

## NLP Scrap Notes

***My mission, first attempt:*** To see to it that there are as many intelligent, creative, healthy and capable beings on this planet as possible. *This is my only chance at making the world a better place to live.* The one condition is this: I must enjoy doing this, feel good and have fun in the process. **I am unwilling to sacrifice that rule.**

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Reframing:

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Using all extreme experience and states in order to stimulate change.

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Destroying limiting beliefs - eliminate the support legs for things like caffeine, masturbation and so on.

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collapsing negative anchors

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Useful and probably accurate positions:

There is no such thing as need.

Anything is possible.

The nature of existence is radically uncertain

There is no condemnation, only consequences for your actions.

There is no dis-unity. We are all connected.

There is no such thing as failure.

Love is the greatest gift.

All is energy

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Fundamental paradoxes to absorb.

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Master Faith: I'm here for a reason, I've got a purpose, and whatever it is, I can figure a solution, I can make it happen... if not, then I while I'm here make the most of it.

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What is my hierarchy of moving-toward and moving-away values?

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**1<sup>st</sup> resolve:** Only communicate with the intention of controlling process. *People don't respond to content (information, facts and so on)! In order to control process, you MUST have a goal in mind: state change, collecting information, selling, etc...*

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Important principle: **You can control your own state and the states of others.**

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What is the relationship between “**intensities**” and behavior? How do values factor into my concept of “intensities”? What is the definition of intensity? Intensities are a particularly strong energy emotional state unique to that individual.

Where are the master intensities located? Maslow’s hierarchy gives a clue. The higher values as well.

**I’m like a heat seeking missile - I’m aiming right at these intensities.**

Example: Aleytus and the house she’s getting. Getting her to describe the house puts her into an extremely interesting altered state.

Example: My mother and her ambitions for my brother. Very strong states to be accessed here.

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Nietzsche once commented that **the most valuable insights are actually methods.** Methods allow me to generate relevant knowledge. Example: induction and deduction. Uncover and label whatever methods you come across.

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Come up with your criteria for action. For example: my interest in applicative NLP would be derived from the question - “**is it useful?**” if not, then it’s of no value.

Another criteria: “Can I catalogue these notes into my current collection of information for later use?” if not, then there is little use in writing it down.

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My goal is to become a pioneer in the fields of NLP, DHE, and SHE etc. In fact, I will have my name for what I’m about to create. “Infinite horizons” is all I can say at this point.

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Remember: all this sensory experience is going on inside the mind. A memory, a picture, a feeling or sound in the head has just as real a reality as any other sense experience.

*Sometimes it's much stronger, sometimes much weaker.* So, when Bandler speaks of these things I'm inclined to think he's not dealing with shadow figures anymore.

He's talking about some potent intensities. **This is about getting a grasp on how subjectivity works.**

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What are the core principles to abide by

Here's one: *subjective experience has a definite structure. Some rules apply across the board, others are unique to the individual but discernable to the observer.*

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**What are the core principles of NLP and other relevant thought systems?**

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*All insights and information to be collected, categorized, rewritten, strengthened, polished and sold. **Wipe the thought from your mind of ever engaging in anymore intellectual activity that negates itself.** We must start building from this point on.*

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What are the best techniques and methods for breaking, disrupting and permanently destroying anchors, states and behavior loops?

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Hypothesis: Anchors require a definite amount of energy dependent upon their intensity. Actual energy is always finite. **An intensity is a predetermined direction in which energy must flow.** Any anchor that is destroyed releases tied up energy back to the organism... which can either be generative or destructive dependent on the individual values and decisions.

Example: If one came to reject god, morality and those values tied to it due to a "pain/pleasure shift" one would either: experience an extreme increase in positive life energy, an extreme increase in negative energy (nihilism) or a dramatic decrease in overall life energy due to conflicting value set or lack of justification for any values.

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Why do I experience the same similar associations and delusions during psychosis each time it occurs? Because intense, and highly irrational neuro-connections have been formed.

So, how do I collapse these deep and hidden anchors that are repressed many “unconscious layers” down?

An “**unconscious layer**” by the way is an idea that there are some parts of the mind that are more remote than others. This could be because some experience was barely perceptible or that it happened many years ago... an example would be: infantile experience.

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Start building “anchor chains” and refining anchors. My current anchors are: Right wrist is a running motivator using sexual exhilaration and the word “Bam!”. Left index finger is positive distinctions, creativity, learning, state changes - kind of vague right now but working on it.

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Whenever a dramatic and irrational state change occurs: identify what neuro-connections caused it? How do I collapse the association? How can I gain a distinction from this?

It’s necessary to come up with solutions to this in order to fulfill a principle that I live by: **I can control mine and others states consciously. There is no limit to the amount of control one can exert over these states and emotions.** *The alternative is to leave it to idiotic inertia, and unconsciousness.*

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Something that I have noticed again and again that has up to this point driven me away. I speak of the inane one-sidedness of conversations.

I operate from this new perspective: **the communication gap can be bridged, it’s completely possible to connect.**

But people are for the most part stuck in their experience, some more than others.

Here is the best way to motivate yourself, avoid cynicism, engage the rule of reciprocity and leave yourself out of the equation as much as possible in the conversation save for some conscious end: **consider only the payoff in communications knowledge and skill. Use the conversation as medium to practice and implement everything you know.**

For example: if I'm trying to focus on directing the process of another person, then be thrilled! Even if it's the most uncharming person in the world - and that brings me to this... charm is simply that ability - to make the other person feel as life were without limits and wonderous. *That is why charm has a magical connotation to it.*

Communication usually occurs in a very stifled form. Everyone operates from the premise that they are actually connecting, or that it's possible. I'm coming from the opposite direction striving to give them more of what I always wanted but only received from a handful of dead people: **deep connection.**

And precisely this deep connection is what's so charming, spiritual and unlimited.

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Difference and repetition: ah, the interesting. It makes more sense than ever. One could rephrase it as uncertainty and certainty, infinite and finite. Let's make no mistake about it: difference is of far higher value. **Therefore, strive for open seas.**

**I am an Intellectual *adventurer*, willing to sink my ship in the ocean of infinity!**

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A classic and important distinction: my work quality suffered in the past because I didn't believe in it. **I didn't believe in it because it wasn't in line with my authentic self.**

**The conversions and psychosis give some valuable insight into what is desired.**

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**Abduction, deduction and induction...**

Deduction: general to specific

Induction: specific to general

Metaphor is an example of "abduction". Abduction is when you talk about something in terms of another. ***It bypasses all conscious resistance.***

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Evil NLP: the use of pain. Use it and experiment with it.