For too long, and in many ways unintentionally, we’ve tried to organize our world from disjointed mental constructs.

This fragmented perspective of the world has led to more and more personal imbalance, social violence and increasing environmental degradation.

In this workshop, we will examine how to engage heartfull, embodied intelligence to transform disconnected, fear-based and limited thinking and behaviors into nourishing and respectful life choices.

We will learn how to move from a disconnected, cognitively oriented representation of reality to an embodied, heartfull sense of wholeness.

From our own state of embodied integration, we become instruments for serving others in living fulfilling and nourishing lives—a fountain of restorative potential for our clients, our families and our communities—and become a medium for helping others rebalance their lives.

Some key skills include:

• Shifting more readily from a fragmented perspective to a fluid and harmonious state of being
• Developing the capacity for subtle and receptive listening
• Learning to create states of greater presence and resilience in ourselves and others
• Identifying and transforming limiting thoughts, emotions and beliefs
Premise:
Reality is constructed via filters
1. Filters translate quantum possibilities into classical reality
2. Three general types of human filters: Somatic, Cognitive, and Field
3. All we know is what our filters produce: Our maps are our reality
4. The state of our filters can produce either fragmentation or fluidity

People are Holons;
Reality is a Hologram
• Holons: Each person is whole, made up from other wholes and is part of a greater whole
• Holograms: Reality is a hologram created by interactions of different holons
  • Each part contains the whole
  • Each part can re-create the whole

You are not a drop in the ocean. You are the entire ocean in a drop.
— Rumi

Key Principles
• Holon/Hologram — Everything is made of smaller wholes and part of larger wholes
• Multiple Intelligences — "The more ways you have of understanding something, the more you understand it." - Richard Moss
• Chunking/Alignment — Chunking up (Integration); Chunking down (Manifestation)
• Lines of Development — Awareness and ability do not develop equally and at the same rate in different life contexts
• Complementarity/Compensation
Complementarity

- Everything contains the potential of its opposite/complement
- The more we increase one side of a complement the more we increase the potential of its opposite/complement
- When we seek to bring more of something into the world (light), we simultaneously invite its opposite/complement (shadow)
- We often want to bring more of something (light) because we know its opposite (darkness)
- Having or increasing only one side of a complement creates imbalance, which leads to compensation

Premise:
Filters are held by human consciousness: “Mindless” or “Mindful”

1. When held mindlessly with neuromuscular lock—fight, flight, freeze, or fold—complements produce fragmentation and symptoms
2. When held mindfully with creative flow, innovative solutions and new learnings emerge

The CRASH State—Fragmented

- Contracted
- Reactive
- Analysis Paralysis
- Separated
- Hostility/Hurting/Hating

In a CRASH state you are contracted, reacting to the environment, analyzing, separated and feeling hostile, hurt or hateful.
The COACH State – Integrated Holon

• Center yourself, especially in your belly center.
• Open your field of awareness.
• Attend to what is going on within you and around you with mindfulness.
• Connect to yourself and to the larger system(s) of which you are a part.
• Hold whatever is happening from a state of resourcefulness and curiosity.

Presence

There is a vitality, a life force, a quickening [an energy] that is translated through you into action, and because there is only one of you in all time, this expression is unique. If you block it, it will never exist through any other medium and be lost. The world will not have it. It is not yours to determine how good it is; nor how it compares with other expressions. It is your business to keep the channel open.

—Martha Graham

Keeping the Channel Open

1. Slow Down ➢ Be Aware
2. Pause ➢ Connect
3. Breath ➢ Open
4. Relax ➢ Center and hold
Four Self-Mastery Skills

- **Self-Awareness** – Increasing your awareness of the key cognitive and somatic elements making up and influencing your inner state and mindset
- **Self-Calibration** – Assessing the current state of those key elements with respect to their optimum values
- **Self-Adjustment** – Adjusting the key elements to produce a more appropriate or optimum expression and exploring the new options that creates
- **Self-Anchoring** – Finding cues and triggers that will help you to remember and solidify and optimum expression of your mindset and inner state

Self-Mastery Skills

- **Self-Awareness**
  - What are you aware of? (Images, sounds, feelings, sensations, etc.)
- **Self-Calibration**
  - How fully are you in your optimal mindset in comparison to your peak? (0 - 10)
- **Self-Adjustment**
  - What can you do to shift to a more optimum level?
- **Self-Anchoring**
  - What will help you to remember/hold this level?
Practicing Resilience

1. Think of a situation in which you are fragmented (CRASHed). Put yourself into that experience using memory or imagination.
2. Calibrate yourself. On a scale of 0 to 10, how much do you experience your COACH state as you think of that situation?
3. What can you do to increase your COACH state just a little bit more? (i.e., physical, verbal, visual, reference experience, role model, acting "as if", etc.)
4. What level does it move to?
5. What difference does it make? What becomes possible now?
6. How could you “anchor” this level of resourcefulness so that it is available to you the next time you are in that situation?

Key Elements of “Holding”

• non-reactivity
• unconditional acceptance of the feeling exactly as it is
• no agenda to change anything about the feeling - patience, taking time
• unwavering attention to the feeling
• trust that all is well as it is, that the feeling has a positive intention and purpose
• a sense of being held in a field greater than oneself
• kindness toward the feeling
• a non-intrusive curiosity about the feeling

Welcoming “Mantras”

1. “That’s interesting.”
2. “I’m sure it makes sense.”
3. “Something needs to be heard, held or healed.”
4. “Welcome....”
Learning to Hold Difficult Feelings is a Key Skill for Regaining Fluidity

What resource do you need to hold the feelings? (COACH) State

First Feeling

Second Feelings

How do you feel about feeling that way?

How do you feel?

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The “Tetra Lemma”

“Both Are True”

“Neither Is True”

“X Is True”

“The Contrary to X Is Also True”

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