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NLP and the Five Elements

Using NLP to heal the systemic imbalances
behind “illness”



Metaprograms of the body

As an NLP Practitioner, you will have understood that mind and body are one system; so “psychological” interventions such as submodality shifts, anchoring, or parts integration may heal a “physical condition” such as an allergy, infection or cancer.

You also understand that a physical illness does not occur as a thing separate from the rest of a person’s life. A human being is a system, and each symptom/illness is part of the wider ecology. This is in the same way that a psychological symptom (such as anxiety) is part of the wider ecology of the person’s mind—their metaprograms, values, life metaphors etc.

In this article I put those two understandings together. What if there are metaprograms of the body-mind, which determine which specific physical conditions people are prone to? If you knew those metaprograms, you’d be able to treat physical illnesses from a logical level above what you’ve done before. Because mind and body are one, you could intervene using NLP processes to resolve fundamental health issues *and* the fundamental psychological issues which are their mirror image.

When the developers of NLP began exploring the metaprograms, they recognized that there was no sense in reinventing the wheel, and checked what people such as Jung had said. Here they found eight basic categories identified (Introvert, Extrovert, Sensor, Intuitor, Thinker, Feeler, Judger, Perceiver). Jung noted that Introverts tended to be slimmer and extroverts to be wider, but didn't go much further into the issue of physiology.

The ancient Chinese did. This article relates NLP to the five fundamental metaprograms of the body, which the Chinese identified. These metaprograms are often called the "Five Elements" in western studies. A better term is the "five phases" (denominalizing them from "things" to processes). My practical understanding of them comes from training with Mantak Chia and the Healing Tao Centre.

Mantak Chia's books already refer to the potential links between the Five Elements and NLP. In this article I shall describe simply how to identify each of the Five Element metaprograms, and then suggest four ways of resolving fundamental health-psychological issues specifically for each metaprogram (identifying a core therapy issue; parts integration; mapping across submodalities, and Time Line Therapy™).