

# *Expressing myself fluently in English*

« Ce que l'on conçoit bien s'énonce clairement,  
Et les mots pour le dire arrivent aisément. »

« What is correctly conceived is clearly stated,  
And the words to express come easily. »

Nicolas Boileau, (1636 – 1711), poetic Art, Chant I, v. 147-207

« If you can't explain it simply, you don't understand it well enough. »

Einstein

- MASTER NLP PROJECT -

Denis (Dan) Capdeville, August 2019

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## Introduction

I am a therapist, certified in Hypnosis and NLP, since 10 years, specialist in mental issues and/or disorders, using NLP tools regularly. I used to practice in France for 8 years, and now, I practice in Auroville, India, where I definitively moved, 3 years ago.

Since Hypnosis and NLP are quite powerful tools, 1 to 3 individual sessions are usually enough to re-frame elegantly while efficiently a patient. Therefore, since 10 years, I helped more or less 4000 persons, rather successfully according to their feedbacks. In France, I was a trainer as well, giving regular workshops on Hypnosis and NLP, and I created also a genuine 2-days training for companies on: "how to increase the goodwill in business relationships?"

Since 3 years that I am settled for good in Auroville, Tamil-Nadu, India, most of my patients are French, and I started, step by step, to give sessions in English language, as well. But I noticed my lack of abilities to express myself fluently in English, at least as good as in French language.

Investigating deeper in this inability, I understood that I was translating in my mind, from French to English, while speaking, which is quite challenging, reduces spontaneity and decreases the natural flow of the hypnotic or NLP induction. That is also disturbing for the patient. I had to tackle quickly the issue, whether I would like to provide English sessions on the same quality level than French's ones. This became my main aim in my practice.

Then, the idea came to my mind to attend the Master NLP program, that could bring to me: 1/ new techniques 2/ English specific NLP vocabulary 3/ possibility to re-shape my mind. These 3 aims would frame my goal:

"Express myself fluently in the English language".

According to me, attending this Master NLP training in India was supposed to not be a big challenge, a simple exercise of revisiting techniques that I already knew for long. The only challenge I thought I would have to face would certainly be to speak English, since English isn't my mother tongue (later, discussing with another participant, I confessed to her that I only got 70% of what was daily said by the trainers, while she replied that she got 85%). Then, I prepared psychologically myself to the challenge, telling here and there to my friends that I was taking this opportunity of the NLP training to re-shape my brain, increasing its capacities of learning new language. Everything was crystal clear:

- NLP is a tool to gain new capacities
- French people are usually poor in learning new languages (According to the Tomatis method, the brainwaves of a French native and an English one is different)
- I had my focus goal
- I will be very soon capable to express myself fluently in English
- Etc.

Indeed, everything was meaningful and at its right place, and I was about to transform a difficulty in new ability, the world was marvellous!

My focus goal during the training will be: « How to speak English fluently? »

The training unfolded smoothly, I took a little time to find my place, and I was willingly saying to my new friends that my only challenge was to express myself correctly in English. A few days later, following some exercises and spontaneous sharings, some participants started

giving to me a totally different feedback. That started the 1<sup>st</sup> time when I saw an incomprehensible sight on one of my colleagues' face, who asked me to repeat my question. This inconvenience repeated several times. On the contrary, sometimes, I was deliciously surprised to express myself very clearly, with humor, making laughing all my new friends. Later, a participant came to see me and strongly stated that I had no issue with English, that I had more vocabulary than others, and that my problem was absolutely not a language issue.

That increased my confusion and I was reflected innerly: "Is my goal the good one?"

In fact, I had totally forgotten that, a part of very few attendees, the main part of the participants was not English Mother tongue neither. Thus, at some point, they were facing exactly the same challenge than me. Therefore, I started to observe my patterns more accurately, noticing new details, recalling knowledge, foreseeing new possibilities:

- In neuroscience, it is commonly agreed that the one who speaks doesn't think, because he can't think and speak simultaneously. Therefore, speaking is and should remain spontaneous
- French and English language are totally different and there is no sense to make them fitting, neither in a brain nor in the words
- The knowledge may also be a handicap for the one who likes to express himself clearly and spontaneously (I also used to be a writer, I love words and literature, etc.)
- French is a very academic language (7 different time-verbs) whereas English is a very flexible and opportune language, that allows a very flexible way to express
- If my capacities to speak English depends of the situations, the circumstances, the people I talk with (I noticed that my English evolves depending on the person I talk with, whether male or female, young or old, English, Indian, or foreigner, individual or group, etc.), it is not the language that is the problem, but rather my capacity to handle a situation or a discussion. Or maybe the language is only a trigger for deeper pattern?
- The way I envision myself is different than the way others may envision myself, and the 2<sup>nd</sup> may be more real and true than the 1<sup>st</sup>.
- I everlasting create my own reality; all my beliefs are limitations; I can gain new capacities. NLP can provide a specific tool: Modelizing

My focus goal started to be more accurate, also due to the fact that speaking English would constantly evolve in my life until I reach the final outcome (but is there one and if so, how to determinate IT?), and also due to the fact that I observed in my patients, during my ten-years sessions, that patterns don't disappear totally in one's life, some are constantly "waiting in the dark", and that I should sharp my vigilance and my technique. Nothing disappear totally, everything is transformed.

"Is my goal the good one?" Sure, IT is, definitively, but surrounded with a larger reality. "Express myself with clarity in the English language" may provide not only abilities for English, but also:

- Better acknowledgement of my ways of functioning → every human being's ways of functioning
- Identify general patterns, linked to language, but not only
- Possibly create a method for other patients with a similar difficulty
- Possibly create a method for other skills (than language) to be obtained in other fields of behaviour
- Etc.

(These above "secondary" goals could have justified a bigger IT, but they are too vague and/or imprecise, and they should have deserved a deeper while longer qualitative approach. At the contrary, maintaining a sharp goal such as "Express myself fluently in English" provides the

advantage to be (quite) easily achieved, while providing, as side effects, insights on more deeper ways of functioning as a human being.)

What is important for me choosing this goal is that, irrespectively of its sharpness, the goal starts to be more challenging, like an endless outcome that I would have not only to assess regularly, in my daily practice welcoming clients, or giving workshops and trainings, but also as an underlaying process of inner self-development.

This aim, to become self-maintained, requires remaining constantly in process of enhancing by new vocabulary, new people to talk with (since English language is the most common one in the world, spoken with so many accents and pronunciation), new situations, new challenges, etc.

What I want in the desire state is to be fluent (and self-confident) enough in English language, that would allow a smooth flow in my expression and in my words, allowing back my audience to feel comfortable, in a safe mood and environment, in the willing to share and be confident.

What I don't want any more is to feel uncomfortable and unsafe, reducing my abilities to express myself with clarity.

What about my VAKOG? When I will achieve this goal, and reflecting previous experiences that spontaneously happened already, and as all my sensorial experiences are linked with my state of Joy and personal alignment with all that surrounds me, I will see people and things sharper and brighter, I would hear sounds and voices sharper, and I will feel at complete ease, breathing fluently and comfortably. I would also be more spontaneous and able to relate and feel the other one on a more sensitive way. In hypnosis, we used to say that a hypnotic session is a conversation between 2 subconscious minds. On top of that, I will definitively feel the joy in my heart, which is a pre-requisite condition for all my senses to freely open and receive.

Does it fit with who I am? in what way? This goal not only fits me on a professional level, but also on a personal level. How to gain permanently a skill that raises from time to time: speaking English with clarity? How to explain that fluctuation of skilled attitude, in order to provide new tools to my patients, on other behavioural fields?

What is the price I am willing to pay to have this way of a living? According to me, there is no price to pay, only reward to gain, with reaching new abilities that could then be duplicated in other fields of behavioural patterns.

How to achieve that goal? With the Modelizing technique.

## Write up criteria

What I want to model is speaking fluently in English oral communication

### The “IT”

- A description of my project “It”: Find relevant skilled person expressing themselves fluently in English, then modelizing them in order to gain same abilities in expressing myself in English.”
- The importance of this “It” to my work and life:
  - On an inner level: gain clarity
    - Managing to speak spontaneously without inner translation between French and English, that slow the natural stream of speaking
    - Gain spontaneous congruence in the channel between thoughts and words, by managing better English language
    - Feel joy and self-confidence by expressing myself with clarity
    - Allow higher skills to innerly manifest, as charism and power to lead people
  - On an outer level: spread clarity
    - Avoid previous situations in which I noticed confusion and/or misunderstanding in my way to relate
    - Avoid previous situations, where I was asking a question to someone, and in which people were waiting to the reply in order to understand the question

### My models of excellence

- How I chose my models? By acknowledging their capacities to embody different aspects of my “IT”.
  - Facing these people speaking makes me comfortable because their expression is clear and I manage to listen properly and understand more than 80% of average, which is the case with people who don't care too much attention to their audience
  - Several feelings that raise within me, while facing these people such as: comfort, safety, willing to move forward with them, etc. that lead me to wish to match and embody their qualities personally
  - Strong acknowledgement that spontaneous raise through me while I face them, that I am also capable to express myself fluently in English, as they do, because I can easily appropriate these qualities that they express naturally

### The goals of the project

- My measurable outcome
  - How I know that people have “it”: Fluency and sharpness in expressing their selves. Fluidity in their speech, ability to relate and to respond. Being able to manage their skills irrespectively of the outer circumstances

- How I know that I have “it”: By acknowledging the same capacities and qualities that my models demonstrate while they speak English. Furthermore, experiencing something innerly gives a specific and easily acknowledgeable insight, that give the certainty that there is a before and an after, even though further practice remains indispensable to settle the new pattern for good.
- How I know that I imparted “it” to others: by naturally and spontaneously spreading this skill, by the natural capacity for human being to match with their mirror’s neurons, in general, and for my audience to reproduce this quality or another, in particular.

**The models:**

Rakhal: Male, from French origin, living in Auroville and who I meet regularly. Expressing himself in English with clarity and fluency, uses to facilitate meetings with ease and natural authority. His French origin and the way he manages to speak English in an international environment is undoubtedly valuable for me. (50 different nationalities live in Auroville and speak English)

Shraddhavan: Female, from English origin, expressing herself with a very calm, smooth while precise speech. Compelling attention and respect towards her whenever she takes the word.

Vikram: Male from Indian origin, expressing himself in English and through his attitude (para-verbal and non-verbal languages) with calm and charisma, regardless of outer circumstances

**The presentation:** Conference on Anger, Saturday 20 July, Auroville

**NLP:**

- The map is not the territory
- Our experience has a structure to “it”
- Mind and body are one system
- If someone can do it, I can do it
- The answer is in the question

### Recent feedbacks after the training

- Monday the 28<sup>th</sup> of January: presentation of the topic Europe in front of 80 people in the Bharat Nivas (Indian Pavilion of Auroville). I am in charge of the project, but at the point to present it, I felt incapable to do so, and I ask my colleague to make the presentation. (Later on, he thanked me to have given this opportunity to him)
- Friday the 1<sup>st</sup> February: I present to an American lady, who is part of the organization which partly funded my training, the content of the training. I speak perfectly English during ½ hour, and she says that my sharing was very comprehensive and interesting
- Saturday 9<sup>th</sup> and Sunday 10<sup>th</sup> February: Meeting with Krish, Gouri, Sowji, Madhavan, Avishek and Anshul (Sunday on Skype). Useful to help and precise the “IT”, the “why” and the “how” of each project.
- Monday the 11<sup>th</sup> February: I facilitate the International Zone meeting quite easily. Usually, as the Secretary, I take the notes simultaneously while facilitating, this time I asked a friend to make the report while I was focusing only on facilitating the meeting. Assumption: Being totally focusing on the task to express myself is helpful to achieve the goal.
- Friday the 22<sup>nd</sup> February: First interview with Shraddhavan, speaking at ease, and a part 2 messy speech, the interview unfolded clearly with a good feedback from her.
- Sunday the 24<sup>th</sup> February: Presentation of the International Zone in front of 50 people from various origin, including children. Not at ease, speech messy and confused, but clear.

### Coming challenges

- Saturday the 9<sup>th</sup> March: Presentation of the European Project in front of 50 young Aurovilians from European origin.
- Tuesday the 26<sup>th</sup> March: Presentation in front of the Santé’s team of NLP and Hypnosis practices



## My 1<sup>st</sup> model: Rakhal

I found a French guy, friend of mine, Aurovilian since long, and who has the ability to express himself fluently and clearly in English, also facing an audience of 50 to 100 people, which is also my aim, at some point. He shared with me that facing a such big audience empowers him, that I found paradoxical initially (actually, this is typical limited invisible belief) but that revealed later a genuine way to empower oneself. The only bad feature I found in his way to talk is that he has a strong French accent, which I find very ugly personally, even though that it seems that non-French people say that they like French accent speaking English. Am I ready to wipe and get rid of this accent aspect? Not that sure, presently, due to my ambition.

How did I come to you choose him? Attending some meetings in which he facilitated the audience, I realised the facility in which he was speaking, and the fluency of his words. I witnessed that the words were flowing effortlessly from his mouth, without any interruption, his face was calm and peaceful, his eyes were jumping calmly from one attendee to another one, making at ease and allowing everyone to take his time to ask any possible question. On top of that, he was like transforming any possible risk of failure, following a possible controversial question or topic, by leading this question or topic to another one, expanding the field of concerns, or putting it on a higher level. It seemed that the number of people attending the meeting was not affecting him, nor the importance of the topic. His word's flow remained constantly harmonious, not necessary exactly the same during each instant, but harmonious. for example in the debit, the tone or the intonation of the speech. Even, sometimes, he adjusted some apparent lack of vocabulary from French to English in such a way, that the French word or the "frenghish" seemed understandable by anyone in the English audience.

What's important about choosing him? The fact that he is French is a relevant and significant aspect of the choice. I can easily project myself in him, in the unfolding of the process that could achieve a French who would like to speak clearly and easily English. Another important parameter of the choice is the nature of his work: facilitate and moderate meetings and debates show that he has been chosen by the community for his abilities to do so, that is a testimonial of acknowledgement from the group to his capacities. For me, it is important modelling him, because I imagine and visualize myself behaving similarly, with the same capacities to facilitate meetings and to lead attendees towards a clear and fair comprehension of the topics that are discussed. Moreover, following imagination and visualization, I aim to become capable to practice similarly, and feel the same emotions and bodily sensations that, according to me, are part of the package of such a behaviour.

Is the goal self-maintained? I guess that, at some point, there would be some kind of shift in my way to express myself in English, in my knowledge of vocabulary, my fluency and the lasting acknowledgement that I am well understood by the other or the audience, and on top of that in the self-confidence I can feel innerly and sensorially. Anyway, I certainly will have to assess this self-maintenance in a valuable and undoubtable manner. Another checking would certainly be the possibility to dream in English language, that would allow me to understand that the English expression is settled in my subconscious, at least that my subconscious mind has started to blend harmoniously French and English language, to my benefit. However, since I know that there are always tracks of old patterns in one's subconscious, I must remain vigilant that the old behaviour would not have to pop-up again, whenever exceptional states of consciousness, as big tiredness, grief, big stress, etc., could happen in my life.

Let me share what I want: I express myself fluently and clearly in English language while coordinating and moderating debates. I may perhaps foresee short inner failures, though experiencing and handling them in such a smooth way that no one in the audience would even see it. Moreover, I shift my inner perspective in such a way that I success in transforming previous challenges and possibly attempts to escape, in excitement and inner self-wondering on how I will manage and success in dealing with these tasks, that I hope will become more and more challenging, in time. Definitively, I feel strength and in a facing mood, handling further challenges in this field of activities, with joy and excitement.

Regarding my VAKOG: Empowerment and joy are the mains heartily and bodily sensations, that will lead or be the consequences of multi-sensorial activity: regarding the sight, a feeling of embracing the more audience possible, as number of people, as if my eyes could be wide open, or having stronger and bigger capacities of seeing. Same with the hearing sense, that may allow to be more precise and focused on “what is said and expressed on the opposite side”, from details to the general heard overview. On kinesthetic aspect, peace and comfort would allow me to easily move and eventually walk on the stage, be precise in the flow of unfolding eventual documents via PowerPoint or other devices, be in phase with colleagues, matching the audience while being very reactive to any movement within it. Also, a more accurate sensation and reactivity between the whole senses and the mind that moderate the sensorial activity, which leads to an empowering sensation. Nethertheless and on top of that, it is the joy that will be the most important feeling, the joy to be alive and successful, the joy that empowers all the sensations, and that is increased by doing so.

Does it fit with who I am and in what way? It fits with who I am, and with who I will become stronger and irresistibly, because my aim is to lead and accompany people in their inner quest, and I know the power of an audience which is focused on a topic, and in which every attendee can explore inner new sensations and abilities to behave differently. My purpose would also be to empower attendees and make them at ease in such a way that they could participate more easily and freely, which maybe should be the main goal of a facilitator.

What is the price I am (eventually) willing to pay to have this way of a living? This person I would like to model has a default to my eyes (in fact my ears): his detestable French accent, that shocks my ears. On the other hand, the thing is that everybody has his own accent, and I frequently encounter people that speak to me in English and I don't understand them, due to their accent. Also, English mother tongue people emphasis that French accent is adorable. Even though this feature doesn't fit my ambition to speak fluently English with a perfect accent, I guess that it could the price I am willing to pay, abandon this ambition to speak without French accent.

That sounds ecologically good 😊

There is no failure only feedback

**Interviews with models, Rakhal, Shraddhavan and Vikram**  
**followed by appropriations and rejections for each, and**  
**inner assessment on the consequences of the gain of these new abilities**

**Rakhal:** Male, from French origin, living in Auroville and who I meet regularly. Expressing himself in English with clarity and fluentness, uses to facilitate meetings with ease and natural authority. His French origin and the way he manages to speak English in an international environment is undoubtedly valuable for me. (50 different nationalities live in Auroville and speak English)

*(Interviews on 26 Feb. and 26 April)*

**Me:** Could you assess your practice in speaking English language?

**Rakhal:** I can say that I am a little bit stuck at a certain level, which is defined by a certain amount of vocabulary, and I have a lot of difficulties to go beyond this amount of vocabulary, to acquire new words. For instance, when I encounter new words, I go to take the dictionary. But between that and the spontaneous capacity to behave using these new words, there is a step. So I could say that a characteristic of my practice of speaking English is my level of vocabulary. Another characteristic is a better ease to translate my thoughts in words naturally. It goes to such an extent that some event can last 2 hours in which I can talk easily, without having prepared so much my work, only using a PowerPoint support. It's really flowing, and I am astonishing myself.

**Me:** Then, to summarize, there is this kind of invisible boundary regarding the vocabulary, and on the other hand, this easiness to speak fluently and spontaneously. Are these two features opposite?

**Rakhal:** Not at all, and they are looking to each other in a very funny way. Also, I can notice that other French friends that try to reach a level of English with great vocabulary, are still and continuously concentrated on their way to speak, losing their spontaneity.

**Me:** Would you like to reach that level?

**Rakhal:** No, not at all. If I would be motivated, I surely would like to extend my vocabulary, but I am not motivated to reach such a point. I assess that I am comfortable enough with my level, and I do not need to go further.

**Me:** Back to your practice, did you use specific techniques or ways to improve your capacities to speak fluently and easily English? Or, is it just the daily practice?

**Rakhal:** I am not in specific practices to improve my English, I am more in a natural way to do so, by listening and reading, for instance. But listening is the best way for me to enhance my capacities. I notice that more than the words in their selves, it's rather the meaning that gives importance to expressions and vocabulary.

**Me:** In a few words, could you describe the main differences or specificities between English and French languages?

**Rakhal:** English words are vaguer, less specific, and depends more of the context and circumstances, therefore more people can meet within. Whereas French words are more specific, more in the details, then maybe require more abilities to be addressed in specific contexts.

**Me:** Could we speak in terms of advantage or disadvantage in both cases?

**Rakhal:** Vagueness could be taken as an advantage, but sometimes, precision is needed. For instance, when I read a book in English, I acquire more vocabulary, but it is in fact more richness, rather than more precision.

**Me:** How are you feeling, while speaking English, in terms of emotions and/or bodily sensations? Try to be as accurate as possible, please. Let's start with the sensorial activity. When you speak English towards an audience, how do you see, hear and feel?

**Rakhal:** To be clear and precise, I must start with my own reality, which is, in the case: how thoughts are formed, and how they are coming into words. My pleasure comes mainly from my inner thinking process. Afterwards, expressing becomes only the natural outcome of such a process. It's more related to an inner process, a state of being.

I feel uplifted, not in the sense of feeling bigger, but in the sense of that gravity is lighter, not any more constraining. It is a physical sensation, and it unfolds many times in the fact that I am starting to dance, feeling life to move, in the legs, and I am more moving on the stage. Regarding the other senses, there is more awareness, the attention is suddenly caught to some participants, and I start to relate to this, to play with this. I see more details, regarding their attitude and their inner sense of comfort or discomfort.

**Me:** How would you summarize, in terms of inner feelings, the way that speaking in English in front of an audience is bringing to you?

**Rakhal:** Empowering

**Me:** Could you be more precise?

**Rakhal:** Empowering leads us to our normal capacities, whereas we are often stuck in lower inner positions due to our selfish discredited opinions regarding ourselves. Therefore, I would say that empowering lifts me to my genuine state of consciousness and behaviour.

**Me:** Do you have any ambitious regarding your English oral practice? You said previously that you were feeling stuck in a level of practice, would you like to overcome this level?

**Rakhal:** It's ok like that.

**Me:** Is your practice depending on circumstances? Kind, age, nature of people and their own language, number of people in the audience, interest and/or goal of the specific situation, etc?

**Rakhal:** No. My practice is mainly related to 2 things: my inner state of consciousness at that particular time, and the set-in which things unfold due to hidden and/or invisible forces that are acting in them and through them and that influence the atmosphere. Then, I can't always strive with my inner state, and sometimes it happens, and it's good, and sometimes it isn't happening, and it creates exactly the opposite, rejection.

**Me:** What about the accent, this will be my last question. Do you make any efforts to hide it?

**Rakhal:** In the past, I used to make efforts to speak as well as possible, meaning trying to hide the French accent. Now, I am not concerned with this question anymore. I assess myself to pronounce as good enough to be understood. Sometimes I still have some difficulties to pronounce some words, and other times, I use French accent purposely.

By the way, did you know that 50% of English vocabulary comes from French language? In fact, you may use spontaneously some French words and translate them in English, it may appear as precious or sophisticated to the person or group you are talking with. A lot of great poets and writers sometimes use French words to express something which is very hard to describe in usual English vocabulary.

**Me:** Thank you Rakhal. Do you think my English level is understandable enough, or would you advise me to make more efforts to become understandable?

**Rakhal:** I don't understand your question (laughs)

Yes, I think your English is very understandable, and you have accomplished great efforts in practising, shifting from an "embarrassing" state in which confusion and hesitations were mainly the characteristics of your speech, to a spontaneous and natural flow of speaking.

**What I will appropriate for myself from Rakhal abilities:**

- Natural and flowing capacity to speak English, from the thoughts to the oral expression, jumping over the translation state
- Capacities to moderate and facilitate meetings
- Capacity to last speaking English for more than 2 hours
- Skill to relate easily with some inner state of confidence, with regards with English spoken (but not only)
- Natural authority that empowers and gives joy to him
- Distinction between listening and reading, that indicates stronger channel to process in enhancing vocabulary and practice
- Sense of humor
- Self-satisfactory regarding English level
- French accent, that I am willing to both let go and/or overcome 😊

**What I will overcome and go beyond, among Rakhal abilities:**

- Laziness in the vocabulary, to overcome the lack of precision
- Lack of ambitious to overcome a current state of practicing which appears as correct enough
- Better inner overview of eventual hidden forces, in order to avoid them to influence my inner state of consciousness
- Distinction between listening and reading, that indicates stronger channel to process in enhancing vocabulary and practice (this characteristic should be balanced and/or improved)
- Self-satisfactory regarding his English level
- French accent, that I am willing to both let go and overcome 😊

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**Shraddhavan:** Female, from English origin, expressing herself with a very calm, smooth while precise speech. Compelling attention and respect towards her whenever she takes the word.

*(Interview on 22 Feb.)*

**Me:** The first question I would like to ask you. According to you, what is Clarity?

**Shraddhavan:** Well its connected with being clear, isn't it? Speaking clearly means necessarily thinking clearly. There has to be some clarity of consciousness. Consciousness is the key to everything really and our human consciousness is normally not very clear, it is all mixed up.

**Me:** According to you, this is due to what?

**Shraddhavan:** Well, there are so many different parts of our personality and we are influenced by so many different influences surrounding us. I think this is why meetings are so terrible in Auroville. It is because of the clashing influences, which are there, usually unspoken...

**Me:** And of what we are not even conscious

**Shraddhavan:** Not on a conscious level yes. And I can't claim to know how to deal with that, I am also influenced...

**Me:** So did you recognise this level of behaving between people, little by little, step by step or just one day you understood that there is a lot of confusion in the meetings or in the relationships between people

**Shraddhavan:** I always tend to assume the best you know and to assume we are going to be able to have a meaningful exchange, but I'm afraid I have really given up on that, as far as public meetings are concerned in Auroville. So how to deal with that? One can try beforehand to be very clear about what input one wants to put into a meeting, what output you would prefer to come out, but it still doesn't entirely solve the problem of the influences.

**Me:** So you mean, one doesn't necessarily need be clear before wanting to express something but more on a daily routine that could influence his whole life, you know in a way

**Shraddhavan:** Now that would be good, wouldn't it, it would be ideal really. And in a way This is what Mother asks us to do, when she says the most important thing, the first thing is to find out who you really are. So what that implies, what is your contribution? What are you supposed to bring to the community or to the gathering or to whatever it is? So at some point, I became aware, quite early on in Auroville, that my function is like a catalyst, in the sense of being a graphitic is a kind of catalyst, if you smooth something with Graphite then the two other substances can more easily relate to each other or it's something that you add into an experiment which doesn't have an active part to play, all it has to do is to enable the chemical process to happen as smoothly as possible.

**Me:** OK, if I understand correctly, a catalyst is a substance or a behaviour which is able to make things happen or make things ...

**Shraddhavan:** ... harmonizing. And then it very often happens that things that seemed contradictory actually can fit together quite well. There isn't enough of that going on. There is far too much of each little element fighting for its own rights and its own place. And not seeing, you know, how could we fit on this together. I used to facilitate meetings and that was always my effort

**Me:** That was your main activity in Auroville at some point?

**Shraddhavan:** Well, I worked with the Entry service for some time and I was kind of like the chairman – note taker- secretary (laughing), which gave me a certain amount of control over the meeting. My sister is also very good at it. As a note taker, you can always intervene, asking for clarity (laughing), because you have to take the notes.

**Me:** That's my job actually

**Shraddhavan:** yeah that's what you are doing at the moment and you are doing it very well, but it is such a difficult group of people.

**Me:** It's a very difficult group of people, because in this group the only goal that we have all together is to make this International Zone living, but we come from very different origins, we have some personal agenda, be it its own pavilion, be it building something, it's very difficult to stay neutral and also we have difficulties about clarity, level of languages, level of way of expressing ourselves between Russian, Korean, Italian... and in the cluster there are difficulties also between nationalities.

**Shraddhavan:** But that's what we are here to do, somehow to find a solution to these difficulties

**Me:** So back to clarity, if you allow me to go a bit deeper in your own intellectual intimacy, the way you practice could now be natural, for instance, do you think before speaking? Do you create your own sentences, or do you identify a point towards which the whole flow of words goes? How is it possible

**Shraddhavan:** I don't think it is that conscious

**Me:** Have you been forever since the beginning like that? I mean expressing the way you express yourself or things developed themselves little by little?

**Shraddhavan:** I have always been good at language, my father was a pastor, he was quite a good orator. As a child I had to sit through his sermons three times a day...

**Me:** So, in a way ...

**Shraddhavan:** ... I inherited something

**Me:** Yeah, I mean unconsciously you modeled him

**Shraddhavan:** I'm sure, definitely and then when I was getting a bit older and there were school studies, then language was what interested me.

**Me:** You mean language as you express yourself or learning other languages?

**Shraddhavan:** What you can do with language, poetry was a major interest for me from the time I was 8 or 9 and yes communication. Yes so naturally you want people to understand and I remember getting very very furious with my parents... why don't they listen to me, why aren't they hearing what I am telling them... I used to get into a terrible rage about that (laughing)... so I know what it's like... Why aren't you understanding? But here it's a bit different, you can express yourself very clearly, as Helmut also always does, but he works on it and he polishes it as clear as possible, it's just ignored, there is no receptivity, there is no audience for what he has to say so clearly.

**Me:** So why, according to you, because people are too much focused on their own self...

**Shraddhavan:** Well of course it is ignorance, but there does seem to be a kind of insistence on one's own particular kind of ignorance. You don't need to know or learn, or understand anything much beyond what you already do, I mean that seems to be a common attitude here. Of course nobody gets up and says: 'oh no, actually I know it all', but this is very much the feeling. And of course people get frustrated in meetings... I remember once, sitting next to dear G., and it was a big meeting and she had something she wanted to say, but there was no receptivity at all...and she got into such a rage. She said, "but it is INTUITION, I know this" ... but nobody was listening.

**Me:** Why?

**Shraddhavan:** Why did she get so upset?

**Me:** No, I mean why this impossibility for 1 person to insist and to try to... and a group of people...

**Shraddhavan:** Because everybody prejudged whatever that person has to say as a non-sense.

**Me:** So it's a pre-judgement...

**Shraddhavan:** ...oh we know what she is going to say, everybody always knows what I am going to say. I am going to say: "Why don't we follow the guidelines given by Mother and Sri Aurobindo"? So people are a bit fed up of hearing me say that and they think 'Well yes, we know that but...' (laughing) Anyway, I can't complain, a lot of people listen to me.

**Me:** Yes, the proof is I come to you...

**Shraddhavan:** I can't complain!

**Me:** Could you just speak a little bit about how you manage to maintain clarity within you, I mean are you having thoughts threatening you or are you totally and constantly calm?

**Shraddhavan:** I have my prejudices also, especially there is certain people here in Auroville who take upon themselves all sorts of responsibilities that they are not fit to administer. But I wanted to tell you about some experiments we did, some years back. I call it Deep Listening. Maybe you have a room full of people and you determine, you agree in the beginning, that you are just going to listen to each other. There is a topic, and everybody has the chance, in turn to say, what they have to say about it. And the other people are not allowed to challenge or to discuss, but first of all everybody has to clearly listen to what all the other ones say. And that is something I love doing actually, it is so interesting what comes out.

**Me:** So, do you think the purpose of clearly listening to one may give him the possibility to be clear?

**Shraddhavan:** Yeah sure!

**Me:** Ok invite someone to "I am totally listening to you" brings the...

**Shraddavan:** Did you ever see that happening in an Auroville meeting?

**Me:** No

**Shraddhavan:** Everybody has to fight for their right to speak, and then they can only push forward their one point and everybody else is trying to block them, so that's very unproductive, isn't it?

**Me:** The meeting about Cleary Listening is no more?

**Shraddhavan:** No, I wish it would continue. I mean if I'm in a meeting, I try to do that, but the kind of meetings we have... but yes, people say interesting things..., I have only been to a couple of these un-agenda meetings, but yes people said interesting things and came up with a good proposal. And then they are just gone... not recorded, not digested, ...even I can't actually hardly remember what was said... but yes, I think people can tell you clearly what they feel and what they think, if they feel that you are LISTENING to them.

**Me:** so, a prerequisite condition for Clarity would be to settle some basis in the relationship in order for people to know precisely that they will be listened to

**Shraddhavan:** And I am interested in people and I listen to people.

**Me:** Okay...

### **What I will appropriate for myself from Shraddhavan's abilities:**

- Calm, clarity of thought, elegant pronunciation, natural charisma
- Natural and flowing capacity to speak English, as her mother tongue
- Charism and compelling ability to catch the attention of the audience
- Capacities to moderate and facilitate meetings
- Natural skill to relate easily with some inner state of confidence
- Natural authority that empowers and gives joy to him
- Sense of humor

### **What I will overcome and go beyond, among Shraddhavan's abilities:**



- Lack of ambitious to overcome a current state of being innerly
- Better inner overview of eventual hidden forces, in order to avoid them to influence my inner state of consciousness

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**Vikram:** Male from Indian origin, expressing himself in English and through his attitude (para-verbal and non-verbal languages) with calm and charisma, regardless of outer circumstances

*(Interviews on 26 Feb. and 26 April)*

**Me:** Vikram, could you briefly assess the difference between speaking in private or before an audience?

**Vikram:** There is no such thing as public speaking, there is no such thing as private speaking, you can always be in private or in public, depending on how your position inside yourself. I am on a stage where none of these two words exist. What only exist is what must come out inside me. For that particular situation, issue or moment, which means I have no attachment on how it is going to manifest, how it needs to be received. I fully trust my inner alignment, to deliver what is needed in that moment, irrespective of the audience, at that moment.

**Me:** That makes me think of the intuitive mental, which is described by Sri Aurobindo in the Synthesis of yoga. Did you achieve this state of consciousness and way to relate spontaneously, or is it a goal following a practice?

**Vikram:** (after a silence) No, it was not spontaneous. It has been very much, and it is very much an evolving process. What I started to observe and to understand, as patterns that were repeating themselves ...

**Me:** ... within yourself ....

**Vikram:** ... within me and outside. I wanted to change the narrative, retain the intention, and transform the language. In order to do that, I needed to practice, sometimes stumbled

**Me:** ... what do you mean stumbled? ...

**Vikram:** ... make mistakes, be impulsive, and then learn, little by little, the real inner life in this domain.

**Me:** Do you think that it is a skill or a capacity that anyone can achieve?

**Vikram:** I don't have the competence to answer that, I am not qualified to make an assessment on a generic level. For myself, it has played out like that. I am too early and very much in my infancy in this journey to conclude or give an opinion in this particular area.

**Me:** Could explain how you reach the point you are at today, expressing yourself with clarity and the way you are behaving... what could be your goal, if there is to be clearer and also in the past, how this behaviour started to be... was it just randomly or was it the consequence of some understanding, some insight? Please

**Vikram:** (Pause)... Yeah, I think for many years, I was convinced that the things that were happening inside me, was not what I really what I wanted to see, and I kept enquiring inside me how to change these patterns, how to deepen and widening an understanding of self. So while I was doing that, I was often externalising everything, I would always put the blame on the difficulty, on the outer. In my it was clear, in the beginning to me, that it was the inner and the outer are two different things, but later on I started to understand that the inner and the outer are very closely related. So what I did is I didn't separate them anymore, I started to work and I still am working intensely on my inner being, my impulses, emotions, tendencies,

patterns and at the same time I kind of developed a kind of understanding, a way of seeing the outer, those patterns that are there outside, I started to see them, even the ones that are invisible, the ones that are emotional, the ones that are locked in years of rigidity... I have started to see them I don't know how, when I started to see them, I have realised that I am very good at entering into connexions with people... No matter where they are from, what language they speak, what complexities they come with, I always knew I had a way, because I saw something in them, as an opening, not all that they had inside them, but a specific opening inside them and I entered through that. After that, many things changed, in them, for us...and it has a lot to do with me, as I entered, I also see. are those alive in me... do I also need to address that in myself and when I do that, something changes on the outer... something touches them, something moves differently and before you know they are in a great relationship with me... I have no difficulty in speaking the truth uncompromisingly. I don't have to sugar coat or be diplomatic, but if I didn't establish that connexion, I couldn't be who I am with them. So I realised along the way, that I have to constantly pay attention to what's inside me and constantly pay attention to what's around me – Outer. That has been fascinating, I have developed a sort of a new contact lens, a new way of seeing the outer. In its totality, the inner the outer, I can't explain it so...

**Me:** So there are no separate ways of behaving, if I understand correctly, it is the way you investigate within you, which also brings the ability to recognize maybe and it's a mutual and...

**Vikram:** parallel matching... Yes

**Me:** I mean ongoing process

**Vikram:** Yes

**Me:** Between you and other people

**Vikram:** Yes, Absolutely

**Me:** So there is no sudden... OK, today I start this... no, it's a little by little way of going

**Vikram:** I am sure that during some moments some things could have, I don't know, raised... some realisations would have come by me or some things would have settled inside me, but I can't pinpoint that to any sudden movement. I can say it is gradual and it has been hopefully progressive.

**Me:** For how long do you experience this kind of behaviour?

**Vikram:** I think from the early memories of my childhood, I was always in tune with this in small portions, maybe in the last 15 years it has picked up some momentum

**Me:** Ok, so we could say that this process has started consciously, in an ongoing conscious process since 15 years. Can you, I know the answer already, would it be possible for you to envision what could be the future of this process or if you could imagine that this process could unfold more deeply, what would it be?

**Vikram:** I don't live like that and I don't answer questions like that. I don't envision anything, I don't use language terminologies like 'Would' or 'Will' in my language architecture. Right now as I am sitting and speaking with you, I retain the intention to progress with whatever I am in a process with. Anything beyond the now is something I don't look at, I don't pay attention to.

**Me:** Ok, so naturally, it is easier to refer to the past in a way because there are some ...

**Vikram:** Preferences,

**Me:** That's already great input, that resonates to me very strongly and I guess I have already started behaving this way. Do you think that being in the Now could be very strongly linked to clarity as a tool of behaving and could also be a universal tool that could make things unfold?

I mean, clarity could be only the consequence amongst other good consequences or just being in the Now. If you are in the Now, you cannot miss clarity. Is this correct? Can we express that in that way?

**Vikram:** So the honest truth is I don't have the competence as yet to answer the question and not qualified to give an assessment like that on a generic level. Let's just say that in my exploration, this is what is coming.

**Me:** Okay

**Vikram:** One of the by-products of being in the Now, has been some kind of clarity that comes with being in the Now.

**Me:** So that could be an advice you could share with me?

**Vikram:** Advice is a big word Denis. What I can do, I can put it in the middle, I play and share it with you

**Me:** Yeah

**Vikram:** and you take it however you want to take it.

**Me:** That's the purpose of this kind of exercise, taking the best from you, the best from Shraddhavan,

**Vikram:** Nice, so that is my small offering in the centre.

**Me:** Okay, I guess we are more or less complete. Would you like to add something else?

**Vikram:** Where I stand now, in my inner being, integrally, is not even 1 % of the potential it has, I have so many imperfections, difficulties, tendencies, items, weaknesses, insecurities, that I am constantly trying to make at least baby steps addressing them in the Now, all the time. I am not afraid, I feel comfortable.

**Me:** That leads me to another question. Could you try to define in a few words what is clarity to you and also, as a good consequence, brings clarity to your life?

**Vikram:** I don't know, what I think, let me give you an analogy. You stand in front of a mirror and you pour water on the mirror and you try your best to see the reflection. And you often think there is something not ok with the mirror or there is water all over the mirror... you are not even able to see your reflection. I think somewhere clarity is, when all the water settles down and you are truly able to see yourself in its entirety.

**Me:** Ok, that's for the first question, the second question is: what brings, beyond the clarity, what brings this behaviour and this commitment to constantly behave in that way, what brings that to you on a daily basis?

**Vikram:** ...

**Me:** Is it just because you cannot do without or is it that brings also benefits?

**Vikram:** Yeah, I think without it I would be almost a fish out of water. In many scenarios, I don't know about the benefits, but I see some ripples, small, that always is beneficial to myself and to the outer, when that sort of clarity comes through, but it is too early

**Me:** Does it bring some joy, or maybe does it bring some more facility or some more peace?

**Vikram:** Sure, I think it brings some traces of all those elements. It also brings traces of anger, confusion... all the other elements also. I think it is not this or that... it brings what it brings and then we will have to see how to hold it.

**Me:** OK thank you. Do you think we are complete for today?

**Vikram:** Yeah, I think we do

**What I will appropriate for myself from Vikram abilities:**

- Calm and silent, fluent flow of words, charism, spiritual dedication
- Natural and flowing capacity to speak English, from the thoughts to the oral expression, and as a non-mother tongue
- Capacities to moderate and facilitate meetings
- Capacity to last speaking English endlessly
- Skill to relate easily with some inner state of confidence
- Natural authority that empowers and gives joy to him

**What I will overcome and go beyond, among Vikram abilities:**

- Charism that may increase without self-satisfactory
- Better inner overview of eventual hidden forces, in order to avoid them to influence my inner state of consciousness

**What I will assess within myself, once I have extracted from Rakhal, Shradhdhavan and Vikram these abilities, and that they are step by step deeply implemented within me:**

- Regarding the 5 senses and the way they process individually and collectively
  - During a dialogue with 1 or 2 people, a better way to express myself physically, accompanying words with gestures that would emphasize my speech, also with my face that will match and stress the words and expressions expressed in a very fluent way. During a speech or a facilitation before an audience, a better way to move on the stage, in the same way that rakhal was feeling to dance.
  - Regarding the hearing and seeing senses, a better accurateness and interaction with the few people that I face or the audience, that will lead to new skills still to discover, but that will surely enhance my abilities proportionally.
  - Regarding the smelling / tasting senses, which are more primal, and more connected to the body, they will extend their range of regular capacities, bringing new help and abilities for the whole body to feel more incarnated and possibly more involved in the speech.
  - A kind of win-win process between the body (the senses) and the mind to be more interconnected together, participating both in the development of their respective capacities
- Regarding the feelings and emotional capacities:
  - New feelings and emotions to discover that will lead to endless increasing of number and quality of insights and inner inputs that process in this human journey of self-development that I am committed in
  - A profound sense of joy that will increase in return the fluency of the speech, regardless of the situation, be it with a few people or before a larger audience
  - Gratitude for the discovery of these new capacities and for the whole process that has led to this accomplishment

## **Achievement:**

### **Conference on Anger, Saturday 20 July, Auroville**

#### **Check-out and Assessment**

**Background:** The conference on “Anger, how to face mental disorders on the spiritual path” was the 4<sup>th</sup> one organised by Santé (Institute on Integral Health, Auroville), on my initiative. The 1<sup>st</sup> one has a general overview, the 2<sup>nd</sup> was about Sexuality, the 3<sup>rd</sup> one was discussing about the “Adverses forces”. Usually, the frame of the event is a brief introduction by me, a 40-minutes talk by Dr. Alok Pandey, Psychiatrist from Sri Aurobindo’s Ashram, and QA with the audience.

**Patterns:** During the last 4<sup>th</sup> of July, date of my birthday, I decided to change my name, from Denis to Dan. This decision was not sudden but rather following a decision taken a few weeks back, itself followed by a mental preparation on both the conscious and the subconscious levels. This decision is also linked to this NLP Master program, even though this latest aspect is only an aspect of a whole re-programming inner exercise. On the 4<sup>th</sup> of July, I officially changed my name, initiated a personal protocol and several rituals in order to establish the shift in the matter, and used payers and personal commitments to reinforce the re-programming. Symbolism (change of name), daily prayers, inner commitment and perseverance in the practice, are part of a whole process of ‘re-programming’ that will be explained further in details on the BEING website, to come soon. The prayers are still in on-going processes every day, on both conscious and subconscious levels (mornings during the preparation of the day, and night before getting asleep) because the re-programming deserves a minimum of time, from a few hours to a few months, depending of the shift to be achieved. Even though we may assess that a new habit could be shaped following the repetition of 3 similar thoughts, a deeper new program to be implemented, matching a strong old pattern to be transformed, such as a new language to be used for instance, may require additionally to symbolism and rituals, months and months of practice and perseverance. Indeed, the old pattern may only wait from us an absence of vigilance to show-up again. Modelizing is indeed a great tool, and it should be blended with additional techniques in order to be easily and lastly implemented.

**Aim:** Following the 8-months lasting process of Master NLP program, included (but not only) the modelisation of 3 skilled persons, the final outcome / assessment of this program was supposed to start with this talk on Anger, in which I was expected to manifest the skills that I had decided to implement in my life and my daily work: speaking fluently English before an audience. This execution was supposed to unfold by extracting specific aspects from my models, implement them during the talk and assess their viability and efficiency. Moreover, as an additional auspicious coincidence, Anger, as the day-topic, was supposed to be transcended in joy and achievement, which was meant to be acknowledged by both my conscious mind (humorously) and subconscious mind (symbolically).

**Testing the models:** My 3 models have different skills in expressing a similar competence, or different manners of implementing it. For the benefit of my speech, I had beforehand decided to choose a specific range of aspects that were naturally and commonly expressed by them.

Later on, I will assess whether these aspects were incarnated properly, or whether some different ones were chosen by my subconscious-mind, or whether it was a totally different and unexpected outcome. These skills are the following:

### **From Rakhal:**

- Natural and flowing capacity to speak English, from the thoughts to the oral expression, jumping over the translation state
- Capacities to moderate and facilitate meetings
- Natural authority that empowers and gives joy to him

### **From Shraddhavan:**

- Calm, clarity of thought, elegant pronunciation, natural charism
- Charism and compelling ability to catch the attention of the audience
- Natural authority that empowers and gives joy to him

### **From Vikram:**

- Calm and silent, fluent flow of words, charism, spiritual dedication
- Natural and flowing capacity to speak English, from the thoughts to the oral expression, and as a non-mother tongue
- Skill to relate easily with some inner state of confidence
- Natural authority that empowers and gives joy to him

**Starting of the day:** The journey started “officially” at 6.30 am by the daily ritual and prayer, reinforcing the shift between Denis and Dan, aimed to transform old bad habits and patterns in new skills and proficiencies, but it started “non-officially” a few days back, on a subconscious level, by starting unconsciously to visualize myself speaking before the audience, making mine my models’ abilities. In fact, I was frequently acknowledging myself repeating some kind of role, while visualising speaking before an audience, experiencing joy and happiness being capable so easily to achieve my goal. I took the taxi from Auroville to Pondicherry, in order to pick up Dr. Alok Pandey and Mr. Sushil (the cameraman) in front of Sri Aurobindo’s Ashram main entrance. In my opinion, it was more elegant and friendly to go personally to get them, rather than to expect them on the place of the conference. Thus, we discussed very friendly on the way from Pondicherry to Auroville, and I was pretty surprised and happy that my English was flowing, easy speaking and rich in vocabulary, actually without reflecting about my aim to follow the skills from my models I chose to implement this day. I had previously shared that my wordy English-speaking skills were depending on outer circumstances (people, gender, number, etc.), whereas my writing English is constantly at the same (good enough) level. This time, I allowed myself to be totally at ease (from the very beginning of the day, before I reached the Ashram), I jumped many time in the conversation, moreover, I initiated new talks by asking questions and so on, and it was a real pleasure to experience such a natural way of behaving, and speaking English.

**Unfolding of the conference:** Stating that this morning was not challenging at all would be false and a lie. Indeed, once we reached the conference hall, I unconsciously started to get myself mentally busy by checking whether every detail was fine, regarding the sounds and recording equipment's, water for the speaker, cushions for the attendance, etc. Obviously, the secret aim of this check-out was to get myself distracted, or at least, entertained by something else to think rather than my talk to come, as I was the one who was expected to facilitate the conference. The shift between a cosy and safety inner environment of a taxi, with the big amphitheatre that may host 100 people, was quite huge, and both my subconscious and my conscious mind acknowledged it strongly. There is no issue to get entertained by something else than the regular topic of our concern, if it's clearly acknowledged by the conscious mind and if it's not another pattern to avoid reality. Actually, it may be a good technique of getting out of a constant wrong and sterile behaviour of being endlessly focused on a subject without reaching any clear outcome. Thus, at this point, I decided to prepare myself more consciously, try to assess in which extend I would follow my models, and I isolated myself in the gardens for 10 minutes before the show. I stopped to visualize, even though some persistent images were still floating around my mind and focused myself of emptiness. The show was about to start, and no more efforts could add any substantial new outcome to a situation that was already complete since long. I decided to remain confident on my skills by letting spontaneity be.

I enter the hall slowly, calmly, plainly focused on my walk and my physical body. I reached the place, where Dr. Alok was already sitting, and took the microphone. 50 people were attending, some I knew personally, and others only by sight. While taking the micro, I was fully conscious of everything in my body, my heart and my mind. It was a great pleasure to experience such an awareness of all these small inputs spreaded by my whole body-mind organism, irrespectively of any possible sensation of comfort or discomfort (there was not that kind of feeling, as such), only fullness and saturation of sensations.

Then, I started to speak and to announce the organisation of the talk. My announcement was brief and concise, clear enough, and unfolded with a smooth while firm voice. Like Vikram and Shraddavan, I was calm and speaking slowly, with a clear attempt to spell and pronounce perfectly. Like Rakhal, I decided to not reflect or think too much about the sense of the words, to not translate innerly from French to English, and to foster a spontaneous way of speaking. As I knew that I own enough vocabulary, I preferred to trust in my capacities to calm myself, allowing the flow of words to stream naturally through my mind. Without any intention, I shared myself spontaneously in both an actor and an observer, which aimed to both act while taking some distance with the doer, that is helpful for being not too much stuck with possible remaining old patterns, and as well as useful to introduce clear acknowledgement of what is currently happening in my body-mind organism and bringing joy to the whole process. In a large extend, this 'sharing-process' was successful, and could be proposed as a technique for further benefits to teach to other possible candidates on other and different topics. From my 3 models, I allowed myself to break my speech with some short silences, that led the talk to reach easily any expectation or understanding from each attendee. This 'play' was part of a charism purpose that naturally raised.

While my presentation was unfolding, my inner sensations of time and space temporary vanish, since I was totally focused on both behaving and observing. Later I assessed that my presentation lasted barely 10 minutes, but these few minutes were that intense that I understand now that they may have been of a great significance for the future of my skills in speaking fluently English before an audience.

Dan was moving unconsciously the body, while speaking, getting the arms and the whole body in movement, moving from the left to the right, stressing some specific words that deserved to

be accentuated, with some movements with the left hand. The microphone changed from right to left hand, as well, that showed the ease in which the talk was proposed. The sight was clear and focused, embracing the whole audience and every attendee, as if each one could have been the witness of a very specific and magic event. Some risks were taken also, which were not necessary, but make me understand now the quality of ease that was experiencing in that moment, allowing me to come back to the origins of such talks, describing the initial purpose to make mental disorders matching with the spiritual path. The accurateness of the major VAKOG senses, sight, hearing, touching, increased slowly while compellingly in such an extent that, combined with the expansions of time and space, I could have kept talking endlessly on this subject. The split between the doer and the observer was very sharp, giving the certitude that some definitive technique and unexpected outcome has been achieved during that moment. If the doer experienced, during some very brief instant, the possibility of failure, as if the thought could have threaded from a very far unconscious position, the observer neutralized it very easily, considering it only as a leftover possibility that had nothing to do with the current situation. Moreover, one could play for a while with this possible back and forth situation, that may lead to a feeling of power regarding his own patterns. That is also an outcome, to understand that nothing is removed permanently, whereas inner growing implies a commitment of vigilance and of understanding the inner processes.

### **What was initially expected, once I would have extracted from my models their abilities:**

- Regarding the 5 senses and the way they process individually and collectively
  - During a dialogue with 1 or 2 people, a better way to express myself physically, accompanying words with gestures that would emphasize my speech, also with my face that will match and stress the words and expressions expressed in a very fluent way. During a speech or a facilitation before an audience, a better way to move on the stage, in the same way that Rakhal was feeling to dance.
  - Regarding the hearing and seeing senses, a better accurateness and interaction with the few people that I face or the audience, that will lead to new skills still to discover, but that will surely enhance my abilities proportionally.
  - Regarding the smelling / tasting senses, which are more primal, and more connected to the body, they will extend their range of regular capacities, bringing new help and abilities for the whole body to feel more incarnated and possibly more involved in the speech.
  - A kind of win-win process between the body (the senses) and the mind to be more interconnected together, participating both in the development of their respective capacities
- Regarding the feelings and emotional capacities:
  - New feelings and emotions to discover that will lead to endless increasing of number and quality of insights and inner inputs that process in this human journey of self-development that I am committed in
  - A profound sense of joy that will increase in return the fluentness of the speech, regardless of the situation, be it with a few people or before a larger audience
  - Gratitude for the discovery of these new capacities and for the whole process that has led to this accomplishment



**Concrete feedback of the day:** The outcome is not that different than the one expected, but a few details make the difference, making the whole experience possibly recalled as great and significant for the follow-up of the process.

- I succeed in speaking slowly and fully conscious, increasing both the capacities to become more charismatic and more aware of eventual possibilities of failure, but these latest were absent, or easily neutralised

- “A better way to move on the stage, in the same way that Rakhal was feeling to dance” was not that easy to implement, mainly due to the lack of space from where I was speaking, but the unconscious tendency to move was real

- The main VAKOG senses were active, giving sharpness to the consciousness expressing herself in both the doer and the observer

- “New feelings and emotions to discover” were mainly embodied in one which is the joy to finally be capable to reach the goal that has been selected

- “Gratitude for the discovery of these new capacities and for the whole process that has led to this accomplishment” is reaching the conclusion of the excellence within the modeling, which is the process of the NLP Master Course.

- Good feedback from attendees went later, by asking when could be hosted the next event, and by giving subjects they would like to discuss further in that frame of talks.

**Thank you for your kind consideration**

**- MASTER NLP PROJECT -**

Denis (Dan) Capdeville, August 2019

Auroville, Tamil Nadu – India