

NLP and COVID

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Neuro-Lingusitic Programming (NLP)

'NLP' stands for Neuro-Lingusitic Programming, and is arguably the most powerful Behavioural Science on the planet today. **Neuro** – relating to the mind, mindset AND our thinking ; **Linguistic** – language, verbally and non verbally ; **Programming** – our patterns of behaviour and our emotions.

NLP was founded by John Grinder and Richard Bandler in the early 1970s. They were fascinated by people who were excellent at personal change, people who were amazing communicators, and how some people excelled whilst others failed. They studied people whom they believed to be excellent at what they did and set about discovering their beliefs, success mindset, values, strategies and ways in which they did what they did. They focused on discovering ways in which people could quickly and effectively change things to bring about sustained personal and professional change.

NLP is essentially an 'instruction or owners manual for the mind'.

Over the years, many techniques have been developed and used to help people improve their existence. The techniques, principles and attitudes provide a way for people to remove self-imposed limitations. It enables people to have choice over how they feel, their emotions, their behaviours and physical states. if you change your thinking, you can change your results in business and in life!

The stories that we tell ourself are very powerful, and lead us to behave in ways that accommodate those stories. When we are very young we draw a map of the world and we then operate from that map. Even though things may not be happening around us as we would expect according to our 'map', we continue to behave in that way. It is not until we change the map – through therapy or a life-changing experience – that our behaviour will change.

The power of our inner thoughts can lead to great joy or great trauma. Take, for example, the experience of a man who got locked in a freezer van that was used to transport meat. He was very frightened as he knew no-one would find him there until the morning and he would freeze. In the morning he was found when his colleagues came in to work, dead from hypothermia... – but the freezer had not been on.

Today we only have to watch Derren Brown to see how powerful NLP can be when used by a skilled operator. In his shows the people on whom he demonstrates (big groups as well as individuals) don't seem to be aware that anything has been done to them, but Derren uses words, tricks and distractions to lead, attract, focus his subjects and make them do or say whatever he has planned for them, many times against their usual nature or pattern of behaviour. He uses a TV screen, other people, words, pictures, sounds, to bring about the desired effects.

COVID

And so, when 2019 arrived and the powerful few were ready to unleash a psychological operation on the world, called COVID 19, NLP techniques were used by the bucketful. In order to make people so afraid of death and afraid of simple annual illnesses and ready to take treatments that were untested and proven to be harmful, repeated psychological techniques were needed.

Severe upper respiratory illnesses (SARS) are not uncommon. By the time we had SARS 2019 (Coronavirus 2) we were well aware that the answer to these diseases is never a vaccine. Wearing masks to guard against respiratory illnesses is madness and yet, with the simple and very effective change of narrative from, 'wear a mask to protect you', to 'wear a mask to protect others' (even with the warning on the masks themselves '*This product... will not provide any protections against COVID-19 (coronavirus) and other viruses or contaminants*'), not only did we find a whole swathe of the population complying world wide but, in addition, self-policing and challenging others to do the same. Also for 20 years Dr Judy Mikovits (Ph.D. in Biochemistry and Molecular Biology) had been showing that if you give the vaccine, you drive the disease; and yet people have been repeating the mantra, 'Let's all get "vaccinated" and then we can get back to 'normal'.

Highly skilled psychologists have been employed, in the place of scientists and doctors, to advise the politicians and puppet masters what to do to make people behave in a certain way. In 1928 in his book *Propaganda*, Edward Bernays (nephew and student of Sigmund Freud) states:

If we understand the mechanisms and motives of the group mind, it is possible to control and regiment the masses according to our will without them knowing about it. In almost every act of our daily lives, whether in the sphere of politics or business, in our social conduct or our ethical thinking, we are dominated by the relatively small number of persons who understand the mental processes and social patterns of the masses. It is they who pull the wires which control the public mind.

Using words, tricks and distractions, we have been lead to believe that something that is annual, non life-threatening and treatable is deadly, catching, and affecting people worldwide. The only thing that will save us is a 'vaccine', wearing masks and not getting close to other human beings.

Let's not be hypnotised, cheated or coerced any longer. Let's switch off the Old Stream Media, reclaim NLP as a healing tool, and not comply with a government made up of people who are not experts in any subjects other than how to control people, and go about our daily lives resonating at a higher frequency with joy and laughter and lots of hugging!

As a child we are told we are powerless, but that is an old message, and it is wrong. We are immensely powerful. Now is the time to stand up as 'homo luminous', and remember who we really are and what we can really do.