



*Strategies for accessing internal states of excellence*

It sounds like a big word. Yet it refers to a simple fact. It refers to the fact that we create meanings in our minds (semantics) and we get those meanings incorporated into our bodies (neurology). That why, when things mean something to us—we feel it in our bodies. The meanings show up in what we call “emotions.” The meanings take the form of values, ideas, beliefs, understandings, paradigms, mental models, frames, etc. Neuro-Dynamics provides a model of how we humans make meaning as we evaluate experiences, events, words, etc. It’s a model of how we then live in the world of Meaning that we construct or inherit. Neuro-Dynamics describes the frames of reference we use as we move through life and the frames of meaning that we construct. It creates the Matrix of Frames in which we live and from which we operate.

*“What lies behind us  
and  
what lies before us  
are tiny matters  
compared to  
what lies within us.”*

*Oliver Wendell Holmes*

Neuro-Dynamics “ND” arose from the Meta-States model, which provides a way to think about the levels of states or mind that we experience all the time. That’s because we never just think. As soon as we think or feel—we then experience thoughts and feelings about that first thought, Then other thoughts-and-feelings about that thought, and so on. Technically this is called self-reflective consciousness. Practically, it’s the Frames for the Games that we play in life.

ND expands the NLP model (Neuro-Linguistic Programming) by its focus on meaning and the higher-level structures of the mind. NS is dedicated to empowering us to truly run our own brain as we manage the Mind at aloof its levels. Why? Because it's not the lower levels of our mind that ultimately control our identity, beliefs, values, understandings, it's the higher levels.

Nor do these higher levels stay “higher.” They are forever coalescing (or merging) into the lower--Mind coming into Muscle. That’s why we do not typically even experience the levels of the mind; it all seems to be of one level. Yet structurally, we can fear our thoughts, worry about our emotions, wonder about our beliefs, believe in our identities, value our emotions, dis-value them, etc.

Neuro-Dynamics, driving by the theoretical understandings of the levels of mind in the Meta-States model, provides the first workable unified field theory for NLP. I know that's a bold and audacious of feelings and thoughts about our states.

In everyday language, meta-states show up as our attitudes—those dispositions of mind that strongly affect our posture and body and that coalesce into our Attitudes. Identify your attitude or someone else's and you have the governing meta-states of that person.

This means that we now have a way to work with and transform attitudes. If they are but meta-states, we have a full model, technology, and patterns for dealing with attitudes.