

All the great philosophical and spiritual traditions agree in considering the human being as the only living being gifted with **the greatest instrument for the search of knowledge**: himself.

Every individual retains the secrets of the Universe within himself ...yet, without any instructions on the best use of his inner resources, he risks losing his sense of direction and falling into confusion, losing sight of his individual Nature and his mission of accomplishing it.

Knowing oneself in order to go beyond the border of our limited "ego" and to use one's potential to the utmost is the main task of each individual, that is, of each one of us. Our psycho-physical structure, combination of body, mind and emotions, is the only means at our disposal for **reawakening and expanding our consciousness** in order to realize our true nature. At the same time, the mind as well as the body can nourish the patterns and behavior that interfere with our development, so that the reawakening of our consciousness has to reckon with interferences constituted by patterns and habits (the limits of our ego) which obstruct our path rather than making it easier. Fortunately, all behavior patterns have structures which can be changed.

How can we recognize disorders in patterns and "mental programs" and change them to achieve greater flexibility and freedom to act rather than simply counter-act? How can we transform negative emotions into positive ones, creating and sustaining an inner state of happiness independent of external events? And at the same time, how can we alter those restrictions that foster uneasiness, discomfort or old habits that limit body and mind, destroying our energy?

Actually, we can do all this and much more besides ...when we learn to exploit and handle to the best of our ability the most powerful instrument Nature has equipped us with: ourselves. Personally, I believe that this process of self-knowledge requests a lot of self-awareness, willingness and determination, and also a strong connection with a discipline or a spiritual path. But luckily we can use also some very practical tools in order to facilitate the process, and one of this tool is our language.

Neuro Linguistic Programming™, created in the USA by Richard Bandler and John Grinder, draws inspiration and devices from strategies common to researchers of all ages and all places in the world, gaining as much from the psychology of Fritz Perls (inventor of the Gestalt Therapy), from the hypnosis of Milton Erickson, and from the studies of Gregory Bateson (British author who dealt with anthropology, cybernetics and the theory of communication), as from experiences "outside reality" of the shamans, mystics and spiritual Masters. It refers to the mind and to the organization of mental energy (Neuro), to the way in which **the language that we use even unconsciously influences us and other people** (Linguistics), and to how we can substitute repetitive patterns with conscious and conclusive actions (Programming). To sum up, in my experience I found that some NLP™ tools could help us to enter more consciously into contact with ourselves and our resources, harmonizing the various aspects of our being, making operative, efficient contact with ourselves and the world around through feelings, emotions, thoughts and language. Beside a discipline or a path oriented to take control of our ego, it could help us in particular to master our thoughts and control our emotions in order to comply with our true Nature.

Of course we have to be aware of the "dark side" of every kind of "force" that we learn to use, included the power of our words and thoughts, because we can use it also in order to hold and feed our ego's illusions. But if we want to **serve the cause of the reawakening of our consciousness and become step by step more aware of ourselves** and of what surrounds us, we can use also NLP to **clean up our thoughts** and at the same time to **use the most congruent way to communicate, to teach, to learn**.

...Beyond the inevitability of what we already know, towards new horizons... unreservedly...