

NLP IN BUILDING A UTOPIAN KNOWLEDGE SYSTEM

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Abstract

The present existence of every human being is a sheer assortment of monotonous mechanised living and maintaining a balance between professional and personal chores. It seems a Herculean task to even imagine a Utopian world brimming with glorious success. In such a bamboozled state of mind, an individual always resorts to external techniques and strategies which can indeed render a balanced state of affairs resulting in Utopian knowledge systems. This research paper will pay heed on Neuro Linguistic Programming (NLP) as one of the prominent techniques that will assuredly assist in developing knowledge systems that stand par excellence in the holistic growth of an individual. Though, building a fantasized and glorious state of knowledge systems is not as easy as ABC, but with persistent hard endeavours, daily adherence to the formalised routine and the right blend of NLP techniques can help in easy establishment of a desired knowledge system.

Keywords- Balance, Bamboozled, Knowledge Systems, Monotonous, NLP, Techniques, Utopian

Living a balanced life amidst the daily chaos of mechanised living is a cumbersome affair. In the current world, every human being whether working or a home bird is layered up with the burdens of life. Despite this utter state of confusion, the individual makes sincere endeavours in getting out of this bamboozled state of mind. Existing and sustaining beautifully in this current knowledge system is not that tough provided the person takes stringent efforts and applies certain techniques and strategies in living a utopian life.

A utopian state of living is a place, state, or condition that is ideally perfect in case of politics, laws, customs, and conditions. And it does not refer to the people being perfect, but the system stands in a perfect state. In a utopian knowledge system, the multitude is liberal in their thinking and taking independent decisions. The people of the utopian world encounter no fear of the external set up and enjoy balanced state of mind and sheer bliss. In such a utopian knowledge system, people have the knack of taking up stressful and difficult situations and are able to cope up well. Despite such grave scenarios, such people stand balanced in every glorious or gloomy circumstance.

This research paper will lay emphasis on Neuro Linguistic Programming, the acronym NLP in building and creating a world in which the people have the right to enjoy utter bliss in spite of the on-going turbulent times. And such balance can only be attained with the help of NLP techniques and strategies. The year 1970 brought the widespread of Neuro Linguistic Programming by the dedicated endeavours of Richard Bandler and John Grinder. NLP is a way of transforming someone's thoughts and behaviours to help accomplish the desired outcomes for them. NLP assists in reducing anxiety and improving the overall wellbeing of a person who applies it in his life.

PILLARS OF NLP

NLP stands for Neuro Linguistic Programming, wherein Neuro refers to brain or neurology; Linguistic stands for language and Programming refers to how that neural language functions. In other words, learning NLP is like learning or tuning the language of your own mind as per your desired and targeted interest.

NLP works on a four pillar structure-

- Pillar one: outcomes
- Pillar two: sensory acuity
- Pillar three: behavioural flexibility
- Pillar four: rapport

NLP is revered to be an approach to enhance communication and personal holistic development which is centripetal on how individuals organise their thinking, feelings and language. NLP leads to an establishment of utopian thinking that enables an individual to perceive the larger picture, encapsulating the things leading to dismay or repulsion, in an optimistic light. NLP also renders courage and flamboyance to witness the distance between reality and our dreams as a space of opportunity rather than ipso facto defeat.

Breaking of the age old paradigm

The age old cycle of routine thinking needs to be transformed. People should be allowed to think unrestrictedly and liberally sans any kind of imposition. The individual should imply his intrinsic nature of self-analysis, critical approach, intuition and self-judgment to distinguish between good and genuine actions. None of the individual should be subject to the imposed cycle of thinking. The old thinking paradigm should be substituted with the fresh thinking capabilities. Here, NLP comes at a larger frame. The common techniques of NLP like rapport building, modeling, mirroring, and reframing can be used smartly and effectively in treating people to establish an open-minded approach wherein, they treat a variety of clinical symptoms, including depression, anxiety and stress.

NLP TECHNIQUES FOR A UTOPIAN LIVING

Rapport building techniques helps in connecting with people in the most natural way. Rapport building is simply building synchronization with the other person in order to develop trust and strong connection.

The **Meta Model in NLP** refers to asking volley of questions about your common beliefs and how you perceive reality. In Meta Modelling, the candidate reacts to his thoughts more often than to reality. And thus, reinforce them with your own language. The Meta Model would comprise of questions which are posed to yourself or even others to contrast what is being said or thought with relevant evidence.

Modelling is a process of recreating someone's way of being to enrich your own model of the world. It is like imitating someone else's excellence, behaviour, mind-set, and knowledge belief system.

Mirroring is like matching a person's energy and posture to help you appear more likable or trustworthy at the unconscious level.

BENEFITS OF NLP IN BUILDING A UTOPIAN KNOWLEDGE SYSTEM

NLP techniques are especially helpful for developing skills like public speaking, sales and negotiation, team building and leadership. NLP techniques are basically action-oriented. Just by thinking, one cannot establish a utopian state of affairs. The candidate has to put his heart and soul into the mechanism for the NLP techniques to stand successfully accomplished.

NLP techniques as well as strategies are also used in other aspects, both at personal and professional front, encapsulating:

- business
- education
- law
- medicine
- relationships

Magical Results of Affirmations in Utopian Living

Language plays an integral role in shaping and using NLP effectively and fruitfully. The consistent repetition of positive statements as a daily mantra like morning ablution can help to train your mind to have conviction in them at conscious and unconscious levels. Affirmative statements are susceptible to serve as positive goal statements that can further result in improving your perception of reality. These statements can be penned down on sticky notes and placed in your room or working zone where it is easily accessible to the naked eye.

A few exemplary statements can be-

- I have the potential of healing.
- What I think, I get.
- I am safe and happily blessed.
- I love myself and love others.

NLP techniques will not render immediate positive outcomes, but the complete consistency and strong faith in the process along with the aforementioned set of affirmations especially designed as per your needs and goals will assuredly render positive dividends.

CONCLUSION

NLP is an enchanting technique based on the power of your own mind. A few refers to it as 'mind tricks' but, by incorporating these techniques, one can master to take control of your mind and the way you respond to the external environ around you. With NLP, one may not be able to control the entire world, but one can definitely control how you react to it via the techniques imbibed by NLP. NLP is indeed intriguing in establishing a utopian knowledge system.

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