



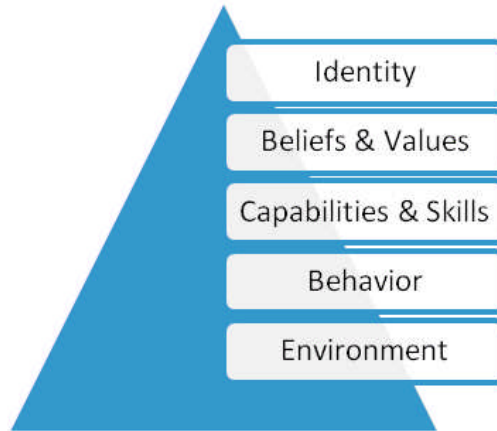
NLP Spiritual Teachings of Jesus

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In the teachings of Jesus, he seemed to ask us to be able to step out of our mortal limitations and see things from a broader perspective. In NLP we would look to Logical Levels to help in this. Logical levels operates on several levels both physical and spiritual at the same time.

Logical Levels

There are different levels at which change can occur. As with anything it is easier to change things at a much lower level than one that is more complex. For example, when you think of updating your home, you think of colors, decorations and minor repairs. These are all things that are easier and will not cost an arm and leg or take much effort. The higher level remodeling jobs such as electrical, plumbing and replacing the carpet are much more difficult. NLP'ers look at the below diagram and determine the levels, then comparing to the level of change that the individual is looking for. When the levels of the diagram are all satisfied the individual is happier and more content. This can be called congruence, which is the state of the individual when they are comfortable with values and skills. Misalignment or levels that are out of order can cause individuals thought patterns to be incorrect, therefore leading to failure.



Below is an example of pulling these levels together.

Mark 12

<http://www.topverses.com/Bible/Mark/12/29> And you shall love the Lord your God out of and with your whole heart and out of and with all your soul (your life) and out of and with all your mind (with your faculty of thought and your moral understanding) and out of and with all your strength. (physical) This is the first and principal commandment.

It goes on to ask us to go into a META or Spiritual mindset:

"The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these."

Going into the Spiritual Position to release

1. Identify a person you are having problems with. Imagine that person from the first position, totally associated, and name the trait or issue that you perceive as causing the problem.
2. Step out into a spiritual or Meta position, dissociated from the relationship, and imagine yourself in the interaction. Notice your behaviors that situation, and notice if it feeds into the problems. Put your hand on your heart and breath in.
3. From this Spiritual position think of ways you could help heal the situation. Different ways to respond. Take another breath with your hand on your heart.

4. Keeping your hand on your heart, step into the other person, bring in your connection to the higher self as you become one with the other person. Feel the shared humanity.
5. Step into the gap between you, the other person and the higher self, while still holding the heart anchor. Expand your perception until you experience that you are all connected and part of a larger universal mind/love system.
6. Step back into yourself, holding the heart anchor, Expand your awareness until you perceive a feeling that everything is an extension of yourself.

Jesus also taught in parables that are similar to our metaphor, below is a classic parable that we can tweak to use to help someone overcome guilt or shame:

John 8

2 At dawn he appeared again in the temple courts, where all the people gathered around him, and he sat down to teach them.

3 The teachers of the law and the Pharisees brought in a woman caught in adultery. They made her stand before the group

4 And said to Jesus, "Teacher, this woman was caught in the act of adultery."

5 "In the Law Moses commanded us to stone such women. Now what do you say?"

6 They were using this question as a trap, in order to have a basis for accusing him. But Jesus bent down and started to write on the ground with his finger.

7 When they kept on questioning him, he straightened up and said to them, "Let any one of you who is without sin be the first to throw a stone at her."

8 Again he stooped down and wrote on the ground.

9 At this, those who heard began to go away one at a time, the older ones first, until only Jesus was left, with the woman still standing there.

10 Jesus straightened up and asked her, "Woman, where are they? Has no one condemned you?"

11 "No one, sir," she said. "Then neither do I condemn you," Jesus declared. "Go now and leave your life of sin."]

12 When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."

13 The Pharisees challenged him, "Here you are, appearing as your own witness; your testimony is not valid."

14 Jesus answered, "Even if I testify on my own behalf, my testimony is valid, for I know where I came from and where I am going. But you have no idea where I come from or where I am going."

15 You judge by human standards; I pass judgment on no one.

16 But if I do judge, my decisions are true, because I am not alone. I stand with the Father, who sent me. (NIV)

Let us close with the self love exercise:

Developing Self-Appreciation

Seeing Yourself Through the Eyes of Someone Who Loves You

This technique helps you to gain the appreciation for yourself that others have for you. It is useful for building self-appreciation and confidence.

1. Identify someone who loves you. Or think of someone who you've done something for and who, as a result, sincerely appreciates you. They do not have to be alive. It can be a religious figure. It can be a pet.
2. Then, imagine you are writing your autobiography. As you do so, glance up to see, on the other side of a glass door, the person who loves or appreciates you.
3. Next, float your awareness outside the room and stand next to this person. Now see yourself through the glass door, making your own observations. Take all the time you need when your done nod your head.
4. Then enter the body of the person who loves you. See yourself through this person's eyes of love or appreciation. Also, listen to this person's thoughts of love about you. Have this person's feelings. Again take your time when your done nod your head.

5. When this is completed, float back into your body and write the qualities and aspects of yourself that you saw and heard when you looked through the eyes of love and appreciation. Take your time when you again nod when finished.
6. Think of possible times and places, both now and in the future, when you'll want to re-experience this sense of deep self-appreciation.



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