

Application of Swish Technique in Neuro Linguistic Programming

Gurpreet Kaur^{a*}, Disha Khanna^a

^aFaculty of Natural Sciences, GNA University, Phagwara-144401, India

*e-mail : g.preet8991@gmail.com

Abstract

Life can be described as a book that goes ripping into multifarious pieces. From the cradle to the grave, all humans experience the pleasant as well as the unpleasant moments in their lives. During an ordeal, we encounter numerous experiences some of which even baffle us and leave us in a quandary as to which one to choose and which one to totally ignore. This indecisiveness can be solved by one of the techniques of Neuro Linguistic Programming (NLP) i.e. Swish Pattern or Technique which mainly focuses on 'HOW'. This efficient tool was developed for providing such people an outstanding way to overcome their indecisiveness and make their life better. NLP is such a technique that can bring a lot of positive change in our daily humdrum life. In addition, this tool/technique gives us power and strength to positively modify our conduct and disposition.

Keywords. *NLP, Swish Technique, Indecisiveness, Confusion, Positivity*

1. Introduction

In the today's advancing world, with development of new techniques, researches are being carried out to improve the standard of living of Homo sapiens for which the newest methods, techniques, and tools are being developed, tested, and implemented. With the passage of time and further advancement in higher studies, another technique known as the Neuro Linguistic Programming emerged in the 1970s. This was developed by Richard Bandler and John Grinder in California, United States.

Neuro Linguistic Programming (NLP) is considered as an effective tool for change, motivation, success, empowerment, influence, persuasion, and communication. Basically, NLP is composed of three words - Neuro, Linguistic, Programming. 'Neuro' is related to our nerves

and the five senses that help create our perception which in turn guides our conduct; 'Linguistic' refers to the language that our mind is programmed for; and 'Programming' refers to the programmes or the techniques that are used and entered into the brain to modify the temperament and demeanour of a person. As the Programming is generally based on our disposition, therefore, it becomes necessary for the NLP practitioner to comprehend the conduct and background to the dilemma of the subject thoroughly. As per the different dispositions and mannerisms of an individual, NLP uses specific techniques to alleviate the problem of the subject. The outstanding methods and techniques among these are Anchoring, Pattern Interruption, Loop break, Framing, Mirroring, Swish Technique etc.

This research paper, endeavours to apply

Swish Technique, which is a very useful method, in replacing the hostile emotion or conduct for ensuring a healthy sustenance. To relieve the subject out of his perplexing state, as that of the Shakesperean character Hamlet “To be or not to be”, I have applied the Swish Technique on my subject to bring him out his state of bafflement and utter confusion.

The subject taken for the application of the Swish Technique was a man of 28 years working successfully in an MNC on a good post. In spite of a stable job, he was not satisfied and longed to go for establishing his own entrepreneurial project. He was in a double state of confusion, whether to continue with the current job in hand or he should start setting up his own business. I, as a trainee in NLP, after paying heed to his problem, applied the procedure of Swish Technique on this confused persona.

2. Procedure of Swish Technique

The subject was asked to identify the two states clearly and visualize each of the states one by one on both his hands. He was instructed to raise his left hand in front of his face and close the eyes and has to imagine about 10 advantages of further scope and future in the current job. The subject has to have a vision of his future while continuing this job. A swish sound was made and the subject was instructed to imagine all the positive aspects related to pursuing the present job. During the application of the Swish technique, the subject while envisioning his current work showcased mixed emotions of smile and frown. The subject during this practical

experience was interrupted and was asked to explain what he had visualized. Whatever he spoke was clearly jotted down. Once he was successful in enlisting all the 10 optimistic goals, another swish was made and he was asked to open his eyes. Thereafter, the subject was asked to relax and stay in a balanced state of mind.

After a little relaxation, the subject was again asked to place his hand in front of his face, and visualizing himself as a business tycoon, envision his future prospects. A swish sound was created again and he was directed to ruminate as if he was running his own established business. During the perception on the right hand, the subject showed smiling gesture and all his actions and responses were clearly noted down. Once through with all the 10 aspects of executing own business, again a swish sound was made. The subject was asked to open his eyes and rub and mingle both of his hands and apply them on his face. Finally, the subject was made to feel comfortable.

3. Observations

Below listed are the observations of the subject.

3.1. Positive Aspects of the Current Job

- He spends more time with family
- Having a secure job
- Fixed Income
- Monthly Wages
- Professional Development
- Job Resources
- Health Insurances
- Family-Friend benefits
- Timely vacations

3.2. Negative Aspects of the Current Job

- Loss of individual identity
- Not healthy working spirits
- Immediate decision taking is not possible
- Become stagnant
- Not shown true potential
- Caliber is blurred
- Monotonous working
- Lack of various experiences

3.3. Positive Aspects of Doing Own Business

- Ocean of opportunities
- You rule your kingdom
- No pressure from higher authority
- Free mind and no boundations
- Your endeavours pay back to you
- Personal Identity
- Development of the person
- Satisfied on mental grounds
- The exposure to various fields
- No payment problem

3.4. Negative Aspects of Doing Own Business

- Risky task
- Chances of failure
- Financial Investment
- Time commitment
- Undesirable Duties
- Whole sole master foe each and everything
- Owner is responsible for failure also
- Stress

4. Conclusion

Swish Technique in NLP is one of the finest techniques in shunning away the confusion

created by double state of mind in just a swish. At the culmination of the experiment, the current subject was crystal clear as to what was his final take in life. He realized that he owns quite a good amount of financial status to invest along with the apt potential in commencing a new business venture. He finally took a decision of leaving his current job and pursuing his dream venture of running his own firm where he is the king of his own rules.

NLP Swish Technique clearly proves that the subject in consideration is undoubtedly aware of his choices within the deep processes of his mind but it were just the multiple thoughts in the thought factory that created all the confusion. With the current subject also, the Swish technique helped in settling the state of confusion leaving the subject highly satisfied and jubilant in his making the best choice. Swish Technique can really be a boon for mankind as it can help them in solve their puzzles and settling their dilemmas in a few seconds just with a swish of the fingers.

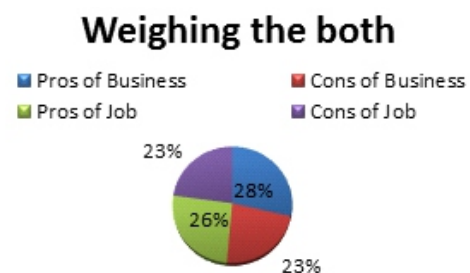


Figure 1. Pie-chart depicting the %age of selecting own business

Works Cited

1. <https://nlp-now.co.uk/nlp-swish-technique/>
2. <https://www.globalnlptraining.com/information/what-is-nlp.html>
3. <http://www.nlp.com/what-is-nlp/>