

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!

“Seeing is for
impeccable
men. Temper
your spirit
now, become a
warrior, learn
to see, and then
you’ll know
that there is no
end to the new
worlds ...”
(Don Juan in
conversation
with Carlos
Castaneda)



Welcome to Issue #30

Greetings Friends,

This month I’m sticking to a theme I love: be intentional and enjoy your life! Yeah, sounds pretty simple doesn’t it!? Plan on doing things you love, then do them... Well, for many people, it’s just not that simple. For many people, they are programmed to notice what goes wrong, or to get things done, **RATHER THAN NOTICING THE GOOD STUFF AND DOING MORE OF IT!**

Want more good stuff... call:

MY NEW PHONE NUMBER : 847-566-3122!!
Yes, please change my number in your records ☺

Want more good stuff, read on!!!

If you would like to know more about relationships coaching, Neurolinguistic Programming or professional life coaching write jim@trulyhumancoaching.com or call 847-566-3122

Enjoy the articles, browse the upcoming local events and create greatness in all you do.

Blessings to you all,

Jim

Regular Good Stuff

How do you know if you have enough “regular good stuff” in your days? You might imagine what such things look like, or ask yourself, “hmmmm...what does he mean by ‘regular good stuff’?”

Regular good stuff...that everyday, fun, run of the mill, old fashioned, surprisingly new regular good stuff, like:

- Laughing and talking with loved ones while dining
- Holding hands and sitting quietly with your partner
- Enjoying the clouds, every single day...
- Listening to the birds sing, the crickets chirp and the wind in the trees
- Playing with your dog
- Walking...simply walking...
- A smile from a baby (we all try so hard when they are around, don't we?)
- A shower: vigorous, warm, cool, relaxing, leisurely...you pick, it's yours
- A good movie (or enjoying a bad movie with people you like ☺)
- Your lovers smile... (Can't say enough about this one)
- A talk with a friend
- The smell of flowers
- Smiling... plain and simple (or any other way!)

Every moment of every day we choose...choose what we do, when we do it, how we think about it, how we feel about it... (That's right, even how we feel!)... Even though many of us often ‘react’, instead of ‘respond’, we can still choose what to do next...to design our days, our time (a whole nother topic!) and design our thoughts and feelings! Still curious? Call or write jim@trulyhumancoaching.com and find out more.

Are you designing the kind of life you want?

Are you enjoying as much regular good stuff as you'd like?

Certainly, there is also great joy in the more ‘extremes’ of our experiences...Those things that make us laugh til our belly's hurt, blubber when we cry, scream & grip our chairs with excitement... all GREAT STUFF!!!... We enjoy the extremes too, we often plan for them...however, we also plan for the really good stuff too... how about you?

Today I encourage you to ask yourself... look at your days... plan...and make sure you have lots of regular good stuff in your days...then sit back, smile and enjoy them all!

The Four Horsemen of the Apocalypse: Lethal Patterns that can ruin relationships

Certain types of interactions are detrimental to any relationship: partnerships, parents & children, friends, associates, fellow employees and of course couples. Relationship expert John Gottman has aptly named 4 of these interactions “**The Four Horseman of the Apocalypse**” due to the lethal nature they have on relationships. These include and often follow in order: Criticism, Contempt, Defensiveness & Stonewalling. I will provide a brief description of each here, and as I do, ask you:

How often do these show up in your interactions with others?

Criticism: Although many of us may have a ‘complaint’ about someone, criticism will be more global, will have with it negative words about the other person, often referencing “who they are”, their character or personality. While a complaint focuses on a specific behavior, criticism includes blame and character assassination.

Contempt: This horseman shows up in the form of sarcasm, cynicism, name calling, eye rolling, sneering, mockery and hostile humor. Contempt is poisonous to the relationship as it often conveys disgust (ouch!). Often coming from a place of hurt, anger, isolation, etc... the main purpose of contempt seems to be to demean or hurt the other person and is often fueled by long-simmering negative thoughts about the other person.

Defensiveness: This horseman will show up in many venues, and often as a response when approached from a place of criticism or contempt. Although this may seem “understandable”, defensiveness often has the message of blame, in effect saying “The problem isn’t me, it’s you”. Instead of resolving a conflict or issue, defensiveness often escalates the conflict, which makes it so lethal.

Stonewalling: This horseman will show up often as a result of some one or combination of the above horsemen showing up, eventually one partner simply “tunes out”. This “tuning out” is what is referred to as stonewalling. By shutting down or tuning out the other, one partner may be “avoiding” a conflict, but they are also avoiding the other person and the relationship! Stonewalling usually shows up later in the relationship as it takes time for the “negativity” from the other horsemen to reach a level of “tuning out”.

Where do the horsemen show up in your life?

Knowing, awareness and understanding are some of the first steps in creating change in your life. If you are seeing these patterns in one or more of your relationships, and are not sure what to do about them, contact me for a complimentary consultation or relationship coaching session at jim@trulyhumancoaching.com. Be sure to watch next month for some hints for positive, constructive ways to deal with the horseman! Until then, may I suggest:

Come from a place of giving and love.



Communication Magick

We are magick, yes, every single one of us... we are magicians that create realities, change realities, every time we open our mouth in the presence of others... yes ladies and gentlemen, magick.

The definition of magick based on Wiccan tradition is “the changing of consciousness at will.” One definition that Webster’s dictionary offers is: “an extraordinary power or influence seemingly from a supernatural source”.

Here is one example of how easily you perform magick by changing or shifting perceptions. Well, if I were to say to you, don’t think of a purple dragon, you would! Yes, to understand my sentence, a speaker of the English language must have the ‘deeper’ level of experience of connecting my words to something in their world (normally an internal created or remembered picture of a purple dragon).

Another example you say? Sure.... I’ve been giving a talk recently to many local chambers and business groups called “Instant Rapport: How to build rapport with prospects in 60 seconds or less”. By simply knowing the right behavioral patterns, or in NLP terms, the structure of the experience of great rapport, I can model it, educate others on the ‘chunks’ of the experience and thus assist you in having the great influence of some of the most extraordinary communicators of our time.

A recent article (see link below) espouses the use of NLP magick in order to interview successfully greatly increase your changes to get the job you want.

<http://www.timesonline.co.uk/article/0,,8247-2274915,00.html>

Yes, ladies and gentlemen, we are all magicians... and whether we are aware of it or not, we are influencing others.

How are you influencing others consciously or unconsciously?

Over and over again I ask people the intent of their messages, what they are “really” trying to say to other, what message they really want to send. Certainly, this is a part of the coaching I do with individuals and couples.

HOWEVER... I have an upcoming “Communication Excellence” workshop on September 9th and 10th where up to 20 people can learn the greatness of the magick of NLP. Learn: how to build rapport, unconscious methods of influencing others, verbal and non verbal channels of maintaining rapport...come and have fun... and much much more! Call 847-566-3122 or write jim@trulyhumancoaching.com to secure your spot today. Also see the upcoming DHE workshop in August listed below... more about feeling great and being in control over the level of ecstasy you experience each day!

Did I mention I have a new phone number?

847-566-3122!

UPCOMING TRAININGS:

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
Northwest Suburban Location
I- 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

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 847-566-3122 to confirm.

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!