

## WHAT IS NLP AND WHAT CAN IT DO FOR YOU?

Neuro Linguistic Programming or NLP has been evolving fast since its origins in the 1970s. Today's NLP comprises powerful tools and techniques for a variety of life challenges and situations. You can use NLP on yourself or others to enhance performance, strengthen relationships, overcome phobias and allergies, kick unwanted habits, resolve problems, cure conflict and generally feel less stressed, happier and more fulfilled.

In my work as an NLP trainer, I've witnessed people finding the resources within them to change virtually anything and everything in their lives – sometimes in an instant. I've seen people turn their dreams into reality, and produce specific, long-lasting, measurable change. This is partly because NLP encourages focusing on the positive feelings that change will give, such as feeling more attractive, confident or energetic. Then through immensely powerful tools and techniques NLP shows you how to change the limiting thoughts and feelings into empowering ones – this way change happens easily and effortlessly.

So why is this? Because our minds operate as a complex system comprising all our memories, values, beliefs, decisions, personality type and language patterns. In NLP these are called mental filters because they delete, distort and generalise the information that we receive from the outside world. So no two people see the world in the same way. No wonder there are so many different opinions. And to complicate things further these filters operate unconsciously meaning we are not even aware of them. So most of our thoughts, feelings and behaviours run on autopilot totally dependent on the unconscious filters. If the filters are helping us achieve the results we want then fine, but what about the times when we find we're creating results we don't want? For example, bad habits, feeling anxious about something like a presentation or a test, or something we're procrastinating over like decluttering the house or losing weight ... the list can be endless ... some NLPers even include poor health and wealth.

The scariest thing is that most of these mental filters won't have been consciously chosen by us. Instead we've been 'programmed'. Many filters we've inherited from childhood often representing our parents', teachers' and society's values. Others have been picked up subliminally from marketing campaigns, lectures, talks, society, religious philosophy, peers, friends and the workplace. So if we take an important filter such as our values, we find that as we mature the older inherited values often conflict with the more recently acquired ones. These conflicting values can create confusion, overwhelm, stress, fatigue, ill health, conflicting outcomes, undesired results and emotional upheaval. This can make us feel as if life is just happening to us and that much of it is outside our conscious control.

NLP helps make this filtering process conscious. Powerful techniques guide you to negotiate between conflicting values and beliefs. By changing, or even becoming more aware of, your filters you can find greater inner peace and happiness with more spontaneous joy and freedom. You start discovering and Being your true authentic Self.

*"I must admit that thoughts influence the body."* Albert Einstein

*"A man is about as happy as he makes up his mind to be."* Abraham Lincoln

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