



Mindfulness intensified by NLP

Theory and practical Experience of how NLP can intensify Mindfulness trainings
Your Mindset decides about your Health, Happiness, and Success





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Professor at Universidad Central de Nicaragua (UCN) for distant learning programs in Psychology (MA, PhD) with focus areas in e.g.: **NLP and Mindfulness**





Noticing Nature

For me the most convincing Mindfulness exercise was “Noticing Nature”:

<https://in-me.world/sources/material/mindfulness-noticing-nature>

I took for 2 month every day a photo from something that touched me and shared it with a Buddy. This influenced my brain so that my default brain focus shifted from being occupied with soooo much everyday normal nonsense to the beauty of nature in the here and now. What an amazing inner freedom! In the street where I live for more than 40 years, I suddenly started to see flowers, trees, birds, and people very differently. Then I understood that Mindfulness is brain surgery. It really changes the connections in the brain.

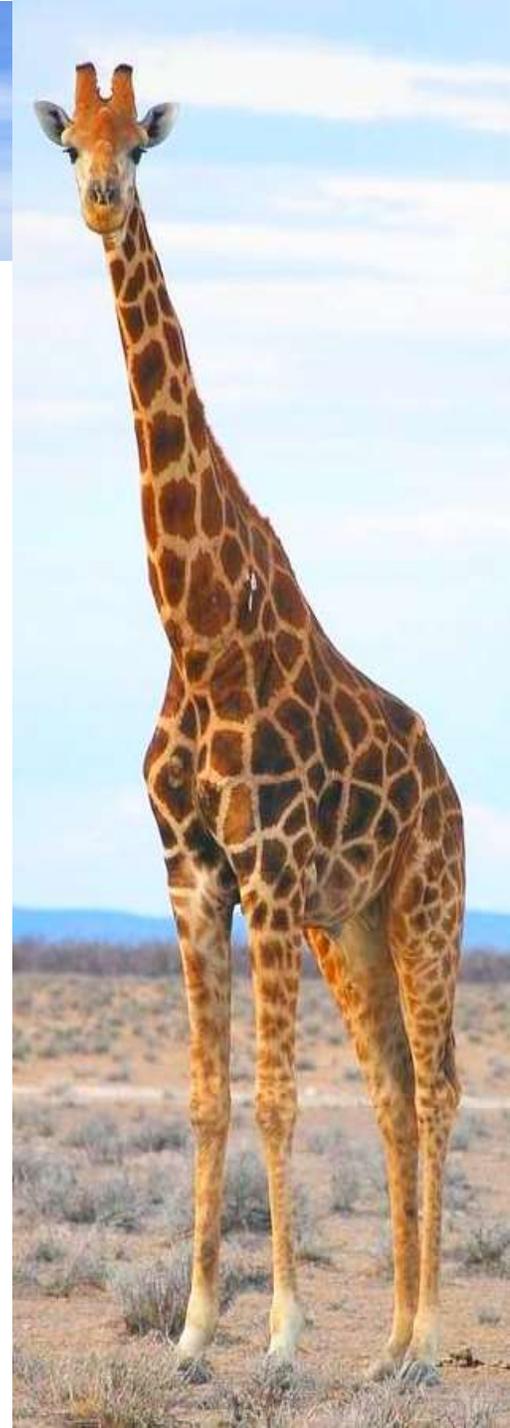




This Presentation covers

- Mindfulness exercises intensified by NLP
- How Mindfulness and NLP fit together well
- Mindfulness in Business, Therapy, Schools...
- Thoughts → Emotions → Perceptions → Actions
- How to intensify your life with Mindfulness

**This world needs more Mindfulness,
therefore, please become a
“Mindfulness Master Trainer, In-Me”**

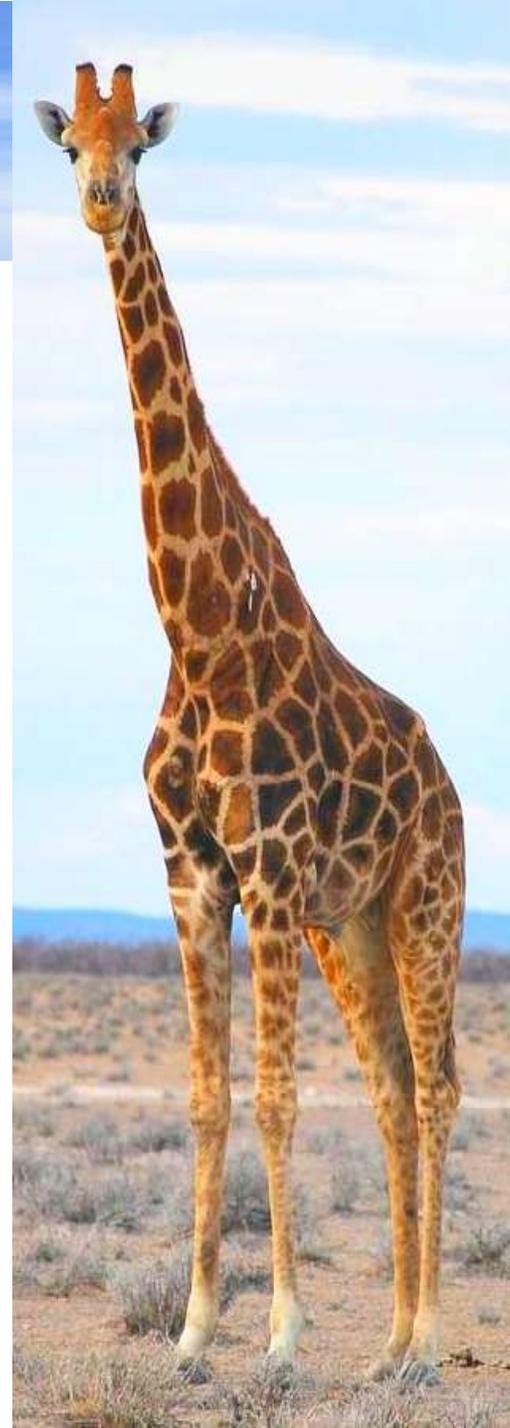




Mindfulness with NLP

- is much stronger than only NLP or only Mindfulness
- Good communication is our only chance for survival.
- For survival and joy the only way out is the way in.
- Climate Change, Nuclear Threatening, Pandemics...
- First you need peace inside then you can spread it.

**This world needs more Mindfulness,
therefore, please become a
“Mindfulness Master Trainer, In-Me”**





Mindful Breathing intensified by NLP

Karl Nielsen
6 - 22 May 2022



Mindful breathing exercise with NLP

Lift your hands up with breathing in, and down with breathing out.
Now imaging a beautiful light accompanying your breath in and out.
And now a melodic sound accompanying your breath in and out.
And now a lovely emotion accompanying your breath in and out.
Enjoy this light, sound, and emotion when you breath in and out now.
Now enjoy becoming this light, sound, and emotion going in and out.
And now float outside your body and observe this process from outside.
Please integrate everything inside your body and feel the joy inside again.





Any reactions inside?

Please check now how you feel after this exercise.

What happens inside you when you focus on breathing?
How does it influence your state of mind?

You can use this every day for your Mindset and highly support your Business Excellence, Happiness, Health, and Success.

In standard Mindfulness (MBSR, MBCT, SIY) it is done without the visual, kinesthetic, and auditive intensification and without NLP 1.2.3. Position.

This is an example of how we can intensified Mindfulness with NLP.

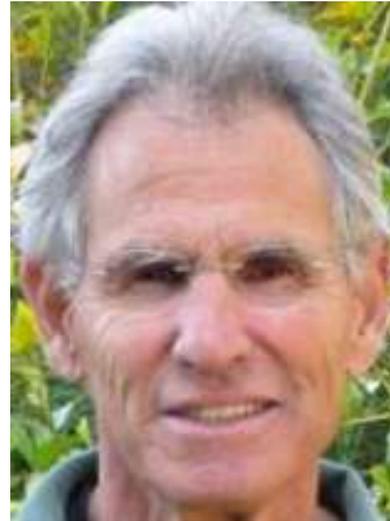




Mindfulness Based Stress Reduction

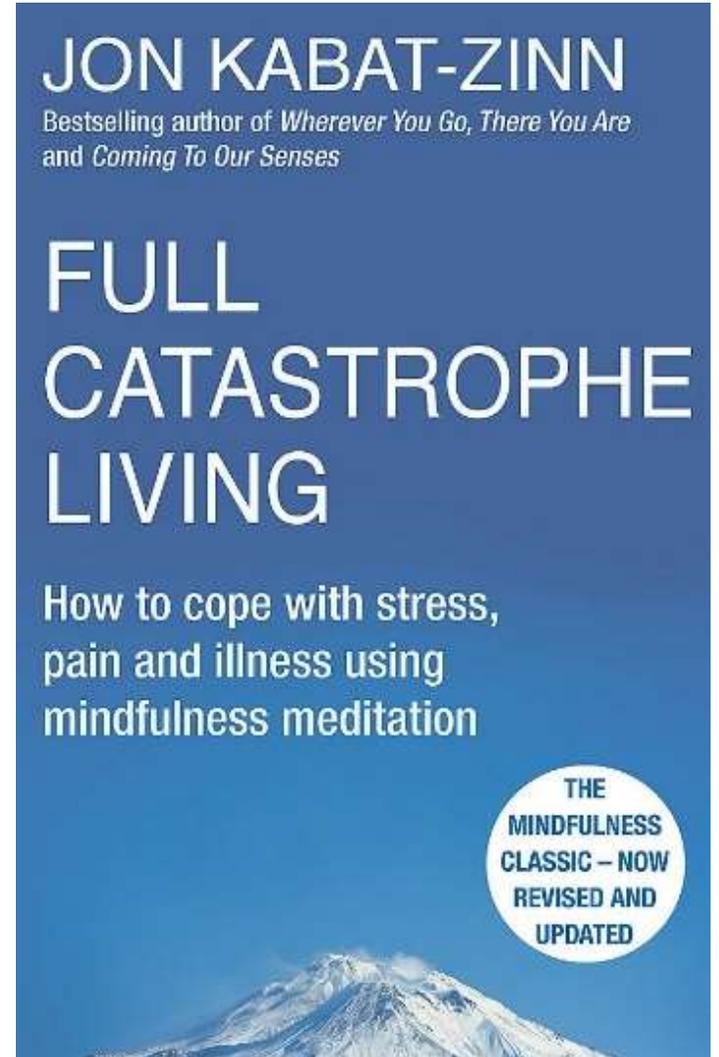
➤ The most famous Mindfulness training is the Mindfulness Based Stress Reduction (MBSR) from **Jon Kabat-Zinn** (1990)

➤ It is about mastering your thoughts and emotions. It uses Meditation and Yoga for improving **health, happiness, success...**



➤ Roots 2.500 years old Buddhist wisdom

➤ MBSR + NLP: NLP intensified Mindfulness





NLP in 5 Waves



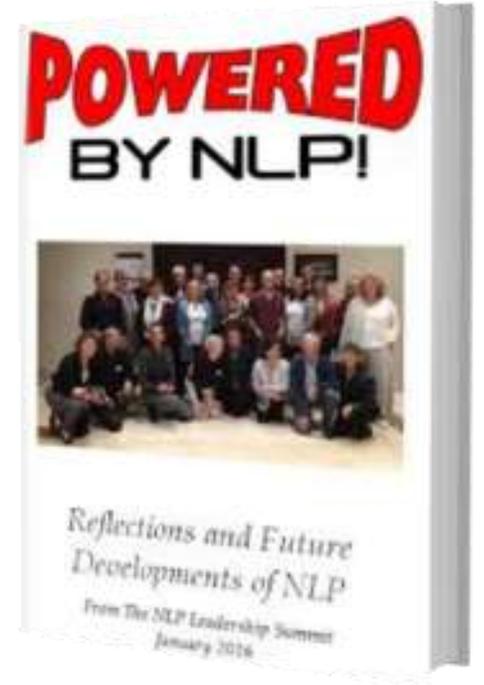
5. Wave NLPhil: Philosophy & Meaning of Life
2014 Karl Nielsen: IN & UCN - www.facebook.com/NLPhil

4. Wave NLPsy: Science & Research
2006 Research & Recognition Project, NLPt,
2012 IN & UCN: NLPsy = Neuro Linguistic Psychology
2012 www.facebook.com/NeuroLinguisticPsychology

3. Wave NLPeace: Spirituality & Joy of Living
1992 Robert Dilts, Richard Bolstad, Connirae Andreas

2. Wave NLPt: Health & Therapy
1989 Robert Dilts, 1995 NLPt = Neuro Linguistic Psychotherapy

1. Wave NLPure: Success & Enthusiasm
1972 Richard Bandler, John Grinder, Anthony Robins





Big Companies use Mindfulness

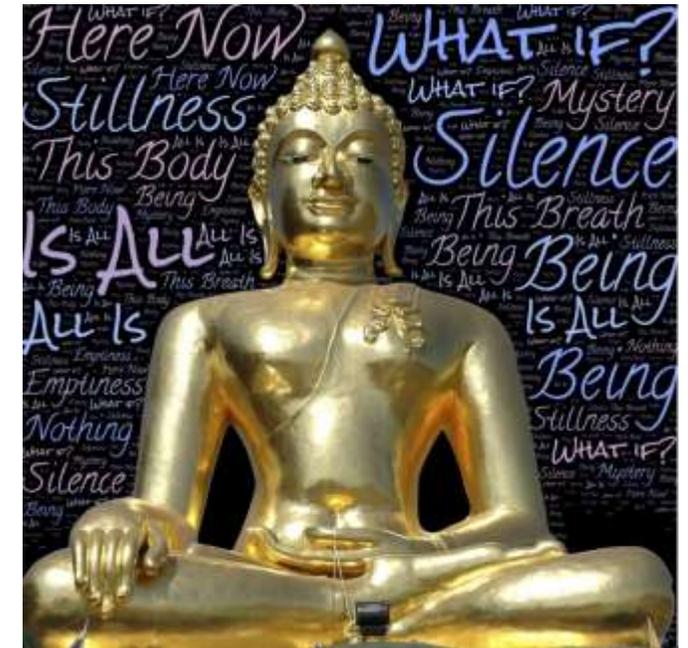
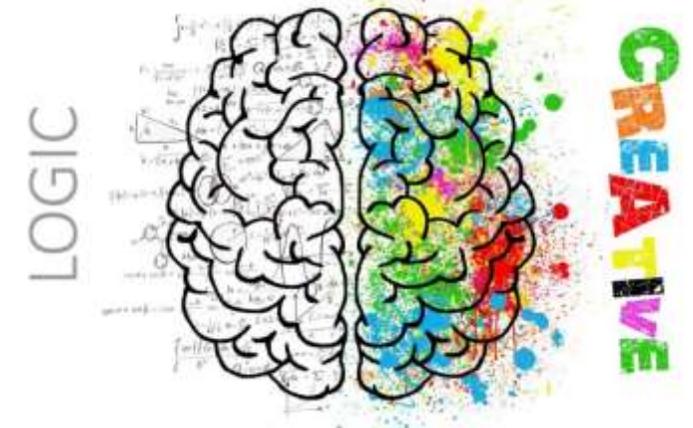
E.g.: Apple, Nike, Microsoft, SAP, Intel, Cisco... offer their employees Mindfulness based trainings for reducing stress, anxiety, and depression, and for enhancing:

- employee well-being and positive mood
- Emotional Intelligence
- productivity / workplace performance
- resilience and immune functioning
- interpersonal relationships
- attentional focus and cognitive flexibility

www.frontiersin.org/articles/10.3389/fpsyg.2020.00255/full

Frontiers in Psychology, 21 February 2020

(research about the effectiveness of a 8 weeks mindfulness online training)





Mindfulness in MBCT + in Schools

Mindfulness Based Cognitive Therapy (MBCT)
started in 2000 and built on MBSR from Kabat-Zinn, a revolution in Behavioral Therapy
(1905 Pawlow, 1937 Skinner, 1953 BT, 1960 Aaron Beck)

Mindfulness in Schools Program (MiSP)
started in 2009, built on MBSR
Paws b for 7-11 years, .b for 12-18 years
5.000+ trained teachers worldwide
<https://mindfulnessinschools.org>

In England in up to 370 schools Mindfulness is since 2019
a subject like mathematics or history.





Google offers Mindfulness



Search Inside Yourself (SIY) program since 2007

100.000+ people, 150+ cities, 50+ countries



Goal of SIY: World Peace (book cover 2012)

Success, Happiness and World Peace

The secret path to (book cover 2013)



➤ Unbreakable **Concentration**



➤ Complete **Relaxation**

➤ total **Self-Control**

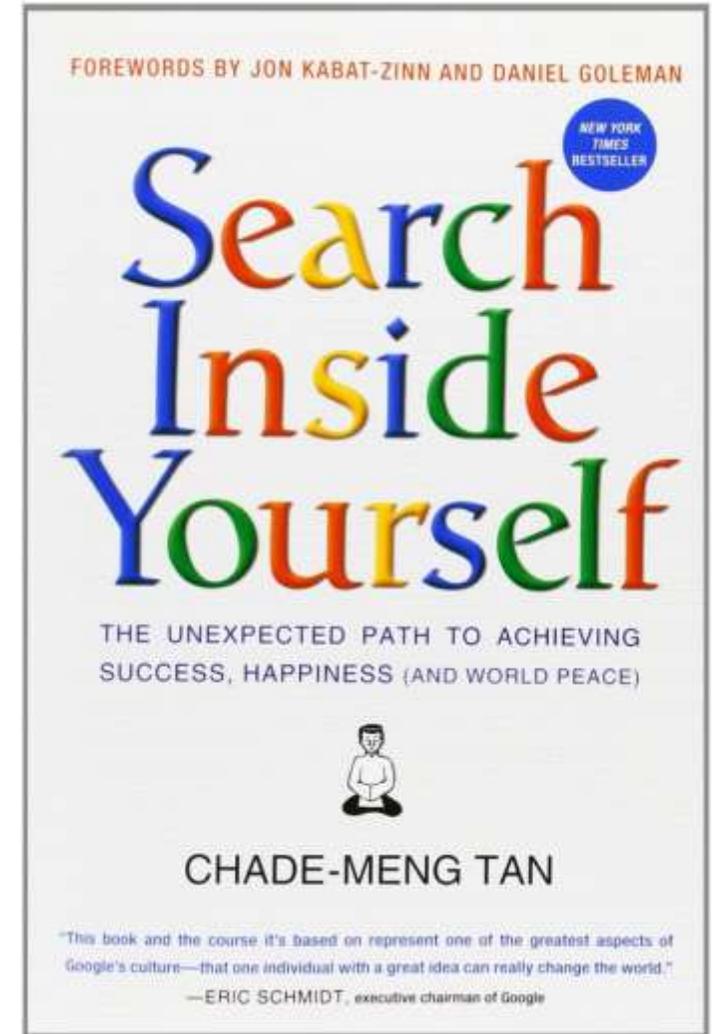


Praised by Spiritual Leaders, Presidents, Experts

➤ His Holiness the Dalai Lama, Deepak Chopra

➤ Jimmy Carter (USA), S. R. Nathan (Singapore)

➤ Daniel Goleman (EI), Jon Kabat-Zinn (MBSR)





Scientific Research on Mindfulness



MBSR trainings have significant effects on:

Aging, Stress, Brain areas, Clinical Disorders, Eating & Obesity, Emotions, Immune System, Mental Health, Pain, Addiction, Pediatric Health, Work Health...

See the American Mindfulness Research Association <https://goamra.org>

Or search in Google Scholar <https://scholar.google.com>

for scientific researches about: Mindfulness Based Stress Reduction.
On 12 May 2022 it listed me 305.000 scientific articles in 0,1 seconds!
When I selected only the articles from 2022, the list was still 4.440!



Our NLP intensified Mindfulness Trainings



“Mindfulness Intensive, In-Me”

30 hours (5 days) in 8 weeks (MBSR content + NLP)

“Mindfulness Practitioner, In-Me”

+60 hours (8 days) in 8 weeks (Clare Graves Stages)

“Mindfulness Master, In-Me”

+90 hours (12 days) in 8 weeks (Hero’s Journey)

“Mindfulness Coach, In-Me”

+120 hours (16 days) (like “Coach, ICI”)

“Mindfulness Trainer, In-Me”

+130 hours (18 days) (like “NLP Trainer, IN”)



The curricula are here:

<https://in-me.world/about/curricula>

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NLP content that we add for intensifying

We use as basis the content and time of the **Mindfulness Based Stress Reduction (MBSR)** training (5 x 6 hours training within 8 weeks plus homework 1 hour every day) and **intensify this with NLP**.

- 1 (**Body Scan**): **SMARTe goals with chunking** (Why are you here?)
- 2 (**Yoga**): as guided trance the **1.2.3. position** with the body
- 3 (**Meditation**): very easy basics from the **NLP Meta-Model** (ANTs)
- 4 (**Guided Phantasy**): **Milton Model** for Trance (**Loving-kindness...**)
- 5 (**Integration**): **New Behavior Generator** for planning the future

For more details please see [our curriculum](#)





Details from our Curriculum



Minimum required content for the first 6 hours

- 1. Basic information about Mindfulness** according to Jon Kabat-Zinn, about how we intensify this with NLP, and a few examples from scientific research about Mindfulness. Intensive discussion of the 7 Foundations of Mindfulness Practice: Non-judging, Patience, Beginners Mind, Trust, Non-striving, Acceptance, Letting go (see Jon Kabat-Zinn, pages 19 to 38 in the 2013 edition). Little exercises for each and intensive sharing are highly recommended.
- 2. Clarifying the SMARTe goals** of each participant why she/he takes part in this training. We highly recommend to use as well the written form so that you can use it at the end of the 8 weeks.
- 3. Learning the 10 minutes Sitting Meditation** so that they can practice it the next 2 weeks.
- 4. Learning the 45 minutes Body Scan** so that they can practice it every day in the next 2 weeks.
- 5. Introduction in the Buddy system**, so that everybody has a Buddy with whom she/he can share every day how she/he did his homework. You can intensify this with the use of the “Awareness of Pleasant or Unpleasant Events Calendar” and the “Awareness of Difficult or Stressful Communication Calendar” that Jon Kabat-Zinn provides in his book on the pages 612 to 615 in the 2013 edition, or you can design a Calendar that fits better for your target group. And you can experiment with changing the Buddy partner every 2 weeks.
- 6. Explain very clearly the homework** for the next 2 weeks.
- 7. For preparing the second 6 hours training**, we recommend to ask the participants to observe during the next 2 weeks how they are or are not in tune with their body. Ask them to bring a few examples in written form to the next training day. We recommend to introduce and use very carefully the body painting that Jon Kabat-Zinn explains in his book on page 81 to 88 in the 2013 edition.

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The whole curriculum: <https://in-me.world/pdf/en/In-Me-Curriculum-Intensive.pdf>



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Wishing someone well intensified by NLP





Submodalities + Wishing someone well



This text here is for those who read the PowerPoint after the live Zoom presentation.

If you are live on Zoom right now and see others, then choose someone you see, if not remember someone you know who just now comes in your mind.

I highly recommend to do the following steps of the exercise as fast and spontaneously as **it is very easy for you.**

Please send in your mental imagination the chosen person now health, happiness, and success. Just accept the very first impulse that comes in your mind.

And now intensify this sending process by making a very small movement with your head or hands while you send now health, happiness and success, --- and further intensify it by imagining a sound that fits with health happiness and success and send this sound now to this person, --- and even further intensify this sending by seeing this person now with a light that surrounds him/her that stands for you for health, happiness and success.

Please chose now a second person. Send this person now health, happiness and success. Maybe with the same movement of your head or your hands, and the same sound, and see the same light around him/her.

All as fast as **it is very easy for you.**

And now with a third person. Just send now health, happiness, and success.





Any reactions inside?

Please check now how you feel after this exercise.

What happens inside you when you send health, happiness and success?
How does it influence your breathing, your focus, and your state of mind?

You can use this every day for your Mindset and highly support your
Business Excellence, Health, Happiness, and Success.

In standard Mindfulness (MBSR, MBCT, SIY) it is done without the
kinesthetic, auditive, and visual intensification.

This is another example of how we can intensified Mindfulness with NLP.





Mindfulness and NLP are about Mastering your thoughts and emotions

The most famous Mindfulness program: Mindfulness Based Stress Reduction (MBSR) uses for this aim: Yoga and Meditation We add for these goals our NLP expertise.

MBSR + NLP = Mindfulness intensified by NLP

You experienced this in our exercises.





Mindfulness and NLP = same goal - different approach

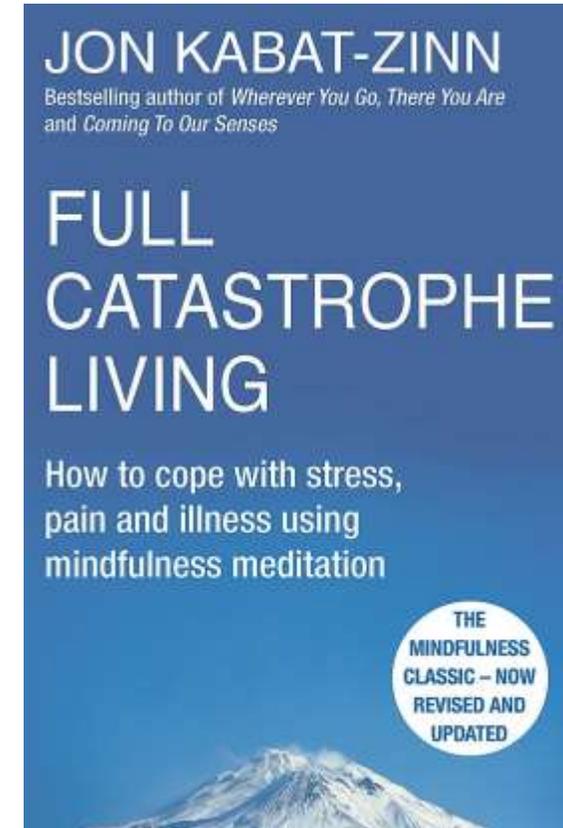




Mindfulness attitudes that fit well with NLP



1. **Non-judging** “...not getting caught up in your ideas and opinions...” p. 21
2. **Patience** “...things must unfold in their own time” p. 23
3. **Beginner’s Mind** “The richness of present-moment experience...” p. 24
4. **Trust** “Developing a basic trust in yourself and your feelings...” p. 25
5. **Non-striving** “...paying attention to whatever is happening” p. 26
6. **Acceptance** “...seeing things as they actually are in the present.” p.27
7. **Letting Go** “We just watch – resting in awareness itself.” p. 30



“These include cultivating attitudes of *non-harming, generosity, gratitude, forbearance, forgiveness, kindness, compassion, empathic joy, and equanimity.*”

(Jon Kabat-Zinn, 1990/2013, p. 31) www.youtube.com/watch?v=2n7FOBFMvXg



NLP attitudes that fit well with Mindfulness



1. The map is not the territory. (Alfred Korzybski)
2. Intensify the friendship between the conscious and unconscious. (Milton Erickson)
3. Behind every problem there is a resource state.
4. Every problem is an opportunity to grow.
5. The meaning of communication is the response.
6. Each word activates mental pictures.
7. Be always open for the unexpected emergence.



Let's ask your inner wisdom



Please imagine now

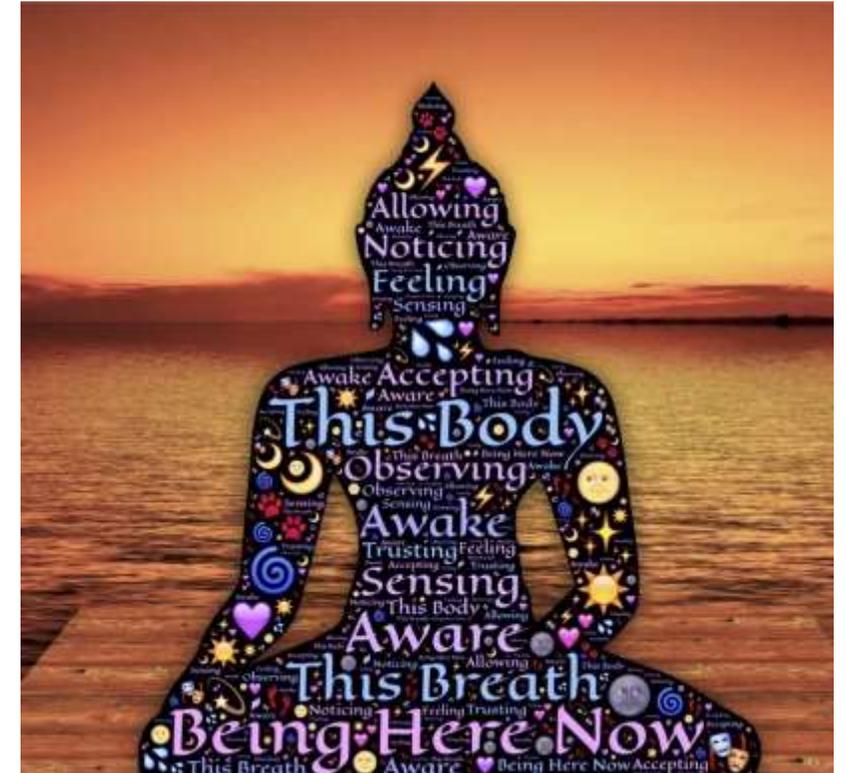
what could happen in your life

if you enjoy the benefits of more

Mindfulness, Awareness, Joyfulness

for Health, Happiness, and Success.

*Do you already notice any changes
in your breathing, feelings, smiling...*



“No” = more Mindfulness and Awareness are urgently needed.

“Yes” = Welcome to follow and to intensify this now.



Become a member of our associations

We are already 9.000+ in 95 countries

IN for NLP

In-Me for Mindfulness

ICI for Coaching

WHO for Hypnosis

WSCO for Constellation

PosPsy for Positive Psychology

www.We-Evolve.World is our roof



The world needs more Mindfulness
and more “Mindfulness Master Trainer, In-Me”
Here our online training and coaching offer
for NLP Trainer and for Mindfulness experts





Thank you very much!



www.In-Me.World

Mindfulness@NLP-Institutes.net

Karl Nielsen
27 - 22 May 2022



Karl Nielsen
29 - 22 May 2022

Lovingkindness meditation intensified by NLP





Lovingkindness Meditation

Jon Kabat-Zinn defines the MBSR form of “Lovingkindness Meditation” in his MBSR book from 1990, on page 214 (2013). It is introduced in MBSR week 6.

“...to give people a taste of the power of evoking feelings of kindness, generosity, goodwill, love, and forgivingness and **directing them first and foremost towards oneself.**”

In the usual versions that you find in Mindfulness trainings and in the internet, you are just asked to visualize a situation in your mind’s eye where someone unconditionally loved you, and to activate these feelings again. NLP has here much more to offer. I invite you now to enjoy with me the following NLP intensified version with NLP submodalities and 1.2.3. Position.

Karl Nielsen

30 - 22 May 2022



NLP Lovingkindness Meditation

This text here is for those who read the PowerPoint after the live Zoom presentation.

Please become now aware of your breathing. Just follow your breathing. Breath in and out without influencing anything, just like waves at the beach come and go and come back.

And then remember a situation in your life where someone loved you unconditionally. Accept whatever situation comes to your mind. And focus in this situations on this aspect of unconditional love. It is okay to leave aside any other aspects of this situation and to enjoy now just this unconditional love from someone. With every breath activate more and more this memory and allow yourself to feel the positive energy of this situation in your body now again. Someone is loving you just how you are. Breathing now with these feelings, bathing in them, resting in the warmth and radiance of his/her heartfelt embracing of you just as you are.

And then look at this other person who is loving you right now unconditionally in this situation. How does he or she look like right now. And if this person would say anything, how would his/her voice sound. And if you would see any small movement in his/her body, in his/her face or with his/her hands, just accept what you see.

Now please flow out of your body right into the body of this person who loves you. And if you look now through his/her eyes, how do you see the you that this person sees? What does he/she see in you? What does he/she love in you? Please enjoy and experience this view now with every breath you take. Just like waves at the beach come and go and come back. See you the way he/she sees you in this situation where he or she feels unconditional love for you.

And now take this feeling with you and float back in your actual body in the here and now. Enjoy this feeling now in your actual body.

Now please flow out of your body into a Meta position and explore from there all involved positions. Is there anything you see from here that is important and that both other positions did not see? If yes, please enjoy it and bring it back to your first position.

Just enjoy these feelings and the benefits for you.

Karl Nielsen

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