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The Structure of Excellence

What is excellence? Is there a universal structure to excellence as there is an underlying structure to everything that we can see? What follows is an account of our beginning understanding of both the structure of dis-ease or absence of excellence and the presence of an energetic existence called excellence.

What has always motivated me is the desire to know what is behind human behaviour. When NLP offered an opportunity to discover the inner structure (or causes) of outer behaviour (or effects), I became an avid student and researcher. As a therapist, it has enabled me to study the relationship between what was going on inside a person and what we, as observers, can see and hear on the outside. Thus if a person feels impeded, dis-eased in some way, even ill, I am curious about what is happening within, invisible to the external observer.

NLP maintains that no one is broken, and that everyone has everything they need inside them to achieve what they want for themselves. All our behaviour, including our symptoms, is simply the result of whatever is going on inside—the pictures we make (in and out of our own cognition) and the voices and sounds we hear within us, and the associated feelings. For me this realization is the most important contribution to the understanding of mankind since Freud and Jung.

The basic aim of my work is to help people discover the structure behind their presenting problem, whatever that may be (per-

The content of this article is largely based on Eileen's work over the last fourteen years, with explanation and additional content from Clive.

sonal relationships, secret unwanted behaviour, physical complaints, desire for enhanced performance, etc.) and to help them achieve the intimacy, sense of well-being, healthy physical body, or excellent performance that they desire. Some of the questions I ask myself are:

- What is going on in the whole mind–body system of the person before me that they should maintain a negatively supportive structure (though positively intended) and obtain negative results in the land of behaviour, even though this person says that he or she wants something different?
- Are there universals that underpin a negatively supportive structure and which maintains something other than intimacy, etc?
- Is there a universal structure to the dis-ease (no matter what the affect, the symptom) and at the same time, is there a universal structure to the opposite, a system that is successful in the world, feels good, looks good, is healthy, has intimate relationships, a sense of universal well-being?