The User's Manual For The Brain Volume II

Mastering Systemic NLP

L. Michael Hall, Ph.D.
Bob G. Bodenhamer, D.Min.
This much anticipated volume continues in the tradition of Volume I as the most comprehensive manual published to date covering the NLP Practitioner course. The authors now introduce the latest advances in the field and invite you to reach beyond Practitioner level to Master level where you will develop the very spirit of NLP.

Includes exciting new work on meta-programs, meta-states, and submodalities and in addition, this volume introduces the reader to Advanced Meta-model Distinctions, Mind-Lines, Advanced Time-line Patterns as well as Meta-domains System Models.

Packed with case studies, seminar demonstrations, discussions and trance scripts, The User's Manual For The Brain, Volume II will enable you to develop an attitude and spirit that allows you to apply the NLP Model powerfully.

“This is certainly not a book for the fainthearted or for anyone new to NLP. It will not be an easy read. It is an advanced manual dealing with complex topics and as such assumes that the reader is already familiar with Volume I or has completed an NLP Practitioner course. With this in mind the book is a goldmine of useful information and is to be highly recommended.”

Anne Marshall, LCCH News

“A welcome addition to the growing body of literature that differentiates Systemic NLP from the (now in decline) trend to present NLP as a model of procedural techniques.”

Pamela Gawler-Wright, Beleaf Training

“Through writing that is clear, concise, crisp and engaging, Hall and Bodenhamer have drawn expertly on the work of other major developers of NLP, such as Bandler and Grinder, Cameron-Bandler, James, Woodsmall, Bateson, and their own contributions, to produce a unified field theory and the quintessential self-study course on advanced NLP.”

Judith E Pearson PhD

L. Michael Hall, Ph.D. has authored many ground-breaking works on neuro-linguistics, communication, emotions and motivation. One of the foremost authors on the NLP scene, he is dedicated to taking its techniques into new and exciting realms of therapy and personal development. Michael currently works as a psychotherapist and trainer in Grand Junction, Colorado.

Bob G. Bodenhamer, D.Min, is a highly regarded trainer and innovative theorist in the field of NLP. As a teacher at Gaston College, he provides certified NLP training for Practitioners and Master Practitioners, and is also a therapy consultant. Bob now serves as the pastor of a mission church, and also runs his own private therapy practice. He has co-authored numerous books with L. Michael Hall, Ph.D.
The User's Manual for the Brain
Volume II
Mastering Systemic NLP

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Bob G. Bodenhamer, D.Min.

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Introduction

Becoming a master

Becoming a practitioner of NLP (Neuro-Linguistic Programming) begins an adventure—an adventure of learning to fully “run your own brain”. On this adventure, you will discover the structure of experience and become more resourceful in using your mind-body states. In the adventure you first learn the basic NLP model. After that comes abundant practice and application in order to become knowledgeable and skilled.

We described all of this in the first volume of The User’s Manual for the Brain. There we introduced the adventure as we presented the model and content of NLP. There we set forth the components that comprise NLP, how it models the structure of subjectivity, the foundational linguistic model of NLP (the Meta-Model of language), the foundational neurological model (states and strategies), and the basic Representational Model (the sensory modalities and sub-modalities), which is also known as the communication model. Along with all of that, we included scores and scores of transforming patterns. The User’s Manual, as a practitioner course, introduced you to the language of hypnosis (the Milton Model), the use and play of “sub-modalities”, and the heart and soul of Meta-States, which explains how the meta-levels of NLP work so powerfully.

Having done that, we are now excited about adding more to the field of NLP and about the sharing of the newer advancements in his field, especially about Neuro-Semantics (NS). Accordingly, this book presents what we call the NLP Master Practitioner level. As such, it invites you into the adventure of mastering NLP both in skills and in attitude. With this second volume of The User’s Manual for the Brain we invite you to move beyond the practitioner level and on to the master’s level, where you will not only know NLP, but you will develop the very spirit of NLP. As we do this, we shift our focus to facilitating the processes that will transform you from a practitioner of this art to a master in running your own brain and modeling the structure of excellence.

The User’s Manual for the Brain, Volume I contains the foundation of this work. Here we introduce additional facets of the NLP model that are vital for operating with a full understanding and level of skill. What are these additional pieces? What is new in this volume?

- Meta-Programs
- Meta-States
- “Sub-modalities” as meta-level framing
- Advanced Meta-Model distinctions
- Mind-Lines as conversational reframing patterns (previously known as the “sleight of mouth” patterns)
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- Advanced language distinctions (presuppositions)
- Trance as a meta-level phenomenon
- Advanced Time-Lines patterns
- Systemic thinking about NLP
- The Meta-Domains systemic model
- Practical applications of NLP

Yet, above and beyond all of that, in The User’s Manual for the Brain, Volume II, the master’s level, our focus is on presenting and installing something even more important, and that is the very attitude that enables a person to use this model powerfully.

For anyone who has experienced NLP, there’s no doubt about the magic and wonder of this approach to working with the human dimension. NLP does provide numerous models and patterns that work magic in human minds and hearts. Yet, if we want to use this transformative power in profoundly magical ways, we have to operate from a mind and state of power ourselves. There’s a reason for this: NLP is not for the timid.

To master this model of the mind-body system, you will need a good dose of courage, boldness, and passion. These patterns will not work their full magic if you attempt to use them while you are hesitating, fearful, and/or unmotivated. The power of any wizard not only involves the tools that he or she uses, but also the attitude of love, courage, and passion that drives the use of the tools. This is where the artistry of the magician comes in to supplement the science of the technology.

The spirit of NLP involves a passionate commitment to self and others, a belief in possibilities and discovery, a responsibility to excellence and mastery, a “go for it!” attitude of curiosity, playfulness, and respect. And that’s just the beginning. It involves an attitude of abundance that enables us to operate from a win-win orientation. It is a spirit that’s not afraid to make mistakes but, in fact, welcomes and celebrates mistakes as informational feedback. It’s a spirit that experiments, explores, embraces ambiguity, and gets more excited as things become more difficult and challenging.

It is exciting for us to present this work. Other books (including some of our own) cover much of the content here. Yet few, if any, even touch on the attitude or spirit of NLP in the way we have presented it here. And this makes the difference between, on the one hand, those who use it with power and respect and who have fun doing so and, on the other hand, those who lack such power and presence. This makes the difference between those who give NLP a good name and those who misuse it. That NLP can be misused is obvious. Any tool, model, and technology as powerful as NLP invites misuse, and even abuse. Yet that, in itself, does not argue against the model. It rather challenges us to make sure we handle it with the right kind of spirit.
Introduction

To that end, we have layered the discussions, case studies, seminar demonstrations, patterns, and trances so that they will assist you in developing:

- The kind of passion tempered by respect and honor of others;
- The kind of motivation tempered by awareness of the other contexts and values in your life;
- The kind of dedication needed by the quality of mind and emotion that serves to truly honor your life and the lives of others.

Conscious and unconscious training

As trainers, we seek to install the knowledge and skill not only at the conscious level, but also at the unconscious level. We seek to do both. It is our conviction that practitioners need to know and understand the model and the kind of thinking that both created and works best with the processes, and to then feel totally confident that they can do the corresponding skills. Then knowledge and expertise will go together to form a persuasive package.

Some NLP trainings aim only to install directly at the unconscious mind. We question whether that’s even possible. Can you install a simple skill such as riding a bicycle directly without conscious practice and understanding? How about typing? Even learning a language, which is about as unconscious a skill as there is, involves hours and hours of practice. Watch a small child play for hours and have lots of fun pointing to things and naming them and trying out new sounds. That’s called practice. And, even if you could stick some piece of high-level expertise into someone’s behavior, if they don’t have conscious control over it who would be driving the bus? Is the person running his or her own brain? NLP is truly about running your own brain and not delegating that to someone else, not even to an NLP trainer and being conscious of how you do this.

This underscores the importance of cognitive understanding of the model and for developing an articulate knowledge about why you choose this pattern over that one, and what you hope to achieve by doing so. To be able to perform the skills yet to lack guiding knowledge does not describe mastery. Such would actually leave a person unskilled when the environmental conditions and cues change. Automatic, unconscious learning is great for motor habits and skills in areas where the environment and contexts are fairly constant. But, when we have an ever-changing environment, we need the flexibility to not respond in only an unthinking and unconscious automatic way. We need the mindful flexibility that arises from conscious understanding that can choose and invite new choices.

The best installation of skills of excellence arises from and involves a healthy combination of conscious and unconscious skillfulness. We have designed our trainings and this book to provide both information and programming and to engage both your conscious and unconscious mind. We believe that you will make better use of
the materials and have them more readily available if you not only experience the patterns, but also understand the meta “whys” and “wherefores”.

To facilitate conscious and unconscious understanding, we will continually ask throughout this work the following types of questions:

- What is its purpose?
- What use can we put it to?
- How does it work?
- How does it relate to other patterns and models?

Expanding the practitioner training

As you examine the basic NLP Communication Model in Chapter Two (Figure 2.2), you will see the broad areas of NLP practitioner training. With this work, we broaden the brush to paint a larger picture. In this work, we do this primarily by fully introducing the Meta-States model and showing how it relates to the Meta-Model of language and the Meta-Programs model of perception. We will show how the meta-levels of the mind, in creating our conceptual frames about so many things, play a role in the overall matrices of our mind. These frames involve conceptual categories as time and space, as the framing of the cinematic features of our internal movies ("sub-modalities") and much more.

Of course, all of the models presented here are metaphors. We will exchange the metaphor for trance and go up into the higher reaches of mind and notice what happens. We will change the metaphor of “sleight of hand” (sleight of mouth) and talk about magical lines that cast spells in the mind (Mind-Lines). We will utilize the metaphorical concept of “the Place of Pure Potentiality” and “the Void” as metaphors for some of the higher conceptual frames so that you can take a magic-carpet ride to some truly new and exciting territories in your mind. And knowing, as you do, that “the map is not the territory”, you can enjoy the realization that all language operates metaphorically. None of it is real. It doesn’t have to be. It has only to be effective in achieving more life-enhancing outcomes. Our words do not even have to reference externally real things. They need only to offer us more useful and empowering maps for navigating, so that we can move out into new areas for exploration, performance, and enjoyment.

Becoming masterful

We want to be crystal-clear as we begin that a master in any field does not “know it all”. Not at all. Masters are masters precisely because they recognize that they do not know it all and so become explorers of what they don’t know. What they don’t know excites them and triggers them to curiously explore. They become masters because they are forever learning, discovering, practicing, experimenting, finding
out the edges of the maps and patterns, and looking at this from a learner’s point of view. Becoming a true master means becoming a perpetual learner. That’s why it takes humility to become truly masterful. The arrogant know-it-alls never get there: they spend their energies on creating, maintaining, and defending a know-it-all image.

To date, NLP has only touched the hem of the garment about what is possible in modeling excellence, finding and detailing more of the structure of subjectivity, and forging new patterns for reaching the full human potential. To date, NLP does not even have a fully articulated model of itself, a “unified field theory” about human psychology and functioning. Two attempts have been made and in this work we offer a third attempt at articulating a unified field theory using the four meta-domains of NLP. Yet this is only the beginning, and not the last word.

It is our privilege, having explored so many of the subjects of the Master Practitioner Course in other works, to put together this volume. You will find other facets of this course in the following books:


Secrets of Personal Mastery (2000): introduction to the three-day Meta-States training, Accessing Personal Genius.


Figuring Out People (1997): extensive analysis and listing of 51 Meta-Programs.

A word about this manual and the writing style

We have attempted to avoid writing this text in “textbook” style. Instead, we have aimed primarily to present it as a training workbook. This means that rather than employ an academic tone, we will “speak” in the writing pretty much as we would speak the same ideas in a training.

Treat this book also as one that you will read repeatedly. We have written it to be read sequentially from beginning to end. Once you have overviewed the content, then feel free to skip around, filling in your knowledge and skills.
We have also included lots of exercises. These are not fillers. Our intention is that you use them, that you stop ... right then and there and use the exercises as thought experiments and a human laboratory of experimentation. Some of the exercises require a partner and some even a "meta-person" to observe, record, and/or to keep you on track. If you have or can find some others to create a study group, that would enrich your experience of this manual. If not, you can still use most of the exercises, even though we have written them as if you were doing them with a partner. At least you can use them to some extent.

When you do so, remember that everything about representation systems, calibrating, pacing, state management, and so forth—all of that still counts. Always begin by orienting yourself to the task, get rapport with your partner or partners, and then go for it.

Did you notice the ellipses just a moment ago? You know those three dots (...) in the middle of a sentence? We use this to indicate not only missing material in a quotation, but to get you to slow down ... and stop speed reading ... and experience the words. This is especially true for inductions ... for state inductions ... for trance inductions.

In terms of spelling, we use hyphens to denote relationships, and en dashes (small dashes) a lot to reconnect what could easily be misunderstood as a dichotomized and elementalized world. Hence neuro-linguistic, neuro-semantic, mind-body, mind-emotion-body, time-space, and similar constructions. When we refer to a formal model, we use capital letters, Meta-Model, Meta-Program, Meta-States, but, when using these terms in another way, we use small letters. The @ symbol is used throughout this book to mean "about".

We have used other linguistic devices in the writing itself. You will find these explained in Chapters Eleven and Twelve on the Meta-Model.

L. Michael Hall
Bob G. Bodenhamer
2002
Part One

Introduction to Mastery
Mastering the Attitude and Skills of NLP