

# THE NLP NEWSLETTER

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Editor - Joel Fernandes

## "Awareness itself is change."

On the first day of the NLP course, I said in my introduction that "I am my biggest enemy", to which Anil sir replied, "how do you know?". This made me curious, and curiosity is good for growth. I'm 45, and still thriving hard to survive in this competitive world.

I am a person who gets jealous easily, but NLP taught me to convert it into a useful emotion. One of the major things I learned from NLP is that "Awareness itself is change", where I have to do nothing, but just go deeper and deeper into the bandages of my mind. NLP helped me to come out of my negative thoughts, helping me to find positive intentions behind all those things that hurt.

I'm heading out towards unknown passages of my life second by second, but continuously repeating to myself, "I can", "I will".

As Anil sir says, "Bhasha anubhav paida kartaah hai". I really appreciate how Anil sir keeps us in loop even after the course is over, building a community where people accept you with your map, and are constantly there to help each other to boost up your internal strengths.

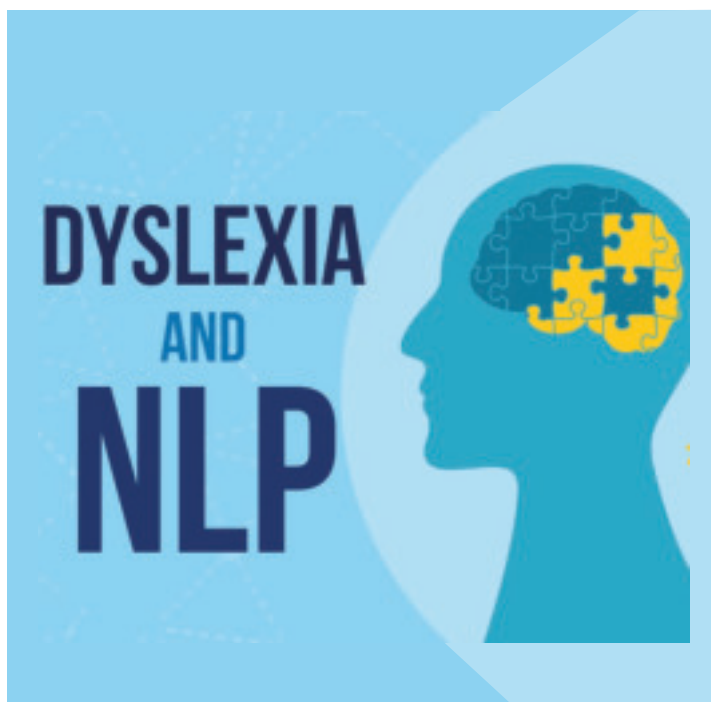


Reshma Shaikh



We conducted our third successful study group on Paradigm Shift on 14th Sept 19. It was a wonderful session and it was great to see our past participants from different batches coming together for an eventful evening.





Dyslexia, a latin originated word means 'difficulty with language'. Dyslexia has been classified into learning disability and is the most commonly used word that is characterised of following:

Difficulty with reading, reading speed being slow, reading comprehension being poor or none – the reader forgets what she/he read when she/he closes the book, writing being impossible, slow, or ugly, inability or poor ability to spell and many other things – every person's dyslexia is different, so we'd learn by asking each person. The most successful way of teaching dyslexic students is to use a structured multi-sensory technique which combines visual, auditory and kinaesthetic inputs, so that the brain receives information in many different ways and learning is continually reinforced.

#### How NLP helps dealing with Dyslexia?

NLP therapists believe that with the help of visual aid, use of language and different neural pathways can help to form new neural pathways that help to strengthen the brain.

NLP therapy for children is very beneficial. There are various child therapy courses for children suffering from dyslexia, depression, anxiety, peer pressure and many more. Building self-confidence and esteem with help of NLP techniques can cater to the problems of kids suffering with dyslexia.

The NLP Visual Spelling Strategy produces dramatic results by teaching students how to form mental pictures of words. Other NLP techniques including reframing and goal setting, helps dyslexics to address the motivational and emotional issues that can improve their learning.

When human beings learn a mental skill such as: doing a mental math calculation, learning the spelling of a word or reading – at first these are quite slow conscious processes.

After a while these mental processes become automated. We don't have to consciously think about the task anymore 'It just happens'. Our brain starts to do it on autopilot or unconsciously. Neurologically we have built up strong neural pathways. By building up a new neural pathway.

Child therapists believe that they can actually create a new neural pathway in the affected brain enabling the child to read and spell.

A therapist using NLP techniques studies the subjective experience of the child's thinking process, and after the complete study, the therapist can tell where the focus lies of your child's thinking process and accordingly can suggest to make improvements.

#### This how NLP technique's work:

When you look inside the mind / thinking process of a person who is not able to hold their attention on task, what is actually happening is that their mind is drifting onto other thoughts. Example: You are trying to calculate in your mind  $9+7$ , so you might 'say to yourself' "nine plus seven" and at the same time visualize the numbers in front of you and then do something with the image to get the answer such as see '1' pop out of the  $7 = 16$ .

If your 'attention' is good you will ONLY be visualizing the numbers and possibly talking yourself through the sum. If your 'attention' is drifting, either the numbers will disappear or move around, or some other thoughts will pop in to your mind.

Once you know what's going on inside his mind when doing a task (which is the beauty of NLP) you can make the child aware of what exactly it means to focus or concentrate. It means controlling your internal thoughts onto only the task you are doing. Just telling someone to concentrate or focus is far too vague. With NLP you can show them exactly what it means to focus or concentrate.

### UPCOMING WORKSHOPS BY ANIL THOMAS



**NLP in Hong Kong**  
14<sup>th</sup> - 18<sup>th</sup> November 2019



**Basic NLP**  
4<sup>th</sup> - 8<sup>th</sup> December 2019



**Advance Gestalt**  
16<sup>th</sup> - 20<sup>th</sup> December 2019



**Basic Gestalt**  
23<sup>rd</sup> - 26<sup>th</sup> January 2020



**Advance NLP**  
02<sup>nd</sup> - 9<sup>th</sup> May 2020

# From the Therapy Chair

## Case Studies from Anil's Counselling Sessions.

A year ago, I received a call from a young man asking to schedule a date for therapy for his partner and himself. He said, and I quote, "The earliest possible date please, or I will go mad with this woman". Humoured and intrigued both, I scheduled an appointment for the following week.

When they visited, Jay held the door open for Rhea to enter the therapy room which was a sweet gesture & it made me wonder what would be the reason for them to be here. Jay was a 31 year old good-looking man, with tanned skin and a petite frame. Rhea was just 2 inches shorter than Jay and had brown eyes that matched her skin; she was 29 but looked quite older (not judging). When they settled down, I asked them to introduce themselves and what they did. I learnt that Jay and Rhea were both IT students in the same college and met through a mutual friend. Friendship bloomed into love and they have been together for 6 years now. But Rhea said things weren't the same now and so they were here.

They went on to tell me that a few months ago, they bought an apartment together with the idea of starting a family someday. But there have been increasing arguments lately, which often lead to giving each other the silent treatment for days. I asked them to speak one by one, so as to hear both sides clearly. Rhea looked like she wanted to speak her mind out and so I let her. She complained that Jay was unreliable – Doesn't keep things tidy, cancels dinner plans last moment, forgets to keep the trash out and more over, when she complains about it, he just stares off at a distance, or fidget on his phone, or walks off to his room. I saw her eyes glisten when she said she has to take charge of everything and that she feels helpless.

Jay looked visibly agitated, and started off by saying – "She could go on and on". He said Rhea was too bossy and that he resents the way she tries to direct everything he does. He said he'd rather be on his own than have someone constantly nagging him. I thought for a while, giving both some time to cool off.

After, I asked them about their childhood and early youth to find the root cause of their respective behaviour. The outcome – Jay

grew up in a lively, busy family; his parents were always preoccupied with work and were often travelling. No one minded if he wasn't a part of any conversations at the dinner table or if he quietly ran off to watch TV. Growing up he felt neglected and that his parents never really bothered about anything. Rhea on the other hand had a volatile and rather chaotic upbringing; her parents could be very bountiful and warm one day and cold and quite frightening the next; had to change schools twice (for reasons unknown) and at the age of 16, she moved in with her aunt in Mumbai for her IT studies. She felt lonely at first, but then started getting used to it after a while. 'I had to pull myself together and just get on with it' - she said.

I processed everything before I told them what I thought about all this. Talking to no one in particular, I started speaking, hoping they both would get the point I'm trying to make. As a child, Jay had developed an avoidant strategy to cope with his parent's lack of attention. When now he goes off to his room, it's not actually because he doesn't care but because he feels he'll never be listened to and that he can't explain anything to another person. Rhea's behaviour stems from her childhood way of coping with family relationships she felt were unstable and untrustworthy. She resorted to imposing external order as a way of coping with a sense of emotional flux. When she feels lonely or sad, her instinct is to try to micro-manage. It's not that she's essentially domineering: when she says 'turn off your phone' or 'take the rubbish out now, how many times do I have to ask you?' it's a garbled way of trying to say 'I need you and I want to be close to you.'

When we are anxious in relationships, we can't force the partner to be generous and warm. We can't force them to want us (even if we haven't asked them to...). The goal isn't really to be in charge all the time; it's just that we can't admit to our terror at how much we need them. We become shrill and unpleasant. To the other person, it feels like we can't possibly love them anymore. Yet the truth is we do: we just fear rather too much that they don't love us.

Jay and Rhea were hesitant, but by the end of the therapy they decided to go home and try to be a little more patient, a little more understanding, a little more attentive. Jay is learning to say 'I feel you're not listening and that makes me feel I'm not being heard' rather than retreat to his 'cave'. Rhea can sometimes say 'I'm feeling overwhelmed and I'm worried you don't love me' rather than 'we're meeting Karan and Saumya at 7.30 so you'll need to be back by 6.50 at the latest. It's not a perfect match – there are still tensions – but on the whole they are a great deal more comfortable with their life together.

“  
If you keep giving up on people  
so quickly, you're gonna miss  
out on something great.  
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## " Beliefs take off, not plans"

There are limitless potentials in the universe; a vast number of factors and variables beyond the reach of exact prediction by partially awakened human minds. As humans, it is literally impossible to conceptualize all possibilities, opportunities, prospects that can present in any given situation - not even by scientific or philosophical means.

Contrary to what we have been taught throughout our life, the mind is not equipped to make decisions. It can assess and ponder decisions, work out the pros and cons, but it cannot be trusted as the ultimate decision maker.

So, we may try to endlessly plan, organize, rationalize, logistize, but due to limitless possibilities in our world, the planning does not guarantee that all will go accordingly - because anything can happen in the meantime. The only thing we can plan for is the possibility of change itself.

This is not to say that being prepared is a bad thing, but rather that micro-managing the methods, means and motives of the plan is frivolous. In the presence of precise planning, expectations are created; and thus creates a window for such expectations to go unmet, which leads to frustrations and problems.

The mind sees so many sides to a situation, so many possibilities, that understanding, let alone action, becomes impossible. Because our culture has always emphasized rationality, many people today see thinking in general as the cause of all life's problems. If we just stop thinking, they tell us, then everything will work out all right. Even if such a thing were possible, we do not overcome our problems by banishing it or replacing it with something, but rather by combining it with other elements.

We are all born with a sense of inner authority or guidance. Your inner authority reveals one of the most important things in life—to be able to make decisions correctly as yourself, to express your creations. It is the feeling behind the intention that resonates most strongly when all parts, fibres, cells of yourself are in alignment.

This requires knowing yourself and full awareness of yourself. It requires learning, experience, trial and error. In awareness, you begin to align yourself to who you are and the world around you, launching an insightful journey of discovery.

The fact is, the more confused we are the more we need our minds, because nothing else can sort out the truth. We need also, however to combine with the emotion of receptivity and the deep values grounded in our inner truths. This is the way of wisdom.

## Anil in USA at the University of California, Santacruz

