

A Primer on Language Sculpting

By Star Newland

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When the Dolphin's Message came to me in Vancouver, B.C., December 23, 1986 I was a fairly new dolphin researcher, working with the Human/Dolphin Foundation, under the aegis of my friends Toni and Dr. John C. Lilly, world renowned dolphin researchers on interspecies communications.

As was my practice I went to write and a message came through the dolphins which said, "You will create a new style of writing that is holographic in essence." I thought, "Cool, sure." This sounded like it had something to do with dolphin communications because of the reference to the holographs.

Even though dolphins were a new part of my life they had already captured my interest and intention to learn as much as I could about them and how to communicate with them.

Little did I realize how much my life and the world would be changed because of our connection.

A Primer on Language Sculpting is one of the many gifts passed on to me and the rest of us through them.

Star Newland

Orchidland, Puna,

Hawai'i

How to create coherent realities through the conscious use of language -

Over the next few months I became aware of an increased awareness and sensitivity of words and how they felt.

Thoughts started changing in my mind as I realized how they could be cleared to sound and feel better. Then taking pen to hand I'd make changes in newspapers, or books to see what happened. This went on for a while as this sensitivity was shared with others and it was increasingly apparent *how things are said, what words we use matters a lot.*

A few years later when my son Ariel was about 16 months old we were walking home late one night and I wondered again what was I doing with language that was different.

Slowly an image appeared of the jade carvers of old who would sit with their block of jade for a period of time, even years, until its perfect form was revealed. Then, the extra jade was carved away, leaving the perfect carving. However long it took, however intricate the sculpture, there would often be only a small amount of jade dust left over.

That resonated with what I was doing with language - the perfect form of the communication was clear, coherent, and inherent. It took a little stillness, coming into the present to see the perfect communication, 'sculpting' away the extra words while coming to use the true words that were clear and

expressive of what was being communicated. And so, language sculpting got its name. I was using language to sculpt/create realities.

Language Sculpting as a 'Meta-technology' -

Used this way, 'meta' means encompassing and beyond. Technology means something which acts upon something else, thereby changing it. Thus, a meta-technology is one that encompasses others and can change them.

When language sculpting principles are applied to any communication the language will be cleared, made more coherent, the words and pictures they make congruent. Any communication will be changed by its application and improved. How?

Consider that virtually all communications are in the 'common usage' form. 'Don't get home late', 'Real winners don't use drugs', 'Just say no to domestic violence', and 'The Lord is my shepherd, I shall not want' are popular examples of what in language sculpting terms are referred to as 'common usage' of the language.

That is defined as how language is commonly used, it is zero about positive or negative language. It is that it is usually thought/spoken/written of that way. It is how the culture and media communicate. It is how our parents and all

social structures communicated with us, especially schools. It is how books are written and films are scripted and how churches and the law, even medicine is perceived as in the 'war on cancer'. It is a matrix of thinking skewed in a certain way.

When we language sculpt the above phrases they become 'conscious usage' of the language as in 'Please be home on time', 'Real Winners are Naturally High', 'Just say Yes to Domestic Harmony', and 'The Lord is my shepherd, I am well tended' and so on. We are choosing words that create the picture of what we are communicating. Just as dolphins have to be conscious about every breath, sculpting prompts us to be conscious about every word. In other words, to be conscious!

Common usage	Conscious Usage
No/not	Zero
I promise I won't waste it	I promise I'll make the most of it
Don't mess it up	Get it right
No extra charge	For free/As a gift/Aloha
Makes me less nervous	Makes me more relaxed/at ease
If you do not act enthused	If you act bored
I don't want to get sick	I want to stay well
There's no reason	There's zero reason
Usually won't be offended	Usually will be alright with
Time wasn't wasted.	Time was well spent

No problem	You are welcome
Peace	Harmony
No one's failed	Everyone has passed
Not a bad deal	It's a good deal
Don't jump to conclusions.	Go past the obvious
Don't make life difficult	Make life easier
Don't jump the gun	Wait till you get the signal
Don' worry, be happy	Be happy
End the war on drugs	Begin the dialogue on drugs
Don't worry this won't hurt	Take it easy, you'll be fine
I don't want to get hurt.	I want to be alright
Don't beat on your wife	Be good to your wife
I've not lost a case.	I've won every case
Don't fight.	Let this settle down
No worries	Zero worries
What we don't want to do	What we do want to do
For not being complacent	For keeping vigilant
Not sitting on your hands	Continuing to work actively
If you don't mind	If it's alright

As we can tell from the above examples, we feel better and the words we are expressing sound better as 'sculpting' is applied. And it is easy to understand. When we are easy to understand we get along better with the world. Consider that it is said that 90% of wars and fights are due to poor communications. That means we can have 90% more harmony in the world just by being better communicators.

Every word, every thought matters -

Every word generates specific neuro-chemicals that flow through our system directing energy, thoughts, creating experiences according to the pictures and feelings that go with the words. Are we generating yummy or yucky or neutral feelings? Moment by moment we get to choose how we perceive what is going on 'around' us. Better to say, "I would like to have a good time tonight," rather than "I don't want to be alone again."

Physiology and brain wave states -

As we create more coherent thought forms and inner dialogue we are changing our physiology by producing better neuro-chemicals and coherent brain wave states. Our more open, calmer mind allows us more access to our 'higher mind', the neo-cortex, or new brain. As we feel better then we perceive our life and the world in a better way, which in turn helps us create more yummy neuro-chemicals which helps us create/perceive a better world view and so on.

It can be shown by our body's response to sculpting language that the new communication is stronger in the body. A simple application of muscle testing will reflect this difference when we are conscious of our communications.

Self-Fulfilling Prophecy-

Since we influence events by our expectations we might as well expect good things to happen. This is expressed by the phrase, "Think good first." How we think and say things determines what we see, how we see life. We are empowered to change things in the moment by seeing/saying differently.

How to encourage certain behaviors and responses -

Rather than saying, "I don't like it when you are mean to me," we sculpt to, "I like it/prefer when you are kind to me!" This creates a clear thought form of what we prefer. It is easier by far to give us what we prefer when we are clear about it ourselves. When we ask our children to keep their rooms clean, as in, "I like it when you put your things away and help me," it is better than fussing them because it's a mess.

Buying it back - Two different pictures at once -

Parents are fond of saying things like, "Have fun, don't get hurt". This creates two different thought forms which creates chaos. This is very confusing to the child because on the one hand they are hearing words/seeing picture of having fun. Then it is overlaid with the images/sense of anxiety about getting hurt. What's a parent to do? Put out one clear picture, along with the words, "Have fun, take care."

What do we have? One thought, one outcome - a coherent reality.

The Power of Zero -

Language sculpting makes use of 'zero' to help us come into the present. As we hear what we're saying and realize we want to change it, we 'sculpt'. We are being conscious of what we want to say now. For example, "I don't want to fail my test." We 'zero' out the 'not' to, "I zero want to fail my test." Then for final clarity we would say, "I'm going to pass my test". Using zero in this way brings us to awareness of a 'k'not to be opened, something to be changed, as in transitioning from 'not miss flight' to 'zero miss flight' to 'catch my flight.'

Back in the late 1980's shortly before my son was born it was reported that our children heard 'no' and 'nots' at least 40,000 to 50,000 times from birth to 5 years old. That was 25 to 28 times a day from day one. And now it is even more because of the complexity and earlier exposure to media.

I knew there had to be something better to pass on to my yet to be born child for this is what my intention was - to communicate in such a way that it would be easy for a child to follow through. As a child wires in language they are also wiring in their bodies. It is apparent that we can help them by our own clarity and awareness of what we are creating with

our use of language. In terms of communicating to a new child, using open language, clear picture language helps them be coherent in that their action matches words, matches intention. They are 'wired' for completion.

Then, our communications with them are more harmonious as is our life together. Picture the 'terrific two's' rather than the 'terrible two's'. How sweet is that?

As they mature and bring these skills to relationships, everything benefits including their education and life in the community. What a gift!

For more information see: www.PlanetPuna.com
or email: PlanetPuna@yahoo.com

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For Nancy,

So amazing to know you
& share the stories of your
travels.

I see so much light being
shared wherever you alight.
Mahalo for being here & my
new pod sister.

Love & appreciation,

Steve Newland
Orchidland, Hawaii