



DNA Of NLP

By Lisa Christine Christiansen



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Your cells can choose to read or not read the genetic blueprint depending on the signals being received from the environment. You are controlled by your genetic readout, it is primarily determined by your thoughts, attitudes, and perceptions. Your thoughts shape your environment far more than physical matter. Scientists Prove DNA Can Be Reprogrammed by Words and Frequencies. THE human DNA is a biological Phenomenon, the mind's influence on every detail of your life patterns in success, health and wealth is astonishing. In addition, there is evidence for a whole new type of medicine in which DNA can be influenced and reprogrammed by words and frequencies WITHOUT cutting out and replacing single genes. One can simply use words and sentences of the human language. This, too, was experimentally proven! Living DNA substance (in living tissue, not in vitro) will always react to language and even to radio waves, if the proper frequencies are being used. This finally and scientifically explains why affirmations, autogenous training, hypnosis and the like can have such strong effects on humans and their bodies. It is entirely normal and natural for our DNA to react to language. While western researchers cut single genes from the DNA strands and insert them elsewhere, the Russians enthusiastically worked on devices that can influence the cellular metabolism through suitable modulated radio and light frequencies and thus repair genetic defects. And so begins the DNA of NLP for programming your new success blueprint.



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Editorial Review

From the Author

Neurology is the D"N"A Of NLP

The first element in Neuro-Linguistic Programming is Neurology. Neurology is a study of the human nervous system, the mind, psychology and the invisible structure or patterns that govern how it all works. Think of the brain for now as very flexible hardware which can be programmed through the senses by experience. But neurology is just a substrate for our experience, like paper is a substrate for ink that writes upon it. Once paper is written on, it is transformed. Neuro-Linguistics and Neuro-Semantics are the experiences, values, beliefs and meanings and identities of life that are written within the body-mind.

Perhaps the most important reason for understanding Neuro-Linguistics and Neuro-Semantics is know how to shape our experience to our will. In some ways, our brain is quite "plastic", meaning that it naturally rewires itself in response to changes in experience, whether we want it to or not. This is how we learn. In other ways, the brain is quite rigid, reinforcing existing neural pathways that have been born out of habits we have formed. These stubborn habits often have built into them subtle and multi-layered mechanisms to ensure they do not change. In order to change these pathways, we cannot surgically rewire the brain. In NLP, we use language to shake things up neurologically in order to dissolve old undesirable thought patterns and *install* new desirable thought patterns otherwise known as strategies. Instead of using a screwdriver or a scalpel, in NLP we use language as a tool to create an experience that indirectly affects the underlying neurology, and thereby changes it.

The following pages will shed light on what allows NLP to be so effective in shaping neurology.

From the Inside Flap

Linguistics

Language Creates our World in NLP

Language or Linguistics is the "L" in NLP. Language defines our subjective world, and is the key that opens all the doors in NLP.

Heidegger said "Language is the House of Being". Certainly, language is a HUGE part of what it means to be human. It is what allows us to encode experience in a way that it can be played back to ourselves as *internal dialog*, and also shared with others, in both speaking and writing.

Robert Kiyosaki says the way to attract wealth is to start by increasing one's vocabulary for wealth. Without the words to describe wealth, it is impossible to experience it. Additionally, there are examples of cultures whose language determines the richness of experiences. The Eskimo language has 14 words for snow, which each encode a rich set of attributes and behaviors and conditions into each word. English, in contrast has one word for it. In Sanskrit, there are more than 10 words for love. In English we use the word love very loosely, applying it to people, possessions and experiences alike. In Spanish, the word for love is reserved for the most intimate relationships.

Language As a Representational System

In NLP, language is a representational system, and like the other representational systems in our internal maps, it is not the territory. Language can describe a person, place, thing, event, process, feeling, sight or sound, but it is none of those things. Language is like the finger pointing at the moon, but it is not the moon. Language exists because we are equipped both to encode our experiences in language (a sequence of sounds), and decode those sounds as a new experience. The encoding of speech is controlled by a small area in the left frontal lobe (for most right-handed people) called Broca's Area, and the decoding of speech is

controlled by a small area in the left temporal lobe (again, for most right-handed people) called Wernicke's Area. We know this due to observations of brain activity, and the loss of these abilities when damage to these areas occurs. So wired are we to learn language, that we pick it up effortlessly as young children. So sensitive are we to language that we can separate out sounds from a vast variety of other sounds in our *environment*. So integrated are the speech centers in our neurology, that that every word we hear sets in motion a chain reaction in other areas of our brain involving emotions, pictures, memories, etc. Especially powerful words are those phrased as questions. When we hear a question, we can't *not* try to answer it internally.

Why Language in NLP?

Because language is a shared phenomenon, we use language to "communicate" between people. Language helps us convey the rich but invisible and inaudible world of our subjective experiences to others, at risk that they may either understand our subjective world... or not... and so language is a risky proposition. When we communicate, we commune with others. When we miscommunicate or fail to communicate, we risk some degree of ostracism. NLP practitioners use language to explore subjective experience, such as when using meta-model language patterns, whose focus is on precision of understanding. NLP also uses language to change subjective experience, such as when using persuasive, hypnotic or Milton-model language patterns. Note that whether chunking down, up or sideways in NLP work, it is the subjective experience of the person that we are communicating with. We cannot communicate *with* empirical facts, but we can communicate with people *about* empirical facts, and thereby not change the facts themselves, but the aboutness of those facts. NLP practitioners use language to change people by *intentionally* changing their subjective experiences in ways that establish and support positive outcomes. Language is the key toolset for the NLP practitioner to do this. With language, skilled NLP the practitioner can lead a journey into the past, change the qualities of that subjective past, *install* resourceful thinking into that past in a way that it i.e. re-experienced in a new way, resulting in a re-imprinted or changed subjective person. With language, the skilled NLP practitioner can create a more focused or diffused outlook on present circumstances in order to help the subjective experience sort for opportunities, forgiveness, elimination of pain, beauty or any other quality of present moment experience that would normally escape the notice of someone. With language, a skilled NLP practitioner can lead a journey into the future, where clear and ecological outcomes are established and fixed to a certain future date and circumstance, such that the steps towards that outcome are inspired by its inevitable attainment.

From the Back Cover

Programming

Programming Is the Craft of NLP

It's no coincidence that Richard Bandler was a computer programmer at the time he coined the term "Neuro Linguistic **Programming**". By that time, he understood that our *unconscious* minds ran programs developed, compiled and executed in our neurology from an accumulation of our past experiences. In Richard Bandler's and John Grinder's pursuit of understanding excellence, they came to realize that programs or strategies of healing or excellence in people ran all by themselves in people, even though they themselves did not know how those programs worked. Just like you and I can use computer programs to achieve our goals without ever having to see or understand the code running underneath those programs. So if John and Richard could learn the code to those programs, they would be able to adapt and *install* those programs on the neurological operating systems of other people.

NLP Programs Address Three Questions

Would you buy a piece of software that did not do what you needed it to? Of course not? You want to make sure that the program satisfies your computing requirements, and does its job well.

In NLP neurological programs are no different. We want to make sure the programs work well in our real

lives. So we start out by asking three questions:

- * What do you want... exactly? What is your desired *outcome*?
- * Where are you now? How exactly do you do the things that are not working now?
- * What is the best, most effective, efficient, ecological and enjoyable way to get what you want, given your operating system? What other choices can we create for you now?

Based on the answers to these questions, NLP can design and build a program that can then be installed into one's neurology that allows a person to move through the world in the direction of those things that they really want to have, do, or be.

People Are Not Broken, Our Programs Are Outdated

If what we are doing is not working, NLP does not say the person is broken. NLP says instead that we need some new programs... programs that lead to better results. This is the work of NLP. We design, test, install and support new programs that work better in people, in their real lives. Sometimes our strategies need to be replaced. Other times, our strategies just need a bug fix or an upgrade. Sometimes we need to search for and destroy thought viruses that are interfering with the functioning of strategies that otherwise would work well. And just like a programmer would approach the a computer system to decide what is needed before designing a new software program, a Neuro Linguistic Programmer would also approach the programs running in the neurology... or the conscious and unconscious mind.

This section deals with the major components of our neurological programs. Outcomes, Strategies and States.

Users Review

From reader reviews:

Ruben Martin:

The feeling that you get from DNA Of NLP is a more deep you excavating the information that hide into the words the more you get considering reading it. It does not mean that this book is hard to recognise but DNA Of NLP giving you joy feeling of reading. The article writer conveys their point in particular way that can be understood through anyone who read it because the author of this guide is well-known enough. This kind of book also makes your own personal vocabulary increase well. It is therefore easy to understand then can go along, both in printed or e-book style are available. We propose you for having this particular DNA Of NLP instantly.

Michael Alvarado:

People live in this new day time of lifestyle always try to and must have the extra time or they will get lot of stress from both everyday life and work. So , whenever we ask do people have spare time, we will say absolutely of course. People is human not only a robot. Then we question again, what kind of activity are there when the spare time coming to an individual of course your answer will probably unlimited right. Then ever try this one, reading books. It can be your alternative inside spending your spare time, often the book you have read is DNA Of NLP.

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Tammy Medina:

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