

## **DOWNTIME – source: Richard Bandler & John Grinder – Big Book of NLP – Shlomo Vaknin**

Learn to create a light, momentary trance in people for various uses. When your conscious awareness is focused entirely on internal experience.

The downtime state is a subset type of trance phenomenon, and can help initiate or deepen trance. It can help you manage an interaction as a brief, light trance as occurs in a transderivational search. Downtime is also useful for patience, introspection and receptiveness.

*Arrange a distraction-free environments because this pattern requires focus.*

Direct your attention inward, attending to each of your internal representational systems. Attend to each of the modes as fully and as separately as possible.

- a. Notice your audio sense, including your inner voice, the sound of any memories and fantasies that arise. Remember something and focus totally on the sounds involved.

(take a few minutes on each modality)

- b. Direct your mental focus on the visual mode. Include memories and fantasies that arise. Choose a memory and focus all your awareness on the visual aspect.
- c. Attend to the emotional and physical senses as they arise for a while. Now think of a memory, and direct your attention to your emotional and physical feelings as they occur in memory. Notice the differences between those feelings compared to what you feel ABOUT the memory, and what your body physically feels right now as you recall the memory. For example, how hard the surface you are on right now?
- d. Become aware of tastes. Come up with a memory of eating something tasty. Notice that you have various senses involved in the memory. Focus your mind entirely on remembering the taste. Notice how taste is more than one sensation, since much of what we associate with food has to do with its consistency, such as chewiness.
- e. Shift your awareness of this memory to smell. Notice how you can separate taste and smell/

You can anchor this experience of downtime. A good way to do this is to fold your hands and, as you experience all the systems more fully, gradually increase the pressure of your palms pressing together. Once you have established palm pressure as an anchor, try using it for patterns that require internal awareness, or with creating a basic trance or awareness meditation.

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You can get better with internal sensory awareness by doing the above and focusing on rep systems in a sequence. For example, imagine running through an imaginary sequence of behaviour, rotating through the rep systems.

You could start on a simple task, such as walking. Notice what rep system is your weakest one, and do this exercise additional times with your focus on that system. To enhance your ability to integrate your senses, go through this exercise while practicing the attendance to all the systems at once. You might start with rotating through very rapidly, or explore blending them as you would adjust sub-modalities.

Do this meditation visualizing a walk that you know well, such as a walk to work or to the carpark. Then do this walk physically shortly afterwards and notice how everything appears in technicolour with super surround sound, awareness of your physical state, breathing, energy in your legs and feet hitting the ground, smell the flora or may the petrol fumes and people smoking, it is almost an existential experience.

Anchor this and use it whenever you need to turn the dials up.