

Creative Visualisation in ZeNLP

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Go back in time. remember how, as a tiny child, you achieved fantastic learning accomplishments? now, if you put yourself into an imaginary time machine, you can go back to that time of early childhood. just pretend momentarily that you are in that time machine. imagine you are going back to that happy time of accelerated learning as a child. get a glimpse of what it's like. notice that the people are very big-you look up at them. there is so much going on.

Notice your learning capabilities. you are actively and passionately learning. you are learning a lot of things, especially the language. you are learning fifteen to thirty new words a day. without even thinking about it, you are learning hundreds of rules of grammar. and that ability to learn remains in you.

inventory your gifts. You have 15 billion brain cells that together are twinkling with the circuitry of a thousand cities. Your ears can hear 1,600 different frequencies, ranging from 20 to 20,000 cycles per second. your eyes can detect a single photon of light. and the 80,000 fibers in each of your optic nerves transmit more information from 132 million rods and cones to your brain than the world's largest optical computer system. You have more than 300 million tiny air sacs in your lungs provide oxygen to the 100 trillion cells throughout your body. Your 206 bones and 656 muscles form a more functionally diverse system of capabilities than any known creature. and these and other tremendous abilities to function and learn can be applied in many different ways. you can't count all your capabilities-there are too many.

Form a single image:

Now, when you picture your ability to learn, you can see these kinds of capacities as a whole, bright image of your human nervous system -a system of functional capabilities unrivaled in the known universe. If you ever doubt your own capability to achieve your mission, this image can pop up as a factual account of your gifts, turning that doubt into confidence.

The presuppositions of NLP

The map is not territory

Each of us has different perception for a particular object, or situation. And these perceptions are filtered by our beliefs and values: different beliefs and values cause different perceptions to exist, and these perceptions also drive to our action, reactions or responses.

The map is our perceptions and territory is the reality (object or situation) that we perceive – and it may and may not be entirely or partially different to what we perceive.

2. Respect for the other person's model of the world

The model of the world actually is the set of beliefs and values in one's mind, and a person can only act according to them. Expecting to any person more than the set of beliefs and values is of no use, so it is always better to respect each one's model of the world.

3. We always communicate

If we stop our mouth, our non-verbal communication still continues – and it is more subtle and profound communication which is sometimes more genuine than the verbal talks.

4. Flexibility of behavior has more alternates

If one thing does not work by same patterns or approaches, one needs to change the way of doing it – whether it is inter-personal relations or dealing with any

process or system. Inflexibility of behavior actually closes all the alternate very soon because certain thing may not possible by the same behavior – whether it is harder and louder – all the time.

5. The meaning of your communication is the response you get

It actually does not matter what we speak and how we speak, what matter is – the response we get. If we do not get favorable response we need to change the way of our communication.

6. If one person can do something, anyone can learn to do that

Everyone has all the resources to do anything; there is just the difference of utilized and unutilized resources. ‘Anyone can learn to do that’ means to utilize unutilized resources.

7. There are no failures only feedbacks.

In NLP Points of view, failure is actually improper word for feedbacks. NLP says nobody gets failures: what we get are just feedbacks of our actions.

8. Every behavior is driven by positive intentions

A person always works according to available alternates, whether it is hurtful or pleasant to others. And these positive intentions of that person are directly or indirectly driven by the model of the world or beliefs and values system.

Fast Phobia Technique

1. **Fearful Situation.** Take a minute and think of a situation that makes you moderately fearful. This could be making a cold call, making a presentation, or any other situation that makes you afraid. Think about it just enough to get a little bit of the feeling of fear. You want to be sure that you can get access to the part of you that creates the fear. Now, thinking of this experience notice your response. In your mind, rate the fear on a scale of 1 to 10, with 10 being the worst.
2. **Movie Theater.** Now, in your mind's eye, imagine you are sitting in a large movie theater. See yourself up on the screen in a still picture just before you had the fearful response for the first time. (If you can't think of the first time you experienced this fear, think of the most intense time that you have had this kind of fear response.)
3. **Leave Body.** Now imagine floating out of your body and go up into the projection booth, so that now you can look out and see yourself watching yourself on the screen. (For a height phobia, instead of going up into the projection booth, just imagine you moved back ten rows in a theater.) Stay in this projection booth until you are instructed to leave it.
4. **Watch a Movie.** As you watch yourself watching yourself, begin to run a black-and-white movie of what actually occurred in that fearful situation, and see yourself going through that experience. Continue to watch that movie from the projection booth, until you reach the end of the situation when the trauma was over, and you can tell from your movie that you're safe again. At this point, stop the movie and make it into a still picture of yourself after the trauma was over with.
5. **Run the Movie Backward.** Now leave the projection booth, step into the still picture on the screen, and go through the experience backward, in color, just as if time were reversed and you were being sucked back through it by a giant vacuum cleaner. Do this very quickly, in about one and one half seconds. Do this step several more times. You can do it with everything in tie-die colors and loony tunes sounds. Everyone might look like cartoon characters. When you're finished, actually physically get up and move your body around. Shake your arms and take a deep breath.
6. **Checking.** Now, think of the experience again, and notice your response. In your mind, rate the fear on a scale of 1 to 10, with 10 being the worst. If it's more than 2, repeat the entire process, being careful to do each step thoroughly

You will find your unique mission if you use the exercise in this chapter thoroughly. That's because you process a unique combination of interests, desires, and developed skills, as well as a vast reservoir of undeveloped talents. Once you discover your mission and live it, it will unify your interests and your inherent talents as the learner in you flourishes!

You can use this ability to learn by knowing that, at any point in your life, you can choose a new direction, a new course of action, a new mission. You can discover and live your mission. If you believe you can, you will. Why? Because that belief activates in you the same phenomenal capabilities as those magnificent achievers you so admire. If one person can do something, anyone can learn to do it. In the mission-discovery process below, we will highlight several past and present achievers of greatness. You will learn to see the patterns that underlie their motivation. These patterns are a matter of attitude.

Movie Music

Watch Movie of Problem Situation. Begin by thinking of an everyday difficulty. For example, recall a time that you were disappointed or embarrassed, a time when you didn't feel very good about things. Pick a specific and real event from your past. As you think of this specific event, notice what images and sounds come to mind and watch a movie of this event unfold before you. When you're done, notice how you're feeling.

Select Theme Music.

Now play ZeNLP Music that mismatches the feelings you got from the movie you just watched. Your memory is probably serious and heavy. So select something light and bouncy, like circus or cartoon music. Some people prefer upbeat dance music, while others like overly dramatic classical or operatic music.

Repeat Movie with Music. When you have selected music, have it playing nice and loud in your mind as you begin to watch your movie again. Have the music continue playing all the way through to the end.

Check Results. Now, rewind that movie back to the beginning. Play it without the music and notice your response to it this time. Have your feelings changed? For many, the incident has become ludicrous and humorous. For others, their unpleasant feelings have been greatly reduced or at least naturalized. If your feelings are not yet satisfactory for you, try using different kinds of theme music with your movie until you find one that works for you.

ZeNLP Music:

Visuals should play Fire Music

Auditories should play Water Music

Kinesthetics should play Earth Music

To know your Mind Map click on:

<http://www.tips4ceos.com/mind/mapping.php>

Circle of Excellence

1. Build a powerful resource state using the circle of excellence technique. To create a circle of excellence, draw an imaginary circle on the floor or mark a circle in chalk large enough to step into.
2. Remember experiences where you felt powerful, creative, composed, or any resourceful state where you felt balanced and centred. If you can't think of one, think of someone else who you know has experienced that state.
3. Imagine yourself (or your model) standing in the circle, fully experiencing the state. Notice how you breathe. Notice your posture, how you hold your head, the expression on your face. Notice any small movements you may be making within the circle.
4. Step into the circle only as quickly or slowly as you remember and re-access the resourceful state through your inner senses. ie. See what you saw through your own eyes within the actual experience, hear the sounds and language used, and get in touch with your posture, breathing and emotions when inside the desirable resource memory. Adjust your physiology such so that your posture, breathing, and other movements match the imagined or remembered state. If your physiology in the resource state is either poorly accessed or low intensity, choose another resource state that is more powerful.
5. Repeat step 4 with an additional resource state, continuing to add resource states One at a time. When you have enough resources, you step automatically into a very powerful state on entering the circle which is truly now a circle of excellence.
6. Recall a situation where this state would be useful as you step into the circle of excellence. Repeat the process with each circumstance where you would like to use the resource.

Enhancements.

Create a circle of excellence using one or more states.

Create several circles with different states using imaginary circles of different colors. Use a different color for each state.

Do the exercise as noted above. Step out of the circle, shake free of the state and step back into the circle. As you feel the state arising, imagine another circle of the same color just in front of you. Imagine seeing yourself experiencing the state twice as strong in that next circle. As you feel the state increasing, step into the next circle. As the state increases, imagine another circle where the state is ten times stronger. As the state continues to increase, step into the ten times circle. Continue until ecstatic.

Backward Movie Technique

Use this strategy after a traumatic event, to help heal your emotions. It can be used right away after an event or years later if you have unresolved feelings.

To learn this technique, choose something to work on. Choose an event that has some mild emotional charge for you, but is not a huge trauma. It's better to practice on something small first, then use it for the big stuff.

Calibration.

On a scale of 1-10 with 1 is low and 10 is high, calibrate how emotional you feel when you think about the event you are working on. If you feel calm and at a 1, you might not need this process. If you feel very upset, call it a 10. You may be somewhere in between. The higher the number, the more times you will want to rewind the movie. You will learn how to do that in the technique. Please read the process all the way through before you start.

Step 1: Enter the Theatre

Imagine you are in a movie theatre, and ready to watch a movie of the event you want to clear, on a movie screen far across the room. Place one of your hands on the center of your forehead. This will help your body to release the trauma. Imagine you have the movie remote control in the palm of your other hand. You can stop, start and rewind the movie anytime you want.

Step 2: The Movie Screen

Imagine a black and white framed snapshot of yourself, on the left hand side of the screen. In this snapshot you are safe before the event that you are reviewing.

Imagine another black and white framed snapshot of yourself, safe after the event, on the right hand side of the screen. It can be right afterwards, years later or now. Make sure you see yourself as safe and secure in the snapshots.

Step 3: Watch the Movie

Watch the movie of the event one last time. Watch it in black and white and in correct chronological order, while keeping your hand on your forehead. See yourself safe before and after the incident. At the end stop and take your eyes off the screen for a few seconds.

Step 4: Change the Pictures

Change the two safe pictures at both ends of the movie screen to color.

Step 5: Run the Movie Backwards

Starting at the right hand side of the screen, at the end of the movie, run the movie of the event backwards in color very quickly. Rewind it as quickly as possible, in two seconds or less. Then white out the screen and bring your awareness back to your body and your seat in the theatre.

Run the movie of the event backwards again several times. You are done looking at this movie in chronological order. Rewind the movie of the event very quickly, until you feel calm.

Step 6: Jump In

Once you have watched the movie backwards many times, probably 5 – 25 times, you can add the next step. Imagine jumping into the safe picture at the end of the movie and run the movie backwards with you in it. Again do it in two seconds or less and then jump back out, back to your seat. Do it backwards this way a few more times.

Step 7: Recalibrate

After you rewind the movie several times, recalibrate your feelings about this event. Repeat the backwards movie process until you reach a calm calibration of 1-3.

Variations

1. To dissociate even further from the event memory, you can imagine moving to the projection booth and watch yourself, watching the movie. This moves you even further back from the emotions of the event while you rewind the movie.

*Play ZeNLP music when you rewind the movie.

Swish Pattern

This technique takes any unwanted behavior and transforms it into a desire to become more the person you want to be. It is useful anytime you want to change unwanted behaviors or feelings.

1. Determine the unwanted behavior, feeling and/or attitude you want to change.
2. Identify a specific cue - a behavior, an image and/or a voice that is always there before the unwanted behavior. (For example, a cigarette in hand before smoking ... or a critical voice before feeling bad.) You are associated in this experience.
3. Create a large, bright and colorful image of yourself, as you would look having already resolved the difficulty contained in the unpleasant image. You don't know how you resolved it. It's like a portrait photo with no background. Looking at that image of you, you know the difficulty has been resolved because of the sparkle that's in that other you's eyes, and the relaxed smile on that other you's face. You can hear that other you's internal dialogue, which is saying supportive, appropriate things like, "I feel good about myself."
4. Do you find that other you attractive and appealing? Would you like to become that other you? Does any part of you object to becoming this image? If so, adjust and change the image until it incorporates the positive intentions of the objection. If the image is not appealing to you, let a fog or mist conceal the image. Shrouded in the mist, let the image spontaneously adjust and change until it combines the positive intention of those objections with having already resolved the problem. When the mist clears, see the enhanced, attractive self-image.
5. Shrink that self-image down to a dot.
6. Place the dot containing the other you that has already resolved that problem in the bull's-eye center of the image you identified in Step 2 - the cue that manifests itself just before the unwanted problem.
7. Now, rapidly exchange the two images by having the image for unwanted behavior (the cue image) lose color and shrink into the distance until it disappears. At the same time, the self-image dot will get closer and bigger and brighter, blossoming out until it's life-size in front of you, filling your vision. You've just Swished (exchanged) the images.
8. Now, see a blank screen in your mind's eye.

9. Repeat the process (Steps 6 and 7) about five times, seeing a blank screen at the end of each repetition. Next, run through the same process five more times, only faster. Finally, do it five more times, faster yet, until you can no longer get those unpleasant experiences.

Decision Destroyer

This technique rids you of negative past decisions or imprint experiences. It is useful anytime you want to change limiting attitudes or create new, empowering ones.

1. Think of a powerful, positive, formative memory that affects your behavior (an Imprint Experience). Notice the submodalities: Is it in color or black and white? Is it panoramic? How large, bright, and close is it? etc. If you're not sure, contrast it with an ordinary memory's submodalities. Next, set it aside.
2. What experience or decision in your past is a limiting Negative Imprint for you?
3. What experience could have happened before the Negative Imprint that would have transformed it? Pick something that would have prepared you, so that you would have been fine in that Negative Imprint experience. Imagine this experience in full detail. Then make it a Positive Imprint by putting it in those submodalities you discovered in Step 1.
4. Step into this new Positive Imprint. With this Positive Imprint, float up over your past timeline, until before the Negative Imprint happened. Drop down onto your timeline, and experience the Positive Imprint here, on your timeline. Now rapidly come forward through your subsequent experiences. Notice how these experiences are shifted and reevaluated in light of the new Positive Imprint. Stop when you reach the present and see yourself moving on into the future, noticing how it will be different now.

