

CHANGING YOUR MIND FOR GOOD

FEARS AND PHOBIAS: Fatal Mind Deceptions

Part 16 in a series

Last month I promised to begin the NLP technique that essentially is used by practitioners to help reduce and usually eliminate client fears and/or phobias. This month, here is information about “anchors.”

In NLP and other psychological treatments, we refer to “anchors” as associations (often very subconscious ones) between an emotional response (fear, for example) and stimulus (seeing a snake, feeling the touch of a crawling insect, hearing the sound of insect wings flapping or of jet engines juicing up for a cross country flight, whiffing the smell of decaying meat...). Since a practitioner’s job is to help clients get “unstuck” from harmful patterns of the

association that brings on fear/phobic reaction, we use “anchors” in many ways, replacing the debilitating ones with one or more pleasant ones (“stacked anchors”) that allow the client to move forward into the things he or she wanted to do. Working in the garden is much easier if one does not fear snakes (respecting them of course, but not fearing their appearance as though they will kill everyone instantly). Visiting grandchildren who live 2,000 miles away is easier to do when one is not particularly worried about their plane crashing on every flight.

What a NLP practitioners does is help the client “collapse” unwanted anchors that often are triggered by some “frightening” stimulus (snake or plane, as examples) AND then help the client create different associations that are not frightening but are pleasant and rewarding instead. It is a shift of focus that is created by the practitioner on the subconscious levels that works! Let’s say that the ideas of gardening or of visiting the grandchildren are filled with joy, delight, feeling loved, being in touch with nature, having a sense of satisfaction (rather than the sense of “impending doom”).

Next month, we will get into the types of “anchors,” how easy it is to “set” or to “collapse” these emotional associations, and why NLP practitioners “stack” the rewarding/pleasing anchors with several different experiences and sequences to assure that they are reinforced and functional for permanent change. You will be surprised at how easy and useful these fear/phobia releasing techniques are.

*This entire series is available on the Internet or through requesting back copies at \$1 each.

Chuck Domm is a Diplomat in Integrative Medical Health Care/ Naturapathic Hypnotist and Grandmaster of Hypno-Reiki. He can be reached at 954-748-4272, or email him at okingdomm@aol.com



Charles Domm

Mensaje Espectacular— A Spectacular Message

Part 1 of 2

[This article is provided by M. Guareschi]

The most beautiful day? **Today***El día mas bello? Hoy*The easiest thing? **To make a mistake***La cosa mas fácil? Equivocarse*The biggest obstacle? **Fear***El mayor obstáculo? El miedo*The biggest error? **Abandonment***El mayor error? El abandono*The most beautiful distraction? **Your job***La distracción más bella? El trabajo**La distracción más bella? El trabajo*The worst defeat? **Discouragement***La peor derrota? El desánimo*The best teachers? **The children***Los mejores profesores? Los niños*The first necessity? **Communication***La primera necesidad? Comunicarse**La primera necesidad? Comunicarse*What should make you the happiest? **Be useful to others***Lo que más te debe hacer feliz? Ser le útil a los demás**Lo que más te debe hacer feliz? Ser le útil a los demás*The biggest mystery? **Death***El mayor misterio? La muerte**El mayor misterio? La muerte*The worst defect? **Bad temper***El peor defecto? El mal humor*The most dangerous person? **A liar***La persona mas peligrosa? La mentirosa**La persona mas peligrosa? La mentirosa*The worst feeling? **A grudge***El peor sentimiento? El rencor**El peor sentimiento? El rencor*The best present? **Forgiveness***El mejor regalo? El perdón**El mejor regalo? El perdón*The most essential? **A Home***Lo mas imprescindible? El hogar**Lo mas imprescindible? El hogar*The fastest route? **The right path***La ruta más rápida? El camino cierto**La ruta más rápida? El camino cierto*The most pleasurable sensation? **Inner peace***La sensación más agradable? La paz interior**La sensación más agradable? La paz interior*An effective protection? **A smile***Una protección efectiva? La sonrisa**Una protección efectiva? La sonrisa*The best remedy? **Optimism***El mejor remedio? El optimismo**El mejor remedio? El optimismo*The most powerful strength in the world? **Faith***La fuerza más potente del mundo? La Fe**La fuerza más potente del mundo? La Fe**La fuerza más potente del mundo? La Fe**La fuerza más potente del mundo? La Fe**La fuerza más potente del mundo? La Fe**La fuerza más potente del mundo? La Fe**La fuerza más potente del mundo? La Fe**La fuerza más potente del mundo? La Fe**La fuerza más potente del mundo? La Fe**La fuerza más potente del mundo? La Fe**La fuerza más potente del mundo? La Fe*

Justice without love will make you relentless.

La justicia sin amor, te hace implacable

Diplomacy without love will make you hypocritical.

La diplomacia sin amor, te hace hipócrita

Success without love will make you arrogant.

El éxito sin amor, te hace arrogante

To be wealthy without love makes you greedy.

La riqueza sin amor, te hace avaro

Docility without love makes you menial.

La docilidad sin amor te hace servil

Poverty without love makes you proud.

La pobreza sin amor, te hace orgulloso

Beauty without love makes you ridiculous.

La belleza sin amor, te hace ridículo

Authority without love makes you tyrant.

La autoridad sin amor, te hace tirano.

Work without love, makes you a slave.

El trabajo sin amor, te hace esclavo

Simplicity without love, takes away courage.

La simplicidad sin amor, te quita valor

A prayer without love makes you introverted.

La oración sin amor, te hace introvertido

Politics without love will make you selfish.

La política sin amor, te hace egoísta.

Faith without love, will leave you a fanatic.

La fe sin amor te deja fanático

The cross without love transforms into torture.

*La cruz sin amor se convierte en tortura.***LIFE WITHOUT LOVE...HAS NO MEANING****LA VIDA SIN AMOR... NO TIENE SENTIDO**

Each month Marialcira Guareschi and her group of women calling themselves, “Goddesses of Venezuela” send us an inspirational message.

(Translation from Spanish to English by Finley & Bologna Int'l, an international law firm in Miami, Florida)



Marialcira Guareschi

The most beautiful thing of all? Love
La más bella de todas las cosas? El amor

Intelligence without love, will make you wicked.

La inteligencia sin amor, te hace perverso

FROM THE COVER



Power Marriage Of Dance!

Maximum Dance, Ballet Gamonet Merge for Innovative Era in Contemporary Ballet Collaborative

In a powerful union that will result in a new choreographic tour de force, Maximum Dance Company and Ballet Gamonet officially merged in March 2005.

The new dance entity, initially called “Maximum Dance Company presents Ballet Gamonet,” is the result of negotiations that have been taking place between the leadership of the two Companies since last fall.

The merger will benefit the parties both financially, as dance companies around the country face funding shortfalls, and artistically, as the fusion of seasoned talent adds a more sweeping panorama to the region’s culture landscape.

“This is an absolute dream come true,” Gamonet said. “I’ve always envisioned having my own company here in Miami and collaborating with spectacular choreographers and dancers. Coming together with Maximum Dance Company makes all this possible, more than I’d ever imagined.”

With Gamonet as Artistic Director-in-Chief and Yanis Pikieris and David Palmer as Artistic Directors, the three choreographers will manage, rehearse and restage primarily their own works. Altogether, the new Company will have an expanded repertoire of close to 60 different ballets. The Company has also hired former Ballet Florida Executive Director and Dance USA board member Juan Escalante as its Executive Director.

“This merger is the most astute business and artistic decision that both Maximum Dance and Ballet Gamonet could have made at this time,” said Stephen Lyon, President of the new board. “Together we are stronger, and together we will work to grow the audiences for dance, build upon the creativity of the directors’ artistry, and expand the artistic possibilities of the new company as well. It’s a win-win for everyone, most especially for dance in Miami.”

“The relocation of some of the world’s most talented dancers and their new company to downtown is thrilling for those of us committed to the revitalization of downtown Miami,” Miami City Commissioner Johnny Winton explained. “The fact that a dance company of this caliber will not only be performing here in downtown, but has made it its home base, gives the world all the more reason to live, work, and play here. And that spells renaissance for our economy.”

The new Company will make its debut on May 6 and 7 at the Gusman Center for the Performing Arts in downtown Miami, and on May 13 and 14 at Bailey Concert Hall on the campus of Nova Southeast University in Davie.

Subscriptions for all of the 2005-2006 Season will be available in early April. For more information or to purchase tickets, call the Company’s box office at toll-free 1-866-MAX-DANCE or online at www.maximumdancecompany.com.