A photograph of the Lotus Temple in Chandigarh, India, during sunset. The temple's white, lotus-shaped petals are illuminated by the warm, golden light of the setting sun. The sky is a mix of orange, yellow, and blue, with scattered clouds. In the foreground, there is a lush green landscape with trees and a grassy area. The overall mood is serene and peaceful.

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Summary:

Participating in the Spiritual NLP Practitioner results in:

- experience spirituality with both feet on the ground;
- you learn how to manage your feelings and emotions well;
- you learn hypnotic communication;
- you learn how to enchant people and break spells on you;
- you learn more about the Enneagram, body energy centres, Yoga, The Tao and how these connect with Neuro-Linguistic Programming;
- you learn how to apply all of this to both yourself and others,
- you become a Licensed NLP Practitioner™.

Introduction

Spirituality is a particular matter because there are so many different forms of spirituality. Neuro-Linguistic Programming (NLP) is usually well known in spiritual circles without there being an entirely clear picture exactly what NLP has to do with spirituality. The reality is that, NLP was developed in the 70s with a lot of spiritual concept in the back of their minds without being too obvious about it.

In a regular NLP Practitioner training no attention is paid to the spiritual background of NLP at all. The reason is that NLP was developed as a way to get psychotherapists to use hypnosis in the 70s. What happened was that the famous anthropologist Gregory Bateson discovered that there was a great divide between the wonders the masters of psychotherapy were able to achieve and their students could not. Apparently, the masters did something different than what they had written down in their manuals. Richard Bandler, the creator of NLP, discovered that the secret of success of these masters was that they all used some kind of hypnosis or hypnotic language patterning, or both. Psychotherapist of the day refused to do hypnosis as it was still an unknown subject with a lot of prejudices against it. So Richard Bandler decided to teach these psychotherapists hypnosis through NLP techniques.

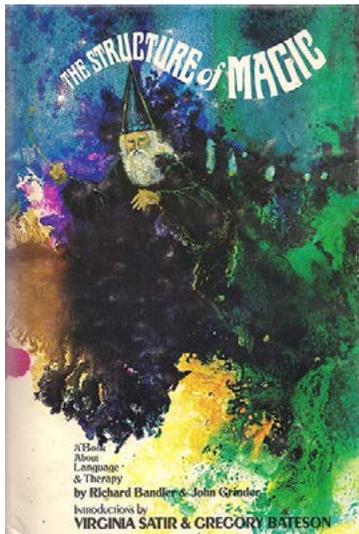
This is the official story of the Society of NLP®. What is less known is that Richard Bandler used all kinds of techniques derived from eastern spirituality to develop these NLP techniques, because he not only wanted people to learn more about hypnosis, but also wanted them to work in a more integrated spiritual manner.

Yet for those in the know of the the message, it is immediately clear from examples like the preface of the first book on NLP, *The Structure of Magic*, from 1975 which reads:

“Down through the ages the power and wonder of practitioners of magic have been recorded in song and story. The presence of wizards, witches, sorcerers, shamans and gurus has always been intriguing and awe inspiring to the aver-

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age person. These people of power, wrapped in a cloak of secrecy, presented a striking contrast to the common ways of dealing with the world. The spells and incantations they wove were feared beyond belief and, at the same time, sought



constantly for the help they could provide. Whenever these people of power publicly performed their wonders, they would both shatter the concepts of reality of that time and place and present themselves as having something that was beyond learning.”

Even the cover of the book shows a magician.

The truth is that, when you learn NLP properly you are likely to achieve wondrous things with it. What NLP is, is exactly explained by the word. With NLP you train your brain (Neuro) through optimal use of language (Linguistic) smart strategies for a better life (Programming). Unlike other systems for self-development, NLP works a lot with both the conscious and unconscious mind. Within NLP there are four tasks for the unconscious mind. Whereas the conscious mind has only a single task.

The four tasks of the unconscious mind are:

- 1 make good decisions;
- 2 feel good;
- 3 communicate well with other people;
- 4 achieve your goals.

The one task of the conscious mind is:

enjoy life.

The Spiritual NLP Practitioner contains all the NLP techniques of a regular NLP Practitioner and adds in the spiritual background that is the source of these NLP techniques. According to the Society of NLP® these are the elements of a regular NLP Practitioner course:

- Behavioural integration of the basic presuppositions of NLP:
 - The ability to change the process by which we experience reality is more often valuable than changing the content of our experience of reality.
 - The meaning of your communication is the response you get.
 - All distinctions human beings are able to make concerning our environment and our behaviour can be usefully represented through the visual, auditory, kinaesthetic, olfactory, and gustatory senses.
 - The resources an individual needs to effect a change are already within them.
 - The map is not the territory.
 - The positive worth of the individual is held constant, while the value and appropriateness of the internal and/or external behaviour is questioned.
 - There is a positive intention motivating every behaviour and a context in which every behaviour has value.
 - Feedback vs. Failure - All results and behaviours are achievements, whether they are desired results for a given task/context or not.
- Rapport Establishment & Maintenance
- Verbal & Nonverbal Pacing & Leading
- Verbal and Nonverbal Elicitation of Responses
- Calibrating through Sensory Experience
- Representational Systems (Sensory Predicates and Accessing Cues)
- Milton Model, Meta Model
- Elicitation of Well-Formed Goals, Direction, and Present State
- Overlapping and Translating Representational Systems

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- Eliciting, Installing & Utilising Anchors in all sensory systems
- Ability To Shift Consciousness
- Submodalities (utilising including Timelines, Belief Change, Swish Patterns, etc.)
- Omni Directional Chunking
- Accessing and Building Resources
- Content & Context Reframing
- Creating & Utilising Metaphors
- Strategy Detection, Elicitation, Utilisation and Installation
- Demonstration of Flexibility of Behaviour and Attitude

All of these subjects are taught in the Spiritual NLP Practitioner. Adding to this already extensive program, with the Spiritual NLP Practitioner we also balance the elements.

Balancing of the four elements: earth, water, fire and air

There are many different forms of spirituality. The trainers of the Spiritual NLP Practitioner hold that all forms of spirituality are more or less a reflection of a greater unknown spiritual world order. For this reason, we use many different spiritual systems within the Spiritual NLP Practitioner. The most basic structure of the Spiritual NLP Practitioner uses the old Greek elemental system in which there are four elements: earth, water, air and fire. These are symbols for important parts of human's lives and they can be found in most other spiritual systems. The main idea is to balance these four elements so you have a great life and the ideal circumstances for meditations and actual spiritual experiences.

Earth

Earth stands for three earthly things:

- a healthy body;
- freedom from worrying about money;
- being free from sexual frustrations.

The element of Earth is the equivalent of the first task of the unconscious mind: making good decisions. For, in order to get a healthy body, freedom from worrying about money and being free from sexual frustrations, one needs to make good decisions.

Water

Water stands for eternal love and feeling good. The reason being of course that when we get emotional we produce water through crying. Feeling good is especially important. There are four different components within NLP that help you achieve this, namely:

- stop bad feelings and replace them with powerful good feelings regardless of the circumstances;

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- neutralise traumatic memories;
- remove worries about the future and replace them with a vision of the future that gives you confidence and calm;
- stop negative self talk and do positive thinking instead.

As you can see, the element of Water is the equivalent of the second task of the unconscious mind.

Air

Air stands for being rational, able to communicate very well and hypnosis. The reason being that when we speak we breath out air. When you are going to have spiritual experiences it is important to deal with these wonderful experiences in a rational way. Otherwise you would risk losing yourself and that is not a good strategy for a better life. At the same time, it is also important to be able to communicate well to others about your experiences. Finally, it is important to break through negative conditioning that other people put on you during your lifetime. And vice versa, to be able to influence your loved ones positively so that they too get a better life. Air of course is the equivalent of the third task of the unconscious mind: communicating very well.

Fire

Fire stands for aspiration and willpower. Aspiration is inspiration that comes from the inside rather than the outside. It is your higher-self calling you. In order to achieve your aspiration one needs a lot of willpower. During the Spiritual NLP Practitioner you will learn a technique to create your own thirty-year plan with entails all your big dreams and wishes. Furthermore you learn techniques to strengthen and improve your willpower. The element of fire is of course the equivalent of the fourth and final task of the unconscious mind: achieving your goals.

Here is a testimonial from one of the participants of the course in Amsterdam:

This training gave me a lot. It connected well with some old issues that recently came up again. I really got the tools to deal with it and I now feel that I got my old power back again. I feel good and I am happier than before. The training was well organised. Sometimes it was a bit overwhelming but this links up with my anxiety. So in the future I am going to use the techniques for more self-esteem and confidence a lot! I really enjoyed the final trance of the course. It is still going on in the back of my mind. But mostly I was inspired by the lightness of the training. I laughed a lot.

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The programme of the Spiritual NLP Practitioner

Here are the day to day details of the Spiritual NLP Practitioner programme (for each component the relevant element is mentioned):

Day one: The Neuro in NLP part 1

Day1 - the morning (Earth):

We start the Spiritual NLP Practitioner training with the Neurogram®. The Neurogram® is the neurological version of the Enneagram, the system for personality typing as taught by Gurdjieff, the Jesuits and the Sufis. Licensed NLP Master Trainer™ Joost van der Leij has developed the Neurogram® to make the Enneagram compatible with NLP. It is important to find out at the start of the training what you have got in terms of personality from Mother Nature, your parents and your upbringing. So you can properly assess what is really you and what is not you.

With the Neurogram® you learn among other things:

- to recognise stress early on and know what behaviour turns stress into relaxation;
- give direction to your life by stopping destructive behaviour and go for constructive behaviour;
- get to know the people you live and work with and see the world from their perspective so you know how to resolve conflicts and gently influence them towards a more positive outcome.

You can find out more about the Neurogram® at our specialist website:

www.neurogram.co.uk

Day 1 - Afternoon (Water)

In the afternoon you learn how to quickly and easily stop any negative feelings and emotions and replace them with powerful positive feelings such as calmness, confidence and enjoyment. This is done by activating energy centres in your body. The activation of these energy centres help you to:

- become who you truly are;
- communicate better;
- love yourself and others more;
- be able to create more;
- stand with both feet on the ground.

Day 2: The Neuro in NLP part 2

Day 2 - Morning (Water)

The next morning we start with Samasati Yoga, the art of learning to think backwards. Samasati Yoga teaches you how to neutralise bad or traumatic memories rapidly and effectively so that they don't bother you anymore. You also learn how to use the same technique to take away worries about the future and replace them with a positive vision to see beforehand how good and relaxed you easily solve future problems.

Then we continue with Mantra Yoga, start to learn how easily you can stop negative self talk and instead learn to think positive. Finally at the end of day two you learn the NLP technique to make good decisions. The techniques show you beforehand whether a decision will turn out good or bad. Thus preventing you from making bad decisions.

Day 2 - afternoon (Air)

In the afternoon we return to the Neurogram® to discuss the results of day one. You will learn how your personality dynamically adapts to the circumstances on the basis of the Big Five, the most widely used method of personality typing within psychology. You find out how your personality dynamically changes in regard to:

- 1 how social you are;
- 2 how open you are for spirituality;
- 3 how much you take or avoid risks;
- 4 whether you act spontaneously or more conscientiously;
- 5 whether you tend to fluctuate between stress and relaxation or not.

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Day 3: The Linguistic in NLP part 1

Day 3 - whole day (Air)

On day 3 we start with the Tao. The Tao shows that there is a difference between what we say and how reality works. This is the absolute foundation for learning good communication.

One of the things you only find in NLP is, the NLP model for pure communication. This model teaches you how to prevent people misunderstanding you, because you omit relevant details inadvertently, distort your message, or generalise too much. Even more important is the other way around: the model also teaches you when other people leave out pertinent details, distort or generalise what they say to you.

Day 4: The Linguistic in NLP part 2

Day 4 - whole day (Air)

One of the key things that you learn in the Spiritual NLP Practitioner is hypnosis and hypnotic communication. On this day we start learning the basics of hypnosis and hypnotic communication. That way you can discover how many spiritual texts are hypnotic in nature and how to adjust your own communication so that it has a bigger impact. You learn language patterns that can be used to ensure that your communication is more effective. You learn how to use hypnosis to relax more and help other people.

You also learn how to combine hypnosis and yoga in what we call: HypnoYoga. We start with asana yoga in combination with hypnosis. While usually one gets into a trance state through meditation, you learn how you achieve the same result faster and easier with hypnosis trance. You discover that hypnosis and trance give you a more accurate focus of your own mind, especially in what you feel, imagine and think.

Day 5: the Programming in NLP part 1

Day 5: the whole day (Earth):

On the morning of day five we will explore how your brain works and how your own subjective experience arises from the processes in your brain. You learn how your subjective experience can influence so that you get more bright moments.

Day 6: the Programming in NLP part 2

Day 6: Morning (Water):

One of the smart strategies for a better life that you learn on day 6, is the strategy of how to turn seriousness into humour. One of the most powerful ways to get people to change is to provoke them. But provocation only works when you do it with love and humour. Hence, it is important to be able to evoke humour every time the situation asks for it. Besides humour, you also need love. Hence we continue with the smart strategies to get from feeling indifferent to loving. In this way, you will always be able to connect with other people with love and humour.

Day 6: Midday (Water):

In the afternoon, you will learn how to use anchors to ensure that you quickly get to feel powerful good feelings. In particular laughter proves to be very healthy, and we build in a laughter anchor for you so that you are able to laugh fully whenever you want to.

Day 7: the Programming in NLP part 3

Day 7: morning (Fire):

On the last day of the Spiritual NLP Practitioner training, we focus on your willpower and aspiration. We start the day of with improving your own self-image. In the morning we make your own self-esteem even more positive. The idea is that you thoroughly realise that you're a wonderful and very spiritual, if not divine being.

Day 7: midday (Fire):

At the very end of the training we get started with your True Path. As the Tao says, everyone has one real path given for life and it is important to discover your True

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Path. Simultaneously, the Tao is also clear that if you try to consciously pursue your own progress you yield nothing but frustrations and self-sabotage. Hence you learn in a Taoist way to discover your own aspiration, but also to achieve everything unconsciously without doing anything consciously.

The Spiritual NLP Practitioner supports therapists and coaches

Many spiritual therapists and coaches have a need for additional support in the area of common mental issues that people complain about. Obviously you have your own spiritual approach, but it is nice to also have some additional NLP techniques under your belt to tackle issues like depression, traumas or phobias. The Spiritual NLP Practitioner training will teach you specific NLP techniques that you as a spiritual therapist or counsellor can deploy immediately. These NLP techniques work with many people. The statistical research we do has established that with these NLP techniques, people who for the last 1,000 days had more than 800 problem days in 80% of cases, get substantially less problem days within a few weeks of NLP coaching. For all the details about our statistical research, please see: www.nlprotoscience.org

This ensures that the Spiritual NLP Practitioner not only furthers your own self-development, but you also get to help other people.

Here is Eline's testimonial after she participated in this course in Amsterdam:

Hi Joost,

Now that I am walking on my true path in the stimulating knowledge that I have more to share, I let you know that I experienced the Spiritual NLP Practitioner as very valuable and inspiring.

As a type 5, Analyst, I am always looking for inspiring people who get me thinking and thus help me further on my spiritual path. Your method of training has given me an accessible way of how I can get more out of my life. By applying specific NLP techniques I am now able to stop negative patterns, neutralise and replace them with more positive patterns which makes me feel even better.

By participating in the Spiritual NLP Practitioner I learned skills that I use to

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achieve certain goals in my spiritual life. In addition, the content of the training gives me the confidence that the tools the NLP practitioner provides help me to start coaching immediately so that I'm going to gain work experience as a coach. Because of this I stopped to worrying about how much training I still have to follow before I actually start coaching people.

Thank you!

Eline

Licensed NLP Trainer™ Dawn Flockhart

Since 2002 Dawn Flockhart has been working and studying with some of the most renowned NLP Trainers in the world. She is an extensively qualified Licensed NLP Trainer & High Performance Coach. She trained in Neuro Linguistic Programming (NLP) with its creator, Dr Richard Bandler and John La Valle (President of the Society of NLP). For 5 years, she assisted on Richard Bandler's Society of NLP Practitioner/Master Practitioner Training courses and also assisted for 5 years on Paul McKenna's Hypnosis and Training Seminars. Dawn is also a qualified hypnotherapist/psychotherapist trained by Stephen Gilligan, Paul McKenna and the National College of Hypnosis & Psychotherapy.

Dawn continually keeps her own training and development up to date and has also trained with other leading NLP Trainers such as Eric Robbie, Judith De Lozier, Kathleen La Valle, Michael Breen, John Grinder, Michael Neil, Anthony Robbins and Robert Holden. This means Dawn can pass on the latest technologies of NLP to her students.

In 2011 Dawn took time out of NLP Training in order to look (seek) into the more mystical aspects of spiritual exploration and personal growth, studying with Spiritual Masters such as Mooji, Cesar Teruel, Amma and many more. This, mainly right brain approach to "thinking" or rather "non-thinking" gave Dawn time to not only integrate more fully the learnings of the previous 9 years in NLP, it gave her an opportunity to learn the language and experience of mystics and translate the indefinable into definable language she can now easily teach students of non-duality and personal development alike. She now sees, hears and feels clearly, where students are "stuck in their own story" and is able to show them how to "unstick" and break through the patterns (conditioning/programs) of their own mind so they can become more of who they really are. Having let go of many of her own, old patterns/conditioning/programs, Dawn can easily show students the pitfalls in being "trapped in teachings" from spiritual masters, parents, siblings, teachers, family, friends and the world at large and show them a way through.

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In 2014 Dawn found herself, full circle, back to NLP and realised the “magic” and beauty of a modality based almost entirely on direct experience. She has found that NLP enables individuals not only to be able to change easily, but to be able to change easily and to change fast. Also, after years of exhausting herself learning numerous healing modalities of the west such as Reiki, Reconnection, Tibetan Pulsing, Course in Miracles, TFT, EFT, Path to Light, Bowen, Emotrance, Theta Healing and KCR, she has not found anything as well-rounded as NLP. She found, for herself, there was no need to sit for hours in meditation contemplating one’s navel or open up to energies, which may ultimately become unhealthy. Dawn found that using good filters, the healthier NLP changes and focus on one’s own direct experience, meant for a greater and more integrated, aligned approach to self growth. For this reason, Dawn is now a strong advocate of learning through first and foremost, connecting with one’s self. She believes a good trainer/coach is one who guides a student to investigate and inquire deeper within themselves. NLP is the perfect tool for not only doing this, it easily shows the student how to change and change fast.

Dawn’s business projects have taken her work into organisations where she researched the dynamics of peak-performance. She has coached and mentored top teams to explore new ways to explore authentic and sustainable levels of individual and collective achievement. She has also coached and mentored top athletes in various sports.

As a trainer/coach she supports teams and individuals in building and expanding skills to peak performance levels through increased self-awareness, developing core communication skills that border on “mind reading” to influence win/win situations.

Dawn is also a certified Yoga Teacher - studying Yoga with the International Sivananda Yoga Vedanta and with Pattabhi Jois, the Astanga Guru, in India. She is a graduate of the Anthony Robbins Mastery University and is committed to both personal and professional excellence.

Dawn has a scientific background with a Degree in Computing Science and a teaching qualification from the University of Cambridge. She has competed for both Scotland and Great Britain in Athletics and takes an integrated approach to a healthy body, healthy mind.

These combined qualifications and wealth of experiences enable Dawn to offer professional well-rounded programmes that are both unique and fast-working.

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Licensed NLP Master Trainer™ Joost van der Leij

Licensed NLP Master Trainer™ Joost van der Leij is one of the very best NLP trainers in the world. As the creator of NLP, Richard Bandler, says: “NLP is very easy to do, but hard to fathom.” Joost van der Leij is one of a very select group of NLP trainers who actually fathoms NLP. Helped by his background as an academic philosopher he is like no other, able to clearly explain how NLP really works.

Joost van der Leij has written more than fourteen books, including the Dutch standard reference on NLP, “Brain Training: Handbook of Modern NLP”. Besides the fact that Joost van der Leij is the Dutch expert in the field of NLP and the Enneagram, Joost van Leij is also initiated in three different mystery schools, in North America, in South America and in Germany. Since his teens Joost van der Leij has worked hard for his own self-development. This development runs via a two-pronged way: philosophy and spirituality. As a philosopher Joost van der Leij taught at the University of Utrecht while he investigated numerous spiritual training schools and lifestyles.

This unique combination delivers a training program that is unparalleled. New insights, techniques and considerable personal growth are guaranteed. More important is the ability of Joost van der Leij like no other to train your subconscious mind. Knowledge transfer and learning consciously are very valuable. At the same time most of what you learn is practical and of use in real life. NLP is especially best learned through the unconscious mind so that you do it automatically.

Logistical details of the Spiritual NLP Practitioner

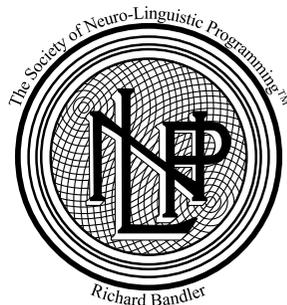
For all the logistical details of the upcoming Spiritual NLP Practitioner courses worldwide, please check our specialist website at:

The Spiritual NLP Practitioner training is licensed and certified by Richard Bandler and The Society of NLP®. Not only will you receive the NLP Practitioner certificate from The Society of NLP®, it will be signed personally by Richard Bandler. You also get a license to use NLP and the NLP seal of quality indicating that you have learned NLP correctly. The NLP Practitioner certificate from The Society of NLP is the world's most acknowledged NLP certification.

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Logistical details of the Certified & Licensed NLP Practitioner

For all the logistical details of the upcoming Certified & Licensed NLP Practitioner courses worldwide, please check our specialist website at: NLP.Delhi



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