

‘Being Spontaneous’



An NLP Master Practitioner Modelling Project

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“Once we believe in ourselves, we can risk curiosity, wonder, **spontaneous** delight, or any experience that reveals the human spirit.” - EE Cummings

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Introduction

I remember as a child being mostly spontaneous and creative in what I said and did. Then came formal education, with book loads of cramming and I'd even wonder when in my life am I ever going to use all that I was souping into my system.

There I was in my opinion getting dim from school to college, where I had photocopied books to pour over and then graduated to post grad where I atleast had a chance to speak my thoughts through presentations and finally my first job as a Trainer. Here I figured I could graduate to some spontaneity of choosing which script to rattle out; that too after proving my mettle on the existing given script. I finally perfected the art of using the script by the minute, and would run a particular script at that particular time – the likely hood of the example being shared would be the same as the day before. I prided on my new found skill of an impeccable scripted performance word by word.

Needless to say my company chose to get the client's end clients to witness the training as they pretty much knew the script wouldn't go awry. Also I knew exactly how to share the script for now I had mastered the psychology of knowing my audience's reactions. This card of being a perfectionist to the core kept me hooked for a long while, till when I felt my grey cells turning black. There was no spontaneity and laughter of life left within.

Though the saving grace was that by the virtue of being human, the unscripted would pop by once in a while and the effect of that was yet at a level that I enjoyed and saw others basking in it too. It tapped another side in me...

Now that I have known the structured and the scripted, I wanted to plunge into the unexpected...

Choosing my IT:

I am now at a turning point where I am living my true calling, to share the gift of NLP with others. Being a woman and from India, I realize the importance of especially women being able to realize who they are and truly live a rewarding life. I was contemplating on modeling women who have carved a niche for themselves in their field and were an inspiration to others. When Colin and I discussed about the length and breadth of this, I agreed with him to chunk it down to something more specific else as he put it, would turn out to be a book!!

Then I turned my thoughts inwards –since I came from a structured environment of working and living, almost everything was guided and maybe by the virtue being a girl, being more protected and told what to do...But there lay an latent sense of being creative and a almost a streak of being a rebel; for mundane and the way to be it rather than play with it, was a way of life. To which an obvious

choice in my mind became Humor. I loved sitcoms for the unusual language, loved humor that broke the monotony, it brought forth the unexpected, just lightened the spirit.

So I set out to seek people in my environment who would be easy to access and I looked forward to tuning into the humor. Whilst the process of modeling I became conscious of the importance of using a clean state began, to be accepting in what they were giving and in the way that they were giving.

I did a round of interview with the first exemplar and subsequently the second, when it struck me that I held a restricted view of the IT I'd chosen and what I was beginning to pick from the exemplars was something larger - now being 'Being Spontaneous' and humor was an interesting medium my models were using to being spontaneous in the situations they were.

Being Spontaneous literally means having an **uninhibited and natural manner or, performed without any external stimulus or premeditation.**

To me spontaneity means, acting in the moment with awareness not reacting! It is being me...

What would it really like be if you adopt this model?

When you are being spontaneous:

- You are being yourself
- You are volunteering to speak with awareness
- You are not reacting
- You are in the moment
- You use your resources (situation, people, imagination, time, presence of mind...) to express spontaneously

My Models of excellence-

I clearly went by the kind of consistent effect that the model had on me and others in Being Spontaneous. It's a mixed age group from 20s to 60s. Proximity and availability was key for me in this process. This gave me a complete insight into the difference that makes the difference for the Models, I chose.

Exemplar 1

His Excellence:

Dhruv is my lifetime best friend and husband. He sports a natural talent to slip into light hearted conversations with strangers of all kinds and with friends and family.

The result:

He creates a light moment of happiness for himself and the others with his spontaneity; which interestingly lingers onto whatever comes next.

His Model:

Identity:

- ✓ He is himself

Beliefs:

- ✓ There is a positive intention behind every action
- ✓ Greater influence and connect, when approached with a smile and laughter
- ✓ Post a happy moment the joy just lingers and changes one's state of mind
- ✓ Ok this is life! State of mind (in a happy manner)
- ✓ Humor puts self and people at ease
- ✓ The other person can be nonreactive as well

Capabilities

- ✓ Can bring a smile to someone's face
- ✓ Can influence his state and other's state of mind
- ✓ To be like a commentator watching the match and sharing his views

Behaviour

- ✓ Makes self the subject of joke and this disarms the other person
- ✓ Smiles and jokes
- ✓ Humor in exchange of humor
- ✓ Cracks jokes on common grounds
- ✓ Builds upon whatever is available
- ✓ Amused state of mind
- ✓ Comforting look on the face
- ✓ Paces while speaking
- ✓ In the moment

Environment

- ✓ With someone who is in tough working environments and conditions
- ✓ In serious environments, after gauging their situation.

Dhruv's overall strategy:

- He spots people in a day to day situation, wherein they are having a hard day, is going through a monotonous day, their work condition is not optimal (Vr)
- He feels like a commentator who is watching a game from the box (K, Ve)
- Based on his state of mind, he tells himself 'This is Life in a nice way! (and other's state of mind, he jokes (Aid, Ve, Ae)
- He usually starts or responds with making himself the subject of the joke. This disarms the other person (Ac, Ki)
Or
He says something spontaneous to a stranger, that makes it a unique moment for him and the stranger (Ac, Ki)
Or
He shares a situation in common (Ac)
- He observes that they are at ease based on their reaction –smile, laughter (Vr, Ki)
- The joy of the interaction just lingers on (Ki)

Exemplar 2

It was interesting modeling Hemant as I modeled him based on Colin's perception. This was different of sorts, as I was to break the ice, model and elicit Hemant's thinking.

His Excellence:

Hemant has an ability to be himself and build rapport with people.

The result:

He builds rapport by being who he is...

His Model:

Purpose:

- ✓ To be happy and to be able to make an impression and impact

Identity:

- ✓ He is himself, like an open book
- ✓ An uncomplicated person –keeps things and relationships simple

Beliefs:

- ✓ Believes that there is no point stressing over things that one has no control over
- ✓ Doesn't want to miss the experience of knowing the person as that would be his loss...
- ✓ Connect for the sake of connecting

- ✓ The person before you is not invincible
- ✓ Pain is inevitable and suffering is a choice
- ✓ Nobody likes to be unhappy. Everybody wants to be happy

Capabilities

- ✓ Respect for self and others
- ✓ Builds rapport
- ✓ Finds common interest
- ✓ Gets to know what the person is passionate about

Behaviour

- ✓ Builds upon whatever is available
- ✓ Smiles
- ✓ High energy, stress on main words, high intonation at the end like checking with the listener about the experience he was recounting
- ✓ Honest and sincere
- ✓ Loud laugh when narrating a funny anecdote – uses hindi
- ✓ Usually speaks at a fast pace and then paces when recollecting and narrating an anecdote
- ✓ In the moment

Environment

- ✓ Everywhere, mostly with people he knows well, outside the professional arena.

Hemant's overall strategy:

- He starts with a not knowing state (Ki)
- He observes the person and the situation. He takes time to get to know the other person. He doesn't want to miss the experience of knowing the person as that would be his loss (Ve,Ki)
- He tells himself that everyone wants to be happy (Aid)
- He usually gets to what is common between him and the other person. Once he is comfortable, he opens up easily(Ki, Ae)
- He jokes or shares a funny anecdote in the moment (Ae)
- He observes the response to continue or stop (Ve)

Exemplar 3

I chose Gopal, as my Model as he has an intensely high level of purpose in life. His undeterred Buddhist faith and passion to share with many others, gives him the impetus to share his knowledge in not just a much planned way but also in an impromptu, in the moment manner.

The result:

Anyone can get charged to do their best, when interacting with Gopal. He manages to do this in a firm yet light manner.

His Model:

Mission:

- ✓ Enjoy your life and see that people around you also enjoy life

Identity:

- ✓ A Buddha
- ✓ A disciple of Sensei Daisaku Ikeda (A Buddhist Leader)

Beliefs:

- ✓ Every human being has an inner voice
- ✓ Everything in this world needs a stimuli
- ✓ Hope is the greatest gift a human being can give another human being.
- ✓ You are born to be happy and you are born to enjoy everything in this world
- ✓ We are interdependent. Liberate self to liberate others.
- ✓ If he can do it then I can also do it
- ✓ A person who has positive hope will rejoice in every situation

Capabilities

- ✓ To give hope to others
- ✓ In case of doubts, he just trusts his mentor's guidance and prayer can serve as a navigation system to sail through the sea of life
- ✓ Take everything as it comes and not being disturbed internally
- ✓ Courage to have hope

Behaviour

- ✓ Great deal of congruence in what he says and emotes through gestures. E.g. radiant smile when speaking of bringing a smile to others
- ✓ Prayers and studying Buddhist philosophy
- ✓ Energy in voice and demeanor

Environment

- ✓ Members of Sokka Gakkai (SGI)
- ✓ Family, friends and others

Gopal's overall strategy:

- He starts his day with a prayer and studies guidance to be able to have the right wisdom to encourage his members through his life condition. Listens to his inner voice through prayer. (Ki, Ai)
- He has a state of not knowingness; mixed emotions and not knowing what will be his opening lines (Ki, Aid)
- He greets, smiles and gets comfortable (Ae, Ki)
- Recalls what his mentor would do in a situation as such; he will remove all the clouds of darkness and have a very confident body language (Vr, Ke, Vr, Ki)
- He shares Sensei's guidance (Ae)
- He sees for member's reactions and if he sees pensive faces, he feels the want to lighten the atmosphere (Vr, Ae, Ki)
- He observes whatever is available and jokes on the context (Vic)

Exemplar 4

I chose an uncle of mine, as my Model as there is hardly a dull moment when with him and he seems to pull out an array of ideas, thoughts, anecdotes from his repertoire effortlessly. Also shares life's philosophy at the same time.

The result:

Bouts of laughter and light moments and in the process also absorbing life's intense learnings...

His Model:

Mission:

- ✓ We live for happiness

Identity:

- ✓ A geologist 'who tries' to understand nature
- ✓ A trekker
- ✓ Nature's creation

Beliefs:

- ✓ For him Nature is God, and he sees nature in God itself
- ✓ Nature is never demanding, it always gives you back
- ✓ Sees life on a larger canvas
- ✓ Listens to his conscience
- ✓ Try your best and then Que Sera Sera
- ✓ Everything in life is relative, not absolute
- ✓ Believes in detached attachment
- ✓ To him, humor is the spice the food, else it is useless

Capabilities

- ✓ You go into yourself when you are with nature – you become an observer
- ✓ A Trekker
- ✓ Natural sense of humor
- ✓ Ability to observe
- ✓ Being practical
- ✓ To see good in a person and to imbibe it
- ✓ No thinking, just doing
- ✓ Listen to your body for signs

Behaviour

- ✓ Wide smile, head back , a pull back when shares wisdom in a light way
- ✓ Gesturing above the waist level and close to the heart whilst talking about humor
- ✓ Well paced and smooth flow of speech
- ✓ Amused state of mind
- ✓ Smile spreads to the eyes and good eye contact while sharing a joke.
- ✓ Nod while sharing a joke
- ✓ Stomach laugh

Environment

- ✓ Walking in the mountains – beautiful flowers, fresh air
- ✓ Being with people who have a good sense of humor
- ✓ With anyone professionally and personally

Uncle's overall strategy:

- He looks upto nature as God and considers how small we are in this universe. This thinking approach makes him take things in a different way(Vr Aid, Ki)
- He observes his environment (Ve)
- He tells himself everything in life is relative and doesn't get attached to it (Ai, Ki)
- He is his natural self and does things that make him comfortable – for he believes when you are comfortable with yourself, you are comfortable with others.(Ke, Ae, Ki)
- He shares his feelings in a light way though a joke or a situational anecdote (Ki)

Exemplar 5

I chose Ritika, my sister as she has an uncanny knack to come up with one liners and break the monotony every once in a while.

The result:

It's fun and engaging. Also it has a surprise element, because you never know when it's coming your way. It lightens her state of mind and everyone else's within a split second.

Her Model:

Purpose

- ✓ Live and let live
- ✓ Enjoy, because that's what matters, as long as it doesn't hurt anyone

Identity:

- ✓ I am who I am

Beliefs:

- ✓ Every individual is different
- ✓ If there is a problem, explore different directions
- ✓ Any problem can be solved in this world if there is a smile or a joke
- ✓ Life is not that serious; it's we who make it or break it
- ✓ Life is like a movie; depends on whether you watch a dark movie or a funny movie

Capabilities

- ✓ Sensitive to others and their situations
- ✓ Compassionate – giving comfort, to calm the person
- ✓ Use external barometer to test how far can the joke land
- ✓ Selfless, giving and nurturing
- ✓ Uses imagination
- ✓ Presence of Mind
- ✓ Being happy
- ✓ Being open to new ideas
- ✓ Being in the moment
- ✓ Humor

Behaviour

- ✓ Shares in a way that is light for the other person to assimilate
- ✓ Smiles often (especially while cracking a joke)
- ✓ Lets her mind loose
- ✓ Relaxed and low tone
- ✓ Smooth and paced out flow of speech
- ✓ Relaxed body language

Environment

- ✓ With people close to her and familiar people (colleagues, clients)

Ritika's overall strategy:

- When she feels the situation is heavy, she responds with an intent to make it light and seeks to understand what the other person is going through (Ae, Ki)
- She sees everyone's reaction and doesn't want things to go negative (Ve,Aid)
- She changes the content as the context in the moment cannot be changed(Aid)
- She views the situation like a movie, wherein the original movie remains the same, but takes a few parts and adds on. (Vic)
- She lets her imagination go the way it wants to and connects one thought to the other(Vic)
- She conveys the message in a relaxed and calm way (Ae,Ki)
- Then she breaks the link when she feels it is losing its charm or the situation is getting monotonous or it starts leading to another problem (Vic, Ve)
- Else, if she feels people are enjoying, she continues as she believes that it is human nature to join in and one thing will lead to another. She feels having fun is mutual (Ki, Ve,Vic)
- She feels calm, composed and relaxed. Her state of mind is happy and everybody is relaxed. (Ve, Ki)

Modeling: The journey and learning

It was like a walk in the nature. I was with the other person, just like when you experience trees, the beauty around you and soak in the breath of freshness that it lends.

- Initially I started with being outcome driven. Through the process, I transitioned a great deal into being 'in the moment'.
- Once I was in the moment, I was able to peep into the other person's map of the world without any judgments. I could do make this possible only with the use of Clean questions. There was great deal of temptation to seek answers to what it is like from my map of the world.
- The more I used the clean process, the more I got from the models. I was amazed at how much I was able to learn about just by letting them share their map of the world. And was amazed at the treasure and their gift of time that they shared so joyfully and willingly.

- I learnt that by just trusting the process and engaging in the true sense, I was able to unearth their deeper structures in such a brief while.
- There were times, when I felt the models, in their flow of thoughts would move onto much broader areas; wherein I steered the sharing process back to the excellence they had.
- I reworked the model as it seemed artificial to me. Then I connected with the exemplars to share the model I had derived. There were some significant inputs and I could come up with the final model and put it to test.

The exemplars' experience of the process:

- Dhruv says that this experience was interesting for him as he got to really think over what he was doing maybe not consciously. He would like to use humor more often as he never knew he had this ability. He has started tapping his spontaneity more often.
- Hemant said that this exercise was good for him as he is interested in becoming more aware about himself. Also this was beneficial as he became aware about the structure that he uses to connect with people.
- Gopal shared that this sharing brought out something he never knew about himself. It humbles him a great deal and he owns a lot of responsibility for his and other's happiness. He is even further inspired to do his best.
- My uncle in his usual antics said, he enjoys chatting and bowling! He just bowled a few, few went through and maybe few didn't! But that's how it is. He felt like I had put him on a pedestal (again his humble self)
- Ritika enjoyed the process and how it was for her. She shared that through this process she realized that she is a caring and empathetic person. Also that she can change and alter the situation even if it gets messy. She plays a key role in making the atmosphere lighter.

She will be using this strategy at a conscious level that she had been using in a subconscious was. She would like to use it 80%, if she was using it only 60%.

She will consciously get the variations in her interactions and she would like to use this for herself as well...to lighten up her mood and laugh it off!
 "If I can do this for others, I can do this for myself."

My IT

'Being Spontaneous'

Through Modelling I experienced, that it isn't just what you are looking for, but also you might need that you get...

So while I was looking for being Spontaneous, I got more to what Spontaneity could in its entirety really mean- being sensitive, taking yourself and situations lightly and being yourself.

My Model

Environment:

- ✓ With someone who is in tough situation or condition
- ✓ Family, friends and others

Behavior

- ✓ Make self the subject of joke as this disarms the other person
- ✓ Smile while joking
- ✓ Humor in exchange of humor
- ✓ Amused state of mind
- ✓ Pace while speaking
- ✓ Build upon whatever is available
- ✓ Take risks
- ✓ Laugh when narrating a funny anecdote
- ✓ In the moment
- ✓ Relaxed body language
- ✓ No thinking, just doing
- ✓ Play humor – like a mind game
- ✓ If there is a problem, get into different directions rather than one

Capabilities

- ✓ Bring a smile to someone's face
- ✓ Influence self state and other's state of mind
- ✓ To bring up the navigation system (to have faith) in the depth of the sea of our life...
- ✓ Take everything as it comes and not being disturbed internally
- ✓ Courage to have hope and share with others
- ✓ Connect with self – become an observer
- ✓ Sensitive to others and their situations, by knowing how far the joke can go
- ✓ Using imagination – with the resources available
- ✓ Presence of Mind
- ✓ Being open to new ideas

- ✓ See life on a larger canvas; and big problems become small

Beliefs:

- ✓ Humor puts self and people at ease
- ✓ The other person can be nonreactive as well
- ✓ You are born to be happy and you are born to enjoy everything in this world
- ✓ A person who has positive hope will rejoice in every situation
- ✓ The person in front of me is not invincible
- ✓ Pain is inevitable and suffering is a choice
- ✓ Everything in life is relative, not absolute
- ✓ Any problem can be solved in this world if there is a smile or a joke
- ✓ Life is not that serious; it's we who make it or break it
- ✓ Life is like a movie; depends on whether you watch a dark movie or a funny movie
- ✓ Add some masala (spice) to spice up a bland situation

Identity:

- ✓ I am who I am
- ✓ Buddha

Purpose:

- ✓ Liberate self and liberate others
- ✓ We live for happiness

Some reflections:

During the interviews that I conducted with my exemplars, I became aware about few qualities that were already innate in me. And now those pictures flashback about the trainings that I have done and had fun and so had my audience.

Also the interesting part about the process was, I attended few stand up comedies, watched two and a half men and Bing Bang theory and guess what mystically there was so much happening in my environment – India Today, the magazine came up with a burning issue on if Indians (politicians) are upto humor on them. Verdict: they are more uptight than they were during the independence era!

Spontaneity is a vast area. So I put it in measurable terms so I can see and experience it happening. To have any of these factors working would entail that the model is working:

- For me to get into an amused state of mind
- To transfer the amused state to others

- To make the situation light
- To have the 'fun' effect linger on for me and others
- To share hope (if it really goes well!)

Beliefs to be held through the process:

- Believe nobody likes to be unhappy. Everybody wants to be happy
- You joke with people because you care for them and want to enjoy that moment with them.
- Add some masala (spice) in their bland situation
- Greater influence and connect, when approached with a smile and laughter
- Believe that the person before you is Human and not invincible
- Hope is the greatest gift a human being can give another human being.
- Liberate self to liberate others
- Everything is relative, nothing is absolute
- Have detached attachment

Follow the steps:

The MODEL

1. Spot a person in a day to day situation, who is going through a hard or a monotonous day (could be you as well) (Ve)
2. Start with a not knowing state. Look at the person's state and if more people are there check for their state (Ve,Aid)
3. Vividly see the scene playing on a large movie screen in front of you with the person going through a boring/monotonous interaction. Imagine yourself as a movie director.
4. Decide how you want to make the person feel today...happy, light, hopeful...Now direct that scene with that feeling into it. You are directing by making the content of the movie funny in the context that is available to you, on the screen of your mind (Vic, Ki)
5. Let your imagination go the way it wants to and connect one thought to the other(Vic)
6. Step into the movie and share a joke on yourself or about something common (Ki, Ac)
7. If you see people are enjoying, continue to enjoy it like a game to make it funnier than the other (Ve,Vic,Ki)
Else,
Close the scene when you feel it's losing its charm or the situation is getting monotonous or it starts leading to another problem (Vic, Ve,Ki)
8. Feel calm, composed and relaxed. Your state of mind is happy and everybody is relaxed. (Ve, Ki)

How I integrated the IT into me

✓ **How I know in measurable terms that I have the model**

I revised the model several times as it didn't seem natural to make conscious attempts to be spontaneous!

What has dawned on me is that my purpose in life to liberate myself and liberate others. This is giving me the courage to experiment every now and then.

I shared the structure with the models. They filled the gaps, which was key in the structure of the model.

Measurable terms are when:

- Now I look for more creative ideas, with the excitement that you never know what I get outta the idea bag.
- I am being able to access my amused state more often; that helps me look at life like a movie and redirect the situation
- Now my focus is shifting to looking for solutions in a fun way

✓ **How others recognize that I have the model**

- They recognize that I have the model, when in a mundane situation I come up with something random that usually breaks the monotony
- Possibly when I look amused rather than perplexed

✓ **How I know when I have imparted the model to the others**

- When the others using the model are able to maintain an amused state in a boring and monotonous situation
- When they can think out of the box and reframe the situation
- When the outcome of such interaction is light, joyful and hopeful

✓ **The results of others having the model**

I walked people through this model over skype across different locations. Some excerpts from people who used the model:

- "So, all in all I did feel irritated, felt that pressure building up in my mind, did feel restless coz I just wanted to do away with that topic completely.

Took a deep breath and started thinking in different directions, came up with this funny thing and confidently used it and it worked!!!! “

- “...Directing my own movie and adding humor into it gave me the feeling. That it doesn't really matter, that I am me, must not compare and just keep on going...”
- Another person who used the model was successful in easing out his thoughts and feelings towards a colleague with whom his interaction was one sided and also boring. He used the model to break the monotony through humor and also conveyed his message in a subtle way.

The model now and then-

I intend using this model in my NLP workshops and also share the model for people to take on.

To conclude:

Spontaneity means now there is nothing to hinder your self- nature from expressing itself.

All the rocks have been removed; all the doors have been opened.

Now your -self nature can sing its song, dance its dance...

Liberating indeed!

Payal
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India