



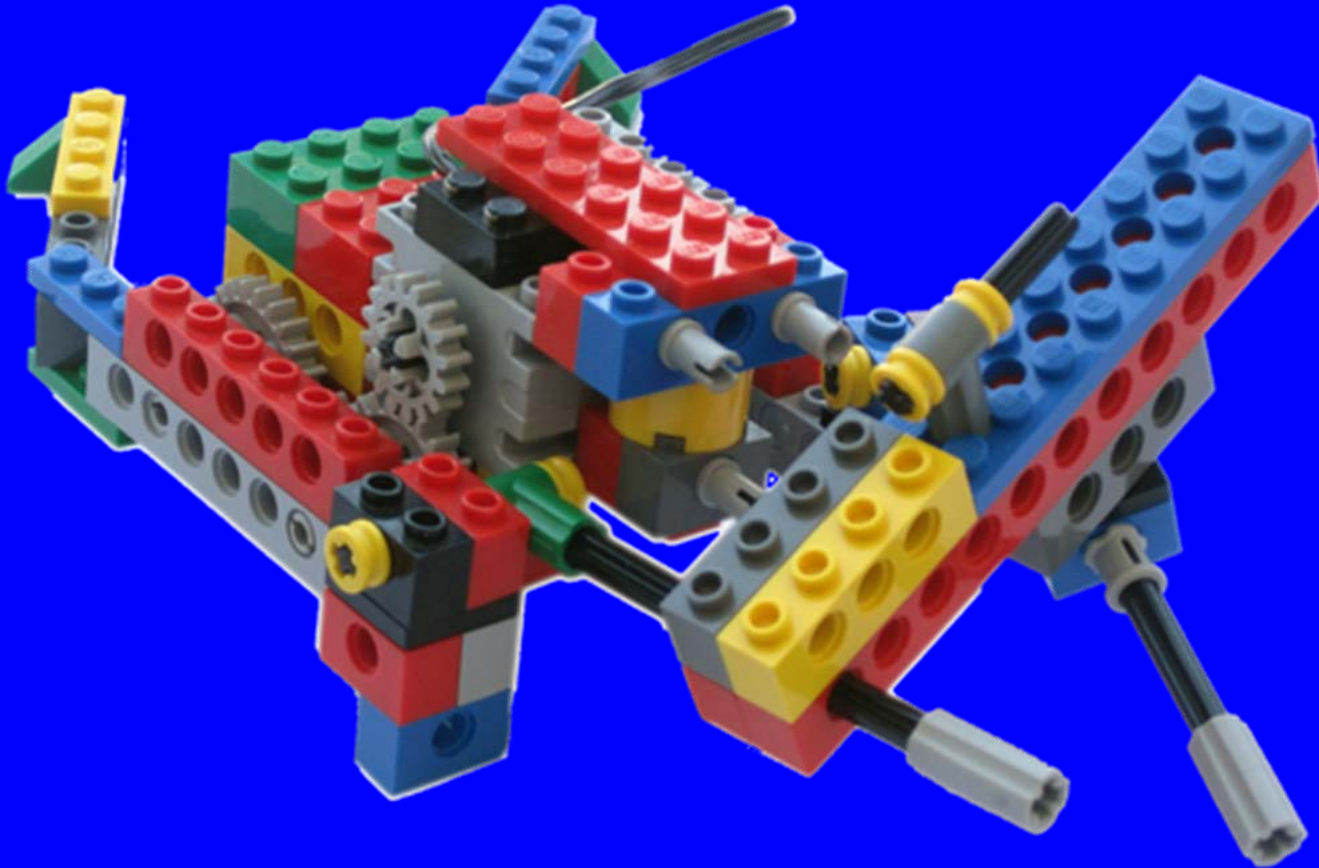
Master NLP Practitioner Summary



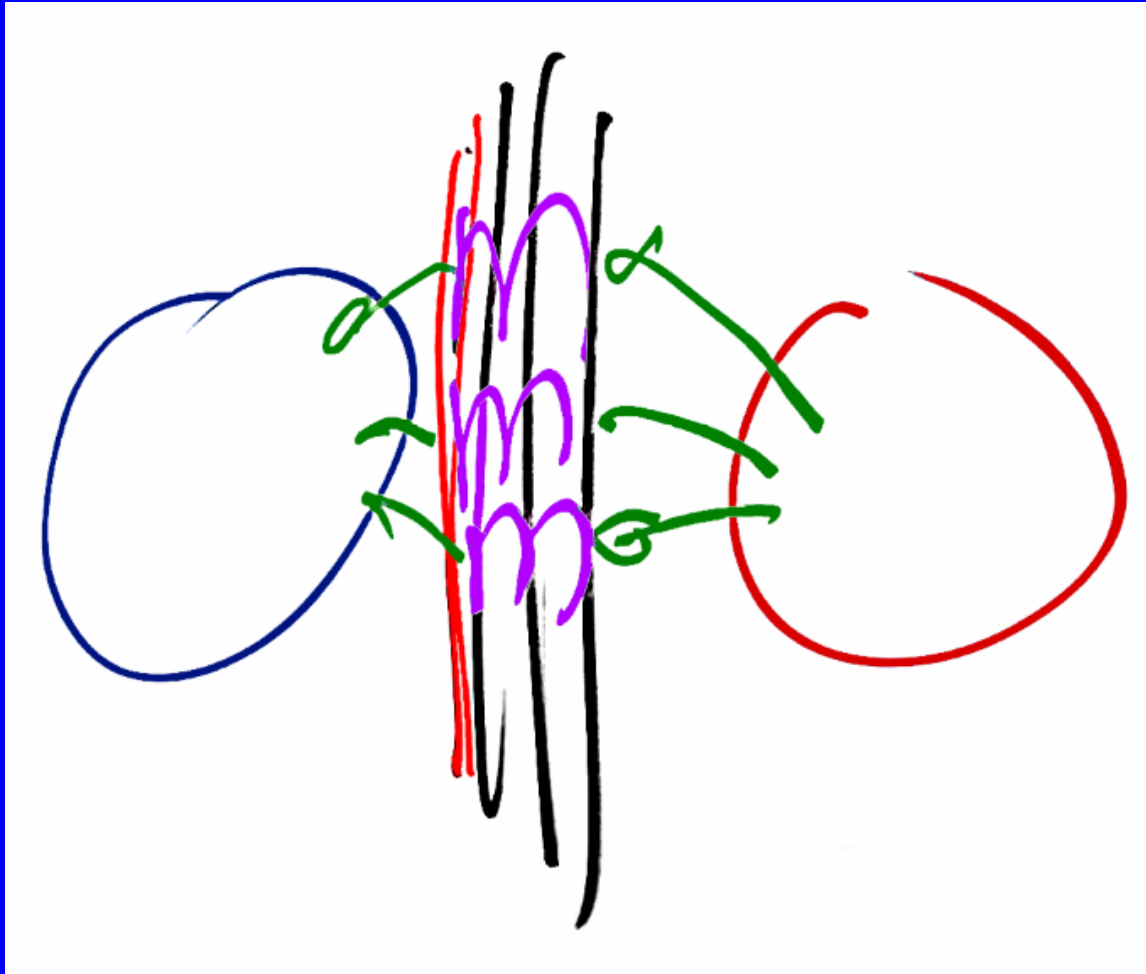
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NLP 是什麼？

NLP = Modeling...



Modeling: 拉近兩個世界的距離...



Definitions of NLP Modeling...

JG = Observe &
map a process
underlying performance

P.B. Sequential
Elicitation

JG. : minimal perceptual
& Analytical Categories
of models

P.B. : by reduction

NLP 的根本過程...

Meta?

Above + Beyond

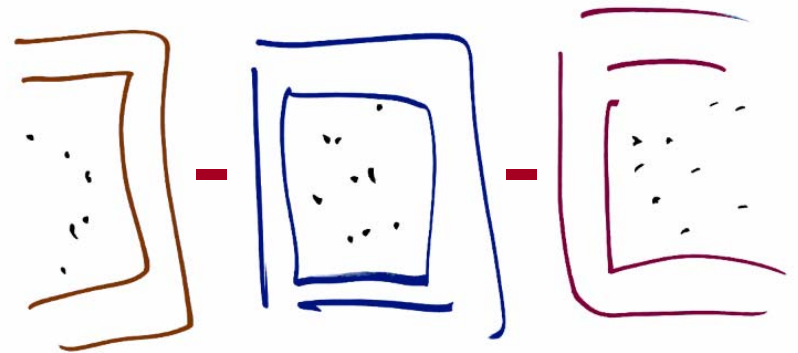


看到更多



身處外邊

Meta?



NLP 角度: 人如何思維...

NLP 思維核心: 如何 X, 如何 N...

Exe Cognitive
Functions

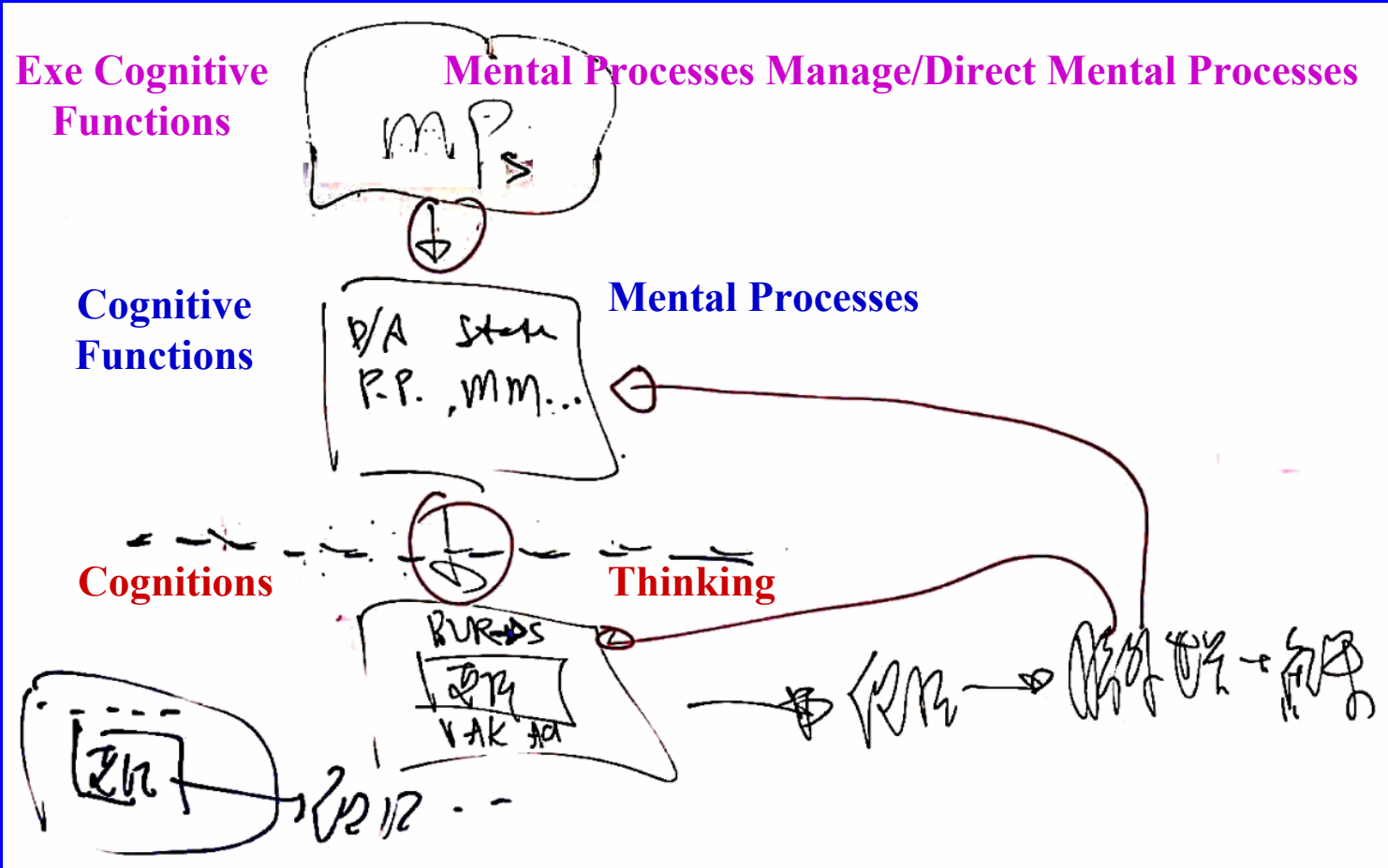
Mental Processes Manage/Direct Mental Processes

Cognitive
Functions

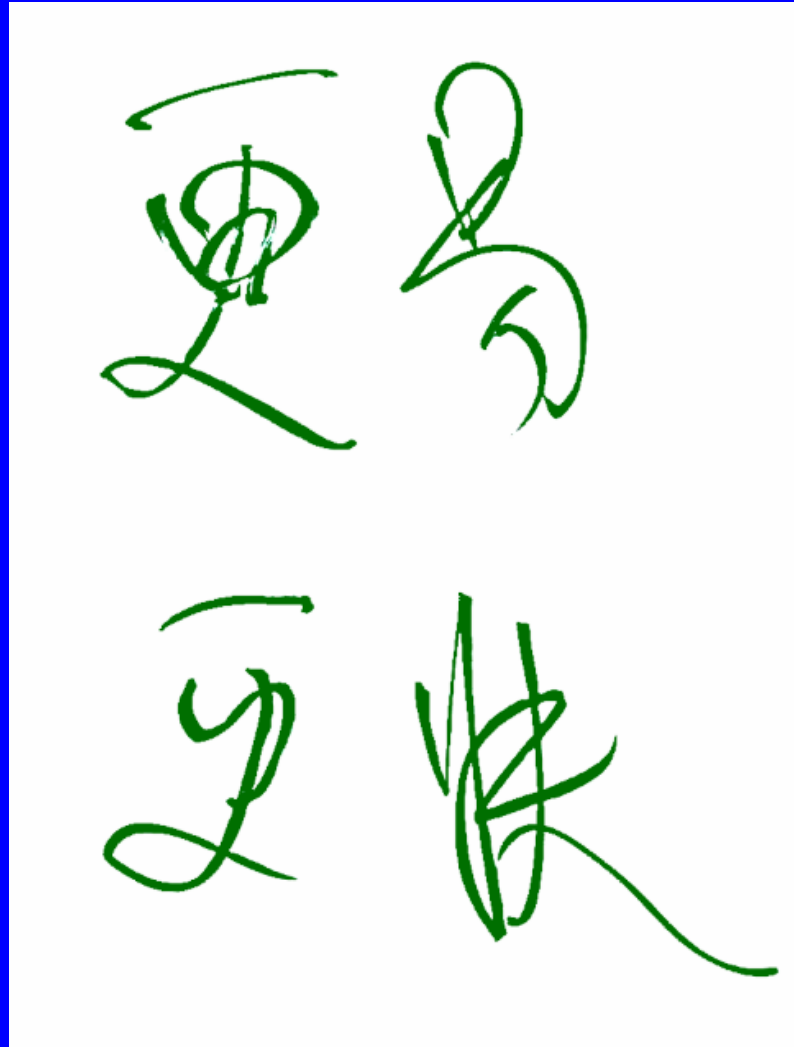
Mental Processes

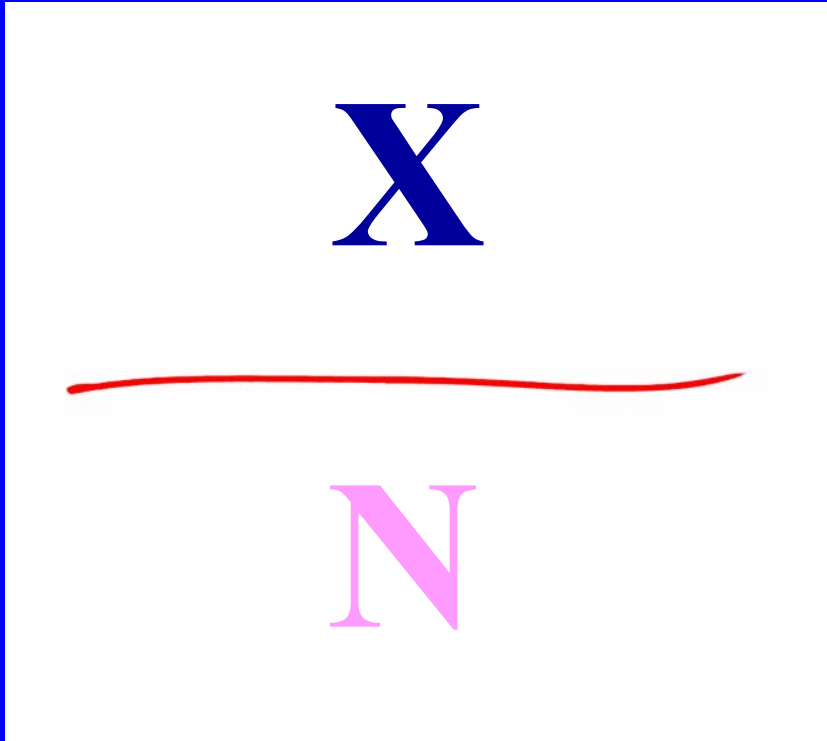
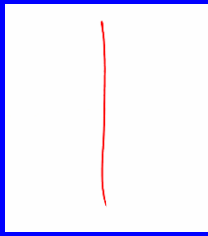
Cognitions

Thinking



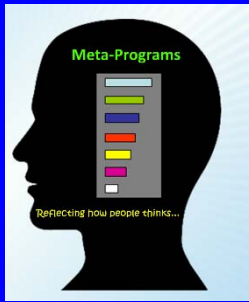
又難又煩, 為什麼 X-Thinking?





A landscape photograph featuring a dirt road that curves through a lush green field towards a single, large, leafy tree standing on a small hill in the distance. The sky is a clear, bright blue with a few wispy clouds. A white rectangular box is superimposed on the right side of the image, containing the text "IT'S NOT EASY BUT IT'S WORTH IT" in a bold, sans-serif font. The words "EASY" and "WORTH IT" are highlighted in orange, while the others are in black.

**IT'S NOT
EASY
BUT IT'S
WORTH IT**



M1

X on X

X on N

N on N
N

Metz
metz
MP Metz
Punishment
T chut
T chut
T
Meka
MP Practitioner
T chut T
meso
MP skills
Punishment T.

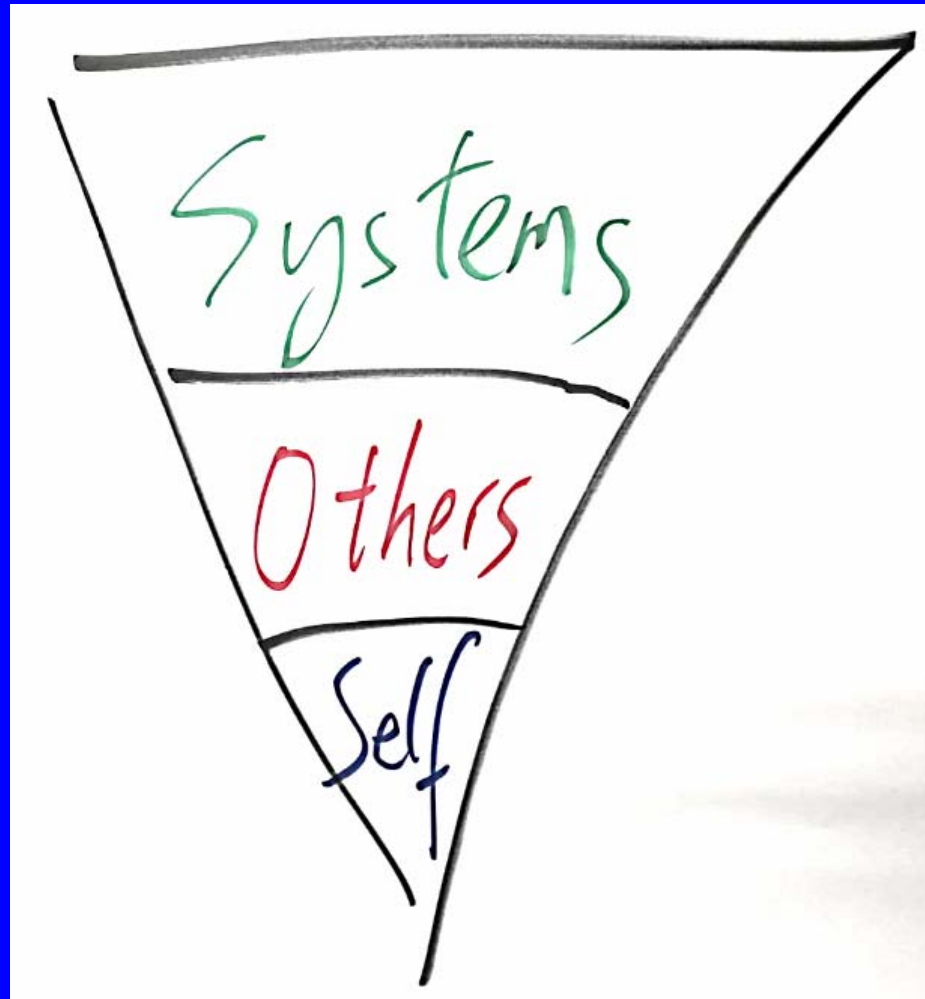
Strategy
Modeling
Meta-Models

Mastery...

X on X

X on X

X on N



N on N
N

Levels of Thinking...

Meta-Thinking
Meta-Thinking Meta-Thinking ↔ State

Thinking Thinking ↔ Thinking
State

Thought ↔ State

↑ ↑
thinking ↔ feeling

Mak
 mak
 Mak
 meso
 NP Mak T. dnt
 Rukun T. dnt
 T
 NP Rukun T
 T
 NP Skala Rukun T.

Hand-drawn diagram of a memory stack frame. A green arrow points to the top section containing four question marks '????'. A cyan arrow points to the middle section labeled 'S.BVR'. A yellow arrow points to the bottom section containing a box with '10' and '15' and some scribbles.

思想

思想

思想

思想

思想

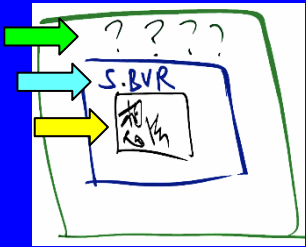
Levels of Thinking...

Maka maka NP Maka T chuk
Pamukan T dha
T

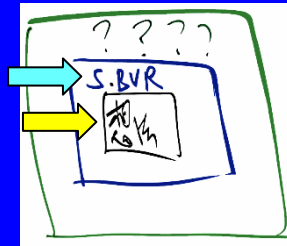
maka NP Pamuktan
Tahuk T

meso NP Skulu
Pamuktan T.

Meta-Thinking



Thinking



Thoughts

思想

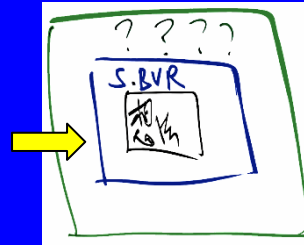
思想

思想

思想

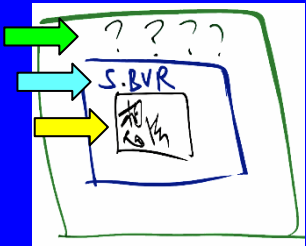
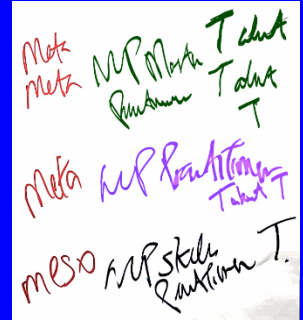
思想

思想



Levels of Thinking...

Content-less

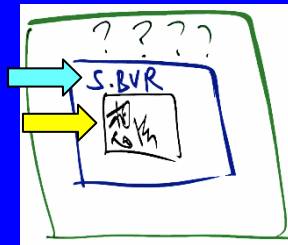


思想

思想

思想

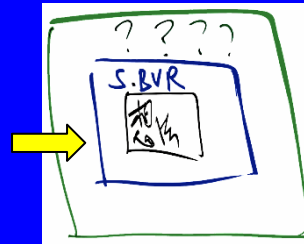
Whole – Content



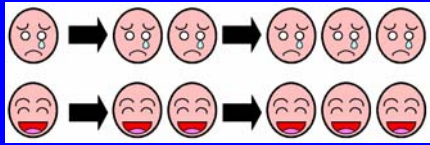
思想

思想

Content-ful



思想



M2

Context on Context...

X on X

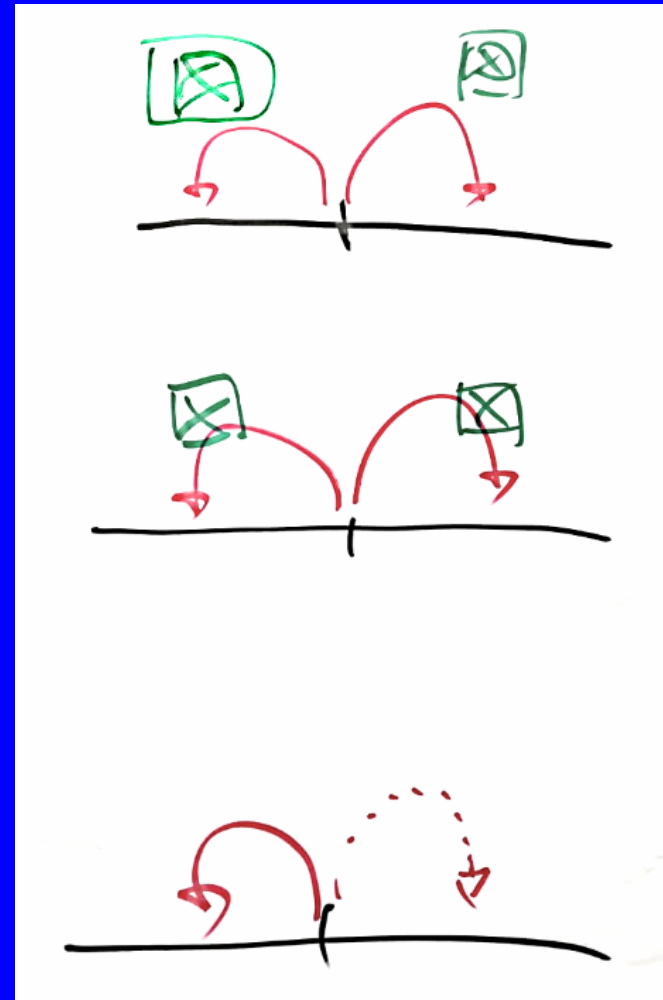
Context on Context

X on N

Context on Content

Content on Content

N on N



X on X

X on N

N on N
N

N on N
N

M → ST → SM

D → (D) → 清晰

A → (A) → 混乱

如何自我中心?

X on X

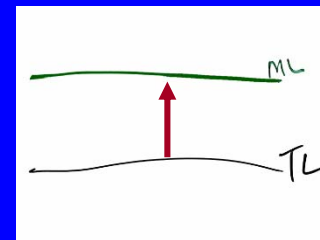
Assume
+
Meso
N on N
N
Now

Dissociate

N on N
N

Meta

X on N



為何用 Time Line?

X on X

X on N

Why T.L.?

Code Time

N N N

N on N N on N N on N

Code PNF

Change PNF

Code

Discover

為何用 Time Line?

Meta-Thinking

Thinking

Why T.L.?

Code Time

Thoughts Thoughts Thoughts

Code P N F

Change P N F

Code

Discover

↑

為何用 Time Line?

Content-less

Why T.L.?

Code Time

Content-ful Content-ful Content-ful

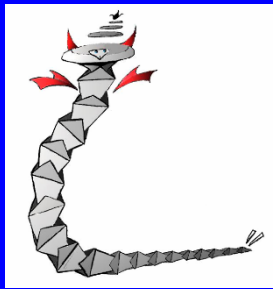
Code PNF

Change PNF

Code

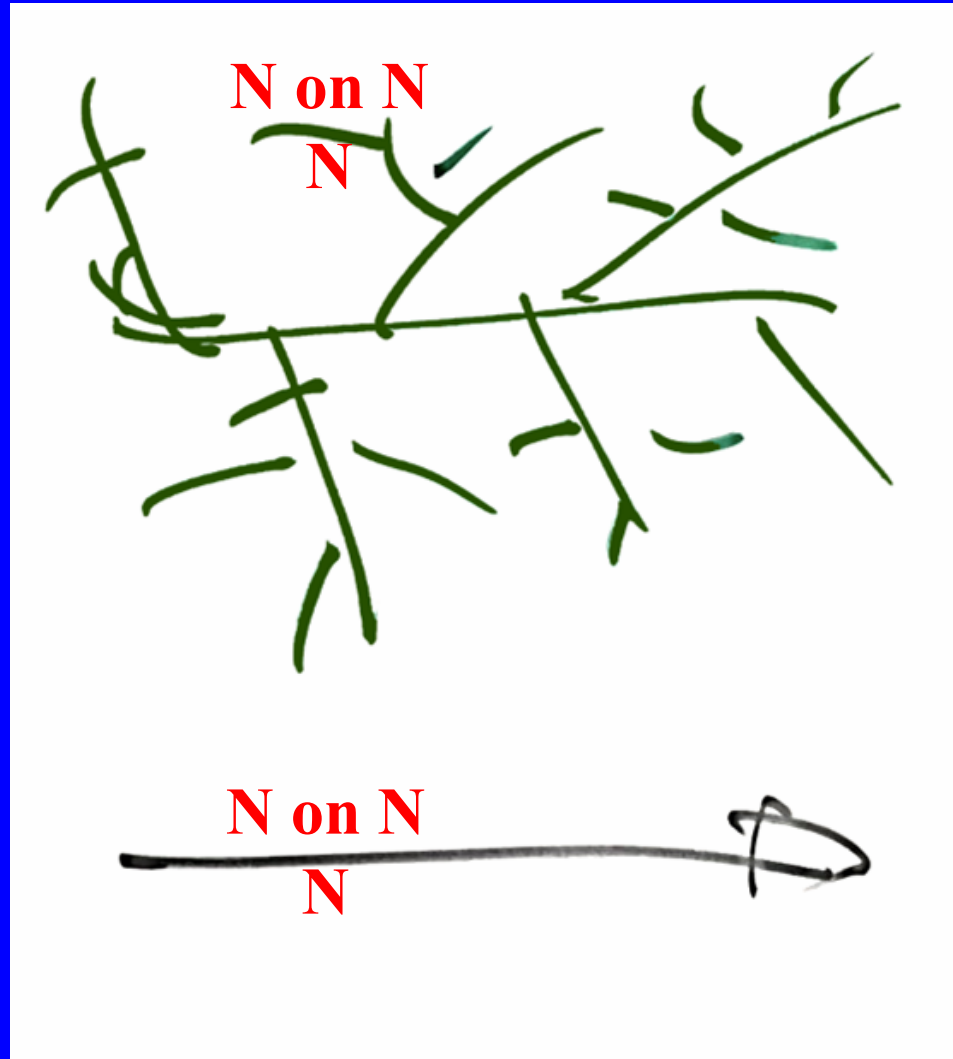
Discover

Whole – Content



M3

Strategy / Advanced Modeling...

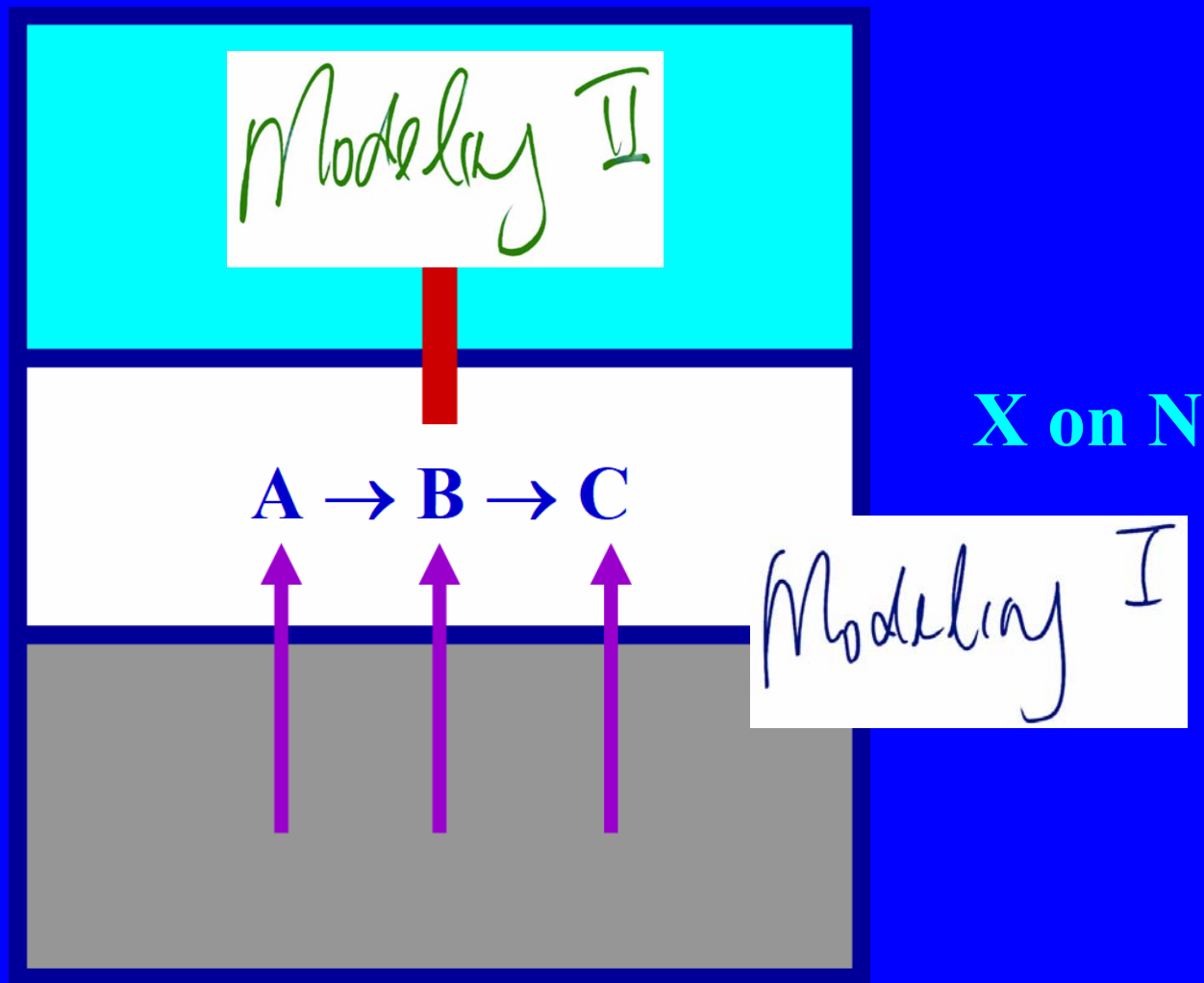


X on X

X on N

Advanced Modeling
Basic Modeling

X on X

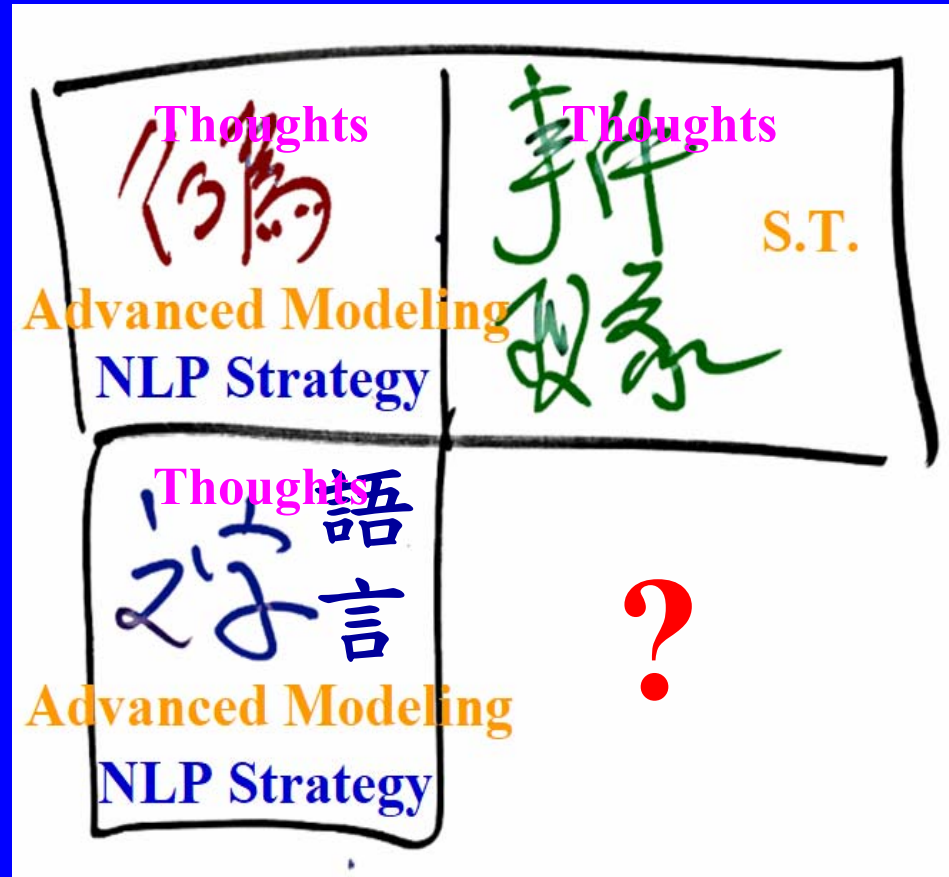


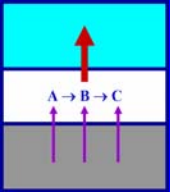
Thinking

Individual Collective

Implicit

Explicit





Conceptualizing Meta-Programs

X on X

Cognitizing Meta-Programs

D/A Perceptual Positions

States

X on N

BVR

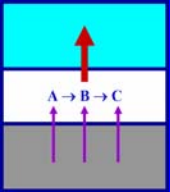
X on N

Strategy

Submodalities

N on N

N



Conceptualizing Meta-Programs

Cognitizing Meta-Programs

Meta
Thinking

D/A Perceptual Positions

States

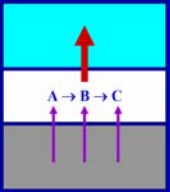
Thinking

BVR

Thinking

Strategy
Submodalities

Thoughts



Conceptualizing Meta-Programs

Cognitizing Meta-Programs

Content-less

D/A Perceptual Positions

States

Whole – Content

BVR

Whole – Content

Strategy

Submodalities

Content-ful



M4

X on X



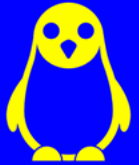
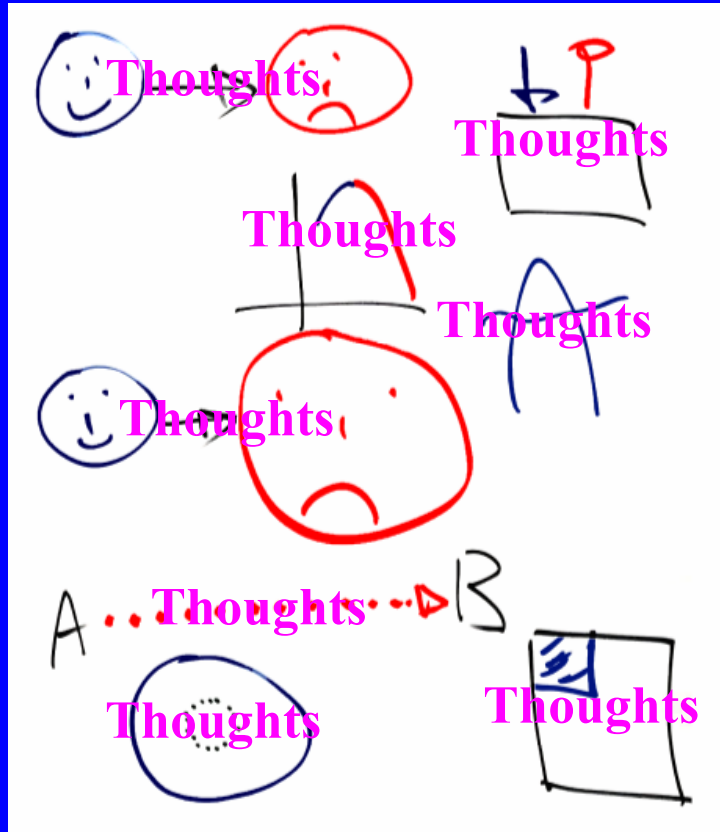
X on N



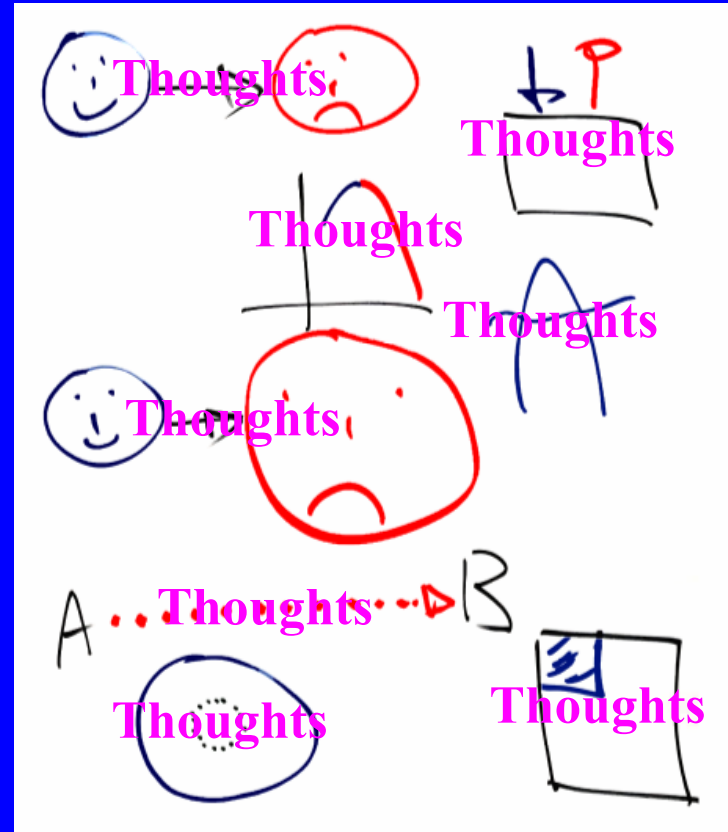
Meta-Thinking



Thinking



Thinking



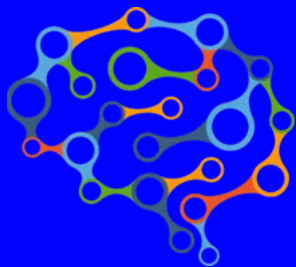
X on X

X on N

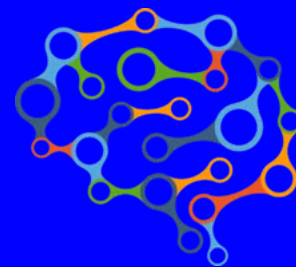
X on N

	片面	兩面
沒有焦點	等 N on N N	不論 N on N N
有焦點	N on N N 忽略	N on N N 反省

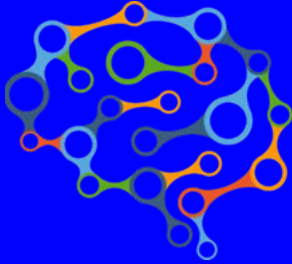
X on X



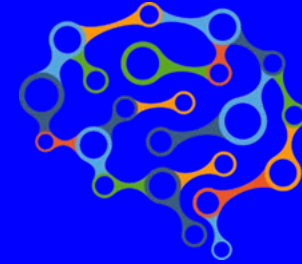
Why?
X on N



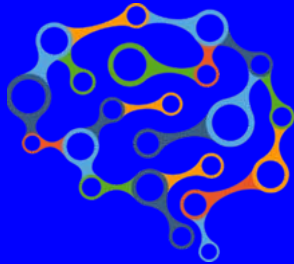
Meta-Thinking



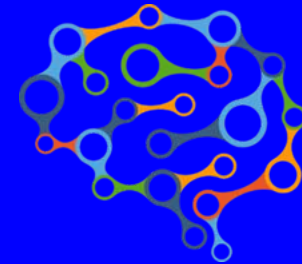
Why?
Thinking



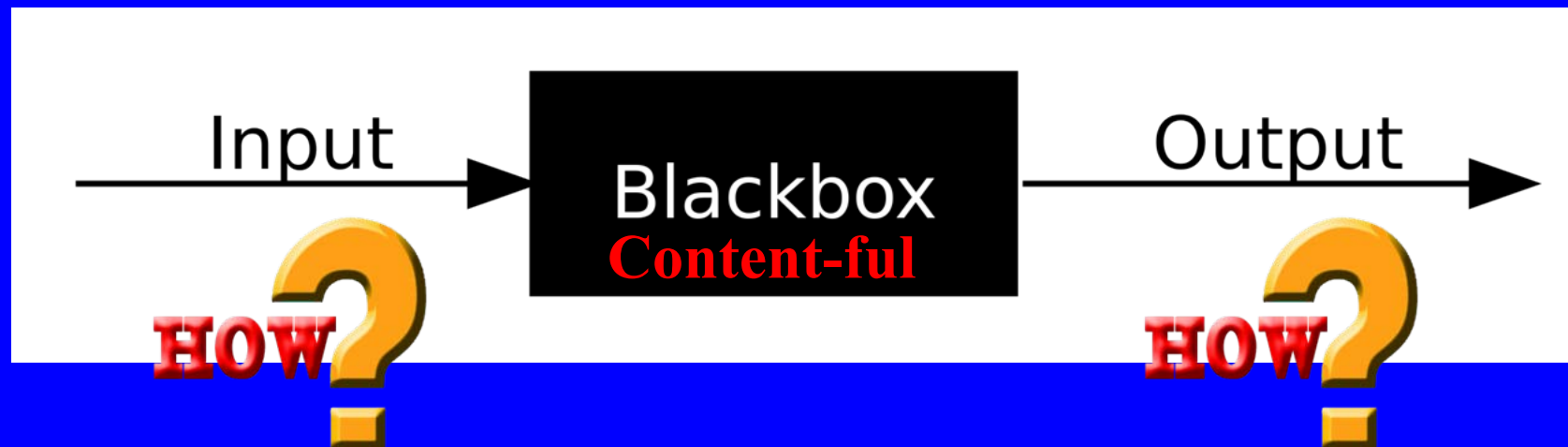
Content-less



Why?



Whole – Content





M5

R4



R3



R2



R1

第三層: Context on Context

第二層: Context on Content

第一層: Content on Content

Content

為什麼不能用？

X on X

X on X

X on X

Width

X on X

Width

Macroscopic

X on N

Macroscopic

X on N

X on N

Narrow

N on N

N

-

Narrow

N on N

N

Microscopic

Microscopic

超人 > 人 > 狗 > 人 ...



Levels of Thinking

X on X
第三層: Context on Context

X on N
第二層: Context on Content

N on N
第一層: Content on Content

Levels of Learning

3. $S_1 \rightarrow R_1$ $S_2 \rightarrow R_2$ $S_3 \rightarrow R_3$
 $S_2 \rightarrow R_2$ $S_3 \rightarrow R_3$ $S_1 \rightarrow R_1$
 $S_3 \rightarrow R_3$ $S_1 \rightarrow R_1$ $S_2 \rightarrow R_2$

2. $S_1 \rightarrow R_1$
 $S_2 \rightarrow R_2$
 $S_3 \rightarrow R_3$

1. $S \rightarrow R$



X on X

X on N

X on N

狗 > 人

人 > 狗 > 人 超人 > 人 > 狗 > 人

0. 0 Learning

1. Learning

狗 ~~N~~
N on N

2. $S_1 \rightarrow R_1$
 $S_2 \rightarrow R_2$
 $S_3 \rightarrow R_3$

1. $S \rightarrow R$

狗 ~~N~~
N on N

3. $S_1 \rightarrow R_1$ $S_1 \rightarrow R_1$ $S_1 \rightarrow R_1$
 $S_2 \rightarrow R_2$ $S_2 \rightarrow R_2$ $S_2 \rightarrow R_2$
 $S_3 \rightarrow R_3$ $S_3 \rightarrow R_3$ $S_3 \rightarrow R_3$

2. $S_1 \rightarrow R_1$
 $S_2 \rightarrow R_2$
 $S_3 \rightarrow R_3$

狗 ~~N~~ 超人
N on N 人



Meta-Thinking

Thinking

Thinking

狗 > 人

人 > 狗 > 人

超人 > 人 > 狗 > 人

0. 0 Learning

1. Learning

狗 人

Thoughts Thoughts

2. $S_1 \rightarrow R_1$
 $S_2 \rightarrow R_2$
 $S_3 \rightarrow R_3$

1. $S \rightarrow R$

狗 人

Thoughts Thoughts

3. $S_1 \rightarrow R_1$ $S_1 \rightarrow R_1$ $S_1 \rightarrow R_1$
 $S_2 \rightarrow R_2$ $S_2 \rightarrow R_2$ $S_2 \rightarrow R_2$
 $S_3 \rightarrow R_3$ $S_3 \rightarrow R_3$ $S_3 \rightarrow R_3$

2. $S_1 \rightarrow R_1$
 $S_2 \rightarrow R_2$
 $S_3 \rightarrow R_3$

狗 人 超人

Thoughts Thoughts



Content-less

Whole – Content Whole – Content

狗 > 人

人 > 狗 > 人 超人 > 人 > 狗 > 人

0. 0 Learning

1. Learning

狗 人

2. $S_1 \rightarrow R_1$
 $S_2 \rightarrow R_2$
 $S_3 \rightarrow R_3$

1. $S \rightarrow R$

狗 人

3. $S_1 \rightarrow R_1$ $S_1 \rightarrow R_1$ $S_1 \rightarrow R_1$
 $S_2 \rightarrow R_2$ $S_2 \rightarrow R_2$ $S_2 \rightarrow R_2$
 $S_3 \rightarrow R_3$ $S_3 \rightarrow R_3$ $S_3 \rightarrow R_3$

2. $S_1 \rightarrow R_1$
 $S_2 \rightarrow R_2$
 $S_3 \rightarrow R_3$

狗 人 超人

Content-ful Content-ful Content-ful Content-ful Content-ful Content-ful



M6

X on X

第三層: Context on Context

X on N

第三層: Context on Content

N on N
N

第三層  Content on Content
Content



X on X

X on N

X on N

X on N

N on N
N

N on N
N

N on N
N

N on N
N

N on N
N

X on N

Your Model of Emotion...

X on X

X on X

X on N

情緒 體感 通身
感覺 軀體 身心
本能 生理 傾向
更覺 知識 知覺

X on X

X on N

① 4 Elements
② 既相同
又不同
③ 何時出?
何時停?

情緒的產生...

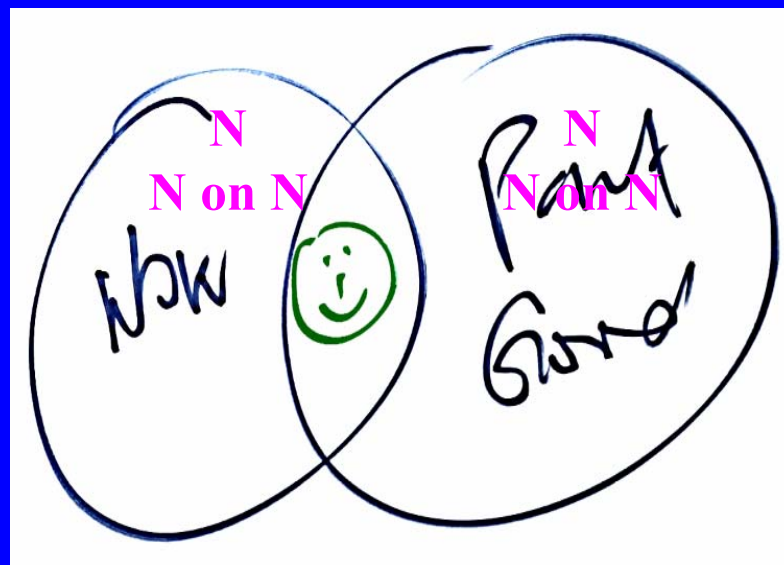
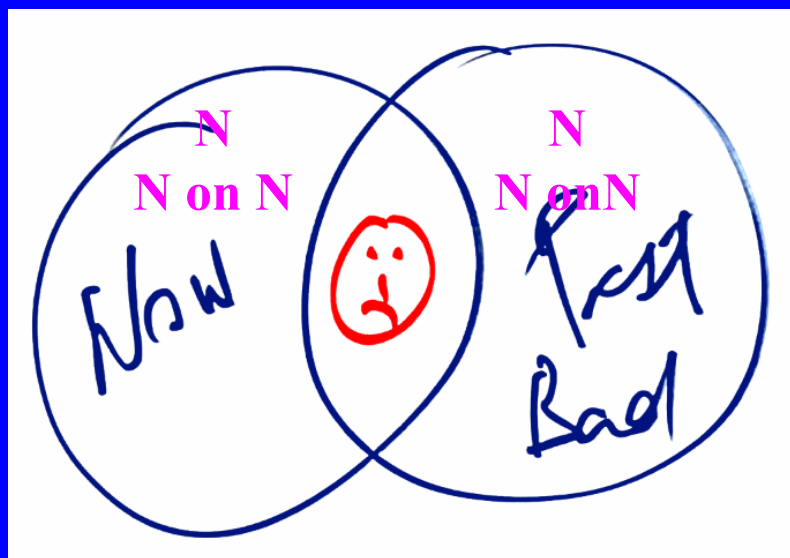
能做的不太多!?

Reframing
Resources
Submodalities

X on X

X on N

X on N



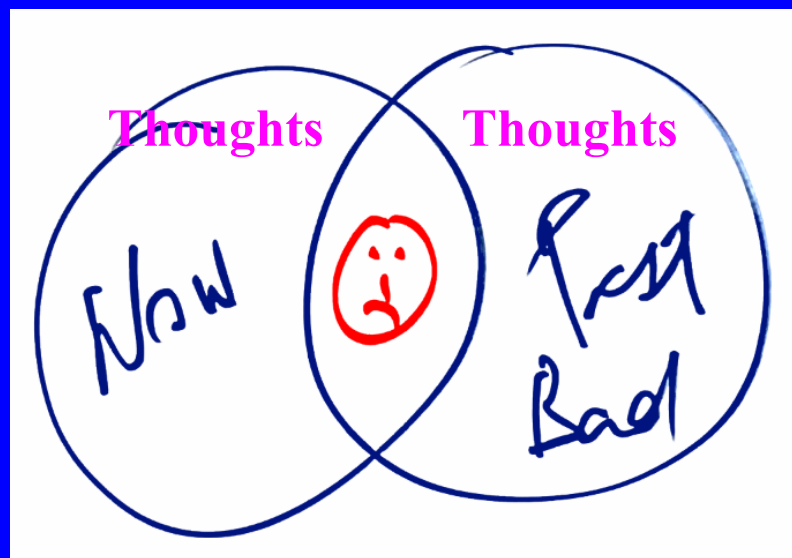
情緒的產生...

能做的不太多!?

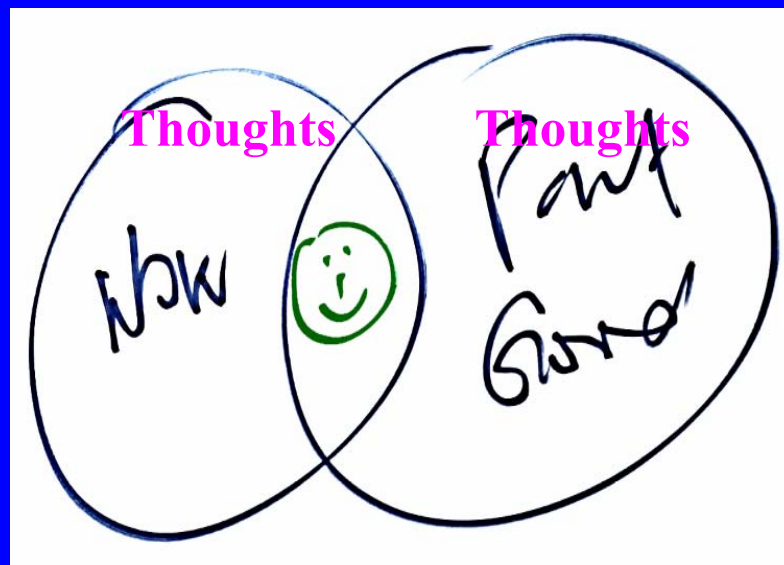
Reframing
Resources
Submodalities

Meta-Thinking

Thinking



Thinking



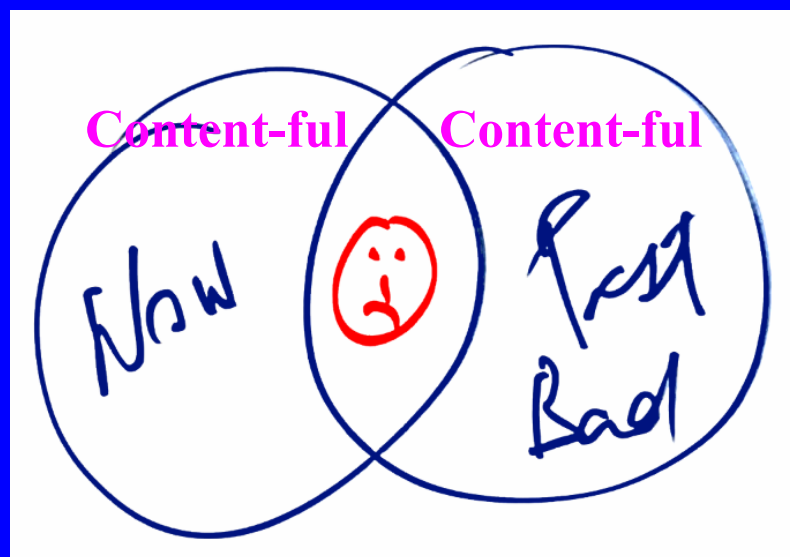
情緒的產生...

能做的不太多!?

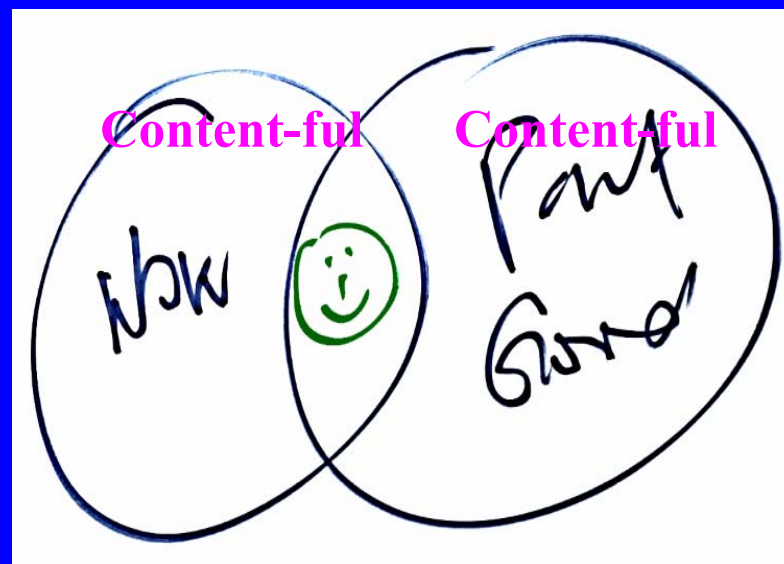
Reframing
Resources
Submodalities

Content-less

Whole – Content



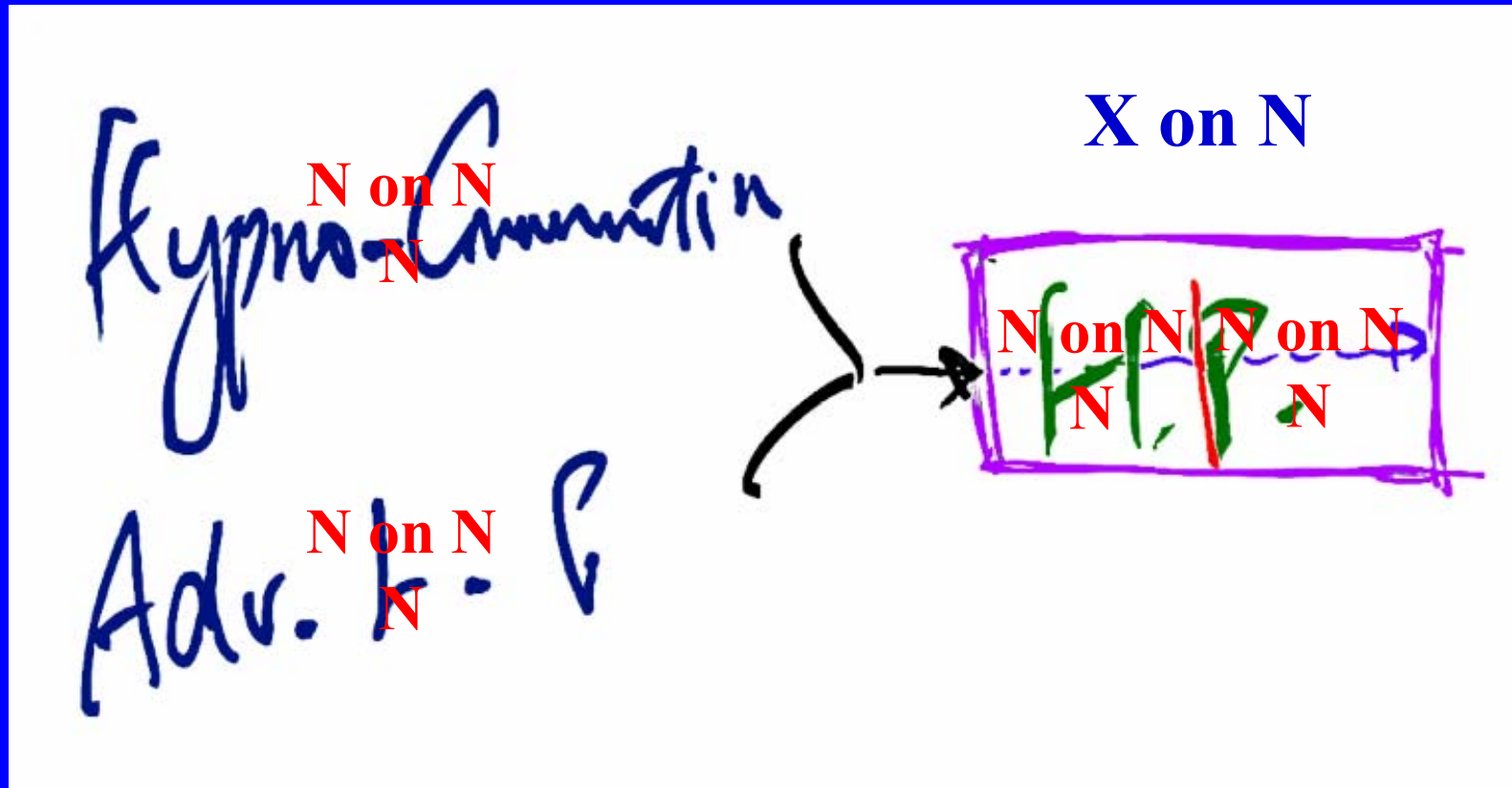
Whole – Content



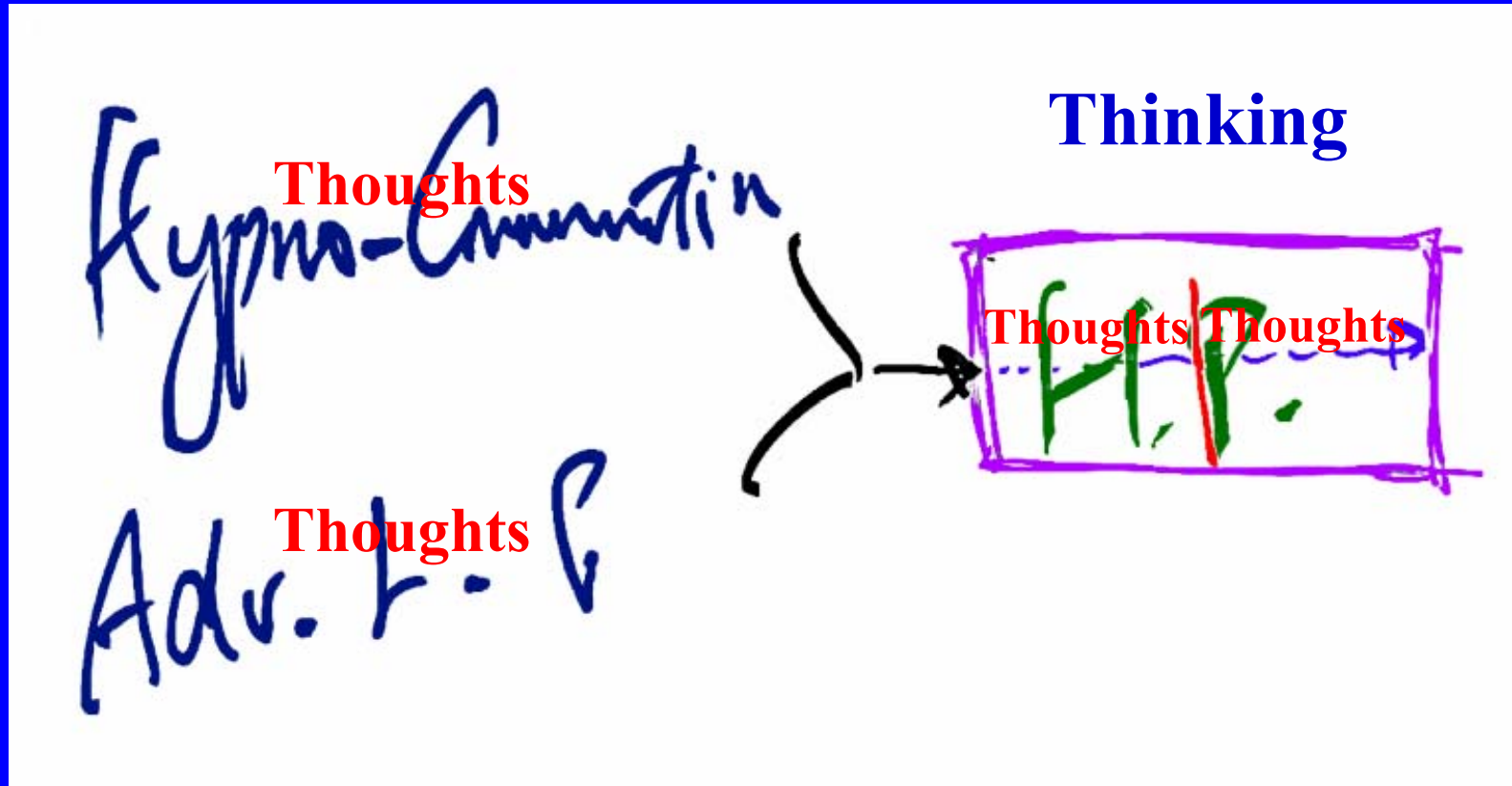


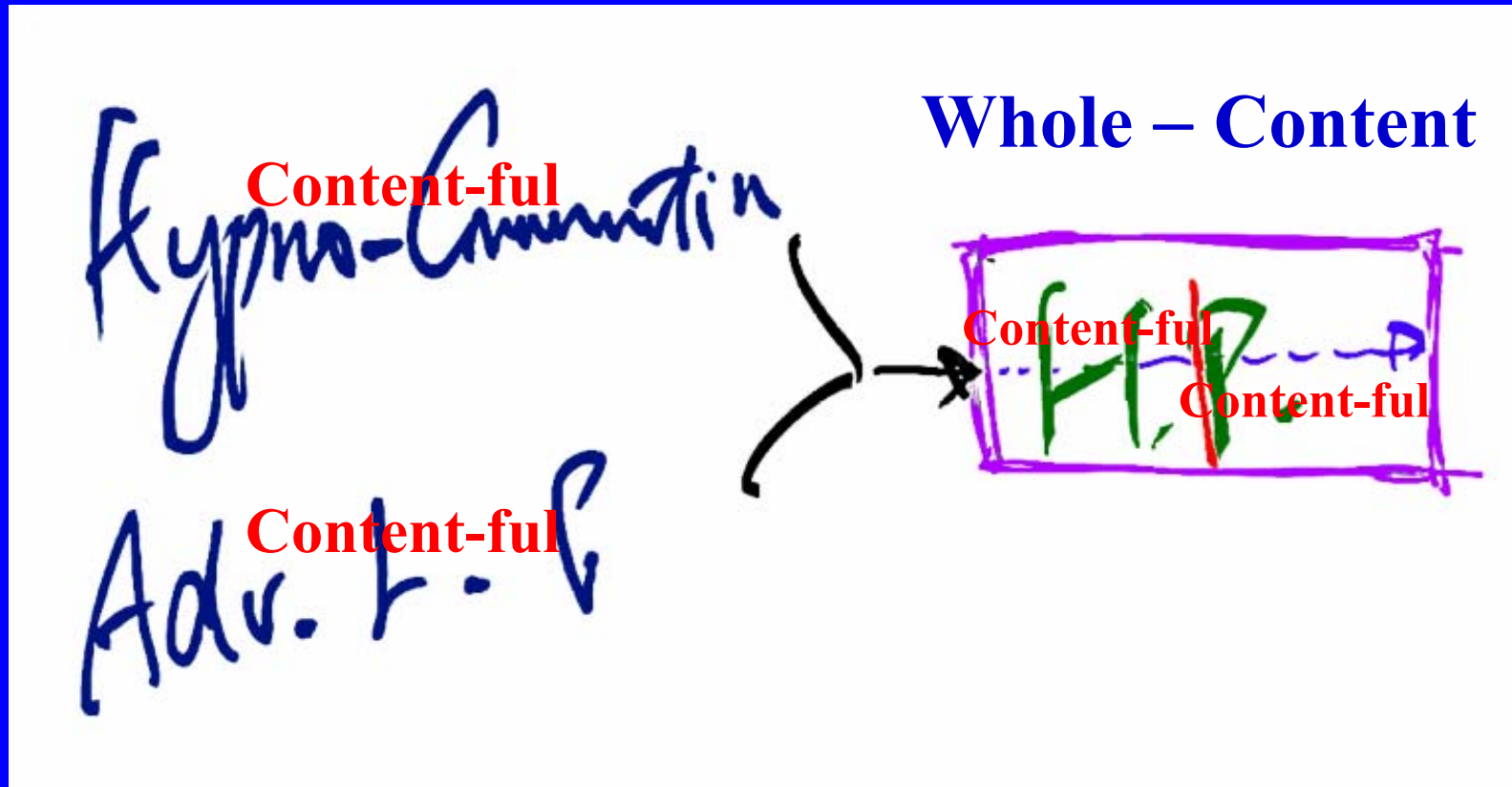
M7

X on X



Meta-Thinking





M8



Consumers
Subjective



Master Thinker?
Thinker?

思維

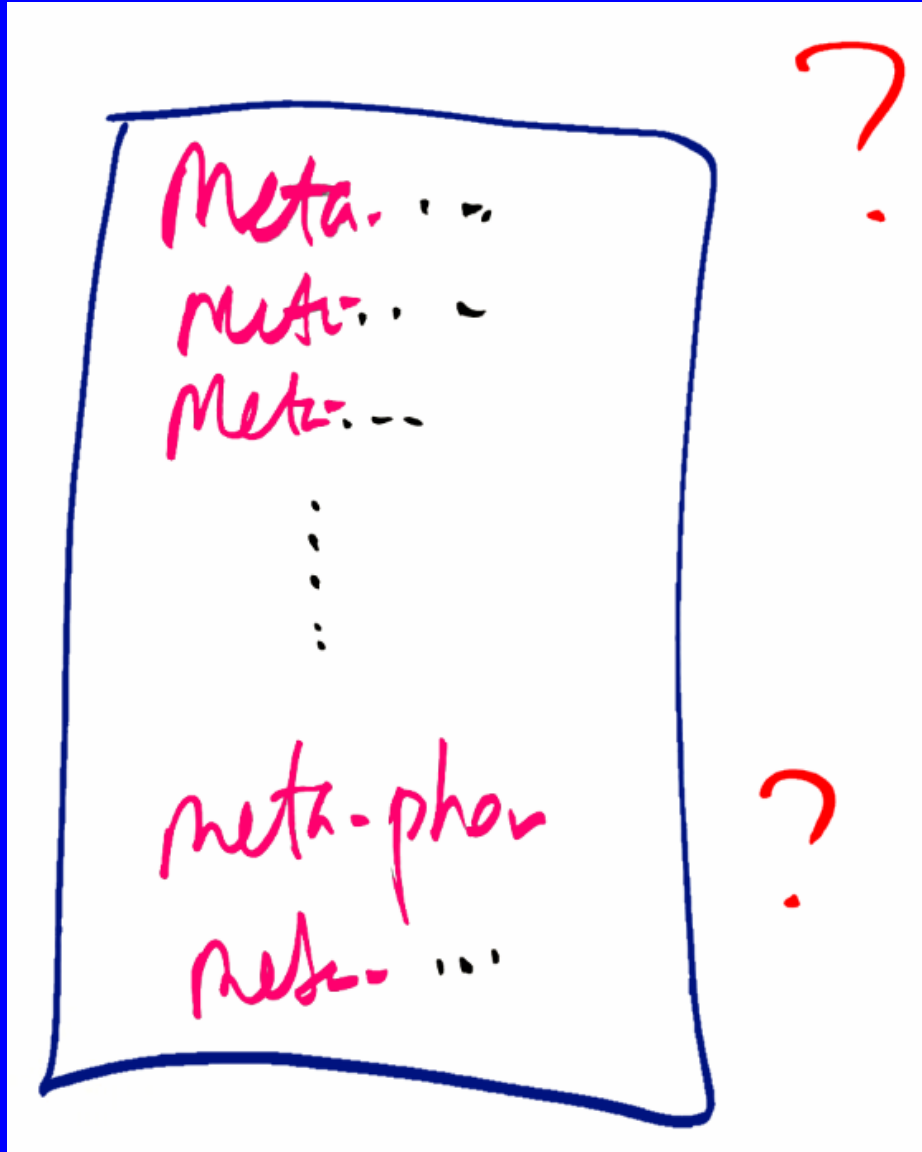
思維

思維

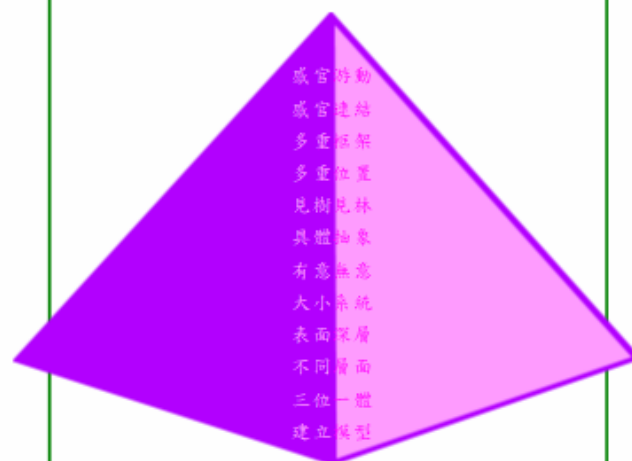
思維



Certification & Integration...



Patterns of Genius



Genius is made, NOT born

Meta-ing	Meta-ing
Meta-Thinking	Meta-Stating
Thinking	Stating
Thoughts	States



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