

# ISABEL LOSADA

## FROM NLP TO ENLIGHTENMENT

By Eve Menezes Cunningham



I read Losada's bestseller *The Battersea Park Road to Enlightenment* a few years before beginning my own NLP training (and still remember attracting funny looks by laughing aloud on the tube).

After prioritising her personal development and trying all sorts of ways to reach enlightenment (including NLP) in *The Battersea Park Road to Enlightenment*, she turned her focus outward and became very involved with trying to help Tibet.

Her book about this journey, originally called *For Tibet with Love* was renamed *The Beginner's Guide to Changing the World*. Isabel's latest book, *Men*, is about her quest to find a single, available and interesting man.

Isabel says that taking responsibility for your life is "the hardest lesson to learn." She remembers being at her first ever personal development seminar being told "by a grinning Californian that, 'You are 100% responsible for your life'."

At the time, Isabel was feeling trapped alone at home with her toddler daughter, putting her life back together after her marriage had ended.

She says, "I had no parents and no brothers and sisters and was living

way out in suburbia. I'd had to give up my acting career. I wanted to tell this person where they could put their silly new age ideas. But gradually, as the years went by, I realised that the more I was able to accept responsibility, the better off I was.

"We're not 100% responsible for what happens to us but we are responsible for how we react. I don't go along with those who believe that we create everything. I don't think that if we get cancer we secretly have a death wish. That would require a bizarre understanding of reality.

"The extent to which its true is that if we see the world as a kind and loving place, the world will respond in a kind and loving way." She remembers a police officer friend who thought the world was filled with criminals because the people he was dealing with every day had generally

done something against the law.

Isabel says, "I have benefitted enormously from ten years in self awareness seminars of various kinds. I am currently

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working on a new book in which I'm looking at the things that interest me more now. I hope I continue to walk a path between scepticism and open mindedness."

"But I recently had my first experience of what I consider to be malpractice. It wasn't that someone was deliberately setting out to cause harm. They were using Feng Shui as a means of doing a confrontational therapy while not being qualified as a therapist."

In all her books, Isabel's openness has left me open-mouthed with shock as well as making me laugh out loud. She says, "I do the opposite of censoring myself: I censor myself from censoring. I grit my teeth and keep writing. I think we are going too much the way America has gone. Someone asks 'How are you?' and the response is always 'Very well, thank you. Everyone is going marvellously!' Especially in professional circles and with media types.

"Happiness has always been a subject I've been interested in but desolation is the chief emotion I've experienced most in the past couple of years. Everything I've ever wanted almost came to me, both personally and professionally, and went away again. Losing the



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relationship left me questioning absolutely everything. Men was a very difficult project because I wasn't looking for an explanation, I wanted a solution."

She says that not having a family, relationship or people around at work means that she values time with other people more. There was a very moving section in Men where she was especially keen to board with a woman once she found out that she had recently been widowed.

Isabel says, "Someone who's elderly, bereaved and on their own becomes lonely. Therefore, they appreciate human contact more than someone else who's running a B&B but who really wants the guests to go away. I welcome a quality of interaction. I never enjoyed pubs. My acting background means I enjoy being the centre of attention. It makes it hard to be a writer because it's so isolating."

I know lots of people who love Isabel's books so much, they'd happily read her shopping lists. So it's strange to read some of the rejections she got for *The Battersea Park Road to Enlightenment* (<http://www.isabellosada.com/rejectionletters.html>)

Isabel says, "I had my first success with Battersea after many years of disasters. Success is a kind of an illusion, especially being an author. I have five books in 15 languages so people think that I'm an internationally best selling author. This, of course, is a complete joke because many, many more people have never heard of me and think 'who?'"

"When I go to a book group to speak about my books, I walk in and they're in awe because I'm an author. As a result, many are unable to string a sentence together so I say, 'Look, I earn less than someone who works on a supermarket checkout' and it immediately bursts the bubble."

Isabel says, "Real success, I think, is about learning unconditional love. We need to measure success in terms of our relationships with others. I don't do anger at all. I have a cure for anger – I really believe that people do the best they can. I believe that if we had a video of the first six years of anyone's life, we'd become so full of compassion. I don't see the point of carrying around anger and sadness."

Although *Men* is as funny as Isabel's other books, it's also quite sad. Isabel says she wrote it because, "There are many books out there that tell you that if you're a single woman alone – and we all know, sadly, that

there are hundreds of beautiful single women out there alone – that, if you do the inner work, the man will come. But there are actually very few genuinely interesting and available men."

She told me about a TV presenter who did a show called 'How to Find a Husband.' "But it never aired because she couldn't, by the end, find anyone she actually wanted to marry."

Isabel says that when she speaks to groups of beautiful, successful single women in Brighton, "their single status is less to do with them than the fact that they live in the gay capital of Britain. Assuming that you don't have major issues, it's not your fault. You do not need to have therapy, to see a psychiatrist, to have your breasts made bigger, smaller or higher. There is nothing wrong with you. Still, you only need one man. Statistics actually mean nothing." ●



[www.isabellosada.com](http://www.isabellosada.com)

<http://www.actfortibet.org/> Isabel says, "I hope China and Chinese government will realise the benefits to China of entering into genuine negotiation with His Holiness, The Dalai Lama and the Tibetan Government in Exile and that, in his lifetime, we'll see him as the leader of Tibet." She recommends reading *A Beginner's Guide to Changing the World* to learn about the different groups in an entertaining way.