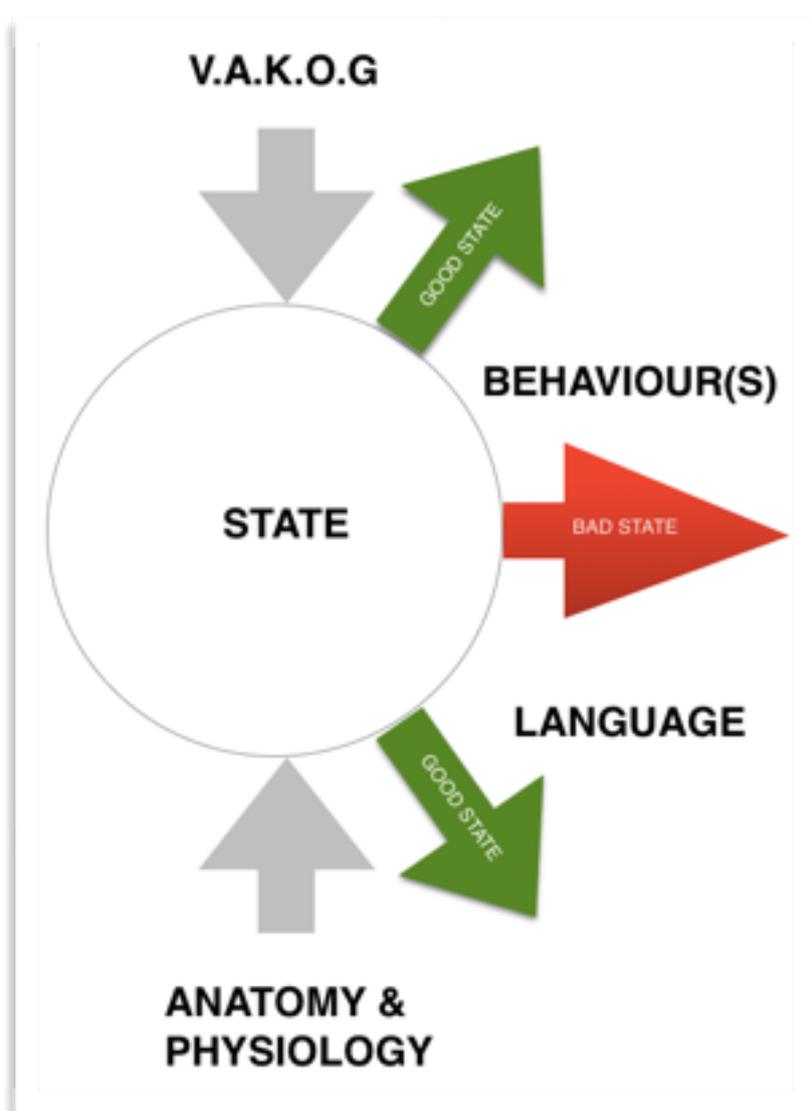


Petersfield Kinesiology Group

Thank you all so much for your warm welcome to your group on 6th July. I recognise that the subject of Neuro Linguistic Programming (NLP) is a big one to explore in a short amount of time. As promised, I'll write up the couple of techniques that we began to explore in the evening, so you can the opportunity to practise for yourselves.

Getting in a state

Effectively, the state that you are in will determine what behaviours that you can exhibit. Your states are affected by the five senses and also by your anatomy and physiology. Importantly, your states drive your behaviour and linguistic flexibility. Put simply - if you're in a good state you will have more behaviours available to you - if you're in a bad state you will have fewer.



Turning off internal dialogue by using your tongue.

We started looking at how we can sometimes change our internal dialogue for a couple of reasons. Firstly, we often give ourselves too much of a bad time on the inside and of course this has a detrimental effect on our state.

Secondly, if we are working with clients maybe giving them a TFHG balance, it is essential that you pay attention to what they say and how they say it, so it's really important to be able to listen well. It's most appropriate to learn that an anagram of the word...

LISTEN

is

SILENT

...and to learn how to listen well, it really involves us joining them to some extent in their map of their world.

This can be achieved by putting the tip of your tongue up behind the back of your top front teeth, just where they meet the roof of the mouth. If you imagine a droplet of oil or maybe a food you really like on the end of your tongue and that you must keep the food in contact with the tip of your tongue and the back of your teeth at all times. The more you practise this, the easier this will become. Relax your jaw and withdraw the tongue ever so slightly, so the tongue is touching, yet not touching - there is effort required to keep it there. Then begin to notice as your internal dialogue decreases that your focus of attention can move to the outside. This is good for increasing your sensory acuity, being able to listen even more intently when necessary and also to give yourself a break when you may have been liable to criticise yourself too easily. The reason that this works is that it prevents your tongue from making all the micro-movements that normally enunciate the internal voice that we listen to. Do this also to enhance your sensory acuity in all senses, but particularly in your ability to listen well.

The idea behind this is that many of us spend too much speaking to ourselves in a way too destructive way. We wouldn't tolerate other people doing that to us and yet we've learned to tolerate our own "abuse" for want of a better word. Regularly allow yourself a minute or five and pay attention to sights, sounds, smells and tastes on the outside while feeling much more relaxed on the inside.

It also makes sense to have other things to do too, and I suggest using the technique below to learn to get centred and grounded...

One point technique

This is where you focus on a point inside you about 2 in below and 3-4 in behind your belly button (in Aikido called the "dan tien" point or "energy centre.") This point is approximately the centre of mass for the human body and as such, you will be more balanced physically and emotionally at this point. It may be good if you can focus on a colour and a jewel of that colour there that you are drawn towards. Turn up the brightness and the colour and really focus your attention here to the exclusion of all other things and relax.

Also, if you can, click your fingers to anchor that feeling and to bring the feeling back when you want to use it. (I know not everyone can do this, though interestingly, if and whenever you hear this sound it will work! In any case just imagining your jewel will be enough for it to work.) This can be used at other times to quickly access this more resourceful state where you are much more. It is also able to be used standing up, sitting or laying down and also to be used when walking around generally to keep much better balance.

This is a very useful "resourceful state" for you to be able to access whenever you want to be grounded or quite literally stand your ground, and as mentioned above, as it is the core centre of the body you are most physically balanced at this point, so in effect you will be more mentally balanced too. You can use this also whenever you may be going into an uncomfortable situation, where your ability to be grounded is most needed.

Also as I mentioned at the evening, if you are thinking about becoming a Licensed Practitioner of NLP and wanted to have a training course without too many people, my colleague, June O'Driscoll and I run Licensed Practitioner of NLP seminars 3-4 times a year and will hold the price for any members here at £1200.

It's a 7 day course, and we use NLP to teach NLP. Our next course is being held from 19th -25th September 2016 at the Copthorne Hotel Gatwick, which is in Copthorne, West Sussex RH10 3PG. We can also obtain discounted accommodation at the hotel. For further details on the course run through our Training organisation Thoughtitude can be [found here](#)

For any further questions please get in touch with me either by email geoff@geoffrolls.co.uk or telephone 07905 0561513 and I'll be very pleased to assist

Warmest regards, Geoff