

## Your Vision for TwentyTen, Value-ing your life & why NLP really is good for the World!

Welcome to the first Fresh Ways Forward newsletter of 2010. I hope you've had a fantastic start to the year. The New Year seems to have had a lot of momentum to it, creating busy days and weeks, so be sure to fit in after-work swims and walks, I certainly am! As we step into the second month of the year, I wish you all the best for the month, and for the year ahead.

- *Karen*



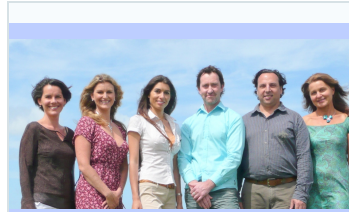
### Your Vision for TwentyTen

What do you want to create for yourself and the world in 2010? Have you set out your goals and plans yet? If you'd like to inspire yourself every morning, why not put them on your wall? I do this every January and it sets me up for the year!

Your mind is an amazing organising system, and when it gets clear messages about what you want, and has friendly helpful reminders, it can even more effectively help you spot opportunities, information and ideas that will help you get what you want.

Your vision can include your goals and/or values for these areas of your life:

- Health
- Finances
- Work/Career
- Relationship
- Friends and Family
- Lifestyle
- Community
- Self/Spiritual Life



### Update: Trauma Recovery Work in Samoa

You have probably heard already that I am part of a team travelling to Samoa this month to help train people there in some of the most effective trauma recovery techniques on the planet.

Did you know that the techniques our team is using have been shown to be the most effective solution to treating PTSD (post traumatic stress disorder) in war zones, and following the 9-11 events in the US? Research is being started in the US following clinical use after 9-11.

Research showed that NLP techniques relieved PTSD symptoms over 80% of the time in two to four hours. The next best results were with Cognitive Behavior Therapy (CBT), the best of the researched methods. It was effective 32% of the time and took four to nine months (Frank Bourke, Ph.D. & Richard F. Liotta, Ph.D.).



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Be sure to define exactly what you want to have happen, how and by when. And label these areas of your life to suit you. You might call them 'Loving Relationship', 'Financial Abundance' or 'Fulfilling Career'. Make it mean something to you.

Add pictures, or even simply use this as a guide to create your own vision board (you might like to Google to find advice about vision boarding). I usually create my eight areas of life with a seven-petalled flower, with 'Self/Spiritual Life' in the centre. Get creative!

Download a FREE Vision Page to create yours today – just go to the Resources Page on this website.



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## Value-ing Your Life

If you had a windfall of \$10,000 would you want to buy a car, take a holiday or give it away? Our values are the deep underlying drivers that influence how we think, feel and behave – consciously and unconsciously. They influence our decisions and what we prioritise in life.

We collect values as we grow up; your upbringing was loaded with values that as an adult you may or may not align with. When we examine our values and bring them to conscious awareness we are then able to redesign them to fit how we wish to live NOW. Understanding them can make a profound difference to your life.

We have values for our life as a whole, for our health, career, relationships and lifestyle. Our values tend to change over time, and sometimes we need to play catch up, to make sure they fit with how we want to live, and vice versa. A client once said to me that he had always wanted an expensive home, a beautiful wife and to be the CEO of a company. He now had all that, and yet he wasn't fulfilled. His values revealed that he wanted to be giving something back, to be contributing to his community. He decided to reduce his hours at work and do voluntary work so that his life matched up with what was fundamentally important to him.

### How you can help

We have had some wonderful support already to get us to Samoa – our accommodation has been sponsored by Aggie Gray's Beach Resort & Spa to the value of \$17,000 which is fantastic. We still need to fund the team's flights and related travel expenses. We have already given hours of our time for free, as well as the week we spend up there, so if you are able to help, we'd really appreciate it!

If 750 people were able to donate just \$20 we'd be fully funded! If you can help or know someone who might, please go to our website

[www.traumarecoveryteam.org.nz](http://www.traumarecoveryteam.org.nz)



*And thank you to all those friends and clients who have already made a donation - it is making a difference!*



Our values can sometimes hold us back. A past client of mine, we'll call her Helen, discovered her highest value in relationships was trust. This may sound quite reasonable, but it was because she "didn't want an untrustworthy partner who would let her down." Unconsciously this was driving her to meet untrustworthy man after untrustworthy man because she could spot them a mile off! Once we examined this and healed her past hurtful experiences, she found that while trust stayed on her list, it moved right down. Her highest values then became love, sharing and fun. These propelled her towards just that, because she was aligned with those things inside and out. Powerful stuff!

"Give us clear vision that we may know where to stand and what to stand for — because unless we stand for something, we shall fall for anything."

Peter Marshall

### Value-ing Your Life Breakthrough Session

Bring success into an area of your life. This exciting breakthrough session allows you to get to the heart of an area of your life in which you would like to create success and fulfilment.

Is there something you've been wanting to progress for a while, without success? Have you been trying to lose weight, choose a new career or find a fulfilling relationship?

Explore your values and discover what you didn't know you didn't know about yourself! Shine a light on what's important to you and turn this area of your life around once and for all.

#### Value-ing Your Life Breakthrough Session

2 ½ hour session \$275

*Only ten sessions available so get booking!*

**The Promise:** *progress guaranteed, or your money back.*



#### - FASCINATING FACTS -

- When we are learning, problem solving or responding to a situation, the brain is firing impulses through neural pathways that are travelling at 400 miles/hr.
- Travel at this speed creates a lot of heat! Water is required to cool the brain down, which explains why students will often get thirsty while they're studying. It also explains that drained feeling at the end of a long meeting or busy day at work. Answer: drink plenty of water or herbal teas (and avoid coke and coffee!). Keep that miraculous brain of yours happily hydrated.
- When we are born our brain is not yet fully formed. It develops in various stages through our early childhood up to about the age of about seven, at which point our primary personality has been formed.

## Why NLP really is good for the World: Demystifying NLP

I come across people all the time who are excited to know more about NLP, who are insatiably curious, or have their own NLP wisdom to share. I also come across the occasional sceptic who is generally dubious, or has perhaps heard of the 'darker side' of NLP. Yes, it does have a dark side. There are people who employ its powerful techniques to sell to others who perhaps can't afford or don't need what's for sale, or to seduce members of the opposite sex. It has collected a bad rep because of these people. Even the new-ish television show The Mentalist recently included an NLP practitioner in the story line, and referred to NLP as a 'scam'. However, dubbing NLP as 'dodgy' or 'dangerous' because of



how people use it, is a bit like dubbing cars as dodgy or dangerous because some people cause accidents or damage. NLP is powerful, therefore integrity of the user is paramount. Anything in the wrong hands can be a problem – look at firearms, drugs and political power.

While NLP is still often considered relatively new and ‘alternative’ in New Zealand, it is well established in other parts of the world, particularly in Europe where it is used widely in national health systems, and taught in many universities. In Britain and Europe the more traditional psychotherapy model has joined NLP to create a new field referred to as Neuro Linguistic Psychotherapy.

As more research around NLP techniques becomes available the value of these tools is becoming more appreciated. NLP Trauma Process techniques have been shown to be the most effective solution to treating PTSD in war zones, and following the 9-11 events in the US. Research is being started in the US following clinical use after 9-11, where NLP techniques relieved PTSD symptoms over 80% of the time in two to four hours. The next best results were with Cognitive Behavior Therapy (CBT), the best of the researched methods. It was effective 32% of the time and took four to nine months (Frank Bourke, Ph.D. & Richard F. Liotta, Ph.D.).



Did you know that NLP is not actually new? In fact, NLP isn't a thing in the first place. I often refer to the NLP 'toolbox' but it's only a metaphor of course - you can't put NLP in something, because it doesn't really exist! NLP is a string of techniques and understandings that originally came from studying excellence in the fields of therapy and communication. Richard Bandler and John Grinder, the developers of NLP, were studying successful people – now legends in their fields of work – and collated their precious findings. Those findings are now taught around the globe. What a gift to the world!

*“NLP is just common sense I didn't know!”*

NLP isn't magical. You're doing NLP when you teach a child to tie her shoelaces. As you show her how to loop one lace over the other, bring the loop through and pull, you are teaching the strategy you know so well you do it

- When one part of our brain no longer functions, other neural pathways can take up the slack by taking the equivalent of a detour. In his fascinating book *The Brain that Changes Itself*, MD Norman Doige gives the example of a woman who totally lost her sense of balance. Following complications from antibiotics her vestibular system – the organ in the brain that senses for balance – shut down, leaving her feeling like she was perpetually falling. She called herself a Wobbler given she couldn't easily sit, stand or walk. The medical establishment considered her a hopeless case.

Thanks to spectacular new neuro science she had a device attached to her head (and tongue!) that simulated the function of the vestibular system in order to regain her balance. Interestingly, when she came off the machine, she would maintain the ability to balance for minutes, and eventually for hours. After regular treatment like this, her brain was able to create a whole new set of pathways, and she no longer calls herself a Wobbler.



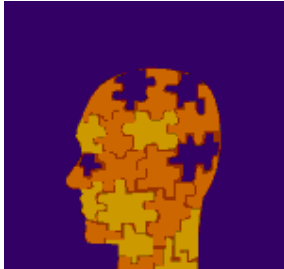
**The Eckhart Files**

Are you trying to battle your ego? Over the past few months I've had various discussions with friends and colleagues about what 'ego' means in the context of



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automatically. It's an area of excellence for you that you can then teach to others. That is NLP in a nutshell.



If NLP isn't magical or miraculous, how do people make such profound changes using its techniques? It's not NLP that is the miracle: you are. Your mind is not a machine, despite what western science originally thought. Why not? Because, to quote Norman Doige who's book I mention under 'Fascinating Facts', machines don't change and grow, but we do. You are a walking talking miracle!

The tools of NLP and what NLP teaches us about ourselves aren't new either. As the venerable Richard Bolstad points out in his trainings, we've been using our brain since the beginning of the human race, it's just that now we have the instruction manual! At the end of his last session with me, a client once said with a shrug of his shoulders "this is all just common sense I didn't know!"

I am often quick to point out that NLP is not about fixing broken people. We are each working perfectly. It is about helping us be even better, to ensure we are using our brain on purpose, and thus living the life we really want, and deserve. I can think of no better reason why NLP really is good for the World!

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"The actions of our daily life,  
like waking, washing, lighting incense,  
do not seem very important,  
but they comprise the whole cosmos."

*Master Taisen Deshimaru*



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