



## The Sourcebook of Magic

By Michael Hall, Barbara P. Belnap, L. Michael Hall, Barbara Belnap

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From the author of many books on NLP, this is a guide to NLP techniques and how to choose and use them.

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## **Editorial Review**

### **Review**

"... the most comprehensive book on the Meta- model to date. [...] It is an absolute treasure for an NLP practitioner!" -- *Judith E. Pearson PhD, Anchor Point, Autumn 1999*

### **About the Author**

Michael Hall PhD has authored many ground-breaking works on communication, neuro-linguistics, emotions and motivation. He is one of the brightest authors on the NLP scene today and is renowned for his integrity and compassion. Dedicated to taking NLP techniques into new and exciting realms of therapy and personal development, he also works as a psychotherapist and trainer in Grand Junction, Colorado. Barbara P. Belnap is a psychotherapist in private practice. She is a professional speaker and conducts trainings and seminars on human performance topics. She also works with companies and organisations to improve their effectiveness. Barbara holds graduate degrees in communication, human resource management and social work.

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When we don't know how something works or how it operates and the principles that drive it, we live "outside the secret" of what seems like magic. Do you recall any moment wherein you suddenly experienced the shock of finding "magic" in your world?

How does flipping this switch turn on the lights?

You've got to be kidding! You mean by typing on this keyboard and pushing these sequences I can send e-mails around the globe?

You mean you put this food in the microwave and push these buttons and it will cook the food in seconds? To an outsider to the secret of the magic, things often seem preposterous, incredible, unbelievable, non-sensical, etc.

How can the world be a globe that turns around the sun? That's crazy! So how come we don't just all fall off?

What wild flights of imagination! To think that we can build flying machines. Next thing you'll know he'll think we can fly to the moon! As an uninitiate to the secrets, such wild and wonderful ideas and experiences can only seem like "magic." And yet knowing what we know today about gravity, aero-dynamics, the electromagnetic spectrum, artificial intelligence, information processing via parallel processing units, etc., we no longer think of such things as "magic." We view them as just "knowledge." Now suppose similarly we learn some of the "secrets" of the magic that occurs in the human brain-and-neurology system? Suppose we know the factors, components, and principles that govern human neurological information processing so that we gain insight into how the bio-computer of our brain and nervous system works? Suppose we become initiates to how the human internal world that we refer to as "mind," "emotions," "personality," "genius," etc., works? Further, suppose we discover its structure of "magic" and, as with processes in other sciences, we can identify, specify, and effectively work with those "patterns" of magic? Now just suppose that... . When you fully imagine this dream of pushing the limits of scientific discovery into the internal, subjective and phenomenological world of human beings, you have stepped into the world that we call NLP Neuro-Linguistic Programming.

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