



No-Y-ian Newsletter

Editor: Eleanor Evans

Summer 2010 Volume 4, Number 3

Annual No-Y-ian BBQ

This event was held on Thursday 16th September 2010.

It concludes the studies of the year 2009 to 2010.

It had stopped raining. It was wet and cold outside. So the BBQ cooked outside, but we ate in.

Traditionally, the students each bring something to share. However, the respective amounts that came to the table were a little overwhelming. This year Piroska brought some special Hungarian items thanks to her mother. They were simply excellent.



Debbie Tom Piroska Bryan Steve



Andre Dennis Margaret Debbie Piroska



Frank Jennifer Donna Andre

A family event:

Jennifer and Dennis have a brother-in-law called Kenneth Byram. He served on a British cruiser called the Ajax. This cruiser fought in the Battle of the River Plate against the German pocket battleship, the Graf Spee. The city of Ajax is named after this ship. By a by-law of the city of Ajax, streets of its city shall be named after the men who served on this ship and who fought in the Battle of the River Plate. They went with the family to commemorate the event; it was a very fine and elegant affair. All of us truly honoured to represent Kenneth.





With the mayor and certain councilors of Ajax.

A one-time student of the No-Y-Tutorial Group

Astrid Chong came back home from England on 2010. 09. 03 and stayed from 6.00 PM and left the next morning, 2010. 09. 04 at 7.00 PM to go to Belize. It is a requirement of King’ College Medical School that she do 6 weeks clinical work in some 3rd world country. There are some 10 students from King’s who will be with her.

The principle focus of her stay was to see and be with her nephews that she last saw 3 years ago, Henry and Charles Evans.



Astrid Jennifer Eleanor



Charlie Astrid

An Award:

The Annual Con-joint Conference of IMDHA and IACT was held in May 27th to 30th, 2010 in Daytona Florida. At its annual dinner, during the award presentation Dennis’ name was called. He went to the rostrum. He was a given a lifetime achievement award for his work in Hypnosis:



Dennis with Robert Otto, President of IMDHA and IACT



An E-mail from Richard Marion:

----- Original Message -----

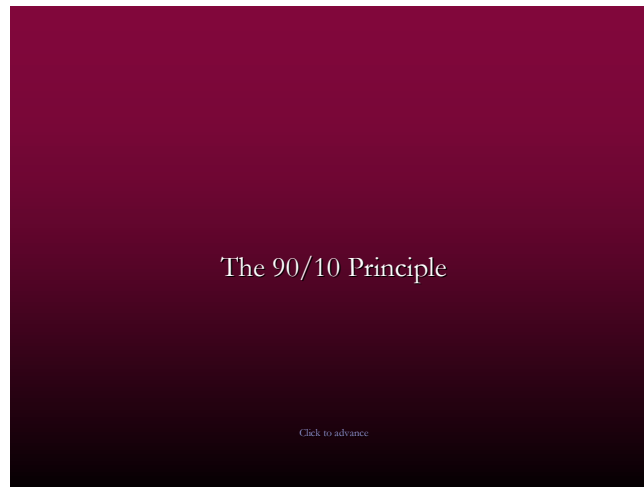
From: [Richard Marion](#)

To: [Richard Marion](#)

Sent: Sunday, July 25, 2010 12:33 PM

Subject: Powers of 10:The 90-10 Principal by Stephan Covey

A MUST WATCH



Double-click to open.

The E-mail reply to Richard Marion, Monday, July 26, 2010 6:58 PM:

My dear Richard,

I thank you for sending this pps of the famed Stephen Covey.

However, at its heart, his argumentation cannot hold because, it is so obvious that he knows nothing about the epistemological structures that underpin the ontological verbalizing of our sentences. If he knew what they were, he would not assert the things that he has.

It is the **ULTIMATE ILLUSION** of life that each of us is in control of our everything that appertains to our thinking, talking, feelings and actions. Let me prove to you how foolish and silly this belief is; and unless we know the truth of this, we will never be free.

You are a very articulate person. I bear witness to this,

So, when you speak, your words pour forth in a steady and commanding stream. However, i put to you, **you do NOT construct any of the sentences** you utter, ever. **NO! You do not.**

You only knew to ok their sayings, but you never thought out even the first sentence of a business discourse. You did not because when you said the first sentence you did not even think of which noun you would use for the sentence. You never reflected which was the best verb of all possible verbs to use for your first sentence. You never considered the adjective of choice for your sentence. You never considered which was the best preposition for your sentence. And the adverb of your sentence, you just mouthed it; and you never cognitively contemplated and selected any other sentence words that you used.

In life, you only the ok the saying of what you say. You do not mentally work what out you say.

So my dear Richard, you are **NOT** the active principle responsible for the construction of the sentences you are so singularly and resplendently gifted to mouth away at your business conferences. Since this is so, then, who or what do you think is doing the thinking for you and serving up the words for you to utter?

And the *coup de grace* that constitutes the proof of what i am saying is when you well recall the last time you were in an animated debate with some colleagues. Passions rose. And then it was your moment to say what you knew you wanted to say. It was on the very tip of your tongue.

And then you suddenly realized that if you blurted out the sentence, it would be the proverbial mother of all boo-boos that would hit the fan. Then you jammed on your brakes and bit your tongue.

And then, can you remember now how you had to fumble, stumble and bungle in constructing the sentence in place of the boo-boo sentence. And your fumbling, stumbling and bungling in constructing the replacement sentence is nothing but a witness that you are so out of practice in the business of deliberately and premeditatively constructing your articulations at social, professional, family and political meetings.

We are not in charge of the thinking processes leading to the construction of sentences we use to verbalize-to-context. It is done for us.

We are not in charge of the feeling processes leading to the expression of our feelings-to-context.

It is all done for us.

We are not in charge of the thoughts we reflect on that lead to our moments of inspiration or despair.

It is all done for us.

It is for this that Stephen Covey's pps borders on the platitudinous and the futile.

So, who or what is it that is doing it all for us?

Do you really want to know?

You are a very intelligent man. So, I will bet you do.

Whoever knows what this thing is and how it works - now that is the person who has POWER.

Best wishes,

Dennis

Collingwood Elvis Festival:

The four-day Collingwood Elvis Festival takes place annually in the last weekend of July of every year. Faithfully Dennis & Jennifer go to it. When they can, they stay for the four days. However this weekend there was a De-Imprinting Seminar, De-IS. They therefore, went to it on Friday afternoon and returned to Oakville at about 9.00 pm.

The joy and fun of the Festival is the singing of Elvis' music by impersonators and the adjunct stage events. The impersonators are now named Elvis tribute artists. The Chongs endorse this new term to describe them because the singers-in-concert at the festival have all to reach two thresholds in order to sing to the audience:

1. they have to be able to sing
2. they have to sing and move like Elvis, well.

It is true that there are some singers who sing off key. For them to have the opportunity to do so in-concert, is their moment in the sun. Certainly no one would deprive them of it. However, when one hears them, they add to the hilarity of the moment.

Then there was a somewhat rotund Philipino woman who attired like Elvis and she belted out his song. Alas, she was not to progress to the higher ranks of the competition. She was however a bold and brave soul.

The Chongs once estimated that the top champion competitor in the adult category of Elvis tribute artist's competition would immediately have a new life, worldwide. From his performing contracts he would immediately step into an annual income of \$250,000.00 from his singing fees.

They go to the festival via Airport Road. This takes them past a Hakka Chinese restaurant. A Hakka lady who left China and settled in Varanasi, India owns it. In Varanasi, she opened a Hakka restaurant. Then, the Chongs realized that she began, without premeditation, the process of fusing Chinese Hakka cooking and Indian cuisine. The process was not complete because in time she came to live in Canada with her family. When the Chongs first met her, she still had her home in Varanasi. Although she names her restaurant the Hakka Chinese Restaurant, the interesting thing is that it is always nearly full of Indian Canadians. They come for her curries because they know that it is authentic since she learned how to do them at source.

In passing, Varanasi is deemed to be the seat of the most fearsome of the pantheon of Hindu Gods, to wit, Lord Shiva.

The War of the World of Words

For some 10 years, one of the senior students of NSP, Tom Muhic, would repeatedly wonder to the Chong how it was that after a Freedom Seminar, **FS**, the number of students who would go on to do the De-Imprinting Seminar, **De-IS** was utterly woeful. As a result, it would take some 4 to 5 **FSs** before

there was a muster of 4 to 6 students for it to be possible for a **De-IS**. In a worst-case scenario this represented an attrition rate of some 94+%!

Tom continued to complain about how it would require 5 to 6 **De-ISs** to muster 4 to 5 persons to do a Power Seminar, **PS**. Now in a worst-case scenario, this represents an attrition rate of 97+%.

This was indeed a puzzle. The Chongs however, on one hand, reconciled themselves by their view that all the facts to proceed to the **De-IS** after the **FS** were fully and well placed to all students. On the other hand, it was for each person to decide for himself whether to proceed or not. There was, therefore, no need to promote and market the seminar to any of the **FS** graduates. The Chongs had the policy that no one was ever to be “pressured” to do any of the follow on seminars. It was deemed a “No! No!” to manouevre or manipulate anyone to register for any of the core seminars of Neuro-Semantic Programming.

Then on the night of Wednesday 21st, July 2010 at about 4.15 AM, it came to Dennis that the attrition rates was a function of the operation of the Philosophy of Causality, a.k.a. the Aristotelian system of Cause and Effect, a.k.a. the Blame Frame on all students. How?

The proposition that struck Dennis was that the Philosophy of Causality, a.k.a. Blame Frame, BF is a thinking living sentient self-aware entity in us. As the premier of all our philosophies, it is in effect the principal decider of what and how we think, speak, feel and act. All religions and all laws are constructed within the BF. When the De-Imprinting, Power and No-Y-ian Seminars are put before the graduate of the Freedom Seminar, the BF in them knows that its position of pre-eminence in the person’s life is threatened. It became very clear to Dennis that now the BF would do everything possible to prevent any person from doing the De-IS, let alone the PS or the ~YS. This was the basis for the incredible attrition rates that Tom had been so concerned over the years.

Then, following the most recent De-IS, came this totally unsolicited feedback:

Donna Scarlett

July 28th, 2010

The De-Imprinting Seminar
July 24th & 25th 2010

I almost did not go to the seminar which would have been a regrettable mistake. On the morning of the seminar I was tired so I thought I would skip it and just catch the next one and besides I thought I had a good handle on the BF (Blame Frame) after the Freedom Seminar. At the last minute I decided to go and I now know that it was the BF (Blame Frame) trying to keep me away.

*The first day of the seminar was interesting and very informative, on the second day it got very intense. My emotions were up and down like a roller coaster. After the **De-Imprinting Seminar**, I had a huge battle going on between the BF (Blame Frame) and the FF (Freedom Frame) this turmoil lasted two days. I strongly believe I would have had a much harder time fighting the BF (Blame Frame) if I hadn’t gone to the **De-Imprinting Seminar**. Even though I attended the **Freedom Seminar** I believe you still need the **De-Imprinting Seminar**, it is another step closer to getting out of the BF (Blame Frame) I now know that the BF (Blame Frame) is losing its grip and that I am in a much better place to fight back.*

The Chongs were stunned by this feedback. Here before them was the proof by the lived experience of a person that witnesses everything that we have indexed about the self-aware living sentiency of the BF. The Chongs immediately could see how the BF seeded the feelings of tiredness to Donna to trip her from coming to the **De-IS**. To reinforce this, it palmed a lie to her that “*besides I thought I had a good handle on the BF, (Blame Frame) after the Freedom Seminar.*”

She is the only person we know out of the hundreds of feedbacks that we have of the De-Imprinting in which a person had this singular awareness:

I now know that it was the BF (Blame Frame) trying to keep me away.

Until this input, the Chongs never knew of the active hostility of the BF versus their work.

Then, in her next sentence, she witnesses the fight that raged between the Blame Frame and its opposite, the Freedom Frame during the time when the de-imprinting was done:

on the second day it got very intense. My emotions were up and down like a roller coaster.

However, it was not over for her when she completes the **De-IS**. Although the living sentient language structures of the BF have been undone in the body language, its components that have been typeset into her mind are still in place. Now, it engages in a furious battle for her. She witnesses that after the De-Imprinting:

I had a huge battle going on between the BF (Blame Frame) and the FF (Freedom Frame) this mental turmoil lasted two days.

She ends with the consoling conclusion:

I now know that the BF (Blame Frame) is losing its grip and that I'm in a much better place to fight back.

This, we pray be indeed be true for her, but for the Chongs, by their experiences with the Blame Frame hold a more prosaic and suspicious view.

There is a saying that says:

**The fight of our lives is not with the other
but with what we must conquer within ourselves.**

However, no one has ever indexed what is it that we are to conquer in ourselves? However, for first time ever, we now know what it is. This testimonial of Donna Scarlett's is in effect nothing but a fight for her very life, to wit:

For her sane/semantic well-formed life.

If she had lost, then the BF will have her as it has over all these years of her life. It will condemn to an ever-worsening life of:

**fear and anger
anguish and frustration
pain and suffering
woe and tears.**

This finding is based on 31 years of clinical work and research. In all the myriad of forms that a person's life can take in the Aristotelian system of Cause and Effect, a.k.a. BF, they all share these common properties as cited above.

By the doings of the BF we have not been able to put on a No-Y-ian Seminar, ~YS for years.

Debts to Thank:

The Chongs recognize the debt they owe Donna for her Feedback. It has opened their eyes so much more. They now realize the sheer enormity of the challenge before them. They thank her from their heart.

From her, they have learnt so much more. It is that the semantic ill-formedness of the BF pervades all of a person's life. From Donna they have learnt that it was the BF that was actually and deliberately blocking her engaging in a dietary program and from getting a personal trainer for herself. Initially the Chongs could not see how the Blame Frame would be interest in blocking her in these matters. With a smile, Donna replied to this effect:

Don't you see?

**If the BF had its way I would have been left in anguish and frustration
because my weight has been a pain and suffering for many years.**

The basis is now so clear and Donna confirmed it. The BF is geared to ensure that a person's life will always be by fear and anger, anguish and frustration, pain and suffering and woe and tears. If she was to achieve what she wanted what she wanted with her personal trainer, she would have found her freedom from anguish and frustration, pain and suffering. This, her BF simply would not allow.

The Chongs also thank Tom Muhic for his years of faithful concern that there was some terrible anomaly going on apropos the Freedom Project – to wit the failure of people completing the De-IS, PS and ~YS. He us in focus.

For the Chongs it seems that everything finally came together in the way it has; and for this they thank the UNIVERSE.

The National Guild of Hypnotists:

The Chongs were members of the Guild and they were on its teaching faculty. They were also contributing authors to its Journal of Hypnotism. Dennis was also a member of its Advisory Board.

However, the President of the Guild told them that it is the view of the Board of the Guild that a contributing author to the Journal of Hypnotism may not write to any other journal on the subject of Hypnotism.

If the Chongs assented to this constraint, it would have meant that they would have handed over to the Editor of the Journal of Hypnotism sole control of the entire body of their research on the subject of Hypnotism, their unpublished papers on the subject and all papers that they would or could write in the future.

The Chongs could not agree to this. It was therefore for them a very sad decision to “walk away” from the Guild. They hope that one day, they may hear a call to return to the Guild.

Freedom Seminar of 2010, July 9, 10 & 11:



Again we completed another successful Freedom Seminar. In this FS, just knowing about the clash between the Aristotelian system of Cause and Effect, a.k.a. the Blame Frame, BF, and the Non-Aristotelian system of Relativity and Relatedness, ~YS, left one student in a significant degree of emotional turbulence and distress.

A REFLECTON:

- If you are somebody, you cannot be anybody.
- If you are anybody, you can be a nobody.
- If you are nobody, you can be anybody, **even everybody.**

If a thing is something it cannot be anything.
If it is anything, it cannot be nothing.
But, if it is nothing, it can be everything.

What is the **ultimate NOTHING**?

The answer is to be found in this quote:

The nothingness “before” the creation of the universe is the most complete void that we can imagine - no space, time or matter existed. It is a world without place, without duration or eternity, without number - it is what the mathematicians call “the empty set.” Yet this unthinkable void converts itself into the plenum of existence - a necessary consequence of physical laws. Where are the laws written into that void? What “tells” the void that it is pregnant with a possible universe? It would seem that even the void is subjected to law, a logic that exists prior to space and time.

Heinz R. Pagels: Perfect Symmetry THE SEARCH FOR THE BEGINNING OF TIME
Simon and Schuster 1985 page 347.

This absolute void is by definition Perfect Symmetry. According to the Big Bang theory of the origin of this universe, there was an exceedingly small turbulence to it. This disrupted its symmetry. From this disruption unfolded what was to be the universe₂₀₁₀.

No-Y-ian Journal

Editor: Eleanor Chong

Poem from the No-Y-ian Poetess:

Silence

Silence, I hear it speaking with no words,
Wrapping itself around me, soft as a velvet cloud,
Succumbing to its call, I am slowly drifting away into the oneness of myself,
The center of all that I am, heart gently beating
Eyes opened wide,
I can see clearly now,
The answer is there, deep inside.

Margaret Marsan



The Path of Life and The Mystery of a Boring Life

by
Dennis K. Chong and Jennifer K. Smith Chong ©

In this article the male pronoun will apply to either gender.
The nominal pronoun will apply to the first author.
All spelling will be in British English.

There is a clinical syndrome¹ or illness that is not recognized; we suspect it is more common than we think. It is indexed by this set of 4 complaints:

1. the wakes up never wakes up with a robust sense of well-being in which he is ready to take the day on. In the vernacular it would be that he never wakes up with a sense that he able to kick ass
2. he has a constant sense that his health is not up to the bar. He is tired, fatigued, depressed on and off, loses his concentration more times than he desires and his focus tends to become wishy washy.
3. he never seems to be happy. He can enjoy a joke and laugh; but once the moment is over, he has no happiness
4. he will have gone to his family physician more than once to complain about the above 3; and he would have had any number of blood tests and they always return normal; and heartily his doctor always reassures him that everything is OK and that he has nothing to worry about. He is fine.

However, he just knows that he is NOT OK!

When you have a story like this then, you may diagnose this:

He is not on the life-path that was intended for him.

Therefore, what we are saying is that if a person is not on his life-path he will be condemned to this syndrome. How did we get into this? It began with our examination of what people would talk about and banter apparently so freely re this thing - “path of life” that people were on. More often than not was its attendant phrase that the person was not on his life path.

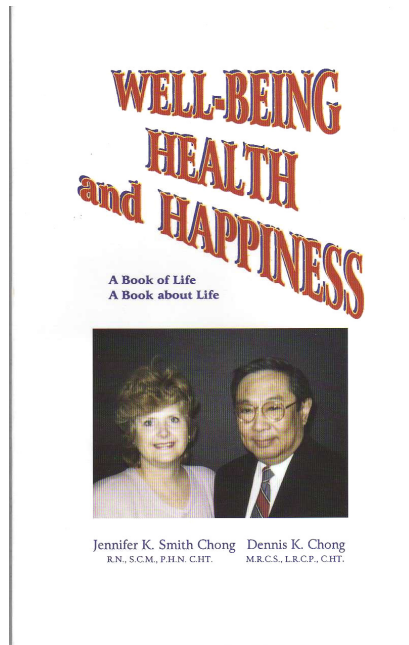
We wondered how could anyone know about another’s life-path? How could anyone even conclude that another was not on his life-path. This became a fascinating mystery to us.

In stage I, in our minds and between our exchanges the argument unfolded to index that in fact, the possibility of a pre-determined life path was something that might be valid-to-human-experience. Initially, we were in fact left askance and in some degree of disbelief.

Then, in stage II, we realized that it was as if we had no choice but to explore and research the logical basis of a predetermined life path. Such a concept suggested that there is no choice in the matter how we might want our life to be. Paradoxically, free will over the matter is there; it is in fact the basis by which one can opt for a path that is not as it was intended. The downside however is that to not to be one’s true-life path is this syndrome; and to determine its logical roots took some 3 years to complete.

Upon completion it served as the basis for this work:

¹ **syndrome** is a collection of apparently unrelated medical symptoms that consistently appear together.



Very soon after *Well-being, Health and Happiness* was published, we had a Canadian Greek lady come to us. She described her constellation of complaints that matched this syndrome.

After she graduated from school she had registered in Sheridan College to do a children’s program. I did not enquire into the specifics of it. I surmised that she would get a diploma that would allow her to eventually have a nursery school of her own.

However, the significant thing was that during her course, and within its first 8 months, she and her fellow classmates were required to demonstrate how good they were at public speaking. On the first occasion, when she got up to speak to the class and the teachers of the department, she stuttered and fumbled her way through her presentation. On the second occasion, her performance was even worse. On the third occasion, she refused to do it. She then, immediately resigned from the course.

She returned to her family; and to her father’s famous and successful Greek restaurant. Daddy paid her generously as a waitress. With her tips and handsome salary, she soon owned her own condominium and her own car. As they say, she had everything - money, family, friends, boy friend, car, own condo . . . the works.

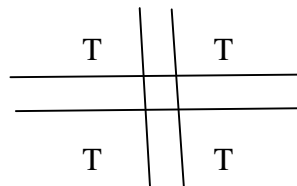
Yet her living woe was that she no sense of well-being, constantly never feeling healthy and never being happy; and yes, she had been to her doctor more than once. She had many tests and all were normal.

I then put to her that if I could help her to overcome her public speaking stuttering problem, would she return to Sheridan and finish the children’s programme that she resigned from. When she heard this, her eyes opened and sparkled, her chest heaved with a deep breath and with a look of excited anticipation, she exclaimed, “Yes.” Then, “Let us shake on this,” which we did.

When we finished our work, she came to wish us goodbye and to affirm that she had registered at Sheridan on the children’s programme.

Now^{2010.08.12} a patient came to see me. At this first consult I did the Quadrant Search, QS. These were the results of the manoeuvre:

QS: In my life I like to have challenges, true or false, T/F?



QS: Life now is boring, T/F?

T		T
T		T

At this point in this paper, it is our view that there isn't anything of further significance to index from his clinical notes.

My next appointment with him was 2010. 09. 03.

On this occasion, he told me:

When I was 12 years of age I had read this work.

(He got off his chair and came to point the book on my desk.

It was the collected writings of the German philosopher Nietzsche;
and I was only reading it now at this time in my life at the age of 73!)

And I also knew the periodic table then.

From this I was left to conclude that he was endowed with an extra-ordinarily fine mind.

Then I asked him what he did?

His inherited his father's business. After he graduated from school:

I went to work in my father's shop.

It became absorbing.

I never did any post secondary studies.

The money was good.

Then I put to him:

You are a very articulate uneducated man

That is very sad.

I paused and said nothing.

Then spontaneously he uttered:

True!

Then I put to him:

You are unaware that the scope and depth of your true knowledge base does not fit what you are intellectually capable of.

Because its so, you are on a path of life in which you are utterly unfulfilled.

This is how it is that for you, now, life is boring.

Then I described to him the symptom complex that we indexed at the very beginning of his paper. He was now in a very solemn mood. When I finished describing the syndrome he quietly said:

You have described my life.

Here I had no choice but to:

1. commend him the book *Well-being, Health and Happiness*
2. commend to him to ensure that the printing business thrives more than it is currently doing

3. review what might be a new parallel life to his printing business that he could have that would be truly fulfilling and challenging
4. tell him, even though I could not assure him any guarantees, his best hope would be to agree to do the Freedom Seminar.

We are confident that his problem will be solved.

Well-being, Health and Happiness was published in 1977. We are in some incredulity as to how it is that we did not write this paper before.