

# THE NLP NEWSLETTER

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Editor - Joel Fernandes



The question  
wasn't  
"Why",  
it was  
"How"

NLP was always something I wanted to learn for about 2 years, but only from a professional perspective, as a lot of my seniors at the workplace told me it would help enhance my training skills. With this thought in mind, I took up the NLP course by Anil in April 2019.

Disconnected from all my friends, my relationship and myself, I did not know where life was moving and that's when I entered the world of NLP.

The journey of self analysis started from day one of the course and yes, at times I felt choked.. as I was going through a rough phase in my life and was seeking the answer to the question "WHY does this happen to me all the time".

Every day was a new learning which helped me understand that the question wasn't "Why", it was "How" and the answer was never in the "Because" of an external factor; the answers were within me.

At times when Anil spoke, I almost felt as he was specifically leading ME to a lot of answers that I have been seeking from a long time. I did not speak much during the course, but when he spoke, it took me straight to things I wanted back in my life.

I learnt to analyse my situations from a completely different perspective since I then knew 'change' was in my hand and in no one else's. I am responsible for my own change.

Gradually and steadily, I started feeling the change. Today, I have united back with my better half, back to a small happy family. At times things go off hand, but I know I need to answer it the "How" way and I can handle it.

I hadn't met nor spoken to my school friends for over 20 years.

Suddenly, out of the blue, one of them contacted me for a reunion. I don't know how that happened and did not want to know as well - all I knew was that it's now or never; and with a slight hesitation whether people would even recognise me I said "Yes". And when I met them, I never felt 20 years had passed by. Every memory was so fresh and alive.

Anil was right "**They have not gone anywhere, they are there... you have moved ahead**".

This is just the beginning of the journey. I have much more coming my way...

- Aarti Mehra



“  
*There is something  
inside us that is  
more stronger than  
us. There is a life  
we are not even  
aware of.*  
”

- Dick McHugh

# Medicine over Therapy

## A cause for worry



Just by reading the increase in the number of mental illness treatments these days, it seems as though we are going through an inordinate epidemic of mental illness. Today, mental illness is one of the leading causes of disability, surpassing physical disabilities like cerebral palsy or down syndrome, etc.

If counting the statistics of the number of clients that come to me, I can say that at least 42 percent of them met the basis of having (at least) one mental illness at some point in their lives, within 4 general categories - "anxiety disorders," including, among other subcategories, phobias and post-traumatic stress disorder (PTSD); "mood disorders," including major depression and bipolar disorders; "impulse-control disorders," including various behavioral problems and attention-deficit/hyperactivity disorder (ADHD); and "substance use disorders," including alcohol and drug abuse. Most of the clients met criteria for more than one diagnosis.

In recent times, psychoactive drugs seem to be the dominant mode of treatment that medical doctors practice. Most psychiatrists treat only with drugs, and refer patients to psychologists or social workers if they believe psychotherapy is also a necessity.

The altering shift from 'talk therapy' to psychoactive drugs has been growing rapidly and this supports the theory that mental illness is caused primarily by chemical imbalances in the brain that can be

corrected by specific drugs. This theory was roughly considered when, in US, after Prozac came to market and was intensively promoted as a corrective for a deficiency of serotonin in the brain. The number of people treated for depression tripled in the following ten years, and about 10 percent over age 15 now take antidepressants. The increased use of drugs to treat psychosis is even more dramatic. The new generation of antipsychotics has replaced cholesterol-lowering agents as the top-selling class of drugs. Even clients prefer antidepressants & antipsychotics over actually talking to a therapist either because most times they aren't comfortable in opening up to someone or maybe so that they do not have to take their time off from their busy schedule to go meet a therapist.

The increase in mental illness is unlikely to be due to genetics or economic woes and more likely to be due to sudden cultural changes, such as shifts in how teens and young adults spend their time outside of work and school. You can choose how you spend your leisure time. Get enough sleep and make sure your device use doesn't interfere with sleep.

Overall, make sure digital media use doesn't interfere with activities more beneficial to mental health such as face-to-face social interaction, exercise, etc. And most importantly, don't keep things to yourself, talk it out. If not to a professional, then at least to your loved ones. Being mentally fit is just as important as physical fitness.

 ANIL THOMAS



OUR NEXT STUDY GROUP

**COMING SOON**



14th Sept. 2019



Vinalaya Retreat House, Andheri (East)

## Therapy Files with Anil Thomas

# It's not the stuff, It's me!!!

Jacob stepped onto the chair in my room and he said he was experiencing increasing feelings of being stressed, overwhelmed and weighed down by his commitments in life for the past couple of months. He was tall, with tanned skin and had light brown eyes that now looked tired. He has been particularly concerned about his negative thoughts and attitude at work and at home and wanted to change this.

During the session, Jacob looked a little uncomfortable – like he was thinking that it was a bad idea coming for therapy! After he settled down, I asked him to tell me something about himself and what he wanted from the chair. Jacob was married for 2 years now, had a 21 month old son. Both, his wife Andrea and him, were working at a local publishing house and were doing alternate shifts in order to look after their son. Jacob was also studying part time for his masters in media. He states that he enjoys both, studying and working too; but now it seems demanding, physically tiring and is finding it difficult to manage both, with adding responsibilities of a small baby.

Jacob has found himself to be snappy, irritable, exhausted at home and at work. He has noticed that his relationship with his wife has become strained and he has begun to resent her for asking him to complete even minor chores around the home. He speaks of feeling unloved and taken for granted by his wife. He has started questioning whether he wants to finish his studies and whether he wants to stay in the marriage. He was aware of this behaviour, that wasn't helping him.

After he told me all this, I simply asked him - If I could wave a magic wand and you could wake up tomorrow and everything was worked out, everything was the way you wanted, what would it be like?

He immediately replied saying, "It would be great".

I asked him, "Great, how?"

He said "Well, I guess I would be happy. Everyday."

I asked – "So would your marriage be any different? Your studies?"

He said – "Probably not. I mean, Andrea isn't really asking more of me than when we first got together. It just seems more. The studies stay the same no matter how I feel."

To this I smiled and asked, "So.....?"

Jacob waited for me to continue but I simply kept looking; wanting him to understand that I was making a point.

He looked baffled for a while, deep in thought; but after sometime he looked sharp at me and said - "Oh damn, I get it.

He just hit the table and said, "It's not really the stuff is it? It's me. I'm the one who has changed. My thoughts have changed."

Sometimes, well most times, we create our own problems. Life will keep throwing challenges at you. It's up to you, how you deal with them. We are what we think, isn't it?

Don't say – "I cannot do it. I cannot handle it. This is too much for me." As Buddha said, "Your worst enemy cannot harm you as much as your own thoughts, unguarded."



An entire sea of water can't sink a ship unless it gets inside the ship. Jacob called a few weeks later saying there has been a tremendous change in both, his work life and family life. He says he wakes up every day with an affirmation, prayer and some major discipline.

### Line of work –

**I used comparative manner of behaviour and got him to cross model with in-between use of anchors.**

### UPCOMING CERTIFICATION PROGRAMS BY ANIL THOMAS



**NLP meets Buddha in USA**  
August 2019



**Basic NLP in Mumbai**  
25th - 29th September 2019



**NLP in China**  
September 2019



**NLP in Hong Kong**  
November 2019



**Advance Gestalt in Thailand**  
16th - 20th December 2019



**Basic Gestalt in Mumbai**  
23rd - 26th January 2020



**Advance NLP in Mumbai**  
2nd - 9th May 2020

# STUDY GROUP ON EARLY DAYS OF NLP



## Don't repair what's not broken

Everybody and everything in this universe are perfect. This does not mean that everything is without faults. We all bear faults, and these faults are part and parcel of the perfection of this universe. Every human being, every relationship, every institution has some cracks, but this does not mean that everything is broken.

We tend to get swept away with what is not working by focusing on the faults; and we miss what is working beyond the cracks.

If the paint is scraping from the sides of the building, and the building is still standing – is it broken? If the edge of the mug is chipped, and the mug still holds tea – is it broken? If the cover of the book is torn, can the book still be read? There will always be some weeds in the garden, or some dust in the corners. This is the organic nature of nature.

If the boat has a crack and some water seeps in to rest in the hull, can the boat still float? If beyond the cracks, there is still function, is the boat broken?

We have to accept that there will always be some cracks. Life is full of cracks. It is not always going to be perfect. Relationships end, you lose your job, you are angry at someone, people die...

These life events, our pains are just the cracks... Some water may seep into the hull of the boat, which can make us feel heavy. It makes us feel as if we are drowning. You may get wet. You may feel your boat is broken. But, You are not broken. Because, technically speaking,

your body will never drown because water is more dense than your body composition. Our bodies are already perfectly designed for us to float on water. Bearing this in mind, You already are, and You already have all that you need within you to perfectly manage your life. Your inner Self does not need to be repaired.

We all ride the river of life. Even with a few cracks in the hull, you will still be able to row your boat, you can still float down the river. Everyone is bound to get a little water in the hull, we are all going to get a little wet. Can you imagine any boat ride without ever getting a little wet?

So, if the cracks don't sink you, keep riding the river. Keep floating. Don't worry about its aesthetic, check the function. You do not have to fix what is not broken. There's no need to adjust a system and structure that is already working. If you try to improve it, force it, manipulate it, you could ruin it for what it is. If it is working for you, serving you, floating you – it doesn't matter what it looks like on the outside.

If you stop to repair the cracks, you will miss the ride. Life flows on. What's not necessary to be changed, is necessary not to be changed.

We all have some cracks. We all have some limitations in our lives. As long as there is no problem, it is okay to leave them unfixed for a while. We are all broken in some way and that is how the light enters.

Accept where you are. Cracks and all.