



# Neuro-Linguistic Programme: A Method or a Myth

F Anitha Florence

Assistant Professor, English  
Panimalar Engineering College.

Date of Submission: 08-07-2021

Date of Acceptance: 23-07-2021

## ABSTRACT

Behavioural entity gave the scientific world a new venture of exploring human brain activities called neurolinguistics. The programming that makes neuro linguistics implemented in different fields constitute the neurolinguistic programming (NLP). The NLP basically handles the processes of thinking in the human brain, the outside actions that is transferable as messages to human brains, observable actions in the world and the organisation of these ideas into a connected sequence. All brain processes are basically categorised into two aspects: (1) sequence should be observed from the outer world. (2) Prediction of these sequence into a connected manner. So the brain produced a new method of sequence formation called pattern. The brain converts all data into a connected pattern and makes a suitable programming. This pattern formation is technically called NLP modelling. Some scholars consider that the brain processes a myth. So this article highlights the scientific explanations of how brain functioning occurs in developing a pattern in every event. If the pattern fails to give an excellent result, the brain can install a new programming and through different methods, a new pattern can be formed. So, the scientific explanations proving that the NLP is not a myth, but a method.

**Keywords:** Neuro Linguistic Programming, Presuppositions, Brain Modelling, Brain Mapping, Neuroscience

## I. INTRODUCTION

A high tech sounding word NLP mainly refers to three parts – neuro-linguistic-programming. Neuro refers to nervous system which is directly connected to five senses which helps to see, hear, feel, taste and smell. Linguistics means language ability and how the conversion of our ideas into linguistic form patterns of human brain. It also contains the thinking style and meaningful gestures that makes the state of an individual expresses outside. Programming is an important technical

word that is used because human thoughts, feelings, emotions and actions are like computer software programs. As programs change in computer software, positive changes can be seen immediately in the performance. A person gets quick results when improvisations are done in the pattern of thinking level, feelings and actions.

## II. NLP GUIDING PRINCIPLES OR PRESUPPOSITIONS

Even though most of the guiding principles or so called presuppositions are scientifically true, the presuppositions are more powerful than scientific explanations. Neurolinguistics extremely different from traditional method of psychology which gives importance to the account of an individual's history, childhood incidence and important events in an individual's life. On the contrary, the NLP focuses on individual's feelings. Emotions and actions do not dwell upon the history. The NLP is able to change the thought processes and can connect the thought processes with the experience. Presuppositions are assumptions or principle that makes the brain pattern implemented. The repetition of the same pattern will give same result. The pattern should be changed according to the change in the result. If an individual understands specifically how to maintain the inner thoughts and feelings, it is a simple matter to change the pattern for more useful results. If an individual wants to change te pattern of language acquisition behaviour and influenced by other people's pattern, it can be easily changeable. The basic technique behind this is brain mapping. As a technical terminology, which derived from the Neuro Science, brain mapping helps an individual to predict the qualities of mapping of pattern or its properties into special representations of the brain resulting in the formatting of the map.



*NLP cannot be dismissed as just another hustle. Its theoretical*

*Under pinnings represent an ambitious attempt to codify and synthesize the*

*Insights of linguistics, body language and the study of communication*

*Systems.*

-Psychology Today

### III. HOW DOES NLP METHOD HELP ONE'S PATTERN DESIGNING?

*"NLP is an explicit and powerful model of human experience and*

*Communication. Using the principles of NLP it is possible to describe any*

*Human activity in a detailed way that allows you to make many deep and lasting*

*Changes quickly and easily."*

-Richard Bandler and John Grinder.

The NLP is a set of programs used by successful people constituting the process of discovering and studying the patterns of mind, language and its strategies. These strategies can be applied to many areas of life, such as in relationships, in effective communication, in performance and even in sports. This system of modelling excellence is based on language and behaviour developing from outside environment or world experience and perception. For example in business, everyone wants results and people designs a pattern for that. If a pattern is found difficult to gain good results, the official programmer will change the pattern until the results gain in an excellence. Business leaders aim at profitable sales, a profitable marketing that works, loyal repeated customers, continuously improving designs and teams of people that make all the plan successfully happen for the company. Similarly, works want to be noticed by the boss by enhancing the performance. These are the types of NLP training which make the individual equipped to design a plan for the daily life.

### IV. NLP TRAINING

Dr. Richard Bandler, the man who invented the term NLP has demonstrated his excellence at bringing about personal changes in the NLP for over four decades. This training offered by Richard will help an individual to learn how to -

a) Bring more elegance and mastery in communication.

b) Enhances individual relationship in all areas of life and helps to learn how to handle stress with lightness and humour.

c) Improve the attitude of oneself and others. It also offers the help to change the lives of people to get excellence.

The NLP has many uses of self-development and for business and organisations. It enables better communications in customer services and helps to maintain control of oneself, better appreciation of other person's feelings and behavioural style which in turn enables better empathy and cooperation. This programming is also helpful in stress management and developing self-belief and confidence.

### V. NLP AS A MYTH IN CHARACTER FORMATION

The NLP provides a hypnotic tool for character development. This focuses on how an individual uses the brain mapping even in the worst conditions of life. The NLP acts as a myth. There is a list of famous people that have used the NLP and hypnosis for their own benefit.

- **Lord Tennyson Alfred** (1809-92) wrote complete poems while being under the hypnotic trance.

- **Mozart** (1756-91) apparently composed the famous opera *Cosi Fan Tutte* while hypnotised.

- **Rachmaninov**(1873-1943) reputedly composed one of his Concertos following a post-hypnotic suggestion.

- **Goethe** (1749-1832) writer and scientist and, **Chopin** (1810-1849)

Pianist and composer both took classes in hypnosis at the

University of Strasbourg.

- **Thomas Edison** (1847-1931) inventor - you might be using several Dozens of his inventions right now.

- **Nikola Tesla** (1856-1943) inventor

- **Henry Ford** (1863-1947) car manufacturer

- **Albert Einstein** (1879-1955) physicist - His theory of relativity (riding on a beam of light) came to him while maintaining one of these sessions.

- **Aldous Huxley** (1894-1963) novelist Thus as a myth making theory, the NLP has been explained as great beneficial one in the career development of an individual.

*"NLP is a process of discovering the structure of the thinking and abilities that*

*We and others have (especially those of excellence) in order to reproduce the*

*Results that we want with consistency."*-Sue Knight.



## VI. CONCLUSION

Neuro linguistics has clearly stated a method which has the ability of reprogramming the daily and current activities as in our own style . Earlier, the NLP has considered as a myth but now it is scientifically proved that is a method that can ever change the habits in every walks of human life. There is a relationship between perceptions, thinking and behaviour that is neuro-linguistic in nature. The formal definition of the NLP is the study of the structure of subjective experience. Thus there is experiences can be moulded and removed through different methods. As a myth, the NLP programs are carried out in different versions without scientific

explanation. Now the NLP discarded the form of a myth and the NLP trainers put forward several ideas and renounced as NLP as a method.

## REFERNCE

- [1]. Moya,Bernardo."NLP:TrainingDifferently.Making Difference “. [Nlplifetraining.com](http://Nlplifetraining.com). CEO, NLP Life Training, n.d.web.26/02/2015.
- [2]. “NeuroLinguistic Programming: Why Should I Learn NLP?” [Prioritysky.com](http://Prioritysky.com)Prioritysky, n.d. web.10/01/2015.