



**The
Sunbeam
Collection
Volume 2**

**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 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

As you will already know from having read our first Collection, these Sunbeam books have evolved out of the poems and stories I have written for The New Oceans, trainings and workshops which Paul and I do.

For both of us Milton H. Erickson was THE model of NLP excellence in storytelling - and metaphors - for healing: and in reframing, which, when added to stories, becomes not only a skill but a life art.

This book, like The Sunbeam Collection 1, is for everyone who wants more sunbeams in their life:- and that means everyone who knows anything about Neuro Linguistic Programming – NLP, – and everyone who hadn't even heard of it 'til now!

The Sunbeam Collections are feel-good books with a difference.... They show that not only can sunbeams make us feel great, so can raindrops; because when they're reframed according to the Presupposition that every action has a positive intention behind it, they can bring us the biggest transformational shifts – and become the most wonderful resources in our lives!

DS 2005.

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!

IF YOU WANT TO DANCE

This is , I suppose, about the spirit and the integrity of NLP. It's about having the potential inside us to do and be whatever we choose – and how to choose.

If you want to dance, dance
If you want to love, love
If you want to write, write
Don't talk about
Wanting to write
Don't wait for the moment
The inspiration
The cat to come home
The kettle to boil
For him to call
Call yourself a writer only
when you write

So dance, love, write
Whatever you want
Only if you want to hate should you pause
Hate burns life from the edges inwards
Until the heart is destroyed

Dancing, loving, writing
Make life better
The only thing hatred makes
Is ash..



THE RABBI

I guess you could categorise this under a few headings...but certainly Values & Beliefs springs to mind! It was based on the true experience of a friend of ours – I just took it a stage further!

"It's the old good news, bad news", the agent said to the Rabbi. "Which would you like first?". "Good news is always welcome", the Rabbi replied. "Well the good news is...they LOVED your book!". "That's nice. So, nu...the bad news?"



"They think you're too Jewish", said the agent. "Too JEWISH? But I'm a Rabbi!". "Oh absolutely....I agree. Yes. Definitely.....but perhaps if we toned things down a little? Got rid of the beard? And the big black hat? On the other hand, maybe you should keep the hat... it could be your 'signature', your gimmick... like in the music business, you know? Johnny Cash, Garth Brooks, huge Country singing stars who are known for wearing big black hats!..... What's your guitar playing like?"

The Rabbi looked sad. He was thinking about his lifetime of devotion to Judaism, the faith of his forefathers, the traditions of 5000 years, the love of learning to be handed down to the congregation.....how could all these be sacrificed for the sake of a successful book? God for Mammon? What kind of a deal was that? But what could he say to his friend?

Calling upon all his wisdom, the Rabbi turned to the agent....."Vell it's vun for the money, two for the show, three to get ready.....!"

WHAT MOVES THE RIVER?

We were going to be explaining metaprograms – those patterns of value and belief strategies we all run, like being away from pain or towards pleasure (stick or carrot driven), or liking what's familiar or what's new, preferring the big picture or details etc.

My three year old goddaughter Chiara came into the room as I was writing, or as she described it, "Drawing pictures with words". I read the picture to her, as far as I'd got, which was to the line 'It sings the flower country'. "What colour should that be if this is a drawing?", I asked her. "Blue and white", she replied. So that's what I wrote!



What moves the river?

It runs always now

It glides falls smooths

From there to the sea

And is ever present.

What sings the river?

It sings the flower country

The blue and white.

What does the river dance?

The drumbeat of the pebbles

Tumbling water weed

Over your cold feet tingle
Shingle sharp beneath them.

Crossing field to field
What moves you?
Are you going to morning tend the sheep
Or away from sleep night?
Are the river banks
Half empty or half full?
Will you lie in the grass
Green matching to your eyes
Or watch the sky
As if you'd never seen it in your life?

When you hear the music
In your head
Is it the river's song or your own?
And when the seasons change
Do you spring or fall?
What moves the river?
What moves you?

