

Do You Know About Neuro Linguistic Programming?

NLP is basically a science of how you take charge of your life and how do you use the language of your mind to program your nervous system to consistently produce a fantastic result. Before we begin, I want to say that it's been a privilege for myself and Stuart Tan, my partnering trainer, to have this opportunity to share with you the most powerful and relevant of tools of NLP, that have enabled us to create excellence in our own lives and the lives of many people. You see, we share one thing in common, that we came from the past where we were underperforming in virtually every area of our lives. As students, we were both below average in terms of academic ability, we were shy and having very little confidence, we were never really good at getting along with other people, let alone being able to lead anyone or create anything. The first thing I learnt in NLP was the power of my beliefs. I learnt that it was really our beliefs that determine what we will or will not do in our lives. And again, the trouble with me at that time was I used to believe I was slow, I used to believe I was stupid, I used to believe that no one will like me and that prevented me from really expanding my potential. He said, "Adam, it is nothing but the beliefs and before your life changes you got to change your belief." And he gave me the first belief which I think is the fundamental belief that everyone needs to begin to create exceptional results in their life and the belief is this, "All of us have got the same neurology. In other words, all of us have got the basically same kind of brain power, same hardware. If it's possible for someone, it's possible for you." So my teacher came up to me at that time and said this, he said, "Adam, if someone can be in the gifted program, and so can you." Now, because of I was pretty young and pretty naive, I bought the idea and I actually believed him. But you know as well as I do by changing beliefs by itself is not going to work. You cannot sit down there and believe that, you know, "I'm smart" and "I'm rich" and you become rich. That does not happen. But what beliefs do is beliefs open up the possibility for you to find a way to get it done. For example, if every morning, someone can wake up at 6 a.m. and feel completely motivated, it is because they produce that specific result. If we can program our nervous system in the same way, we can produce the same result through language and it is the language of the mind, not just language of the words. And using this technology, we begin to take charge of virtually every area of our lives. We begin to produce exceptional results within a very short period of time, and that is the magic of what this technology is all about. And it is because of this experience that we derive our passion to help everyone and around us to tap into the limitless of potential of their own human spirit.

About the Author

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