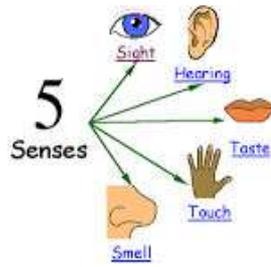


## Representational systems.



The title refers to how we use our five senses: of smelling, tasting, hearing, seeing and feeling to *represent* our experience of the outside world. The senses are referred to in the anagrammatic form : **VAKOG**:

- **V**(isual), information coming through the eyes,
- **A**(uditory) information through the ears,
- **K**(inaesthetic) information and reactions from feelings,
- **O**(lfactory) what we sense through smell,
- **G**(ustatory) our sense of taste.

Everything we experience is 'represented' internally in our nervous system. Without our being consciously aware of it our five senses are constantly receiving and processing information about the world around and within us. Since the mind and body are systemic and interactive anything that happens in one part of the system affects all parts of the system. We cannot, for example, have a thought without having a physical response to that thought. If I remember a feeling, or talk to myself about something or imagine a forthcoming event I will use my senses - or representational systems - and this will be apparent to a skilled NLP-er in my use of certain words or phrases, how I use my eyes, my voice tonality and even my breathing.

So in NLP we recognise that people cannot not communicate information about what they are doing internally – their inner processing. And this information is available for those who have the ability to discern it – who have taken the time to develop their sensory acuity and their ability to calibrate to, or recognise the personal significance of, our external behaviour.

These are the cues, clues, or signals that we can pay attention to in order to identify which of their representational systems a person is primarily using i.e. whether they are mainly remembering or making pictures, talking to themselves, remembering or making sounds, or attending to their feelings.

The two of the main categories of cues which we pay attention to in NLP are **predicates** and **eye accessing cues**.