
Manila Women's Forum

A Network of Women Professionals

November 2006

Making Life Changes Using Neuro-Linguistic Psychology

By Cathy Weston

Our October speaker, Cornelis “Jun” Pols, spoke to us about the field of Neuro-Linguistic Psychology (NLP), considered to be the fastest growing field in applied psychology today. Jun has been learning and practicing NLP for nearly 14 years, and is certified as a master practitioner by NLP originator Richard Bandler.

Jun, of Dutch-Filipino heritage, was born in the Philippines and lived here until age 14 and then moved to the United States. Jun has spent most of his adult life in the Netherlands, coming back to the Philippines nearly 4 years ago at the invitation of “The Farm at San Benito,” the award-winning resort near Lipa City, Batangas, where he is the resident Life/Mind Coach.

Jun takes care of the “mind” side of things for the guests who come to The Farm, including teaching meditation techniques. He consistently delivers results for a wide variety of people to create positive change in their lives and eliminate emotionally-linked problems. He helps people improve their performance at work, in sports and in their personal lives.

Jun is skilled at working with trauma, rape, anxiety, addiction, fears, artist and writer blocks, and various other forms of being blocked or stuck. He particularly enjoys executive coaching, and says he has even helped executives improve their golf game by teaching them to be at peace with the golf club!

Jun also does work on allergies, which he says can be viewed as a

phobia of the immune system. He explained that sometimes the triggers are emotional rather than physical but that the immune system reacts the same way by releasing histamine.

Jun explained that the traditional way of dealing with emotional problems was to say: “Get over it, it’s only in your head,” but that in fact these fears and anxieties are very real. He said that the initial trauma might have been very short, perhaps just a few seconds, but that 20 years later the person still might have fears as a result of that trauma.

Jun gave the example of a common fear of math that began when a person was in school but continues into adulthood. He also explained how a certain tone of voice can trigger a certain response because we have become conditioned over time to respond in a certain way—just as Pavlov demonstrated long ago!

The good news is that even old fears can be undone quite quickly. As most guests to The Farm are only there for a few days, Jun has learned to work fast. One MWF member gave the example of an irrational fear she experienced for many years. During a stay at The Farm, Jun was able to help her by having her think about the situations when she would have that

fear, and then “deconstruct the event” by analyzing it to determine what the initial trigger was and her response to that trigger. He then helped her to learn to short-circuit her response. So in one session she was able to overcome a longstanding fear.

Jun taught us all how to do this by using the following 3 techniques:

First he told us to think about a time when we were worried about something and talking about it to ourselves (internally, not out loud, not really a voice but a thought). He asked us to listen to the speed and tone of our voice at that time, and to think about how it felt now and where we were feeling it, i.e., in our chest, in our head, etc. Then think about where we heard it, near or far. Then he directed us to push it away, maybe 20 to 30 feet. Finally he asked us what happened if we changed that tone of voice to, for example, Donald Duck’s voice.

The second technique Jun calls “Picture Frame.” He asked us to think about a person that irritates us. Then take the image of that person and put a picture frame around it. Finally he said to change that picture into a painting, perhaps a watercolor or oil painting, or in the style of Monet, Picasso or Amorsolo.

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Next MWF Meeting **When:** 6:30 p.m., Monday November 13 2006. **What:** Gloria Curry, public health expert, will speak about the new cervical cancer vaccine and cervical and breast cancer prevention. **Where:** Zarreen Baqir’s home, 48 Pili Avenue, South Forbes Park, Makati City. **Bring:** Something yummy to share with about 30 people for the potluck dinner. **December meeting:** Monday, December 4, 2006.

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The third technique is called "Breaking Glass." Here we were to again imagine the irritating person or situation, but this time we were to project the image onto a large piece of glass, then punch the glass and break it. We were to repeat this over and over, faster and faster, until just willing the image to break does it for us.

The idea is that we can take a memory out of our memory bank and change it. This can be relatively easy to change if the memory is recent, or happened long ago. Undesirable

changes in a person's life caused by old events may need attention in addition to changing the memory.

We voted on which technique worked for us, and it was interesting to see how the votes were split pretty equally between the 3 techniques. According to Jun, if you do any one of these techniques regularly you will eventually learn to do it automatically, unaware that you are even doing it.

We discussed the problem of feeling stressed out with too many things to do and the fast pace of life. He suggested that we imagine all the

things we have to do and pushing them all far away from us. He emphasized that dealing with stress involves letting go. According to Jun, he has learned that this is how top business leaders deal with stress.

It was a fascinating evening, and I knew I had learned something important when I encountered a "Manila moment" the next day and was able to use one of the techniques to deal with the stress of the moment!

For more information, you can reach Jun at junpols@yahoo.com and The Farm at www.thefarm.com.ph.

INTOUCH COMMUNITY SERVICES
Calendar of Events 2006
Call 8106233 or 8931893 for inquiries

November 4 & 5, 9:00am-5:30pm.
Coaching for Success in Work & Life
by Peter Hawe. Take this opportunity
to learn from an International Certified
Coach.

November 14, 15, 16, 20 & 24 from 2:00-
4:00pm or 6:00-8:00pm. Improve your
Breathing with Buteyko's Method, by
Jac Vidgen. Free Introductory Lecture:
Wednesday November 8, 2:00-4:00pm
or 7:00-9:00pm.

November 9, 8:30am-2:30pm.
Introduction to Living in the
Philippines, by Daryl Newton. Living
and working in a new culture can be a
challenge! We can help make the
transition smoother! Join our open
seminar and learn how to fit in.

November 13, 9:00am-4:00pm (Lunch
excluded). Counseling Interview and
Observation Towards Case
Conceptualization, by Julian R.
Montano, Ph.D. Presents a systematic
approach to help counselors collect
essential data and analyze these data
to reach a comprehensive
understanding of the problem/s.
Targeted participants: School
counselors.

November 18, 9:30am-4:30pm (Lunch
excluded). Finding Meaning in the
Second Half of Life, by Dr. Rene
Samaniego. Explore ways of uncovering
and embracing your more authentic self.
(Maximum of 10 participants).

November 23, 9:00am-12:00pm.
Managing your Domestic Helpers, by
Gigi Gatti. To help you understand
social, legal and cultural aspects of
managing your domestic helpers.

The Manila Women's Forum

The Manila Women's Forum (MWF) is a cross-cultural network for women. It provides opportunities to build friendships, to talk to women of various cultures, and to share information about resources. Our meetings are intended to provide intellectual stimulation and lead to personal and professional development. All women are welcome to join. The current officers are **Lisa Lumbao**, Chair, Programs, Treasurer, and Newsletter. **Cecilia Leung**, Programs. **Beulah P. Taguiwalo**, Newsletter, Website.

Cost of membership is P300 per year. Members receive a copy of the current mailing list in addition to the newsletter, which is also sent to non-members. A contribution is collected at each monthly meeting: P20 for members, and P40 for non-members. Please contact Lisa Lumbao at Tel. 813-0168, or at lumbao@mozcom.com for more information about MWF.

Visit our website – a work in progress
www.geocities.com/manilawomensforum

MWF Newsletter
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