

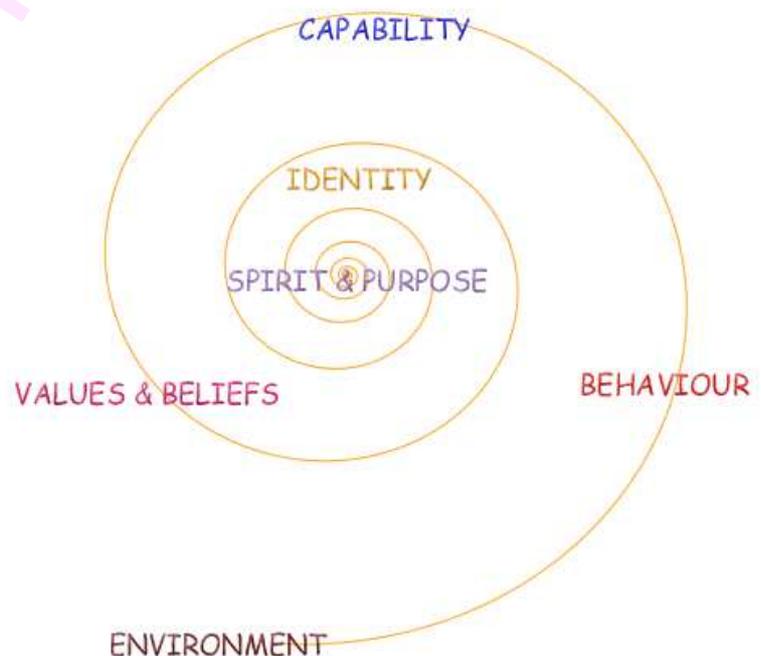
## Logical Levels – An NLP Process

This is a Robert Dilts' exercise that is focused on delivering an experience of a future place in space and time when you have all that you need in this area, and the issues that you are dealing with have become comfortable and balanced. Its wonderful for working through decision making processes and exploring ideas and concepts.

1. State the issue, problem, desire, feeling that you want to work with. Become aware of the possibility, **in a way that is unknown to you right now**, of this “construct” , astrological aspect, issue, problem, upset, limitation.....working for you in a comfortable harmony way.
2. Write the following six words on cards or paper and choose where to place them on the floor surface around you in a spiral shape going inwards to SPIRIT. You will need to be able to stand on them with both feet.  
ENVIRONMENT, BEHAVIOUR & HABITS, CAPABILITY & RESOURCES, BELIEFS & VALUES, IDENTITY, SPIRIT.

LOGICAL LEVELS by Roberts Dilks  
modified by Victoria Laloë

Environment, where we do it?  
Behaviour, what we do?  
How we do it?  
What motivates and influences us?  
Who are we trying to be  
What purpose and destiny  
are we here to fulfill?



**Environment.** The external conditions and places in which the action or events, take place. The body's reaction to these. The needs and desires of the body. What is important to you about the place that you do this?

**Behaviour.** The way in which you physically and mentally interact with the external environment and people around you. How you behave. Ambition and motivation. What you do in reaction or creation.

**Capability & Resources. (CONSCIOUS MIND)** Are you able, are you resourced enough, do you have enough data in your data banks, do you have tools in your tool box, can you actually deliver? Do you need to take action here to strengthen this area? What action do you need to take?

**Beliefs & Values (UNCONSCIOUS MIND- SOMETIMES CONSCIOUS VALUES)**

Underlying belief systems which either support you or undermine your intentions and motivations. What belief systems are operating here? Are they in harmony with your highest good? Do you want to change any of them? How are you going to do that? What values are operating here? Are they your values? Or inherited values?

**Identity (HEART)**

Who do you want to be? Who do you think you are? How do you express your sense of self right now? How would you like to express yourself in the future?

**Spirit (SOUL)**

The bigger picture, you in terms of an evolving soul, your Higher Self. Does this part of you have anything to add to the mix, a message for the other parts

of your personality. What is the Purpose of this existence on planet earth for you? What are you here to learn?

Stand on the Environment card, and explore all the thoughts that flood into your mind. As you look down at your feet you can see the word right there. Work through verbally all the thought forms that rise in your mind. When there is nothing more move on to the the next card. Of Behaviours. Continue around the spiral until you stand on Spirit. Notice what rises up for you. Its useful to do the exercise with a friend and get them to hold the space for you and make notes if necessary. Alternatively, use your phone and record your thinking as it comes up for each level.

From Spirit you can return along the spiral and see if anything has changed or reached a different perspective. Its a good plan to collect all the cards up at the end and put them together in an order of your choice. Stand on them all once more, and see if there is anything left to be said within you. Enjoy!