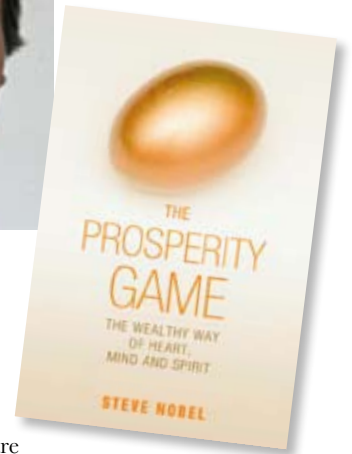


# NLP AND PROSPERITY

## STEVE NOBEL INTERVIEW



Forget status. Forget other people. What do you think about your journey yourself? interview by Eve Menezes Cunningham

**S**teve Nobel, author of *The Prosperity Game* [Findhorn Press, 2006] and a Director at Alternatives, blends spirituality (he trained in Shamanism and other spiritual traditions) with a background in finance to live a rich life.

He says, “I think money is a game, played across the world. It’s an inner and outer game and involves mastering anxiety, fears and concerns about money as well as gaining trust that money will be there. It’s not good to be naïve about money. There are principles about money and receiving. The more you give, the more you get. In spiritual terms, when you’re emitting a high vibration – or, in NLP terms, when you’re in a good state – you attract more money. You need to have a clear vision and know where you’re heading. Resistance is a natural part of the journey. Everyone has doubt, anxiety, no confidence and other unique ways of blocking ourselves. Money’s never the real issue, it’s never the goal.” Steve says he sees money as a game “When I remember to”.

During the years he’s spent as a Director of Alternatives at St James, Piccadilly, Steve has heard many speakers talk about NLP. He says, “I saw Michael Breen at Alternatives when he did a talk with Paul McKenna in the late 90s. I started to read about NLP and got more interested. And through a series of coincidences, was reintroduced to Michael.

“I’d done a bit of cosmic ordering, I suppose, thinking ‘wouldn’t it be nice to do some NLP training that didn’t cost thousands of pounds.’ And then Michael asked, ‘Would you like to do one of these courses for free?’ So in 2005, I did the Practitioner course. I was absolutely blown away.” Steve liked the business focus of the course. When he completed it, Michael told him that there was a vacancy for him in his organisation.

Steve says, “I did more training there, high performance business coaching training and

I did my Master Practitioner course. Having been in the general personal development field, I was a great believer in synchronicity.”

Earlier on, Steve hadn’t been so happy about his work. He says, “My background included ten years in international banking in the city from the mid 70s to mid 80s. This ranged from complete boredom to strong stress. I felt lost and my heart wasn’t in it. I was working with lots of money. Millions were going through every day. It was a time of financing of the arms industry with arms going out to Iran and lots of Third World loans. There seemed to be a lot of projects planned for Africa and I didn’t know whether they needed all these dams and railways or if these loans were a way for people here to get rich.”

He left after ten years to work in local government. The work culture he was in had changed from “very right wing to very left wing.” During his ten years there, Steve was working with people rather than directly with money “but money issues were very strong. Now I’ve been at Alternatives for ten years, I feel I have a good whole view of money. But I’ve struggled with the issue of money. I thought that because it was such a big challenge, I’d understand it more if I wrote about it. So *The Prosperity Game* was written primarily for me but it’s fantastic that other people are reading it. And it was a rich experience writing it.

“Prosperity is a verb, it’s what we’re thinking and doing, not what we’re owning. It’s not about status. There’s an obsession with job titles. I had a coaching client recently who was really stressed in his job. He was so obsessed with the status of going up the ladder, he was stuck. He kept thinking ‘If I get to a certain level in a company, I’ll be happy and confident’ but in the meantime, he’s sacrificing happiness, health and vitality for a bit of status. We come from a class system in the UK

so people are very concerned with where they are in the pecking order. All this takes away from the whole joy of earning money when you’re in alignment.”

So how can people get into alignment? Steve suggests asking yourself:

What makes you happy?

What are you good at?

What do you really value?

He says, “Forget status. Forget other people. What do you think about your journey yourself? Living for your parents, friends or peers is living from a disempowering position. There’s a deeper intelligence at work that we can all connect to. When it comes to work and money, sometimes, we don’t see the bigger picture. If we connect – go into nature, meditate or do something creative – we can do much more. I trust that part of myself much more, now.”

Steve says, “There’s a spiritual dimension to money and work. Traditionally spirituality was very different. People think of retreating to a monastery but now workers connect with their intuition more. There’s even a US marketing book called *Liberating the Corporate Soul*. Coaching helps people get in touch with a deeper part of themselves. They know the way forward.

“I’m very interested in helping people access the full range of their resources. Balancing the left brain’s planning and thinking with the right brain’s ability to be inspired. There’s a deeper unconscious where our values are and a spiritual realm. I’m very interested in aligning all three. It’s like having a train with three carriages. If one is derailed, the whole train can’t proceed very fast. NLP is great for the conscious mind and hypnosis and language help connect with the subconscious but spiritual tools help you go deeper.” ●

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### What will more money mean for you?

Ask a friend "What do you want?" She or he might answer "Lots of money" so ask, "Why?" repeatedly and listen to each answer (for example, "so I can buy my own home", "so I can feel more free", "for security" and so on) until you both know that you've got to her or his core reason. Swap over and you answer your friend to get to your true reasons behind wanting wealth. Knowing what's really motivating you will help you manifest more money.

### Do you resist giving or receiving?

Another exercise we did at one of Steve's Prosperity Consciousness workshops was to bring an amount of money we'd feel comfortable about losing in pound coins. We then had to walk around the crowded room offering or accepting offered coins from other participants in silence. When I offered strangers money and they didn't accept, I felt sad. And the handful of coins, when overflowing, definitely attracted more money (as a result of my more generous spirit in those moments?) than when I was down to one or no coins and probably emitting desperation vibes.

What kind of energy does money have in your life? Do you sign cheques with a firm "only" or a more appreciative "thank you"? Start noticing your interactions with money – each time you reach for your credit card or cash or even when you just think about money.

### Resources

Sign up for Steve's Daily Prosperity Thoughts and find out more about Steve at [www.stevenobel.com](http://www.stevenobel.com)

Steve is running a retreat in Spain this April. Visit [www.alchemyofwork.com](http://www.alchemyofwork.com)

For more information about events and workshops at Alternatives, visit [www.alternatives.org.uk](http://www.alternatives.org.uk)

Find out more about Michael Breen's training courses at [www.mbnlp.com](http://www.mbnlp.com)