

Alignment of Neurological Levels – An Essential Pillar in Subconscious Programming

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Abstract

The present paper aims at giving a brief insight into the concepts of neurological levels and analyzes the fact that, as the levels contain more congruent information - and through exercise we can realize and become aware of this - the more our relationship with ourselves and with others acquires a richer consistency in meanings. The Pyramid of Neurological Levels stands out for its universality, usefulness, and all these levels work simultaneously and are characteristic of everyone. Congruence is presented in this paper as the expression of the manifestation of the objective at each separate neurological level. The paper will also discuss learning models of the subconscious and the fact that we have the possibility and the power to use our conscious mind to change, shape, direct the path of the subconscious towards the path we want.

Key words: neurological levels, NLP, alignment, congruence, subconscious

J.E.L. classification: D91

1. Introduction

One of the concepts with which NLP (Neuro-Linguistic Programming) operates is that of the neurological level. The concept according to which we act at different neurological levels, levels that are also the coordinates where we implement the change, gives us an image of how we could align the different dimensions of our personality, so that we obtain a congruence between what we are, what we think, what we say and what we do. Our mind, like any other biological, social, or economic system, works on levels, being organized on levels of processing. Thus, we can think and exist on different levels. When we want to bring about a change, we should address these different levels. It is about a series of six neurological levels that must be aligned to achieve congruence and achieve success. These are organized inside us in the form of a natural gradation, determining and influencing each other. In NLP, the neurological levels are symbolized by the Pyramid of neurological levels, from the top of which grows another pyramid that symbolizes spirituality/connection with others/communion with the universe for some, the connection with God for others. The Pyramid of Neurological Levels stands out for its universality and usefulness. Alignment of neurological levels is one of the basic processes in NLP.

It is a valuable tool of self-knowledge. We can evaluate ourselves in relation to our own self, to others. The important thing is to know what questions to ask. The neurological model in its original form was proposed by the American communication researcher Robert Dilts, one of the leading experts in NLP, in the late 1980s after adapting the concept of "logical levels" proposed by Gregory Bateson. It is a model that links the concept of "logical level" with the nervous system. Robert Dilts suggested that each of us operates on 6 neurological levels. The phrase neurological level does not refer to the physical component of the brain (neuro), but on the contrary, this is a model for building the software component, the logical component, in relation to the processes and connections at the level of the nervous system.

2. Theoretical background

Programming refers to the unique way in which we control our neurological systems. The term was chosen specifically to emphasize that our own brains can be programmed, that we have the power to change the programs we have with better ones that will help us go in the direction we choose. To experience the environment around him, man can use and adjust his sense organs (VAKOG - Visual, Auditory, Kinesthetic, Olfactory, Gustatory). If he wants to do a certain action in that environment, man needs more resources and must develop skills. However, for the development of skills, but also of values, beliefs that lead to the formation of behaviors, it is necessary to make a certain effort.

Effort is a conscious action that is connected to elements of the subconscious. Most of the time the effort as well as the motivation, will and determination come from a hard to explain inner feeling that tells us that it is good for us to do or achieve that thing. This impulse is intuition and belongs entirely to the subconscious mind. These 4 stages or levels lead to the formation of a self-identity, which then leads to the last level - the spiritual.

The notion of the subconscious appeared in psychology in the 19th century, it was invented by the French psychologist Pierre Janet, and it designates that part of our consciousness that deals with most of the unnoticed mental processes, those that do not pass through the filter of attention and are not voluntary. The subconscious stores all the insignificant details of the world we observe - those that escape our attention, all forgotten memories, all conditioning, stereotypes (habits, automatic reactions). The information that has no meaning for us now is recorded in the subconscious. Also, if a certain information is no longer necessary, it will be classified from the conscious mind to the subconscious. The subconscious mind is the mind that leads us from the shadows, that automatic pilot responsible for all our involuntary gestures and actions, which helps us quickly adapt to the world around us.

The subconscious works mainly based on associations. When one behavior is associated with another, a link is created that increases the power of the behavior. Through this association, one behavior automatically becomes a trigger for another. Emotion is the main form of communication of the subconscious. Just as reason, thought, is the pillar of resistance for the conscious mind, so is emotion for the subconscious mind. Emotion is the factor that helps the mind to differentiate between important information and experiences in life and worthless ones. By understanding these subconscious learning patterns, we have the opportunity and power to use our conscious mind to change, shape, direct the path of the subconscious to the path we want.

3. Research methodology

Our actions, communication, and results flow through this series of levels. The function of each level is to organize the information from the level below it. Change at a higher level always influences the lower neurological levels. Changing to a lower level can change, but does not necessarily change, higher levels. If, for example, at the level of beliefs / values, we are convinced that it is important to learn to be successful, then we will direct our skills and behaviors towards school. The environment in which we will carry out our actions will be one that facilitates these activities.

This pyramid relates to the neurological levels of brain perception. It structures these and the links between them on the premise that the higher levels are of greater depth and impact on the individual, and changes made at higher level bring changes in all the lower levels of the pyramid. All these levels work simultaneously and are characteristic of everyone.

Talking about a pyramid, it will have four faces, respectively the social, the professional, the personal and the family. No matter in which area or facet of the pyramid we analyze, it will be the same and will respect the steps of the pyramid. Basically, Robert Dilts' pyramid divides the existence of a human being into two levels: the level that is influenced by what he already realizes and the level that he wants to become.

All these levels work simultaneously and are characteristic of everyone. We can analyze these levels in detail in various life situations, from time to time, and we will find that any change produced at a certain level propagates to the lower levels.

Alignment refers to the realization of all the criteria/resources necessary to achieve the proposed objective. Sometimes these criteria are unknown or distortedly known and then clarification is needed. This clarification process is called alignment because through its realization, the discovered criteria represent with great specificity the personal constellation necessary to achieve the proposed objective.

Usually, what is followed in the careful analysis of the neurological levels is congruence. In other words, if it is observed in the content that what is found at one level clashes with what is found at another level, there will be a conflict between the two levels that will create problems. Identifying the conflict is something that helps to better understand the problem and helps to find the solution. Also, the pyramid offers an understanding of how change works, that's why the neurological levels are also called the levels of change.

The change, if it is substantial on a certain floor, can also determine the change to a certain extent on the level immediately above, but the change is much stronger when it occurs from top to bottom. These levels have different contents from person to person, from context to context.

The most important classification in the pyramid are the externally observable levels (environment and behaviors) and the levels that define and describe the personality (values and beliefs, identity, spirituality, and mission).

4. Findings

The neurological levels represent the logical structuring levels of our subjective experience, and they are in order: environment, behaviors, abilities, beliefs and values, identity, spirituality, and mission. The level of the environment is that of the physical reality, of the geographical environment, defined as the space of existence or as the socio-political-economic environment, the one in which the individual exists. The environmental level also represents the place, time and people involved. The questions specific to this level are: where? who? when? This level is influenced by the other higher levels.

The environment in which a man acts is determined by his abilities, his convictions and principles, his values, his existential mission and finally, his relationship with divinity.

The level of behavior and language is that of the perceptible interface in communication between people. It includes facts, actions, language (verbal, non-verbal, paraverbal), response and feed-back, everything that answers the question "what?". The first two floors of the neuro-logical pyramid, the ones at the base, constitute what everyone can observe, what can be perceived as such and not following interpretation.

The level of skills, competences, capacities, graces, talent, gifts contain everything that represents a specific distinctive element, most likely formed by repeated practice of a systematic behavior with the aim of a precise objective. The key question at this level is "How?". It is visible only in behavior. And at the same time, it is formed based on the repeated manifestation of the previous level.

The level of beliefs, ideas, values, principles, and rules are represented and manifested by what we commonly call "heart", "instinct", "inner voice". They are those things that are important to us, a kind of moral compass that guides our choices in life. This level contains the more subtle aspects of people's way of thinking and feeling. Beliefs are principles that guide our actions. They may even be undeclared, or contrary to the individual's declarations. But they will always be reflected in our behavior. These beliefs, these values give meaning to our actions. Specific questions for this level are "what is important?" and "why is it important?". Beneficial beliefs help us grow, make changes, and reach our maximum potential. To have the life we deserve it is extremely effective to know our own values and the beliefs behind them. Values provide the frame of reference in which ideas, choices, and contexts gain meaning for everyone. For some, moral values correspond to very carefully constructed and acquired ethical considerations. They are divided into two main and secondary categories. The first ones help in solving hidden conflicts, in eliminating stress and offer us a firm direction in life. The secondary values are the ones we use in certain situations we face. For example, we can become much more available when someone needs help, because we value loyalty. The questions for this step would be: Why do I do what I do? What do I aim to achieve? What do I believe in? What makes this important to me? Why do I choose what I choose?

The level of identity is that of the definition as oneself, as an individual, most of the time as a collection of sub-identities related to society. The level of identity together with the level of attitudes and values describe what psychologists define as human personality, from a cognitive perspective, with a direct reflection on the behavioral level. The key question at this level is "who?": who am I? What role do I have? What purpose do I live for?

The highest level is that of spirituality, of mission, of supreme purpose refers to the interaction between our mind and nervous system and the larger, universal systems of which we are a part. The fundamental question for this level is "to what (ultimate) purpose?". The level of connection with the divinity. It can be understood as the domain of ethics, religion, spirituality. Beyond yourself, it represents how you relate to humanity. How do you relate to God? This level is experienced emotionally and can be understood through the fundamental question "to what ultimate end?".

Here, at this level, the notion of mission also appears. The level of the mission in life. This level is related to the idea of the individual's contribution to the world. How to make your mark on the world. What a legacy you leave. How do you contribute to the good of humanity? This level is formed over time, being influenced by the other four levels.

The level of belonging must be understood as being related to the feeling that we are part of something, at a very deep level, which is above us. It is what unites all things together, and we as individuals are systems within a system that includes us. Our experience at this level is related to our role, with a purpose above us. This comes as an answer to the question "What is the higher purpose?".

5. Conclusions

Neurological levels are not a hierarchy. They are interconnected and influence each other. Congruence is the tracked element in terms of neuro-logical levels. Thus, if in the content of our actions, what is found at one level is consistent with what is found at the other levels, we will act decisively, congruently, totally. But if there is a conflict between two levels, it may create problems.

The usefulness of the process of aligning the neurological levels is that it can offer several options such as solving some psychological problems (anxiety, anxiety, phobias, depression, insomnia, eating disorders). It also leads to personal optimization (the development of skills that one can manifest latently, such as assertive communication, orientation towards solutions not towards problems) and of course the achievement of precise objectives.

Aligning the neurological levels to achieve congruence can be the central element to act successfully in the reprogramming of the subconscious.

6. References

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