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New Life Programming

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Presents: [NLP News / E-Zine Issue 2](#)

“When you set big goals you get big results. Setting no goals gets no results or worse still, you get somebody else’s desired results.” – Tony Nutley

Hello to one and all, boy it’s been a busy few weeks. Since my last e-zine the level of positive feedback I have received from the last e-zine has amazed me. In addition to this I have been encouraged to complete the development work on the workshops and courses and to set them sooner rather than later.

This kind of endorsement tells me what I have been thinking for some time now, people want to engage in personal development, they want to invest in themselves, they will even buy the self help/ personal development books but its just not enough. Books are great, and you can and will learn great stuff from them, however taking part in personal development workshops hardwires change and the experience of going to a class, meeting new people encourages real personal growth.

“The few who do are the envy of the many who only watch.” Jim Rohn

News & Developments

This coming week I will be in London working with Robert Dilts on the “Success Factor Modelling™” training course. For those that have not had the “experience” of me telling you about this project here is the condensed pitch.

Success Factor Modelling™ is a certified training program that has been developed by Robert and his brother, using the NLP modelling techniques and some new methods to identify just what it is that is the “factors for success” and how to apply them in personal context. This year long course is in essence personal coaching from Robert and his brother, so far I have found this course to be inspiring, encouraging, up building, and the stuff I am learning will be integrated into the new courses that I have mentioned in the past.

Learning Zone

“A wise man should consider that health is the greatest of human blessings, and learn how by his own thought to derive benefit from his illnesses.” -- Hippocrates (460 BC - 377 BC)

How Do Affirmations Promote Vibrant Health and Well-Being?

Whenever someone speaks of healing through affirmations, many people dismiss it as

esoteric - or even nonsense – and they tend to not take it seriously. However, there exist volumes of scientific evidence that affirmations are an effective approach to healing and the achievement of vibrant health. They have even been shown to promote regeneration and rejuvenation of the body.

Dr. Carl Simonton of the Cancer Counselling and Research Centre in Fortworth, Texas, reports on breakthrough studies that use self-suggestion (a form of affirmations) in treating disease. “We think people are now beginning to realize how much the mind and the physical body are intertwined... We know that the same pathways that are used to transmit negative things, like cancer growth, can also be used to transmit positive things that can eventually restore a person to health”.

Illness starts in the mind. When you change unhealthy thought patterns and replace them with positive affirmations. There are many, many studies that have shown this to be true.

The spoken word, such as a power affirmation, elicits a strong recuperative response in the mind / body synergy - a healing energy that permeates to the physical body, causing healing to occur. Affirmations are powerful instruments that influence both mental and emotional patterns. The more frequently a healing affirmation is repeated throughout the day, the more effective it is in carrying out healing.

Following are power affirmations you can use to help heal, regenerate, and regenerate your body - and foster radiant health. As I've mentioned in the past its best if you choose the affirmations that feel appropriate to you -- those that resonate with you, or strike an emotional chord. It is important that the words feel comfortable to you and are in line with who you are. Feel free to create one for your specific need by substituting other words that have special meaning to you:

- I am perfectly healthy in body, mind and spirit.
- I am well, I am whole, and I am strong and healthy.
- I am healthy, and full of energy and vitality.
- All the cells of my body are daily bathed in the perfection of the divine being.
- I am healthy, happy and radiant.
- I radiate good health.
- My body is a safe and pleasurable place for me to be.
- My sleep is relaxed and refreshing.
- I have all the energy I need to accomplish my goals and to fulfil my desires.
- My body is healed, restored and filled with energy.

There are many ways to use your chosen affirmation. You can recite it aloud to yourself repeatedly, or you may want to write it down repeatedly. The key is to repeat it over and over again throughout the day. Repeating your affirmation reprograms your subconscious mind to accept these thoughts as reality, and ultimately create changes in your life that will manifest this new inner reality.

The above information is based on the following NLP Presuppositions;

- “The Meaning of your communication is the response you get”

- “Mind and body are part of the same cybernetic system”
- “If you always do what you’ve always done, you’ll always get what you’ve always had”

In all of my training courses and workshops I stress the importance and power of “noticing” our internal dialogue. Remember, if you tell yourself you feel unwell, soon enough you will be unwell. Test yourself... see what happens when you start to say “I feel unwell, I feel low.... Soon enough you will be unwell. Just think of grey Monday mornings.

Now do the opposite, give yourself the gift of choice, and take control of how you feel.

More next time....

“I find that the harder I work, the more luck I seem to have.” - - Thomas Jefferson

I wish you happiness and ongoing success.

Kind regards

Tony Nutley *MANLP MTLTAp*
Trainer & Life Coach

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