

Mind Magic

Your mind can reform or deform the personality

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EMESCO

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What is NLP?

NLP is the study of human excellence.

NLP is the ability to be your best more often.

NLP is the powerful and practical approach to personal change.

NLP is the new technology of achievement.

NLP is the abbreviation of Neuro-Linguistic Programming.

**- Steve Andreas
& Charles Faulkner**

We can determine our future. Our future does not depend on luck but depends more on our thinking processes and actions. Good fortune is not a matter of chance but a matter of choice we make.

Imagining the future is like the trailer of a forthcoming movie. However, whether the movie is a comedy or a tragedy entirely depends on us. For people who practise NLP life is a comedy throughout. Let us now examine NLP in detail.

Neuro

In the neurological centre i.e., the brain, various changes and activities take place every second without our knowledge. If our body is compared to a computer, then the brain is the hardware and the impressions formed in it, our thoughts, beliefs and attitudes form its software. The software of a computer cannot be seen

with the naked eye. Similar is the case of our thoughts and opinions. They are programmed in the brain and one cannot see them. The five senses (*panchendriyas*) function like the keys of the computer. Sight (*drishti*), hearing (*shravana*), smell (*aaghrana*), taste (*ruchi*), touch (*sparsha*), are the five keys that program our Computer. We have more websites dormant in our brain than the websites found on the Internet. We generally tend to forget the websites of the pleasant experiences, browse only the websites of sad and unpleasant incidents, and watch them on the mind screen, thereby adding to our distress and pessimism.

Linguistic

Our five senses have a language. These senses form the language with the help of the five sense organs and provide us with respective feelings. When you close your eyes, if a spoonful of sugar is poured in your mouth, you say 'it is sweet', don't you? Who has taught your mind that 'sweet' tastes like that? Surely not you, right? In the same way, how will it be if a spoonful of lemon juice is poured in your mouth? Wow! The mouth waters, doesn't it? Who told your mind to secrete saliva? Surely, not you. This is what is called 'linguistic' programme.

The environment, the upbringing, and circumstances we are exposed to make us construe things in different ways. If one is encouraged during childhood, one's self-confidence may improve tremendously. If discouraged, one might become diffident. Feelings like

'I am good for nothing, I am unlucky, I can't study and I cannot pass my examinations may develop. Thus, we have to understand that, even without our being aware numerous impressions are etched on our brain.

Programming

Our five sense organs have a language, but we do not know that language. It is not the same for everyone. It differs from person to person. Programming is the result of the impression formed on the mind. After the five sense organs have done their work, the pattern of impressions left on the mind is the programming. For instance, a person who smokes may say that it relaxes him greatly. That is his mental programme. Yet another person may get bouts of cough while trying to smoke and may throw the cigarette away. This is also a programme. We come across many such examples in our day-to-day life. And we are aware of several superstitions prevailing in our society. For example: There will be no prosperity if there is no rangoli in front of the house, that if a cat crosses our path it is a bad omen, and that we should not start any work on new-moon day (Amavasya). Though we do not comprehend the meaning of these things, it is programmed on our minds as Doubts. Because of continuous Replay, our computer (mind) has been infected with virus. We know that this is a major hazard to the computers, yet we do not scan the virus as we do not know how to do it. Even if we know some method, we are too lazy to do it. But NLP makes it possible. It is not a method. It is a programming technique.