

How NLP - the Science of Personal Development, compliments Magical Living

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NLP is short for neuro-linguistic programming. It is how our brain functions to interpret our reality. The programming part lets us know that how we interpret our reality, what that says about us and how that affects others are aspects under our control. We are the programmers. Our first step in making use of the science is to become aware of it. Sound familiar?

The first step in making use of the magic(k) in our daily lives is to become aware of it. That is not where the similarities end. NLP's exercises and techniques are both learnable and teachable. So are magick's. Both, in their highest aspirations, seek to create freer, more balanced human beings through the teaching and application of those techniques. Both are exceptionally powerful and open to abuse by those of less noble intent. Not mirror images, I find the two (NLP and magick's alchemical exercises) to be compliments. One is analytic and the other lyrical. Thus they can appeal to different types of people, while striving for the same goal.

The second step in both is also identical – paying attention. Once you're aware, how are you using that awareness? What is happening in your life? How do you feel about it? Why are you feeling that way? What is your dream?

The third and fourth steps in both employ verbalization, affirmation and manifestation. What have you found? What is your goal? What are you doing to achieve it? So for those who may find magick, alchemy and Tarot a bit too poetic for their comfort, I'm suggesting that you look into learning about NLP.

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