

# The Powers of Six

## The Website

This was a joint venture began in 2008 between Matthew Hudson and Philip Harland, the purpose was to share the fundamental concepts of David Grove's final work and also to launch and advertise Philip's book of the same name.

The site has continued to flourish and grow, with the addition of an online processing tool called 'The Iterator' invented and developed by Matthew.

Unfortunately, in 2015 Philip Harland expressed that he no longer wished to be involved in the project. Therefore ownership and management of the website are now solely run through Matthew.

## The Power of Six Book

Philip published his first edition of the book in 2008 - it is an extremely useful and accessible book for those people first introduced to the subject.

Please note that later editions of Philip's book have removed any mention of Matthew. This is unfortunate as there was a significant amount of work and dedication on his behalf to assist Philip in producing this book. Scanned images of the First Edition are shown below.

The fundamentals of the book are based on the iteration of a question six times, to create a sequence of responses. It has been observed that this sequence holds a particular structure which is similar across cultures and could be an innate human construct.

That structure is presented [here](#).

## Scanned Images from First Edition Power of Six Book

# The Power of Six

## A Six Step Guide to Self Knowledge

Philip Harland

*to Matthew  
in great appreciation  
Philip*

“To Matthew in great appreciation Philip”



## Acknowledgements

Special thanks to James Lawley and Penny Tompkins, neurolinguistic psychotherapists, master trainers of Clean Language, and developers of Symbolic Modelling, for being such a prime resource. For hosting our early research days with David in London; for reading every word of this book in draft; and for their exceptional combination of integrity, humanity, and skill in giving encouragement while offering real improvements.

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David's former partner Cei Davies Linn for her determination to keep his legacy alive without compromise. David's assistant Matthew Hudson for his cheerful forbearance while helping document and give form to David's work, and for his intelligent grasp of not only the Grovian basics, but also of some of the more esoteric corners of Emergent Knowledge and the Powers of Six.

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Members of the London Clean + Emergent Research Group for their input to some of the exercises in Part Six, and for being such a reliable and enjoyable resource over the years.

Thanks to many others around the world who were a part of the development of EK and Sixness through discussion, suggestion, encouragement and practice. In addition to those already mentioned, David would want me to acknowledge Dafanie Goldsmith and Dr. Helen Gardyne in New Zealand; Caitlin Walker and Carol Wilson in Britain; Rob and Brenda McGavock, Steven and Karen Briggs in the States; and his mentor, the late Bill Rawlins, linguist, sociologist, and polymath – “The first,” David would say, “to analyze what I was doing and to point out that it was made up of six things.”

And not least a huge appreciation to all the Emergent Self Knowledge and Power of Six clients who contributed their knowledge of themselves.

*Front cover photo:* the self-seeding, six-petalled *Agapanthus* (literally, ‘love flower’) is said to have both magical and medicinal properties. It lines the path to Dafanie Goldsmith's retreat on North Island, New Zealand, where the first seeds of this book were sown.





## Online

Matthew has created an online version of an Emergent Self Knowledge prescription at the powersofsix.com website. 'The Iterator' guides visitors through a set of standard procedures (including one or two variants on those in the book) and if requested emails them a copy. Many people have kindly forwarded their processes to me for research purposes. I was particularly struck by this record of an online session sent by a psychiatrist who works at a health center in Uttar Pradesh, India. DR. RAJ JOSHI was concerned about a particular patient who came to him suffering from obsessive-compulsive disorder.

An on-screen box invites Dr. Joshi to type in what he would like to work on. He writes:

How to help a young man suffering from OCD.

He clicks on 'Next'. Up comes the question,

*What do you know about that?* [#1]

Dr. Joshi types:

This is a very difficult case, as his obsessive-compulsive symptoms are quite resistant to pharmacotherapy and counseling.

*And what else do you know about that?* [#2]

The patient's father has an attitude of dissatisfaction and blaming the professionals for lack of improvement in the patient.

*And what else do you know about that?* [#3]

The patient himself wants to talk a lot, but has low tolerance for his OC symptoms.

*And what else do you know about that?* [#4]

He desperately wants to get rid of his problem and so does the father.





## References and Further Reading

There are a number of theoretical and practical underpinnings to Emergent Self Knowledge and the Power of Six that you might find it useful to familiarize yourself with if you haven't done so already.

**CLEAN LANGUAGE** teaches facilitators how to keep their questioning non-assumptive, non-suggestive, and non-interpretive ('clean') in order to allow clients access to their subjective experience with minimal interference. The thirty or so Clean questions do not introduce ideas to the client, but encourage the client's own model of the world to emerge.

**THERAPEUTIC METAPHOR** uses Clean questioning to elicit and develop the symbols and metaphors that we generate verbally and non-verbally. Symbol and metaphor are the royal route to the unconscious.

**INTERGENERATIONAL HEALING** utilizes biographical and genealogical information released via Clean Language questioning to generate resources for the relief or resolution of genealogically-sourced problems.

**SYMBOLIC MODELLING** is Tompkins and Lawley's comprehensive model of Grove's work in Clean Language, Therapeutic Metaphor, and Intergenerational Healing.

**CLEAN SPACE** is a methodology based on the discovery that there is valuable information to be found in the internal and external bodymind spaces clients occupy rather than focusing solely on the linguistic constructions they employ.

**SELF ALIGNMENT** is a process modeled by Matthew Hudson on the 'project' work he did with Grove; it brings the principles of Emergence and the Power of Six to the task of assisting clients to evolve and enrich their personal and professional projects.

Together these models comprise a family of techniques overtly aimed at encouraging emergence. They involve no diagnosis or interpretation of the client's content and no authoritative model of the right solution. They proceed from what is known and experienced by the client, not from what is surmised or suggested by the therapist.

This book represents my personal coding of Emergent Self Knowledge and the Powers of Six. It takes David Grove's work further in a few particulars only, but if you want to get nearer to the original, visit [www.powersofsix.com](http://www.powersofsix.com) for articles by myself and Matthew Hudson written shortly after David's death. Our intention was to document his coding as nearly as possible without reference to our own. You can also hear David himself explaining some of his concepts and you can try out 'The Iterator.' For other articles, trainings, and information from the world of 'Clean', visit:

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