

# ms voice

## Golden Girls



**INSIDE:** An insight into the lives and times of 'our' Golden Girls...

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# Moose Group does... NLP

## The Moose Group

**In our continuing attempts to manage MS, with our brand of proactive triumphant, stubborn, 'moose-like' approach, we have decided to focus on the brain.**

We heard through the MS grapevine that it was something important! We asked Charlotte Hinksman, an NLP practitioner of some repute to come and talk to the group and we got more than we bargained for!

## What is neuro-linguistic programming (NLP)?

**Neuro** refers to the brain and the nervous system. The brain and the nervous system connect everything up in your body; immune system, organs, skeleton and so on.

**Linguistic** refers to the study of understanding the natural language of the brain and nervous system i.e. how it takes in information from the world through the 5 senses and how it internally codes and stores this information. These are called your internal representations. No two people ever represent the world in exactly the same way, it is completely unique to the individual.

**Programming** refers to the way your brain and mind and nervous system are all connected, and set up to "do" or "not do" certain things as a result of these unique internal representations. It can be seen like "computer programming" -

i.e. the "software" of the brain. If you think about a computer, you have the screen, the hard drive and the keyboard -the "hardware". In order to do anything with it, it needs to have software too like Word or Excel. What we can do with it depends on what software we have. It is the same for our brain. We need to "program the software" to be able to function - i.e. to have a personality, to have thoughts, feelings, emotions, beliefs, skills and responses and behaviors. Most of these are generated unconsciously (without you even being aware).

The good news for computers and brains is if we do not like the way it is running, we can effectively "re-program" the software to change what it does now, and get it to do more of what we want it to do instead.

It is the same with NLP for your brain. It is a methodology for understanding this specific language of the brain, the structure of someone's internal experience, and the tools to change it directly. It is therefore a whole model of working with people to enable real human development and change in a faster and easier way.

## How can NLP help me?

NLP is used all over the world in lots of different ways in education, personal development, health care, business and sports performance.

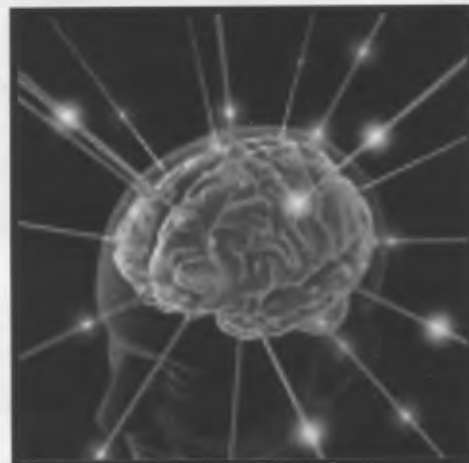
Charlotte Hinksman specialises in one to one therapy and coaching to achieve physical

health, mental wellbeing and peak performance.

Now, I mentioned that we got more than we bargained for. Charlotte demonstrated how powerful changing your thought patterns could be. The entire group experienced first hand the power of NLP by taking part in a two-part group experiment where we discovered that by changing our thoughts and using our brains more purposefully, could actually move our bodies staggeringly further (up to 50% more for some of us) in the second round!

Not only that, but that we did it with absolute ease and comfort. You can imagine how surprised we were by this demonstration of the power of our thoughts and how they influence our physical body.

Secondly Charlotte gave us some exercises to take away and those who have followed them found that they WORK. So we want to share these with you.





# With Charlotte Hinksman

Charlotte Hinksman - lead therapist, coach and trainer

BA (hons) psychology, certified NLP master practitioner; Time Line Therapy™, Ericksonian Hypnotherapy, Chartered Health Practitioner in NZ, Certified NLP Instructor of Transforming Communication, Member NZANLP, NZPS, BPS.



## NLP Exercises:

**Help your brain help your body, by controlling the things you CAN control. Give your brain the instructions to promote more relaxed and positive states of mind, for better health outcomes overall.**

### Positive Outcomes

- In "challenging" times –see a way out - a different outcome
- State how you want to feel in a positive way
- Imagine what you would see, hear, say to yourself, focus on and be doing differently when you have this
- Spend time focusing on this; visualise at least once a day

### Change your Focus

- There are up to 60,000 thoughts generated in your brain every day
- Not all of these are going to be useful to you!
- It is well researched and proven that happiness is how you FEEL about what you have, NOT what you have
- You can start doing that right now

### In the Morning

Write down 3 things that you are looking forward to.

### In the Evening, Before Bed

Write down 3 things that you've been grateful for.

There was a certain stunned feeling in the group to hear a professional talk with such clarity, conviction and positivity about managing MS. Our poor "downtrodden" health system can find little to be positive about which can set up a thought pattern in our brains that we then look to positively reinforce. That is Science. When you want to be in a good mood, you surround yourself with people in a good mood. It's Pooh Bear you seek, Eeyore won't cheer you up! So NLP proved to be of real tangible benefit, but like everything, it requires attention and effort. If you are ready to look to your brain for some answers, the Moose say yes to NLP!

We would like to say a **BIG THANK YOU** to Charlotte who gave up her evening to talk to the group and had come prepared. She made a long lasting impression and we are very excited because Charlotte has agreed to provide NLP at our **Moose Group RETREAT**. The retreat is at Riverslea Retreat Centre, [www.riverslearetreat.co.nz](http://www.riverslearetreat.co.nz), on 30th October for 2 nights for \$210 including food and accommodation. The programme is designed to provide health and wellbeing, news and information with plenty of relaxation and fun. Further details of this great unique retreat for people with MS and their families contact Roisin: 04 973 3874 [roisinking@mac.com](mailto:roisinking@mac.com).

For the latest NLP news and information about upcoming courses, events and inspiration sign up for Charlotte's **FREE** bi-monthly newsletter, go to [www.charlottehinksman.com](http://www.charlottehinksman.com)

## Join the Moose Group!

The Moose Group meets every 2nd Tuesday at 7pm 8:30pm

**Location** Newlands Community Centre, 9 Batchelor Street, Newlands.

### Contact

For enquiries please contact Roisin King on 04 9733874, [roisinking@mac.com](mailto:roisinking@mac.com)

