Michael Hall, Ph.D. (c)

Meta-States:
A Counterpart to Submodalities

Since I developed and presented the Meta-States Model, several people have asked, "Just where does this new model fit into the overall picture of NLP?" One description that I have found useful involves a chart with three logical levels (see the chart printed opposite).

In the middle of this chart we have the result of the genius of Richard Bandler and John Grinder which began NLP. Here we put the *representational system model* that provides a very specific way to talk about "thoughts." This model offered something brand new to psychology and to tracking down "the structure of subjectivity." Bateson noted in his Introduction to *The Structure of Magic,* Volume I (pp.ix–xi), that Bandler and Grinder presented *the modalities of consciousness* by using something so simple and so obvious as the senses. Making the sense modalities of vision, audition, sensation, olfaction, and taste as the cornerstone of their model both surprised and delighted anthropologist Bateson.

I have included in this middle level the meta-modality of language—the sixth sense, or the A_d in NLP. If we map out the territory of the world by generating internal sights, sounds, and sensations with our *neurological representations,* then we map out the territory linguistically when we start saying words about those first level representations. Language then functions as signals about signals—a meta-level.

Then NLP developed some depth
Below the level of modalities we locate the domain that we refer to as submodalities. In NLP history, this came some years after the beginning, even though the model, from the beginning, contained hints of it. Richard Bandler made the submodality model and domain explicit

with his 1985 book, *Using Your Brain For A Change*.