



Holistic Directions
EXCELLENCE IS THE WAY



HolisticDirections.com

Jacquie Nagy
The World's Leading Be Yourself Coach

info@HolisticDirections.com
1.204.480.8667

A personal note from *Jacquie*

Hi there,

I hope you enjoyed last week's tips for making internal changes-IN you. And thanks for the personal feedback! Do keep it coming....and send your ideas for topics along too.

This week's newsletter was to be on reading body language however, after waking up this morning learning NASA sent a rover named Curiosity into space, seeing a freshly laid winter snowscape out my window, and hearing there's less than 30 days to THE Holidays I've decided to write about something that I think is huge this time of year....

As you're reading this ask yourself, what does curiosity, snow and holidays have in common? Before you answer let's agree that the upcoming annual Holidays can be a much different experience depending on who you are.

For some there's travelling, partying, spending, smiling, decorating, planning, hugging, singing, kissing, and coloured lights adorning homes inside and out. And for some, this time of year brings heartache and headache and is not nearly as bright and shiny.

Whether this time of year is abundant for you - or not - have you ever wondered ...how is it that some people LOVE the Holidays and others do not?

You may find these answers are concealed withIN you.

The topic this week is state.

In this newsletter, I'm going to share the secrets to managing your internal body and mind state during the Holidays. When you put the tips below into action - you will have a Holiday season you can LOVE or love even more!

To Your Success,

Jacquie Nagy
ITA Certified NLP Trainer, Coach, Speaker
Certified Adult Educator C.A.E.
Holistic Directions Inc.
Winnipeg, Mb. Canada
Call: 204.480.8667
Email: jnagy@holisticdirections.com
Web: www.holisticdirections.com

It's Not About Reading Body Language!

As a human being, you have experienced many different moods, emotions, thoughts, actions and behaviours which all blend together to represent your internal mind and body state.

An interesting way of understanding how your body and mind work to create such a rich and varied collection of internal states can be learned through metaphor.

Pretend for a moment that each of your internal states is like a moving, breathing 'one of a kind' work of art and your body is like a museum. Now consider this: Your pieces of art are being admired by every person that observes and interacts with you.

This leads to a couple of interesting questions. Like what kind of art are you? Are you a masterpiece? A finely honed sculpture? Or an eclectic collection of bits 'n bobs? The question is intended to grab your attention to the fact that your states are a collection of many different art pieces, each one having different qualities, colours, structures, textures, sounds and movements.

Have you considered that each time you venture into a transaction with another person you are displaying a different art piece? Fortunately, you have control over the quality of art -or state - you display.

Relating the metaphor to your life the museum represents your entire mind and body and the art represents your collection of internal states.

The number of different states available for you to access can be infinite when you consider that every conversation, interaction, and experience you have will have unique qualities right?

"Art Is Not A Thing; It Is a Way." Elbert Hubbard

Your state is also not a thing; it is an ever changing way of responding.

Important clarification: Your internal states are like tracks in the snow. States can and will (guaranteed!) shift according to what's happening in your mind and body and whatever external context you're in.

Knowing this is key.

As you head into the Holidays no doubt, you're going to meet up with loads of people face to face at social gatherings, business events, and home parties. Have you ever walked away from a conversation and said to yourself, "I can't believe I just said that!" or when there's a conflict in a relationship hearing the words, "I didn't mean to do it!"

In Neuro Linguistic Programming (NLP) this is called an internal incongruency. The feeling attached to the regret you feel is a split between your logical conscious mind that helps you decide what you want to say and do and your unconscious auto-pilot mind. Your conscious and unconscious minds are designed to work together in harmony however can derail when you are not paying attention, are stressed, under pressure or sleep deprived.

"The greatest conflicts are not between two people but between one person and himself."

Garth Brooks

Start to decide NOW what kind of Holiday experience you want and then follow my favourite five ways of shifting your internal state:

1. **Calibration:** A captain of a ship knows the destination before leaving port and the navigator pays attention to changes in the wind. You are both the captain and the navigator of your ship. You set the direction and calibrate your vibrations. You can adjust your state like a sailor adjusts the sails.

Tip: Pay attention to any internal sensations you feel before, during or after each conversation. If you calibrate any incongruency STOP yourself. Immediately retract words, clarify meaning or adjust your tone or physiology. The more subtle you are the less chance the other person will notice. The positive result is what you're after - and a slight flutter in the middle of a conversation will be soon forgotten.

2. **Preventative physiology:** You have unique body language. People who know you may be able to mind read your state based on your body language. There is no guarantee they are accurate.

Tip: Try being insightful about your body language by watching yourself move - before you move. More on how to do this in future newsletters.

3. **Anchors:** An important distinction between behaviour and state is that your state acts as a frame for your behaviours. Hence, by changing your state your behaviours are also likely to change.

Tip: A quick way to change your state is by setting an anchor. First decide what state you want. Some examples: loving, happy, animated, actively engaged, soulful, pensive, observant, gregarious. Create a physical anchor (examples: deep breath, stretched fingers, joined hands) as you recall a previous time when you had the state you want. Fire the anchor prior to entering the new context.

4. **Mindscape:** Ecological in nature, your entire mindscape is like a key that can unlock your whole mind and whole body state to improve your overall health and well-being.

Tip: To create a high quality mindscape use as many senses as you can: sounds, smells, visuals and unique physiology. How to create new mindscapes will be coming up in a FREE webinar in December - watch your email for details of how to sign up soon.

5. **Real Istate:** The value of a home is not defined by its address alone. Nor is what defines you, your identity alone. You are constantly evolving and growing and your identity is not a static thing. Be ready to give up your identity and explore new roles. The easiest way to do this is by adopting a new state.

Tip: The next time you enter a context where there is an opportunity to explore something new and different dare yourself to go out on a limb. Try accessing a state of curiosity and increase the value of your 'Real Istate'.

Watch out for next week's newsletter: Generating New Behaviours

Quick Tip

Stop for 30 seconds. Think about what you really, really want to feel during the Holidays. What can you do to shift state before you cross the threshold of your next Holiday event?

Oh... I almost forgot! Are you curious about what snow has to do with state? A social media post today said, 'Winter.....you suck'. I immediately thought, wow! What's not to love? As an avid x-country skier, when it's snowing outside - I'm happy! Maybe if that person learned to shift their internal state to curiosity they could love winter too!

Look Who's Talking

"From attending an NLP Practitioner course I now have the knowledge and skills for more immediate self evaluation of my state in the classroom setting. As a result, I can easily make performance adjustments more quickly and this has led to more honest and open communication with the students."

C. Hudson, Instructor, Red River College