

Complementing **NLP**

By Eve Menezes Cunningham

Before I trained in NLP, I'd been a complementary therapist and then coach for years. I developed Crystal Coaching as a way to enable clients to work with crystals for additional emotional and spiritual support while also helping them take the practical steps necessary to reach their goals.

The crystals work as natural anchors, reminding clients (whether they keep them in a prominent place in their home, office, car or even their bag or coat pocket) to take those necessary practical steps between sessions. The stones also work energetically and help clients tune into their inner wisdom as they learn to choose and work with them. Whether meditating with the crystals while focusing on their goal or simply noticing the stone between sessions, they often get additional insights into their next steps and overcoming potential obstacles which they might otherwise miss.

EFT (Emotional Freedom Technique) also works really well with NLP as using the clients' own phrases and expressions while tapping can build rapport much faster and helps them shift the energy around their issues from the beginning. There are points where you break the state and many times, clients will feel such a shift in energy, they suddenly forget what they're doing and that their issue ever felt like a big deal (this is why it's important to monitor it by grading issues on a scale of 0-10).

Please visit www.applecoaching.com for more information about my coaching, NLP, crystal coaching and EFT coaching services.

Keith Grant is a Yoga Elder within the Independent Yoga Network and an NLP Master Practitioner. "Working with a Well Formed Outcome approach allows us both to have a direction to move in," says Keith.

"It lets clients set realistic expectations which are then more achievable. I am a great fan of the convincer fill so a new client is subtly bombarded with convincing, enabling and empowering language which I have found greatly speeds up the whole process as they themselves become highly self-motivated yoga students and more quickly experience the benefits of that approach.

"NLP language helps me to communicate my yogic teaching to students with different learning styles and in enabling language. Milton language helps to take people to a receptive 'meditative' trance state earlier on than may otherwise be the case. This allows me to go further and embed suggestions which are in line with the client's goals even as we are apparently simply moving through a range of postures.

"I frequently encourage the anchoring of powerful positive states reached during the sessions as well as the future pacing of these into the client's actual life. With many years' experience of working with the body and the breath, I find that moving to break state can really help in working to move away from initial/low level depression or anxiety. Awareness of the significance of postural language and differing breath ratios also help in calibrating the client's state.

“The body and mind are one system and it is frequently easiest to use one to affect the other” - Keith

"I often work with movement/floor plans during interventions and encourage the embodiment of the client's experiences in posture, movement and gesture. This is of course very similar to the 'Clean' approach of Symbolic Modelling and I have found it aids in the retention of learnings gleaned during the session.

"Overall, a knowledge of the body in movement and therapeutically (I am also a Yoga Therapist) gives me confidence in working with people as I know I can fall back on some very simple yet highly

effective methods for a distressed client to quickly regain a more resourceful state.

"The body and mind are one system and it is frequently easiest to use one to affect the other. I plan to integrate many of the principles and practices of NLP with those of the yogic approach. They are so closely linked as it is. I pass this approach on to my own trainee yoga teachers."

Keith runs yoga holidays, as well as teacher training accreditation. He is also available for day long workshops or week long courses with a flexible content (www.yogaco.net).

While Priya Sher isn't qualified in NLP, reading some books made her realise that she was automatically incorporating some NLP techniques into her Feng Shui, astrology and face reading consultations.

Building rapport with all sorts of people is an essential skill. "I have done consultations for clients ranging from 18 to 80," says Priya. "Clients' ethnic backgrounds range from African, Arab, Indian, Chinese, Japanese, Spanish to Italian, French (almost all Europeans) and Russian. Some are very affluent celebrities, industrialists and banks. Others are struggling financially or have just lost their job.



"My parents and my Feng Shui Master taught me that when you enter someone's home you have to treat it with the highest respect whether they are living in a palace or a tiny flat. Never criticise anyone's personal items and taste (especially their cultural figures). In feng shui, you can easily adapt to a person's culture. For example, if the property needs strengthening, a Ganesh God can be used in a Hindu home, a cross can be used in a Christian home, Guru Nanak can be used in a Sikh home and a Buddha can be used in a Buddhist home."

As with anything, setting a well formed outcome helps. "When I walk into someone's home, I spend about 20-40 minutes talking to them about what has been going on in their life and what they are looking to improve," says Priya.

"By talking to them, I gauge exactly what they need. Even if they don't tell me in words, their undertones tell me about their feelings. Recently, a client invited me to help with her husband's career. When she started talking to me, even though she didn't tell me in words, she kept hinting that she really wanted children. When I asked her if she wanted me to work on activating her children's area within the home, she was very surprised that I knew what she wanted without her asking me. This has happened many times for different aspects.

"Before I meet the client, I take a brief look at their astrology. The feng shui of the property needs to be aligned with the occupants of the home so that they are able to maximise their potential for success in every area of their life. So I know a certain amount about their nature and personality before I even meet them.

"This helps me communicate with them at a level that they are comfortable with. Face reading helps me to further communicate with them. I know instantly if someone is stubborn and they are going to find it difficult to accept what I am telling them."

Looking at environment is the first stage when doing logical levels work and in feng shui, hugely important. "The outside of the property has 70% affect and the inside has 30% affect," says Priya. "Every direction and every part of the property and plot represents a member of the family, an organ in the body and an aspect of our life.

"Without even looking at the feng shui of the property, imagine a stagnant, smelly muddy pool of water outside your window. How would that make you feel? Now imagine the stagnant pool was replaced by a beautiful clean flowing fountain. How would that make you feel? Now imagine you painted your bedroom all black - how would that make you feel? Would you not feel more fresh and clean if your room was a light neutral shade? Imagine your house is full of boxes and clutter and to find anything you need to lift and shift the boxes. How would that make you feel? Imagine your front door had all ivy growing all over it and to enter you had to fight your way through it. How would that make you feel?"

One of the most important things in NLP is being flexible if the feedback is showing that you're not on track for your well formed outcome. Sometimes, Priya helps clients choose a home but a lot of



the time, they've already moved so she has to work with a space that may not be ideal and show them how to implement "cures".

"Some of my clients ask me to select a home for them but most are already well settled in their home with no intention of moving out. They have invited me into maximise the potential of their home. I have done over 1000 consultations and have only ever advised two clients to move when any change would not have had a good enough affect (both these clients were already thinking of moving). With all the other properties, I have worked at maximising them and have managed to do that."

When Priya came to my new home, she pointed out that the close proximity to the railway meant that the energy was going through too fast. This, combined with the unusual shape of my flat meant I needed

to slow the energy down to be nourished by it. Priya suggested changing from the bright colours I'd painted to more neutral shades to help slow this energy and make it a calmer, more peaceful space.

"The location of a property has a significant effect on the lives of the occupants," says Priya. "Looking at it on a very basic level, when the property is located in a quiet residential village, then the occupants often lead a

slower pace of life. However, if your home is located within a bustling and active town then it is reflected in your life, making it more active and sometimes stressful. If the external energy is too fast you need to balance it by keeping the internal energy calm." ■

Priya is available for Feng Shui consultations in London and she also travels internationally. Find out more at www.fengshuisolutions.com

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