



## Dealing with life's daily sh\*\*!

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Last week, as everyone was away, I was looking after 6 horses, and as I wheeled yet another wheelbarrow full of poo to the top of the field I had a bit of a revelation: poo picking is a great metaphor for how NLP and Time Line Therapy® allows you to perform regular maintenance on your unconscious mind and deal with all of life's daily sh\*\*!

Now it may come as a surprise to you, but unfortunately not to me, that a horse will typically pass an incredible 9 tonnes of poo every year. So there are many advantages for poo picking your fields on a daily basis; there are also significant benefits to regularly focusing on maintaining a healthy unconscious mind.



First, if poo isn't cleared a vicious circle develops; worm eggs thrive in poo, the resulting worms crawl into the surrounding vegetation and are ingested by the horse, which then produces more worm-infested poo.

***Time Line Therapy® techniques allow freedom from undesired negative emotions, such as fear and anger, releasing these leaves you free to behave more appropriately without the emotional "baggage" of the past.***

Next, poo takes a considerable time to decompose and a pile of it will starve the grass beneath of air and light. The vegetation is destroyed and bare patches appear.

***Limiting decisions prevent you from achieving your potential; they are a result of past experiences, and limit your life in many ways; Time Line Therapy® techniques allow you create empowering alternatives and enable you to generate and achieve your future goals.***

Finally, piles of poo encourage annoying flies and do nothing to enhance the look of your fields. Daily poo picking prevents the situation getting unmanageable. A cleaner field lifts your spirits and makes your horses happier. Regular poo picking also enables you to inspect your fields for other issues, saving you from serious problems in the future.

***NLP is comprised of a highly effective set of techniques that allow you to understand, control and change your patterns of behaviour, enabling you to constantly achieve happiness and success.***

Please contact me now for more information about how NLP and Time Line Therapy® can help you.

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