

NLP: A Pathway to Wellbeing



Healing emotions and beliefs with NLP

In July 2008 I wrote about how to make affirmations work for you (you can find this article at <http://www.freshwaysforward.co.nz/Links.php>). I also promised to talk about how affirmations can be even more fully integrated. My experience with dozens of clients is that when we are saying affirmations to ourselves, we are often piling them on top of the beliefs, worries and negative emotions they are intended to counteract.

Usually the job of an affirmation is to make us feel positive, feel confident or successful. However, what if we have a lot of 'feeling bad' going on already? We may or may not be consciously aware of these unhappy emotions or beliefs. A person may be carrying grief, anxiety or anger. Beliefs such as 'I'm not good enough' or 'it's not possible' can lurk under the surface of our thoughts. And one may also experience a whole raft of these all at once. You can imagine then what might happen when one adds a positive affirmation to the mix; it is easily diluted by what's already there.



A garden is a useful metaphor to explain this. Imagine a garden full of old sacks of garden waste, worn out equipment, a broken down lawnmower, piles of damp leaves and grass. It's a garden full to overflowing with unwanted debris. An occasional bulb pushes its way through the gunk on the ground. Some flower, while many just curl over limp and go back into the earth without blossoming.

Now, of course the gardener wants a vibrant garden full of life and beauty to enjoy. He tries to plant some flowering plants, only he can't find a space for them, it's just too full up with all this old muck. There's simply no room for anything else.

So what does he do? He begins to clear away what is not wanted or needed any longer. He takes away the old broken down equipment; the lawnmower, a toothless rake, some bottomless buckets with snails coating the insides. As he rakes up the leaves, already he can see how the bulbs have room to flourish now. There is more room for adding flowering bushes and fruit trees. Soon the garden comes into its own, flourishing and bringing joy to everyone who enters.



Creating room in ourselves for feeling good allows our affirmations, our goals, our dreams to flourish inside.

A range of NLP techniques enable emotions and negative beliefs to be transformed and healed. Often described by clients as gentle and relaxing, the techniques include guided visualisations that enable the unconscious mind to heal emotions and/or past events, leaving one feeling calmer, lighter and more at peace. Once an emotion is healed, when the person is in a situation where they use to experience the old emotion, they naturally access more positive states.

For example, when someone releases sadness, they will often find that the people or places in their life that triggered that sadness no longer do. Instead they feel relaxed, happy and able to engage in life in the way they want to. Their natural human capacity to feel sad at appropriate times is preserved. It's the excess of emotion that is released.

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Releasing negative emotions creates space for feeling happier. I've noticed with my clients that the absence of the old negative feelings means they naturally feel at ease and begin focusing on the positive automatically. It's almost as if feeling calm and happy is our natural default position. This is what 'discovering you' is all about.

Letting go of that which is no longer needed allows us to create what we really want in our life. You are your own gardener!



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