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Meta-States as Correlated to “Core” States

In the Meta-States Model, a meta-state refers to *a state about a state*¹ (cf. my previous article in *NLPW* 2:3, November 1995). Using the abstracting power of self-reflexive consciousness, every state which has reference to another state of consciousness, rather than some direct and immediate object, describes a *meta-state*. The Meta-States Model articulates many different *kinds* of states: simple meta-states, complex meta-states, multiple meta-states, congruent and incongruent meta-states, meta-meta-states, morbid and destructive meta-states, and transcendental meta-states.²

Recently I discovered that this last distinction, *transcendental meta-states*, correlates to a process that Andreas & Andreas (1994) have developed which they call “core states.” Since this essentially describes the same referent, in this article I will describe how the “Core Transformation Process” relates to the Meta-States Model.

The “Core Transformation Process”

In Connirae and Tamara Andreas’s marvelous work, *Core Transformation* (1994), we have an NLP process that involves some of the meta-states, those that I have designated as “the transcendental meta-states.” In this process, the Andreases begin by applying the six-step reframing model to a limitation, disliked part, or some “dark” side behavior. Yet, unlike six-step reframing, they do not stop after getting the first *positive intent* from the limiting behavior.

They keep at it, asking the resourceful meta-question over and over. “If you get to have this desired outcome, fully and completely, and you find yourself just filled with it in the way you desire, what do you want to experience through this resource which represents something even more important and deeper?”