

The Sunbeam Collection

Volume 1

**How it feels to discover NLP, in the sound
of a million sparks of colour**

*Dee Shipman
and Paul Jacobs*

New Oceans
www.new-oceans.co.uk

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FOREWORD

This book is for everyone who wants more sunbeams in their life:- and that means anyone who knows anything about NLP (Neuro Linguistic Programming).....and anyone who hadn't even heard of it until now!

This is a feel-good book with a difference.....it shows that not only can sunbeams make us feel great, so can raindrops, when they're reframed according to the presupposition that every action has a positive intention underlying it.

'The Sunbeam Collection' has been written by Dee Shipman and Paul Jacobs', her partner in New Oceans. Dee is an NLP Master Practitioner, trainer, and high-performance coach, and is a well-known lyricist and writer of West End Musicals, songs, and TV documentaries.

Her co-author, Paul Jacobs, has been running the New Oceans Training, Coaching, and Consultancy Organisation for several years, and is a uniquely gifted and inspirational NLP Trainer, and life, education, and high-performance coach.

He specialises in working one-to-one with children with special needs - ADHD/Asperger's, Dyslexia, Autism etc. Paul works with the children and Dee works with their parents.

New Oceans has the tools to help everyone access their inner resources and reach their potential: to help them focus sunbeams on their raindrops past, present, and future, and create more rainbows in their lives.....which is exactly what this book is all about!

New Oceans itself is all that too and so much more! It is about helping us all put passion, purpose, and performance back into our lives.

INTRODUCTION

It's funny how things turn out.....this book has happened because of a chance remark, a few words spoken half jokingly.

It was at the end of one of our New Oceans SEN (Special Educational Needs) Diplomas. As usual I'd closed by reading out one of the poems I'd been writing for our trainings to give a new creative perspective to Neuro Linguistic Programming.

This particular piece was "You Cannot Fix Me"; and as we were packing up, one of our trainees - a Special Needs teacher and herself the parent of an ADHD child - came up to me, tears running down her cheeks over a huge smile. "Thank you so much", she said. "How on earth did you know that about me?" And she asked if she could have a copy of it.

Having seen her rainbow reaction, Paul said to me "Tears again? You'll have to write a book of those!"

So here it is.....a book of stories, poems, metaphors, comments and thoughts, all of which grew, in one way or another, out of the Diploma, Practitioner, and Master Practitioner trainings Paul and I do through New Oceans.

All are about reframing raindrops to sunbeams, using the medium of my writing.....and Paul's inspiration.

Welcome to our world, through our words.



Dee Shipman



Paul Jacobs

THE COLLECTION



Constant sunshine is warm, pleasant
Makes the world every day bright, clear
The sound of the ice-cream man's van.....
Until 'constant' becomes 'reliable'
And everyday - ordinary
However
A dozen Jacob's Ladders suddenly arrowing through the clouds
And joining earth to sky
Takes our breath away
Offers us the possibility of touching heaven.....
THAT'S the magic of sunbeams!

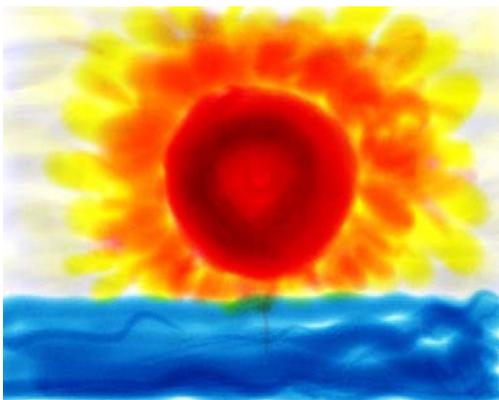
FIRSTS

And this really was a first! It was coming up to a NLP Diploma weekend, and we were going to be covering the process of Anchoring, which is linking an outside stimulus to an inside emotional state so that you can choose to be in the most appropriate state whenever you want. It was the first time Paul asked me if I'd write something for the group.

Every time I read it now I'm anchored to when I put down the phone after saying "Yes of course I will", sitting on the bed, getting the idea; grabbing a pen and pad and thinking, "I'll just jot down a few notes"... Twenty minutes later I was in full flow!

An hour after, I phoned Paul, and trying to keep the excitement out of my voice, asked him "Is this the kind of thing you wanted?"; and read it to him. And it was!!

I was clearing out the garage.... there were so many boxes, and black sacks, a broken ladder we'd kept "just in case", old paint tins, most of them empty or dried out, you know the sort of thing. Where does it all come from?



I'd kept promising myself that I'd do this, but it was the first time I'd actually got round to it. I honestly don't know which was putting me off more:- the thought of the spiders lurking in dark corners, or the old memories doing the same! Anyway, there I was, ready, if not totally willing.

And that's when I found it.... an old basket, the lid broken, the worn leather strap hanging from its rusty buckle: and suddenly I was four years old, and we were on the beach at Brighton, me, my parents, grandmother, baby brother. My ruched elastic swimming costume, my pigtails. It was my first picnic by the sea. Everything tasted of the ocean. I'd picked up a shining pebble and put it in the basket under the screwed up greaseproof paper.

And here it was! That same pebble. And the sounds of the sea and children and rustling paper and scrunching pebbles flooded back.

Under it in the basket were some old photographs. I pulled one out... it was my school holiday on the Isle of Wight, my first time away from home without my parents. The next photograph was of the open-backed van that we travelled in on my first acting tour.

And out they tumbled, the pictures, the memories, the "firsts" of my life....including my first day at Brownies, my first boyfriend; and my first newspaper review, first record I sang, first record I wrote.....

I looked round for something to put them in. There was a large empty tin that looked okay, so in they all went. I picked up the tin, and that's when I saw the label:- "Rainbow Paint". I remembered the laughter when I'd been given it because I was always redecorating!

Now it was full of all my 'firsts', the bright colours of my life so far.... and I realised suddenly that every time I looked at them, from now on, I would be doing 'exactly what it said on the tin'... painting my own rainbow!



GIVE ME THE CHILDREN

The New Oceans ethos for our NLP in Education trainings is that our children's education can be much improved, and far more enjoyable for them, by focusing on learning rather than teaching: as that prime exemplar of an educator, Miss Jean Brodie, knew, it's about drawing out, not forcing in!

Give me the children
The younger the better
For life is a long journey
And there is so much to
discover....
How to be, how to do,
How to see
And say, and feel.....



How do we think?
What is natural, what is innate?
What is aspirational
And what is a dream?

How to use our inborn joy, to give
To live, to love, to grow
We all need someone to model
To show us the way, the how

Therefore
Give me the children.....
So that I may learn.