

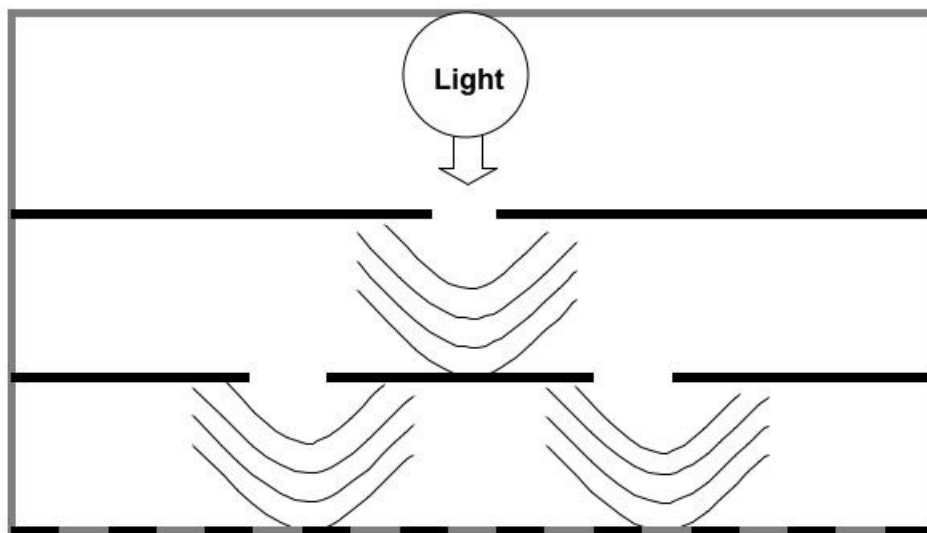
NLP & Quantum Physics

Where Magic Meets Science

David Shephard

In the 1800's modern science was at its pinnacle, scientists around the world believed that there were few mysteries left to discover in the Universe. They believed that they knew almost all there was to know. There were only two mysteries left to unravel – optics and light!

The problem was that no one could work out whether light was a wave or a particle. It seemed to change. Sometimes it acted like a wave phenomenon and other times it acted like a particle. You probably did one of the experiments at school that caused this confusion. It's called the double slit experiment. You take a bulb, two pieces of card and a screen. You put the card with one slit in it in front of the bulb and the second piece of card with two slits in it between the first card and the screen, as in the diagram below.



What you get projected on the screen is not two narrow slits of light but bands of dark and light which is called an *interference pattern*. For light to create an interference pattern it must be a wave. An interference pattern is like the patterns you get on the surface of a pond when you throw two pebbles in. Concentric

waves emanate from where each pebble entered the water. When these two sets of waves meet they interfere with each other.

If you were to take a photograph of the bands of dark and light by replacing the screen with a photographic plate, then view the resulting developed image under a microscope you would be able to see the individual molecules of photosensitive chemicals which had been hit by light. Photography works on the basis that light consists of photons or particles of light.

So is light a wave or a particle?

If we replace the bulb with a light source that emits just one particle of light and send it into the double slit experiment we still get an interference pattern. If we close one of the slits the interference pattern disappears and we get a single line of light. So with one slit closed light acts like a particle. If we then open the second slit we once again get an interference pattern and light acts like a wave. The question is, "How does the light going through the top slit know whether the bottom slit is open or not?"

If we were to take the light from a star 10 million light years away and put that into the experiment we can change the nature of the light by opening and closing one of the slits. We can make the light act like a wave one minute and a particle the next. However the light left the star 10 million years ago. Does that mean by changing the experiment we change history?

So how have scientists resolved this puzzle? They haven't, they create a concept called the wave-particle duality of light. So light is both a particle and a wave but never at the same time. If we observe it as a wave it acts like a wave. If we observe it as a particle it acts like a particle. The way we observe it changes its very nature. In quantum physics this is called The Observer Effect. As soon as this was created objective reality ceased to exist in the Universe. No longer could the observer be separated from the observed. Apologies to Isaac Newton!

The Observer Effect states that until you observe something you cannot determine what state the observed was in before you observed it and that observing something always changes what you observe. In fact before you observe something you cannot even prove it existed before. The very act of observing it could create it! It's almost as if the Universe is a chaotic mixture of every possible outcome all happening at the same time. When you observe something you pull one particular outcome out of the quantum soup and it exists, at least whilst you are observing it. There is no way for you to know what happens to it after you stop observing it.

A Quantum Physicist by the name of Schrodinger postulated an experiment to demonstrate the Observer Effect. The experiment was never actually done. It was just a mind experiment. Schrodinger suggested putting a cat in a sealed box

with a container of deadly poison. Over a certain period of time there was a 50% chance that the poison would be released into the box killing the cat. Until you open the box and observe the state of the cat you cannot predict in what state it is. It is 50% dead and 50% alive. If I was to open the box and find the cat alive and not tell you, then in my Universe the cat is alive and in yours it's still 50/50. If your friend looked in the box and subsequently the poison had been released and killed the cat but they didn't tell anyone, in my Universe the cat is a live, in theirs it is dead and in yours its still 50/50! We all have a different Universe.

Schrodinger said that if you are not totally appalled by the ramifications of Quantum Physics you do not fully understand it!

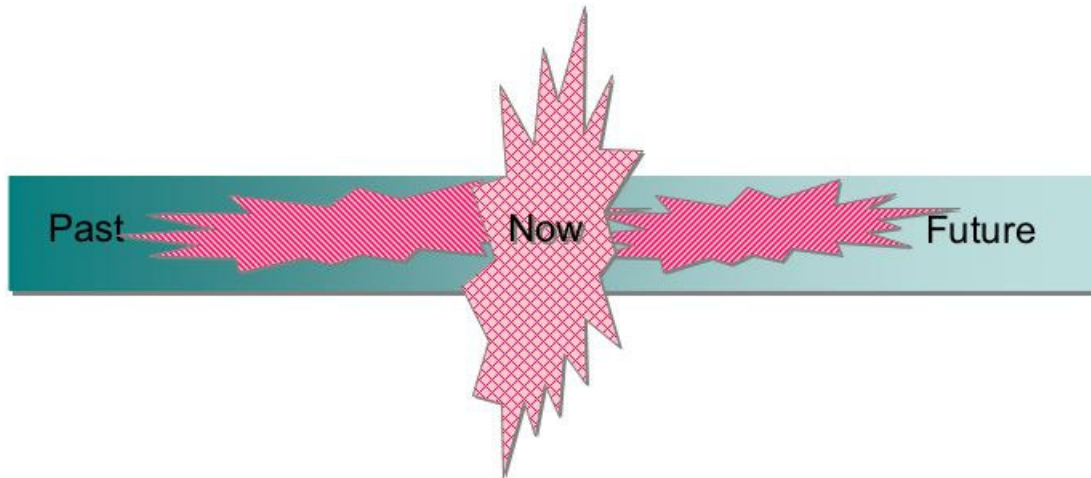
One of the latest and most startling theories in physics is that the Universe that you live in is a hologram projected from inside of you. You literally observe your Universe into being. Of course from a Quantum Physics point of view you can't even prove there is an outside let alone that there is a Universe there!

I know that everyone of you has experienced the holographic nature of the Universe. Have you ever had a dream and whilst you were in the dream you didn't realise you were asleep and dreaming? You thought you were awake and everything was real. It looked real, sounded real and felt real. Then you woke up and the entire Universe you were dreaming vaporised and disappeared. Quantum Physicists are postulating that the Universe that we live in when we are awake is the same, a dream. As you sit reading this article how do you know that in a moment you aren't going to wake up and find that your day hasn't even started yet, let alone that you were reading this article? Possibly the only way you could tell that you were dreaming is that articles that you read whilst dreaming say strange things that don't quite make sense!

An eminent Physicist, David Bohm repeatedly asked himself the following question, "If the Universe is a hologram what is it a hologram of?" He only ever managed to come up with one answer, "You". The Universe is a hologram of you and your nervous system is a hologram of the Universe. This is saying the same thing as appears in every ancient magical and spiritual teaching on the planet. As above, so below. As in the Microcosm so in the Macrocosm. You are the Universe and the Universe is you. Physics just got spiritual.

Holograms are created by having two or more waves interfere with each other. If you look at a true holographic plate all you can see is dots and rings like pebbles on a pond. Only when you shine a laser through it do you get the projected 3D image. So if the Universe is a hologram, how is it created?

The Waves of Time



There is no absolute past or future. There are an infinite number of probable pasts and an infinite number of probable futures. Everything that could have happened did. You choose the one you observe and create it. Everything that could happen has. You just choose the one you observe and create it. We have a wave of probabilities travelling from the past and a wave of probabilities travelling from the future. They meet and create an interference pattern at this place in time we call now. We can only experience now, never the past or the future. If you relive an event in your childhood, for instance, you are not experiencing the past. You are experiencing the past now. If you imagine an event in the future, you are not experiencing the future you are experiencing the future now. Now is the only thing you will ever experience and it is a hologram created by all the possible pasts and all the possible futures interfering with each other.

Where does NLP and techniques like Time Line Therapy® fit in with all this? If this wasn't the nature of true reality, NLP and Time Line Therapy® wouldn't work! One of my favourite quotes from Richard Bandler, one of the original creators of NLP, is, "It's never too late to have a happy childhood". If you have a problem with your childhood, you don't have a problem with your actual childhood, that's gone. You have a problem with the childhood you are observing now. In the quantum Universe everything that could have happened in your childhood did. The one you think is real is the one you are choosing to observe. Change your observation, you change the events and the meaning of the events in your past.

You heal it up. All you have is your Internal Representation of the events in the past and that wasn't even "real" when it happened!

The most effective way of changing the now you are experiencing is to change both the probability wave from the past and the future. Time Line Therapy® is excellent at this. You change the wave from the past by releasing negative emotions like Anger, Sadness, Fear, Hurt, and Guilt from the past. You delete limiting decisions you made in the past and finally change the wave from the future by programming events into your future time line. When done successfully your experience of Now changes. That's Magic!

How far can you go with this? Your body is a projection too. From a Quantum Physics point of view you can't even prove you have one! So if you change the holographic slide you use to project your physical body, your perception of your physical body will change. This means it would be possible to heal the body. Is this what the ancient healers of the Earth knew and used?

Who would have thought that Cause and Effect from NLP, Perception is Projection from Carl Jung, As Above So Below from Hermes Trismegistus and the Mind-Body connection would be supported by a comparatively new branch of physics? What a projection!

Further reading:-

The Holographic Universe – Michael Talbot
Parallel Universes – Fred Alan Wolf

Movies:-

The Matrix
The Thirteenth Floor
Vanilla Skies

David Shephard is Chairman and Head of Research and Training for The Performance Partnership Limited, one of the UK's leading NLP Training Institutes. David is a Certified Master Trainer of NLP and Time Line Therapy®, an Instructor of Hypnotherapy and Teacher of C21st Magic. He is renowned for his entertaining and empowering teaching style and for his ability to make the most complex subjects easy to understand and use by everyone. David has studied personal development and empowerment from the purely scientific to the truly magical. He can be contacted at david@performancepartnership.com or by telephone on 0208 992 9523. You can find out more about David's training programmes and order complimentary copies of his Introduction to NLP and Introduction to C21st Magic cds at www.performancepartnership.com.