

# Humanistic Neuro-Linguistic Psychology™

## The Definition of HNLPsychology™

**The Study of how Mind creates reality through language and behavior.**

**Humanistic:** Our belief is NLP is about people; the possibilities they create for their own transformation; and their interconnectedness. Everyone is on the road to Self-actualization, whether they know it or not!

**Neuro:** Our nervous system is the instrument through which we interpret what is represented as reality. It is the instrument through which consciousness, or Spirit, flows. The bodymind is the instrument that consciousness plays, and it can only be played as precisely as the instrument is tuned. Recent research suggests that brain and mind are not synonymous terms. Bell's theorem suggests that reality is non-local which means that it may not be accurate to limit Mind to the physical body and nervous system. While modern science is just coming to this realization, it has been a part of ancient wisdom through the world for at least 1500 years.

**Linguistic:** Language is one of the fundamental building blocks for creating material reality. As Deepak Chopra says, "Language is how we create something from nothing." If consciousness is the creator of reality, then language is the creating of reality. Language points to the limitations we impose on ourselves in order to make meaning of the world and to communicate that meaning to others.

**Psychology:** (instead of Programming): Psychology broadens the scope of possibilities. People are dynamic organisms growing and transforming their lives, not reductionistic machines waiting to be programmed.

## **Humanistic Neuro-Linguistic Psychology™**

### **Basic Presuppositions**

- 1. No matter what you think you are, you are always more than that.  
We have all the resources we need.**
- 2. Reality is a construction.  
The map is not the territory. You get what you focus on.**
- 3. Reality and meaning are created through relationships.  
Things exist by virtue of their mutually consistent relationships.**
- 4. Living is learning.  
We can't not learn. All behavior is motivated by a positive, self-adaptive intention.**

**5. Perception is learned.**

**Memory is an active, synthetic process.**

**6. Everything and everyone is interconnected.**

**The material universe is a dynamic web of interrelated events. None of the properties of the web are fundamental. They all follow from properties of the other parts and the overall consistency of their interrelations determines the structure of the entire web.**

**At the quantum level we are one, there are no local causes.**

**No matter what you think you are.....**