

Find out exactly what you'll learn when you join the 2007 MythoSelf® Facilitator's Series ...

**Build the self-awareness of a Zen Master ... take control of your mind, direct your actions and create a life of great satisfaction ...**

**Do you know those moments when you are on top of the world ... where you have that incredible feeling like you could do anything?**

**MythoSelf Facilitators call this the “Ready State” and MythoSelf Facilitator’s learn how to be this way on demand, anytime, anywhere, with anyone ... NO MATTER WHAT!**

But, let's start at the beginning, eh?

In 1988 I was recovering from a personal bankruptcy, I had decided to stop practicing architecture, I had recently separated from my wife, I had a two-year old son I was raising on the weekends as a single dad ... I wanted a complete and fulfilling life and **I had little to no idea what to do next.**

**What I did know was that what I had been doing wasn't working for me.**

Specifically, I remember waking up one morning in the fall of 1988, just knowing I couldn't go on as I had been. **By all external appearances at that time I was successful.** I was practicing architecture successfully, I was married and had a wonderful son. Generally speaking I was happy ... **yet despite the appearance of success I wasn't satisfied with myself, with what I was doing, or my life in general.**

**In the words of the renowned mythologist, Joseph Campbell ... I knew I didn't want to continue climbing to the top of a ladder leaning against the wrong wall.** The most obvious thing was that I realized I didn't want to wake up thirty years later, pick my head up from some drawing board, look back on my life and think, **“I've wasted all those years.”**

**So I began a very personal “search and rescue” mission to save myself.**

I began doing anything and everything I could think of to save myself. I set out to become and present a model of possibility for my precious two-year old son, a model of what it looks like when someone decides not to compromise themselves or their position in the world. **That was and remains the starting and the ending point for me ... to become a model of what a life well lived could be for myself ... and for my children ... what I call ... “PLAYING ALL OUT!”**

At that moment in my life I knew very few things. The great advantage to knowing that you know so very little is that you are open to learning everything. Fortunately I had a guiding principal that had worked for me before ... **“NEVER REINVENT A WHEEL THAT ALREADY WORKS!”** For me, this has always meant that the most effective and efficient way to get to where I wanted to be going was to find someone who’s already been there and let them lead.

Following my own advice **my search focused on finding a “magician” – someone who had built a life like I was dreaming of living and had the skills to prove it.** Maybe more importantly someone who could (and would) teach me the lessons they’d learned. If I could find this person, someone who found and was living in a better way, **I knew that I could learn from them what I wanted to have in my own life – and maybe even offer it to those I loved as well.**

Right around that time I received a brochure in the mail about NLP (Neurolinguistic Programming). I was hooked by what that brochure had suggested was possible. **The idea that NLP suggested, of gaining tremendous life and communication skills, totally intrigued me.**

While I was surely intrigued by the idea of NLP, when I contacted the group that sent me the original brochure I’d received I knew immediately they weren’t a match for me. Yet I had also decided that I should find someone who would teach me what I now perceived to be the next step on my journey ... learning NLP.

I found another NLP Practitioner Training program that did match for me and I joined it immediately—I knew the value of deciding quickly when something was right on for me. This program met over ten months, and **it cost me more than I had in the bank at that time in my life, but I found a way.** Finding someone I could respect and trust fulfilled a critical part of my criteria for selecting a training program. One of the trainers leading this program was John LaValle, who has since then become a personal friend. I respected him and trusted his skills then and now. **I loved learning the skills that were presented and could literally feel my life changing as a result ... simply ... I was amazed.**

**But the story doesn’t end there ...**

On one of the weekends about mid-way through the program with John, he invited Richard Bandler, one of the original developers of NLP, to come in and present an evening for our group. **I watched Richard “just tell some stories” and mesmerize an entire room ... while I didn’t know what he was doing at the time, I decided then and there that I would learn how to do whatever it was he was doing ...** regardless of what that was or what it was going to take to do it...

**So I was off again on my journey of discovery ...**

**I knew I wanted to learn with a “magician”–someone who could do what I’d seen Richard do that evening.** I searched for someone to continue studying NLP with and I came across an advertisement for a program being offered by NLP America. The program I found, “Stalking Reality,” promised to teach me both NLP and about something called the Generative Imprint model. **I was hooked at “Stalking Reality”–so I signed up.**

The training was being held at the Blue Dell Farm in Pemberton, NJ, at the edge of the NJ Pine Barrens. **What I found when I first showed up for this training wasn’t the Jersey Devil, but it was close.** Actually it wasn’t “what” I found when I got there, but “who”–**Roye Fraser, “Magician Extraordinaire” and there was no way I could have known how this seemingly chance encounter was going to change my life forever.**

**This initial single weekend training turned into my becoming what I refer to as “an Apprentice of Wonder” for the next seven years of my life.** I began studying intensively with Roye, sometimes spending over one hundred days a year training and working with him, and I was to remain connected with him for the rest of his life.

**During these years I was learning what some might call the art of “how to read minds”** ... what Roye simply called “adumbration” noticing what people are going to do before they know it themselves and knowing exactly what to do with this information–both with and for them. More, **I was specifically learning the art of personal transformation–an extraordinary sensory acuity coupled with a profound knowledge of consciousness and communication–something extraordinary ... transcendent ... sublime.**

All the while I was being astutely trained by Roye. Leading by example, Roye was precisely and expertly guiding my learning ... shaping my training to hone my skills until I could and would perform like a virtuoso. After hundreds of hours of studying with him ... doing client work, reading, writing ... I began to experience a breakthrough. **Almost without my knowing it I was being molded and transformed in the crucible of this training into a master myself.**

**All those years I had been absorbing and integrating the knowledge and skills Roye had been presenting until I knew exactly what to do, and how to do it myself.** In 1995 I began presenting the Mythogenic Self™ Process Training. Using the tools of NLP I built this training on the conceptual foundations of the Generative Imprint model to provide a radical transformational experience.

I put together the very best of what I had learned during those years with Roye ... **a training that delivers the complete toolset of NLP and the powerful benefits of the Generative Imprint model ... adding in my own fascination with the experience of being part of something greater than ourselves.** The response was overwhelming ... **people who had been searching as I had for years felt as though they had come home after spending only a few days experiencing this work ...**

*"The workshop was for me about ... "coming home" ... fulfilling a profound yearning, a longing in the space within me ... the core, the center, the source from which all else manifests and flows ... a place that had been familiar, that I had tasted many times ... and until now, I hadn't learnt to have access to it ... to function and operate from there ..."*

- Tara Bali

## **Now, I'm offering to lead you on a journey to possessing these skills for yourself.**

Beginning in 1999 I began offering training to folks who wanted to learn the skills of MythoSelf Facilitation themselves. Since then I've run this training in the U.S. and the U.K. several times. **I'm beginning new training programs in NJ this June, and for the very first time I've put together a MythoSelf Facilitator's Training Intensive this summer ... twelve concentrated days ....** that we'll be presenting in Denmark with our associates there, Henrik Wenoe and Acuity World.

**The essence of the MythoSelf Facilitator's Training programs revolves around building excellence in modeling ... extracting and installing the patterns of exquisite performance ... first for yourself, then with individuals, groups and in organizational systems.**

### **MythoSelf Facilitator's Training programs contain four distinct modules:**

**Personal Modeling** – You'll learn how-to extract the exact hidden structure of exquisite performance—the "Ready State"—and then develop the know-how and skills to reinstall it explicitly, enabling and stabilizing extreme levels of performance as the baseline experience ... first in yourself and then in others.

**Somatic Modeling** – You'll experience the power of body-mind integration, learning to instantly recognize the subtle patterns of somatic communication—including the ability to perceive and utilize micro-muscular movements—revealing the process of sustainable deep generative change and giving you access to them as easily as ordinary conversation is for you now.

**Semantic Modeling** – You'll be learning the patterns of conversational hypnotic communication from a master—verbal and non-verbal inductions and installations, the construction of hypnotic metaphors, building nested loops—all with a special focus on enhancing personal performance and relationships.

**Systemic Modeling** – You'll expand your knowledge and experience in personally facilitated practice with highly skilled MythoSelf Trainers, exploring advanced somatic and hypnotic protocols and consulting processes and methods, that will dramatically improve the precision and specificity in the application of your skills with individuals, groups and organizations.

**You will take away a confidence from this training that only comes from having this special and unique knowledge, skill and attitude ...**

**Special and unique knowledge, skill and attitude imparted by participating in a MythoSelf Process Facilitator's Training that you will have built and own through direct and personal experience.**

This will be an intense and exciting sixteen days in NJ or twelve days in Denmark with me directly imparting my two decades of training and experience, and a group of extremely talented MythoSelf Trainers and Facilitator's who will be assisting you as guides on your journey. **Before you finish this training you will have incorporated the learning and experience deep within yourself ... and it will be available to you even when you're not thinking about it consciously.**

In addition you'll master (and **become fully certified with the Society of NLP as a Practitioner or Master Practitioner**) ... brilliant communication skills, an ability to read people and the technology to shape exquisite performances on your own and with others.

What you might have expected to have taken years to accomplish will be yours in as little as twelve to sixteen days. Now is the time to make the decision, join me and my team for this exquisite adventure beginning in NJ or Denmark this summer ... welcome!

Sincerely,

**Joseph Riggio, Ph.D.**

Architect and Designer of the MythoSelf® Process

**P.S. See the attached brochure for details about the 2007 MythoSelf Facilitator's Training Series beginning in NJ and Denmark or call us for details and to register at +1/609.275.1845.**

**P.P.S. Ask for Joseph or Nancy and we'll tell you everything you need to know to join the training. Call today to find out how you can take advantage of all the Early Bird Discounts ...**

**Save \$1500-\$1800 when you register before 15 April 2007!!!**

**Note: You can also download a copy of the brochure and an application, and register for the program to save your space and guarantee your Early Bird Discount at:**

**[http://www.jsriggio.com/2007\\_MythoSelf\\_Series](http://www.jsriggio.com/2007_MythoSelf_Series)**

**Note: In Denmark you can call Henrik Wenoë at +45.4448.6969 at Acuity World, ApS**



# MYTHOSELF™

## 2007 MythoSelf® Facilitator's Training Series with Dr. Joseph Riggio

Jun • Sept • Dec • Mar (2008) • Lambertville, NJ  
30 July - 11 August 2007 • Langebaek, Denmark



# The Most Important Thing ...

**“When you follow your bliss... doors will open where you would not have thought there would be doors, and where there wouldn't be a door for anyone else.” — Joseph Campbell**

When you join the MythoSelf Process Facilitator's Training program you will find yourself repeatedly confronted with the question:

## **“What Do You Want?”**

We expect you to answer this question, not in a trivial way, but after careful consideration ... **how and where you spend your time, what you put your attention on, your relationships — the people that you care about and love, your work — what you do for a living and how you contribute to others** ... considering the total impact of the answer to this question in your life.

### **IMAGINE ...**

- ▶ a sense of your life being complete
- ▶ having a pervasive sense of well being
- ▶ making good decisions for yourself and in regard to others
- ▶ operating in a effortless and natural way
- ▶ accomplishing your outcomes on your own and with others
- ▶ greater energy and enthusiasm
- ▶ enjoying a sense of purpose and direction in your life
- ▶ confidently trusting yourself

The power of positioning your thinking in relation to what you want organizes you to begin getting what you want. You'll find yourself noticing things in a way that organizes your actions and behaviors to produce your outcomes virtually automatically.

However, the most important thing may be ... **rather than finding yourself urgently climbing a ladder propped against a wall you don't want to be on, you'll find yourself rising to the top of the wall of your own choosing.**

Most people don't even realize they've been striving to reach the top of the wrong wall until they've reached the top. Then finally, they turn around and realize they've spent their life doing something that was never for or about themselves.

The MythoSelf Facilitator's Training will guide you and give you the tools to build a life that suits you uniquely as you're learning to be more successful and to connect with others.

**The essence of the MythoSelf Facilitator's Training begins with learning how to choose magnificently — both on your own and in regard to others.**

Knowing how to decide confidently and competently forms the core of living successfully. Immediately you'll begin learning how to notice the signals associated with making good decisions in the MythoSelf Facilitator's Training program.

- ▶ Making a life of your own choosing
- ▶ Building exquisite relationships
- ▶ Communicating effectively — persuading, influencing and motivating others
- ▶ Operating creatively and innovatively
- ▶ Creating extraordinary professional successes and performances
- ▶ Leading teams — collaborating, cooperating and building consensus
- ▶ Professional selling and negotiating

**Once you know how and trust yourself to make great decisions you own the skeleton key to permanent success.**





# Cutting The Strings That Bind

**“Where you put your attention is where you’ll get your results.” — Joseph Riggio**

## The Journey:

The MythoSelf Facilitator’s Training program is specifically designed for those who wish an intensive training experience with Dr. Joseph Riggio, the designer and developer of the MythoSelf Process, to learn how to use the process for themselves and also to learn how to facilitate it with and for others.

The MythoSelf Facilitator’s Training program creates an ideal platform for building extraordinary performances — both on your own and with others.

- ▶ Parents
- ▶ Spouses
- ▶ Students
- ▶ Entrepreneurs/Executives
- ▶ Coaches/Consultants
- ▶ Trainers/Speakers
- ▶ Professionals

**Before you realize it your personal best will be the position you begin from — it will have become the baseline of your experience, rather than something you can only hope to reach on occasion when the conditions are just right and the Universe conspires on your behalf.**

Instead of having only random, occasional access to your best state, operating at your best becomes available to you on demand. As a result of this training you’ll have learned how to deliberately and intentionally access a completely resourceful state, regardless of the circumstance or situation.

You’ll also build the specific and precise skills to lead others to be operating from this position themselves. The MythoSelf Facilitator’s Training program is intended to provide a complete grounding in the theory and application of the model — for self improvement, personal development, professional development and for those who are interested, it provides the basis for becoming a MythoSelf Facilitator.



The MythoSelf® Process begins from a single simple premise:

“What Works!”



## MythoSelf® “Personal Modeling” The Ultimate Transformation Experience with Dr. Joseph Riggio



Beginning from “What Works!” everything else follows ... all the models ... all the techniques ... all the tools ... everything. We seek to begin from an elicitation of how a person, group or organization is at their best. When applied to an individual this is an uncovering of how you operate when you are at your best. Then, we model that form of you — at your best ... free, unencumbered, open ... complete.

**How do you operate when you have completely let go of all that holds you back ... inhibitions, limitations, problems, worry, anxiety — and organize entirely towards the excitatory — pure, potent, primal, possibility?**

**Personal Modeling forms the basis of and builds a profound personal mythology of success.**

**This work will change your life ...**

The unique distinction of the MythoSelf Process is that it models out for you explicitly how you perform brilliantly as yourself, and then re-models that process - **offering you deliberate and intentional access to being at your best as the baseline of your experience.** In other words, you'll begin to experience yourself at your best as your ordinary way of being.

This forms the basis of what we call, “**Personal Modeling.**” This process, Personal Modeling, builds a way of being and a profound personal mythology associated with the position of success, excellence & exquisite performance that you operate from when you are at your very best.

**Now we have the basis for the performance creation...**

Beyond being limited to simple performance improvement, using this approach we explicitly model out what would have to be true of you when you are able to do what you want to be doing ... and cannot do yet.

Think in terms of the position you would have to be holding to do these things. Using this form of performing at your best – **doing things you intensely desire to be doing** – we explicitly model the distinct and unique structure of this form and make it available to you on demand - an exquisite personal model.

**THE CALL TO ADVENTURE ...**

*“We have not even to risk the adventure alone, for the heroes of all time have gone before us - the labyrinth is thoroughly known. We have only to follow the thread of the hero path, and where we had thought to find an abomination, we shall find a god; where we had thought to slay another, we shall slay ourselves; where we had thought to travel outward, we shall come to the center of our own existence. And where we had thought to be alone, we shall be with all the world.”*

- Joseph Campbell 1949  
“The Hero With A Thousand Faces”



# What Makes This Program So Special

## The Training Team:

Dr. Joseph Riggio will be leading the entire training himself. Joseph is a Master NLP Coach and Trainer, one of the very few people ever to become a Trainer of the Generative Imprint Model and he's also a Master Hypnotist. In addition to the training Joseph's done himself he is the Architect and Designer of the MythoSelf Process and has trained hundreds of people in this model since 1995.

Joseph is renowned for his sense of humor, extraordinary language skills and exquisite sensory acuity. Even other top trainers are amazed when they see the subtlety and precision of his calibration and tracking applied to client work. He will be bringing all of his experience and skill to this training as well as a team of top MythoSelf Trainers and Facilitators who are also experts in the model.

Together they will be making themselves available throughout the program to assist and guide you at every step. You'll be learning with and from an elite, masterful team who will ensure that you have a experience that is professionally and expertly delivered.

## Dedication:

### **\*Roye Fraser and the Generative Imprint Model**

Nancy and Joseph Riggio, apprentices of Roye Fraser, originally designed this training to give others an opportunity to discover deep within themselves the magic contained therein. It is built on the work of Roye Fraser's Generative Imprint Model. This exquisite working model is the product of a lifetime's journey and continues ... It is with enormous respect and appreciation that we dedicate this work to him and his contribution to the field, study and practice of NLP, hypnosis and the service of others  
... "HA...HA...HA!!!"



# Overview of the MythoSelf® Facilitator's Training

## Module 1, Adumbration, G.D.S./Ready State, Teleology

You will be introduced to the Ready State that forms the basis of the MythoSelf Process model, leading to an exquisite sense of personal readiness, pervasive well being, possibility and integrity. **Everyone participating in the program will be led through a facilitation of the first three steps of the seven-step MythoSelf Process.**

From the Ready State you will experience and perceive the world in relation to your most desired way of being – **INTENT**. Organizing like this, a presumption of your most desired future pulls you forward to making manifest for yourself what you most desire to be true of and for you.

This is not based in a new knowledge or understanding of yourself and/or the world.

**A way of being emerges that organizes you to manifesting your desires** regardless of what is or is not known, what is understood or not, and regardless of the specific context, condition or situation you find yourself in at the moment.

This position of being is beyond thinking about yourself and the world to an ontological position of awareness about how to be in the world — a way of being. **This orientation beyond 'thinking' to 'a way of being' distinguishes the MythoSelf Process model.**

Within this module, the emphasis will be on developing and refining the skills of calibration, tracking and adumbration within the larger MythoSelf Process model, as well as **heightening your personal sensory awareness and your ability to move to and sustain an excitatory positive state**. We will specifically present how tracking and adumbration are distinct from calibration.

The entire structure of the MythoSelf Process model and the Soma-Semantics™ Modeling process will be covered, including the history, background and theory of the models and their applications.

**... the Ready State that forms the basis of the MythoSelf Process model leading to an exquisite sense of personal readiness, pervasive well being, possibility and integrity.**

After participating in this module you will have a thorough grounding in the use of the concepts and applications of the MythoSelf Process.



# Module Two



## Module 2, Somatic Form, 2<sup>nd</sup>/3<sup>rd</sup> Order Change, Systemic Learning, The “Hero’s Journey,” Conversational Intervention

Module 2 of the program will introduce some of the more advanced concepts of the MythoSelf Process model and the Soma-Semantics Modeling process.

**You will learn to recognize the markers of identity as they are held in somatic form.** Through this process of exploration and learning, **you’ll be uncovering your own unique somatic form** and the implications of operating in this way in terms of its impact on your identity and behavior.

**Everyone participating will have the experience of being facilitated in steps four through six of the MythoSelf Process model.** The movement from ordinary awareness to a transcendent awareness forms the basis of much of Module Two’s exercises and learning. The emphasis will be in moving away from a position of thinking locally and remedially.

Systemic intervention and development will be covered in relation to the model and the applications you’ll be learning. **You can expect to experience what it is like to move beyond your own position of limitation and into a highly expanded model of awareness.**

Specifically, the process of second and third order generative change will be presented, discussed and demonstrated. **You will learn how to move clients from a position of limitation through a position of possibility to a position of expectation.**

Joseph Campbell’s “Hero’s Journey” will be presented as an application in an expanded form within the larger scope of the MythoSelf Process model. The use of metaphor and conversational storytelling will be part of this learning as well. **You can expect to significantly improve your ability to work with clients conversationally.**



By the end of Module Two **you will know precisely and with deliberate intention how to move yourself and others to a highly charged positive state** and operate with them there — introducing and building new skills and resources as a result of your new learning.

# Module Three



## Module 3, Private Work, Integration of Personal Form, Conversational and Non-Verbal Hypnosis, Relationships, Coaching

In Module Three we'll go well beyond what we present in the basic Mythogenic Self Experience workshops. **You'll begin learning the process of doing private client work within the MythoSelf Process model.**

We'll develop the process of eliciting and integrating structural and functional wellformedness as the basis of behavioral aesthetic training. Operating in this way **you**

**This is the basis for extraordinary performance and the secret of top performers in all fields.**

**create balance and integrity in your life, manifesting your results on your own and with others.**

A significant amount of attention will be paid to **using conversational**

**hypnotic protocols in coaching for the pursuit of excellence.** You will develop a working ability to **produce significant change and movement using verbal and non-verbal forms of hypnotic communication** during this module.

This process will be expanded to include relationships and their overall impact and effect when working with clients. **You will learn how to consult and coach individuals with regard to their relationships** — personally, socially, romantically and professionally.



Additionally, the sequential alignment of internal and external factors in **creating and maintaining top performance individually and in regard to others** will also be presented. You will finish this module knowing specifically **how to work with individuals within the MythoSelf Process model to assist them in attaining extraordinary results in their lives — both on their own and with others.**

# Module Four



## Module 4, Advanced Hypnotic Protocols, Professional Applications, Organizational Consulting



In this module the emphasis will be on refining your skills and developing elegance in application. You will be asked to demonstrate your awareness of the model and the application of it in your own life. You will also be asked to demonstrate an awareness of how to operate in relation to others as well. **A tremendous amount of time will be devoted to facilitated practice** within the MythoSelf Process model.

One of the outcomes of this module is that **you will have learned to stabilize this work in your own life** regardless of how you choose to apply it. You will be able to choose the “Ready State” where ever you are, whomever you are with or whatever the condition or situation.

**Subtlety of calibration, tracking and adumbration will be emphasized**, along with precision and specificity in application. **You will be expected to go beyond what you have learned explicitly and operate in the group at a spontaneous level** demonstrating implicit awareness of the model and it’s application.

We will also present applications in larger contexts applying the MythoSelf Process model

in various settings as well. These applications will cover the span from **family or organizational work to educational settings and even social interventions** — ranging from private personal work to organizational consulting to integrating it with other methodologies and applications.

**Step seven of the MythoSelf Process will be presented and**

**everyone will be taken through this exercise both as a participant and as a facilitator.** We will demonstrate **advanced forms of hypnotic protocols and somatic interventions** — concluding this module with a presentation, discussion and demonstration of even more advanced aspects of the model and the technology upon which it is built.

**NOTE: Those who have demonstrated sufficient knowledge and skill will be offered the opportunity to become licensed and certified MythoSelf® Associate Facilitators.**

*[We reserve the right to modify any or all of the program to best serve the outcomes of the group without exception. This could include the adding to or removing some elements of the program as described above to improve the overall results at their sole discretion. However, the integrity and completeness of presenting the MythoSelf Process model will be the guiding principals they follow in making their decisions regarding the specific presentation of this program.]*



# Society of NLP™ Certification Training



## Practitioner Level Certification Topics

- Rapport Establishment & Maintenance
- Verbal & Nonverbal Pacing & Leading
- Verbal and Nonverbal Elicitation of Responses
- Calibrating through Sensory Experience
- Representational Systems (Sensory Predicates and Accessing Cues)
- Milton Model, Meta Model
- Elicitation of Well-Formed Goals, Direction, and Present State
- Overlapping and Translating Representational Systems
- Eliciting, Installing & Utilizing Anchors in all sensory systems
- Ability To Shift Consciousness
- Submodalities (utilizing including Timelines, Belief Change, Swish Patterns, etc.)
- Omni Directional Chunking
- Accessing and Building Resources
- Content & Context Reframing
- Creating & Utilizing Metaphors
- Strategy Detection, Elicitation, Utilization, And Installation
- Demonstration of Flexibility of Behavior and Attitude, and
- Behavioral Integration of the NLP model in Utilization



## Master Practitioner Level Certification Topics

The ability to master the basic skills, techniques, patterns and concepts of NLP™ including those listed in the Practitioner Level Certification.

1. Behavioral competency in all Practitioner level skills and the demonstration to do several of these simultaneously.

2. The ability to design behavioral flexibility and attitudes that produce specific results with self and others.

3. Minimum ability to identify and utilize the Master Practitioner skills, techniques, and patterns linguistically:

- Changing Beliefs
- Eliciting & Utilizing Meta-Programs
- Criteria:
  - Identification of and Utilization of Criteria
  - Adjusting Criteria
- Sleight of Mouth Patterns
- Deliberate multilevel communication
- Stacking Realities
- Timeline Patterns
- Stacking Presuppositions
- Temporal/Spatial Predicates
- Negotiating
- Propulsion Systems
- Installing Strategies
- Threshold Pattern
- Breaking Generalizations & Building New Ones
- Rapid Inductions, Deep Trance Phenomena
- Deep Trance Identification

4. Demonstrated ability to do change work with self and others.



# A Message For Those Who Are Considering Doing Society Of NLP Certification Training Within The MythoSelf Facilitator's Training

While this is surely not a traditional NLP training it does and will cover all the requirements for Society of NLP certification. During the process of presenting the various components of the MythoSelf Process model to you Joseph and the Trainers, Facilitators and assistants will be using and presenting the technology and tools of NLP. They will expertly guide you in the learning and application of the NLP model. As always during this training the emphasis will be on whole-form application, precision and proficiency. By the end of the MythoSelf Facilitator's Training program you will have developed complete familiarity and competency with the technology and toolset of the entire NLP model.

*The MythoSelf Process is so different than anything I've experienced to this time in my life. And I very much like how much faster and easier I am able to do this work with others ... with lasting improvements in that person ... in comparison to my experiences using NLP.*

*I am also very happy of how experiencing the MythoSelf Process has had a tremendous effect on my own life and how I now move through the world ... compared to where I was prior to November 2005 when I took the chance and attended my first MythoSelf workshop.*

*The choice of what you want to do is totally your choice. I choose experiencing MythoSelf because I did the NLP and the Tony Robbins seminars. The experiences were not lasting for me and I was unable to hold the space.*

*The MythoSelf Process is very powerful and I now move through the world very easily.*

*What a lot of people may not yet understand is the indirect skill enhancement that is achieved working with Joseph and other skilled MythoSelf Trainers and Facilitators.*

*The reason I am sharing this is because a little over a year ago I was one of those people looking into Joseph's work and saying to myself "What the heck is this Mytho thing. What's all this philosophical stuff and this talk of the Hero's Journey."*

*When I signed up for the MythoSelf Facilitator's Training, I didn't know what to expect. And I have to say it scared the hell out of me not knowing. All I knew is, I had to move forward.*

*Indirectly, going through the MythoSelf Facilitator's Training program experience, my NLP tool sets improved exponentially. And because of this wonderfully added bonus, saved me years of trying to figure out how the top trainers do very skilled work.*

*What I got also is a valuable added bonus. Skill sets and one on one enhancements in myself that only Joseph and top MythoSelf Trainers and Facilitators can offer that now sets me apart from much of the NLP world.*

*The best way to get it ... is to experience it."*

**- John J Suhar**



# The 2007 MythoSelf Facilitator's Training In A Nutshell

## **Module One: Personal Modeling**

- ▶ History, Background, Theory of the Process
- ▶ Steps One-Three of the MythoSelf Process
- ▶ Introduction to Soma-Semantics Modeling
- ▶ Calibration, Tracking and Adumbration
- ▶ Personal Sensory Awareness
- ▶ Establishing and Sustaining the "Ready State"
- ▶ Teleology - Building Future-Memory

## **Module Two: Somatic Modeling**

- ▶ Somatic Markers of Identity and Behavior
- ▶ Steps Four-Six of the MythoSelf Process
- ▶ Second and Third Order Generative Change
- ▶ Moving Beyond Limitation To Expectation
- ▶ Conversational Systemic Intervention
- ▶ The Hero's Journey - Transcendent Awareness
- ▶ Metaphor and Conversational Storytelling

## **Module Three: Semantic Modeling**

- ▶ Working With Individuals and Private Clients
- ▶ Verbal and Non-Verbal Hypnotic Communication
- ▶ Conversational Hypnotic Protocols
- ▶ Structural Interventions and Behavioral Training
- ▶ Installing Personal Excellence
- ▶ Performance and Relationship Coaching

## **Module Four: Systemic Modeling**

- ▶ Step Seven of the MythoSelf Process
- ▶ Precision and Specificity of Applications
- ▶ Advanced Hypnotic and Somatic Protocols
- ▶ Organizational Interventions and Consulting
- ▶ Stabilizing the Ready State In All Situations
- ▶ MythoSelf® Associate Facilitator's Certification

## **NLP™ Practitioner/Master Practitioner Certification (offered within the MythoSelf Facilitator's Training)**

- ▶ Rapport - Matching, Mirroring, Pacing, Leading
- ▶ Calibration and Sensory Acuity Training
- ▶ Representational Systems and Predicates
- ▶ Strategies, Overlapping and Translation
- ▶ State Elicitation, Manipulation and Installation
- ▶ Meta-Model, Milton-Model and Meta-Programs
- ▶ Well-formedness and Ill-formedness Conditions
- ▶ Reframing and Omni-Directional Chunking
- ▶ Verbal and Non-Verbal Anchoring
- ▶ Submodalities - Timelines, Swish Patterns ...
- ▶ Changing Beliefs and Deep Trance Identification
- ▶ Identification and Utilization of Criteria
- ▶ Sleight of Mouth Patterns and Hypnotic Protocol
- ▶ Presuppositions, Multilevel Communication
- ▶ Stacking Temporal and Spatial Predicates
- ▶ Propulsion Systems and Threshold Patterns ...

## **Program Features and Experience:**

- ▶ **Personal Experience of the Entire MythoSelf Process Delivered By Fully Trained Facilitators/Trainers**
- ▶ Intensive Personal Attention and Feedback
- ▶ Opportunities to Work Directly With Joseph
- ▶ Individualized Personal Modeling Experience
- ▶ Elicitation of Your G.D.S., G.T.S., and INTENT
- ▶ Facilitated, Supervised Exercises and Practice
- ▶ Personalized Individual Outcomes and Strategies
- ▶ Identification of Your Personal Success Strategy
- ▶ Development of a Personal Mythic Form
- ▶ Guided Facilitation of the Hero's Journey Model

# **“A deeply personal message for people ready to move beyond the self help, feel good, therapy solves all mentality and begin living from a position of profound integrity”**

It's simple, really ... one of the most common reactions from people attending their first MythoSelf® Process experience is to say, “if only I had found this sooner...” It's one thing to “talk” about the work of Joseph Riggio or even hear him talking about it himself, but the “live” experience itself leaves no question.

**Attend It, Experience It, and you'll Know It for yourself ...** not just intellectually ... but directly in your gut, skin, muscles and bones ... **that you have found the path to achieving your personal outcomes**, as well as the outcomes you produce when you're sharing this work with others.

Consider the experience of Jeffrey Leiken, M.A. who after attending dozens of NLP, hypnosis, psychotherapy, and personal-development workshops with heart-breaking results, **attended his first MythoSelf Process workshop skeptical and ready to prove Joseph's model wouldn't work for him either ... just like all the others ...**



*“When I first attended the MythoSelf program with Joseph Riggio, I was beyond skeptical. I'd been to dozens of workshops and practitioners of various types of personal change work ... Personal Development, Psychotherapy, NLP, Hypnosis ... some of it with the most prominent authors and trainers in the field. I knew there was something possible for me in my life, yet getting myself to become the person who would make it happen had proven more than a bit elusive.*”

*I was a master of self-sabotage and despite the good intentions of these other practitioners, their efforts to help me proved futile. Quite honestly in attending Joseph's workshop I was there in part to “prove” that this program wouldn't work for me either.*

*What I found though was quite the opposite. For once I'd met someone and learned a model and skill set which not only worked, it transformed my life.*

*Rather than operating as I had for as long as I could remember, I began looking for and noticing what was going well for me in my life, I was organizing myself in relation to possibilities instead of problems. I had shifted from being led by my limitations to being hopeful and excited about where my life was now going ... about who I was becoming as a result of this experience ... regardless of my doubt and resistance this program worked ... even for me!*

*The immense success I now have in my life, professionally and personally, I attribute to the MythoSelf Process and the work Joseph Riggio has done with me ... something no one else and no other model has even come close to doing.”*

- Jeffrey Leiken, M.A.  
Mentor Counseling Company  
San Francisco, California, USA

I assure you, Jeffrey is not an isolated case. In fact, Joseph has an overflowing client list filled with NLPers, coaches, consultants, hypnotists, therapists, trainers, business owners, professionals, parents and individual clients who echo Jeff's experience. Doesn't his experience sound like something you'd like for yourself ... or to be able to lead the people you work with, live with and love to be having as well?



## **You can always count on the unexpected at MythoSelf Training Programs with Joseph ...**

This year there are two ways to attend the MythoSelf Facilitator's Training program ... our tried and true individual four module program conducted about one every three months or so, in NJ and a new intensive format that we'll be presenting for the first time in an innovative concentrated twelve-day format in Denmark.

However the very best news may be that you can choose to attend either program in it's entirety or any individual modules you desire!

You can also "mix and match" modules ... e.g.: if your schedule only allows you to attend the first two modules of the Intensive Training in Denmark you could then attend the second two modules of the traditional program in NJ

## **MythoSelf Trainer's Training will also be offered within both programs ...**

(If you've already attended a MythoSelf Facilitator's Training program contact Joseph or Nancy for all the details!!!)

**You can also attend any single module without any additional obligation to ever attend another, unless you choose to ... as always the choice is completely yours!**

We've located a couple of truly remarkable venues for the programs and designed them to be completely residential. These venues are sure to enhance your experience (including Alpacas at the Inn in NJ). You'll find the details including locations, dates, pricing and other important information on the pages that follow.



## Magical Training Venues -

MythoSelf Facilitator's Training programs are unique in part due to the venues we choose, every one special in their own way. These venues support and enhance the transformational nature of the training experience ... Barnett Hill, Novato Oaks Inn, The Manor House, Mohonk Mountain House, Water's Edge Hotel ...

This year, we've chosen two enchanting venues. A charming historic inn in Lambertville, NJ on the Delaware River (see the photos on the details NJ program page—check out their website and the alpacas). And along with Henrik Wenoe of Acuity World, ApS our associates in Denmark a beautiful venue on the seacoast just south of Copenhagen, a simple traditional Danish farmhouse that's been converted into a modern conference center ...

## Langebaek Retreat Center

([www.langebaekretreatcenter.dk](http://www.langebaekretreatcenter.dk))

For the 2007 MythoSelf Facilitator's Intensive Training we'll be at the charming Langebaek Retreat Center for the entire program. As part of this program you'll be served lunch every day, as well as snacks and beverages all day long. You'll also have full access to the facilities and grounds. And, you can choose to stay at the Center in a single room at very special rates only available for this program. All rooms including a full breakfast and dinner daily.

Note: A free pick-up service to the venue will be available for anyone taking the train in to the venue from Copenhagen to the local train station.

**Surely you'll take away special and fond memories of your time spent in these training programs ... and at these special venues ... a deep knowing that magic still reigns.**



## 2007 MythoSelf Facilitator's Intensive Training – Denmark

**Location: Langebaek Retreat Center**

<http://www.langebaekretreatcenter.dk/>  
(Less than one hour from Copenhagen Airport)

**Dates: 31 Jul - 4 Aug / 6 - 11 Aug 2007**

Total Program: 12 Days, (4) 3-Day Modules  
[Note: Sunday, Aug 5, 2007 is a free day off]

**Program Investment: \$6597 USD Inclusive\***

\*Twelve Days of Residential Training, including room and board for twelve days, double shared rooms including three meals each day. [Single private rooms are an extra \$35/day.] Please reserve your rooms early to guarantee space.

**Early Bird Discounts: SAVE Up To \$1500 USD!!!**

Reserve your space with a \$400 non-refundable deposit:

**Deposit Due: 15 April, Full Payment: 15 May SAVE \$1500**

**Deposit Due: 1 May, Full Payment: 1 July SAVE \$1000**

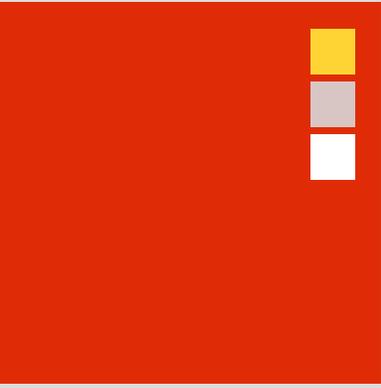
**Deposit Due: 1 June, Full Payment: 15 July SAVE \$500**

Full payment due on or before 20 July 2007 regardless of the payment option you choose, or your deposit will be forfeited.

**Non-Residential Discount: SAVE \$597**

NOTE: Lunch, snacks and beverages will be provided during the training. Overnight rooms, breakfast or dinner meals are not included with this option. The non-residential discount may be combined with Early Bird Discounts.





## 2007 MythoSelf Facilitator's Training Chimney Hill Inn, Lambertville, NJ, USA



### Location: Chimney Hill Inn

<http://www.chimneyhillinn.com/>  
(Easily accessible from JFK, Newark Liberty and the Philadelphia International Airports)

### Dates:

Total Program: 16 Days, (4) 4-Day Modules  
11:00AM Thursday - 5:00PM Sunday

**21-24 June 2007**

**06-09 September 2007**

**13-16 December 2007**

**13-16 March 2008**



### Program Investment: \$7697 USD Inclusive Residential Pricing\*

\*Sixteen Days of Residential Training, including room and board, single rooms including breakfast and lunch each day. Overnight rooms are not included for Sunday evening overnight stay.

NOTE: Please reserve your rooms early to guarantee space, the Inn has only 9 rooms and 4 suites available, we will accommodate program participants at other local venues within a 10-15 minute walking distance at no additional charge. Lunch and beverages will be provided during the training for all participants, regardless of whether they are residential participants or not.



### Early Bird Discounts:

**SAVE UP TO \$1800 USD!!!**

Reserve your space with a \$400 non-refundable deposit:

**SAVE \$1800 ... Only \$5897 Inclusive!**

**Deposit Due: 15 April, Full Payment: 15 May**

**SAVE \$1200 ... Only \$6497 Inclusive!**

**Deposit Due: 1 May, Full Payment: 1 June  
SAVE**

**SAVE \$700 ... Only \$6997 Inclusive!**

**Deposit Due: 1 June, Full Payment: 15 June**

**Non-Residential Discount: SAVE \$1000**

[May be combined with Early Bird Discounts.]

**Attending a MythoSelf Facilitator's Training has never been easier than with our simple direct payment plan!**

### Here's How It Works:

Just make a \$400 Deposit to hold your place. Your first payment will then be \$1500 on 20 June (only \$500 if non-residential discount is applied), with nine additional payments of only **\$644 made every 30 days beginning on 15 July.** Note: The plan is only available with an automatic charge consent to a valid credit card, failure to make any payment as indicated will invalidate this offer.

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**Get your application now ... only 30 spaces are available in the MythoSelf Facilitator's Training programs and we expect that many of these will fill immediately with Joseph's private clients ... when you call ask me about the Early Bird Discounts when you get your deposit in between 15 April and 15 July 2007 (see program for details) ... call Nancy Riggio at +1/609.275.1845 to get an application, to register and for details, or Henrik Wenoee at Acuity World +45.4448.6969 in Denmark**

**MYTHOSELF™**  
DECIDE.™

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