



# MINDFULNESS AND NLP: A Powerful Synergy

Arline Davis, Master Trainer in NLP and Mindfulness

First, a Bollywood moment.





# Journey of Awareness

If you were a sailboat, what part of you would be working best right now?

And what part of you could use a little maintenance?

# NLP is the art and science of the integrative practice of:



Self-knowledge



Self-awareness



Self-management

# The New Emphasis of Third Generation NLP



Generativity and  
Empowerment



Connection and  
Relationship



Aesthetics and  
Harmony



Purpose and  
Transformation



# Combining NLP with Mindfulness is a Superpower

*"Mindfulness teaches us to be present in the moment, to observe our thoughts and emotions without judgment, and to practice acceptance. This allows us to better cope with daily challenges, improving our emotional resilience and our ability to make more conscious decisions. NLP, on the other hand, is a practical approach that teaches us how our thought patterns affect our emotions and behaviors. Through NLP, you can learn to reframe these patterns to achieve more success and happiness." ~ Karl Nielsen, in "Mindful Human Revolution"*

Presence aligns our internal resources with reality, enabling intentional action instead of reactive behavior.





# My "Peak Experience" with Mindfulness

Living life one Breath at a time.



# The Practice: Being at C.A.S.A.

- Centered
- Accepting
- Safe
- Attentive



Mindfulness is not passivity, but rather the active cultivation of awareness that enhances the tools of NLP to achieve success more effectively and sustainably.



Mindfulness is  
Attentiveness to  
Oneself, Others, and  
the World

