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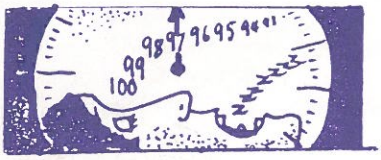
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Change is part of our nature



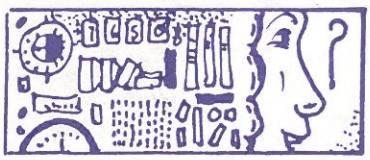
When opposites are in conflict



Pain-free experience in one minute



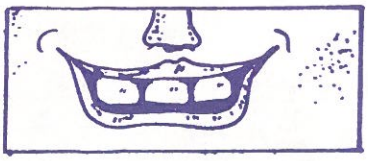
Decision making with a pendulum



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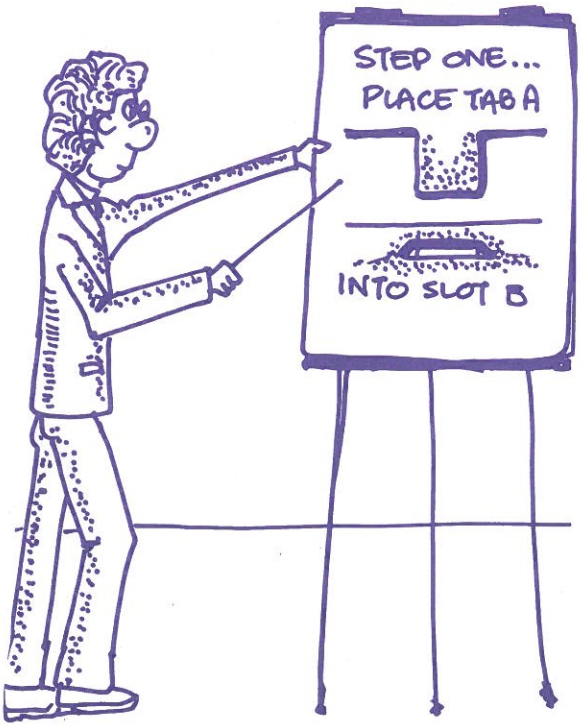
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RAPPORTER

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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Pamela Lieberman, Editor

Happy New Year! I decided to welcome 1992 with a new look for the *Rapporter* — as well as welcoming a new regular contributor and welcoming back some old friends.

Our new look is being achieved by using **Peter Joyes'** illustrations, calligraphy and creative input. Peter brings his light and fun-loving approach to all he does — and has a never-ending supply of creative ideas; you can sample for yourself the results of his (sometimes outrageously humorous) artistic abilities by sending for his mail order catalogue (see p. 19).

Kirk VandenBerghe is now reviewing books and products for us, so if you have a soon-to-be-published book manuscript you'd like reviewed, either contact Kirk (see p. 19) or myself. He'll also be reviewing audio and videotapes, as well as computer software.

Since our emphasis is on self-empowerment and integration, we're interested in materials containing techniques which assist in achieving this goal. And remember, you're not limited to the field of NLP; books, tapes, etc., covering the "new" areas of interest, such as educational kinesiology, as well as the "old" such as hypnosis, are welcome.

Of particular interest are materials combining several "disciplines" — for example, Ragini Michaels' book and tapes integrating NLP, traditional and Ericksonian hypnosis, and spirituality. We're interested in all techniques/ procedures that have as their aim integrating mind, body/emotions and spirit.

Additionally, if you've read a new book, seen a movie, heard a tape, that you think would be worth us reviewing, please drop me a line. (Thanks, Marc, for the message about *The Liquid Light of Sex* by Barbara Hand Clow — I've got it on order.)

Speaking of movies, my all-time favorite is Jim Henson's *Dark Crystal* — look in the children's section! Another one of my personal favorites is the comedy *Defending Your Life* with Meryl Streep and Albert Brooks.

Wyatt Woodsmall is back with the third part of his not-to-be-missed five-part series on Cybernetic Epistemology. This is an important series of articles — a "MUST READ."

Also returning in this issue is **Rene Pfalzgraf** with the article we've all been waiting for — 60-second hypnotic anesthesia?! I successfully use this technique on myself — it meets my criteria — it's fun, easy to learn and it works!

As you know, the *Rapporter* has an "outreach" program whereby we let you know of people living in areas where finding and obtaining self-empowering tools is difficult, so you can send them your old books, tapes, etc. So far we've aided an NLP institute in South Africa and one in Hungary.

Recently, during a conversation with **Anne Entus,** Director of Metaformation, Inc., the topic of her most recent trip to Russia came up and she shared with me a letter she had received from the NLP division of the Russian association of psychologists.

Anne said, "Conditions in Moscow have worsened considerably since my first visit in 1990, as yet, there is no upward trend in sight. I think it is difficult for us in the West to fully appreciate the incredible challenges facing the Russians in this period of transition and upheaval. The need for effective means to meet these challenges is great. Our Russian friends' enthusiasm for NLP is well worth supporting. Should shipping costs to Russia be prohibitive, I will be glad to take any forthcoming donations with me when I go back to Moscow in May."

Here's a reprint of that letter:

"Dear Colleagues,

"We are members of the NLP Division of the Soviet Association of Practical Psychologists. We would be very grateful for any NLP books, audio- and videotapes for libraries of our centers in Moscow and Novosibirsk. At the moment we have no access to foreign currency with which to purchase these learning materials. Thank you for your generosity.

"Yours sincerely,

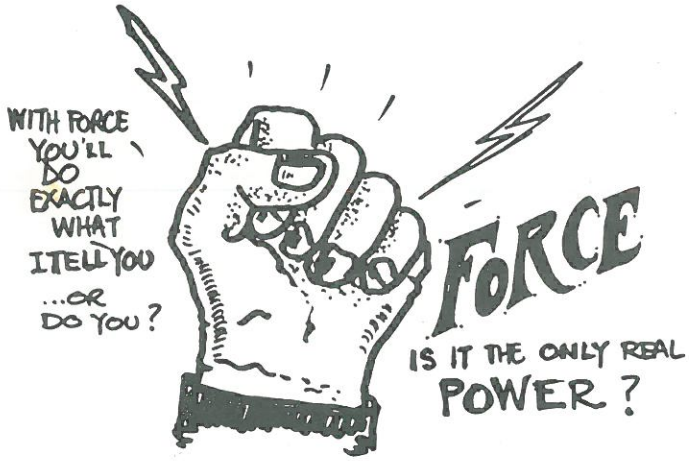
"Nina Golosova"

Address materials to Ms. Golosova at Sharikopodehipnikovskaya, Street 4C, Apt. 138, Moscow 109088, Russia or to Mr. Alexandr Arsenyev, P.O. Box 808, Novosibirsk 630112, USSR; or you may send them to Anne Entus (see p. 16 for address).

And to all of you who sent me cards over the Holiday Season, my heart-felt thanks — I do so appreciate you all!



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CYBERNETIC EPISTEMOLOGY

PART 3

DIALECTICAL LOGIC

by Wyatt Woodsmall, PhD

PROLOGUE

We have been studying the so-called laws of thought as formulated by Aristotle in the fourth century B.C. We have also discussed the critique of these laws by Alfred Korzybski and his followers in the discipline of General Semantics. Korzybski was not the only one to find fault with these laws nor was he the most influential person to do so. The other person to find fault with them and his followers have indelibly shaped the history of the planet for the last 140 years. Like Aristotle he was a philosopher and a scholar who was interested in the nature of society. His name was Karl Marx and his legacy included Engels, Lenin and a way of logic called dialectics, as well as a philosophy called dialectical materialism. This philosophy — which served as the philosophical foundation for communism — has shaped the thinking of half of the world for the last 75 years.

As discussed previously the Laws of Thought are:

1) The Law of Identity — everything is what it is; or A is A.

2) The Law of Not-Contradiction — a thing cannot both be and not be so and so; or A is not both B and not B.

3) The Law of the Excluded Middle — a thing either is or is not so and so; or A either is or is not B.

MARX

Marx also rejected Aristotle's laws of thought as being descriptive of a static and not a dynamic world. He was concerned with change and particularly with social change. Marx was influenced by the philosophy of Hegel. From Hegel he inherited two key ideas. These are that all development in general, and social development in particular, takes place through struggle and opposition and that the transition between important forms of society is by sudden leaps rather than merely gradual stages.

Marx worked closely with Engels who reformulated the laws of thought into the laws of dialectics. Dialectical thinking for Marx and Engels was a way to grasp things in their interrelationships and in the totality to which they belong, in the process of change. They believed that this process of being born and dying involved both conflicts and contradictions. They were also struck by the emergence of novelty and the sudden, even catastrophic, process by which this often happens. For Marx and Engels everything possessing any kind of reality is in a constant process of change and self-transformation, owing to the fact that its content is made up of opposing factors or forces, the internal movement of which interconnects everything and changes it into something else. Marx and Engels concluded that the universe reveals basic, recurrent patterns of change which are relevant to every level of existence. These patterns are expressible as the laws of dialectics. They are continuously validated by experience and serve as indispensable hypotheses in guiding further investigation.

LAWS OF DIALECTICS

Engels formulated the laws of dialectics as follows:

1) The Law of Transformation of Quantity into Quality

Changes in nature take place suddenly and abruptly rather than by gradual accretion. Gradual alterations in the quantity of something are not necessarily accompanied by a merely gradual alteration in its characteristics. The changes which take place in nature are not merely quantitative. Instead, their accumulation eventually precipitates new qualities in a transition which appears as a sudden leap in comparison to the gradualness of the quantitative changes up to that point. The new quality is as real as the original quality and is not mechanically reducible to it. It is not just a larger amount of the former quality, but something into which it has developed.

2) The Law of the Negation of Negation.

The series of quantitative changes and emerging qualities is unending. Each state or phase of development is considered a synthesis which resolves the contradictions contained in the preceding synthesis and which generates its own contradictions on a different qualitative level. Contradiction is what moves the world. Movement itself is a contradiction. Human progress occurs by means of destruction which leads to better things. Progress occurs through a process of continual destruction and amplified renewal.

3) The Law of the Unity and Struggle (or Interpenetration) of Opposites.

All existences are complexes of opposing elements and forces and have the character of a changing unity. This unity is always temporary and relative while the process of change, expressed by interpenetration and strife, is absolute and continuous. In the absence of tension, everything would remain static. The world consists of opposing forces overcoming and being overcome. Contradiction, or opposition, is the motive force both of natural and human history.

For dialecticians, logic is a science. Logic (dialectics) is the science of the thought process. In fact, what logicians do is to investigate the activities of the thought process which go on in human heads and then to formulate the laws, forms and interrelations which describe these mental processes. The laws of logic express representative features of the real world. They have both a material content and an objective basis. They are at one and the same time laws of thought, of society and of nature.

DIALECTIC CRITIQUE OF THE LAWS OF THOUGHT

What do dialecticians find wrong with the so-called laws of thought? The laws of thought emphasize the separateness and self-identity of each thing. Against this the dialectical laws emphasize the interconnectedness of all things and the self-development of each thing.

The Law of Identity states that a thing is always equal to or identical with itself or A equals A. To the dialecticians this is equivalent to asserting that under all conditions a thing remains one and the same. This, to them, is clearly not the case, because the unconditional assertion of the absolute identity of a thing with itself would exclude difference from the essence of things and of thought. Dialecticians accept the material fact that definite things, and traits of things, persist and maintain recognizable similarity amidst all their phenomenal changes. They agree that wherever essential continuity exists in reality, the law of identity is applicable.

In fact, all correct classification arises from the comparison of likenesses with unlikenesses. Such classification is the necessary basis and the first stage in all scientific investigations. Dialecticians agree that classification (the inclusion of things in the same classes and the exclusion of other things and their grouping in different classes) would be impossible without the law of identity. The law of identity directs us to recognize likenesses amidst diversity, permanence amidst changes, to single out the basic similarities between separated and apparently different instances and entities, to uncover the real bonds of unity between them, and to trace the connections between different and consecutive phases of the same phenomena.

Dialecticians emphasize, however, that an A all parts of which are always becoming not-A may thus be called not-A as well as A.

The Law of Contradiction states that A is not not A. Dialecticians feel that this is wrong if it signifies the exclusion of difference from the essence of things and of thought about things. The law of contradiction states that if A is necessarily always identical with itself, it cannot be different from itself. But, the dialecticians believe, difference and identity are completely different, utterly disconnected, mutually exclusive characteristics of both things and thoughts. They believe that it is a material fact that co-existing things and kinds of things, or consecutive states of the same thing, differ from and exclude each other. In short, the discerning of difference is as necessary for correct classification as the law of identity, and if the law of identity excludes this difference, then it is wrong. In dialectic logic the formula A is A and cannot be not-A becomes A is A and also not-A, that is, at or during the same instant. The dialectician believes that there is no instant during which nothing happens. Change is constant and identity is always relative.

The Law of the Excluded Middle states that everything is and must be either one of two mutually exclusive things. In other words, if A equals A, it cannot equal not A, because A cannot be part of two opposing classes at one and the same time. The law of the excluded middle holds that whenever two opposing statements or state of affairs confront each other, both cannot be true or false. A is either B or it is not B. The correctness of one judgement invariably implies the incorrectness of its contrary and vice versa. It is a fact that things oppose and mutually exclude each other in reality. To the dialecticians this ignores the fact of change and that a thing can have different characteristics in different circumstances.

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The dialectic method emphasizes that all things must be studied in terms of their histories. What is important is not the state that something appears in at the moment, but the rate, direction and probable outcome of the changes that are taking place as a result of the conflict internal and external forces. The necessity of observation and prediction is paramount.

DIALECTIC LOGIC

What then do the dialecticians intend to replace these laws of thought with? It is evident that dialectics bases itself upon an entirely different standpoint. Dialectics is the logic of movement, of evolution and of change. Dialecticians believe that reality is too full of contradictions, too elusive, too manifold, too mutable to be snared in any single form or formula or set of formulas. In fact, each particular phase of reality has its own laws and its own peculiar categories and constellation of categories which are interwoven with those it shares with other phases of reality. These laws and categories have to be discovered by direct investigation of the concrete whole. They cannot be discovered a priori by mind alone before the material reality is analyzed. The fundamental fact is that all reality is constantly changing and ever disclosing new aspects of itself. These aspects have to be taken into account anew and they cannot be encompassed in the old formulas, because they are not only different from but often contradictory to them. To the dialectician all formulas are always provisional, limited, and approximate, because all forms of existence are transient and limited.

Contradiction is the keystone of reality and dialectic logic. Dialectics proceeds from three propositions. These are the identity, unity and interpenetration of opposites:

1) The law of the identity of opposites or of quantity into quality or of transformation. A thing is not only itself, but another. A is not merely equal to A; it is also more profoundly equal to not-A. Also certain of the changes in nature take place suddenly and abruptly rather than by gradual accretion. Gradual alterations in the quantity of something are not necessarily accompanied by a merely gradual alteration of its characteristics. Sufficient changes in quantity may produce changes in quality.

2) The law of the unity (or interpenetration) of opposites. Everything is opposite. There is no abstract 'either-or' in reality as common thought maintains. All that is, is concrete, with difference and opposition within itself. In the absence of all tension everything would remain exactly as it is, since there would be nothing to provoke any change. Change takes place because the world does not consist of isolated, self sufficient, independent particulars, but of opposing forces overcoming and being overcome. Contradiction, or opposition, is the motive force both of natural and of human history. In short, opposing forces produce a transformation of the system which includes both of them. This is the only plausible explanation of why there is any development or change at all.

3) The law of negation of the negation. Contradiction, above all things, is what moves the world. Dialectics is the logic of matter in motion and thereby the logic of contradictions, because development is inherently self-contradictory. Everything generates within itself that force which leads to its negation, its passing away into some other and higher form of being. Progress takes place through continual destruction and amplified renewal. Out of what looks like death and destruction there arises something better and more various. Human progress is by means of destruction that leads to better things. The thesis overcomes its antithesis to produce something different from either of them which is the synthesis.

POSTSCRIPT

Dialectics seems undeniable. Doesn't everybody think this way? Yes, most people do, and therein lies the problem. Dialectic thought is not just confined to the crumbling communist order, but it is (and always has been) alive and well in capitalist society. Wherever change involves struggle and opposition dialectics is ever present.

❐

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Continues in the next issue with *Part 4 — A Critique of Dialectic Logic.* If you missed *Part 1 — The Laws of Thought* and / or *Part 2 — A Critique of the Laws of Thought,* you may order Issue 45 and 46 ($7 each in the US; $10 each, international), using the Order Form on p. 20.

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WHAT IS FACTICITY?

by Ragini Elizabeth Michaels

. . . It is in changing that things find repose. People do not understand how that which is at variance with itself, agrees with itself . . .
— Heraclitus, Greek Mystic

Facticity offers the opportunity to recognize the presence of Opposites as natural and creates the time to learn how to relate to this facticity in new ways.

There is not a particular new alternative, but rather an exploration of the ways in which existence, both inside and outside of us, manages to dance with the presence of Opposites in a rhythmic and harmonious fashion.

Nature somehow manages to allow change to occur. The leaves don't go into a tizzy when it's time to change their colors. They don't get upset and yell and scream and demand that they be red and not yellow. They just allow change to happen.

It's the same for Opposites. When it comes times for night to arise, the sun just moves into the womb of the night and gradually disappears, allowing the night its time. It's not a fight and it's not a struggle. We don't see a war going on in the sky with day shining brightly, flashing its brilliance madly, and night creeping up to reach out, attack and destroy the sun. That kind of dynamic isn't occurring. It is a very easy movement from one kind of expression toward its Opposite.



day and night

We can experience it with the tides. The water gets affected by an attraction of the sun and the moon and begins to move in toward the shore. Then, lo and behold, there's a shift in the attraction and the water begins to flow in the opposite direction. It doesn't seem to be a problem for the ocean to allow its waters to come in toward the shore and then go out again. That movement, which is obviously quite natural, is allowed and the ocean doesn't seem to get upset. Nor do the tidelands seem to rage in anger as the waters move away, or fuss in anxiety as the waters comes in.



There are many places in life where we experience the presence of Opposites co-existing in a complementary fashion, not as enemies, but as friends. Many times we assume the lower is against the higher or of lesser value. We forget, for example, the water lily or lotus flower rising above the water needs the presence of its roots, strong and solid in the muddy bottom, to support its journey upward toward the sky. And it is the flower that is actually the roots fulfillment, the blossoming for which it so courageously seeks out the nourishment from below.

Almost all of us have the *unconscious* assumption that the opposite of our good side is our enemy. Nobody wants to be ugly or hateful. Everybody wants to be beautiful and loving. There's even an old saying "God doesn't love ugly." These kinds of beliefs permeate the way we relate to everything.

Deep-level change (transformation) has a real possibility of occurring when the *unconscious* mind is allowed to use its own knowings about how life works in this pattern.

Right now, the unconscious mind automatically filters out excess sensory stimuli unnecessary for our well-being. If it didn't, even as you sit here reading, you would simultaneously be aware of all the sensations in your body, all the outside sounds, all the colors and shapes and light and shadows around you, all the smells and fragrances in the air, all the inner thoughts and feelings. You would be so overwhelmed with sensory input, you would be unable to read these words and understand their meaning.

In addition to this very natural filter which allows our conscious mind rest and freedom to attend to what is important to us in the now, there is a second filter. This second filter holds many instructions about how to sort, categorize and respond to the sensory input allowed in. This is a biological filter (it comes with the body/mind, already installed — part of the hardware) giving our unconscious mind basic instructions about how to relate or respond to life and its experiences.

This filter contains a very important directive that colors all of our life experience. This directive is called the Direction Filter and tells us how to relate to the Facticity of Opposites. It directs us to either move toward experience (generally positive), or to move away from experience (generally negative).

This directive to move toward or away cannot be obliterated or destroyed. It is obviously rooted in and necessary to our biology. In order to physically survive and procreate the species, it is essential we remain drawn towards pleasure and adverse to pain. However, applied to psychological survival, it simply doesn't work to produce the desired results of happiness and mental health.

At the psychological level, this Direction Filter results in behavior that tries to hold on to what is considered to be good, pleasurable and right, and behavior that tries to avoid what is considered to be bad, uncomfortable or wrong. This directive is incredibly important to consider because its power is being reflected in every single thought, word and deed a person experiences.

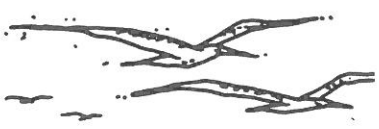
The Direction Filter is the single most important unconscious directive in determining our ability as human beings to psychologically "live in the now" and "go with the flow."

With this Direction Filter in operation, and the facticities of change and Opposites being what they are, the lasting acquisition of happiness or well-being as *perceived by the mind* becomes impossible. "What is" always changes and what's more, frequently changes into the very opposite of what it was — love into hate, compassion into anger, friends into enemies, pleasure into pain, life into death.

Generally, there is not an option at the unconscious level of the mind to accept the obvious reality of opposites as an intrinsic part of the fabric of life, or to allow relaxing into what is the most basic pattern of life experienced by us all the time.

Instead, we are unconsciously working to somehow get rid of or move away from half of our experience of who we think we are, and to stabilize and make permanent the other half.

With Facticity, we are working with the Direction Filter to give us new options about how to relate to the Facticity of Opposites. We will use that filter to shift our perceptions away from an Either/Or point of view toward a perspective that encompasses both ends of the continuum as natural and needed — *both* sad *and* happy, *both* up *and down*, *both* beautiful *and* ugly.



We can reduce our stress when we relax into the present and allow things that can't change to be accepted.

Your unconscious mind can learn . . .
and cause a change to occur . . .
an expansion of an understanding . . .
a new association of experience that was not there before . . .
and your unconscious mind can sort out all that experience that is your experience . . .
allowing you to see . . .
and recall the places where the opposites of life work together . . .
like a whole . . .
circle that has a beginning . . .
and where there's a beginning . . .
there must be an end . . .
and in the circle . . .
can you find the beginning . . .
can you find the end . . .
as the circle goes round . . .
and the opposites . . .
create a whole . . .
circle of completion? . . .

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Facticity helps us evoke our outer experience of Opposites to help us learn *how* to relate to the inner experience of Opposites in a different manner. Existence shows us again and again how Opposites relax with one another — how they work with one another — how they're essential to one another — how each gives birth to the other. That is the flow again and again. The more we see that and hear that and feel that, the more the unconscious mind is willing to use *that* experience as a guideline to create new behaviors.

The more we become aware of the Facticity of Opposites and their complementary nature, the more we can relax into our human nature without a fight.

As we become more aware of Opposites, we become more aware of the paradoxical nature of being alive. The Direction Filter that sorts our experiences into either for or against makes it seem logically impossible to accept life as both light and dark, both pleasurable and painful.

The experience of Opposites *through the mind* does exist and becomes paradoxical when the mind realizes Opposites are actually complementary rather than in opposition. Fortunately, the unconscious mind, through its experience of patterns, can be re-educated to relax into paradox and to relax with the security of knowing constant change and continual movement to be the natural flow of life experience.

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There are places where Opposites also happen simultaneously as well as in a flow back and forth. For example, there are muscle fibers that relax and ones that contract in the same muscle. Muscle tone is built on the ability of the fibers in the muscle. Most of them are relaxed, but the tone is due to a slight contraction in a certain number of fibers. Opposites happen simultaneously when a bird is sitting on the limb of a tree. He is holding on while at the same time letting go as the limb moves with his weight or with a breeze arising from the wind. Both are in operation at the same time.

However, whether energy is flowing from one extreme toward its opposite, or manifesting both expressions simultaneously, there is always that place where the energy is changing its shape of expression from one form into another.

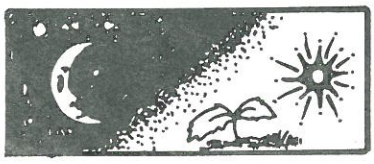
Because there is a flow, there is a place where balance can be found. There is a center point at which a person can come to resting, engaging in the experiencing of re-creating balancing while allowing this flow to happen without discomfort or displeasure.

Now, your unconscious mind can begin
to prepare . . .
to lovingly and respectfully . . . join hands . . .
with that vast reservoir of your experience . . .
unnoticed before . . . important now . . .
to allow a whole new way of relating . . .
to begin being created . . .
and it will be your way of relating . . .
as that center point emerges . . . more clearly . . .
solidly firm . . .
in harmony with the rhythm of each step . . .
allowing that comfort and pleasure . . .
as the flow happens . . .
and you rest . . .
in that centered place . . .
inviting the balancing to arise . . .
freeing the dance to unfold . . .
and the circle of completion . . .
to complete . . . again and again

❐

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From the just-released book, *Facticity — A Door to Mental Health and Beyond*





FATE, THE DREAM WEAVER

by Dr. Judith Powell

All things happen according to Destiny, which in and of itself is necessary. Real thought pervades the All Void and is its very essence. Thought is one with Destiny. Destiny is duty — the role you play in upholding your end of the contract; to act out your script according to the contract made with Fate. Your Destiny is predetermined by your past actions (knowledge), which I term Soul Matrix, combined with whatever skills are necessary to accomplish that destiny in the world's time frame in which you will live.

Who, what, when, where, and how we are born is woven into our tapestry. Perhaps that is why Astrology and Numerology seem to be so close to our personal characteristics — nothing really mystical, actually logical. For time, space and matter are the stuffs that Fate can use to spin her yarn that will be used in the tapestries. Mind you, Destiny is only a design; a pattern in the tapestry, not the complete us. Our thoughts/reason can go beyond the pull of the stars or moon — and even beyond the pull of the threads in our personal tapestries. THINK.

What if your Destiny script was to be poor and to be hit and injured by a drunk driver . . . . who then sobers up . . . . researches to find a cure for cancer, and thus helps millions of people live out their dreams? So be it.

Stop right there. You don't want your life to be a total failure! In and of itself, the word "failure" does not exist where Destiny is concerned. You will accomplish either one or more of your destinies in a single lifetime. Or you fulfill none of your past or present Destiny scripts — you therefore become a witness for Fate to use to help another fulfill their Destiny. No matter, in any case you are good for something and therefore a success.

Fate is (loosely) pulling your strings. You cannot change Destiny already made; however, the future may be changed by first listening and submitting to, and then embellishing upon the Destiny already provided, by working out duties and changing your thinking. LISTEN.

Let's go back to the hit-and-run drunk driver scenario. So, your Destiny was to be hit by a car. Well, it doesn't have to stop there. You fulfilled your one duty, now you can search out new patterns which need to be started or can be completed in this lifetime. How you take it from there is your decision. It is up to you and your thoughts and actions. After this "accident," you can spend the rest of your lifetime accomplishing nothing more or you can build strength in purpose . . . . overcome obstacles . . . . thereby adding greater depth of character to your Soul Matrix. (Remember the pop singer Gloria Estephane?)



DISCOVER YOUR PERFECT MATE

By Dr. Judith L. Powell

Do you want to find your PERFECT MATE? Do you want to enhance the relationship you are already enjoying?

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SUCCESS COMMENTS

"I finally discovered that the kind of person I was looking for was not really the kind that was best for me. I was setting myself up for failure in love all along. Now it's my turn to really discover my perfect mate." J. D. (Teacher)

"I found my perfect mate at a seminar, and I programmed my mind for a millionaire! We were married shortly thereafter, and we've been travelling ever since." M.S. (Real Estate)

"I found my perfect mate—Dr. Tag Powell—in three months! I know that I can help you find your love, too." Dr. Judith L. Powell

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Who knows what other contracts with Fate that you made and can fulfill this time around . . . . for you WILL carry out any contract — woven either in the lifetime in which it was actually made or in some future lifetime. (When it is a "leftover Destiny" and not so pleasant a contract — it's called a monkey wrench! When it's a "positive contract" we say that we're on a roll!) DECIDE.

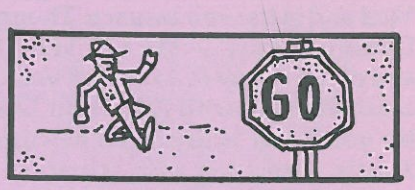
Let's say that your overall Destiny is to be on the stage. That can mean a lot of things: becoming a professional speaker, a TV/movie/play actor, a dancer, a preacher, a singer or even a writer for the stage. Which way you go is a combination of integrating your Soul Matrix (ever-changing past knowledge) with present environment which can be superseded by your current thinking followed by action. And since you are constantly changing, so, too, can your environment be changing. That is, you can for a portion of your life be a dancer . . . . who becomes a dramatic actor . . . . who begins singing in musicals . . . . and who then moves into public speaking engagements. Your whole world would then become the stage. (Shirley MacLaine is an example.)

It may at times feel as if we are living life for the entertainment and amusement of Higher Intelligence . . . . as if we are being watched on TV! In a way, that's true. (It could be that Higher Intelligence gains experience vicariously through our actions in the physical. Who knows.) Destiny may take on the mask of a soap opera, a comedy, a tragedy, a romance or a mystery. So whatever tapestry Fate weaves for you, wrap yourself with dignity and pride. Take no notice of "positive" or "negative" situations for they are both the same — just experiences, for in the Soul Matrix, no emotions remain. ACT.

Each lifetime is to be lived to have TRUE experiences . . . . leading to real knowledge, not just information — the results ultimately being incorporated into your Soul Matrix (your "star" in the making) . . . . until that time when your cup runneth over. When your template is complete for this plane level, you move on to gain knowledge on a different level, but in the same format — TRUE THOUGHT IS KNOWLEDGE. BECOME.

You can now see that you are a partner with Fate. Never feel that you have no choice. You have choices before and after taking physical embodiment. Sometimes you feel as if you are in limbo because you forget to complete the process: to Think . . . . Listen . . . . Decide . . . . Act . . . . Become.

Until next time, keep your thoughts pure . . . . and BECOME . . . .



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This article was excerpted from Dr. Judith Powell's forthcoming book.

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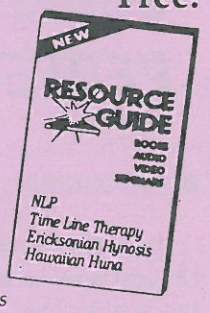
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The Care and Feeding of the Wild Pendulum — Part 2

by Dr. Tag Powell

In the last issue we covered the creating and choosing of your Pendulum; this month we will move into using your personal psychic tool.

My First Experiences with the "Magic Pendulum"

My first Pendulum was purchased when I was about 10 or 12 years old, from Johnson Smith Company. The instructions said that I could tell the sex of a chicken egg by holding the Pendulum above the egg. As I could never figure out why anyone would really care about the sex of an egg, I quickly lost interest in the "Magic Pendulum."

The next time that a Pendulum came into my life was when I was selling *Grit* newspapers door to door. A person tried to sell me a complicated allergy tester. This was truly an interesting set-up: a briefcase that contained about a hundred little vials. These were to be held in the fold of the arm at the elbow, while the other hand held a Pendulum over a special area marked with a drawing similar to a target. At the time, I felt this was probably as useful as determining the sex of an egg. As I think back, I realize that it was a beautifully made professional instrument set-up, and I have often thought of making one.

Why it Works

The latest research involving the function of the left and right hemispheres of the brain opens the door to the understanding of this phenomenon. Critics of the Pendulum have long said that the control and movement was completely caused by the Pendulist. And today, I totally agree with the critics. I think the point that they are missing is that the Pendulum movement is caused by the very slightest movement of the muscles, a micro-neuromuscular action that is not neccessarily under the conscious control of the Pendulist.

The true Pendulist has no conscious control over the movement. The action is coming from the thought energy in the inner conscious, the right hemisphere, that travels throughout the nervous system. Impulses are sent through the ulnar nerve to the fingertips causing the Pendulum to move beyond conscious, physical control. Of course, we can only theorize how it works, while keeping in mind that it *does* work.

How to Program Your Pendulum

Some people insist that you allow the Pendulum to program itself, and this may be so. Also some belive that the answers are determined by the Pendulum making a circular motion to the left or right. What you are about to learn has been successful for thousands of people we have trained. The final answer is, of course, use what works best for you.

To program your Pendulum, start by holding your instrument's suspender between your thumb and the first two fingers of your hand. I like about five inches from the top of the suspender to the Pendulum; you might want to play with different lengths until you get the best length for you. Brace your elbow (on a table or in the cup of your other hand), as sometimes you would do if you were working for extended periods of time.

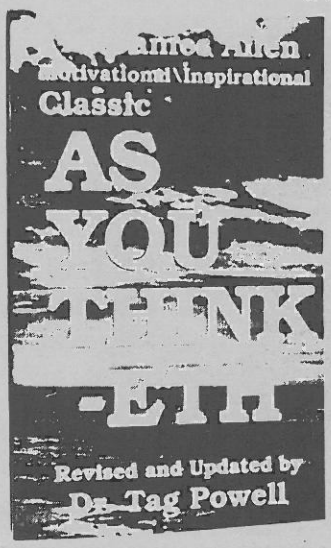
The next step is to program your Pendulum. This is accomplished by telling your inner conscious what is expected of it. First, program a "Yes" answer. Swing the Pendulum away from the body and then back toward the body, all the while thinking "Yes." The backward and forward movement is the closest equivalent to nodding your head in a yes fashion. It might be a good idea to nod your head "Yes" while swinging the Pendulum, and at the same time thinking or saying, "Yes."

Sense it! Feel it! Know it! Pretend it! Keep swinging the Pendulum back and forth thinking UHUH! Think absolutely! Think positively! Think Yes! Yes! Yes! Relax and think Yes. Go to a meditative state, keep the Pendulum swinging back and forth, to and from the body, while thinking YES! YES! YES! You have now programmed your Pendulum (and your inner concious) as to what constitutes a Yes answer.

Now is the time to become noble. (To be noble is the ability to say, "NO" without guilt.) Program your instrument to say "No."

Swing your Pendulum from left to right while thinking NO! Keep swinging from left to right, while shaking your head NO, and thinking NO. Keep the Pendulum swinging right to left thinking, saying, moving your head NO! NO! NO!

AS YOU THINK -ETH



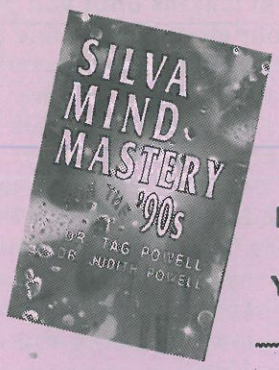
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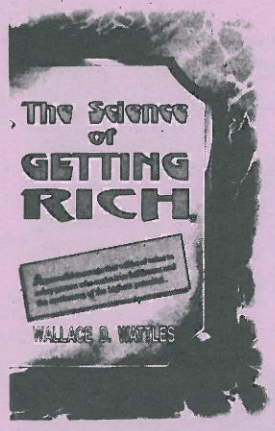
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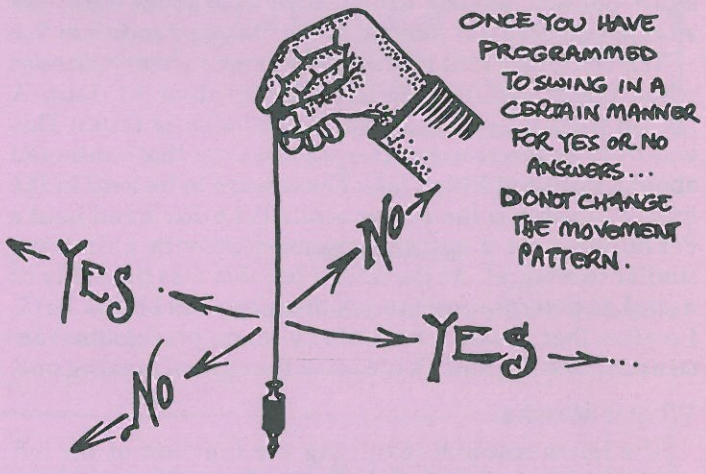
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Sense it! Feel it! Know it! Pretend it! Keep swinging the Pendulum from side to side, thinking NO! Think negatively! Think No! No! No! Relax and think No. Go to a meditative state, and while keeping the Pendulum swinging from side to side, right to left, think NO! NO! NO! You have now programmed your Pendulum (and your inner conscious) as to what constitutes a No answer.

Check your Pendulum by asking it a question that can have a Yes or No answer. "Am I at home?" "Am I in Egypt?" "Is it nightime where I am?" "Is it daytime where I am?" Once you ask these questions, you will have programmed your basic Yes and No answers. A word of caution — once you have programmed the Pendulum to swing in a certain manner for Yes or No answers, do not change the movement pattern. This will only confuse your inner conscious, and weaken your results. Always keep the same program; always keep the same symbols for Yes and No.



Your Pendulum is now ready to go to work. Dowsers have reported that the Pendulum is the best method to test if you are allergic to certain foods, to test if you really need vitamins, to test which vitamins you need or to solve any question which requires a Yes or No answer.

Look for ways to use your pendulum. Use it every chance you can. You will sometimes get the correct answer and other times you may fail. Remember, you are probably still controlling the swing. Practice .... Practice .... Practice .... Practice so much that you learn to relax and not to question the results or control. Build your confidence by many, many applications.

In the next few issues you will be ready to learn dowsing for good health for yourself and others, map dowsing and how to make pendulum meters.

Creating, choosing and energizing of the correct Pendulum for you is very important. If you did not read last issue's article, *The Care and Feeding of the Wild Pendulum — Part 1*, you may purchase it by ordering Issue 47 for $7.00 (US), $10.00 (international) using the order form on page 20.

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These articles are part of the forthcoming new book, *Taming The Wild Pendulum*, to be published by Top Of The Mountain Publishing, Largo, Florida.

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The Structure of Delight

by Nelson Zink

Reviewed by Kirk VandenBerghe

When I received my review copy of *The Structure of Delight*, I was a bit surprised. Given the title, I had expected a book full of diagrams, definitions denominalizing delight, "how to" instructions (Seven Easy Steps to Having Delight in Everyday Life), stories about why delight is so important, etc. Fortunately, that is not the book I received and as I began to read, my surprise turned to curiosity.

The Structure of Delight is an intriguing tapestry of stories, metaphors and poetry. All are woven together around the central theme of learning and growth. A young man named Jay encounters a very wise mentor — a modern shaman named Noom. The southwestern desert provides a fitting backdrop as Jay's map of reality is gently poked, prodded, stretched and, eventually, enriched in a profound way. However, the desert isn't the only stage on which the story is told. Readers will travel to the outback of Australia where they will sit around the campfire of sage Aborigines, journey back in time to share in the inner workings of an extinct Indian tribe, enter the classroom of an eccentric and astute professor of engineering, work the fields under the mindful gaze of an old woman and her mule, hear the poems of a 400-year-old Japanese mud carp — metaphors within stories, within stories. The stories are not random truths thrown against the wall to see what sticks. They are elegant expressions of many of the old "standby" NLP models and techniques, plus many other useful distinctions. Hidden within the teaching tales I recognized the NLP presuppositions, framing, time line, logical levels, chunking, beliefs, boundaries, systems theory (versus cause-effect), rep systems, sub-modalities, the metamodel, strategies, universal modelling processes, state control, attention training, perceptual positions, the phobia cure, time distortion, future pacing, internal dialogue tips — to name only a portion. What I find to be beneficial is how the author incorporates these NLP subjects into interesting and diverse contexts. Multiple description provides a richer set of distinctions, thus enriching one's map and making more choices available.

There are many light moments in the book. My favorites were the interactions between a much younger Noom and a mule named Boondoggle, as in the following excerpt:

> Early in life Boodoggle developed a habit of relaxing while standing. His eyes would glaze and his ears would flop to the sides until they stuck out straight to the sides. In this state the mule would be noticing nothing in particular and everything in general. He found that he spent most of his time waiting on humans and Boondoggle developed a deep patience. There were many who thought Boodoggle an imbecilic with his glassy eyes and sagging ears but they were mistaken ... Boondoggle took delight in biting the boy. And it was only after Noom began to remain alert to his surroundings that he could avoid the quick teeth. The mule seemed to have an uncanny ability to tell when Noom's mind was wandering and used these lapses to land another well placed nip. Most of the time the mule seemed sleepy and detached, but between those long gray ears an ever watchful brain crackled.



My only criticism of the book is that it is written from a narrator's perspective. I would have found it more compelling if it were written from the point of view of whomever was learning at the moment. To enter right into their heads and hear their first person inner dialogue would have made the experience even more engaging. Nonetheless, *The Structure of Delight* by Nelson Zink is a wonderful contribution and is recommended for those of you who would like to re-experience in a new way that the map still isn't the territory.

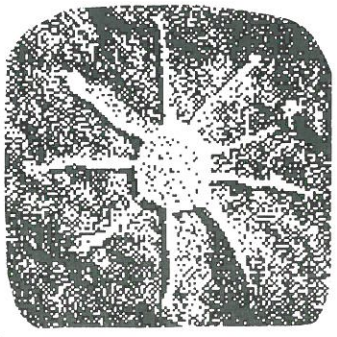
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***The Structure of Delight* is** a book about learning and change that is also a constellation of stories which engross and amuse while illluminating.

From the ancient solitudes of the high Southwest to the deep mines of Australian Outback to a river in Japan, these mythical stories remind us that wherever we are, we are in the inner universe of our own minds.

"The most joyous fact that I have ever run across is that minds are changeable. We can change our minds. What a remarkable discovery. When each of us really makes that discovery for himself the world becomes new and fresh and original. If you can change your mind then you can change the world. It's as simple as that. If you can change the meaning of one small seemingly insignificant thing then you can know that is is possible to change the meaning of everything."

from *The Structure of Delight*



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HYPNOTIC ANESTHESIA IN 60 SECONDS



by Rene Pfalzgraf

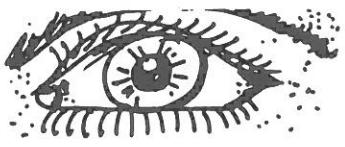
In this article you will learn the basics of producing hypnotic anesthesia. The method which you will be learning is based on the work of Dave Elman.

During the 1960s, Elman trained doctors and dentists in hypno-anesthesia techniques. He had decided that no doctor would use hypno-anesthesia, no matter how complete and effective it was, if it took 15 minutes to produce. When he first began to teach these people, he would allow them three minutes to produce a deep enough state of trance from which anesthesia could be consistently induced. Later he decided to change the amount of time allowed to produce hypno-anesthesia, so he gave his students just 60 seconds.

The ability to hypnotize someone and to produce full anesthesia in less than 60 seconds requires precise and effective procedures, and the fact that Elman's students were successful attests to the viability of the procedures.

So if you are ready, it is time to begin to learn how to produce hypno-anesthesia in 60 seconds or less, but when you are doing this, you will want to ensure that the client is going "deeply" enough into trance. In the Elman induction there are several tests which allow you to verify that the client is moving along properly and will be able to produce full anesthesia when requested. It is also good to keep in mind that research has shown that with a few well placed suggestions before administering chemical anesthesia, it is possible to produce full anesthesia with only 10 to 35% of the amount of chemical anesthesia which would have been expected to be needed. With this information you are now ready to begin the first step.

The first step is the ability to produce eye closure.



There are many ways to produce eye closure. You could ask the person to begin to have their eyelids become very heavy, so heavy that each time they blink their eyes they may want to let their eyes stay shut, and that they may begin to notice that after they have blinked their eyes, the weight of their eyelids increases and that the more they blink their eyes, the heavier their eyelids become until they just blink their eyes and their eyelids stay closed. Now, you could do that or you could use the method which I regularly employ, a method which always works, and works rapidly, a method which is straight-forward and effective.

When I would like to have my client produce eye closure, I look at them and say, "Close your eyes." It is amazing. With this straight-forward technique people close their eyes and their eyes stay shut. Once you have their eyes closed you are ready for the first test which is you want them to try in vain to open their eyes.

The presupposition of "try" is to do it unsuccessfully, and by telling them to "try in vain" you have reiterated that you want them to have their eyes remain shut. So you will tell them to pretend that their eyes are locked shut, so that in a moment when you ask them to open their eyes they will find that their eyes stay shut. Once you have given them those instructions, you ask them to try to open their eyes. Their eyes will remain closed. You only have to have them try for an instant, and once that is over, you can say, "That's right and thank you."

So at this point you have produced eye closure and tested it. And you have established that the client is willing and able to carry out the instructions given, and that they are doing something which is requested even though it would be possible for them to do something else. This is very important because you are beginning to set certain presuppositions in motion which will allow the client to produce anesthesia quickly and effectively as you continue the induction.

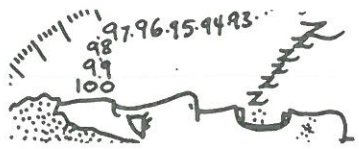
The next step is to increase physical relaxation. You can have the person relax their whole body allowing the relaxation to flow from the top of their head to the tips of their toes and that when they do they might notice that their arms are relaxing completely and totally. After you have given these instructions and you have begun to notice the unconscious communication from the client which lets you realize that they are relaxing more and more, you are ready to do the next test to ensure that the person is sufficiently relaxed physically. The test that you will do is the arm drop test.



In the arm drop test you will let the client know that in a moment you will reach over and pick up their arm by the wrist and that you will lift it slightly and then let it go, and when you let it go the arm will drop back as if it were a limp wet dishrag. Now you want to make sure that you only lift the arm just a little distance and that you let go of it quickly, and that you notice if the client resists or assists you in any way or if the arm hesitates when released because any one of those would mean that they are not yet relaxed fully enough physically.

If they are not yet fully relaxed physically, you simply ask them to continue relaxing more and more so that in a moment they might begin to notice that they had relaxed even more than they had been aware of before so that each passing moment allows them to relax more completely. Once you have done something like that you will then do another arm drop test, and continue this procedure until they are relaxed enough, which usually requires just one time through because most people would like to be fully relaxed and comfortable and they are most willing to just let go and relax completely simply because you have asked them to do so.

Once you have passed the arm drop test, the next step is to have them relax mentally. For the mental relaxation you will have them count backwards out loud from 100. Now, when I originally learned this technique, I had people count backwards, and with each number their mental relaxation would double, until by the time they reached 96 they were so relaxed mentally that all of the numbers had disappeared. Later, after reviewing more of the material on Elman, I learned that when he would do this induction all the numbers would disappear by the time the client had reached 98. You may choose either number, but keep in mind that by the time they reach 98 they can be more than relaxed enough to have all the numbers disappear.



At this point, you will ask them if all the numbers have disappeared. If they have not, you ask them to start again counting backwards from 100 and allow themselves to relax even more. This is also the point where pseudo-somnambulism (Elman's term) occurs. If the person mumbles or does not answer you when you ask them if the numbers have disappeared, the person is very relaxed physically but not relaxed properly mentally in order to produce anesthesia. It is very important that the numbers disappear or that the person is able to forget their name, birthday or something which they would normally be easily able to remember.

Once you have produced this state, you are ready to proceed. And even though any self-respecting Ericksonian hypnotherapist would wonder about what Elman would say next, it is good to keep in mind that the way that Elman would test his subjects when he was doing a demonstration for his class was to have a dentist come up and take a dental probe and jab it into the subject's gums. So even though the next suggestion is short and seems to fly in the face of some Ericksonian wisdom, trust that it really doesn't, because the Ericksonian wisdom is only part of the story, not all of the story, and simply say to your client, "Now that all of the numbers have disappeared you won't be able to feel anything."

Since you are already aware of the fact that 93% of your communication is other than the verbal content, it would be wise to deliver this communication with the 93% firmly and congruently saying, "Go fully into anesthesia."

One of the things to keep in mind when you are communicating in that way is that there are some very important differences between Erickson's delivery style and that of Elman. The first is, the speed at which Elman moved was much faster. The second is that Elman was much more directive, and the third is that with speed, the subtleties of other-than-conscious communication, which are a hallmark of Ericksonian techniques, tend to disappear.

So when you are giving this suggestion, you might want to remind yourself that one of the reasons Milton

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Erickson spoke very slowly was because half of his tongue was paralyzed, and that speaking quickly can produce hypnotic trance just as effectively as speaking slowly, but that in order to learn how to do that you will have to model someone who can, and Elman could. And then allow yourself to speak a little more quickly than you might have before and allow the content to become more important by toning down your other-than-conscious communication so that their unconscious mind can begin to realize that it is supposed to do what it is that you have just said, and that although the deep structure and the surface structure are going in opposite directions, the surface structure is the important one this time.

With a little practice you will be able to do this for yourself as well as being able to effectively guide someone else through this procedure. Also allow yourself to keep in mind that Elman would teach his students over a period of weeks, having them watch what he was doing, and then practice, and then go home and practice a great deal more, because Elman knew the importance of the 93% of the communication even though no one had ever made it explicit in the way the NLPers think of it. And because he knew the importance of the 93%, he realized that the more you practice successfully the more consistently you will begin to expect success. So as you practice more, the more successfully you will be able to apply what it is that you have learned here, and you will begin to realize that as you practice more and more successfully practice, that as you do that, you will also begin to expect success when you are doing this, and the more you expect success, the easier it will be to produce success as you are doing this more and more.

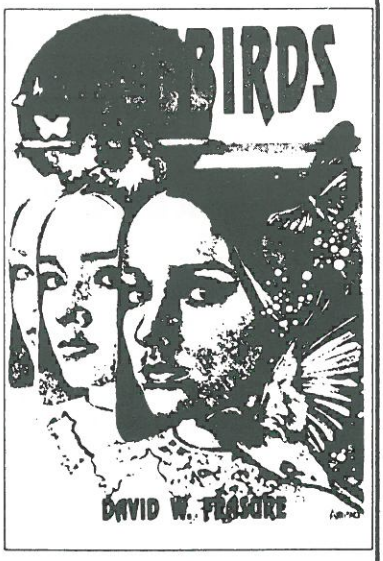
So practice regularly, until you have mastered what you have just learned, and then you might begin to look forward to what you might learn next when you open future issues of the *Rapporter* and begin to read my future articles.

❐

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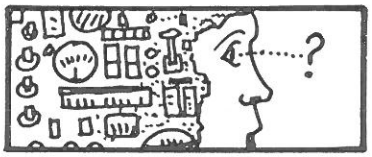
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HUMAN DYNAMICS

Part 2 — Memory



by Tim Loebs

In the first part of this article, I talked about opening up to and beginning to walk down my "true path." I had a deep inner knowing about this path, but only had glimpses or fragmented pieces and lacked much conscious understanding of life and living and the path I was to take which would lead to my greater fulfillment.

I talked about three frames: the personality, the trinity and energy. These three aspects make up what I call "Human Dynamics." It is within these three frames that the individual comes to understand or attempts to understand the "who and what I am." This is the identity question that pops up from time to time as we go inside and wonder about our life, seeking meaning and purpose and making sense of it all.

First, let's back up a bit and go back to the beginning of our experience in this lifetime — back to birth. No, let's go back to conception. I think it's a good point to start at because at that point, our reality — from a Human Dynamics standpoint — begins as a single cell with all of the genetic coding received from the father and the mother. Excluding any malformed deviations in the genetic coding, the cell divides and grows in harmony and balance with its surroundings. The intelligence with which it does so and how the cells know their functions exactly is, to say the least, incredible! This continues on until the birthing experience and the individual is exposed to a somewhat foreign environment.

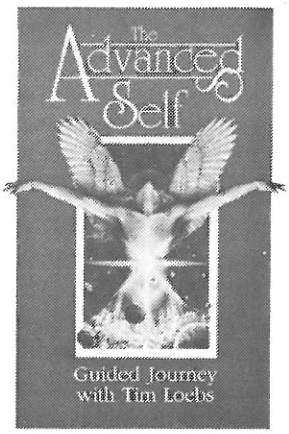
It is my opinion that the development of the Human Dynamics of the personality is already well under way at this point and in such a way as to effect the individual later in life. I base this opinion on recent research demonstrating that we are a quantum mechanical device, that each cell in our body has inner intelligence and is linked to and in communication with every other cell. When we are happy, every cell in our body receives that information and responds accordingly. When we are not happy, the same occurs. (*Quantum Healing*, Deepak Chopra, 1989)

It is well known that we are all products of our environment and that we respond accordingly to sensory informational impulses from our environment, both internally in the womb from the mother and also from outside the womb in the environment in which the mother lives. This may sound farfetched to some (and did to me initially), but I was given some evidence of this with a client I was seeing. In searching for the root cause of a particular feeling via Time Line Therapy, the individual said it was during the early months of pregnancy when they were in the womb. It turned out that there had been a significant traumatic event occurring in the mother's experience, as verified later by the parent.

This leads to the logical conclusion that not only do the cells have inner intelligence, but that sensory informational input is stored in the memory of the cells and is passed on from generation to generation as the cells go through the life/death process. Deepak Chopra mentions that 98% of the cells in our body are new every year. (*Perfect Health*, 1991) If this is, in fact, so, then the integrity and the effect of sensory information stored in the cells from conception on can't not have an effect on the individual later on in life.

Much of what occurs in the womb sets an initial frame for later experiences, especially the birthing experience. If the birthing experience is not a pleasant one — and it seems that the way most individuals are brought into the world these days does not make a real good impression on the child (just look at the baby's face right after birth) — then, it is my opinion that many of the origins of fear, anger and frustration of the individual get a major boost here and then gets stored in the cellular memory banks. It is here that a major imprint gets programmed into the person's computer and may have a lot to do with whether the world (universe) is perceived as a safe or a dangerous place to be. Much of the rebirthing that is going on across the country today is a direct testimony to this and there are many stories of people going

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through a re-imprinting process to reprogram their computer from birth in order to let go of the physical and emotional trauma. The individual can then re-enter the world from a position of empowerment in a loving, caring and supportive way.

Up to this point in life, the individual is not able to consciously analyze or make any logical sense out of what has been going on — s/he is just being programmed by sensory informational impulses. This continues on until some time around ages five to seven. (*Time Line Therapy and the Basis of Personality,* 1988) People report varying degrees of being able to remember much of these earlier years since the individual does not have the ability to make fine distinctions between themselves and their environment. S/he does not logically respond (choose and decide), but mostly reacts unconsciously to situations based on what has been previously programmed.

Because of this, most of the significant changework I do with clients seems to lead back to these imprint years. Also, the effectiveness of long-term change with clients seems to deal with clearing out and healing significant emotional experiences during this time period and even before that.

After this time period the influences on the individual's understanding of life and living change as the individual goes to school and interacts with their peers and notices significant differences between self and others.

By the time the individual reaches ages 18 to 21, s/he has their basic frames intact and the memories to support them. Then the challenges to make their way through life on their own present themselves and each responds or reacts in unique ways, predetermined by initial basic programming.

This goes on for about the next 15 to 20 years and, in my opinion, the individual then makes a decision (either consciously or unconsciously) to stay the course, if satisfied (mentally, physically, emotionally or economically) or, if not satisfied, begins questioning and searching for answers and a deeper understanding of life and living. (The choice to "stay the course" may be made in spite of being dissatisfied either emotionally, mentally, physically or economically because of a strong fear imprint at an early age.)

So who and what we are is directly related to our memories. How and what we remember, both consciously and unconsciously, have to do with what is coded at the memory level in the cells of our body. And understanding the Human Dynamics of the personality of the individual has to do with understanding how the memories influence the activities of the cells in the body. Which memories promote balance and wellness and which memories do not seem to have a key influence on the individual.

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Ragini Elizabeth Michaels is a Trainer of NLP and Ericksonian Hypnosis and the Director of Facticity Trainings which specializes in Hypnosis and NLP Certification training. Ms. Michaels currently has a series of six hypnosis audiotapes available, combining voice and original music using a technique called "Ascoustic Associative Hypnosis" (AAH). This technique goes beyond subliminal hypnosis techniques, which originate externally, by allowing listeners to create within themselves the appropriate words and feelings which direct their changes. She is also author of the just-released book, *Facticity — A Door to Mental Health and Beyond.*

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Rene Pfalzgraf is the Founder of NLP Arizona, Ltd. and has been certified as a Trainer by the Society of NLP, a Fellow in the International Association of NLP, a Certified Hypnothrapist by the American Board of Hypnotherapy and is Certified as a Hypno-Anesthesiologist by the National Board of Hypno-Anesthesiology. He is listed in Who's Who in Arizona. He has a bachelors degree in Psychology, a masters degree in Business and is presently working on a doctorate.

Rene has been providing NLP trainings in Arizona for the past five years, including introductory seminars, practitioner trainings, master practitioner trainings and business training. He also has been involved with developing many new personal-change techniques, including Belief Lines and Values Lines and is co-developer of Lifeline Therapy™ He is presently working on several books relating NLP to business and to personal change. He may be contacted by writing NLP Arizona, Ltd., P.O. Box 2800-291, Carefree, AZ 85377 or by calling 602-252-4840.

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Dr. Judith Powell has been a professional motivational speaker, human potential trainer and spiritual philosopher for over a decade. She has motivated and trained thousands of enthusiastic people attending her worldwide seminars for the public and private sectors — "Mind Mastery," "Color Mystique," "Love Yourself," and various other workshops.

Judi is currently writing a new book encompassing and integrating the heart, mind and spirit. As one reads the pages, the reader will actually be participating in the process of union underlying the many spiritual metaphors, thereby eliminating long, drawn-out mental work. Look for her many audiocassettes and book at your local bookstore or contact Top Of The Mountain Publishing, Largo Florida.

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Tag, with his wife, author and trainer Judith, produces and hosts the award-winning cable TV show, *It's All In Your Mind.* Tag writes numerous articles, including monthly columns for three international magazines. Dr. Powell has been a full time professional trainer/speaker in the self-help and New Age field for over fifteen years, and has trained hundreds of thousands of people. Most recently he concluded another world speaking tour with teaching a course at the University of Hong Kong. He earned his doctorate in Psychorientology from the Institute of Psychorientology, Texas. This is the highest certification in the field. He also has earned Master Practioner's and Trainer certification in neurolingustic programming.

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Kirk VandenBerghe is a Certified NLP Master Practitioner and Trainer with Facticity Trainings, Inc. In addition to providing training in NLP, Ericksonian Hypnosis and Facticity in both the United States and Europe, he maintains a private consulting and counselling practice based in Seattle, Washington.

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Wyatt Woodsmall, PhD, Certified NLP Master Trainer and Master Modeler and Founder and Chairman of Advanced Behavioral Modeling, Inc. and Director of the National Training Institute for NLP, has pioneered in applications of modeling in the governmental and private sectors. Richard Bandler, co-creator of NLP, has described him as "a walking encyclopedia of NLP," and as "one of the few people in NLP today who are actually doing modeling and extending the limits of its application."

Doctor Woodsmall is co-author of *Time Line Therapy and The Basis of Personality* and is currently working on books on human typological analysis, advanced behavioral modeling, negotiations, training, and NLP and personal growth. He can be reached at Advanced Behavioral Modeling, Inc., 1201 Delta Glen Court, Vienna, VA 22182, 703-757-7945.



Art

Peter Joyes, who illustrated this issue (including the cover) is an artist and calligrapher who was born and educated in England. After spending 17 years in the department store management business in the States, Peter resigned his position, sold everything he owned and, 15 years ago, began his rewarding career as "Peter Joyes, Artist." He is the author and illustrator of *Making Your Dreams Come True — Some practical ideas and insights into the Magical process of bringing to life that which now exists only in your mind.*

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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.

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