

INTRODUCTION: NEURO-LINGUISTIC PROGRAMMING

- No one really knows what the mind does.
- It does too much, too fast.
- We are not our mind and our mind is not us. (We know we are not our mind because we are trying to focus and our mind is singing some stupid song)
- NLP (Programming) is always Hypnotic.
- Hypnosis is seldom Programming

MIND CODING

- Whatever we are forced to do (like it or not) is based upon how the mind is CODED
- Think about it. There is nothing special about red or green BUT it DOES make the entire driving word STOP and GO in unison!
- We go on green and stop on red. Unless the kids are cranky or we are late for something, WE DON'T EVEN NOTICE!
- 11:41 at night and there is no traffic. We sit until the light changes and think NOTHING of it.

OUR MIND IS CODED TO GO ON GREEN AND STOP ON RED.

- Let's say you're driving... What, You've been driving for 25 – 40 years?
- You are driving and see a red light ahead. YOU DECIDE TO RUN IT!
- Am I really doing this?
- Am I really??

OH MY GOD I'm actually running this red light!!!!

- Your system will start freaking out just THINKING about disobeying the code.

CODE CONTINUED.... WILL POWER

- Many smokers get anxious just THINKING about quitting.
- A spouse get furious just THINKING about not arguing a stupid point.
- With WILL POWER though... That changes EVERYTHING
- With Will Power you can stop smoking, change diet, stop cursing in front of Grandma.
- Plan on using some Will Power. It is Powerful!

WILL POWER: STRENGTH AND WEAKNESS

- You can do ANYTHING with Will Power until... You forget to use it.
- You STOP SMOKING for instance; until that hunting trip or friend comes to visit and you forget to use it. ZIPPP! Right back to the old CODING.
- We want to change the code.

NO ONE REALLY KNOWS WHAT THE MIND DOES

- It does Too Much , Too Fast.
- Even reading PHD work on it, they say in the introduction, “We really don’t know what the mind is doing.” The bibliography might be 51 pages long.
- The mind is a pretty big deal.
- When you finally find REAL cutting-edge Mind Experts, They’re a couple of guys with messy hair. This side of their shirt is untucked.

THE INTERVIEWER ASKS....

So... If you do this, the Mind does this??

They nod solemnly.

But HOW????

They SHRUG and shake their heads.

So... If the MASTERS of the mind have no idea, We can take ourselves off the cross.

WE DON'T HAVE TO KNOW. WE JUST HAVE TO BE ABLE TO DRIVE IT!

- There are LOTS of things we don't know, and WE ARE JUST FINE!
- I don't know how my thumb nail grows. I just got to peel a sticker.
- I don't know what is happening in my transmission at 38 mph.
- I DON'T HAVE TO KNOW! I just have to go to Pasco.

LIKE A CAR, YOU DON'T HAVE TO BE A GREAT DRIVER

- You just have to get where you're going.
- When we drive a car, We don't have to be Great.
- On two wheels... Clown hanging out... People clap as we go by...
- NO, we don't have to be GREAT, we just have to get where we are going.

SO... CODING. HOW DO YOU CODE THE MIND?

- The mind codes on super simple principles.
- If that wasn't true, I couldn't do this for a living.
- Let's use the car example again....

ANOTHER CAR ANALOGY! SUPER SIMPLE PRINCIPLES

- A car operates on super simple principles. It goes....
- Forward/Backwards
- Left/Right
- Start/stop
- AND THAT'S ALL!

LEAVE A CLEVER KID IN A 74 PONTIAC....

- It's just a few hours and he can drive.
- Some HORN HONKING and SIGN LANGUAGE he'll get better
- But...
- Once he figures out that this does this and that does that...
- He can go to 7-11

SO... A CAR OPERATES ON..

- Forward/Backwards
- Right/Left
- Stop/Start

- We get the kids to the Roller Rink or to St. Louis and back on these super simple principles.

THE MIND OPERATES ON SIMPLE PRINCIPLES ALSO.

- The Mind codes based on what we ..
- See
- Hear
- Feel
- Smell
- Taste..
- Past, Present, Future...
- Real or Imagined.. AND THAT'S ALL!!

I'LL TAKE CARE OF THE TRICKY PART

- How you see issue might be...
- Close, far-away, color, black and white,
- A movie, a snap-shot...
- I don't know... We'll find it. And when we do....
- We're gonna change it!

REMEMBER DURING SCREENING....

- We went from what you were experiencing, what brought you in to see me and you had some pretty unpleasant feelings....
- All we did was move several years into future... **IN YOUR IMAGINATION...**
- And your entire body was flooded with a **COMPLETELY DIFFERENT** set of feelings.

YOU WILL FEEL IT IN THE MEAT OF YOUR BODY!

- That's why:
- If it feels like the PAST yucky feeling, (or even a cousin to it)
WE'RE NOT DOING IT.
- If it feels like the *AWSOME FUTURE*, (or even a cousin to it)
We will DO IT LIKE CRAZY!

ONE OF THESE THREE THINGS ARE GOING TO HAPPEN.. IN ANY ORDER

- You'll either say "Mr. Programmer, That makes sense but doesn't FEEL right".
- Then we're NOT doing it. We'll put it back where it was
- OR.. You'll burst out laughing. I won't know what you're laughing about but I'll laugh with you. It's fun but we probably won't use it!
- Or.. You'll say "Oh my God! That is perfect! If that happens, I'll be ecstatic!!"
- When THAT happens, we found a GOOD one.

FOUND A GOOD ONE! LET'S CHECK IT!

How does it feel when you think about this in terms of:

- Your Husband/Wife
- Your DR., Lover, Lawyer
- Accountant, Back-Cracker
- Kids, Grand kids, Mother-in-law
- Work, School.
- Does it work IN YOUR LIFE?

NOW COMES THE PROGRAMMING.

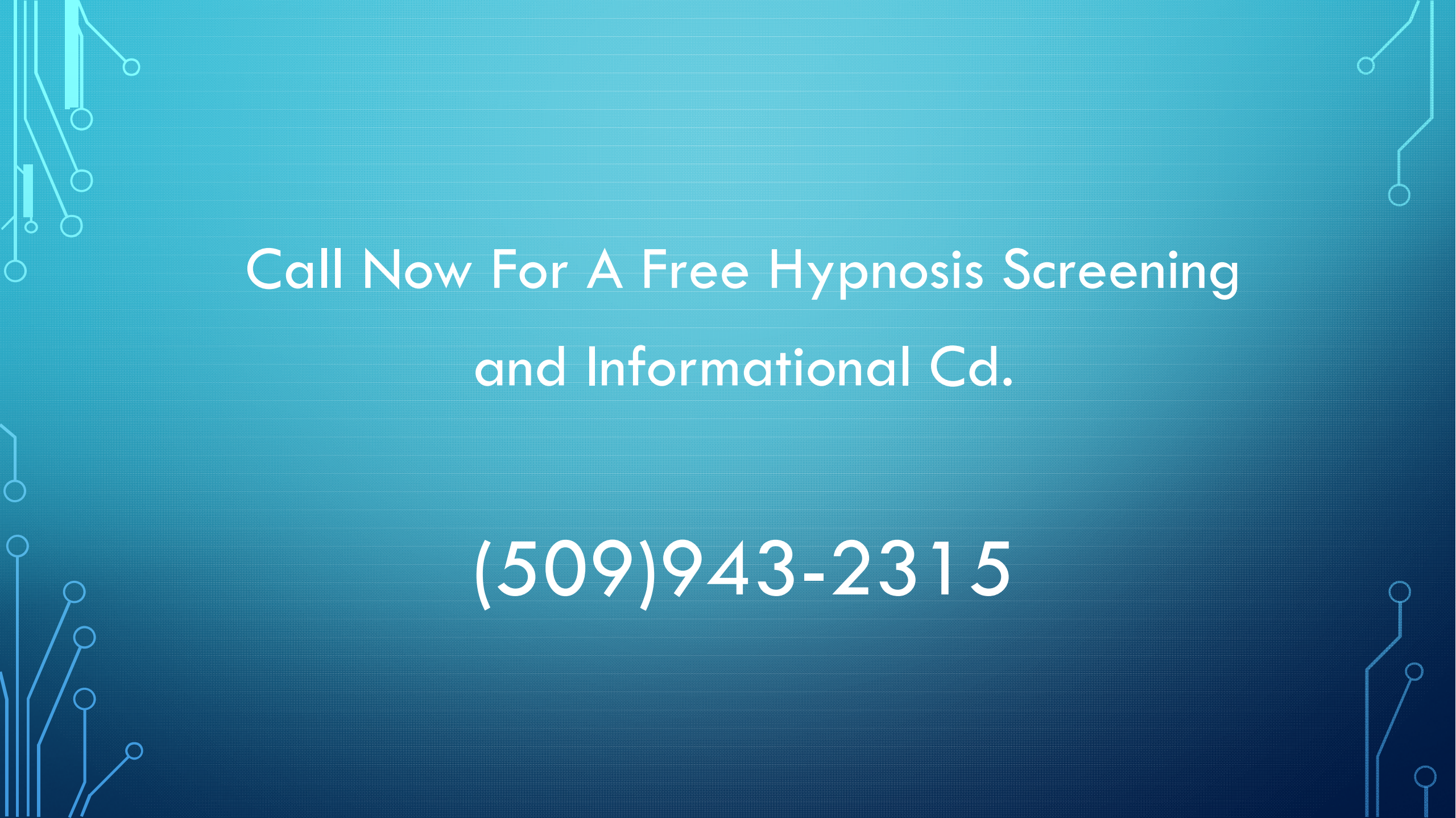
- We will practice the Decision (VERRRRRY important) See programmer for details.
- Go to a level JUST ABOVE SLEEP and MAKE THE DECISION while...
- FLOODING you with the WONDERFUL EMOTIONS from before.
- You'll notice the difference immediately..

PERFECT? PROBABLY NOT

- It doesn't have to be perfect, just un-stuck
- Programming and Hypnosis used together --- Quite Powerful!

SO... THAT'S WHAT WE DO HERE

- The implications of what this can do for your life are too BIG to ignore.
- Keep thinking about the Habits you want to change
- Share as Honestly as necessary
- Amaze yourself

The background is a dark teal color with a fine grid pattern. In the four corners, there are decorative white lines that resemble circuit traces or neural pathways, ending in small circles.

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