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Foreword

Like many people, you probably are unhappy because you feel you are not accomplishing the things you like to do in life. Of course, you have done your bit like reading some e-books on how you can achieve your goals only to end up even more frustrated because they did not do anything for you. Perhaps it's time for you to look for other resources, one that provides clarity to you goals and eliminates doubts that you can achieve them. Get all the info you need here.



NLP Mastery Program

Everything You Need To Know About Mastering NLP

Chapter 1:

Introduction

Synopsis

What is NLP?

Neuro-Linguistic Programming is an e-book that provides you direction and the appropriate values and beliefs that propels you towards success, whether the success is measured in economic prosperity or just getting the feeling of having made a difference.



The Basics

You have dreams and desires and certainly have the tools to attain them. The problem is too many distractions prevent you from focusing your abilities towards attaining goals. A lot of times your lack of self-confidence holds you back and inappropriate behavior also put a damper on your efforts.

NLP technique is the result of 40 years of study on the experiences of people who have made a difference. The study focused on people who were exceptional performers, who did things others would not think of doing and because of it not only succeeded in realizing their dreams but also had a great impact on others. The technique makes use of the thinking and behavioral patterns common among these exceptional people.

E-Book Contents

The e-book is composed of 10 chapters all focused on one thing: equipping you with the correct mind set and behavior practices that lead to easy achievement of whatever it is you want your life to become.

- Chapter 1 Provides a general description of the course and what benefits you will get from it.
- Chapter 2 Answers the question of how application of the NLP will transform your life.

- Chapter 3 Provides the techniques which transform you into a good communicator.
- Chapter 4 Provides the techniques which allow you to understand other people better.
- Chapter 5 Provides techniques which allow you to understand and apply the NLP Meta model.
- Chapter 6. Equips you with the tools which help acquire the correct mindset towards achieving goals
- Chapter 7 Provides you the ways you can achieve success by adopting a NLP way of life.
- Chapter 8 Provides tools which enable you to reframe your mental processes and behavior.
- Chapter 9 Provides you with techniques which makes you a persuasive communicator
- Wrapping Up Provides the tools for reframing your mind for success

What Changes

NLP teaches you general principles by which you can achieve the things you want in life. These principles when applied consistently and properly result in a change in perspectives. You become more confident and less bothered by emotions; you are able to overcome

fears; your thoughts are more directed and focused because you would have shed your negative beliefs and repetitive thoughts; and you become an excellent communicator.

Because of improved thinking patterns, and self-confidence you are able to influence others more easily. In the past, you would probably have preferred to stay in the background, but with NLP you would want to be in the thick of things which is the place to be in if you wanted to succeed in life or make a meaningful difference.



Chapter 2:

How NLP Can Transform Your Life

Synopsis

Will your life change with NLP?

“After finishing the NLP courses, it was made clear that I would never settle for anything especially when it means working at a job I loathed. It was my desire and ambition that made the decision factors for me. I have not even looked back after quitting my job, but it was mostly because of the support I got from my wife. Now, I am very happy with my job and I earn much more than what I used to but working for less hours.

Another good thing about it is that I can walk into big groups without feeling shy or anxious and that I have begun to face my fears while being able to find peace, both inside and out that I’ve been wanting for a very long time. This was just really a small note to let everyone know that miracles have been happening and I thank you for it.”

What About Your Life

The quote above is just one of the many testimonials of how NLP has really changed someone's life for the better. I get emails like this every day and my heart just bursts with excitement but then, I also find news about all the Anti-NLPers out there in the world.

It is no secret that NLP or Neuro-linguistic programming has become a very controversial subject. While there is no denying the usefulness of NLP to business, education, coaching and personal development, many people still criticize it as something that's overrated and useless. These criticisms are usually made by those who have no experience in NLP whatsoever. The reason why it receives a lot of negative feedback is because Neuro-linguistic Programming is still under so much research and debate, being a science that has not yet been fully discovered. So the question really is, is NLP worth it and will it really give your life a do over?

I must warn you though, before you delve further more into this topic.

There really is no truth but only how you perceive it.

Even I often say these words right before I start my trainings. Those who support the trainings in NLP will find out that aside from the tools used, NLP also teaches the way or the attitude that will enable one to make a change and see results.

- The outlook of curiosity is taught in NLP.
- Keeping an opened mind is taught in NLP.
- Flexibility is taught in NLP.

It might seem difficult to grasp the thought of NLP, as there are really no facts that can be seen, but there are models. It really is just up to the person whether or not to accept these models.

People who are mature and open enough to entertain their curiosity will get the best results with the applied lessons from NLP.

“The mind, like a parachute, only works when it is opened.”

Dr. Krasner

It's not really about doubting NLP or not but more about making NLP work and putting in that effort to make it work.

Students in NLP will learn how to apply the way of thinking that proves productive for them. They will learn how their belief of themselves will result to change. The importance of life, spirituality, career, relationships, fitness and health will also be taught. It's all about learning how to change their way of automatic thinking to something that they can better adjust to their personal habits and turn those unhelpful responses into something productive.

Negative thoughts, limitations and emotions will be driven away, as well as obstacles and fear, of which they will be taught how to deal

with. Self-acceptance and forgiveness of others will also be taught as well as being happy with who they are and about themselves and setting up their future goals and fulfilling them. Somewhat like performing miracles in their own lives.

Though there is still little evidence scientifically that proves the success of NLP, but there are still many testimonials that really prove that it does work. That day will only come when scientists figure out the way to measure success, fulfillment and happiness.

Basically, NLP is really just about managing and training your mind, which really is quite an important skill to have in life, especially when it comes to happiness and success in life.

So, does NLP really have the power to change a life? It really is up to that person if they want to or not.



Chapter 3:

Be An Excellent Communicator With NLP

Synopsis

Neuro-linguistic programming or NLP is one of the most powerful applied psychology system anyone with keen interest in the communication and persuasion fields can do to improve his convincing powers. Knowing exactly how people communicate will enable you to see the real matrix of communication, whether in person, via phone or any other electronic means such as email, texting and online chatting.



Communication

Rapport

Rapport occurs when individuals synchronize into the same frequencies, that they clearly understand and empathize with what the other person is saying or where he is coming from. When you are in this state, the communication becomes much more powerful and natural, as the parties trust each other.

The standard pattern Neuro-Linguistic Practitioners employ to get in this empathic state are the following:

Mirroring

Refers to being aware of the gestures and mannerisms, including the important words (trance words); personal values the other party is saying, which you then try to feed back to the speaker. People trust themselves and the more you are present as a reflection of themselves, the more apt they will believe you.

Note: mirroring does not mean being a copycat. It has to be non-blatant, almost invisible and yet perceptible to the person's unconscious mind.

Pacing and Leading

Pacing means that you are demonstrating that you have an appreciation of the other person's reality, which you can do by pointing out things that are undeniable in his current situation.

Leading means grabbing another by the hand and taking him to wherever you want him to go.

The general pattern is as follows:

Pace, Pace, Pace, and Lead. Which later becomes Pace, Pace, Lead, Lead. Eventually it becomes Pace, Lead, Lead, Lead.

Let us say you are a guy who wants to get acquainted with that beautiful girl you see in the mall, how do we apply this principle?

Hi, I know it's completely random(P), and you probably might think it's weird(P), as we don't know each other and all(P), may I please know your name(L)?

The more you get in rapport, the less pacing statements you have to make and you can get away with more leading. An example would be:

Oh so you are just waiting for a friend (P)? Great! Let's go sit down over there (L), tell me more about yourself (L), but text your friend so she knows where you're at (L).

That is just an example and the same pattern can be applied whether for business applications, to resolve family conflicts, getting a better deal on a car etc.

VAKOG (Visual/Auditory/Kinesthetic/Olfactory/Gustatory) Sensory Channels

Each person is unique and predominantly communicates on any of these sensory channels.

Photographers and Painters tend to be V, Musicians A, Dancers and Actors K, Perfume designers O, and Chefs as G.

The preferred channel changes depending on the subject matter at hand. However, to add impact and for the communication to be clearly received, it has to be sent primarily to the channel the subject will be most responsive to.

Chapter 4:

Read The Other Person With NLP Eye Movement

Synopsis

NLP eye accessing cues or lateral eye movements depict a person's internal mental process that can be easily observed and quantified (very useful in modeling) and may provide clues on how the person thinks. By having the sensory acuity to observe the nonverbal signals, the subject is sub-communicating; you almost have an X-ray as it were to see through other people's minds!

Another application for knowing about eye accessing cues is to be able to detect deception. Though not always reliable, especially if you are dealing with a compulsive liar or someone who actually believes his lies to be facts, this application may not prove to be that useful.

The major advantage to using this technology is to know the internal processes and which representational systems a person accesses as you communicate. Knowing if a person is predominantly visual will help you convince him more effectively and gain deeper and faster rapport, as you know exactly how he is processing information.

The NLP Accessing Cues Locations

Please understand that this is the standard model for a majority of the population. Some people are organized differently though rarely it does happen. As Richard Bandler, founder of NLP says, “people may be disorganized but they are disorganized in systematic ways”. So just recalibrate on the custom placements when you encounter these people.

- Vr-Visual recall -If you ask a person to remember a memory visually, he will be looking at this 11 o'clock.
- Vc-Visually created - Ask him to create a visual image that does not exist in memory meaning it has to be fabricated; he will look to his 1 o'clock.
- Ar- Audio recall - Asking him to remember a sound from memory he will look to his 9 o'clock
- Ac – Auditory created- Asking him to manufacture sounds he will look to his 3 o'clock.
- Ad – Audio digital - Asking him to “self talk” he will look into his 7 o'clock.
- K– Kinesthetic - Asking him to feel a sensation or an emotion you know to his 4 o'clock

Lateral Eye Movements In Action

Whatever you see will take place in lightning speeds as they processes information internally. Asking the person to feel something (4 o'clock) he will quickly move to possibly visual remembered at 11 o'clock, and then briefly ask himself if that's correct 7 o'clock, perhaps his memory is a little dark or blurred (visual sub modality adjustments), so he makes an adjustment by creating artificial lightness so he goes to the visually constructed position at 1 o'clock.

As he was talking about the dog in the horizon, a cute puppy catches his attention for a moment so he looks at it tries to compare it to a dog he knew as a child visually remembered and so on.

All of these are happening very fast, hard to keep track of, so practice more to get accustomed to paying attention to this level of data interchange (you are an observer and a communicator at the same time after all).

Chapter 5:

Understanding NLP Meta Model

Synopsis

The first model the NLP founders created is the Metal model, which came about as a result of modeling the communication intervention styles of the successful psychiatrists Fritz Perls and Milton Erickson. This model allows the operator to extract and loosen the “encodings of reality” of the subjects. The map is not the territory and through language people unwittingly fall prey and see life, limited by the biases in their perceptions.



Deletions, Distortions and Generalizations

Communication is always imperfect and incomplete and only a tiny part of the experiences is actually communicated. To use the meta model is to bring back the missing information and thus changing the beliefs and meaning. Our encoding of reality in our minds is governed by the following.

Deletion

To eliminate dimensions in the experiences to tune out the necessary to make the experience more manageable or tangible and these are the bits we deem unimportant for that time.

Simple Deletions (Unspecified Nouns, Relationships, Adjectives)

“It’s time for you to face reality” This can be challenged by challenging the violations. Which reality? Say’s who exactly? Which time is that?

Comparisons

“You’re the worst driver I’ve ever met!”

Because you are being compared against an invisible entity? Bring it back by challenging him “Which drivers are you comparing me to?”

Unspecified Verbs

“Don’t force me to call the cops!”

Bring back the deletion by challenging him “How am I forcing you to do that exactly?”

Unspecified Referential Indices

“People hate you!”

The deletion was the people. “Who are these people exactly that you claim to hate me?”

Lost Performatives

“You don’t look like you belong here”

The one making the value judgment is deleted. Bring it back by challenging” Who thinks I don’t belong?”

Distortion

We arbitrarily convolute the interpretation of reality by distorting the meaning or the facts themselves.

Presuppositions

“After you bring me tea, please bring the magazine after.”

Presupposed the one being ordered will comply to the request, and that the speaker (I) wants tea, that I will drink it, that I am not illiterate and have time to read it etc. Each of the presuppositions can be challenged.

Cause-Effect

“Look at what you made me do!”

Speaker has made a cause and effect relationship that my actions made him do something.

Challenge it by “What exactly did you do, and how did I manage to do that?”

Mind Reading

“You are just trying to make me look dumb!”

Speaker assumes to know what we are thinking. Challenge it by asking specifically how he is able to read our intentions.

Nominalizations

Verbs or actions frozen, and turned to things or events

“I hate his singing”

Bring light to the nominalization by “unfreezing” it. “Which parts of his singing do you hate? Delivery? Diction? Style? , Voice? “

Complex Equivalences

“Why aren’t you eating? You hate my cooking don’t you!”

Speaker puts one statement to mean another thing. You can challenge this by disentangling or questioning how not eating is NOT equal to hating her cooking.

Selective Restriction Violations

“You have the personality of a stump”

Attributing properties or values to an entity that does not poses that mode, like a stump is a nonliving therefore will not have a personality.

Generalization

Generalization is a shortcut people tend to do to categorize things and events to have one meaning or universal truths. This is one of the things that causes or installs beliefs and people.

Universals

“You always wear that shirt”

“All men are pigs!”

Easily challenged by poking holes at “always” and citing examples for that statement to be untrue.

“Your priest, was also promiscuous?”

Modal Operators

Cans and Can't (Possibilities), Should and Shouldn't (Judgments),
Would and Wouldn't (Contingencies), Must and Mustn't (Necessities)

“You shouldn't wear that dress”

“You can't drive home without bringing me Pizza”

“He wouldn't want you to feel sad”

“You mustn't go out with less than \$50 in your pocket”

Challenged by pointing out if the request or statement is not complied to, by asking the opposite.

What if he can, would, should, would action?

Chapter 6:

Anchoring Your Way To A Success State Of Mind

Synopsis

NLP anchors are one of the most misunderstood and perhaps overhyped components in the world of Neuro Linguistic Programming. The confusion lies in the higher level states or intensity 9 and 10 states whereby people expect firing of an anchor automatically generates those same powerful states without conscious effort—they think it works on pure autopilot which is not the case.



Anchoring

Lower intensity emotions and states can be anchored successfully that they can indeed work automatically when you trigger the anchor. That is not to say strong emotions cannot be anchored, in fact they can be but they require conscious assistance and effort.

Examples of intensity 9s and 10s are ecstasy, anxiety, hyper excitement (like you just won the lottery!). Realistically though, these require tremendous energy as they need to be manually assisted. By trying to anchor the strong states, you can still get a toned down version or sensation and from there you manually intensify it through conscious thought.

Do realize that these intense states need not be anchored to just one place. You can manufacture different anchors for different states and like operating machinery, mixing and firing of these anchors will activate these special designer states.

Static and Dynamic Anchors

Static anchors, following the machinery metaphor are buttons you push to activate the desired states. Dynamic anchors are like Stereo equalizer panels or volume knobs-they are also known as sliding anchors. For intense states, sliding anchors

are recommended because you are able to calibrate the intensity, both higher and lower, to reach the desired states.

Another body of knowledge called the DHE or Design Human Engineering relies heavily on these dynamic or sliding anchors, but that's another topic altogether.

Anchor Creation Process

To properly set a Static anchor, you have to reach the peak of that state and on its upward slope 90% of the way there you create the anchor. Do that repeatedly with as many sensory channels as possible simultaneously to create stronger neural connections.

Let's say you want to anchor the state that you're Successful, Top of the world, Billionaire Tycoon conquers all feeling, you either remember a time you have felt that way (or just imagine and create that state on the spot), just about when you're about to peak, press on your thumb really hard as you go shout in your head "zavum"!

Do this as you visualize a symbol or person that is for you the epitome of success i.e. Donald Trump. You can strengthen the anchor even more by employing the smell and taste channels, say a perfume and a min when u set it.

The trick to creating strong and lasting anchors is repetitive training and retraining. Once you anchored the state, break the state right away by deliberately thinking of something else like simple mathematical computation in your head or whatever you fancy, and repeat the anchoring process.

Should you decide to go the Dynamic or Sliding anchor route, you can choose any location for example your left arm, get into the desired state and program it to intensify when you pull it up and decrease the feelings when you push it down.

Unlike the static anchors, which are simple on and off buttons, these are analog devices like dimmer lights switches or volume knobs where you program in the intensity and weakness of states. Sliding anchors better than static ones for higher intensity feelings.

Chapter 7:

Achieve Success Through NLP Modeling

Synopsis

The bodies of knowledge that is NLP came about by modeling successful people in their respective fields. The tools discovered in modeling these experts have become the tools themselves to expand complicated modeling processes.



Success

What separates the founders Richard Bandler and John Grinder from the typical researchers is that they identified the structures and internal processes (most unconscious to the models themselves) as opposed to technical skills (other researchers focus), to arrive at the special sauce so to speak, that makes these people exemplary.

The inherent problem with these experts is they mistakenly attribute their success on their external skill sets instead of their inner-game methodologies. The goal of modeling is to identify these invisible structures, analyze it, and create a model that can be taught and replicated.

In order to successfully practice let alone excel in a discipline, one must possess the requisite trainings and experiences. The limitation of modeling is you cannot teach a layman to become an Ace (top fighter pilot) just by transferring the model's internal processes, except if the subject has the basic competence to be reasonably good (but not exceptional) as a Jet Pilot.

Conversely, the structures you are able to extract from a good model can be transferred to someone else not necessarily in the same field. Modeling an Ace pilot, may translate well to a racecar driver, a policeman even to a basketball player depending on which sets of traits were modeled.

The 3 Phases of Modeling

Observation

This involves keen observation of the model and the sensory acuity to observe the internal process happening in the subject. This is where other NLP tools are crucial!

The culmination of all known NLP techniques to accurately dissect and breakdown the various parts, meta cognitions and processes, personal values, self-concepts, beliefs, capabilities, drivers etc. It is an interactive process where pinpoint information elicitation are necessary to extract all possible useful data.

Key Success Factors of The Model (The Special Sauce)

There are only a few components that make top performers perform the way they do, the challenge is determining which among those factors actually do contribute to the genius of the model.

For example, if a physician (the model) performs exceptionally well who happens to be both a combat medic and is exceptional in mathematics and has a degree in Engineering.

Is it the model's IQ in mathematics that allows him to attack the medical problem with ease, or was it due to his battlefield experience as a combat medic that gives him the "survive at all cost" mentality,

streamlined custom treatment protocols he needed to save lives in the war zone? Or possibly, it is neither. Perhaps it is the physician's intuition that allows him greater insight over normal doctors that lets him treat patients more expediently with lower mortality. All this data would be collected, analyzed and filtered for noise then tested for results.

Methodology in Transference of the Model

Having collected on the data including the sequencing of the model's internal processes, the created model would have to be transferable and teachable.

It is not expected to perform exactly as well as the model-subject due to unaccounted for variances, personality, and situational uniqueness etc.; however, a sizable amount of the model-subject's unique processes and results should be transferable and replicable, to determine if the model is a success.

Chapter 8:

Effective NLP Reframing Techniques

Synopsis

Neuro-Linguistic Programming Frames are arguably one of the most important concepts, if not the most important idea in the body of knowledge called NLP. There is an old adage that is drilled into every NLP practitioner; “The map is not the territory”. This means that our perception of reality is not the reality itself!

Everything that we experience in life are subjective, meanings are always attached to them that people are not consciously aware of. People live and buy into the Matrix, as if the map is real, not realizing they are viewing reality through interpretations or frames. Simply put, Frames are what puts meaning and context to occurrences and events in life. To have the ability to recognize and step out of the frame, and see it for what it is, is empowering enough! It loosens the grip on faux-reality.

Without frames, human beings will only live in the present, and experience life, just like animals, with no preconceived notions of past and future, relationships, and meaning. Everything becomes an isolated event, disconnected from everything. Frames are a necessity of existence. And those who know how to consciously control it, can control other’s perception of what they deem to be reality!

He Who Controls the Frame Controls the Game

Let us assume we cannot control the events that unfold for a given situation. Having limited to no control of the event, we can however still affect the experience of it! To change the meaning is to change reality itself. The very fiber of perceived reality!

You can reframe any part of an individual's experience and mental construct whether it be his beliefs, identity or self-concept, personal values, actions, capabilities etc.

There are an infinite number of frames you can custom design (for the established NLP patterns please see Mindlines or Sleight of Mouth Patterns), but for simplicity it is helpful to phrase the problem for reframing work as X equals Y(complex equivalence) or X causes Y(Cause and Effect).

Let's say the problem statement is "I am stupid(x), that's why I can't get promoted(y)" You can look at it from a Cause and Effect or Complex Equivalence manner and reframe accordingly.

My stupidity CAUSES failure to be promoted.

Not being promoted is synonymous with my stupidity.

Now seeing the problem clearly, we can now work on changing the meaning. You may change either X or Y or both!

Let's play with X (stupid) first:

I am overqualified(x) that's why I can't get promoted!

I am not really meant for this occupation(x) that's why I can't get promoted!

Let's play with Y (can't get promoted):

I am stupid that's why I'm even staying with this dead-end job(y).

I am stupid that's why I'm not maximizing my true potential and seeking a job where my talents are utilized(y).

In practice we do not want to use any negative identity description such as "my stupidity", so we would have to reframe that and the outcome.

I am overqualified, and underutilized(x), which is why this job is really not a good match with my talents, therefore I can't get promoted(y).

The above reframe quashes any negativity and self-esteem hits on the subject, so he now feels more empowered or have more confidence, just by changing both the Xs and the Ys.

In addition, you may also reframe the world itself without touching on the X and Y.

Putting that insecure employee in a world, where there is a depression and no job opportunities available? Will it instantly change its meaning!

“I am stupid that’s why I can’t get promoted” -- in a world where 70% of the population are jobless.



Chapter 9:

The Power of NLP Persuasion Techniques

Synopsis

Persuasion is very important for whichever area it may be, whether for business, marketing, copywriting, sales and even seduction. You simply cannot afford not to learn how the mind really works based off the NLP paradigms.

With all the tools at your disposal, you have the well-crafted, elegant and sophisticated persuading technology money can buy. In fact, a lot of persuasion gurus touting their own systems have had at least basic NLP training.

Do you know the plethora of devices available that can hit on the subjects internal mechanism? It's almost cheating! A noted persuasion guru believes that "time is the only consideration to a true persuader". These persuasion devices are far-reaching and effective.

NLP as a Reality Framer and Modifier

It allows you control of the frames, or meanings of any events and situations that happen in real life. He who controls the frame controls the game and there is no other tool capable of manipulating these implicit and explicit frames that exist in that interaction or on the product or service being offered.

NLP as an X-ray Machine of their Minds

The deep insight a practitioner gets learning how to observe and make meaning of the levels of communications whether it verbal or nonverbal, allows the NLP operator to virtually see how the subject and his mental programming are processing the world and the interaction.

NLP skill sets, on its own without conscious effort to use it to read an individual, you just naturally have a keen sense of intuition of how the person is feeling or what he could be thinking and where he is trying to go.

NLP Deep Rapport and Trust Builder

A technology inherent in the system allows the persuader to quickly and easily bring empathy through pacing and leading. A competent operator can easily demonstrate understanding of the subject's

reality, he is able to easily grab the subject by the hand with minimal resistance and take him to a place he wants him to go.

NLP Used in Verbal Jujitsu

A great benefit of being involved in this material is your ease at maneuvering conversations with exemplary effectiveness. Richard Bandler calls this the state of un-insultability, where you have the slickness to weasel in and out of any verbal obstacles and dominate each and every time. It can even make you a good debater and thus a powerful or effective persuader.

NLP in Modeling Excellence

The most basic perhaps yet higher purpose of this discipline is to be able to capture excellence were ever it may be. To distill all that data to arrive at a working model which can be replicated and taught to other individuals who may want to achieve nearly the same performance levels of the subject modeled after.

NLP as an Idea, Feelings and Pictures Installer

This system allows you with or without the prospects cooperation to pretty much install anything in their heads. Whether it be pictures, sounds, sensations, emotions and even erase out any negative influences on the prospect's mind that hinder the persuasion to going in your favor. Though it may sound cold and unethical. Technology is

morally neutral and it is how the practitioners prerogative how he wants to use it as he pleases.



Wrapping Up

Reframing Your Mind To Success

According to the top self-help and business guru T. Harv Eker in his bestselling book *The Millionaire Mind*, “how you are programmed determines your eventual success or failure in life”.

He further claims he can predict if a person will be successful based on a short interview with the said individual. Such is the power of having the right mindset!

Learning or mastering the tools of the trade (hows) can only take you so far, that eventually your inner game has to be polished to maximize your potential and avoid failures.

Apart from the success factors, people have accumulated through bad habit, social and family upbringing negativity or unhelpful mindsets that hinder even sabotage success. Through conscious manipulation of these internal forces, a person can program his mind for success.

Most but not all facts can be reframed to have any meaning, and the ability to alter meaning is what empowers and creates positive beliefs! Beliefs are in the uppermost part of the logical levels governing identity, capabilities and behaviors. What you believe becomes your reality-and reframing allows this to be possible.

Hints on Possible Areas for Reframing

Fears

Everyone has them both: conscious and unconscious. We must work on all these fears and eliminate them one by one. Many fears are concealed in the unconscious and may need to be pried out in order to be tackled directly.

Fears of failure, fears of success, fears of taking on a big project, fear of going for what you really want and many others.

Sense of Deservingness

At the onset, if you ask what they desire, most will say they want to be successful at whatever endeavor they are currently in. Look deeper and ask them if they feel they deserve success. Some would say yes others will be in denial and, with reasons why those goals are impossible to achieve, knowing all too well they have the requisite skills and experiences to make it happen!

Deep down they do not really feel they deserve to be successful and each individual factor must be dealt with accordingly.

Negative Self Image

Growing up the influences in a person's life sculpts his self-image. If that person came from an abusive household, he might believe he is destined to fail, that nothing he does will ever be good enough. He might even be paranoid and have trust issues with the people in his life.

Outlook on Life

While perhaps many are optimistic and enthusiastic with life, fully accepting the good with the bad, still the unfortunate few others actually believe the world is out to get them! The universe is conspiring to make them suffer in every way imaginable! Is the glass half full or half empty?

By reframing the negative outlook to the positive, the universe, as you may begin to notice start to conspire on your behalf. The principle of synchronicity, like attracts like, you attract what you are, is the principle governing this.

Perception of the Obstacles and Challenges

The privileged few who are naturally programmed for success positively think or naturally frame these so-called problems as game challenges to triumph over,(like in a videogame metaphor). They

genuinely do enjoy challenging their abilities to succeed despite of the obstacles the universe throws their way.

Core Mission and Vision

Knowing the WHAT, knowing the HOW but not knowing the WHY causes deep problems for many, and they do not realize this!

Without it, the drive to succeed is kept to a minimum, and fails to center the individual's various powers and competencies in accomplishing his objectives. A person without the WHY does not have the resilience to go the extra mile and defy the counter-forces standing in his way. He will arrive at endless bulk of excuses not to trek on! A person who has found his WHY will do whatever is necessary to accomplish his missions in life!

There are an infinite number of other areas anyone can work on to self-materialize to his life calling. In generally identify everything negative and reframe appropriately. Find the positives going on for you to further strengthen it. Work on both simultaneously and you are leagues ahead of the pack.