

Dear Mid-week People,

I owe the people who went to Henk's Steiner session an apology. I thought he was going to deal with the Steiner 12 senses, while instead he talked to us about the four temperaments. I hope you somehow enjoyed that too. I feel good meeting some of you folk in sessions led by other colleagues.

You will have picked up yesterday's letter from your chair. I could not find an appropriate moment to give it to you. By today, of course, it has become a fusty historical document.

After a recap on the past two days we will today move into the areas of

- a) sensory acuity
- b) the three perceptual positions
- c) the Disney Creativity Strategy.

I wonder how your reading is going? Are you finding time to do this? Books? The stuff I put on your chairs? Of course, the evening programme tempts you away from this, I realise.

I use NLP in four ways:

1. As a self-management tool. If I am paying close attention to some one else's eye movements, to their breathing, to their general physiology , then I do not have time to get angry or to indulge in other forms of internal misbehaviour.
2. To deal with people in difficult situations, where they or I are/am feeling stressed. To deal with people whom I have "creatively" turned into "difficult people" (Notice that the term " difficult Person" comments on the person at identity level, while what we mostly have to deal with are behaviours we don't much like.)
3. To enjoy being with people. NLP offers me tools that allow me to be yet more amazed by the creativity and brilliance of the people I come into contact with. H■■■■, do you remember the diversity of visual thought you triggered with your frog story yesterday morning?
4. As a bottomless well from which I can draw exercises for my language classroom that really get student both speaking and writing. They WANT to express themselves, even in English, when an NLP ex has led them into a new bit of themselves.

How you will decide to use NLP after this course is something I would really like to hear about. Maybe a wee letter?

Warmly yours

Mario

