

AWAKEN YOUR PRECIOUS PRESENT
Discover What's Missing Find The Answers
Ignite The Spark Within

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- **Visit our website at www.trulyhumancoaching.com**

To Submit ☺
 articles,
 questions or
 comments,
 write Jim
 directly at:
Jim@trulyhumancoaching.com

Have an
 upcoming
 event? Contact
 Jim to submit
 today!

“Giving up
 negative
 judgment will
 change every
 experience one
 has. It happens
 by taking
 advantage of
 one
 opportunity at
 a time. Today
 will offer many
 opportunities.”
 Karen Casey



Welcome to Issue #27

Greetings Friends,

Meaningful conversations... intimacy... deepening of relationships... not everyone's 'cup of tea', or are they?

While at a conference all about relationships this weekend, over and over again the messages were clear... only through conversation, clarifying meanings, setting agreements and shared understanding can meaningful, deep intimate and 'well working' relationships flourish!

While eating breakfast with my partner and her mother, her mother turned to me and said: "we don't talk about that stuff in our family"... well, of course Connie and I chuckled... we talk about everything! Yet, so often, words are not spoken, a persons agenda, desires, thoughts are not shared, meanings get made up (because yes, bottom line we are meaning making beings) and then misunderstandings occur, feelings get hurt and yes, relationships suffer.

Too often we limit ourselves with what we think we 'should do' based on what others say is best... others who were all doing their best to help us to learn to live in the world. I urge you; ask yourself, what rules for living your life do you want to follow? Is the 'non-communicating' really working? Or just 'comfortable' cuz' people get used to it... and cuz its' easier to ignore those tough conversations? Well, tough or not, they are part and parcel of the road to deep, intimate relationships.

What do you want? What level of intimacy, honesty, and

conversations do you want for yourself and that ‘other person’ who means more to you than any other living soul?

... Experience relationship coaching for yourself! Sign up today for a complimentary coaching sample by writing jim@trulyhumancoaching.com or calling 847-256-2396.

Enjoy the articles, browse the upcoming local events and create great moments...

Hey, did you notice, there are a perfect amount of clouds in the sky today?

Blessings to you all,

Jim

Conversations with God- An NLP Rendition

While listening to “the conversations with God” tape, there was a discussion about “brain washing and mental manipulation”. The conversation went something like this,:

Human:	that sounds like mental manipulation, a kind of brain washing
God:	HAVE YOU THOUGHT ABOUT WHERE YOUR THOUGHTS COME FROM? WHY FROM THE VERY MOMENT YOU WERE BORN, YOUR SOCIETY, YOUR FAMILY, YOUR TEACHERS HAVE POURED ONE IDEA INTO YOU AFTER ANOTHER.
Human:	so you’re saying that I’m being controlled by what others have programmed into me?
God:	THAT DEPENDS ON WHAT YOU MEAN BY CONTROLLED. I LIKE TO CALL IT INFLUENCED, CALL IT WHAT YOU WILL, THAT’S ANOTHER CONVERSATION. THAT’S RIGHT, UP UNTIL NOW. NOW, YOU KNOW THAT YOU HAVE A CHOICE ABOUT WHAT YOU PUT INTO YOUR BRAIN, WHAT YOU BELIEVE AND WANT TO BELIEVE, WHAT YOU LEARN AND HOW YOU APPLY THAT
Human:	you make it sound easy, I don’t see how it’s possible
God:	THAT’S PART OF YOUR PROBLEM
Human:	what is
God:	YOU DON’T SEE HOW IT’S POSSIBLE, YOU INSTEAD PICTURE WAYS IT WON’T WORK, HOW YOU WILL FAIL...THEN MAKE YOURSELF FEEL ALL INADEQUATE, WRONG, OR GUILTY ABOUT SOMETHING THAT NEVER EVEN HAPPENDED!
Human:	I can’t help it...
God:	YOU CAN, IT’S SIMPLE. SINCE YOU CAN DECIDE ABOUT THE KINDS OF PICTURES YOU PUT IN YOUR HEAD, WHY NOT MAKE THEM GREAT? INSTEAD, MAKE THE PICTURES OF YOU SUCCEEDING, OF YOU LEARNING. YOU SEE, UP UNTIL NOW, YOU DIDN’T KNOW YOU DIDN’T KNOW, AND KNOW YOU

KNOW YOU DON'T KNOW, SO IT'S SIMPLY A MATTER OF DISCOVERING THAT WHICH YOU DO NOT KNOW YET BUT ARE IN THE PROCESS OF LEARNING.

Human

Huh?

God

YEAH, I GET THAT RESPONSE A LOT. TRUST ME, IT WORKS

Human:

So, what do I do next?

God:

CONTINUE TO ASK THE QUESTIONS, CONTINUE TO WONDER, AND NEVER, NEVER SETTLE IN THE PLACE OF WHAT YOU 'SHOULD' DO.... ASK WHAT YOU WANT, LEARN ABOUT YOUR VALUES AND BELIEFS AND THEN DECIDE HOW YOU WANT TO MOVE FORWARD. YOU ARE NOT 'STUCK WITH YOUR 'LOT IN LIFE', TODAY YOU KNOW, YOU CAN CHOOSE AND DECIDE. IF YOU DECIDE NOT TO, THEN YOU HAVE STILL MADE A CHOICE.

Namaste

Reframing-The Magickal Tool

Reframing:

Magic is defined as the art of changing consciousness at will. Here is just a tad bit of some NLP magick!

While preparing to journey to French Lick Indiana last week, I realized that what I thought would be a 2-3 hour drive was really a 6-7 hour drive. WOW! So, I'm presenting at this conference, driving down with my partner and I start having 'other' thoughts... "Maybe we can skip"; "yuck, 6-7 hours of driving"; and other such gremlin-speak. I talked with my partner, whose response to the drive time: "Oh great honey, just think of all that time we'll have together"... YES!!! My entire attitude changed, how masterful she is!

Reframing: In the world of NLP, reframing is quite an art, as well as a set of skills. Ages ago (well, 20+ years) the technique of "6-Step Reframing" was popularized. More recently, the art of "Slight of Mouth" was made more popular by the book from Robert Dilts by the same title.

Is it really that simple? YES! In its simplest sense, is the glass half full or half empty? When your teenager is pushing your limits, being insistent with what she wants, and has several arguments about why xyz is the best thing she must have and should be doing... do you smile and appreciate her determination and skillful use of argument or do you become frustrated with her insistent attempts to get her way? Have you really been raising someone into the world who will not stand up for herself and do what she needs to take her way on this planet? Notice, just a simple shift in perspective, as in most things, creates a comfortable change, improving your mood and creating more options and resources for you and others. Imagine this perspective:

***The universe continues to shower us with blessings,
every moment of every day...***

That's right; the universe continues to shower me with blessings, would you like some?

Please join me to learn more about reframing, slight of mouth on Wednesday, July 19th from 7-9pm. Have some fun, join in, and learn how to use reframing: come make stuff up and change your life! To Register, contact Jim @ jim@trulyhumancoaching.com or call 847-256-2396 to reserve your space today!

NLP WORDS: SELF-ISH

Self-ish...to think or act of 'the self'... really, that is the bottom line meaning of this word... to put self first or at least in front of others; in other words, to be 'ish' about self.

Ok, so the 'main' or 'popular' definition has a negative connotation. Ask some folks you know, they'll likely tell you, that to be selfish is wrong... Someone I met this weekend talked about how for years, she was told by her parents that she was 'selfish', that this was a 'bad thing', that she needed to think more of others. Oddly enough, one of the many things I work with people most on is helping them to think of their self! To take some time to exercise, relax, have some fun, talk with friends, rest, smell the flowers and enjoy a moment of quiet time, whatever it is for you!

So... selfish. I asked the person if she was ever told to be 'other-ish'... well of course not, and she giggled. So... of course, I agree and enjoy thinking of others, being compassionate, loving. At what point do you want to use your time to be 'self-ish'? How much permission do you need to take your time to be 'self-ish' sometimes, and 'other-ish' other times... ok?

In July, you will have the opportunity to learn about another kind of NLP word play: reframing and slight of mouth. Go to <http://www.midwestnlp.com/nlptraining.php> to sign up today!

UPCOMING EVENTS

Open Hypnosis Forum:

Hosted by Larry Garrett of Garrett Wellness Center
Sunday, June 4th, 1pm-3pm
3020 N. Kimball Avenue, Chicago

If you've not been to Larry's, and enjoy good people and the topic of hypnosis or personal growth, then this is the place to be! Larry has been hosting this group for MANY years. The group includes: fellow hypnotists, trainers, coaches, business owners, current and former clients, neighborhood folks and friends and associates with purely an interest in learning more about hypnosis as well as some just there to socialize with kind people. For more information, write Larry at mesmer1@aol.com.

21st Century Speaker Boot Camp **Saturday June 17th, 2006**

Location: Aramark Center in Downers Grove, IL
Date: 6/17/2006 **Start Time:** Sat. 8am to 8pm

To register call: 888-255-8626 or Online
Email me at: Johnny@transitionman.com
Website: www.transitionman.com

If you're an entrepreneur, a speaker, a coaches who is ready to learn strategies to build and market you business then plan on attending. The 21st century speaker bootcamp!

Where you will learn how to:

1. How to **Define yourself** as a speaker.
 2. How to set your **speaking FEES**....
 3. How to help people with **no Budget....find Money for You...**
 4. How to overcome the typical **buyer Objections**.....
 5. How to develop **Low cost books and CD's for High revenue**.
 6. How to find **local high fee speaking engagements**.
 7. How to write **Moneymaking copy**....
 8. How to design **Moneymaking websites** that generates cash for you.
 9. How to brand for success and **increase your celebrity status**.
 10. How to **identify and market to customers online**.
 11. How to set up **tele-seminars that pay big bucks**.
 12. How to set-up online **joint ventures for cash**.
 13. How to create **residual income both online and offline**.
 14. How to set-up **sponsorships for your seminars**.
 15. How to drive **traffic to your website** for so you **get Booked**.
- And So Much More.....**

Link

Take your speaking and coaching to the next financial level by attending: 21stcenturyspeaker bootcamp on June 17th.

<http://www.21stcenturyspeaker.com/speaker2.html>

Johnny "**The Transition Man**" Campbell DTM
Business and Life Strategies
888-255-8626

<http://www.transitionman.com>

AI: Appreciative Inquiry *with David Jewel*

MONDAY, June 12

At OUR NEW TIME - 6:00 to 8:30
(doors open at 5:30 for networking and socializing with food and drinks)

Location: American Academy of Orthopedic Surgeons

At our June CCF meeting, we will learn how the innovative approach of "AI: Appreciative Inquiry," can supplement and strengthen our ability to align individuals and groups with their own powerful visions, possibilities and capabilities.

Imagine what your clients' experiences would be with them able to step into their future more powerfully committed. What would the teams you are helping to build be like as they look forward along common goals, focusing on "what's possible," rather than "what's not working."

Come join us Monday, June 12, from 6:00 - 8:30 and learn how to apply this approach to groups and team building, your individual clients, and even yourself, so that you can build a successful coaching business, by looking towards the future.

"You can tell whether a man is clever by his answers. You can tell whether a man is wise by his questions." - Naguib Mahfouz (Nobel Prize Winner)

Registration Information:

Date	Monday, June 12
Time	6:00-8:30 Networking, Food and Beverage Doors open at 5:30 for networking and socializing with food and drinks
Location	American Academy of Orthopedic Surgeons 6300 N. River Road Rosemont, IL 60018-4262
Contact	(847) 823-7186

UPCOMING TRAININGS:

Reframing: NLP Language Magick

Tele-class: 7-8:30pm: Wednesday July 19th

****Learn the skills of the masters!****

- Have you ever met someone who, no matter what is going on, seems to be able to see the "bright side" to any situation?
- How useful would it be to creatively change perspectives for optimum results each and every time?
- Be introduced to "Slight of Mouth" Precision language and persuasion tools during this intensive teleclass!

****Only \$39.00!****

847-256-2396 to reserve your space today!

Design Human Engineering comes to Chicago, August 8-13

Join John LaValle, MBA and President of the Society of NLP and Barbara Stepp, Master Trainer for Design Human Engineering™ in Chicago.

Absolutely no experience necessary

This is the first DHE in Chicago since 2000, with [Richard Bandler](#) and Barb Stepp.

It is the only one offered in the US this year and probably 2 or more, so register early to get the low tuition.

Mark your calendars for August 8-13, 2006!

In Design Human Engineering™, we teach you how to design and install tools and devices inside your mind to create new and never-before-experienced powerful states. It's not really about the tools, although designing a ruler, electronic measuring device, magnifying glass or in my case, a machine that eats up cancer cells (worked for me) etc. could be valuable, couldn't it? And that's only the beginning! DHE™ helps you to design and install the elements to propel yourself into futures of excitement and opportunity. So, It's not just about tools, it's to show your mind what's possible-expand the field of possibilities. Richard Bandler has said that anything is possible. And he has proved it again. The driving force to take something you do well and make it better. Or simply heard something new. Is inspiring and fun. Join DHE for a never-before experience.

NLP Fundamentals!-Communication Excellence

Saturday & Sunday – September 9th and 10th; 10-6pm
The Purple Hotel- write jim@trulyhumancoaching.com for more info

Communication Excellence!

Have you ever noticed people that were so influential and persuasive? In any situation? No matter what? Where these people born gifted? Did they learn these secrets from some guru? The answer is, most of them do not even realize how they do what they do, but now you can learn these patterns yourself!

ANYONE CAN LEARN TO BE MORE INFLUENTIAL

NLP has to do with the study of the structure of subjective experience AND Communication Excellence.

Learn more than you ever thought possible, attend an NLP workshop and experience the magic yourself!

Communication Excellence!

It all has to do with how we use our own brain—how we connect our language, its how we use our verbal and non-verbal behavior, and how you can increase your influence!!

GAIN THEIR INTEREST AND ENTHUSIASM

Ever wonder how you can create a sense of wonder and curiosity...a strong desire to learn and listen even closer to what you are teaching or saying? LEARN NOW what thousands of others have learned. Gain for yourself the insight that allows you to create the results you want, in almost any situation! Register today!

Here is a two day intensive with "some NLP you can use right away" kind of focus. I will be spending most of the time on communication tools, building conscious/unconscious rapport, and some "NLP Basics" on day one, while on day two focus primarily on "meta-programs", the specific language patterns to enhance rapport and influence. Above is the 'ad' that I have on my website: www.midwestnlp.com.

The cost of the workshop is \$379.00 for both days... I hope to see you there! Write me at jim@trulyhumancoaching.com or call 847-256-2396 to confirm.