



Good Will Report

Will Chen's Monthly Newsletter
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Happy US Thanksgiving!

As we step further and further into November, the rain is becoming more common, and the temperature is dropping progressively. In the US, Thanksgiving takes place on the fourth Thursday in November; it marks a day to be grateful for everything that we have in life.

In the weeks leading up to Thanksgiving, I happened to have had a few conversations with a few friends who have been feeling a sense of scarcity -- that they feel like they are not good enough for something, or that they do not have enough of something. Perhaps this is an experience you have had before, or not. It is certainly common that when a person feels unworthy, they experience frustration.

A very simple way to overcome this limiting belief is to first identify the context in which you feel frustration, that context could be money, relationship, or even health. Then, start listing things in that context that you already have. For example, whenever I feel lonely, I remind myself that there are many friends and family who love and care about me, this supports a change in my belief from I am *not* loved to I *am* loved. Now I just need to remember that same feeling whenever I feel unworthy of love.

Is there an area in your life in which you feel a sense of lack or scarcity? Can you try on the believe that you are worthy, and remember that feeling? Then, whenever scarcity comes up, all you need to do is to recall that feeling and you will feel better instantly!

US Recession: It's Official!

According to the [Business Cycle Dating Committee](#), of the National Bureau of Economic Research, the US entered into recession in December 2007, which is the time when economic activity peaked. Of course, this is great news for the media, since they can now explain everything that has happened. If you do a [news search on recession](#), you will find it used as the reason why everything is in a slump.

With that news, many people are panicking, some are sarcastic. The conditions remind me of an idea from Robert Kiyosaki's *Rich Dad, Poor Dad*, that rich people are able to make money whether the market goes up or down. In fact, market condition changes always create great opportunities, you just need to be willing to take on the opportunities.

It wasn't too long ago that a friend told me, "I want to start something, but I don't know what to do!" A few years ago someone very wise said to me, when you are watching the news, maybe listening to the radio or even talking to someone, always ask yourself the question, "How can I make money from this?" It is a great question to get in the space of generating ideas and make a news story more relevant, and very often million-dollar ideas are created this way. The economy is down right now, how can you make money from this? What kind of businesses and investments can stand the test and prosper into the next great boom?

Living between Seattle and Vancouver

With the NLP classes in White Rock, BC, taking place every other weekend, I am finding myself spending a lot of time in commute between Seattle and Vancouver. I am very grateful for the Nexus program, which allows me to be pre-screened by both US and Canadian customs and be allowed to cross the border quickly and easily. What I have learned in the NLP classes really makes the two-hour drive worthwhile, and I am really quite happy to be there.

In the NLP class there are a few books I need to read. I got started on the book called *The Magic of NLP Demystified*, which talks about how we perceive the world as a 4-tuple of Visual (V), Auditory (A), feelings and senses (Kinesthetics or K), and smell and taste (O and G). At any given instance of time, we experience all of the 4-tuple. This is called our model of the world, and it is different for each of us.

Wow that was some pretty serious concept! All that really says, is that we experience the world through what we see, hear, feel, taste and smell; then we react to it based on what we have experienced in the past. So truly, we create the world we live in, based on our model of the world! This means that by altering our model of the world, we can change what we perceive as reality, and that creates results.

For me, the drive between Vancouver and Seattle used to be long and tedious. I had a choice to see the time as mine to enjoy a very scenic drive and some alone time, all of a sudden, it is easy and effortless to make the drive every other week.

Is there something that keeps happening that really bothers you? Instead of changing what happens (which can be less than easy), we can change how we perceive it, then all of a sudden, it has disappeared! By changing our model, we change the way we see, hear, feel, smell and taste the world, and very often this creates happiness instantly.

I want to leave you with a quote from a book called *Love is Letting Go of Fear*, which taught me a lot of NLP concepts before I knew what NLP really is:

I am never upset for the reason I think. - Gerald Jampolsky, M.D.

