

Science you can use: Three scientific observations that explain and enhance NLP processes

Recent progress in psychology has provided new mechanisms for understanding phenomena that NLPers have been working with for many years. New research into the nature of memory and learning provides the concept of reconsolidation which explains how the Fast Phobia Cure works and provides scientific data on how to improve your technique.

- The Fast Phobia Cure.
- How it works-quick course in Neuro-biology
- Pattern interrupts and re-writing history
- Evoke, interrupt, overlay
- Keep it present but not overwhelming.
- 10 minutes to 24 hours
- Repeat until done.

The Kafka effect explains how provocative therapy, sudden disjunctures and pattern interruptions work with reconsolidative mechanisms to change the way we think and enhance our capacity to find new patterns in the world around us, including trance states.

- What we already know—looking for order.
- Bandler's trances
- What's new, reconsolidation and novelty.
- Overwriting the past.
- Baste until cooked.

Quantum Physics explains how chloroplasts find and channel light from the leaf surface to the chlorophyll molecule. The strange path that they take provides insight into pseudo-orientations in time and how to use this technique more efficiently. Clear explanations of the science and how it applies to NLP will be provided along with experiential exercises.

- Chloroplasts and lenses
- Slime mold and subways
- The Precambrian explosion and modern life
- Superposition and the human psyche
- Genius as changing the filters
- Tolerating ambiguity
- Affective direction and superposition
- The law of attraction without bologna
- How would it feel to be living at full potential

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