

THE CELEBRATION TECHNIQUE

Celebration marks change. It is the passing of one state to another. Regardless of your history, personal background or beliefs, you will always celebrate and continue to celebrate. Why? Celebration is a needed release from one state to another. It is a release marked by a ritual.

The following technique can be used in any situation whereby you want to mark an event or context such as a new job, new relationship, new house, personal change (i.e. confidence, new behaviour such as stopping smoking) new attitude etc.

The NLP Celebration Technique (developed by Robert Ballentine)

- Step 1**
Find a place that is comfortable and relaxing (you can do this standing or sitting)
- Step 2**
Think of the event or context wish to celebrate.
- Step 3**
Imagine a line in front of you that represents time. To your left, see or have the sense of the event/time when you first made the decision to pursue your achievement. (If this is unclear make a guess when you think it started)
- Step 4**
Make a picture of yourself in that time, see yourself starting fully and clearly. Notice your posture and the way you move and the scene around you.
- Step 5**
Watch the progression of yourself through time as you see the events unfold to where you are now in the present. Notice any event/s that you consider to be special or important or challenges that you overcame and how you did this. When the YOU over there arrives at the present time. Stop and shake yourself about to disassociate from the imagery and now...
- Step 6**
Once again see yourself in the past at the time when you first began and STEP into the 'you' there fully associating into that position 'Seeing, Hearing and Feeling ALL that you are experiencing NOW...Walk or move forward in-time, through-time experiencing ALL of those events that you visualised before now, Seeing and Hearing and Feeling them from this associated position and notice any changes or subtleties within yourself. As you move forward in-time allow yourself to notice anything that may be different from this position that you did not notice when you were looking at yourself.
- Step 7**
When you are moving towards the present time, ask your unconscious mind to find a symbol that fully represents the marking of the end of or passing over of those events and achievements. This symbol may be a visual symbol or a sound/phrase a feeling or any combination of all three.
- Step 8**
When you are standing in the present time with your symbol fully associated into where you are now, take a moment to look back to where you started to now with the symbol in mind and quickly retrace those steps to the present and then when you reach the present time, bring the symbol fully inside of yourself feeling all that the symbol represents as the mark and celebration of the end of a time and then...
- Step 9**
...step forward into the future to a suitable time and look back at the celebration and then forward to what you are already or will be doing next.
- Step 10**
Step off the time line and allow the integration and celebration settle inside of you and your self resource for better success.

For more on this technique see www.nlp.maheono.com