

Essential NLP - Practical Tools for a Great Life Podcast 6 - NLP Presuppositions 1

Hi and welcome to Essential NLP, podcast number 6. I'm Phil Parker and first of all I would like to thank all of you, the hundreds and hundreds of people that have been downloading this podcast over the last few days, its absolutely fantastic that its had such a great reception, thanks so much and if you'd like to leave review's on iTunes that would be absolutely phenomenal too.

So today what we'll be looking at is something called 'NLP Presuppositions'. Now, as with a lot of NLP, it starts with some jargon – NLP Presuppositions, what does that mean? What it means is, if you look at many therapeutic approaches or philosophical approaches, they will tend to have truths, rules, things you have to buy into. So, for instance, if you look at psychoanalytical psychotherapy, one of the ideas would be a lot of your problems occur in your past, you need to go into your past to make your future better, and you have to buy into that to join in. With NLP, it's very different. It says, we've got these things called NLP Presuppositions, which are how we like to see the world, but they're not true. We don't like to pretend they're true, we're just saying if you took these ways of thinking on, what kind of world would that give you? And, it tends to be if you take these ways of thinking on, it makes the world a bit of a easier place to live in, it makes it full of more opportunity and possibility, and you tend to be happier and more successful. But NLP underlines that these are not true, they're an approximation to truth, they are kind of true a lot of the time, and it seems that taking them on is a useful starting point. So that's what NLP Presuppositions are in a nutshell, it's quite an unwieldy phrase but it's easier than explaining what I've just explained every single time I use the phrase!

So let's have a look at them. There are eleven of them, and in today's podcast I'm going to be covering the first one. You will need to get the notes, which you can by emailing me at phil@philparker.org, because as you are about to find out the presuppositions can be a bit wordy! So the first one is '*no one is wrong or broken and people work perfectly to accomplish what they are currently accomplishing*'. Some people split them in to two, but I think they work together as one best.

So, this is where you need the notes so you can look at this again, but let's break this down. '*No one is wrong or broken*'. Well what is the converse of that? The idea that people are wrong. Now, I'm sure you've experienced this, I have, that when we get told we are wrong, we absolutely loathe it. It's one of those things as humans we try to avoid at all costs, we will try to groom ourselves so no one can comment on our appearance, we'll try and get ourselves down to the gym so people don't think we're overweight or not fit, we will try and practise and rehearse things so when it comes out, it comes out right rather than complete nonsense, because the idea that somebody will find us lacking, and wrong in some way, is a massive problem that we would do anything to avoid.

Now, this doesn't mean that we go along going 'Everything I do is right, and brilliant' it's just saying what if we lose those two distinctions – wrong and right? How much trouble is caused in the world by looking at whether people are wrong or right? Acceptable or unacceptable? What if we were much more generous than that? What if we just recognised that everybody is, and we take the second half of this – '*that people work perfectly to accomplish what they are currently accomplishing*'. What if

we expanded the idea, and had the sense that people were being brilliant at doing things?

This is something that's very core to the Lightning Process, the Lightning Process talks about genius, the idea that we are brilliant at things and to expand that idea from we are just brilliant at some things, to we are brilliant at dreadful things, we can be brilliant at being sad, we can be brilliant at being stressed, and this of course brings us back to, what we talked about before, states. What state are we in? For instance before an interview, we are brilliant somehow at getting ourselves, without meaning to but we are accomplishing that brilliantly, into a very stressful state. We can then expand this idea to if we are really good at getting ourselves into one set of states, then it would make sense to suggest we could get ourselves into other states. And this, of course, takes us back to another thing I talked about earlier, the serenity prayer. We said 'we are able to accept the things we cannot change, to have courage to change the things we can change and have the wisdom to see the difference between the two', then we really are on track to a brilliant life.

So, so far we have got the idea that usually people see things as wrong or right, and maybe we need to let go of that, and maybe we need to recognise that people are perfectly accomplishing what they're desiring to accomplish, and desiring probably on an unconscious and unintentional level. If you want to find out more about this, I've written a whole book about this called the 'Dû – Unlock Your Potential With A Word' spelt DÛ with a circumflex over the U to distinguish it from the normal 'Do' kind of do. You can see it on the website (www.duing.org) where you can also get the book. It's a really fantastic and interesting book, very practical, and it allows you to use this new verb so you can move from the whole idea that we are people that have problems, to we are people that dû certain behaviours - dû, a new version of a verb. Once we recognise we are not someone that has stress, we are someone that dôes stress; it gives us a whole new option, that maybe we could learn to not dû that stress and that is a very, very powerful place to come from.

Backing up a little bit, we said, '*no one is wrong or broken*'. Let's look at the broken part of it. Very often particularly in terms of healthcare people come and see me about the mind and body connection, they have been left with the sense that they are broken, that there is something wrong with them, that they are flawed in some way, and this isn't a very empowering place to come from. In fact it makes a journey out of that very difficult and very long, if not impossible, to get to a point where you are fixed, cured or recovered and in fact we suggest that people really lose this idea of being broken, and being flawed and having a piece missing. It's kind of like if you're doing a jigsaw and there's a couple of pieces missing, you will never complete the jigsaw. What we need to do is move beyond that, and again the dû is very useful, along with this presupposition.

If somebody has arthritis, that's a very static way of looking at it it's saying that's just the way it is, you're broken. But actually if you look at it physiologically, what arthritis is is a brilliant response to injury or trauma or other things, where your body creates an inflammatory response. It grows bone to protect the joints, it tries to manage the situation as well as it possibly can, and this is the process of arthritic inflammation and that's a brilliant function. Also when we see it as a function, as a behaviour, as a thing that's occurring, it suddenly becomes much more flexible and much more changeable. Rather than something we have, it's something our body is dûing, and if our body is dûing it, and it's accomplishing that then is there a way to switch that, to

settle that, to calm that? My experience says yes we can do this, we can have amazing amounts of influence by recognising that actually this isn't a broken thing, this is something doing exactly what it was designed to do.

So really get your head around that whole idea, what if we started to see everything that we do as something that we're doing brilliantly, that we're geniuses at these kinds of things. Although of course we may well be geniuses at an unconscious and an unintentional level so we're not doing it on purpose, this is why we use the dū.

I've got a new book coming out at the end of the year which is all about this, it's called 'Get The Life You Love Now' and part of this new book focuses exactly on this important and vital concept, there's many more layers to it as well but this is one of the key elements that allows you to get a life that you love, that might be a book for you in the future.

For the moment, start to work today on noticing how often you make comments and judgments about whether something's right or wrong, good or bad and maybe just decide to let that go. Also, if you have any health issues in your life, just check in with yourself are you seeing yourself as broken and flawed, or are you seeing yourself as being in the midst of some kind of interesting, brilliantly designed physiological process?

I talked earlier about arthritis, if we look at bee stings it's very similar. When we get stung by a bee, the toxin/the venom is not good for us, so the body creates this inflammatory response locally where the area of the sting is, creates a lot of swelling, this is good, it is bringing all the goodies which sort out all the toxins. We get a bit annoyed by the swelling the redness and the soreness but actually it's a really good thing that our body is doing, it's exactly what it needs to do. Our body is perfectly accomplishing what it needs to do in this case. If we didn't have that response the venom would go body wide and then we would be in massive trouble. So we're starting to see our body processes as being brilliant and useful.

But also take this further, what about seeing it in other people's behaviours, or even our own behaviours, and having more compassion and more kindness because if people are doing things, as you'll see later on, we're going to also recognise that they're probably not even doing them on purpose, if people are doing things maybe we just need to let them be that way. To be kind, to be compassionate, to be understanding, and to recognise that they're not broken or wrong there's much more possibilities for them, if they wish to, make changes, and maybe using some of the skills on this podcast we can help them do exactly that.

So those are my thoughts today through this podcast. Please send me some feedback and tell me how you are getting on with it and what you'd like me to cover. We're going to be getting some interesting guest appearances from brilliant people in the NLP world in the next few months. If you're one of those people who would like to join in then please get in contact, we're always happy to talk to interesting people who have things to contribute.

So until then, remember to email me on phil@philparker.org where you'll get a transcript of this, and of course the up and coming free bonus content that we're developing right now for you. If you want more information about our courses, or NLP in general, we're always happy to help.

Until then, have a great week.

Phil



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