



NEURO LINGUISTIC PROGRAMMING (NLP)

NLP is the study of how people achieve excellence in any field and how to teach these guidelines to other people so they can achieve the same results.

Such as:

Public speaking, losing weight, calm emotions, free from physical and emotional habits, phobias and allergies relief, even improve physical pain caused by emotional issues.

NLP relates our words, thoughts and behaviors with our objectives, the term computer program is a metaphor referring to the computer model of neural networks.

According to Carrión (2003) Training with NLP enables the development of skills with which we can generate the results that we have set, whether personal or professional field.

Etymologically NLP consists of 3 words:

Programming: for from birth until today, have been programming our brains with experiences, memories, beliefs and behavior patterns that have "helped" to be what we are. If there is something about these programs, we are limiting, like a virus, we can use NLP as Anti-virus and change this program for our benefit.

Neuro: because our brain generates neural networks that host the representations of what is perceived to generate a map of reality. We can consciously change and extend these networks to generate other habits and different behaviors.

Linguistics: because the language structure our thoughts. And we can change this language to be more nutritious and productive.

NLP was described by Richard Bandler (one of its creators, with John Grinder) as "an attitude and a methodology that leaves behind a trail of techniques."

- The attitude of exploration, observation, curiosity and flexibility (how we do what we do).
- The methodology is modeling: This is to recreate specific behaviors of others, integrating into your own personal beliefs and abilities of the models (learn what makes that person

and why). I recommend reading the book "Unlimited Power" (Anthony Robbins) for further information about the model.

- The techniques are the product of effective behaviors have been modeled in great communicators and successful people. Are techniques to facilitate and encourage change.

NLP explains the learning process consists of a series of stages through which passes the individual learning:

1. Unconscious Incompetence (Do not know what a car, let alone drive).
2. Conscious Incompetence (time when more is learned. The driver is aware that not drive and try).
3. Conscious Competence (Driver and know how to drive and pay too much attention to the process as a clutch, turn signals, gear shift lever ...).
4. Unconscious Competence (It frees conscious attention. The individual performs the action without being aware and can handle virtually and their attention to other things. Thus we see a driver talking, listening to music, smoking, etc.. While driving).

The discoveries that led to the NLP allowed a set of assumptions, which give theoretical framework to model:

1. All information we receive "the world" passes through our 5 senses.
2. People have two levels of communication: conscious and unconscious.
3. All behavior is oriented to adaptation.
4. For answers, you must have sensory channels clean and open (this means avoiding interpretations).
5. All behavior has a positive intention.
6. The map is not the territory.
7. There are no communication failures, only results.
8. More easily accept the known.
9. Rapport is the encounter of people in the same model in the world.
10. People have all the resources necessary to make any desired changes.

For most people the main sources of programming and conditioning comes from his parents, brothers, sisters, friends, authority figures, teachers, religious leaders, media, and culture in which you live.

The same thing happened to you, me and everyone, you were taught to think, act, in relation to the world in which we develop as people, these teachings became conditioning, which in turn became reactions automatic reactions that then direct you for the rest of your life.

Unless, you're aware that something is not right in you and intercede for achieving change those mental files now do not let you be happy, be prosperous and abundant, or enjoy your sexuality because you take sex as something bad or pitiful or do not attract money or live forever in debt, or simply do not feel love.

Thoughts lead to feelings, these feelings to actions and actions to results, and many we wonder where they come from our thoughts? Why do we think differently from the person next to us?

And the answer is very simple and easy, your thoughts come from the data files you have in the closets of your mind. And where is this information?

This information comes from your past programming, we only gestures in maternal belly with our files information in the world that awaits us in white, so your past conditioning determines every thought that comes to your mind, is also called as the conditioned mind.

Your program takes your thoughts, these in your feelings, your feelings, your actions and your actions to your results, so changing your past programming with important information today! your results will be different.

And how are we conditioned?

We are conditioned in three main ways in all areas of our lives:

- Programming Verbal what you heard when you were little?
- Reference Model what you saw when you were little?
- What specific incidents experienced as a child?

Verbal conditioning is extremely powerful, and the key to achieving change these past conditioning is Consciousness can not change something unless you recognize its existence, in short recognize, realize that something is not right, is the key to find the beginning of a new positive subconscious mind programming that generates new results

As we understand that the traditional conception of being that we can not change.

When we say for example:

- "My mom is so, is super responsible ..." or
- "As I'm shy, I can not get ..." or
- "Given the age that I have, I can not ...".

From the Ontological Coaching from one of the most important principles of ontology language which reads:

While we act according to how we,

We also according to how we act.

Normally we assume the following statement "I am so." Then think and / or that this statement becomes a chain of automatic thoughts such as:

As we understand that the traditional conception of being that we can not change. When we say for example:

- Since I am SO not going to change.
- Since I can not change, why bother trying?
- I declare that I will not do anything.

Results? Everything remains the same.

They also often say "this is reality" or "I'm realistic, then ..."..

While we can not deny that there is an environment that surrounds us arranged a certain way.

I encourage you to think, either way the way that circumstances arise in your life, you wield the power to decide how to interpret the reality around you to act accordingly.

I refer to the possibility that you could use to intervene in your internal discussions in order to choose / generate new approaches will open avenues mental to new possibilities.

Today I challenge you, rather than from the statement "I AM SO"

use a new statement that allows you to "create reality" as follows:

"I AM BEING SO"

Note the chain of automatic thoughts that arise from this new statement:

- Since I'm being so, I can see that I am making things make me the person I'm being.
- I wonder ... Is what I'm doing helps me and helps me in my goals and achieve the results I want?
- If what I'm doing does not support me or help me, I realize that I can choose new looks and actions to take.
- I declare that if I change the current beliefs and my actions, I can have new and better results.
- What should be doing to support me and help me achieve my goals? I get a list of actions that lead me to my goals.
- Undertake new actions.
- Results? My reality changed, get new results!

Then, as checklist note the following:

- 1) do you want to detect.
- 2) Identify the actions that people "are" or are shown as well.
- 3) Develop a plan for change and begin to step up these activities make them part of your personality.

"The language is action

And through language

change our reality and our environment;

and through language

we have the possibility

to transform ourselves. "

(Rafael Echeverria)

A declaration is a decree issued (in our thoughts or verbally) that after having done something in the world was in a certain way, changes.

It is the power we have to be coherent and consistent in what we say, think and do.

The power of the statements related to the ability or capacity to meet us to exercise what they declare.

When we fulfill what we have declared commitment, we can say that we are manifesting the authority to do so.

I give some examples of personal statements:

- "From now beginning to pay attention to the thoughts I have and if negative, the positive ones will change."
- "I declare that today I focus only on my positive parts (physical, mental and spiritual)."
- "I have to wait for the opportunities arising from the outside, I myself am generating and declare that it is from this moment."
- "I declare that today put limits and say NO when you really do not want to do something or I'm not convinced without pleasing others."
- "I declare that from now on pay more attention to listen carefully to what the other has to say, no" go "to my thoughts."

You have the personal power to declare, create situations within your being and your environment, and the wonder of it is that from issuing these statements, your emotionality changes, you feel excited, confident, motivated ... and this is what positively predisposes you to drive to see the changes that are manifested in need.

You may feel tired / a, "no energy" or headaches at the end of the day, moody, negative, pessimistic etc.

Never make since to reflect that?

This may be due has negative energy that was absorbed, or you are absorbing your own energy, your own ki (Japanese say).

It is quite normal that when you have problems or feel unwell, seek to approach a friend or a family member or co-worker who will listen, to take those things within us that hurt us and thus feel better. Unfortunately some people also seek out others to download on them all their negative energy.

The energy exchange that occurs in these conditions, it is often completely involuntary, and sometimes with negative consequences, leaving at least to "give ear" without any energy, extremely exhausted.

Among those with whom we share our energy field, today we will focus our attention on three groups: negative people who consciously or unconsciously seek to alter our energy negative, people who are in a negative state and for some reason continue to stay in him, and people being in a negative state want change.

In all cases on the principle that: "If a person has a very low energy level, or negative, during the conversation will take the positive energy of another person, altering and thereby reducing your energy field."

1. Regarding the first group, or negative people who consciously or unconsciously seek to alter our negative energy, the obvious advice is to avoid them, stay away from them. If this is not possible, today I want to approach a fully effective and easy technique to implement than the end I will recommend.

2. Regarding the second group: people who are in a negative state and that for some reason persist in remaining in it. These are people who despite being in a negative state, do not want to take power, but also not allowed to accept the positive energy of others, for some reason need to continue to be wrong. Seek to share their status, look who listen, say they want to be better, but actually prevent change.

It's like this person possess an "energy tank" and that this tank had taps for consumption. Thus, when decided, consciously or not, open all faucets of energy consumption, no matter how much energy you give, as you put in your tank, he or she will lose the same. You have chosen to be with anger, be wrong. We will have to decide to close its consumer taps. So the first thing is to accept that they have the right to be wrong and that in such cases is useless to try to change status.

3. Regarding the third group: people who remain in a negative state want change. It is important to consider these steps to make a positive contribution.

The tips are:

Energy to be well able to help. Then be aware of our state before we listen to someone who needs an ear. If you are under energy and you get to listen to one that also lacks energy,

both depressed and would end up reinforcing the negative state in which they are located. Remember that when you talk about something, it attracts the kind of energies related to the topic.

Become an emission center of positive energy (energy channel).

Learn to distinguish these 3 groups of people and act accordingly, may be an interesting exercise, can also be very useful to realize what group you are today, and ask if you really want to be there.

Do not get what we want to get what they vibrate out. So, if our attention is not what we want, what attracts. If our focus is on what we really want, which also attract.

If you really want to attract only what we want, we have to eliminate three words from our daily thinking, which are: "no", "No," "No" and "" No ".

Why is that? Well, our thoughts are made of words and our thoughts create our vibration. When we use these words, we are focusing on what we do not, so that the universal law of attraction, which is very obedient, matching our vibration, sending more than you do not want.

Each time you capture those words, imagine that you have a RESET button is pressed, and immediately change "I do not want" to "I really want." Over time, this action will be automatic and will focus directly on what you want.

In doing so, you become a deliberate creator, attracting all the good things you want in your life.

For more information on this topic, you can see the video on the law of attraction expert (Michael Losier).



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REFERENCE OF THIS TEXT

📖 *Neuro Linguistic Programming (NLP)*, Muñoz Serra, Victoria Andrea, website: Victoria Andrea Muñoz Serra (http://www.victoria-andrea-munoz-serra.com/coaching_integral_ingles.html), Concepción, Chile, March 2012.

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