

Process Highlight

Head, Heart, Intuition Alignment

by Laureli Blyth

It occurred to me a few years back that when people are in conflict they often express themselves saying “My head says one thing and my heart says another, I just don't know which is right or which to listen to.” The reality is, we listen to both and doing so often leads us to mistrust ourself and the advice and the wisdom that we have within ourselves. Some people get stuck and unless pushed into making decisions, just don't move forward. Often I would use a parts integration, however I have tried a different approach and it has proven to give great results to both myself and clients.

In the midst of a session with a client (John), having done a variety of processes in a previous session - I noticed how he referred to his conflict as still confusing. He said, “If only I could get my head and heart to talk then perhaps I'd have more insight.”

I had John close his eyes and think about this conflict and as he thought of it let it, let it take him into the state it puts him into. He said, “It's a tangled mass that has no beginning nor end and it puts me into frustration.” I had John go to where in his body was the tangled mass that puts him into frustration. He said, “It's in my stomach area.” From here I elicited it's submodalities i.e., it's size, shape, color, texture, etc., this giving it a more concrete structure so we can work with it.

I asked him, “Does it have anything it wants to communicate to you here?” Once he replied to all these questions I asked him, “When did this frustration begin?” After he replied, I asked, “How can you change this now to blend and flow in your life. What now could you do to have peace and clarity?” He began to look more serene and said he could relax and let it start to unravel itself.

Since his frustration started at his stomach level I thought it would be empowering to take the symbol and go up to his heart. Then I asked, “Now what does it look like here? How has it changed and how does it feel? Does it have anything it wants to communicate to you here?” He said it was already almost completely unravelled and in the heart area it had more compassion and understanding which turned it into a golden sphere of light. It said, “Once you detach from other people expectations there would be more clarity.” I gave him some time here to let this symbol expand and do whatever it needed to do to create understanding, clarity and compassion. When he was ready, I had him move the symbol to his head area and I asked, “Now what does it look like here? How has it changed and how does it feel. Does it have anything it wants to communicate to you here?” John said, “It looks like a cloud with pink and green lights. It feels light and I can now see rays of sunlight piercing through. It says to take one step at a time and that I know where to start. It also says to trust myself.” John looked completely radiant and glowing. I gave him time to let this symbol expand and do whatever it needed to have trust anything else it needed.

When he was ready, I had him move this symbol back to his stomach to imagine what he would do now in regards to the original conflict. He said it felt neutral almost not important enough to give energy and thought to. I then had him do the same thing and move it to his heart and asked again, “Imagine what you would do now in regards to the original conflict.” He said it was like looking at the original conflict from another viewpoint (2nd position) knowing he used to fight it and now he would use his energy to make it happen.

I had him move it up to his head and ask the same question. “Now what are you going to do in regards to the original conflict.” He said he was going to share his vision with his business partner

and use his insight to make the project better and bigger. I let him stay here for a moment to solidify his thoughts then I had him open his eyes and come back to now.

When John opened his eyes he was overwhelmed with the new state he was in. He said he couldn't wait to get started. He also shared that he felt a little silly at not being able to see his way clear before now. A few months later John called to say his project was up and rolling and his business partner was so impressed with his enthusiasm that he became enthralled as well and everything was fantastic.

The steps are:

1. With your eyes closed, take the problem, conflict, question or limit inside and as you think of it, let it take you to the state that it puts you in.
2. Locate in your body where you hold this conflict. (Head, Heart area, Stomach area are the 3 common areas.) Where do you feel it in your body? What does it look like if you were to go in and look at it? What size, shape, color, texture is it? Does it have anything it wants to communicate to you here?
3. “Trusting your unconscious mind and memory organizer, when did this conflict begin? How can you change this now to blend and flow in your life? What could you do to have peace and clarity?” (Suggest to let their conscious mind be an observer as their unconscious makes the adjustments. It normally begins to change shape, color and size and feels better.)
4. When the conflict is neutral or better have them move it either up or down depending upon where it was originally stored. For instance if it was in the head first then move it to the heart and ask the following questions:

“Moving the conflict to this area...now what does it look like here? How has it changed? How does it feel? What does it have to tell you here? (it will either change completely, or feel better or neutral.) If it has not changed then go to step 3 and ask the questions.

5. When the conflict is better or neutral, move it down again, so that eventually you are going from head to heart to gut and ask, “Moving the conflict to this area...now what does it look like here? How has it changed? How does it feel? What does it have to tell you here? (it will either change completely, or feel better or neutral.) If it has not changed then go to step 3 and ask these questions.

6. When all three areas are neutral or better, with their eyes still closed take the image or symbol and move it to the **head** and have them imagine what action they can now take and how it will be revealed? When they are ready have them move it to the **heart** asking the same question then the stomach (**gut**) and ask the same question.

7. When they are complete, have them open their eyes and re-orient themselves as they let themselves consolidate and integrate these changes now.

8. Test and future pace.

I have used this process many times over the years. It has a lot of flexibility, power and potential. It can be used with other people as well as with oneself. Using other NLP techniques as necessary such as reframing, parts integration (if 2 or more parts are in one area), submodalities and calibration as needed.

About the Author

Laureli Blyth is an NLP Master Practitioner and NLP Trainer. She teaches in Australia, USA,

Europe and Asia Pacific. The founder and director the Australasian Institute of NLP in Sydney, she inspires and assists others to use their minds, get their voice and have the life they desire. Laureli has a vast knowledge of the psyche and assists her students and clients to integrate their mind, body and spirit. Her wholeness approach and extent of her knowledge is displayed in her range of books that are available throughout the world, *Brain Power*, *Dream Power* and the *Numerology of Names*. Laureli can be contacted at: laureli@aainlp.com.au or www.nlpworldwide.com.