

RBIIm PDF talk <http://youtu.be/ZrdqGbzC6E0>

Why did I write this PDF?

What I do in my work is to uncover why things work the way they do in our head.

It's a lot about how we understand reality and how to create new reality, so we can start to create for ourselves legendary awesomeness.

That is what I do in my work, *creating legendary awesomeness*.

If someone comes to me as a client, what I do depending if it's an athlete or just a regular Joe or Lisa, is to ask them about *their future when it works perfectly* which is different for Lisa and Joe that it's different from you and me, we do however know how that is like for each and one of us.

I believe that anyone can achieve greatness in their life it can be happiness for themselves or with their family, or to be in the zone when performing sports. I believe you can learn faster and acquire skills that allows you to excel in any field faster and better than ever before using the technology of RBIIm.

This PDF is a short detailed to the point as far as what I been writing 800+ posts for almost 3 years now. I written one or more posts every day, with a lot of words, details about my work and what I done in several areas ranging from NLP, to sports, to change to why the heaven is blue. However reading through all those posts is a lot of work but some have done it someone like Sebastian who had a life that didn't work so well did something I like he went and applied the things I wrote about and made in that a discovery and that allowed him to get his life to work for him.

To have our life working for us instead against us. Novel idea right?

I write about what is possible that things I found and are able to replicate and in this I made a discovery that sums up my work (took me 8 years but who counts years?) and it's going to be a full complete overview of what I done in a upcoming book of RBIIm. *Its a 3 steps process that allows the transformation of reality to happen within your own control and choice*. To create your own legendary awesomeness if you so desire. But that content and information will be in the book.

This PDF to the point contains what I as far have covered in my research on the www.notnlp.com blog and what I written about as far and it's a training system to re-connect us to our sense of the world in a new profound way where we gain access to the vestibular system a prerequisite towards a greater sense of quality of life.

I am done with the research, and I am writing the RBIIm book to present later on for you how to start create something uniquely your own with control and choice where the transformation of reality happens and how to do it. I call that "a larger consideration of life" (Book title) you might call it something different.

PDF To the point:

Once upon a time I learned NLP and hypnosis and did good with it.

I then stopped doing NLP and hypnosis and said so publicly and the people in the NLP field told me that what I said I did wasn't possible to do. In a field about excellence (NLP) I found that attitude, troublesome. The field of NLP had become too much a closed mind one and I knew I had to further go to unlock the magic and mystery of what I consider NLP to be. Little did I know that journey would allow me to reshape the future of NLP and create something new.

I don't believe in secrets or mystical energies or magic much due to when we know how things work they are no more magical or mystical than anything else we know and use in our life, like a

cellphone or a computer or a Ipad. It then become an art of science if you ask me. However science is magical in some way due to if energy cant be destroyed and only transformed, maybe the same applies to our own neurons and thinking and behavior also?

I created RBIm from a modeling project I did back in 2003 of a 2 day presentation Joseph Riggio the creator of the Mythoself process did in Denmark. RBIm is an art of science for me. The book will contain the 3 step RBIm process that creates and manages a future orientation in our daily experience and more obviously.

RBIm stands for **Realization Behavioral Integration model**. This is NOTNLP. The RBIm technology consists of several components and concepts, one such is the **comparison mode-™**.

The comparison mode-™ is about *combining/balancing* the cognitive thinking (attention) you do and focus your own consciousness into the somatic counterpart (Integration of behavior) creating what we call vestibular access or in more common words – space (realization).

The RBIm 3 step process (coming soon) allows you to start create space and accessing experiences like, flow, zone, happiness, harmony, peace of mind, confidence, or as I like to say your own legendary awesomeness down the road.

The RBIm technology isn't mystical or magical but for many the shift in their performance in sports and in their experience of life can be seen as magical or even mystical due to the new found quality people will experience when they learn to do it and the result of doing it.

FutureNow is another concept we use in the RBIm technology and together with the comparison mode-™. It allows you to create a new future reality you then can access and experience with practice.

What does this mean for you then?

Instead of asking, *why we suck at things or feel like a looser we do this;*

We ask this, **hey what if I had this future when it all works already? (New FutureNow Context)**

Let me give an example, you are bad doing something, it can be math in school, it can be your shy with people around you, it can be anything we suck at or feel like a looser at, but instead of hang up us with how it is right now or why it has been this way and how it become this way we ask us FutureNow questions;

- If my future works the way it should be working for me? (I know, it doesn't yet)
- I am successful in math in school and I feel its easy? (I know, it doesn't yet)
- I am confident with people and feel really good about that. (I know, it doesn't yet)

Naturally your first reaction and response to those questions will be to answer from your past and present reality. (That it isn't doable/possible etc...) Ok?

You cant do well in math or stop being shy due to how it is and been like for you right?

But let us ask again,

- If my future works the way it should be working for me?
- I am successful in math in school and I feel its easy?
- I am confident with people and feel really good about that.

When we focus on the future, and we ask how its like when it works for us and we add how its like in our experience having it like that, we know its about the future and haven't happen yet, but the RBIm process allows this to become true, you transform your reality, your behavior starts to change and you Integrate this into your life *and as you realize that*;

Your life now starts to work for you

The RBIm book will explain the 3 steps, the inner workings of the process and a lot more including consciousness how it operates and how we can start designing reality and experiences unheard off when we start to understand how our brain operates in practice to create reality.

Until the book is out I recommend to learn the RBIm drill, a way to access and actively create intention and become aware of your somatic portion of experience since most will have less of the somatic portion (in the body) and more of the cognitive thinking or in the head.

The reason we do the RBIm drill <http://www.youtube.com/watch?v=pHLgvNoYUF4> or for example Intu-flow is to increase our awareness to the somatic system that we later use in the RBIm process.

This is just an appetizer and has the essential bits, its not the whole meal with the dessert. That comes later in the RBIm book where the structural format will be presented..

Asking a question about a future reality doesn't make it real because we ask it, that is the easy part, but as long the future experience we ask about is for us about a possible often not a realistic output we then hide behind the excuse that we suck at math or are shy or just are a loser.

Do you want to be shy, bad at math or a loser? No?

Then why are you? (don't answer that)

Instead ask and answer, *if you this upcoming months, every morning as you wake up asked yourself the different question,*

- If my future works the way it should be working for me?
- I am successful in math in school and I feel its easy?
- I am confident with people and feel really good about that.

(Ponder the question for a bit then do the RBIm drill)

Now, you don't need to believe it or do it as an affirmative, just asking the question/s appropriate for you and then do the RBIm drill as seen on the video every day for 3 months.

<http://www.youtube.com/watch?v=pHLgvNoYUF4>

This will take you less than 5 minutes every morning to do.

Then ask the question again before you get on with the day.

- 1. Ask question future oriented when stuff works.**
- 2. Do the Intention RBIm drill.**
- 3. Ask question again.**
- 4. Contemplate for a moment and then get on with your day.**

This morning ritual (or at any other part of the day) will shift you focus of attention towards a working future.

And then it might become magical or even mystical for you.

To become great at something, boot camp is needed.
No short cuts allowed.

People believe in a secret short cut, a magical aha epiphany moment but that doesn't pay the rent or pick up the kids from school.

Good smart practice making sure we focus on the right things and when doing the RBIm drill you create *Intention* that is a man made action we do and when its felt it creates a possibility an opportunity to choose differently.

The 3 step RBIm process in the RBIm book will make this easier to do and use due to the coding and the how to is slightly different. The improved RBIm process works a lot faster and is much more powerful and direct to the point.

Let my technology unlock a life that works for you.

/Robert Johansson
Creator of the RBIm technology.

RBIm concepts:

Comparison mode™

Focus of attention between cognitive function to the somatic counterpart to create space and access intention. The brains evolved functions that kicks into gear big time at age 4.

FutureNow

Representation of the future when it works and the experience having it.

(Cause-effect+effect a Swedish model developed by Robert Johansson back in 2001)

Questions are asked with the structural format of [Contextual representation and experience].

As ex: I am confident with people and feel really good about it.

To be confident with people and then feel good about it is a highly complex structure to be able to experience. First piece is context and its reference, (confident/people) the next piece is a chained response feel good about it (experience added). The future have not happen yet, to make it happen and become the new reality we cant go from our present experience and context, or our past, we create a new one that simply put, is all new. To make our brain create this new reality we make sure we focus our attention on the future context and add our experience having it, within the somatic access (RBIm drill) this will allow a shift to happen.

Mirror Neurons

The behavioral way the brain learns by mimicking outside behavioral contexts. Those also provide insights into what people learn and how they learn but also how they identify with the context around them especially growing up. Totally re-writes psychology assumptions and NLP's.

Memory supported creation.

The brain creates supported memories to support the transformation when one access the FutureNow position and creates the iconic experience. The new reality is supported out of the box. That is what our brain does "Naturally" and with the RBIm 3 step process (coming soon) this is fully utilized in the best manner.

Legendary Awesomeness

A way to talk about experience and behavior doing things extraordinary awesome.

Cognitive thinking

Our contextual way of representing concepts and no its not the way NLP does it as they got it wrong. (Got your thinking and comparing right?)

Somatic access

The physical expressions when the comparison mode is balanced and active within Intention. Internally felt and calibrated to.

Epistemology/Ontology

Philosophical ideas and theories not used in RBIm.

Empirical applied technology RBIm

Behaviorally based approach that transforms behaviors, reality and how we experience life both within and around us. Brain based observation trough 2 decades of research by Robert Johansson.

RBIm book

Coming soon.

Boot camp

Deep Practice makes perfect.

Intu-flow

A movement based system developed by Scott Sonnon www.intu-flow.com

Stand by mode

When the cognitive/somatic is aligned and balanced and the brain has a moment to choose a new direction and access the FutureNow experience.

Contextual reference

Consciousness is operated and exist trough context, our sense of self is expressed trough such. The markers of such is held within a combined effort of somatic and cognitive references and none can come before the other due to the combined effort is what creates consciousness as we know it. This points to a new field and logic not exposed previously.

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