

Volume 1 | Issue 3 | October 2014

NLP REVOLUTION

A MONTHLY SOE MAGAZINE

वक्रिया, समृद्धि, परबिहणा
Transformation, Excellence, Growth

SHOOTING

➤ **THE MESSENGER**

WHEN KNIVES SHOW UP AGAINST

➤ **NATURAL INSTINCTS**

THE

➤ **HEALER WITHIN**

TOP 10 MIRACLES OF

➤ **HEALING FROM WITHIN**

SPECIAL FEATURE

➤ **STAR OF THE MONTH**

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A TRANSFORMATIONAL JOURNEY

At the heart of every moment that leads to a revolution, there are connecting strings of stories that tie people from different walks of life together. Stories of heroes, stories of love, compassion and need. And it is from these stories, communities build up to support each other. Stories form the blood and nerve of strong professional communities. Shakespeare shaped thinking of mankind for centuries with meaningful fables. And in SOE, this is what drives us. Stories we hear from people like you. And in this magazine, we have attempted to bring some of this together, so that it can rejuvenate you as much as it rejuvenates us, and be a source of inspiration, knowledge, love and shared wisdom.

We intend to bring to you, learning, applications, success stories from the fraternity we are all a part of, so fondly. We also thank you for your support in growing, building and nurturing a better society as we continue to sow excellence together.

Warm regards,

Antano & Harini

Have you come across people who are dependent on self-medication, take pain killers and over the counter medicines without proper consultation with a doctor? There are also kinds of diseases where medicines do not have any form of relief or treatment. What if you discover that the healer within you can actually help you be healthier than now.

Well, I first learnt the Healer Within pattern at uPwithNLP Chennai with Antano and Harini. I was initially a little skeptical asking myself "How do I use pain to my advantage". However, I saw people getting rid of allergies and other medical conditions with my own eyes. That gave me the first insight "My body is trying to communicate with me by giving a signal way before I fall sick". I used this to avoid sickness and succeed in whatever I wanted to do. Much later, I was under the blind assumption that the "Healer Within" pattern could be used only for medical conditions. I was surprised again! This is what happened.

MESSAGE FROM THE EDITOR



Ranjani Krishnan

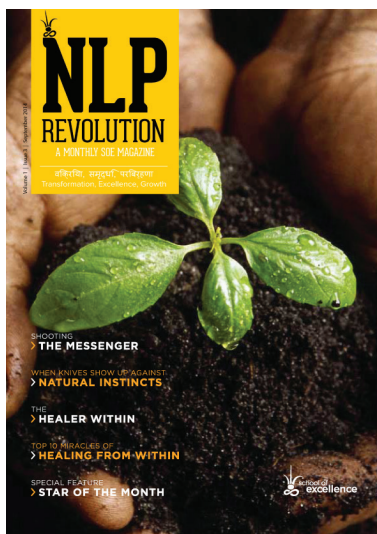
Antano & Harini first invited all of us to join them for the "Healer Within" seminar with Dr. John Grinder and Carmen Bostic St Clair, and we were super excited! The last minute hustle bustle with visas, the endless planning, fun shopping and the sound of happy laughter, the SOE office was quite a pleasant chaos. And, that's the first thing "Healer Within" did for us; brought us much much more closely together as a team.

When I first stepped into Murcia, about 400 kms from Madrid, I was excited. However, as time flew by, a hint of nervousness, a deepening sense of curiosity filled within me. And, the D Day! We met the man himself, Dr. John Grinder! His voice was like the sound of waves, calm and pleasant, a rhythmic up and down with beautiful intonation. I was drifting in and out of micro-altered states unknowingly. However, I did not know that. I was cursing myself because I thought I was falling asleep. I kept telling myself to wake up and pay attention but it didn't work. Later that night, lying on the bed, feeling a mix of emotions, I had some images and sounds that were reinforcing the need in me to accomplish my goals which I had put away for a while. And that's when I realised that I had stepped onto a path of self-exploration. A sense of rekindled faith in myself, a sudden burst of energy, a new perspective to life, motivation to accomplish new goals, breaking old patterns of behaviour and thought process, and so much more! All of this felt so natural and I knew it was just the beginning. My mother who was miles away noticed the joy in my voice. I am still beaming as I share this with you.

All our experiences at Healer Within with Dr. John Grinder were unique and yet, overwhelming - Identifying new sensory skills, reinforced belief in health, connecting with the inner self, having a new vision in life, getting rid of health issues, and more. And most importantly, it brought out the child in us, wanting to play in the glistening sand and sparkling waters. The smile on our faces is so infectious now.

The theme of this magazine is Healer Within. The NLP pre-supposition has always been, 'Every individual has all the resources in the territory and the only limitation is in the map'. Going by this pre-supposition, the resources to heal yourself fully is within you - be health, business or relationships.

Heal now and continue to spread the magic.



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LEARN FROM THE WIZARDS



SHOOTING THE MESSENGER – WHAT NOT TO DO WITH PAIN!

One of the earliest discoveries in Neuro Linguistic Programming was how to deal with pain. Often, in my seminars, I do demonstrations of relieving pain in less than a minute; as demonstration of relief techniques. For an actual 'healing', I use a more elaborate process called the Reframing or Healer Within. And generally, in about 45 minutes, the person gets some internal changes that relieve pains well, for good.

So, why would I spend all that time doing an elaborate pattern, when obviously I have demonstrated a pain relief technique already that works within a minute?

Source - An article in the public blog of Antano Solar John written on 19th June 2014 – www.antanosolar.com

Here is why, I don't recommend Pain Relief Techniques:

1. Pain is a Messenger, don't shoot him.

The way I think about pain (most times) is that there is an underlying condition that requires immediate attention that has been ignored for a while. And, the neurology is bringing it to your attention in the form of pain. There are exceptions to this, especially in cases of phantom limb and so on. But most times, the pain is a messenger for you to take care of something urgently. Using a pain relief technique like hypnosis, sub modalities, metaphors to get rid of the pain fully, breaks that channel of communication.

2. The person sending the Messenger is an Ally, listen carefully.

Most often in my interventions when I help people get over pain, I have noticed that the underlying condition has a very useful and positive intention for the person involved. When I was working with this lady on her acute headache, at that moment, she told me she is getting pictures of a pillow. And, I asked her does she intend to sleep. She said, 'NO'. And, she had planned all-nighter for the next full week. This is typically what happens with what appears to be chronic pain for most people. As soon as I had her commitment that she will give her self-sufficient sleep, the pain stopped instantly! To most people, this appears like magic. To me, it is just common sense. And yet, what stops most people from catching it are that they do not consider the source of pain as an ally. It's their brain; it obviously must be working for their good.

Then what is the purpose of Pain Relief Techniques?

1. As a Pre Cursor to Permanent Healing

Let us say, someone is having extreme pain, and you know if you have 30 minutes of their full attention, you can help them deal with this properly. It may be helpful at that moment to help them get over this pain. Example of this would be – when someone is having a severe headache and I want to do a trance induction for the purposes of the 6 step reframing technique. I will first have to do a pain relief that helps me get them to focus enough to elicit involuntary responses and proceed with the pattern.

2. For Medical Interventions

Some doctors are known to perform a dental surgery or even a bypass surgery without anesthesia or maybe even helping someone deal with pain during child birth or any other procedure.

3. Updating Missing Information

Sometimes, as silly as it sounds, the brain seems to forget that certain pain is no longer relevant and useful. I have met people who have met with an accident and after 15 years, the pain in their spine still persists although medical scans show that everything is normal. Just teaching the brain to reconsider if the pain is still relevant seems to fix it for most people. This is also the case with the pain caused by phantom limbs and so on.



How to deal with Pain, properly?

1. Pain is a Messenger, don't shoot him.

Although I am tempted to share some pain relief techniques, I am not going to do that because of the obvious concerns expressed above. However, following is one technique that you can use to deal with pain properly in the long run. This technique is based on the principle that you can use the pain itself as communication channel with your unconscious resources.

This is one way to deal with pain properly:

1. Sit or stand in a place where you can have your full attention to yourself
2. Place your hand where you feel the pain
3. Go into as deep a state of internal focus as you can
4. Empty Your Mind
5. Tell yourself, "If the pain is a signal, move it to the left or to the right. Or just double the intensity or half it – as a way of saying yes the pain is a form of communication"
6. After getting a proper, repeatable, verifiable communication signal, use the healer within pattern if you know how to do it or just engage your very powerful neurology in a communication using this signal and explore what you need to do for the pain to stop.
7. Once you figure out what you need to do, make a commitment to do it. And, request your unconscious processes to stop the pain as a response for your commitment.

Tip: Often when you ask the question – what I need to do for the pain to stop, the response may come as a Metaphor as images, thoughts and memories. Pay attention to them carefully instead of discarding them as irrelevant thoughts. Remember, if you are able to move the pain or change the intensity of your pain as response to your questions, you have established communication with whatever part of your neurology is responsible for the pain. Use it well.

Extending this beyond Pain & Spontaneously Occurring Signals (SOS)

If you consider the above principles in a much broader sense, you may recognize that these messengers may not always take the form of pain. They may come in the form of anxiety, fear and what people sometimes call as negative thoughts or blocks. And, Dr. John Grinder calls them as the Spontaneously Occurring Signals. One way to utilize them to deal with the underlying challenge is using the exact attitude and technique as described above for pain.

If you find this useful, do share with your friends so that they too, recognize the powerful ally in the neurology!

Warning: This is not medical advice or intended as an alternate to medical cure. And, if you have any form of pain, please consult a qualified medical doctor first. This article is only intended to help, in addition to whatever medical procedure you need to perform.



*The pain is a messenger for you to take care of something urgently.
Using a pain relief technique like hypnosis, sub modalities, metaphors to get rid of the pain fully, breaks that channel of communication.*



ABOUT THE WRITER

Antano Solar John, NLP Wizard has worked on medically impossible cases, rare auto-immune diseases and achieved results that has invited attention in large numbers from the medical fraternity. Antano is sought after also, for his delightful Applications of Unconscious Pattern using NLP in Business, Learning Acceleration, Personal Transformation and more by Multinational organisations and noted celebrities around the world.



WHEN KNIVES SHOW UP AGAINST NATURAL INSTINCTS

Harini Ramachandran

When we at SOE office heard the sound of the raindrops beating against the window sill and the AC, we quickly opened the windows, enjoying the smell of the earth abundantly blessed by the showers after a long, long time here.... The cool breeze swept in all the way stretching our lips on either side into a happy, curvy smile as we stood by the window for some time and just saw how the trees danced to the rhythm of rain....

It was the same rain and winds that gave two little tiny tots a taste of hell.... Two little new born sparrow-like birds squealed to the best of its abilities... One was found near the elevator in the building (I'm naming this lil one "Squiee") and the other one was untraceable.... My neighbours took Squiee and kept it indoors... She was meek, scared and quiet. They tried feeding her water.... She didn't seem to

take too well... She was rather restless and didn't seem too happy to be put inside a see-through basket cage.

So they took Squiee and put it back on the branch of a tree... And it just stayed there quietly... Instantly feeling more familiar, still scared and abandoned. Hope-filled.

Meanwhile, the other birdie (let's call this one Tweetie) started to make sounds again... And this time Squiee waited, waited, waited (perhaps calibrating to the sounds and checking if it's the sound of its sibling/mom) and then began to respond! What followed was such a delight of nature! Our Squiee gave a distinct loud sound, the other one responded... and they kept making sounds – in different directions.... To us it was like a demo of natural surround sounds! They exchanged sounds of different lengths, different speed.... and then Tweetie came flying from nowhere and fell on the Air conditioner of one of the houses on the ground floor... With this we suspected Tweetie was just learning to fly and perhaps little older than Squiee is.

My enthusiastic neighbours (one of whom seemed to have some experience rearing birds in the past) grabbed my scarf and tried to catch Tweetie – all with the good intention of placing Tweetie right next to Squiee on the branch. Tweetie freaked out and kept escaping the human hands with the mystery scarf – perhaps thinking it's being attacked! And as destiny had it, Tweetie was now finally caught in the neighbour's hands wrapped around the scarf, and the caring neighbour carefully tiptoed her way back to the tree and placed Tweetie next to Squiee with so much love and opened the scarf And Tweetie just flew away into some branch all scared as if it had just been released from prison. Not even knowing that she was placed right next to Squiee just a moment ago.

The neighbours were all disappointed, shouting, "Ayyo! Squiee is right here. Why are you flying? Now Go. Find her on your own"... And I thought to myself – How little do we even know about Nature's own instincts! Tweetie and Squiee perhaps found each other again. Their way. Their natural way. Making sounds. And in other bird ways we may not even know of. And the very experience of being lost, withered and finding each other using all the gifts, character & wisdom that Nature has bestowed on them must've enhanced their map of the world oh so much more.... The disappointment however remains that of the loving, friendly, caring blunt & blind knife that tried to knead its head into an unknown world of wisdom.

EDITOR'S NOTE

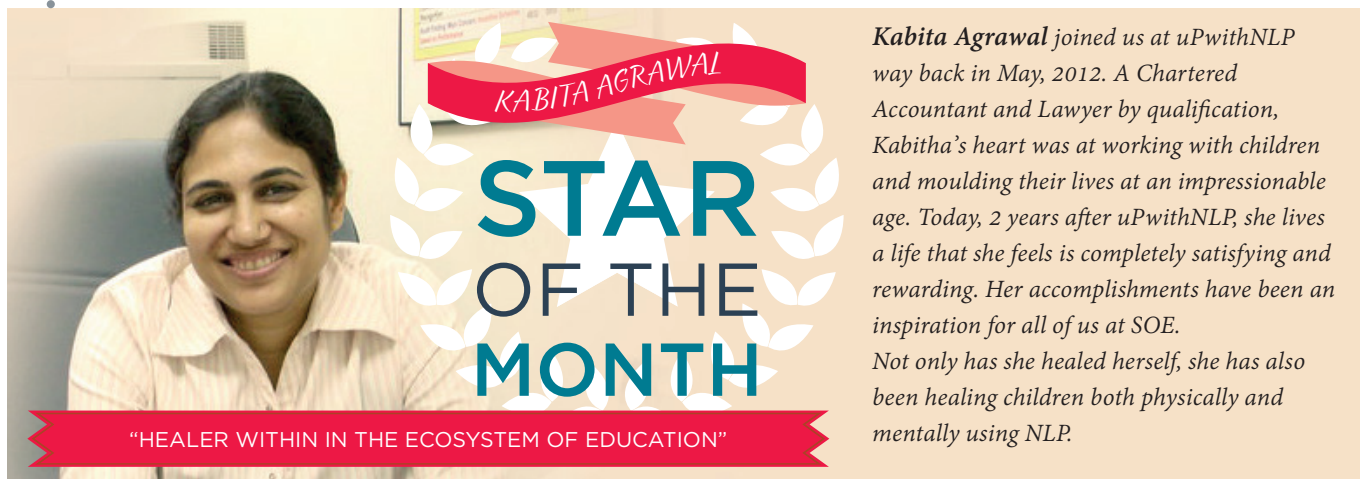
Wonder how often we become that blunt & blind knife, with every good intention yet playing notes don't go with the song that Nature is playing! Are you tuned in, fully? To hear the melodies, silence and pay attention when your instruments go out of tune? Do you also know how to "reset" and "retune" to correct any imbalances?

Write in your response to stories@soexcellence.com

ABOUT THE WRITER

Harini Ramachandran, popularly known as Singer Megha in the Film Industry, is also an NLP Wizard and an enterprising Business-woman. Through her powerful work, she helps people from different walks of life 'Miraculize™' their lives. She also passionately explores creating NLP Models to help people who consider themselves 'tone-deaf', 'rhythm-deaf' to sing soulfully.

Source - An article in the public blog of Harini Ramachandran written on 5th Sept, 2013
www.hariniramachandran.com



2 years back when Kabita first walked into the halls of the uPwithNLP programme, she was a shy yet a determined woman who wanted to influence young children and see them to success. Being the Principal of a school, it was necessary for her to address crowds often. She is a subject matter expert with wide knowledge in other areas as well. The fear of public speaking deterred her from sharing this with others. At uPwithNLP, she got over this fear and that boosted her confidence. Her thought processes were more in line with her vision for children and it gave her the opportunity to explore other areas in her field of interest. And most importantly, this gave her the confidence and freedom to interact and relate to people whom she could work with. She successfully elicited the much needed support from others to revolutionize the education system in India.

12 months after uPwithNLP, Kabita was the idol in her school everyone looked up to. She commanded respect from her peers and colleagues, and had integrated NLP with teaching effectively. She worked with her teachers for Peak Performance game and Collapse Anchor to achieve and sustain superior states of mind, and not be tensed. The performance of children in academics and extra-curricular reached a new high. This activity also opened up their way of thinking. The school started accommodating more children with special needs. The teachers started taking special efforts under Kabita's guidance to help them learn well. NLP Language patterns and Unconscious Rapport skills she learned at uPwithNLP, she says are my biggest asset, she says.

She also worked with a child who was suffering from inability to speak. The doctor had suggested a surgery if he had to start talking. Kabita worked her magic on him and almost a month later, the 2 year old kid started uttering words. There was no need for an operation! On the personal front, her work-life balance improved considerably. She felt she had the capability to handle more responsibilities. This got her more positive attention from others and improved her sense of pride.

Today, almost after 24 months, Kabita is the ideal principal for schools in Delhi. She is in the process of developing content to support behaviour problems of children. She heads an empirical study conducted by a few teachers titled Positive Language Patterns (PLP) to encourage positive reinforcement in children using conversational programming. They have documented 6 cases completely which are ready

to be published. She works with other government and private schools in and around Delhi, by training other teachers and Principals on how to effectively handle difficult cases using Conversational Programming.

She also heads the Learning Committee in her school. After identifying how important Visual, Auditory and Kinesthetic ways of learning are and how important it is for each individual to experience life in a mix of representational systems, she has implemented Smart activity process. This ensures that every subject is taught in a variety of ways beating the traditional rote method. She has introduced the concept of "Smart starts" where kids between the age of 3 and 7 years are asked to listen to a story and then, visualize the story. This holds their interest for a very long time and addresses different skills that need to be built in children. She also holds special training for teachers to improve their auditory skills. She teaches them the art of voice modulation, intonation and rhythm to make learning more joyful.

She heads the training committee for parents where she explains various techniques to elicit cooperation from her children and help get rid of simple bad habits. She teaches them the right conversational patterns to use with children which have been helping build happy families. Manoj (name changed), a young child in her school was a Kleptomaniac. Other parents and teachers demanded that he be removed from school before he influences others. Kabita intervened at the right time with a pattern of Reframing and Peak Performance. The child is now doing really well in school. She is happy to have saved his education and his life and says that transformations like this are the ones that drive to her do more in life.

And if this is not enough, Kabita wants to explore more on what she could contribute to the well-being of children. The smile on her face expresses the content and satisfaction she is experiencing now.

When asked what her biggest take from uPwithNLP was, she says with a warm smile, "There were times that I thought these things were difficult to accomplish. However, after uPwithNLP, these things appear so simple to me. It challenges me to do more every day and makes me curious. My life finally has a purpose. More importantly, my family life has been going uP! too. I feel complete."

*How many goals have you accomplished with Success on Autopilot?
What is your star story? Write to us at stories@soexcellence.com*



TOP 10 MIRACLES WITH HEALER WITHIN

Every batch of uPwithNLP has seen people get rid of allergies, phobias, anxiety, bad memories, bad habits and much more using the Healer Within pattern. When they come back and tell us the impact that it has on their life in terms of success and wellness, it inspires us to explore more of what is possible with this pattern.

1 SLEEPING PILLS FOR 24 YEARS

Nazima (name changed), a 50 year old housewife, suffered from insomnia for 24 years. After a point in time, she could not sleep without having sleeping pills despite it making her groggy and irritable. After using the Healer Within pattern, she started sleeping well at nights. Having a good sleep made her more active and energetic, improved the quality of her family life, strengthened the bond she had with her children and has made her really happy.

2 CONCEIVED AFTER 8 YEARS

Meena (name changed), a young married woman, had the problem of recurring cysts in her ovaries because of which she had difficulty conceiving. Despite numerous treatments and medications, the cysts would reappear every few months causing her of physical and mental pain. She used the 'Re-framing' pattern for this at uPwithNLP. Today, she is cured of this problem and has also given birth to a healthy baby girl.

3 SHOULDER PAIN VANISHES IN 45 MINUTES

Ram (name changed), IT professional, suffered from constant shoulder pain for 18 years. Numerous tests later, the doctors found nothing physically wrong with his shoulder. And so, he used the Healer Within pattern to overcome the pain. It has been 6 months since the patterning was performed and the pain has not recurred since then. He says his productivity at work has increased multi fold, is able to drive his car again and is able to sleep peacefully every night.

4 MENOPAUSE WITH EASE

Sudha (name changed), a housewife, was in the middle of a bad menopause. She had the problem of continuous bleeding over 15-20 days a month making her anaemic and tired. It also led to the development of cysts making it living hell. At uPwithNLP, after applying NLP Patterning, her bleeding reduced to the normal 3-4 days and has gradually stopped now. Her haemoglobin levels are back to normal and her cysts have magically vanished. She is now exploring new career options and is living a beautiful life with her husband.

5 BEAUTIFUL DREAMS AFTER 20 YEARS

Tejpal, a yoga therapist, had difficulty sleeping for 20 years because of bad dreams. He would wake up in the middle of the night, shouting and profusely sweating, after which he would find it difficult to go back to sleep. He explored intentions using NLP to heal himself from these bad dreams that were disturbing him. Since then, he has been sleeping well, anger issues resolved and has become very patient.

6 GOODBYE TO DUST ALLERGY

Shankhabela, a bright happy student who was pursuing psychology back then, suffered from dust allergy from the time she was a child. After working with Harini at uPwithNLP, she got over this allergy and is now happily travelling all over with no sign of the allergy at all.

7 NO MORE PSORIASIS

Tejas (name changed), since birth suffered from Psoriasis - a skin ailment to which there is no medical cure. His dad brought him to us requesting our help. After applying NLP Patterning, the itchiness and redness gradually reduced, and the marks on his body started fading away. It has been two years now and there has been no re-lapse of the disease again. He lives a life free from creams and medications.

8 FREEDOM FROM CONTINUOUS VOMITING

Lakshmi (name changed) suffered from a unique problem of vomiting almost every day. It was beyond her control; when something bothers her, she would have this sensation and throw up. This caused her disturbed sleep and affected her lifestyle greatly as she couldn't do what she set out to do, freely. In one of the uPwithNLP batches, Harini worked with her and since then, there has been no sign of this trouble again.

9 EMOTIONAL WELLNESS SUSTAINED

Maxyn (name changed) was an aspiring doctor. Her brother was diagnosed with depression and was also abusive. The family had feuds and Maxyn became a really timid person afraid of most things, including meeting people, writing exams and the fear got so intense that she lost bladder control and had several other such disturbing symptoms. The Healer Within session with Harini fixed everything. Maxyn achieved her dream of getting a Medical seat on merit. She no longer has the physical troubles which were side effects of some of the fears.

10 CAREER GROWTH IN VOLATILE SITUATIONS

Yogesh (name changed), working with a leading Manufacturing company, had a demanding and stressful job, managing one of the most volatile Trade Unions. He used the Healer Within pattern at uPwithNLP to heal himself of all the stress and anger. Since then, his career growth has been tremendous. He has received 2 promotions in the last 1.5 years which is a rare phenomena in a public sector company. He manages trade unions with ease, displays exquisite ability to resolve conflicts and ensure smooth functioning.



THE ALUMNI TOUCH

TO HEAL

THE WORLD

The SOE Alumni who have become really proficient in NLP have been doing some fabulous work, touching more lives effectively as they tread on the journey towards Excellence. The beginning of this journey started when they first healed themselves in all aspects. They grew in their career, improved the quality of relationships and had the life they absolutely desired. Today, amidst their busy schedules, they still find time to heal other people and give them that quality of life that they desire. And they have mastered this! Some of them do it in 10 minutes or less using the art of conversational programming. Here is our pick for the best cases by our alumni this month.

Shared by Practitioners on SOE's continuous learning forum

CONVERSATIONS TO LOSE WEIGHT

Shwetha Kakkar, uPwithNLP Master Practitioner has been using the Magic Wand to help people around her every day. This month she helped a person lose 2 kgs in a week and 5kgs in a month. She installed the habit of exercising regularly in a friend and helped another friend get over his anger issues in less than 5 minutes. Wondering how? She used the Meta model language patterns to help the other person get what they want just conversationally. One of the best techniques NLP teaches you is effective communication.

SINGING TO STOP STAMMERING

Jyoti Joshi, uPwithNLP Practitioner has worked with a person who had the problem of stammering for many years now. On questioning, she found that he did not stammer while singing. She elicited and anchored this state, and then used the collapse anchor pattern. Metaphors and embedded suggestions also worked magic to give him the much need motivation and reinforce the belief that he can speak without stammering.

FORGETFULNESS LONG FORGOTTEN

Smitha Palande, uPwithNLP Practitioner has a friend suffered from the habit of forgetfulness. She wouldn't remember what the other person said or even where her things are. With a single of session of reframing, the friend now remembers everything effortlessly. Also, her headache and eye pain has vanished along with this though it was not worked on specifically by Smitha. Such is the beauty of generalization that techniques from uPwithNLP teach us.

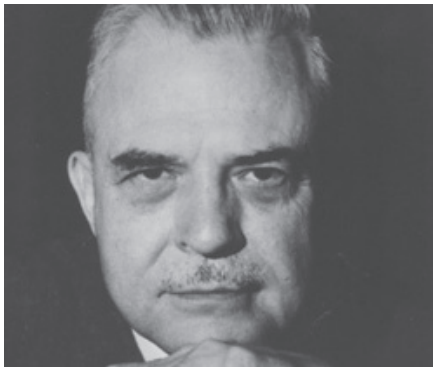
HINDU MYTHOLOGY TO FORGET BAD MEMORIES

Vijaya Singh, uPwithNLP Master Practitioner made a very interesting adaption of the Sanctuary pattern to lighten the mood and help a young girl forget bad memories from her relationship. The girl was unable to concentrate on anything and kept seeing the face of the boy continuously. Vijaya got the girl to disassociate and see the bad memories on the face of Raavan, the Hindu version of a demon. She then played with her submodalities to see the Raavan burn and turn to ashes. The young girl was dancing and smiling 10 minutes later.

REJUVENATING AFTER PARALYTIC ATTACK

Parasuraman Subramanian, uPwithNLP Practitioner, has been working with a person who had a Paralytic attack on the left half of his body few years back. After a session of Reframing, his speech improved and he could move his left hand and left leg without the support of his right hand. He also felt movement and sensations on the left part of his body and frequent movement on his fingers. He experienced a sense of relaxation and has a new renewed confidence that he can rejuvenate back to health. Yes, the art of healing others lies within us.

*Do you have more such success stories?
Write to us at stories@soexcellence.com*



FOOD FOR THOUGHT THE WISDOM WITHIN

Milton Erickson

It is really amazing what people can do.
Only they don't know what they can do.

Milton Erickson did not enjoy a promising start: born colour-blind and, it turned out, dyslexic and tone-deaf, too, in 1901 into a dirt-poor farming family in which no-one had ever been to college; struck down, paralysed and very nearly killed at the age of 18 by polio.

In the summer of 1919, at the age of eighteen, he was stricken with his first attack of Polio (his second would come at the age of fifty-one). It was an extremely severe infection. He was not expected to survive, and his parents were told that he would be dead by the following morning. He lapsed into a coma. When he awoke three days later he found himself completely paralyzed, unable to move except for his eyes, and barely able to speak. Since there were no rehabilitation facilities in their community, there was no reason to expect that he'd ever recover.

Milton kept his still active and keen mind occupied as he played mental games with himself. He learned to notice the difference between his family's verbal and non-verbal communications. He noticed that sometimes people would say "no" with their mouth while their body was clearly saying "yes." His parents, who took care of him as best they could, fashioned a crude potty for him and left him strapped into his chair for hours. He was sitting somewhere in the middle of the room, looking longingly at the window, wishing he could be near it so that he could see what was happening outside. As he sat there, seemingly immobile, intensely wishing and imagining being outside playing, the chair began to rock slightly. This excited him greatly and he endeavoured to make it happen again. He gave himself direct commands: "Move legs! Rock the chair!"

Nothing happened. Finally he gave up, sank back into his daydreams, and once more imagined playing outside. Again the chair began to rock! It was the indirect suggestion, that vivid imaging that produced a response. Using this discovery, over the following two years, Milton taught himself to walk again (aided in the task by closely watching his baby sister who was only then learning to walk as well as the self calibration of minor movements in 'seemingly' immobile parts of the body), and closely observed how human beings communicate and how the unconscious mind works. Thus one of the hallmarks of hypnotherapy was born: indirect suggestion.

Even his tone deafness was put to good use: "So much is communicated by the way a person speaks", he pointed out. "My tone deafness has forced me to pay attention to inflections in the voice. This means I'm less distracted by the content of what people say. Many patterns of behaviour are reflected in the way a person says something rather than in what he says."

After his first year in college, he spent his summer vacation taking a thousand-mile river trip. When he started out on the trip, he did not have enough strength in his legs to pull his canoe out of the water, and he could swim only a few feet. On the river, he had to fish and forage for his food since he had few supplies and only \$2.32 in cash. With his considerable interpersonal skills—his ability to "read" people—Erickson had no trouble getting fishermen and other travellers to give him the food he could not get on his own. By the end of that summer, Erickson had travelled over 1,000 miles. He could swim a mile and carry his own canoe.

Erickson believed that solutions to human problems lie within the person, in the unconscious mind. This is his famous theory of "utilization." Therapy, in Erickson's view, merely allows the person to become aware of the strengths and resources within himself—very much like what Erickson himself experienced in his struggle with polio. But he was unique in his belief that the unconscious mind was a source of strength and healing. He believed that our job is to help the client re-establish his/her connection with his/her inner resources and to develop a rapport between the conscious and the unconscious mind.

Despite all the difficulties Milton went through in his life, there was never a more cheerful, optimistic, forward-looking man. In fact, he not only seems never to have expressed regret, he actually turned these many and various disadvantages into his greatest assets: he did a really good job of being himself. From his sickness he learned pain and an ability to empathise, not just sympathise, with his clients, and from his paralysis he learned acute observation of people, and how they can tell you everything before they say anything.

There's a lot to learn from Milton Erickson and the power of healing. You have the ability to heal yourself by reconnecting with the inner you. Making NLP Work for you will empower you to do this magic for yourself and for others. How quickly are you going up! with NLP in your life?!

Source – www.livingnow.com,
www.wider-mind.com,
www.ericksonian.com,
www.psychologytoday.com,
www.butler-bowdown.com

HEALER WITHIN

Written by **Ranjani Krishnan**

About 3 years ago, I started on this spree of taking painkillers every time I got a headache. And over the last few months, it had only become worse. It disrupted my work and my personal life. At uPwithNLP, I used the "Healer Within" pattern to get over this headache. During the patterning, I had metaphors in the form of images of my bed, yummy home cooked food and books come to my awareness. At that point of time, I didn't know what it meant. I sat down to explore with my unconscious, the meaning of these images and then reconfirmed with my unconscious to check if that was what I should be doing to restore to full health without taking painkillers and other medication anymore. I started to automatically sleep early, wake up early and eat on time without any conscious effort to do so. And I also noticed that I no longer had headaches.

That's when I realised that this headache was my unconscious' way of communicating with me to sleep early, have food on time and most importantly, spend some quality "me" time. And what's wonderful is that I've been doing this now automatically, effortlessly and guess what; I live a life that is complete and joyful, medicines free!

Thinking about it now, I wonder, how many people have been living on medication for many years for an ailment without realising that the ailment could be a form communication. Most times, these pains and aches indicate that there is some imbalance and therefore, requires your attention. Popping a pain killer is like asking the pain to go away disrespectfully! And most times, such medication ends up being a temporary relief. Pain or any deviation from 'normal' and robust health is an indication that some internal physiological balance is being hindered.

Very few NLP Experts know how to detect these signals early and heal themselves using their internal resources way before they can fall sick. Are they making a wild guess? Definitely not! Over the years, they have trained themselves to develop a reliable intuition which gives them the ability to detect early when the body is experiencing imbalance and take preventive measures to return to full health.

The Healer Within pattern on one hand addresses physical ailments like the headache in this case. On the other hand, it paves a foundation for developing a sense of well being and a holistic quality of life we all desire to live. Who would have guessed that sleeping and eating on time would make a world of difference to the quality of life I live today? Improved confidence, work life balance and sense of satisfaction are some of the things that Healer Within has done for me.

Fever, common cold, cysts, dry cough, eye pain and much more are all signals from your unconscious that they need your attention. However, majority of us ignore that and go on a loop of taking medicines and get into other related side effects. Take the case of someone who has fever. He might be undergoing some stress at work, resulting in poor eating habits. This might in turn affect his immune system making him prone to ailments. Stress, the kinaesthetic feeling that the person has at that time is the signal.

My great grandmother, who is 99 years old, is still active and healthy. Her eyesight and hearing are in brilliant condition, her memory is extraordinary and energy levels

are inspiring. I don't remember her ever falling sick with even a cold. Do you know people like this? How did they manage to stay healthy? The answer is: they knew to heal themselves within. With the outburst of technology and innovation at its best, we are somewhere losing sight of who we really are and question our own ability to detect imbalances and heal from within. However, let me remind you that this is still possible and there are people out there who continue to do so. You can also train your intuition and build the necessary resources to establish and sustain this communication with your neurology

Imagine what a breakthrough it would be if you could heal yourself and for others. Medicines may help amplify the healing effect or not. The actual process to healing starts from within. And healing, for me, means a sense of emotional wellbeing and wellness. And the ability to correct imbalances using internal resources and living a Blissful life!

What a sense of rejuvenated confidence would it give you when you know you have the support of your body and mind to help you always? How much time, money and effort would we be saving if we only developed a well trained intuition to detect the right communication at the right time?

"
You can train your intuition
and build the necessary
resources to establish and
sustain communication
with your neurology
"



THE HEALER WITHIN PATTERN

You want to Sow Excellence in every part of your life. What better way than start with your health! 'Healer Within is a New Code NLP Pattern developed by Dr. John Grinder and Carmen Bostic St. Clair which is used as a pre-emptive measure to avoid illness as well as cure diseases and other medical conditions. The fundamental presupposition of Healer within is that every individual has the power to heal himself using his/her own internal resources. Our body is constantly communicating with us in different ways. One such way is through body signals in the form of sensations, aches, pains, conditions such as fever, cold etc. Paying attention to these signals can empower us to retain full health or rejuvenate ourselves back to health when necessary. This gives you the ability to maintain the much needed psycho-physiological state of balance.

THE SET UP

To use the healer within pattern, you must first establish 'involuntary signals' using pain or other physical symptom as a signal. The following is ONE method to help you do that.

Step 1. Test, whether the pain is outside of your conscious control. Try to move the pain, or reduce or increase the intensity. After you have confirmed that the pain is not within your conscious control and you are not able to move or change the intensity, only then proceed to the next step.

Step 2. Touch the place where you feel the pain and say to yourself -Thank you, You have my attention. Now, if this is a form of communication, I would like you to vary the pain in a way I can recognise. When you vary the pain, I will use that variation of the pain as a signal for 'yes'. After saying this, just empty your mind, focus and wait for the pain to shift. The pain will either increase, decrease, may go to the other side of your body or even feel very different.

Step 3. Once you have got the variation in the signal, ask the pain to go back to its original position. So, that your body can give you the variation when it wants to communicate 'yes'.

Step 4. Confirm the signal for 'Yes' by asking your body to give the signal for yes. If you feel the same variation in pain that you got after step 2, you have successfully established what is known as an involuntary signal.

Step 5. In the same way, establish another variation of the pain as a signal for 'No'.

Nice. Now, you are ready to begin the healer within process.

THE PROCESS

The underlying presupposition of Healer Within is that there could be an underlying condition in you that requires some attention. And that the pain is merely a form of communication to help you sort it out. So, once you have established the involuntary signals, there are three steps to the healer within pattern to improve the underlying condition.

Step 1. Ask your body 'Do you know how to correct the current condition completely and return me back to full health?'

Step 2. If you get a 'Yes' to Step 1 using the variation of the pain established

during the setup, then Ask your body 'Do you take full responsibility and commitment to correct this and return me to full health?'

Step 3. If you get a 'Yes' to Step 2 using the variation of the pain established during the setup, then Ask your body 'Will you accomplish this fully now within _____ (Appropriate time frame)?' Keep increasing the time frame until you get an yes.

This pattern is very powerful, but for this to work, you need to ensure that your signal for 'yes' and 'no' are involuntary, as explained in the setup process.

Here are some of the cases, I have personally seen, where people have used the Healer Within pattern to heal themselves successfully

1. Headache
2. Toothache
3. Stomach Upset & Acidity
4. Pressure in the head
5. Eye pain

As John Grinder says "It's not how you got here that counts, the real question is where do you want to go?"

Think about this. You have different physical sensations in your body every day which maybe an indication of something that your unconscious wants you to do to retain that balance in your body; a habit or an activity. What if you were empowered with the wisdom to identify and respond to these signals as required, such that you can avoid health issues even before they occur? How would this knowledge empower your life holistically? What does this mean for people around you? And what if you could yield this magic wand on people around you for a blissful life?

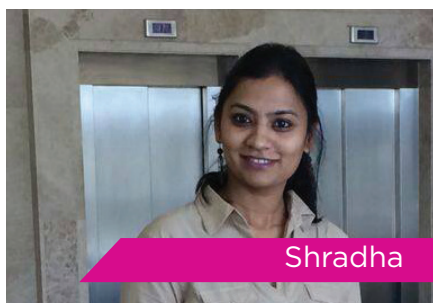
All this and more are what we learnt at uPwithNLP with Antano & Harini and more recently, we witnessed Dr. John Grinder's Installations of 'Healer Within' patterning at the seminar in Murcia, Spain, this month. Our entire experience, learning and the magic that he has spread in us brings immense joy and we are eternally grateful for his continued support.

*Source – nlpacademy.com,
Dr. John Grinder at Healer Within*



DISCOVERIES AT HEALER WITHIN SEMINAR

Team SOE, who was at the “Healer Within” seminar with Dr. John Grinder and Carmen Bostic, are living the life they desire after uPwithNLP. Healer within seminar has helped them explore new possibilities and opened up yet another path to self-discovery. They expected to learn the nuances of NLP directly from Dr. John Grinder. What they didn't expect was how other aspects of their life would accelerate. Here's what Team SOE had to say after the Healer Within journey.



Shradha

Shradha, Voice & Accent Trainer, says that her biggest take away from Healer Within seminar has been gaining the freedom to explore more in life. After 15 hours of work followed by endless last minute packing and a 26 hour flight journey, Shradha thought she would be tired and jet lagged during the course. However, meeting Dr. John Grinder and micro muscle mirroring him to learn the deeper nuances of NLP kept her energized and active during and much after the course.

What she found fascinating at the course is the ability that lies within her to reset relationships. Her doubts have been clarified and she now knows how to deal with those relationships. This has reinforced the belief that there is always chance for something new. She has also set new signals in place using body scanning and calibration which equips her to deal with SOS elegantly.

uPwithNLP helped Shradha achieve 7 goals in 8 months. After Healer Within seminar, Shradha has set new higher goals for herself. She intends to pursue her MS in Pharmacy in the US and combine it with NLP to get the best out of both worlds. She says, “I have landed on the ideal path to success which gives me the liberty to integrate all my goals to create a beautiful life ahead.”



Preethi

Preethi's experience at the Healer Within seminar was directed to her inner self. She knew she had SOS signals but she wasn't sure if it was a conscious or an unconscious response. At Healer Within, under Dr. John Grinder's guidance, Preethi discovered her signals again and learnt to believe in it. The concept of self-calibration helped her understand her signals better and gave her metaphors in the form of images and sounds to read them better. She says, “I feel a deep sense of connect with myself. I feel like I know myself in and out.”

We were curious to know why this deep sense of connect was important to her. She said, “It helps me build more congruence and that automatically reflects in everything I do. I do my best at anything only when I feel completely convinced about it and now this touch I have with myself has helped me become more self-reliable.” She also believes that in the process her intuition has strengthened and is now confident that her signals will work well ahead of time. This is important for her physical and mental wellbeing. She now plans to use the Healer Within pattern for various areas of her life starting from weight loss. She says, “uPwithNLP gave me the much needed boost in life. Healer within has taken it an step further. I am happy and contented.”

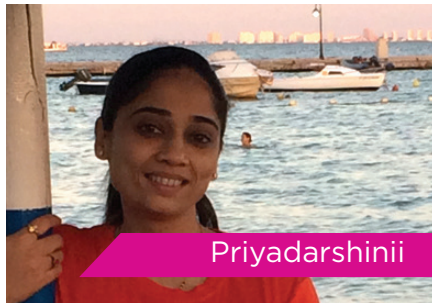


Parul

Parul's first reaction after the Healer Within seminar was “I feel like a magician with a magic wand”. She explored other ways to communicate with her unconscious through the process of self-calibration and body scanning. This also gave her the opportunity to identify and understand newer and quick ways to seek the support of her neurology for full health. We asked her why it was important to seek that support and she says, “This sense of control over my health brings me encouragement to do more in life. I feel like nothing can stop me anymore because I have my body and my mind's support.”

Parul has been on medication for Thyroid problem for a few years now. The doctor indicated that she had to have medicines regularly for the rest of her life to maintain the balance in her body. She used the Healer Within pattern with the help of Dr. John Grinder to consider how she could reduce the dosage to basic minimum and restore to full health. She is experimenting with it now and is confident about living a drug free life.

Her biggest take away she says, “The Healer Within seminar has brought a sense of satisfaction and belief in myself and my health. I am now geared up to accomplish higher goals in life.”



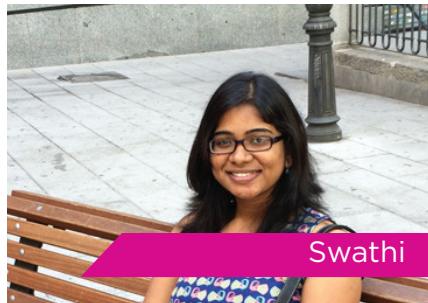
Priyadarshinii

Priyadarshinii, SOE's very own success coach, suffered from a rare auto immune disorder. She met Antano and Harini three years ago, in a critical health condition where the doctors had said that her kidneys only had a couple of months. For the last three years, against all odds, she has pulled medical miracles several times. When doctors predicted that she may not survive, she recovered again and again. Two months ago, in another attack where her creatinine levels shot up, she did not only manage to come back to normal life style, her kidneys even started rejuvenating. She developed the ability to calibrate the progress of her kidneys and measure their improvement. This was validated by the corresponding improvement measured medically in the nourishment of her kidneys.

Priyadarshinii jumped at the possibility of refining these skills further from the founder of the healer within pattern himself. After Healer Within seminar with Dr. John Grinder, Priyadarshinii discovered that she was living the doctor's reality and it was not really what she felt inside her body. She has decided to continue what she has been doing all along with more effectiveness and assess her own status from time to time to reach her ideal health.

Healer Within has also given her a lot of insight to identify and accomplish her goals, and also help identify a new goal. She wants to conduct 3 days healing camp for terminally ill patients to help reinstall faith in their health and explore with their neurology on how they could work together to restore them back to health. She also wants to conduct healing camps for families to bring them closer to each other.

Healer Within has rejuvenated Priyadarshinii's confidence in her health.



Swathi

Swathi's most cherished moment at the Healer Within seminar was when she discovered yet another way to calibrate and receive Spontaneously Occurring Signals (SOS) signals. She has this unique skill where she can identify and understand emotions through olfactory sense or sense of smell. She is now exploring more possibilities with it

She also had the chance to work with Dr. John Grinder personally about a particular health issue she was facing. With guidance from Dr. John Grinder she was able to interpret the signal and work with it differently using other NLP techniques. She says, "I cannot in words express the joy that I had and still have when he said that I have the ability to heal from within. He expressed so much congruence, warmth and care when he said that."

Swathi was in the midst of important things before coming to this "Healer Within" seminar; becoming a lecturer and singer in addition to completing her PhD. She knew she had to do it. She knew it will be accomplished, she also knew how it will be accomplished and also recognised everything that is being done is contributing in that direction. But she had a very limiting skin allergy that would affect the muscle in her spine, not allowing her stand or sit or teach or even walk for a long time. Even after all the miracles she has been doing in people's life, she didn't work on herself because she had a limiting belief. At Healer Within, this limiting belief was broken and she has returned to better health now. It has given her the confidence to pursue her dreams. She says with a smile, "At this point in my life, this reinforcement was something I could have never afforded to miss. I am so glad I attended this seminar with Dr. John Grinder never fails to connect the dots."



"We, Team SOE, are grateful to Dr. John Grinder, Antano & Harini for giving us this wonderful opportunity."



MAGIC OUTSIDE HEALER WITHIN SEMINAR

Written & Edited by **Ranjani Krishnan**

The Healer Within pattern can bring about an overall sense of wellness and wellbeing. It helps you explore different possibilities and see life in a different perspective.

Our journey to Spain for the seminar gave us a different healing experience and brought back some brilliant thoughts too. Here's what happened at Spain and what we learnt from it:

The hidden person in you

After a tiring trip from Madrid, we landed at Los Alcazares by bus. It was 3pm in the afternoon but still a ghost town. No cars, no buses, closed shops, no sign of human existence. Thanks to Google Maps, we found our way to the apartment we had booked for our stay. Much to our dismay, some confusion happened and we were left stranded on the streets of Los Alcazares. Our first instant reaction? All of us burst out laughing. Yes, we were tensed. But we knew this was going to be an adventure. After exchanging a few hearty laughs, cracking silly jokes and some much needed selfies, we sat down to think what next. We got to work, cracking our brains and found another place to stay; all of us in complete sync. The crisis leader in us was back in action then and we cannot tell you what added confidence this brought back in us.

The next day, we were curious and wanted to explore more of Los Alcazares. We took a walk down to the beach, and suddenly, everybody was motivated to jump and play around. Running around like little children, splashing water and smiling like we had conquered the world, we knew we had connected to our inner self making it the perfect magic moment.

Healing doesn't have to always be about pain. It could be also the other parts of us that are hidden which come to life, making us live a complete and wholesome life. We explored a different side of us. How soon are you going to explore who you are deep inside?

SPREAD MORE SMILES

The day after the course, we decided to explore the city of Murcia. After a walking around the streets, we sat down to grab some Spanish food. Five minutes after we sat down, a very cute old man, Fabio Palomitas, parked his popcorn cart and seemed delighted to see us. He came around with a big grin like he was surprised and did some funny tricks which caught our attention. Soon, he wanted to click pictures with us, did some beat boxing, sang a Spanish song, gave us more popcorn, showed us his pictures including a signed copy of his photograph and his Facebook page, acted like a sailor and finally gave us a genuine affectionate hug. Ironically, he did not speak nor understand English and we didn't know Spanish! However, language was not a barrier and there was such a delightful exchange of emotions. The joy that he had, the adorable wrinkled smile and the warmth that he shared with us was fulfilling and gratifying. What caught our attention was that he was enjoying every moment standing there selling to all. Every person who passed his shop experienced the same joy and smiles.

Imagine how much we would heal people around us every day by just sharing the little joys in life. We go to great lengths buying expensive gifts and taking our dear ones to pricey restaurants. Have you wondered what a sea change it would be when you could spread smiles by just spending quality time with your loved ones? And perhaps giving them an affectionate hug from time to time? All of us have the ability to heal from within and also heal others. What are you going to do differently to heal yourself?

WHAT IS YOUR INTUITION TELLING YOU?

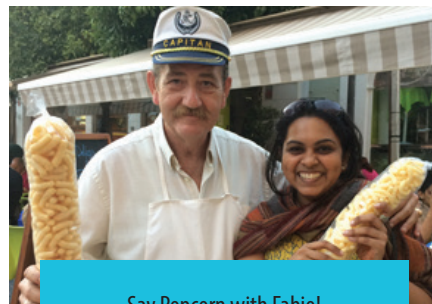
After a rich experience at Murcia, we decided to head back to Madrid. We reached at around 9 in the night comfortably taking a taxi to the apartment we had booked online. On arrival, we noticed that something was amiss at the apartment. The apartment itself was good, however, the locality and the look on the owner's face, made us question what was happening. We noticed the owner and the security guards exchanging weird glances and speaking something about us. Our SOS (Spontaneously Occurring Signals) or what we also call "Intuition" was screaming that something was wrong. We took a minute off, paid attention to what our intuition was telling us and decided to walk off from the place. We knew we did not have an alternative place to stay right then but that didn't deter us from listening to our unconscious. We boldly walked out, stuck together as a group, found an alternative

place to stay late in the night and got our full money refunded from the apartment owner using NLP.

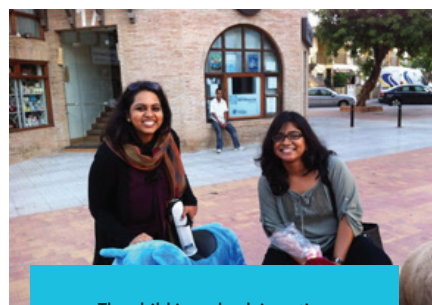
Every day, for every decision we make, our unconscious is giving us signals. It could be about our safety, our health, our work, just about anything that is important for us. Do you know how to detect these signals and what it means? How much attention do you actually give to what your unconscious is telling you? How would that impact your life?



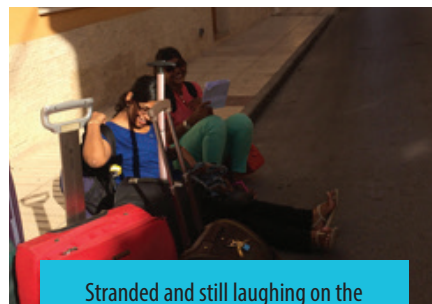
Fabio Palomitas, the man who made our day



Say Popcorn with Fabio!



The child in us back in action



Stranded and still laughing on the streets of Murcia

UNRAVEL

Continue to uP! your NLP skills as you solve this mindboggling puzzle.

01

The ability to "step out of the box" in any given situation
DAONITISSAOIC

06

_____ is the test for Unconscious rapport
DNAGILE

02

An important step in which your unconscious evaluates the consequences of the changes made in the process of Reframing
ELGOYOC EHKCC

07

Your ability to get into a state of mind where there is no internal conscious processing
NWKO NNGIHOT TETAS

03

What is the one of the most important purposes of future pacing?
NTAZOIGNRAELIE

08

_____ drives emotions
ETYIINSTN

04

How can you amplify an emotion using anchors?
SINGLID RNSOHAC

09

_____ is a set of questions that breaks the limiting beliefs an individual holds when precisely targeted
AETM LMEDO

05

This is one of the most important presuppositions of NLP – "There is no failure only _____"
DBEEKFAC

10

"The way she looks at me makes me angry" – This statement is an example of a meta model called
AESCU NDA EFCTFE

ANSWERS TO UNRAVEL – AUGUST ISSUE

- | | |
|--------------------------|---------------------------|
| 1. Installation | 6. Presupposition |
| 2. Universal Quantifiers | 7. Phonological Ambiguity |
| 3. Modelling Excellence | 8. Chunking |
| 4. Pacing | 9. Metaphors |
| 5. Nominalization | 10. Cause and Effect |

Crack the puzzle! Send in your responses to stories@soexcellence.com and win SOE gifts!

NLP BLISS



NLP Bliss is a Transformation Centre, first of its kind in the world. NLP Bliss is where you Get Immediate & Measurable Miracles with the help of an NLP Bliss Practitioner.

NLP Bliss Practitioners are a few select uPwithNLP Practitioners, personally handpicked and extensively coached by the NLP wizards, Antano and Harini, themselves. They are trained to deliver transformations in single one-on-one sessions with clients.

BLISS Practitioners, across different cities, continue to excel and deliver results in a single session. The following is our pick for the most interesting and successful interventions this month.

INTERVENTION - 1

INTERVIEW FEARS AND NEGATIVE THOUGHTS



NLP BLISS PRACTITIONER
Parul Diwan, Delhi

the movie of his failures. He said, "My life is finished if I don't clear this interview." This was leading to blackouts during the day and a lot of frustration.

Parul, identifying the criticality of the situation, started with the Peak Performance game for the context of interviews.

Ricky (name changed) an 18 year old boy was pursuing Electrical Engineering in a college in Delhi. However, his heart was in Chemical Engineering in one of the other top universities. Lucky for him, he had another shot at living his dream. Though the excitement to live this was high, he was only seeing

the excitement to live this was high, he was only seeing

She continued to chunk up the issues of blackout, negative thoughts, and fear of failure to a higher level to address them in the Reframing pattern. During reframing, she used Metaphors and Embedded Suggestions, to help resolve all of this which will also empower him to perform well in the interview. She then did a future pacing in the context of admissions, and it was surprising to see what he saw. He had a smile on his face and he said, "I feel like a topper".

The next day, Parul received a call saying that he was selected for Chemical Engineering in the college of his choice. The sense of satisfaction that Parul experienced cannot be expressed in words.

Such immediate transformations are what our NLP Bliss Practitioners are equipped to do.

INTERVENTION -2 REDUCE SMOKING



NLP BLISS PRACTITIONER
Sriparna, Bangalore

a stressful situation would drive him back to smoke.

Sriparna intervened at the right time before the urge to smoke killed him. She identified the need for a Reframing pattern that could not only reduce the number of cigarettes a day but also reduce the urge to smoke. Neel wanted to reduce his smoking in a way that he felt the power lies with him.

Today, almost 25 days after this intervention, Neel has reduced smoking from 2 packets to only 4 cigarettes a day. The quality of his life has improved tremendously and he feels a new strength and vigor. He is now motivated to quit smoking completely with the support of NLP and Sriparna.

Neel (name changed), a young college student, used to smoke as much as 2 packets a day. What started as fun during his earlier days, slowly became an addiction. Off late, it started taking a toll on its health; it reduced his stamina and the urge to smoke only grew stronger by the day. Even if he wanted to quit,

and other language patterns on her mother to be a strong support to her daughter.

Veena's life has improved since then. The friction with her mother and other people around her has reduced dramatically. Her concentration and focus has improved, and a nice curvy smile is back on her face.

INTERVENTION -4 BAD INCIDENT AND POOR FOCUS



NLP BLISS PRACTITIONER
Gayatri Aptekar,
Mumbai

Abhay (name changed) was a Pro-footballer and excellent at academics, had a fall during one of his football games a year back. He suffered from a ligament tear and was advised adequate rest. His parents were worried for him and did not encourage him going back to play again. He missed playing football, his doctor's voice was haunting him and he found it hard to concentrate on anything. More importantly, he was becoming quiet and moody.

Gayatri's first priority was to reduce the intensity of the negative statement by the doctor. She used auditory and visual submodalities for the same by end of which he was already smiling. To help improve his focus and concentration, she played the Peak Performance game with him. As a final touch, she used the Reframing pattern with him for his ligament tear. Language patterns with Metaphors helped integrate all these changes in Abhay beautifully.

At the end of the session, he said, "You did something, Gayatri, I don't know what, but I love this feeling. THANK YOU!" A week later his mom confirmed that his concentration and attention span has improved multi-fold, he is active and happy, and is doing everything necessary to get back to playing football. The magic of NLP Bliss lies in integrating these changes in you fully and elegantly.

INTERVENTION -3 TEMPER TANTRUMS AND DISTRACTION WHILE STUDYING



NLP BLISS PRACTITIONER
Meera B, Chennai

an entrepreneur. This choice was refuted by her parents as a futile career choice. This led to frequent outbursts of anger against her mother and some teachers whom she didn't like. This was also leading to disinterest in pursuing higher education. Meera identified that the first step to help Veena was by performing a collapse anchor for her anger and irritation to be replaced with a calm state of mind. She intensified this state of mind using submodalities. She then used auditory submodalities to negate the impact of statements made by some people. Meera then went on to play the Peak Performance to help her focus better and clear distractions. She used analogue marking

Veena (name changed) a 17 year old class XII student with a tight schedule felt that she was doing everything that was not her interest or passion. Bharatnatyam, Architecture classes, choice of subjects in school were all her mother's choice and not her she said. Her heart however was in baking and being

All Bliss cases have been verified for results by the NLP Bliss Audit team.

"Get an Immediate and Measurable Miracle in Your Life with the help of an NLP Bliss Practitioner"
Contact us at 1800- 3000-2909 to Book a Session.

LOVE WALL

Hundreds of alumni every year and their never ending love and support are what drives us at SOE.

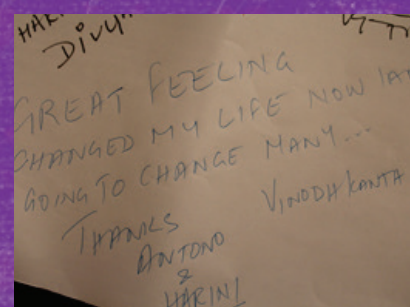
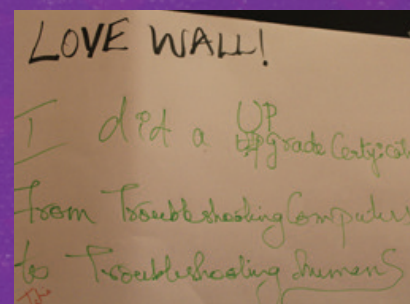
Their beautiful poems, love notes and messages fill our heart with so much joy. Here is some love we received this month:

Travelling through the woods,
With the weight of her deadly goods,
She missed the sunlight,
She missed the flowers,
She missed the trees,
What she did see...
Was Alas, not yet dead weight,
Of her own goods,
Crying some, unshed tears some,
Traversed the maiden,
Unable to enjoy,
God's melodies and tunes.

Unable to live in her own skin,
She made up her mind to deal with her kin,
The damsel's mind started filtering,
The unwanted from her yonder,
The mind did wonders,
For what remained was her own wonders indeed,

Hey, what happened to the "unwanted yonder,"
Wondered she like the onlookers,
They were packaged as the "yonder,"
She remained ever after,
As the "Dame in Laughter,"
Not to forget the flowers and trees of the woods,
Who joined her....
Playing God's melodies and tunes!
A bow to uPwithNLP indeed!

- Hema Sarathy

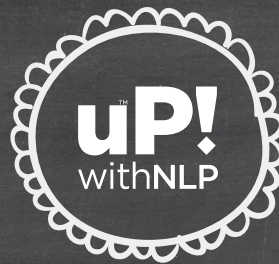


Excited to tell us how you feel? Write to us at stories@soexcellence.



TEACHERS DAY SPECIAL

THE MONTH OF SEPTEMBER HAS BEEN VERY SPECIAL FOR ANTANO AND HARINI. THE LOVE AND GRATITUDE THEY HAVE RECEIVED ON TEACHER'S DAY IS SOUL-STIRRING AND GRATIFYING. THIS SECTION IS A SPECIAL DEDICATION FROM OUR UPWITHNLP ALUMNI TO ANTANO AND HARINI.



"After nearly 6 years of ploughing through college days, I had almost started to become very cynical about teachers until I landed up in NLP training with two trainers who really do justice to the term "teacher". You are curing phobias and actually creating resourceful states in everyone you meet. Thanks to both of you, an extra-ordinary journey of excellence has begun. You are impacting hundreds of lives every day; show the world what teaching really is."

Nandakishore

"When I had entered the gates of Lalit Hotel last year, little did I know that my life will be transformed by two amazing individuals. Today as I see myself excel in the areas which once I thought were not for me, my heart fills uP with gratitude to Antano and Harini. Keep spreading the magic uP always and in all ways!"

Gayatri Aptekar

"I am proud to be associated with the two people who help shape the future and are our teachers. Dear Antano and Harini, thank you so much for all the wonderful things that you taught me which helps us touch so many more lives."

Balagopal Keeran

"Happy Teachers day, Dear Antano and Harini. Thanks a lot for contributing so much positivity in all our lives. You both are fabulous!"

Nilesh Parthani

"Happy Teachers Day, Antano and Harini. Thanks for Patterning my Life and empowering me to pattern others Lives."

Kiran Dixit

"A dream begins with a teacher who believes in you, who tugs and pushes, and leads you to the next plateau, sometimes poking with a sharp stick called truth. Happy Teachers Day, Antano and Harini! You have supported me since the time I have been associated with you. I take this opportunity to express my heartfelt gratitude to you."

Priyanka Nirmal Kumar

"On this special day, I bow in respect to show gratitude and sincere regards to Antano & Harini. Thank you for touching, watering and nourishing the "Seeds of Goodness" sowed in my soul in a way which is special to you only. Wish you a life full of Goodness and Blissfulness each day ahead."

Ajay Mahajan

SOCIAL WORK



“Social Work drive at SOE is spearheaded by Antano and Harini, orchestrated by Swathi Priya and coordinated by every member of the SOE team with full support from our alumni. We have drives conducted in Mumbai, Chennai, Delhi, Hyderabad, Pune and Bangalore every month. We are active in different fields like Defense, Medicine, Education etc. handling challenges that were considered impossible to deal with.”

Social Work is baked into SOE as much as Excellence is. We believe at supporting anybody who comes to us because the impact created is a ripple effect. We have people who find the motivation to start new businesses after successful interventions and then create more jobs in the economy. This in turn improves the overall standard of living and the quality of life.

SOE identifies deserving people and does everything to support them, to give them the life they want. The cases we have worked on include destitute women, Special children, orphaned children, people with acute and chronic health issues, and much more. From Student Scholarships to delivering free sessions, we have over 100 such stories every month like school girl gets over insomnia, abused woman explores new lease of new life, kidneys rejuvenate after years of dialysis and college girl gets over bad relationship.

Here is our pick for the two social work cases this month.

Mohan (name changed), aged 47 suffered from cerebrovascular attack 4 years ago. Since then, he had paralysis on one half of his body combined with facial palsy. He was referred to us by one of our dear alumni who believed Antano and Harini could deliver this magic. Harini agreed to work with Mohan by using the pattern of “Reframing”. After an intense session of trance, he opened his eyes only to notice that his facial palsy was gone and his articulation had tremendously improved. Also, prior to the intervention, Mohan suffered from massive global amnesia with difficulty in recognizing people. However, right after reframing, Mohan recognized people around him and also remembered birthdays and weddings from 6 years ago. His gait has improved noticeably and he is currently experience a new sense of freedom. We look forward to Mohan's complete recovery 3 months from now.

Rahul (name changed), worked as a driver for a wealthy business family. After a lot of hard work, he managed to save about Rs. 2 Lakhs which he planned on investing in a house. A friend who was in trouble borrowed the money from and later forgot about it. Despite repeated attempts to get the money back, he was unable to do so and this pushed him to attempt suicide by consuming 200 tablets. He was rushed to the hospital and a week later was discharged. However, he had lost the ability to communicate, move his body and control his nerves. To add to this, the medicines prescribed to him were anti-psychotic drugs which were pushing him further to commit suicide.

Giridhar met him through a mutual friend and worked with him using Reframing. Right after the intervention, he drove Giridhar's car and dropped him at his destination. He was physically ready for work. However, he continued to feel very tired and worn out. Giridhar worked with him the second time, only to understand that he had no confidence to go back to work and was scared. Reframing with a Collapse Anchor brought Rahul back to life. Two days later, he went back to work with confidence. Today, Rahul has made more than his earlier savings in a very short time. His family life has improved and he carries a beautiful smile with him everywhere.

Curious to know more of our involvement in Social Work? Do you know someone who might need our help? Write to us at stories@soexcellence.com



uPwithNLP is now spreading its wings into international territories to make transformations easily available to all. uPwithNLP Sydney is scheduled between 17th and 22nd November, 2014. Do you know people who would love to experience transformations and grow blissfully?

Get them to contact us at support@soexcellence.com and avail the early bird discount.

SOE is driving the initiative to increase awareness on how NLP works in different areas of life. As a first, SOE has introduced the concept of uP University at uPwithNLP to open up more avenues to explore how you can use NLP in your life fully and effectively. The Chennai batch had different departments in the University like NLP for Personal Transformations, NLP for Career Growth, NLP for Health & Wealth, NLP for Training & Coaching and much more.

Curious to know what happens at different batches across the country? Check out our latest batch updates on www.upwithnlp.com

NLP Bliss has been receiving an increasing number of requests for transformations. To make this experience easy and quick, the SOE team has launched a new NLP Bliss website. It allows easy access and helps you book a Bliss session in a city of your convenience at the click of a button. Check out our new website at www.nlpbliss.com launching on 31st October 2014

NLP Bliss Transformation Centres are now present in over 20 cities. We understand the need for immediate transformations and therefore ensure that your appointment is fixed with an Expert Bliss Practitioner in less than 3 days.

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Grow Blissfully as You Make NLP Work for You
and Succeed on AutoPilot

Thailand • Park Plaza Radisson
7-13 November 2014

New Delhi • The Lalit
1-6 December 2014

Mumbai • The Lalit
8-13 December 2014

Sydney • Radisson Blu Plaza
12-17 January 2015

Chennai • Residency Towers
26-31 January 2015

Bangalore • Le Meridien
2-7 February 2015

Hyderabad • Taj Banjara
9-14 February 2015

Mumbai • The Lalit
23-28 February 2015

New Delhi • The Lalit
6-11 April 2015

Chennai • Residency Towers
20-25 April 2015

Thailand • Park Plaza Radisson
6-12 May 2015

Bangalore • The Lalit
25-30 May 2015

Mumbai • The Lalit
1-6 June 2015

Sydney • Radisson Blu Plaza
15-20 June 2015



Context Specific Modeling of Excellence for everyone
using Unconscious Patterning

