
Reframing – The Magickal Tool

(June 06)

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? Have some fun, contact Jim @ jim@trulyhumancoaching.com or call 847-566-3122 to play more today!