

How Neuro Linguistic Programming (NLP) Transforms a Painful Life into a Joyful, Contributive One

An Intimate Interview with NLP Trainer Gary de Rodriguez (www.garyderodriguez.com)
Interview conducted by Suchita of Full Circle Radio in Freemantle, Australia

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Suchita: Welcome to Full Circle. Experience consciousness, spirituality, and wellbeing with NLP trainer, Gary de Rodriguez. Gary, can you explain why you say NLP is “the language of the mind?”

Gary: Certainly. NLP teaches people the science behind how we construct our internal reality, and so we called it “the language of the mind.” It is so important.

If we know these very simple technologies, we can go through our entire life and change those devastating beliefs and events that have created disempowering emotions, emotions that stop us from doing our soul work. With NLP, we can shift into something very different.

This is why I'm very passionate about what I do. I know people suffer way, way too much. Within NLP, there are simple tools that can be easily learned. If people only knew and cared enough about themselves to incorporate the NLP tools into their life, the whole planet would begin to shift.

Many of us live in a big old sea of denial. We turn to our chosen spiritual paths and say, "Okay, I'm going to believe in this now. I'm going to find the answers within this organization or that organization." We require sitting very still within ourselves and noticing what it actually is that keeps us out of the sacred moment of now. We will find it is the endless stream of pictures, sounds, and feelings of the past or the future—sometimes imaginations of things not yet manifested—that destroy the stillness of now. We need to authentically address what has happened to us and transform the past into a blessing. If we choose to ignore our shadow parts, it would be like placing a blanket over a festering wound. The more we deny its existence, the bigger and bigger the wound grows.

The best thing that I've been able to distill from my own life experiences is that the Mystics are absolutely right. Once you focus on God, everything else heals.

And to be able to get your mind to focus enough on that is a task within itself. It is about being able to worship at that temple of connection to God—whatever you define him to be—instead of worshipping at the temple of your story.

My personal experience is that I had to undo my story before I could really sit down and meditate properly.

The heart of effective meditation, the heart of effective prayer, the heart of being able to consciously create your future ... these things are all based upon whether you can evoke your deep emotional states. This is why most people do not heal. They keep repeating their personal story over and over again because they keep on talking about their story, or at least repeating the internal representations of their memories, without resolution to the pain of the past. This creates a situation of remaining stuck and hopeless in a place where individuals feel like they do not have choices and are powerless.

And it happens between our ears and not anywhere else. Failure only happens from the ceaseless contemplation of negative internal representations.

You will attract to you the same energy that is dwelling in your heart. Whatever it is you are dwelling on, you will create more of, you will *become* more of. It's a very, very simple thing, but it is so vital to begin to understand the concept. We as human beings, from moment to moment, have a choice. Are we going to continue to be what we've always been, what our parents have been, what their parents have been? Are we going to follow the ancestral, inherited patterns of our ancestors that we modeled at a unconscious level as children? Or are we going to create that which we are capable of, from the wellspring of our hearts, to our fullest potential?

All world religions say that man and woman are made in the image and likeness of this thing we are calling God. Cultures from around the world agree that, whatever this power is, it is creative in nature. This presupposes that we, too, are creative by nature, as we are made in the image and likeness of this power.

Now, my big question to humanity is, "Don't you think it would be worth while to find out how you actually create?"

My quest, then, has been to answer the question, "How am I creating my reality from moment to moment to moment?"

The way we are creating our reality is through the endless contemplation of our internal representations, the language that directs our thinking and the constant focus of our minds. Our mind is the greatest computer on the planet. Whatever you contemplate, you become more of.

I spent many years in India studying with a living Master, in a place called Dera Baba Jimal Singh which is located at the foothills of the Himalayas in the Punjab province of India. One night, when the Master gathered us westerners together to answer our questions, someone asked him, "Master, why was creation created?"

He said, "Brother, life and humanity at this level of consciousness cannot fully understand why creation was created, why it came into existence, but I will tell you. You and the human form are at the absolute highest rung of the ladder of all living beings. Gods and Goddesses are praying for the day they can take a human form because only in this form can you make the greatest level of spiritual progress. Use this time in the human body to your greatest spiritual advantage. It is a great gift from the Creator."

So, in this form alone, there is the possibility of making the conscious choice to create Heaven or to create Hell, all through the focus of our mind and the fire in our hearts. We can either leave this realm of the physical as a soul who has unshackled the fetters of the wheels of birth and death, or as a soul that is shackled to the endless wheel of reincarnation, continuing to live in the dream that body and soul are separate.

In presenting NLP trainings, my goal is to wake people up to the absolute importance of the gift they have been given, the human form. We must "potentialize" ourselves to the greatest degree possible, utilizing NLP tools to still our story and awaken our soul. We are like a glass of milk. If the milk becomes still and remains unstirred, the cream—the richness inherent in the milk—rises to the surface. Human beings are similar. We do not require to learn to love; we *are* love. Inherent within us is the divine spark that remains underneath the surface of our personalities. And until our story of what did and did not happen to us becomes still, the love we are remains elusive to us.

We literally stand at the end of a line of ancestors who came before us, the mothers and fathers, the grandmothers and grandfathers, who each desired a better life for the next generation to come. We stand on the shoulders of the triumphs and tragedies of these people.

And, the baton is in our hand. We are the still point in a great lineage, and we can be the ones to do life differently.

So, if we take the baton of our ancestors and begin to potentialize our life in a way that achieves the greatest spiritual awareness, while in the greatest form of separation—the physical form—then we begin to pull twenty-five generations into enlightenment with us.

My mission is to bring this technology to humanity. One of the best methods for stilling our personal story is Neuro Linguistic Programming. NLP assists us in unraveling the complexity of the illusion that we've created, moving us into a place where we achieve clarity and purpose.

But the heart of our illusion is that we are the ones creating our separation through the smallest of our actions: our internal representations of the pictures, sounds, and feelings that are constantly playing out in our thought forms. It is these thought forms, which we have chosen to believe are real, that keep the milk stirred up and the essence of who we are an elusive dream.

Suchita: And we continue to believe that our thoughts are real.

Gary: Absolutely. And when the milk remains still, the cream naturally rises to the surface.

The richness of who we are naturally comes forth when our story begins to appear as the illusion it is. We are, as far as I'm concerned, God waiting to be expressed through this individuated, ancestral model of our unique expression on the planet. And when we can do that, we fulfill our function and unshackle ourselves from the wheel of birth and death.

Now, one of the principle ways we can achieve this is through our language. In the Bible it says, "First there was the word." If that statement is true, and we are made in the image and likeness of the Divine, then our word begins to create the directionality of what we are focused upon. Words are symbols of our thinking. They symbolize the meaning we have ascribed to what has entered our five senses as well as our perceptions.

Have you ever attempted to change thinking with thinking? It generally does not happen. But, the back door to changing your thinking is changing your language.

Suchita: Becoming aware of our language seems to be very important.

Gary: Absolutely. Your language directs your thinking, and whatever you're contemplating you create more of. So, through our language, we create our own personal Heaven or Hell. Our subconscious mind takes our language literally and personally. It is infinite possibility without limitation. If your internal dialogue is, "I'm not good enough. I'm a fool. I did this wrong. My Mom said that about me, and it's the truth," you are creating realities based on this dialogue. Your subconscious mind doesn't have discrimination. It goes, "Oh, do I have to do that again?" And then the outside, three dimensional world begins to give you more evidence of those things you believe about yourself.

So, if we are truly desiring to create our Heaven, we can start living in the outcome of what we desire from our heart to bring into manifestation, supporting that dream with our language.

Sorry for talking so much. I'm just so passionate about this.

Suchita: We love passion on this program. Passion has a big place on this program.

Gary: Very good.

Suchita: What I wonder though ... there are the circles of successful people in this world. Do they have voices in their heads saying, "You're not good enough. You'll never succeed. How dare you dare to dream this?" All those kinds of things.

Gary: There are people that have reached different levels of success, and we get to define what success is.

In my experience, I've seen many people die, more people die than a man my age ought to have seen. And what I know is that it's not the length of time you have in your body or what you financially achieve in your life. It is the wisdom you distill from your life experiences that is important. It is the blessings you have on your lips when you dance out of your body.

I've seen people in their twenties dance out of their body, and it was an absolutely transcendent experience. And I've seen people in their eighties screaming and clawing to stay in their body because their life was unrealized, unresolved, and they had not told the truth or healed the resentments of their past.

You look at that and go, "Who was successful?" It was that twenty-two year old boy that died of AIDS with a blessing on his lips. *That* was successful.

We really do get to define what success is, because my idea of success is to be able to have it all. That's just my personal idea. Success, to me, means to be able to create wealth for yourself, to be able to create wealth for your family, to be able to have a wonderful lifestyle that contributes to the life of others while fulfilling your soul's purpose. Success is to make your contributions with your wealth, to make a contribution to humanity. That's wealth. To live a life that is contributive and does good work within the world ... that's wealth.

Now, I could live in a hovel and be incredibly wealthy, or I could live in a mansion, drive a Mercedes, and be incredibly impoverished. It's not what we have but how we think, feel, and act. Material wealth riddled with fear is just another form of poverty. So, I think that what we really need to look at is the question, "What is success?"

Suchita: Good point. So, what you're talking about is that NLP is a tool to awakening our spiritual nature.

Gary: It is. It is for me. I've done lots and lots of spiritual work. I mean, I spent from the age of sixteen until I was a young man in my thirties meditating and meditating and meditating. I got up every morning at three o'clock and meditated for three hours a day. I was Vegan vegetarian. I was celibate. I did all of that to awaken myself. And what I got out of it was being hungry and sexually frustrated. I did have some wonderful spiritual experiences, and that's all good. But I'm also here to experience life. And I'm also here to make a contribution.

What I know is that we can awaken to that deeper sense of who we are, and we can do that through the tool of NLP. The mind is the thing that keeps the pot stirred so that we don't realize our true nature. But if you don't address how to handle the mind, then you absolutely cannot reach the deeper levels of spirituality. And then it's a constant struggle, and your results are completely inconsistent.

So, I began to ask myself how to begin to find tools to undo what I called the reality of my past, a past that kept me in this endless tornado-like whirl inside. Then, how do I still that so my inherent spirituality and the love inside of me rises naturally?

Many people that are taking a spiritual path have gone into "I am denying my mind and my past as my method to overcoming the pain," and it will never work.

Suchita: Well then, the longer you sit in meditation, the more all these things will come up.

Gary: Absolutely. And we require the tools to first address where we are, because how can you get from A to Z, unless you go through B, C, D, and F, etcetera? You have to go through the natural progression of how things have occurred.

Suchita: So, let's go back to your journey then. Looking at your past and all your issues, can you share with us some turning points or some breakthroughs with that?

Gary: Yes. I was a very serious drug addict as a child. I was an IV user smoking three packs of Marlboros a day, drinking and doing drugs and dealing drugs and ...

Suchita: Not a very good start!

Gary: No. Well, it was my way of squelching the pain. And most people, you know, that's what they do. They have pain in the past; they don't know how to resolve it, so they anesthetize themselves. They anesthetize themselves with shopping, through addictive relationships, through abusive relationships, through drugs, through alcohol, through the whole nine yards.

So, for me, what happened was that I began to have spiritual experiences. I began to have things happen to me that were way out of the context of a normal life. And I would have these experiences that would just rock me.

My first such experience caused me to quit smoking three packs of Marlboro longs a day and shooting drugs within a twenty-four hour period. And I never went back.

I believe that when you say that you would love to do your work, that you would love to make your contribution, life shows up in a way and gives you support to be able to do those things.

Now, I know that some of your listeners are hearing some of the things I'm saying and resonating with it. They're saying "Oh yah, oh yah." Otherwise, they wouldn't be listening and hearing this.

I mean, I've come all the way from San Diego, California in the U.S. to Freemantle, Australia to speak this information, because I know that synchronicity in our life events is how God talks. So, there are a variety of different events that have occurred in my life, and those events have absolutely guided me to where I am now.

Experiences I had in India in the seventies ... I'm still digesting what happened to me there, because they were experiences that were not of this Earth plane. These events were given out of grace, and they were not earned. I'll make that very clear: they were NOT earned. They were given by the Master to me for the purpose of speaking about them when I do the trainings that I do.

Suchita: So, can you give us any anything specific to take away from this conversation? Of some particular technique that may be of help?

Gary: Yes. I will say that one of the most powerful single ways to start shifting your thinking is to stop talking your story. When you are choosing to move your life in a brand new direction, speak as if every word is a prayer coming into manifestation. If you are choosing to find your ideal mate, go to sleep at night feeling his or her breath on your neck, feeling yourself wrapped in his or her arms, and fall asleep at night in the contentment of it already being so ... in the emotional state of it already being so.

You see, the subconscious mind's most fertile time for programming your future is right before you fall asleep at night, because whatever your emotional state is when you fall asleep at night, that is what your subconscious processes as reality, for six to eight hours.

So if I was to leave the listener with anything, I would say to start dwelling on and walking in the imagination of the dream of what you're choosing to have manifesting in your life. Walk in the emotional state of it already being so.

And that is one of the quickest ways to program the most infinite power on the planet, your OWN human mind.

Suchita, thank you so much for having me on the show. And all my best to all the Aussies that are listening. Thank you very much for your time and attention.

Suchita: Thanks very much, Gary.