

Looking for a Future?

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– December 21st

I had a long walk along the shore this morning enjoying the raising sun. Helene and I are back in Cyprus after three intensive weeks with work in Denmark, Norway, Sweden and Belarus. We met a lot of clients and people for evening talks. There was even time to see the grandchildren before Christmas.

Now we are sitting for breakfast outside – just a few meters from the see. The sun gets power and the temperature is climbing. The weather is amazing for the time of the year. We still have up to 25 degrees at the middle of the day. I have read that meteorologists predict a kind of desert climate on this island in the future – it seems to me, that it has arrived already. Some people down here complain because we have no rain and are in the need of water. Well! I can watch the water all the time – we just need to take it up from the sea and clean it before using it.

This is the amazing thing with human beings. We have a conscious- an unconscious and a higher conscious mind. The conscious mind is for perception – how we collect the information through the senses and translate it into meaning. We can also call the conscious mind: a decision maker.

The unconscious mind store the past. The beliefs, values – the habits we could say. The unconscious mind is totally ready to recreate yesterday if it does not gets any other instruction.

The higher conscious mind is the creative part of us. It is who we are and holds the total overview of our life. It also holds a lot of creativity for problem solving whenever we need that.

Lets go back to the water problem in Cyprus.

We are used to have rain in the winter and when it does not come according to schedule we start to discuss what is happening and when it will come. We expect the past to come back again. We expect the "good old days" to return.

Unconsciously we do the same with the other amazing things which happens all over the world these days. Break down of economy, housing and stock markets. We see bankrupts of well estimated companies and banks and get scared. Most of us are unconsciously looking for "good old days" to return.

Well we may be waiting for a long time. It seems to me that it will be different this time. A kind of new world is appearing. I think that the best thing we can do is to prepare our unconscious mind to be flexible and turn our attention much more towards the future. This time the old horses will need to learn new tricks to match what is coming.

I can really recommend any NLP Practitioner training anywhere in the world as a very good tool for creating flexibility in the unconscious mind and to become a matchmaker for the future.

Have a flexible 2009