

# The Magic of NLP

by Suzi Smith



I've been involved in NLP about 20 years now and I never cease to be amazed at the magical changes that occur when NLP is applied. Since I have become a champion of using NLP with "health" issues, I have opportunities to see what some people might consider impossible changes occurring in physical conditions in people's bodies. I love to share the stories of these changes so that others may be inspired to utilize NLP processes no matter what issue is presented by a client.

Last year, while training the beliefs portion of a Master Practitioner Program, I did a demonstration on the Reimprinting Process. The presenting problem of the woman was pain and immobility in the neck, arm, and shoulder, leaving her unable to drive a car, write, or even worse, play her beloved violin. We tracked the unresourceful feeling associated with that back to a childhood experience involving a sibling, where she was not able to express herself. We not only added resources to her sibling, but also to her Mom and Dad, who gave her no comfort in the situation.

Based on previous experience, I wasn't surprised when I received the email from her three months later reporting the success with her arm, neck and shoulder pain. She can now drive, write, and play the violin. A surprise benefit is that she no longer feels intimidated by authority figures. She recognized that her Dad had been an authority figure to her. By giving him other resources in the imprint, it had changed her response to him and had generalized to all other authority figures as well. A welcome surprise to the process.

Recently, I had the opportunity to meet someone who wanted to give me feedback on an audio

tape he had used. It's a tape I produced through Anchor Point Productions called "Preparing for a Medical Intervention." He reported that he had always been terrified by dentists and found himself in a real bind when he discovered he needed oral surgery. His wife had purchased my tape at a training and suggested he use it. He reported that the surgery was a snap and everything around him seemed surreal on that day. A day after the surgery he started to get an infection and he used some of the ideas on the tape to stop the infection and heal himself by the following day, without having to return to the dentist. Another unplanned surprise.

And finally, let me share an example that includes the power of words alone. I was chatting on a lunch break with a woman who wanted to become pregnant and was having no success. Tracking her energy for this issue, I asked her how the pregnancies and deliveries of her mother had been. She says she received a shock in her body when I asked that question. Later that night when she suggested to her husband that her mother's pregnancies and deliveries could be the problem, he confirmed that might be true. Just that realization shifted something in her thoughts and body and she is now 6+ months pregnant and very delighted with the change. Her unconscious mind somehow created the change for her, unblocking whatever had been blocked upon hearing my words. Yet another surprise.

Having heard these stories, you will probably think of experiences you've had where you witnessed the magic of NLP - perhaps even to your surprise. *Anchor Point* is a great place for those stories to be shared. Please let us hear from you so that we can all be inspired.

Sincerely,  
Suzi Smith

*I welcome comments, questions, or submissions for guest columnists at [jbach@nlpanchorpoint.com](mailto:jbach@nlpanchorpoint.com), or at Anchor Point Guest Column, 323 South 600 East, Suite 250, Salt Lake City, UT 84102. A guest column submission should be between 400 and 700 words and should refer to a current issue or events related to NLP.*