

An Interview with Dr. RICHARD BANDLER

Los Angeles, USA - July 28 2000

Q. What is Neuro Hypnotic Repatterning and how would you describe it?

Richard

Using the Hypnotic process to restructure people at the level of cortical pathways. Most of the problems and things that people do and bad feelings that they have, work automatically but they weren't there when they were a baby. These are learned behaviors and when you hypnotically repattern someone what you are basically doing is teaching them not to get to what they don't want to get. Archival memory systems always have to have up-datable memory where you put new information in front of old information. So if you teach somebody a new way to respond it makes it so that it is easier because they never get to the bad system. Everything human beings learnt will always be there but sometimes what you need to do is make a left turn on the cortical pathways and use a new learning. People should always be relearning things anyway. The older we get the more millions and millions of neural cortical pathways we establish and there are many things that happen automatically, a handshake, kisses, all kinds of stuff but it also includes people getting angry when its inappropriate or being afraid of things that are not really scary.

After having done NLP which basically is designed to take the way in which somebody learns something and give it to somebody else, Design Human Engineering looks at the limitations of only what humans produce and then artificially creates things which have never been used, as thought processes. All of these things are grounded and started by the fact that we were doing hypnosis so I've come back to doing deep trance and seeing how to get people to respond in a new way. Think of the many things people do, like being afraid or being depressed, a lot of these things create a chemical base in the body, they change what you are doing and to get people before they get in the chemical bath of depression or suddenly getting angry or be afraid to try things or who are overly shy. They have to start being shy at a certain point and if ahead of that you can get them to do something else. This is about using very very deep trance tools to be able to make very pervasive changes across a wide range of behaviour to try and teach people the most important thing, which is to spend more time practicing feeling good than they do feeling bad so becomes a habit.

Q. What would a person who has never done NLP and has never worked with you and has never done anything else benefit and learn from the NHR processes?

Richard

Well, always over the years what I've tried to do is to make everything easier, quicker and all I've learned the simpler it gets. If you have some NLP background, that's fine and if not I've designed the seminars to teach people how to do things without having to learn everything I did and repeat all my mistakes. Even the things I've done that worked well, I've found better ways and quicker ways and easier ways to do them. This is for somebody who doesn't want to recapitulate 30 years of trial and error, you know, I started doing Design Human Engineering, because NLP was only extracting the strategies and most of them were based on feeling bad, avoiding something, and when your walking away from things and you walk backwards you are bound to fall into things so I wanted to be able to modify things so that we concentrated on getting people as an instinct to feel good. Because when people feel bad they make bad decisions when they feel good they make much better decisions and the difference between what's a good decision and a bad decision and deciding not to make the bad ones is what its all about.

There's nothing that is going to be difficult but the only thing is that they have to be somebody who can stand feeling good. A major question will always be how much pleasure can you stand, how much excitement can you stand, how much success can you have? Because if you get yourself in the right state there's just about nothing that human beings can't do. They climb the highest mountain, they have flown to the moon they have done every thing that was ever supposed to be impossible and things we haven't done yet doesn't mean that we won't. This is about redesigning the way you connect with yourself physically mentally and to some extent spiritually.

Q. We've been asked to look particularly at health practitioners and doctors because the Association for Complimentary Medicine is interested in your work.

Richard

Everybody uses two things, I don't care what you do for a living if you communicate with other human beings you are going to be using hypnosis whether you know it or not. That's the way in which language works. Its not a different process, it's just precision skills because we are not talking about waving a watch back and forth, we are talking about being able to have the kind of control that most of the time is only taught to yogis and monks. Most people do not spend a lot of time making their brain be in the state that would be best. Doctors, they are under constraints in the US. We have informed consent, so they have to tell you everything that could go wrong, instead of telling you about all the things that can go well. So you have to learn when to be incongruent, so that if you are telling people that bad things can happen we are always give each other post hypnotic suggestions, we are always putting ideas into each others heads and especially when people are scared, you know and frustrated recovery from a lot of things seems to take a long time. The kind of lessons that nurses and doctors as far as I know could use all the help they can get you know. So far they haven't been able to do everything, when people come to them, a lot of times its very hard to tell even with all the tests what to do.

Acupuncture has been around for 20,000 years and people learned to do it well it's an adjunct to other medicine. I really believe that all these people should start working together. Doctors should send people to herbalists, really good ones, as an adjunct to the medicine they are taking. If they don't talk to each other, then they are not going to know how to put these things together, people are going to end doing it on their own and taking the wrong things. Chiropractors do some things that doctors don't do and if they learned what they could do together they would be able to do even more. This competition over whose right and whose wrong, the answer is none of us are right, because we don't know everything and how to cure it right away.

I think anything you can get that makes it so that it is easier. I mean even people after they have had a triple by-pass should do some build up and learn to breathe right you know. The more they concentrate on their breathing probably the less likely they will be to smoke again. When you throw in a little good hypnosis you can get people to stay healthful you can get people to do things like remember to take the right pills at the right time and not forget to take shots. I mean because post hypnotic suggestions, everybody does it to some degree. At night they decide what time they get up in the morning and most people will awaken before their alarm clock rings and a lot of people don't even use an alarm clock they just see the clock in their head. Being able to have some control over what is considered hypnotic phenomenon is really just the way in which we program ourselves, it's not really hypnotic repatterning its what goes on anyway at the moments when we really make pervasive changes in our behaviour.

Having been in the business of changing people and having been successful in so many places where others weren't and, you know, what I do is not anything other than good teaching. I try to make it so people enjoy it if but you come in believing there is nothing there, you need to re-examine your decision processes, because you shouldn't go and witness things you don't believe in. You should make yourself believe in them and go and witness whether they do anything or not, if they do something, fine, if they don't then, you know, get out. You reprogram yourself and instead of doubting everything that's alternative, just cross that one of the list and move on. I had to wade through thousands and thousands of people who were doing things before I could put together pieces and find out what would work for me. Some of them were just complete nincompoops that didn't know what they were doing, doing more harm than good.

But really taking care of noticing which things do what in your communication, having the choice of varying your voice tone, of making people remember, these are all things that everybody in medicine does, Doctors Chiropractors. It's a lot easier to do your work when people are totally relaxed, you are talking to them anyway and you can also make it so they start to program themselves to eat healthier food and do healthier things. People should make decisions and their not going to make good decisions if they feel depressed, if somebody feels that they are overweight and they will never be able to diet enough and they have been on a billion diets. Their attitude alone could get it so that they'll start bingeing and one of the best ways to do it is to teach people how to control their predicates how to control the things which are quote "out of control". All those automatic things are things that got learned and if you learn something as strange as that you can learn something you can simply before it.

Q. There is a lot of controversy around NLP in the UK and as the person who developed this work and took all the risks, moved it forward, have you got a message for the rest of us?

Richard

Remember some people are good at things and some people aren't. Make sure that you check and find out by word of mouth or through the Society of NLP, people who have repeatedly been successful, because if people go to a few seminars it doesn't mean they listen, some people like to appear as if they know something and some people just know something. I've met some chiropractors that are really really good at what they do and I've met some that I wouldn't let work on a mannequin and this is going to be true of your dentist, its going to be true of your doctor, its going to be true of anybody who teaches you anything or does anything for you.

Don't just blame it on the field because I made this up! This is all imaginary, right, but it works because I've always connected every idea with an action and that action you have to know what action and what result it can produce and if it produces multiple results, how to tell them apart. So that all the things I designed are designed to do things and there are some people who do things and some people that f*** about things. If you have to learn a new language and go through a bunch of mishegass (absurdity,craziness,silliness) with somebody then put the breaks on and find out somebody who's really paid attention to their training and really is getting results. Talk to some other people the've seen. Make sure there's lots of happy campers around.

Q. Why did you want to work in Dublin?

Richard

I love Ireland. I was in Dublin before and they were auditorily just tuned in all the time. They listen to stories and there's just something about the Irish, they have a tradition of paying attention to language. And of course my idol of mastering language is James Joyce. I bumped into his monument right in the middle of Dublin. Everywhere I've been in Ireland I've always had a special time. There's a special place in my heart for both Ireland and Scotland. I love the way they talk just to start with!

This interview took place on Friday 28 July 2000 in Los Angeles USA The interviewer was Kate Benson from Matrix Essential Training Alliance.