaning "a strengthening." The idea of world harmony (heaven) was indeed gaining support on many levels of consciousness as the collective mind began to feel the effects of the spiritual energies.

With the next three Global Mind-links on December 31st of 1987, 1988, and 1989, combined with the thrusts-for-peace programs of the United Nations and thousands of spiritually based organizations, we entered Day Three--the time of "the appearance of land and the yielding of seed." The Earth itself came into greater focus and the healing seeds began to yield after their kind. Daily reports in newspapers during the past three years have told the continuing story of the break-up of the old forms, the falling of walls, and of people throwing off their shackles in a new spirit of freedom.

As we approach the Fifth Annual World Healing Day at noon Greenwich on December 31, 1990--and then into the last nine years of this century--we will process through the final days of Creation and then experience the Seventh Day, when "the heavens and the earth were finished." Day Four is the time of "light upon the earth" and the separation of light from darkness. Before the mid-point of this decade we will experience this "Day" as a massive alignment takes place among people and organizations dedicated to the Light of Positive Change. This will comprise the largest Force for Goodwill the world has ever seen, and will greatly influence public opinion in shifting the balance toward spiritual values.

Day Five, which will take place during the middle of the decade, is the time to "be fruitful and multiply" according to Genesis. During this period the expanded consciousness of humanity will begin to affect every aspect of society including crime, poverty, hunger, and drug abuse. "Fruitful" means producing results, and the tidal wave of the multiplied spiritual energy will be highly productive in washing away these stains from the world consciousness.

Day Six, coming at the close of the 1990's, will reveal the emergence of a new species on Earth as men, women and children of every nation awaken to their true Identities as Divine Beings, the Light Bearers for the New Civilization. And Day Seven signifies the time--possibly early in the 21st century --when the chain reaction of positive energy has become self-sustaining and a critical mass of wholeness and harmony is achieved. This will be our Sabbath of Serenity on Planet Earth.

A thinkable scenario? Nothing is impossible, but remember, it all begins with the one seen in the mirror. Could you be "the last one"?

WHAT YOU CAN DO

1. Rededicate your life to the Master Self within and begin again to walk the spiritual path with total commitment. With every bit of detachment from the personal ego you will take on more of the Super Consciousness, the Consciousness that asks, "Is anything too hard for me?" And It answers, "I can do all things; nothing is impossible to me." Lift up that Omnipotent I within and rise above the "human"

sense of self so that you can see the New Vision and that which is yours to do.

2. Consent to world peace--to the healing and harmonizing of Planet Earth and all forms of life hereon.

3. Spread the word of the December 31st Event to individuals and groups in whatever way of communication is best for you--such as letters to the editor of newspapers and magazines, the writing of articles, call-ins to radio talk shows, and distribution of the materials shown in this Update.

4. Join with others around the world at noon Greenwich time on December 31st--and then continue throughout the year on the last day of each month to keep the momentum building.

5. Materials available from Quartus: THE PLANETARY COMMISSION, the book that launched World Healing Day, $9.95...GLOBAL MIND LINK, an audio cassette tape with the story of World Healing Day and the World Healing Meditation by John and Jan Price, music by harpist Jeff Walters, $9.95...THE FUTURE IS NOW booklet, taken from Chapter One in THE PLANETARY COMMISSION which describes how World Healing Day came to be, 4 for $1.00...HOLIDAY GREETING CARD featuring the World Healing Meditation--20 cards for $5.00. Add $1.50 postage for each purchase of the above items.

I ACCEPT MY APPOINTMENT TO THE PLANETARY COMMISSION

I choose to be a part of the Planetary Commission, and I do hereby consent to the healing and harmonizing of this planet and all forms of life hereon.

I shall begin this day to radiate the Infinite Spirit I AM in Truth to this world. I open my heart and I let Divine Love pour out to one and all, transmuting every negative situation and experience within the range of my consciousness.

I forgive everyone, including myself. I forgive the past and I close the door. From this moment on, I shall dedicate my life to turning within and seeking, finding, and knowing the only Presence, the only Power, the only Cause, and the only Activity of my eternal life. And I place my faith in the Presence of God within as my Spirit, my Substance, my Supply, and my Support.

I know that as I lift up my consciousness, I will be doing my part to cancel out the error of the race mind, heal the sense of separation, and restore the world to sanity.

With love in my heart, the thrill of victory in my mind, and joyous words on my lips, I agree to be a part of the world-wide group that will meet in spirit at noon Greenwich time on December 31, of each year, to release Light, Love and Spiritual Energy in the Healing Meditation for Planet Earth.

I now accept my appointment to the Planetary Commission!

_____ Date _____ Signature _____ Country

TIME ZONES

The time where you are at noon Greenwich time.

United States Time Zones	Noon Greenwich Time
Pacific Standard Time	4:00 A.M.
Mountain Standard Time	5:00 A.M.
Central Standard Time	6:00 A.M.
Eastern Standard Time	7:00 A.M.

Noon Greenwich Time in Various Cities of the World

Berlin	1:00 P.M.	Montreal	7:00 A.M.
Buenos Aires	9:00 A.M.	Moscow	3:00 P.M.
Cairo	2:00 P.M.	Naples	1:00 P.M.
Copenhagen	1:00 P.M.	Nome	1:00 A.M.
Edmonton	5:00 A.M.	Ottawa	7:00 A.M.
Fairbanks	2:00 A.M.	Paris	1:00 P.M.
Glasgow	Noon	Rome	1:00 P.M.
Honolulu	2:00 A.M.	Sydney	10:00 P.M.
London	Noon	Tokyo	9:00 P.M.
Madrid	1:00 P.M.	Vancouver	4:00 A.M.
Mexico City	6:00 A.M.	Vienna	1:00 P.M.

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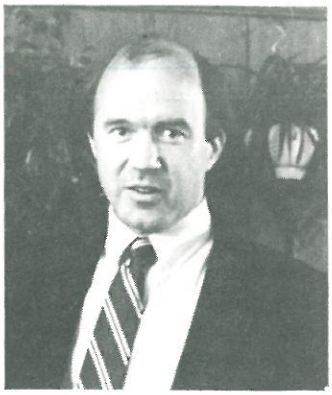
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BOOK REVIEW



PETER ORGAIN
Consultant and Trainer

THE CREATION OF HEALTH Merging Traditional Medicine with Intuitive Diagnosis

by C. Norman Shealy, MD and Caroline Myss, MA

This remarkable book formally explores the territory between traditional medicine and holistic medicine in a way that invites us to view health in a comprehensive way. It is a collaborative effort by two gifted authors who are committed to physical, mental, emotional, and spiritual wellness.

Dr. Norman Shealy is a neurosurgeon who first gained national prominence in 1973 with his landmark discoveries in transcutaneous electrical nerve stimulation, hailed then as a "Western form of acupuncture." A longtime student of matters of the human spirit in medicine, Norm's interest in intuitive diagnosis began to blossom in 1972, when he first worked with an intuitive, Reverend Henry Rucker. In extensive formal studies beginning in 1973, he evaluated numerous intuitives with the aim of improving the results of conventional medicine and the treatment of disease. The results were not particularly impressive. Whereas conventional doctors are about 80% accurate in diagnosis, the best of the intuitives was in the 74-76% range.

It was his good fortune to meet theologian and intuitive Caroline Myss (pronounced Carolyn Mace) at a conference in 1985. They begin collaborating on diagnosing his patients, with some remarkable results. To quote Norm from the book,

> In most circumstances, the patient was present in my office (in Springfield, Missouri) while I talked with Caroline by phone (in Walpole, New Hampshire). Her accuracy and insight have been truly awesome. Just how good is Caroline as an intuitive diagnostician? In this book, we shall present data which indicates that she is 93% accurate. Whatever your expectations may be, 93% is a fantastic accomplishment. Caroline was told only the patient's name and birthdate.

The Creation of Health is a comprehensive overview of wellness, disease, conventional medicine, holistic medicine, and the practice of intuitive diagnosis as an integral part of treatment and the healing process. The sensitive and open-minded approach of the authors is refreshing. It beckons the reader to discover an expanded notion of personal responsiblity in the creation of disease and personal participation in the healing process.

A most instructive record of the forms of illness, the format of the book covers virtually every major disease known, from cancer and heart disease, to AIDS, venereal diseases, infections, accidents, and the common cold. Each disease is first described by Norm in its conventional medical terms, with his unique insights into the limitations of the conventional medical mode. Caroline then writes an energy analysis of each disease in terms of its emotional and spiritual dimensions. These overviews are then followed by individual patient case examples in the same dual medical/energy format.

As I read this provocative book, I found myself having deep insights into my own health, as well as that of family, friends and counseling clients. It is clear to me that the difficulty many people have in healing themselves is a direct result of their expectation that healing is somehow given to them from the outside, either from the doctor or some medical procedure or intervention. Those who truly heal and overcome their disease are the source of that healing.

At its most powerful level, the book is a handbook for right living. Virtually every case described someone I knew: stressed individuals, those unable to show their feelings, self-critical people, irresponsible people, manipulative and controlling types. They are all in that book in some form, and their consequences await them in the form of arthritis, heart disease, MS, cancer or some other chronic illness.

In neurolinguistic programming, we often speak of sensory acuity. This book provides a model for sensory acuity in noticing ways of being, feeling, and acting that either enhance wellness and clarity, or create dis-ease. For those who move away from, ignore it at your peril. For those who move toward, discover the joy of being centered and balanced.

I recently had the privilege of meeting Caroline and was taken not only by her brilliant approach to her work, but by her personal intensity and her outrageous sense of humor. I'm sure that this work will cause quite a stir in the medical community for many years to come, and I pity the doctor who takes her on assuming that she is some lightweight playing on his turf. She is a force to be reckoned with and a visionary in a field that is only beginning to be explored. We are fortunate that ones so committed and with such integrity as Norm and Caroline are the leading wave.

❐

The Creation of Health is published by Stillpoint International, 640 Meetinghouse Road, Walpole, NH 03608. Published in 1988, the hardcover edition is $19.95.

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Peter Orgain is a Certified NLP Trainer who maintains a private therapy pactice and offers interpersonal communication consulting and training in New England and the Los Angeles area. He can be reached at Alger Brook Road, South Strafford, VT 05070, 802-765-4330.

SPECIAL FEATURE

GALVANIC SKIN RESPONSE
By Michael Bristow

Have you ever wondered how the old country doctor could diagnose so exquisitely, without modern instruments? How palm-readers get their results? Or how a martial arts master knows that you're even thinking of attacking him? And did you know that the answers all have something in common?

If not, have you seen Bob Dilts demonstrate the Galvanic Skin Response? This is a small, but measurable, electrical charge on the skin surface, which changes with your mental process. Bob will even wire you up to a computer display so that you can not only "see" your own response but also learn to control it.

If you have seen it or if you haven't, you'll realize that one of the things the old doctor, the plam reader and the martial artist all respond to is the minute change in the GSR of the person whose body they're touching. And what's even more interesting is that it's an example of sensory acuity which has nothing to do with your eyes or ears, which isn't to say that your eyes and ears aren't picking up information as well.

But the really exciting part for me is what happens after you learn to calibrate to someone's GSR by touch alone. What happens then is that you give yourself a challenge by backing off a few inches until you can calibrate at normal conversational distance. That's when it gets really useful in ordinary social, business and therapeutic exchanges.

And once you can calibrate at this distance, you can switch roles and learn to manipulate your own GSR within wider limits. This is part (but no means all) of what's called "making an impression," which is so crucial a part of business and social interactions and is a theme of an upcoming workshop series and forthcoming book of mine.

There's nothing strange, weird or unscientific about all this, nor is the technique new — in fact, it's been a secret martial arts teaching for centuries. But I don't think it had been explicitly modeled before I began teaching it to several hundred students some five years ago. Nor does it presuppose additional senses. After all, if you can feel the warmth of a fire with those senses you've got, do you need other senses to feel the warmth of another person?

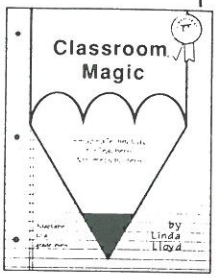
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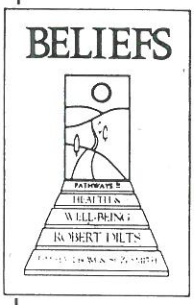
Michael Bristow *is a Provisional Trainer (Society for NLP) practicing as a Management Consultant in England, where he applies NLP techniques to helping others achieve business excellence, besides broadcasting and leading workshops on various NLP applications.*

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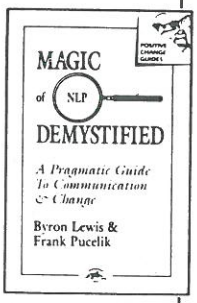


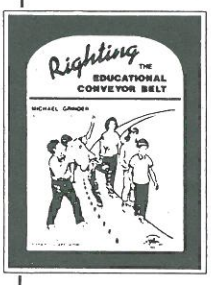
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NLP AND HEALTH



DR. JOSEPH DI RUZZO
Physiologic Health Care

HYPNOTIC ORGAN LANGUAGE, ORIENTAL MEDICINE and PHYSIOLOGIC HEALTH CARE

One of the more powerful patterns of hypnosis has to do with organ language (see *Trans-formations*). Simply accessing the meaning of various verbal representations of organ language changes, at a minimum, one's internal physiology. The specific patterns known as organ language tend to do this with a very pervasive subtlety.

At the core of the organ language patterning presented here is Dr. Dave Dobson's concept of the other-than-conscious mind. Dobson postulates that most of our responses are other-than-conscious, and that there is a part of each person that is aware of the state of each of that person's internal organs. If we stop to think, Dobson's conclusions make eminent sense. For example, why wouldn't a person with developing atherosclerosis have a sense (ignored, denied or repressed) of chest constriction or loss of circulatory ease and competence?

In previous articles we presented a model of diagnosis from the ancient orient and briefly described the method of thinking about health, disease and internal organ function used by ancient Oriental philosopher-physicians. Again their patterns of thinking about organ functions become useful.

The ancient Orientals identified 12 main meridians (lines of electromagnetic flow) associated with and controlling the main internal organs. Using this system of patterning, we can make out specific organ language verbal representations that maximally impact given target organs:

ORGAN LANGUAGE AND HEALING MATRIX

Lungs
breathe deep, breath of fresh air, get something off your (my) chest, smells good, take a deep breath, breathe easy, breath of life, stinks, smells bad, closed in, can't breathe, nosy, fresh clean, takes your/my breath away

Large Intestine
get rid of, discord, discharge, cut the crap, butt in, get off your duff, he's an ass, get off your ass, tighten up, backed up, loosen up

Stomach
can't stomach, gives me a stomach ache, belly full, stomach full, full of X, sits well, feels good

Pancreas
sweet taste of success, sweet idea, how sweet it is, sweet tooth, meaty idea, digest this idea

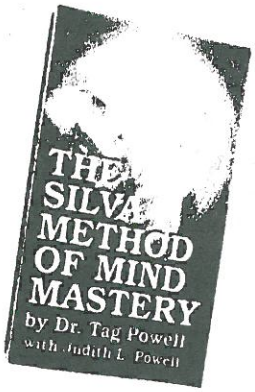
Spleen
resist, get riled up about, get going, activate, feel warlike, feisty

Heart
put your heart into it, hard-hearted, heart of gold, soft hearted, heart-to-heart talk, at the heart of the matter

Small Intestine
digest, deep inside, satisfying, absorb this concept, feel X deep inside, gutsy, guts

Bladder
leak, wet, pissed off (with adrenals) watery, damper, dampen, pain in the neck, back down, move back, back away from

Kidney
keep in your bones, strong feeling, aggressive, timid, back up, back up against it, knocked off my feet, unbalanced



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Thyroid

hot under the collar, cooled off, cold feet, gotten cold on the idea, a cold person, turn cold, chilling news, cold feeling, warm, warming, warm body

Adrenals

hot spot, hot to trot, hot over, warm, heated discussion, heat of the night, hot tip, hot idea, fever, feverish, frenzy, run up, run, chase, catch, catchy

Gallbladder

bitter feeling, bitter taste, keeps coming up, lot of gall, galling, bitter hatred, bitter jealousy, thorn in my side, pain in the back, upsetting news

Liver

energy, pep, sour, eyeful, nausea, queasy feeling, weak, greasy, slick, livery, liverish, green around the gills, tired, tiresome exhausting

Pituitary

keep this in the back of your mind

Miscellaneous

jaw over, chew over, chew the fat

Kinesthetics

Put your weight behind it, swift-footed, sure-footed, handle, finger, bear the brunt of, give a hand, run up & down, shift, finger.

The use of the above-noted language patterns may be combined with non-verbal behavior. For example, one may place his or her hand over the heart area when using language patterns specific to the heart. These patterns have a multitude of uses. When employing these patterns, one can communicate directly with a part of another (or self, actually, as in self-hypnosis) in a way that is enormously powerful and is unknown to the conscious mind. For example, isn't there a part of a hypoglycemic individual that knows that they are dependent upon refined sugar, even though their conscious mind may not have that same knowledge? Talk about ice cream, cakes, pies and chocolate to any hypoglycemic person and notice the non-verbal responses.

By using the techniques of Oriental diagnosis (presented in previous articles in the Rapporter) one can easily identify poorly functioning internal organs in almost any individual. After indentifying which organs, specifically, are in poor health, it is possible to utilize the organ language patterns to produce powerfully impactful communication. This can usefully be thought of as creating rapport on a unique level — this is distinctly different than our current NLP mirroring and pacing techniques and creates a different kind of rapport.

When one has this form of physiologic technology, some amazing applications become commonplace. After all, what could be more sensible than talking about "a breath of fresh air" to a person with asthma? What could be more highly vaued to this person than the ability to breathe oxygen-carrying air? (Although they may have an automatic polarity response, they will almost without exception respond powerfully, and any response can be utilized.)

The application of this in sales, health care and communication in general can hardly be overestimated. Being able to communicate directly with the internal organs and the neurological circuits connected thereto in another human being can yield some fascinating results.

For example, the author was at the home of a friend, whose husband was experiencing severe back pain. Using Oriental diagnosis, it was quickly ascertained that the back pain was caused by a problem in the large intestine. The author covertly asked the wife how she would like the problem resolved: by accupuncture, spinal manipulation, herbal medicine or hypnotic organ language therapy. The wife selected hypnotic organ language therapy. The author uttered a single sentence to the husband who was totally unaware of his wife's request to the author. The sentence was about "getting rid of all the crap in one's life," and the result was that the unsuspecting husband drew a deep breath, straightened up, and began to walk with a normal gait. When questioned at this time about his back pain, the husband remarked that the pain was completely gone, but to his utter amazement, he couldn't tell why!

The standard techniques of mirroring, pacing, analogical marking, tonal replication, etc. will, as well, be found impactful using the above verbal patterns.

NLP, Oriental diagnosis, hypnotic organ language therapy, and a host of other therapeutic techniques constitute the major tools avaiable in Physiologic Health Care. Used consistantly, PHC can make an improvement in the health of all, without regard to previous medical problems or health history.

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Dr. DiRuzzo *can be contacted by writing him at 4517 Pine Street, 1F, Philadelphia, PA 19143.*

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SPECIAL FEATURE



EDWIN SYLVESTER
Dentist

A STRATEGY FOR A MILLION DOLLAR HOLE-IN-ONE (A True Story)

Right from the very beginning, Dr. "M" knew that this day — August 9, 1982 — was going to be the day that made a difference. While he was no "pro," he had been practicing and perfecting his golf game for years. He had studied other fine golfers and knew what was required. He knew that he had the skill to hit a hole-in-one and win the million dollars that was offered as a prize.

Dr. "M" had purchased 25 balls at a dollar a piece and had hit several shots with a four wood. Dr. "M" had always been good at visualizing in his mind. He knew that he could construct amazingly complex visual representations in his mind. He had one of these contructions in his mind now and it extended out to the far distant mountains and contained the golf course and the million-dollar-hole all within something like a hologram. His viewpoint was centered slightly above and just in back of his body. Just before he hit a ball, the center of this vision would shift to somewhere deep within his body. He was using that holographic vision now and a voice somewhere inside of him told him to switch to a two iron.

The next few shots were close, very close. He knew that the next shot would be even closer. At this point, he was having fun and was very relaxed and almost playful. He approached the next shot just as he had practiced all those thousands of times before. He made the visual image of the course, the mountains, the ball and the million-dollar-hole in his mind. Just before his swing, the image moved from in back of his body to somewhere inside of him and he heard his wife say "he's going to hit a hole-in-one." He started the swing and his focus tunneled down to include just a vision of the ball. It was important to see the club and the ball hit, he could hear the sound, feel the impact in the grip of the club and see the impact all at the same time. As this happened, he got that "electric" feeling in his body that told him that it was a good shot.

His body unwound its momentum in a smooth follow-though. When the follow-through was complete, he raised his eyes up and to the left and looked at the ball in the air. Instantly he saw pictures of his shot in stop-framed sequential fashion of the ball going into the hole. Time had collapsed and he got a tremendous sense of joy and accomplishment for hitting a hole-in-one. All he had to do now was wait for it to happen. He turned around and shouted to the crowd that he had just hit a hole-in-one and had won the million dollars. It was almost anticlimatic when the ball did, in fact, go straight into the hole.

What happened then was very interesting. There was an enormous uproar from the crowd. People came running up to him wanting to touch him to get some of his luck. Dr. "M" found this curious since to him luck had nothing to do with it. He was interviewed by TV and the newspapers. When he told everyone that he fully intended to hit the hole-in-one and that luck had nothing to do with it, he noticed that people were disappointed, almost antagonistic. He received considerable negative media attention for what they considered to be his arrogance. He didn't understand this.

Dr. "M" uses the same strategy to hit other holes-in-one. He doesn't get a milion dollars for these, but he likes that feeling he gets when his eyes move up and to the left and he sees the ball just were it should be for another hole-in-one.

❐

Edwin Sylvester, DDS *is a practicing orthodontist in Battle Creek, Michigan. He has utilized modeling techniques with considerable success in the field of dentistry.*

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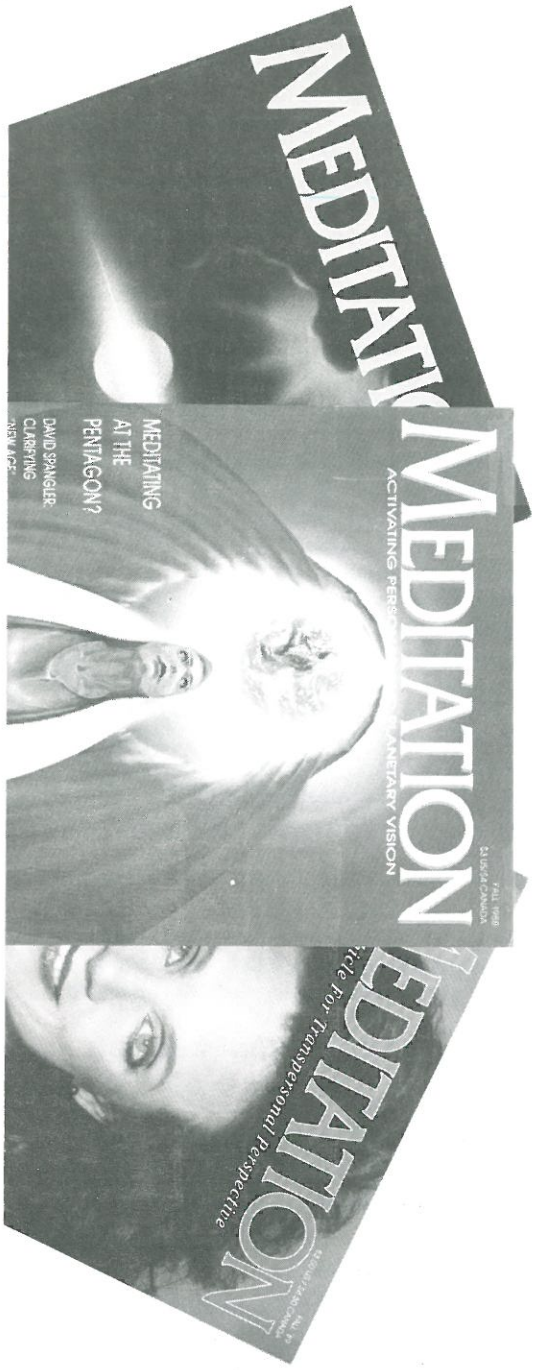
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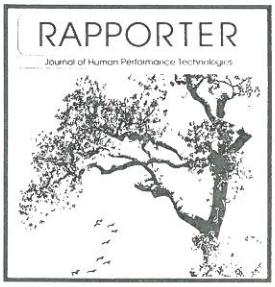
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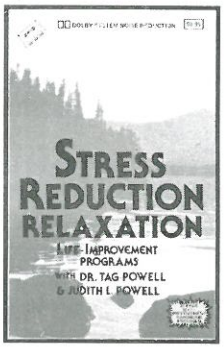
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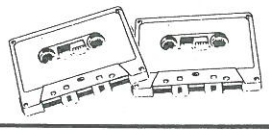
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SPECIAL FEATURE

DEATH TRANSITION PROCESS

By Frank Gruber, MD

NLP is a technology that is dedicated to helping people do what they want to do.

Recently a friend of mine was dying from terminal cancer. She herself was an NLP practitioner. She was swollen and bloated in the last throes of a terribly painful and prolonged dying process. She had been trying to die for some time and was struggling to let go. I was standing at her bedside. She looked up at me and said, "Use some NLP with me now and help me die." There was a quiet pleading in her eyes.

I was stunned! As a physician I try to help people get well. Sure everyone has to die, but not my friend. It's not time yet, is it?

I said I'd never thought about it. I was stalling. I needed time to think.

Around midnight several nights later, I went up to her room at the hospice. She was awake. Her husband had gone home to try to get a few hours of well-deserved sleep. A friend of hers was staying with her in the room, but was sound asleep. There in the darkness and quiet of nighttime hospital we worked the magic together.

I asked her to think about her Timeline and to float up over it. Then to float back into her past to times in her life that she had made transitions: leaving old jobs, new jobs, leaving old boyfriends, getting married. In fact, all the way back to the transition of being born — to experience exactly how it was that she chose to go ahead and be born.

She began to think about those times and to notice all the similarities in the way she made those transitions; what she did to prepare for transitions and, once prepared, how she made the decision to make the transition happen, now.

I asked her what she had gotten out of those previous transitions. She said, "Peace." That was the criterion or value that drove the previous transitions.

As we worked through the process she was smiling, surprisingly peaceful, and seemed not to be feeling much of the pain that had been her constant companion for weeks. She noticed that, indeed, there was a pattern to the way she made transitions. She understood how she made important changes in her life, and why.

I suggested she might want to look over and see her husband's Timeline running parallel to her own. She saw how the two Timelines intertwined through the years. She reexperienced the transitions of their meeting, their getting together, their conflicts, how they resolved the conflicts. She relived the transitions of how they'd said their small goodbyes: before trips, at night before going to sleep, and others.

Then she stood on her Timeline and she saw him standing on his. They held hands across the Timelines as she imagined their physical parting. All parts of her body said goodbye to him: her bones, her blood, her eyes, ears, arms, legs, her mind and her heart — everything said goodbye. All parts of his body said goodbye to her as well. "The physical bonding in long-term relationships is intense and bodies need to say goodbye, too," I explained.

Then — as she stood on her Timeline facing him and he on his facing her — she transitioned through her relationship with him in this life, using the same pattern she'd used for all the other transitions in her life. I asked her if she felt the same peace that the other tansitions in her life had brought her. She nodded her head yes.

She looked over on his Timeline and saw what his transition pattern was. Then she imagined him from his Timeline taking her through the transition using his usual transition pattern.

Having accomplished all that, she took the final step on her Timeline. Using the same pattern of transition that she'd used all of her life she took herself over the final threshold: death. I had her go forward on her Timeline — forward to the moment of her death. I asked her how far away from present her death was on her Timeline. She said, "Not far." A chill went down my spine.

I had her move through her death on the Timeline and experience what that would feel like. What she would hear, what she would see, who and what might be on the other side of this transition and to live the experience.

"One of the biggest fears in dying is what might be on the other side," I told her. "So let's rehearse the transition in a supportive way." I asked her if she was able to feel the peace she had felt as a result of other transitions. She smiled a yes.

She went to her funeral on her Timeline. She really seemed to like that. She'd planned that out carefully for weeks and it seemed to be going just as planned.

From that vantaged viewpoint she looked back over her life and saw what had been the theme and purpose of her life. Another relaxed smile crossed her lips. That's right.

She smiled and opened her eyes. We'd been holding hands and she patted my hand and thanked me. I told her how important she's been in my life and how much I loved and admired her. She told me the same. We laughed through the tears and decided we had a mutual admiration society. We said our goodbyes.

Three days later she was dead. She was a dear friend.

We all have to die. We may try to hide it — from ourselves and from others. Sometimes death is the final healing. This process was created for my friend, but I know she'd want me to share it. Maybe one day you can use it to help a friend or client when they can't seem to get across that final threshold.

RECAP OF THE DEATH TRANSITION PROCESS

1) Elicit Timeline

2) Elicit pattern of previous transitions in patient's own life

3) Elicit criteria (values) fulfilled by the transitions

4) Have patient notice the Timeline of significant others

5) Have patient notice transition times with significant others on her own Timeline and others

6) Have patient say goodbye to significant others — all parts of the body say goodbye (an important distinction)

7) Have patient run through transition pattern with significant others — be sure that experience fulfills her criteria (values)

8) Have patient see significant others running her through their transition pattern with her

9) Have patient cross over to the other side of death and experience that process including funeral

10) Have patient look back over her lifetime and see what has been the purpose of her lifetime and how she has fulfilled that purpose.

❐

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WORLD HEALING MEDITATION

In the beginning
In the beginning *God*.
In the beginning God created the heaven and the earth.
And God said Let there be light: and there was light.

Now is the time of the *new* beginning.
I am a co-creator with God, and it is a new Heaven
that comes,
as the Good Will of God is expressed on Earth through me.
It is the Kingdom of Light, Love, Peace and Understanding.
And I am doing my part to reveal its Reality.

I begin with me.
I am a living Soul and the Spirit of God dwells in me, as me.
I and the Father are one, and all that the Father has is mine.
In Truth, I am the Christ of God.

What is true of me is true of everyone,
for God is all and all is God.
I see only the Spirit of God in every Soul.
And to every man, woman and child on Earth I say:
I love you, for you are me. You are my Holy Self.

I now open my heart,
and let the pure essence of Unconditional Love pour out.
I see it as a Golden Light radiating from the center of
my being,
and I feel its Divine Vibration in and through me, above
and below me.

I am one with the Light.
I am filled with the Light.
I am illumined by the Light.
I am the Light of the world.

With purpose of mind, I send forth the Light.
I let the radiance go before me to join the other Lights.
I know this is happening all over the world at this moment.
I see the merging Lights.
There is now one Light. We are the Light of the world.

The one Light of Love, Peace and Understanding is moving.
It flows across the face of the Earth,
touching and illuminating every soul in the shadow of
the illusion.
And where there was darkness, there is now the Light
of Reality.

And the Radiance grows, permeating, saturating every
form of life.
There is only the vibration of one Perfect Life now.
All the kingdoms of the Earth respond,
and the Planet is alive with Light and Love.

There is total Oneness,
and in this Oneness we speak the Word.
Let the sense of separation be dissolved.
Let mankind be returned to Godkind.

Let peace come forth in every mind.
Let Love flow forth from every heart.
Let forgiveness reign in every soul.
Let understanding be the common bond.

And now from the Light of the world,
the One Presence and Power of the Universe responds.
The Activity of God is healing and harmonizing
Planet Earth.
Omnipotence is made manifest.

I am seeing the salvation of the planet before my very eyes,
as all false beliefs and error patterns are dissolved.
The sense of separation is no more; the healing has
taken place,
and the world is restored to sanity.

This is the beginning of Peace on Earth and Good Will
toward all,
as Love flows forth from every heart,
forgiveness reigns in every soul,
and all hearts and minds are one in perfect understanding.

It is done. And it is so.

The RAPPORTER *wishes to thank the Quartus Foundation for generously providing us with information about The Planetary Commission. For more information and up-dates on the effect of the ongoing World Healing Meditation, contact the Quartus Foundation, P.O. Box 1768, Boerne, TX 78006-6768. Beautiful color 11x17 World Healing Meditation posters can be ordered from them at a cost of only $1.00 each plus $1.25 posage for four or less.*

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