

Richard Bandler - NLP - Applied Magic2

SYSOP'S NOTE: I would be remiss in my duties if I failed to tell you that this is from PANEGRYRIA volume 2, number 8, and was downloaded from Earthrite BBS (415-651-9496). PANEGRYRIA costs \$8 per year, and their address is Box 85507, Seattle, WA 98145.

Enjoy! - Tal spinner, Sysop Wei rdBase

NLP: APPLIED MAGIC
by Brandy Williams

TWO: Inside/Outside

Remember representational systems? The idea that humans think in images, sounds, and feelings?

While we're calling up images (a process called accessing), we're not able to look at what's going on in front of us. While we're listening to music, we're not able to remember our favorite song. While we're feeling our shoulders for tension, we're not aware of the touch of cloth against our skin. Seeing with the mind's eye and the physical eye are mutually exclusive processes.

In Neuro Linguistic Programming, accessing - thinking - is called downtime, and observing with the senses is labelled uptime.

I run uptime as a meditation. Try this: for three minutes, look at the colors in front of you, the textures of surfaces, shapes; listen to the volume and pitch of all sounds in your vicinity; feel the surface you're sitting on, your hand touching something in front of you.

The next time you generate an internal image, talk to yourself, feel your stomach tightening - notice the difference. It's the difference between accessing and observing, downtime and uptime, external and internal reality.

One thing that I notice about uptime is that it links to the concept 'sacred'. When I take a walk by the river, I watch the water rippling over rocks, listen to the white noise of the current, feel the moist air touching my skin. I bring myself out of my own internal creations and allow myself to live in the world.

Another thing I notice about uptime is that some people don't do it very much. Most of us drop into internal reality when our environment is unpleasant, and that's a very useful thing to be able to do. But then a lot of people forget to come back out - come to their senses, literally - and experience the world again.

Such people are very difficult to talk to. When I have a conversation, I like my partner to be listening to what I say, and watching my body language. More often, my partner is accessing some internal meaning for, or response to, what I'm saying. That internal meaning may or may not have anything to do with what I'm communicating.

It isn't possible to observe someone (with all senses) when we're accessing. It isn't possible to achieve rapport with a person we're not observing. One of the bases of magical group workings is rapport between the participants.

Try this: the next time you have a conversation about magic, observe your partner. Watch for: body position and gestures. Often people I talk to demonstrate what they feel when they do magic. [A woman describing her circle method moved her hand from her forehead down toward her feet, from shoulder to shoulder, and from her heart straight in front of her - gesturing the three energy poles a circle creates.]

Listen for: sensory descriptions - "I saw, I heard, I felt."

Learning to go into uptime at will, and differentiate our representations of reality from our observations, is perhaps the most useful magical skill we can possess. It provides the basis for a reality check; it helps us communicate our experiences more effectively to others, and to help them duplicate what we do; and it is one of the most profound alterations of consciousness.

Richard Bandler - NLP - Applied Magic2

- Brandy Williams

BIBLIOGRAPHY

Works by Richard Bandler & John Grinder:

The Structure of Magic I

The Structure of Magic II

Frogs to Princes

Reframing

Trance-formations

