

*An Ode To My Mentor*

*Dick McHugh*

*Richard 'Dick' McHugh SJ, Ph.D.*

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**Richard 'Dick' McHugh SJ. Ph.D.**



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#2, Legend Apts, St. Anthony's Church Road,  
Santacruz (East), Mumbai 55.

9930748410 | joelcferns@anilthomas.co

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1<sup>st</sup> edition published in India - 2018.

Revised edition published in India - 2021.

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**ISBN: 978-81-934767-0-3**

The entire book is Anil's experience with Fr. Richard (Dick) McHugh over the years in class; and the various interactions with his teachers of the larger NLP community.



*Even though I walk  
through the darkest valley,  
I will fear no evil*

*Psalm 23:4*



# PREFACE

This book is an outcome of countless hours of interaction and learning with Dick, both inside and outside the classroom for more than 5 years. As Dick would say, “Internalizing is better than intellectualizing”, I could remember all of this and more as I began putting my thoughts together in this book.

Dick would focus all his life on the moment-to-moment functioning of an individual, in all its details and complexity. This book is not even an ounce of the amount of energy and magnetism that he would display.

My experience with Dick was a way of living more than the subject of NLP, Gestalt or Enneagram therapy. My time with him was extraordinary, it was as though I was beginning to get an orientation of my life. Dick would always remind me that the answer to everything, was gaining through awareness. He provided me with a number of specific techniques and tools to venture ahead with and also reminded me that the magic is in the skill.

While capturing pictures of him, I would more often than once tell him that I intend to release a book on him, to which he would simply smile. I wish I had taken my intent up sooner, so that I could present him with a copy and earn myself an autographed personalized copy. But well, some regrets will stay with me for life and this will surely be one. For as Judith Deloizer would say “Life is what happens to us while we are creating a great plan.”

Well, life moves on, finding ourselves celebrating the life of a Man ahead of his time. I would like to leave you with wishes of good health and luck; the same wishes I received from Dick at the end of all my meetings with him.

Thank you Dick for the NLP...

Rejoice,

A handwritten signature in black ink that reads "Anil Thomas". The signature is written in a cursive, flowing style. Below the name, there are three small dots and a horizontal line.

Anil Thomas.





An Ode To My Mentor

**Richard 'Dick' McHugh** SJ. Ph.D.

by

Anil Thomas

# FOREWORD

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In the summer of 2013, Anil shared his vision with me of spreading the teachings of NLP to as many people as possible in one lifetime. Back then I couldn't quite grasp the magnitude of 'awe' that he was in with Dick, but looking back at it now, one can only positively say that we wouldn't be doing what we do if it wasn't for that man - Fr. Richard 'Dick' McHugh S.J. Ph. D.



I never had the opportunity to meet Fr. Dick. I still remember in Anil's first NLP Session at The Retreat House (Mumbai) in May 2013, Dick was staying at the Retreat Centre at the time. I did not interact with him, but I saw him walk up the stairs along with Fr. Georgio and into his room. This was the closest I ever came to meeting what would then go on to be my inspiration. If you were familiar of Dick's 'monkish' lifestyle, you would know that he never wanted anyone to know he was there. Anil being Anil, found out about this and met him for a brief amount of time on one of the days of the course. Little did he know back then that this would be one of his last physical interactions with the genius.

Throughout that course and every course since, Anil integrates the love and learnings of Dick. Yes, I never met Fr. Dick, never exchanged words or smiles with him; but the way Anil speaks about him, in every session, every example, every phase of his life, makes me feel as though I have known him all my life.



Anil's passion and his unfathomable love for his mentor, inspired me to collaborate with him and put a structure in place that will help NLP and Dick's mission grow. As a young and ambitious fresher just out of college, I initially saw this as a 'project' I could undertake to help build my experience before I get into the mundane routine of corporate culture. But as the months and years went by, my love for Dick and what we do and has made me rethink my options and take this journey along with Anil - to take NLP & Gestalt to as many people as possible.

In June of 2018, 5 years after my symbolic introduction to Dick and nearly 36 NLP courses later, we got news from our friends in USA that Dick was no more. We were then conducting Day 4 of our NLP course at The Vinayalaya Retreat House (Mumbai) and when we stepped out of our sessions room for the tea break and our phones came on, Anil received the message of Dick's passing. Its the saddest I have seen Anil ever.

I believe more than his passing, Anil was sad about not being able to express his love and affection towards his mentor. The regret of not being able to hug him one last time and tell him how much he means to him, to tell him of how much has changed in his life and the life of his loved ones, only because he made it possible. I never asked Anil why I saw those tears in his eyes when he received the news of Dick's passing, I hope he tells me after reading this.

I would like to express my gratitude to all those who contributed in making this book a reality, all the founders, contributors and developers of NLP and especially Anil Thomas for having faith in me and sharing with me his experiences with Dick, with so much uprightness and prominence.

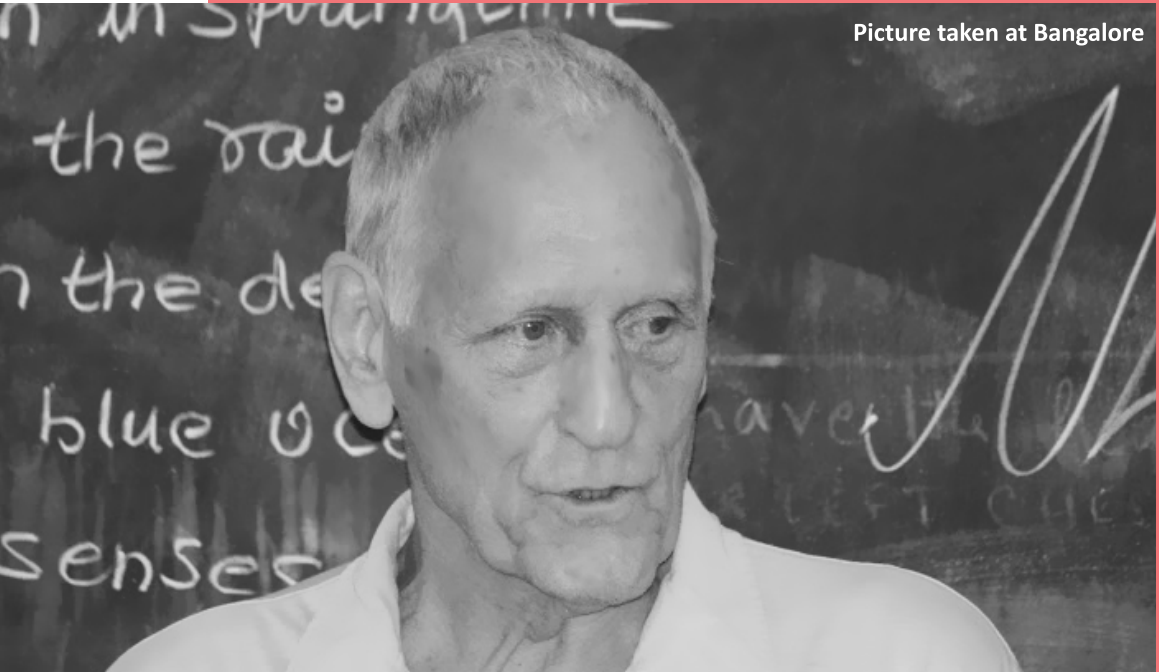
And to all the readers, I hope you see and know Dick through this book the way I see and know him through Anil.

Regards,

Joel Fernandes

# INTRODUCTION

Picture taken at Bangalore



For anyone who asks, who Dick McHugh was to me, here's what I would say in a few words.

My mentor, my guide, my inspiration, my guru, my ode—that's what he means to me.

I forever am in awe of his magnetic personality, his intelligence, his calm, his composure, how he dealt with relations. I always expressed to him my desire of aging as gracefully as him and to that, he would simply smile. He was an ocean, where one could simply pour in any amount of grief and sorrow. People having conflicts and value mismatch would come to him, pour their hearts out and receive a resolution.

Coming from a science background I had no idea of what NLP was, as a subject. But I am glad to have

trained under Dick.

In the many courses I took with Dick, I learned that structure matters more than content and the purpose of NLP is to bring you back to sensory base. Like what Fritz would say, "It is to convert paper-people to real people." It is to challenge limiting beliefs and to provide one with more choices.

He led me to explore my own dark side, to know what my answers are and to accept myself the way I am. I learned to listen without judgment, and began to understand the importance of having no point of view. The times with Dick was so special, and I am ever so filled with reverence each time I think of him.

I bow with adoration to the lotus feet of my master, of which I am not worthy of even being the dust.



Picture taken at Bangalore

# My Initial Days with Dick

An Ode To My Mentor  
Video by Anil Thomas:



He was around 80 years when I met him, my first encounter with Fr. Dick was at the Retreat House Bandra, Mumbai. As I was preparing myself mentally for that long session, Dick walked in. His attire was a loose blue shirt and white pyjamas, feet clad in sports shoes; he walked in with a book and some pages in his hand. I was seated in the fourth row, enthused and eager to be trained by the master of the subject, that was completely alien to me.

The tall man that Dick was, I reached but his shoulder and looked into his deep blue eyes, and they had me glued for a moment; such was the aura he

carried. I reckoned he could see me through, from the very first gaze.

Fall in love with the subject not the teacher, they say. But I am a lucky man; the love of both, the teacher and the subject, brings me to where I am today. I wish never to have left his side, following him like a sincere disciple. Three Basic NLP, two Advance, three Gestalt, two Tools of the Spirit and one NLP and health, was my academic journey with Dick. The countless hours in the presence of my master helped me to know more about him or may I say, more about me.

# Dick In India

“So, Dick why India”? I asked.

“We were 32 fellow Deacons into the final year of priesthood. We were asked which of us would like to practice in India, 30 of us replied in positive. A fellow Deacon and I were chosen. He was from Pittsburgh and me from Scranton both from Pennsylvania.” He took a pause and kept his finger on the lip, perceived to be in thought.

“The students in the school were mischievous but I loved working with children. I taught them Math, English and religion. We even played basketball! Oh!! What a pleasure working with those tiny souls, sheer delight.” Dick spoke about his experience with the students, with elated spirits. Recalling an instance, he laughed, saying “Children there would say *angrezi samajh nahi aati.*” Education stands confined to books, knowledge comes with



A picture of Dick after a group photo with the participants during The Tools of The Spirit Workshop, Bangalore

He continued, “I was both scared and delighted at the same time. India was foreign to me, new country, new space, new culture, and new people. I was ordained to the priesthood in Jamshedpur, India, on March 24, 1960 and this is where my journey in India began. I went on to serve as Vicar and later as pastor at St. Xavier's Church in Chaibasa, a town in Jharkhand.”

His command over Hindi was impeccable, it tickled me to ask him how?

being practical, usable and realistic. The Jesuits worked towards ensuring that hostels were well equipped with classrooms, dorm room and a basketball court.

I derive inspiration from his words and give it my utmost best to live Dick through my NLP class.

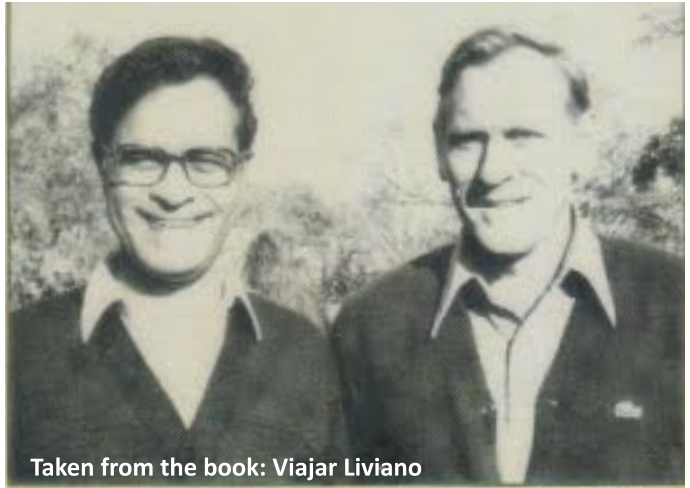
Yes, Dick did master Hindi, his dialect so clear. He learnt the language in 1951 at Dhanbad, Jharkhand.

Between the countless hours outside the session's room, Dick and I had conversations. I was curious to learn about Vipassana, on which, the principal of awareness in NLP is based.

"I am in awe of Goenkaji and his teachings, for it is through Vipassana that I experienced the mystic, magic and gained a deeper understanding of prayer. Vipassana opened doors to an experiential level giving deeper insight and meaning to prayer." Dick said bearing a courteous tone, his eyes filled with esteem as he spoke about Goenkaji. "BE AWARE", he said in a deep voice aping Goenkaji.

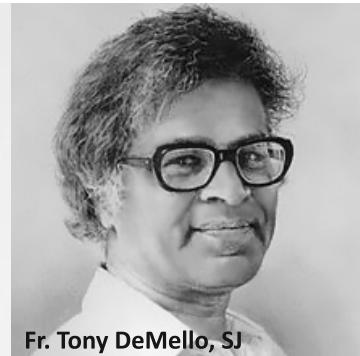
Sipping on the green tea, that was beginning to turn cold, Dick continued, "I took a course given by Tony DeMello at the Sadhana Institute for Pastoral Counselling, founded by Tony himself. Years went by, strongly securing our friendship." Taking a pause, he added, "Tony was a good man, a noble friend and my boss."

The sudden demise of Fr. Tony D'mello was deeply mourned. Fr. Anthony was an integral part, both of Dick's life and Sadhana Center. This loss changed the course of Dick's mission and he returned to the USA Cincinnati where he studied and worked hard to get his PhD in Clinical Psychology. NLP became his mission and he gave seminars and taught all around the United State and Ireland and kept coming to India to conduct programs in NLP.



Taken from the book: Viajar Liviano

## Sadhana Vipassana Center



Fr. Tony DeMello, SJ



# Dick & NLP

**It was Fr. Dick who introduced NLP in India in the early 90's, probably, the founding father of NLP in India**

I wanted to know what got Dick intrigued with NLP, and so I asked.

He answered, "NLP came later. I was introduced to the subject in 1980. Before which I returned to the States and served at the St. Alphonsus Rodriguez Church in Woodstock, and earned my Ph.D. in Psychology from the Union Institute of Cincinnati." As he spoke, the conviction and the love for the subject was evident in his tone. Even while in class, he was ever so full of reverence for his mentor. In all the batches of which I was a part, he would mention them with the deepest respect.

I do not clearly recollect if Dick had mentioned about being a part of the last batch conducted by Richard Bandler and John Grinder or if he was a part of a batch they conducted separately. His mentors were John Grinder, Richard Bandler, Leslie Cameron-Bandler, Judith DeLozier, Robert

Coming back to NLP Dick said, "The study of NLP gave me an in-depth analysis to an approach on Mental Health. I was enabled with powerful tools, exercising which, I could seek more options and point of views. I got a better understanding of my own background through NLP, the answers that I was seeking, I found. I gained a deeper understanding of my own psychology, physical environment and most importantly, religion. "As he spoke, the euphoria in his eyes and the radiance in his smile were evident.

He continued saying, "Anil, NLP gave me clarity, it came as calm, mentally equipping me to deal with things in a healthy manner. Prayer to me was illusive up until the time NLP came in and the Ignition retreat that we Jesuits attend formed the foundation of prayer. I draw my



Picture taken at Bangalore

Dilts, David Grdon, Michael Lebeau, Scout Lee Gunn and Todd Epstein. Connirae and Steve Andreas, Linda Sommerand Charlotte Bretto were teachers with whom Dick studied NLP. Steve, John Grinder and Carol Lankton taught him hypnosis.

sense of inspiration from Buddhism, Judaism and Sufi tradition, integrating these beliefs and learning made me feel at ease. It helped me align to my own personal beliefs and this I share with everybody", Dick shared.

And Dick was right, he could connect the dots and would often say, "Nothing is completed without the other, there is always a link that connects the dots". Through this understanding he was able to integrate the knowledge and experience that he carried within himself. It was around this time that Dick had the idea of what NLP was, but from the knowledge point of view. He wanted to dive deeper into the subject and decided to practice and impart the knowledge to all around. Everything I do today in the NLP classroom is imbibed from Dick.

# Dick & Gestalt



Picture taken at Mumbai

***“Life is an experience, so experience it. Life is not a problem, so don't solve it. Don't fix what is not broken.”***

Dick was the only Gestaltian alive, back then when I knew him. He once mentioned “Gestalt made me take the awareness approach leading me to apply better awareness to prayer. I can find solution to a problem through Gestalt. Gestalt to me is resolution.” And what he said further, stays with me to this date.

“At times I could not find answers but Gestalt taught me that the resources necessary to find the answers are within one's self. Using this understanding I not only resolved myself of the blocks & confusions, but I went ahead into my own journey of counseling therapy and everything I know of today.”

I never knew what Dick was going to do, that was so beautiful about him. I would accompany him from one workshop to another. Yet, when one saw him work, it was evident that he would work with every person from where “they” were. That was the beauty of it. What I carried from him, is to be aware of where my client was, while on the therapy chair, this the essence of his teachings. I have seen Dick live, love, fight, practice, challenge and provide awareness for close to a decade.

Dick was so unique, he was not limited by the role of being a therapist, a trainer, a physician, a charismatic person, a lover, a player, a bold man, an artist or a writer. He did not age as we usually think, instead age brought in him an increased ability to live in the present. Like wine gets better with age, so did he excel at the art of NLP, overtime.

Dick expressed his intention to conduct a 21-day Gestalt Session but sadly never did. I can comprehend the beauty of being with him for 21 continuous days in Gestalt. He evolved at a steady mellow pace, blending teaching, therapy, playing, loving and writing as the need emerged.

# Dick In The Session's Room

I asked him how he opens the day before his session. To which he answered, "I begin my day early, meditate and reframe." He asked me "Anil, are you a morning person?" I smiled sheepishly. He knew the answer. He continued, "I relax a while before starting the session to retrieve balance. Walking is a religious ritual. I walk every day."

A good friend of mine, from one of the Jamshedpur batch, mentioned having shared the basketball court with Fr. Dick. How I envy my friend.

From 1981 to the last batch, Dick was always searching for new exercises. This is what he had to say, between the sessions, "I am very convinced that through NLP exercises, people would come to know and realize the same experiences for themselves. Often there are questions to religion that are left unanswered. NLP is definite and gives clarity to the mystic. Knowledge shouldn't be stagnated and should be put to use."

What stays with me, to this date, as a part of my in-class sessions, are the sharings. Dick was a magician when it came to relations, be it with his mother, dad, superior and batch mate; he displayed honesty to the purest level known. Humility from a man of this level, left each of us in the session's room with the belief of him being above human.

While in the session's room, participants would come on stage and play the hit and miss exercise demonstrating Sensory Acuity. Not once in the three batches on NLP of which I was a part, did any participant succeed in hitting Dick. He even at the ripe age of 80 plus, had the senses of an eagle and the alertness of a hawk. He looked the participant in the eye catching every micro expression happening in a nano-second and never be hit.

Dick came across as sensitive in his sessions. In the presence of this majestic person, even those who found talking about feelings and emotions difficult, would melt at the empathy he portrayed. As he taught, counseled, he made people feel good about themselves - he made them see their value, what they were and how to look within, to find answers. I've heard people say, that Dick McHugh saved them. I know for certain it's true because he guided me too. I could trust him and talk to him about anything.

When I think of Dick the first thing that comes to mind are his deep bluish eyes, which were so empathetic. And I can remember his gesture where he would raise his hand and give a thumbs up. This just means ok, his face reassuring. An impression as a fossil with me forever.



“

*No more will we see those twinkling blue eyes, that tall man with brawn, the man with the best-built-proportioned-body as described by his Physiotherapist. A man dressed in 'Made in India' baggy white pyjamas with a beaming smile that stretched from ear to ear! Au revoir, Dick!*

”

**- Eric Cassel SJ from Jamshedpur province, a great friend of Dick McHugh.**

**Dick in the basketball court playing with the participant in the evening after the session at the Jamshedpur province.**

# “LANGUAGE

BY ITSELF DOESN'T HAVE ANY  
MEANING UNLESS IT IS A PART  
OF YOUR

# EXPERIENTIAL SYSTEM.



In conversation with Dick, sipping on a hot cup of green tea in the simple setting of the Retreat House, we began talking about his early life. His blue eyes beaming, like light from blue crystals, his face lit, he probably visited his yonder days. He began, “Anil, I hail from Scranton, Pennsylvania. Oh! Those days. I was born with a sweet tooth, my room was stocked with oatmeal biscuits, you could call me a hoarder”

He went on to share instances from his childhood laughing and participating whole heartedly in the conversation. As he spoke the expressions on his face were worth capturing. To pursue knowing him further, I asked, “When was Earth blessed with your presence?” He laughed and said ever so humbly, “Anil, My birth month is March and date 11th, 1930.” “1930!” I exclaimed “So you are 80, Now!”

“Hahaha” he went, wisely replying. “Age is but a number.” The conversation continued.



# In Conversation With Father Walter Kongade

I got the opportunity to speak to Father Walter where he shares his journey with my Giant Father Richard Dick McHugh. Father Walter first met Dick in Lupungutu, Chaibasa. Dick was the head master of the Lupungutu school for a decade long. Father Walter took over the position of head master from Dick back in 1971. In 1970's Dick did not get any support either from the parish or any concerning bodies for building the necessary facilities which the school needed.

Therefore, Dick decided that he would build it by himself and he built a basketball court, a hostel and all the other facilities. Dick said "I have built it now, I don't need to be here" and he left the next day. He travelled to Pune first and then to Lonavala to start the Sadhana of Vipassana centre. Then he travelled from Mumbai to Jamshedpur to Mango conducting the NLP sessions. While he got the news of Father Tony being no more and he took over?



Photo clicked at St. Alphonso Rodriguez Church, Woodstock, Maryland 2019.

Father Walter went on stating the contribution that Dick has made towards the school not only in kind of the intellectual things, but he started the Volunteer Literacy Program in the rural villages. He sent the school children, in a group of three along with a civil to teach the program and taught to about 15-16 villages. And something what Dick did and Father Walter continued is his contribution towards the Social Service is that he would help the needy, especially in

the transplantations season, harvesting season and so much more. Father Walter did not have much interaction with Dick as he left the very next day for his journey in NLP, but something what he wants to take away from Dick is his vision, his antidote for the people. Father Walter goes ahead and quotes "The person I would like to imitate", and yes I responded to that saying "I like what you said most of us are doing that! Model him."

**The  
unconscious  
is always  
positive!  
Allow the  
unconscious  
to surface.**

“

You do not have to fix what is not broken. Do not mess with something, or with a system that is already working. If you try to improve it or force something like that, you could ruin it. Leave it alone; let it stay as is. We all have some limitations and we all have some cracks in our lives, as long as there is no problem, it is okay to leave them unfixed for a while. We are all broken in some way and that is how light enters.

”

A candid picture taken at the dining area while in conversation with Dick, Bombay Retreat House

# CONFUSION IS GOOD...

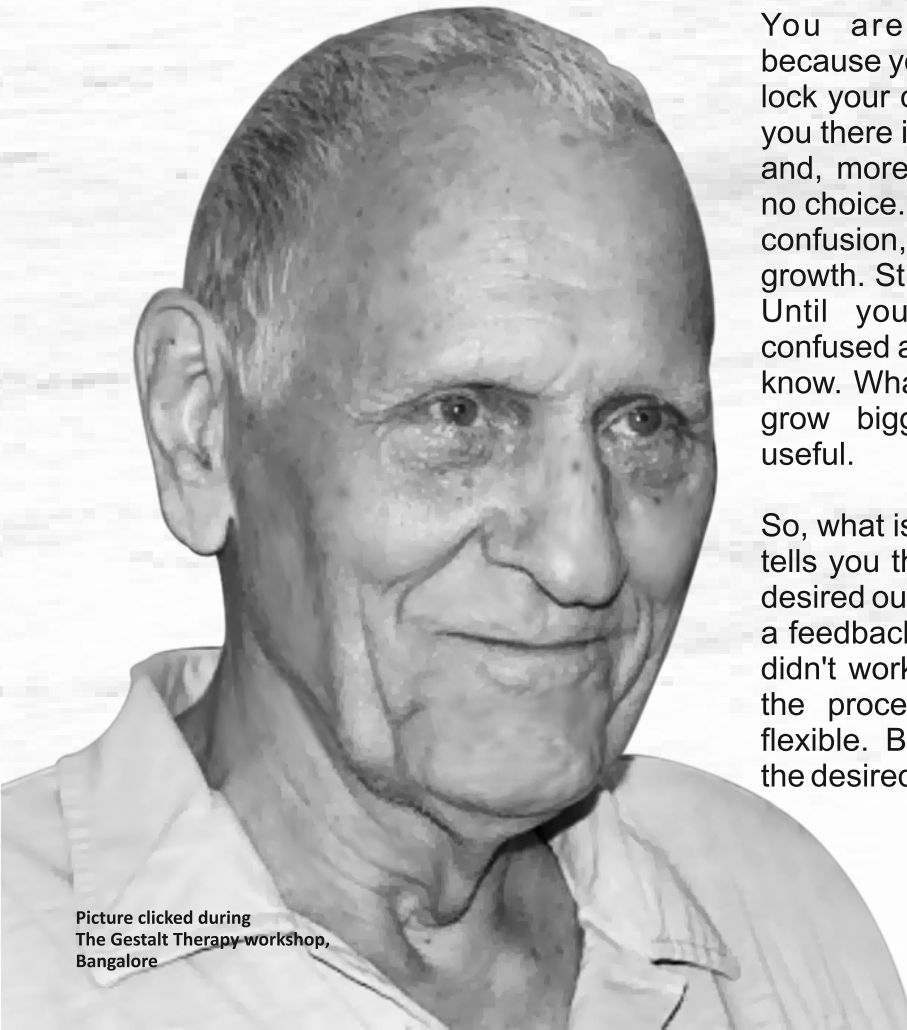


**Discourse from:**  
**Basic NLP | Choices**

Confusion is good. Mistakes are good too. You learn from both.

You are confused maybe because you don't know where to lock your choice. Confusion tells you there is more to choose from and, more choice is better than no choice. Be happy that there is confusion, it means there is growth. Stick with it, grow with it. Until you are willing to be confused about what you already know. What you know will never grow bigger, better, or more useful.

So, what is a mistake? A mistake tells you that you didn't get your desired outcome; it is a message, a feedback about a process that didn't work. So now get back to the process, be willing to be flexible. Be creative enough till the desired state is achieved.



Picture clicked during  
The Gestalt Therapy workshop,  
Bangalore





Its incredible to be at the University of California, Santacruz - this is where it all began, the Mecca of NLP. I am here at the world's last Master Practitioner Course at the UCSC by Robert Dilts, Judith Delozier and many more. I am feeling just too proud and satisfied to be a part of this 'Legacy Batch'. It's sheer magic.

Well Guess what, Dick was right here during the initial days, way back in late 80s. That is when Robert, Judy, Todd, and so many of them together set it up. He then came back in early 90s as he was on the Doctoral program with Michael Hall.



**THIS place is THE HOME TO NLP.** This is where NLP began. This place, yes THE PRESTIGIOUS UCSC, was the laboratory for NLP. It housed the most talented, skilled and mesmerising founders, contributors and developers of the Subject.

This is from where Dick learnt his NLP and then he went on to learn many more models, and Less did he knew that time, he would be the founding father of NLP in India. I am so lucky (like the many thousands he taught NLP) to learn under his wings of compassion. I am so happy He challenged us all, brutally! Today I am so honoured, humbled, blessed and fortunate to stand on the same soil, walk on the same paths, sit in the very classrooms where Dick once was.

This is all just so beautiful. This is a dream come true for me. This are some beautiful Higher energies, that is led me all the way till here. I truly feel Lead! This is magic, it is! I am truly standing on the shoulders of Giants! Thank you Lord for the many miracles.



The moment Maheshji drove our car close past the parish center I couldn't believe my eyes - I am standing at the parish where Dick served for many years... And here now lies the final remains of his body. I know he lives through all of his students and it was the dance of the pain and joy to stand near the alter exactly the same place where his body was kept and where the final mass was held, where we all said goodbye.

I am happy and delighted, as I am standing on the very soil as Dick did. At the same time I am shattered and broken as he wasn't there with me at that time. I was alone and the parish was nothing less than a miracle to be in that time - as though I felt his presence.

I began to imagine him sitting with me on the very pew and having a conversation with me exactly as it was as he did in the chapel at the Retreat House in Mumbai.

***The feeling was so real. I eternally miss that hug.***

That conversation was a closure for me and I could *hum* the hymn 'He leadeth me He Leadeth' me in that moment, I experienced a possibility of connect. It was for a moment and something like a deep trance, much divine, so every language I use to express that experience I feel limited to share. What a day it was.

Its still fresh in my mind. I can see he green, feel the chill and listen to the piercing silence... He Leadeth me, He Leadeth me.



*Fr. Richard (Dick) McHugh at the St. Alphonsus Rodriguez Church, Woodstock, Maryland USA. taken from the brochure*



Picture taken on a free day  
in the dining area at The Retreat House, Bandra

# take responsibility

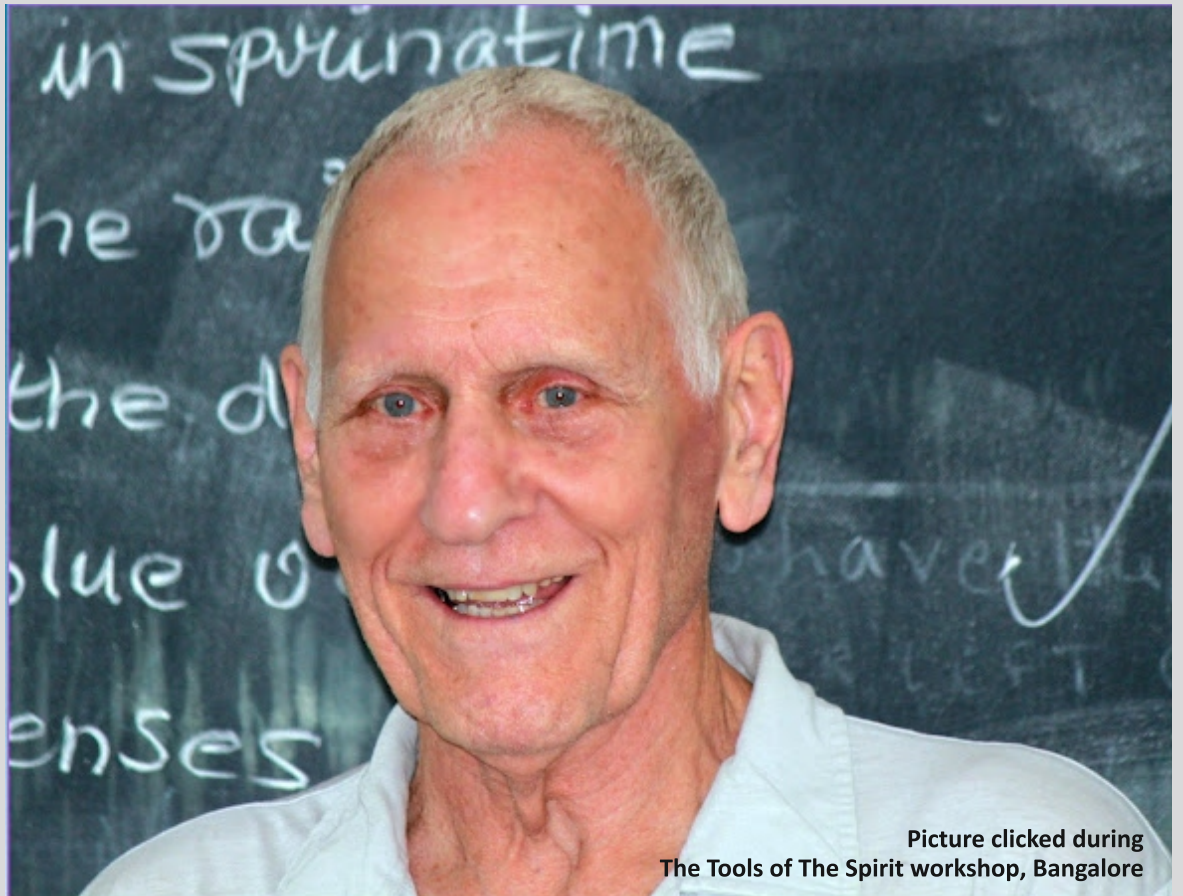
Take responsibility of your life.

Take full responsibility of your life.

Take one hundred percent responsibility of your life.

Not 99% but 100%.

Take responsibility for everything and never depend on any response from the outside.



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## YOU FILL UP MY SENSES...

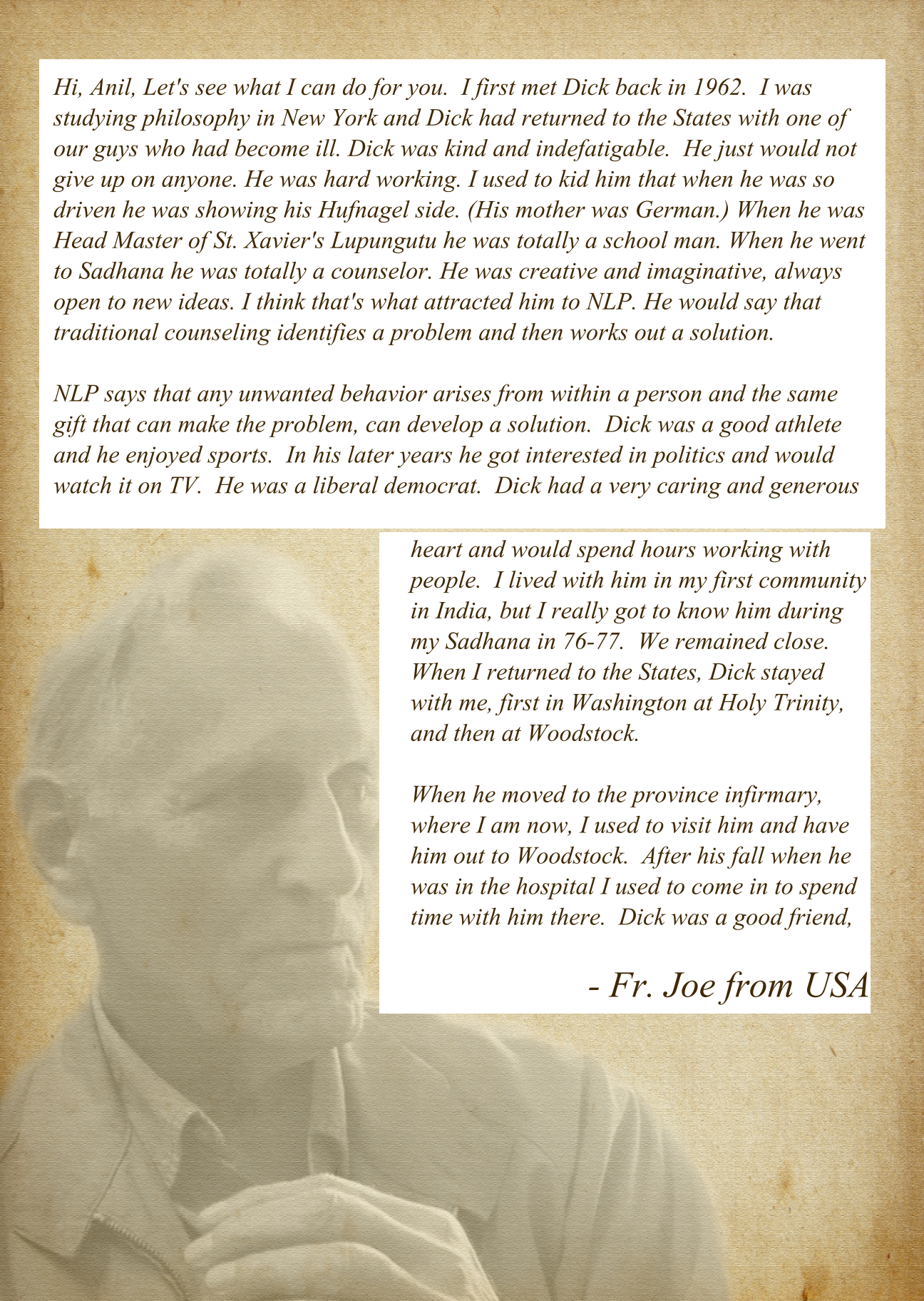
*It was a session in Bangalore, the session was almost over at 12:50 pm and Dick was about to announce break time.*

*That time I went to Dick and I said, "Dick your favorite song is The Annie's Song. How about we all sing it?"*

*Dick said, "I like that song."*

*Not everyone knew the lyrics, and so I wrote the lyrics of the song on the board. The background of this picture is the lyrics to the Annie's song - "You fill up my senses like a night in the forest...."*

*We all sang this song at the Ashirwad in Bangalore. To me, this song will always be a positive anchor.*



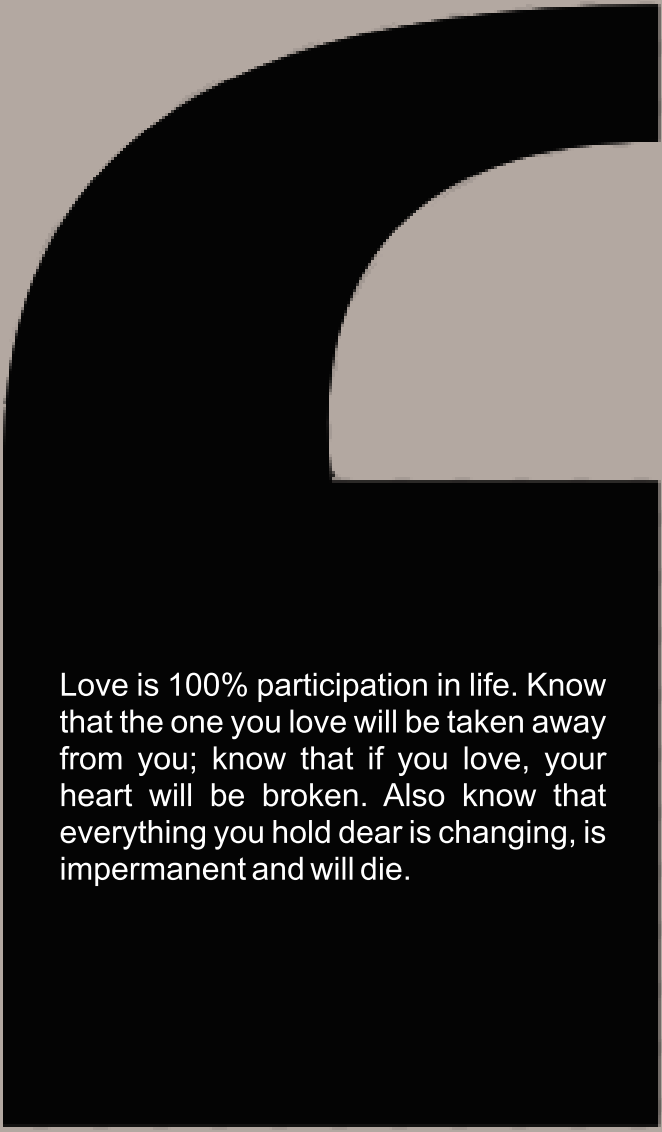
*Hi, Anil, Let's see what I can do for you. I first met Dick back in 1962. I was studying philosophy in New York and Dick had returned to the States with one of our guys who had become ill. Dick was kind and indefatigable. He just would not give up on anyone. He was hard working. I used to kid him that when he was so driven he was showing his Hufnagel side. (His mother was German.) When he was Head Master of St. Xavier's Lupungutu he was totally a school man. When he went to Sadhana he was totally a counselor. He was creative and imaginative, always open to new ideas. I think that's what attracted him to NLP. He would say that traditional counseling identifies a problem and then works out a solution.*

*NLP says that any unwanted behavior arises from within a person and the same gift that can make the problem, can develop a solution. Dick was a good athlete and he enjoyed sports. In his later years he got interested in politics and would watch it on TV. He was a liberal democrat. Dick had a very caring and generous*

*heart and would spend hours working with people. I lived with him in my first community in India, but I really got to know him during my Sadhana in 76-77. We remained close. When I returned to the States, Dick stayed with me, first in Washington at Holy Trinity, and then at Woodstock.*

*When he moved to the province infirmary, where I am now, I used to visit him and have him out to Woodstock. After his fall when he was in the hospital I used to come in to spend time with him there. Dick was a good friend,*

*- Fr. Joe from USA*

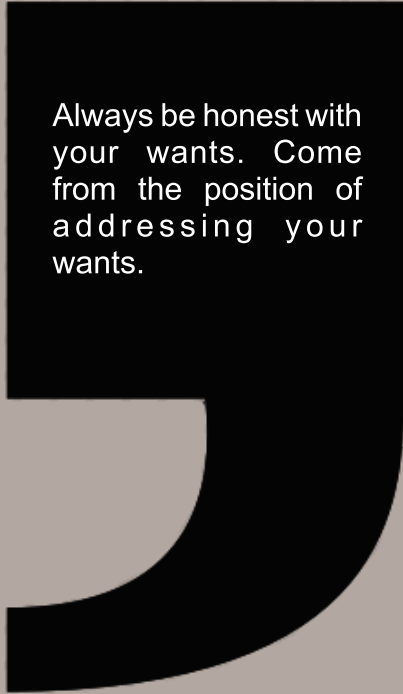


Love is 100% participation in life. Know that the one you love will be taken away from you; know that if you love, your heart will be broken. Also know that everything you hold dear is changing, is impermanent and will die.

The more I resist  
The more it persist.  
The more I accept.  
The more it transforms.

Fear is beyond anger; and acts as withdrawal towards protecting self. Fear is good; so long as it doesn't paralyze you.

”



Always be honest with your wants. Come from the position of addressing your wants.

“,

There is nothing as strong as gentleness; there is nothing as gentle as real strength.

Language is the crowning achievement of our species and yet the poorest form of communication.

Love is not just an emotion. It's a decision to share all the emotions with 'that' one person.

“

The old phrase goes- try & try till you succeed and today I tell you to tweak it a little. Allow me to rephrase; *“try and try creatively and differently each time by being flexible till you succeed.”* Flexibility is creativity and adaptability.

Even when all our cognition is working perfect, we are still not in touch with reality, we are dealing with our own maps and the map is not the territory. Even if the map is as big as the territory it is still not the territory.

Invite people and at the same time don't let them invade.





Picture clicked during  
The Health workshop, Bangalore

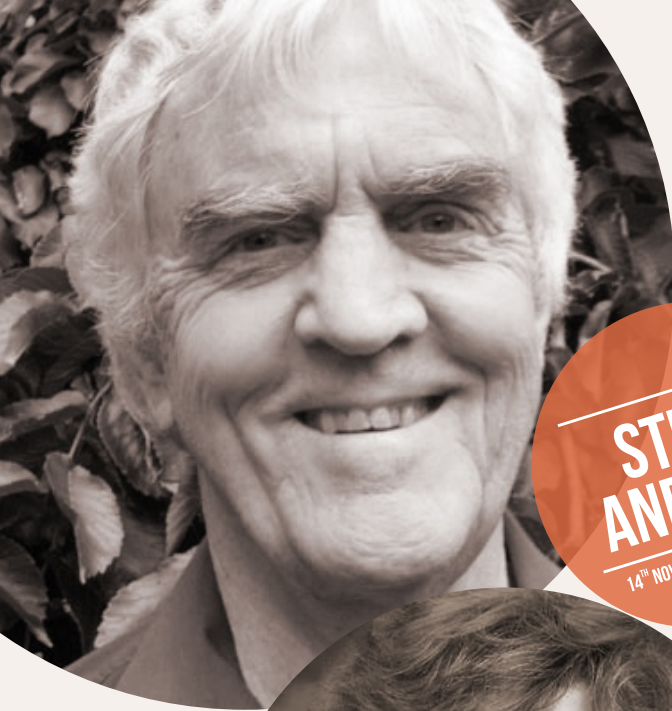


## Harry Geib, S.J.,

Superior of the Colombière residence was kind to share about Father Dick's health during those days as he helped facilitate Dick's health care but this was towards the end when Dick was in the hospital after the final fall.

One afternoon after close to three months of Dick's passing, I received this Brown envelope from Father Harry, and this was such a special moment to me. I believe blessings come in many ways.

Today after two years when I am editing this book, I wanted to recreate that experience of what it was to open the brown envelope and how it was on my table, so here is an illustration that my daughter, Livia digitally recreated. I can reminisce on that moment just by looking at this illustration.



**STEVE  
ANDREAS**

14<sup>th</sup> NOV 1935 TO 7<sup>th</sup> SEPT 2018



**CONNIRAE  
ANDREAS**

**'... and Steve was so accurate'**

These were the exact words of Dick, while describing Steve's work with his clients.

Dick had so much appreciation for Steve. Actually... Gratitude.

And then Dick would share with us how it was to be at Colorado and learn from Steve. He did mention to me about Steve's sense of humour.

Steve was very evidence based, had exceptional writing skills and had a great sense of accountability.

One would always find Steve standing up for the subject, and live the principles of NLP.

To me these two are selfless teachers on the timeline of NLP and their contributions, sincerity will always be remembered. Steve's life was 'contribution exemplified'.

The world of NLP has lost some of its timeless stars, Steve left his physical body on 7th Sept 2018, just two months after Dick. My regrets that I never met Steve in his physical body.

Well, Steve was the first of the many I was blessed to communicate with, and the very first thing I got to learn was, "He was a post graduate in Chemistry" - Viola .. from there on, I had many many opportunities to communicate.

**I will always be grateful to Connirae for holding the space with her grace and her very presence.**

Dick McHugh's extraordinary humanity, skill, and selfless service will remain long after his bones are dust.

- **Steve Andreas**  
Contemporary psychologist  
Pioneer of NLP.

What I remember most is the soft gentle kindness, and the twinkle in his eyes....

When Dick McHugh attended our NLP Summer Residential Practitioner Training in 1986, Steve and I immediately recognized a colleague of unusual depth, capability, and heart. Unsurprisingly, Dick became a teacher, mentor, and friend to many, many people. Everyone who came into contact with Dick, I believe sensed the depth of his being. He had a generosity of spirit that touched many. We are grateful to be among those who were part of his life journey. Dick was also gifted with the ability to pass on his

“human” approach to life. Over the years, many students of Dick McHugh have contacted us or attended our trainings. We have always been impressed with their capability and depth, both as people and as teachers and coaches. When someone says “I studied with Dick McHugh,” it's as if a warm light goes on. We know they were well trained on all the levels. We have been so thankful for everything that Dick has done for others, and for the world.

It is with humble recognition of a great soul that I bow to his passing.

Much light and love as he makes this transition.

- **Connirae Andreas**  
Ph.D. Trainer,  
Psychotherapist & Co-developer, NLP

STEVE  
&  
CONNIRAE





# ANGER IS A BEAUTIFUL EMOTION

Picture clicked on  
New Year's Eve, Bombay

# *Standing on the shoulders of Giants!*



*You raise me up,  
so I can stand on  
mountains  
You raise me up  
to walk on stormy seas  
I am strong when  
I am on your shoulders  
You raise me up  
to more than I can be*



# *You Raise Me Up*



Picture shared by a co-participant during  
The Tools of The Spirit Workshop, Bangalore



# NLP

---

There is a divine spark in the worst of us  
and a powerful evil in the best of us.

We are all struggling with our own demons.  
We are all dealing with different serpents  
in our Garden of Eden.





Dick signing my Gestalt binder at The Retreat House, Bandra



# LIFE

Nothing to prove and nobody to impress. Live a life, congruent with your inner self and not living upto other's expectation.

# REAL LOVE HURTS

---

Real love makes you  
totally vulnerable and  
open. Real love will  
devastate you.



Picture taken during the certification day, of my first NLP session

## Richard Dick McHugh

lived beyond his years. Dick, my mentor from whom I learnt NLP and Gestalt. He was a man with no judgement and no projections. Just a look in his deep blue eyes brings resolution, a therapy in itself. For those that missed an opportunity to learn with Dick; I have seen him live, love, fight, play, challenge, question and provide awareness and allow acceptance.

*"Blessed are those who can give without remembering and take without forgetting"*

I am blessed to stand and dissolve at the very place where they lay the final remains of Richard (Dick) McHugh SJ, on 27th June 2018.

Here I stand at the very soil of Maryland Jesuit Cemetery, Woodstock.

I could live, hear and see all my many years with him, up until the last time I drove and left him at the Mumbai airport, never to return again. That was the last I ever saw him in his body.



*“We are all  
made up of  
star dust,  
looking back up  
at the sky..”*

*“There is something  
inside us that is  
more stronger than us.*

*There is a life,  
we are not  
even aware off!”*

RICHARD (DICK) MCHUGH  
S.J. Ph.D  
(1930 to 2018)

Well Dick was unique! He didn't limit himself by the role of the therapist, the trainer, the lover, the basketball player, the artist or the writer. In 1980 Dick was introduced to NLP and the next four years till 1984 he went, he visited, he stayed with the founders, he learnt NLP in the most purest form. He had the gift of sponsorship, he could see the deepest part of a person's essence that is because he was a connected to his own essence.

He offered the best of himself in the service of others. He was the embodiment of humility; a man ahead of his time. He has taught me how to live, love and laugh - through adversities and challenges, how to embrace the wild, dance with the calm, sleep with the storm and walk through the undiscovered.

May you continue to live through us in mind and spirit. With all the love in my heart, I would like to say thank you for everything you have given me. I love you.





Dick and I conversing in the countless hours between sessions. He shared his notes and coached me in a small room on the ground floor of the Retreat House, Bandra .

“

**EXPERIENCE HAS  
NO MEANING. SO  
DON'T SPEND TIME  
EVALUATING OR  
RATIONALIZING IT.  
JUST BE AWARE.  
EXPERIENCE THE  
EXPERIENCE.**

”



# ROBERT DILTS



The stylish, young, enterprising Giant!

**'The Boss'** - I'd like to call him that,

**"Elegant"** that is what Dick used to address him as.

The guitarist, **student of John Grinder**, on the timeline of NLP from the beginning, when I first met him in the Red Woods, **he is 'a Californian' in its every sense...**

He lives the principle of NLP and practices the practice...

I will always remember that starry night when we had this long conversation after the Drumming session, And its so very nice to see and talk with Robert as he fondly spoke with me about Dick, his early days.

**"We did not come to fear the future. We came here to shape it"**, he said and I will remember this, always.

I was honored to have known Dick McHugh for a number of years and had him as participant in our classes at our NLP University in Santa Cruz California. Dick was the type of person everybody would love to have in their lives. He was caring, kind, funny and committed to the mission to help "create a world to which people want to belong."

Dick had the gift of "sponsorship." He could see the deepest part of a person's essence and support them to be the best of themselves. That was because Dick was so connected his own essence and always offered the best of himself in service to others.

I am proud to have known Dick and grateful that he spread NLP to so many others with such heart and integrity. One of my favorite quotes from Albert Einstein is his comment, "Is there not a certain satisfaction in the fact that natural limits are set to the life of the individual, so that at its conclusion it may appear as a work of art?" Dick's life was truly a work of art.

**- Robert Dilts**  
**Co-Founder NLP**  
**Universtiy, Santa Cruz, CA**



**A client once told Dick** “ I had the dream of a wolf ”  
**Dick said** “ well ah .. could you become the wolf ”

Now the magic began to unfold,  
We could see the Wolf walking in the room with magnificence and majesty  
With all the details, and from the meta position we could tell 'its more than head  
knowledge' .. 'there was learning in the body' .. some assimilation and curiosity ..  
actually the client displayed Generosity to a great extent ..  
{to understand what 'generosity' is from Dick was so beautiful, he had shared with us in  
another class!}  
And we could all witness this enormous energy of the wolf amongst us, moving .. aah !  
that was the magician at play !  
we were all mesmerised .. Like always ha !

I can say to you that it is the most effective session of psychotherapy, but in terms of the richness, in terms of the complexity, in terms of the depth of thinking, in terms of the precision of communication. And its not something that happens in class everyday.

I first met Dick in 2008, and that time he was 78 years, I learnt with him for the next 6 years. He was aging and aging gracefully. I have seen him lose his dexterity and mental agility as he aged.

Yet he was so powerful in his cognition, intuition, awareness and in terms of what he brought to the field always.

**A** MAN SO RARE,  
BEAUTY TO WATCH  
JOURNEY SO UNIQUE





His genius of living life was more impressive than the very technique itself. Because he was inspired of the positive intention of the cancer that he was once diagnosed with, he was the most glad to be alive human being that you could ever imagine. And this sense of being glad to be alive perfumed the atmosphere. So he was a person that you just wanted to be around because it felt like you were with someone who had mastered life. Even in spite of the adversities he mastered life.

So when a person came to the class with Dick, if they were suffering from pain or some chronic illness, mental illness, they were seeing somebody who had wisdom in the body. It's one thing when the cognition knows something. And it's a whole different thing, when the body knows !



Dick signing my manual in 2010 at the Retreat House in Mumbai.

So when Dick spoke, we all were so glued, mesmerised and in Awe, as he wasn't talking hypothetically or hypocritically, he was speaking clearly, a lot, from his experience. So when a person came to the class with Dick, if they were suffering from pain or some chronic illness, mental illness, they were seeing somebody who had wisdom in the body.

It's one thing when the cognition knows something. And it's a whole different thing, when the body knows! So when Dick spoke, we all were so glued, mesmerised and in Awe, as he wasn't talking hypothetically or hypocritically, he was speaking clearly, a lot, from his experience.

## **YOU CAN ENJOY LIFE IN SPITE OF ADVERSITIES, YOU CAN ENJOY LIFE IN SPITE OF LIMITATIONS**

Remember Dick was famous amongst his students for his multilevel techniques, humour and deep awareness !

# 1930

To

# 2018

## 1930

Richard (Dick) McHugh, was born in Scranton, PA On 11<sup>th</sup> March.

## 1951

Dick left for India. He mastered Hindi (A language native to India) in Dhanbad, Jharkhand.

## 1947

Graduated from Scranton prep and entered The Society of Jesus at The Novitiate of St. Isaac Jogues in Wernersville, PA.

## 1960

On the 24th March, Dick McHugh SJ. was Ordained to the priesthood in Jamshedpur, India.

## 1973

Fr. Dick sought further education in Spirituality from Denobili college in Pune, India.

## 1974

Fr. Dick McHugh and Fr. Tony DeMello founded the Vipassana Pastoral Center at Lonavala, India.

## 1980-1984

Dick was introduced to NLP in 1980. He was mentored under Robert Dilts, Judith DeLozier, Steve Andreas, Richard Bandler and John Grinder.

## 1984-2014

Dick McHugh taught NLP and Gestalt in India.

## 1993

Dick returned to the States and served as a pastoral minister for a year at St. Alphonsus Rodrigues Church in Woodstock, MD.

## 1998

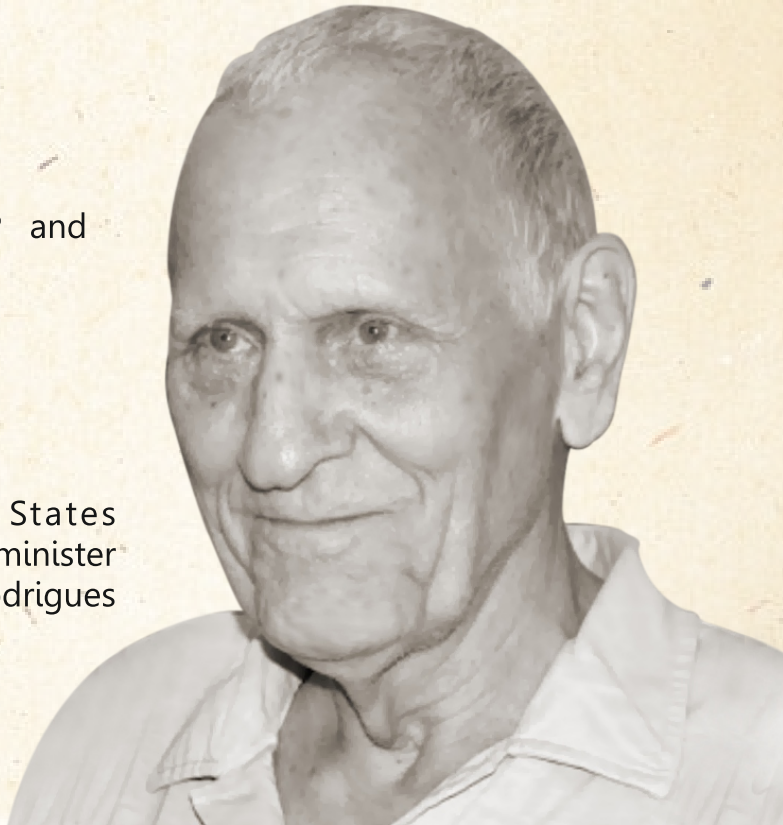
Father returned to St. Alphonsus Rodriguez Church and spent the next 17 years, teaching and ministering in India and Ireland.

## 2015

Dick moved to The Colombiere Jesuit community in Baltimore and prayed for the church & the Society of Jesus.

## 2018

Rev. Richard Patrick McHugh, SJ, passed away at the age of 88 on the 27<sup>th</sup> June.



Dick in Bangalore - after one of his class,  
sipping green tea.

# LINGUIST IS MY MIDDLE NAME.

Life is not linear, it's curvy linear. It's organic like the mountains, rivers and the trees and the very reason it survived the test of time is because it is curvy linear.

As much as we have studied the brain there is still a lot we do not know about its function. Even psychologists are divided on it.

Freud thought dreams were about sex and Adler thought they were about dominance. Some believe dreams are about the day-to-day things that happen and some have other viewpoints, some theories state that dreams are messages from the divine or from some mystic sources Some believe that dreams are repressed or suppressed desires and thoughts.

*A lot of varied thoughts!*

*What are dreams,*

*Well, Gestalt has an all together different view point!*

And Dick would share it soo accurately. I remember once in Sandhna He was kind to spend almost half a day only sharing his notes n thoughts on this topic.



*Death isnt the opposite of life, He'd say..  
but its a part of it !*

**{Dick's discourse from a gestalt class, while discussing Polarities and integration}**

For years he waked with me, and shared the wisdom and Now he leads me in even more wonderful ways.

We all have our angels and sacred spaces, and then some day.....

Playing with super heroes

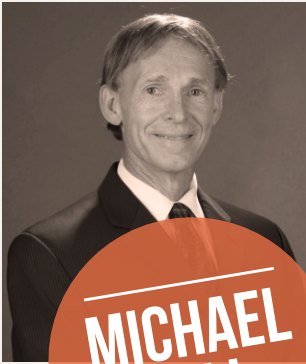
Riding a unicorn

Seeing the mermaids

Chasing Rainbows And

Standing on the shoulders of Giants!





**MICHAEL  
HALL**

It is one of the names I write on the board, when I teach the Practitioner’s level NLP. Now isn’t it pure joy to get Michael sharing this. This is indeed the “Spirit of Dick”

Dick has told me how “He served on Michael’s doctoral committee early 90s” and very briefly told me the work he did with the dissertation material.

Dick once told me, he wasn't a writer as such, and he never believed he could write, and then he went on to write his dissertation paper of around 1000 pages.. Viola!

This Book is a tremendous dedication to the ‘Spirit of Dick McHugh’! Really, really well done! Brought back lots of memories that I have of Dick. Met with him on the doctoral committee many times, and one time he came to Grand Junction Colorado with the others ... and spent time in my home.



*The picture here is of Dick McHugh in my home with the faculty members of my doctoral committee.*

Because my own dissertation was, in part, on NLP, and because the University allowed me to choose two experts in the field to be on the committee, I asked Dick and he readily agreed. That kept us connected for the next 3½ years.

Dick had finished his dissertation a year or two earlier and had quoted extensively from an article I had written on the history of NLP and on the “Almost Inventors of NLP” which had been published in many journals. That was how we met.

At some time Dick sent me a document in the mail--- a 1,000 page document of his dissertation which was entirely on NLP. Talk about a massive work! That not only speaks of his generosity and thoughtfulness, it spoke

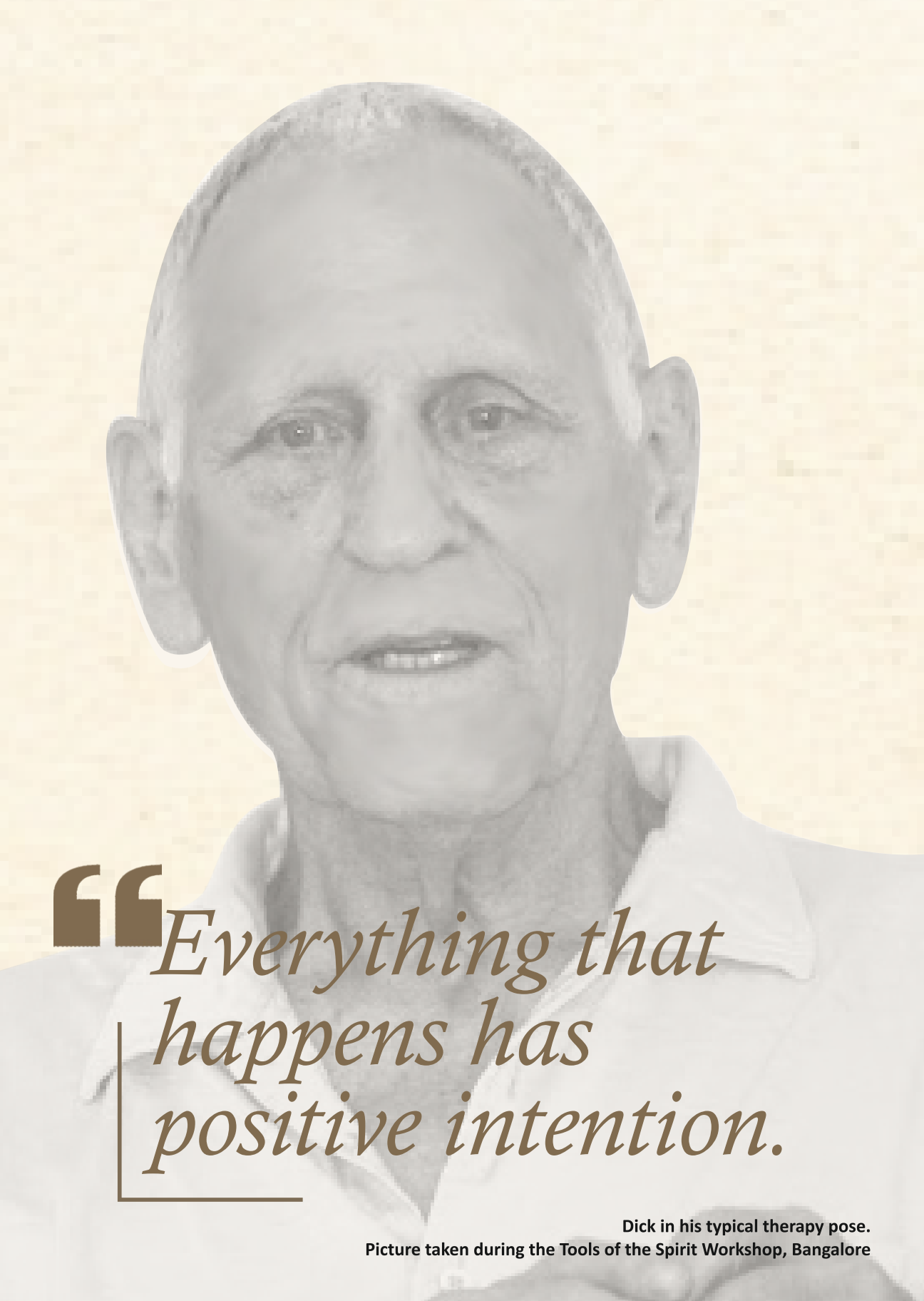
of his passion to make NLP more credible. That was a topic we often spoke about.

Richard McHugh was a man who lived what he presented, he had the heart of believing in people's potentials. He worked at developing his own skills to bring them forth.

**- Michael Hall**



*Michael and Anil in a live online session for the NLP community in India.*

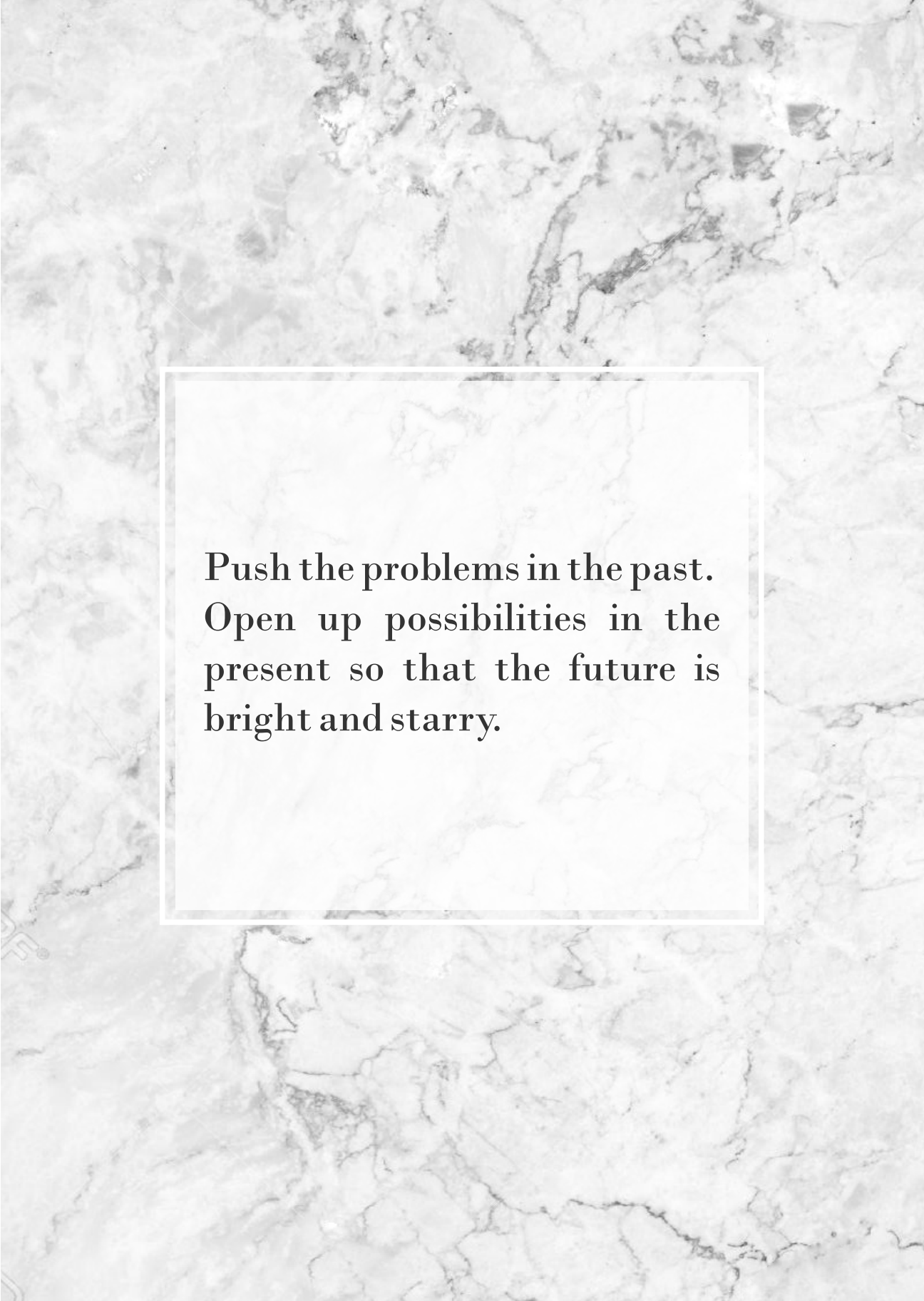


“*Everything that happens has positive intention.*”

Dick in his typical therapy pose.  
Picture taken during the Tools of the Spirit Workshop, Bangalore



This picture was taken at The Retreat House Bandra, while Dick was addressing the participants from his stage.



**Push the problems in the past.  
Open up possibilities in the  
present so that the future is  
bright and starry.**

# GOAL SETTING

---

As Dick would put it, “What you become is more important than what you get.”

Judas Ischariot betrayed Jesus for 30 shillings of silver, but the act left him with self-loath causing him to take his life. Despite the riches earned, we call him but a traitor; a name that stays with him to this day.

Similarly we know where we are headed to, giving us a sense of the destination. But are you certain, what reaching the destination would do for you?

Let's take for instance, a conversation with yourself.

If you say: “I want to be rich”

Me: *“What would being rich do for you?”*

I: *“I can start my own business. Buy a new house.”*

You can repeat these questions to yourself to reveal your deeper values.

Likewise ask yourself: “What would having your own space do for you?”

Me: *“I'd have the freedom”*

I: *“And what would freedom do for you?”*

Go on with such conversations to reveal you values to your own self.

---



Taken from an e-mail conversation,  
image shared by one of the participant



*I had a special relationship with Dick McHugh because he played a significant role in my marriage to James Lawley in Santa Cruz in 1992! We were married on the Santa Cruz University campus (outside, under a big tree) on an NLP training, with the trainers and participants as our come-as-you-are congregation. Todd Epstein (who was a licensed minister in the State of California!) married us, and I asked Dick McHugh to walk me down the aisle.*





*At the start of the ceremony I was quite nervous. Then with my arm through his, he gave a little tug to pull me closer, leaned over and whispered in my ear "I never thought I'd be on this side of the pulpit. What on earth will I tell the Bishop?"! I started to chuckle, and this changed my state to a wider perspective of joy-in-the-moment, and I became fully aware of the whole event that was unfolding before me.*

*I will forever be grateful to Father Dick for his sensitivity, insight and exquisite timing to know what was needed to 'improve the moment' for another human being.*







So happy that I'm out for two!  
Dick McHugh



The message read  
**'So happy to have met you two!'**  
(He was referring to my wife, Betty).

I presented Dick with a photograph of his.  
He ever so graciously signed it for me.

# DEATH

## **Discourse:**

**Dick speaks about death, during The Tools of The Spirit workshop.**

Would you continue to love, knowing that the person you love will be gone someday? Without realizing that with every passing day, leading hours, minutes, and seconds, they are leading closer towards the inevitable. But is death this gruesome or is it the fear of being left behind?

You feel an unreplaceable void and mourn their absence while thinking of all you could have done while they are still alive. As Fr. Dick would put it- "*Life happens but once, death is a transition.*" Certainty of looking death in the eye, is a reality we all face, taking for granted the life that we live will give us fountains of grief.

Knowing that we have given the best there existed in us towards our loved ones, only makes the transition smooth.

Fully experience the grief, so that it needn't be done again. Integrate it, so that it is within. Integrate the dead, the alive, the past, the present events and situations. Integrate the learning and knock off the emotions that are unnecessary.



**JUDITH  
DELOZIER**

This is a moment, that I waited too long to meet the source of the resource. And it was more than joy to see her magic, hug her and to talk with the one and only **'First Lady, NLP'**. She was on the timeline even before NLP was coined or defined.

She has contributed a generation to the field. And I can still hear her say **"I am blessed to know that these heart beats contributed."** A Giant, for me. Her creations, participations and her very presence has touched me in many ways - I can say I was in the shadow of my unicorn when I met her and ever since then, she will be my strongest anchor.

Every time Dick spoke to me about Judy, there was **an energy of compassion, love and oozing gratitude.** I was in awe of that form of Dick too, to see Dick transform into a student was a lesson to learn in itself. He would never leave an opportunity to share about his teachers or about his experiences, so in ways, we, his students knew so much about Judy's energy and magic.

**I first met Judy in Moscow, and then in her natural habitat, in California.** I still go 'OMG' when I hear her. I have once told her that her wrinkles are a lie. And she is the spiritual energy and i am so blessed that I met her on the path.

Her clarity, her metaphors, her one-liners, what can I say, she is magic and she the very reason I believe in the rain, and possibilities.

That day when I first hugged her in Moscow, I understood, I melted... it was a sense of... like my muscle already knew her.

There is a joke in the NLP community when they teach the topic 'Map of the world', and Robert says, **"the map is not the territory, unless its Judy's"** - ahhahhaaa! If you have not got it, its because you haven't met the Judy yet!

We all exist in time and yet belong to eternity. **"What is NLP?" when I ask Judy, she says, "Its another description of life"** It is, and I can tell...



“Life is a ticket to the greatest show on earth, don't miss the show.”

- Martin H. Fischer

Fr. Dick used his ticket well.

What a fabulous human an embodiment of humility, Fr. Dick McHugh. I am in awe of this lovely being and am glad to having met him in my circle of life. He never ceased to amaze me; his life an inspiration, a never fading smile which he wore even in the most adverse situations. I have great memories of his humor, presence and amazing work in the world.

Of the fondest memories I have of Fr. Dick, I recollect - when he and Fr. George Zee came

to John Grinder and I for their Master Practitioner Program. I invited them to my home for dinner, and prepared roast and chocolate cake. What a great evening that was. After appreciating my culinary skills, Fr. Dick ever so humbly mentioned that he had not had meat or chocolate for 20 years.

I cannot be happier for you Anil of having experienced the aura of this living angel. He was so gracious, kind and loving.

What a life well lived, walking beauty all the way. Fr. Dick will live on through us for sure.

**- Judith DeLozier  
Co-developer and  
the first Lady NLP**

Listen to the story  
Listen to the whole story  
Listen to the whole story first

**List**



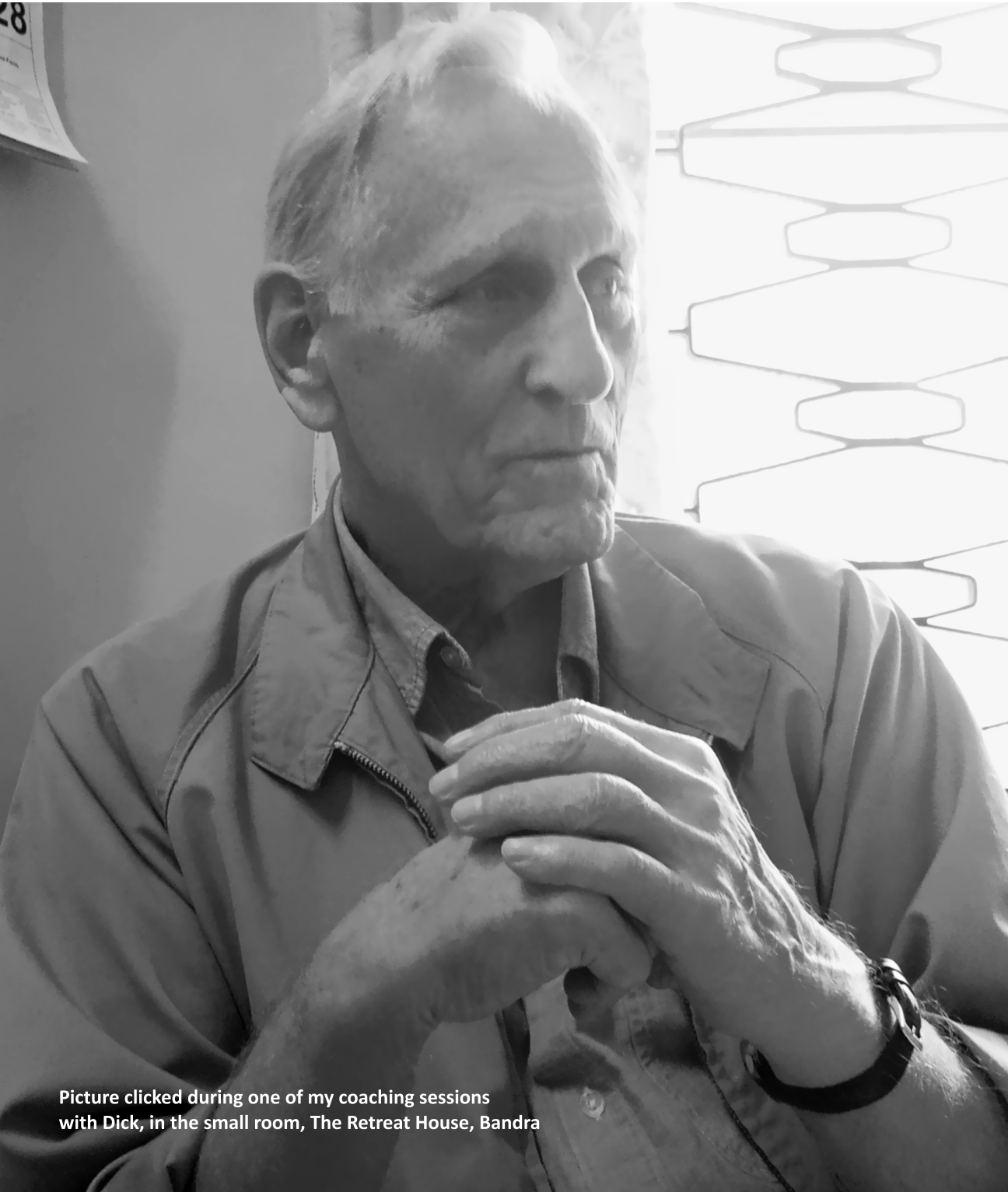
en!

Candid picture taken while Dick was conducting therapy, Bangalore

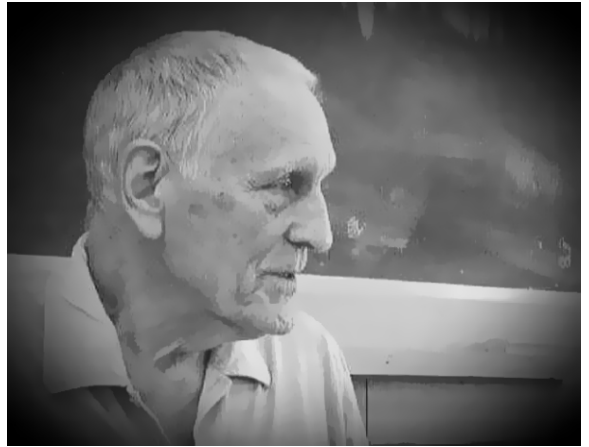
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IT'S IMPORTANT HOW WE TEACH  
CHILDREN HOW TO PLAY GAMES.

---



Picture clicked during one of my coaching sessions  
with Dick, in the small room, The Retreat House, Bandra



# PLAYING GAMES

**Discourse from:**  
**Gestalt Session | Psychodrama**

Just as a potter is able to give desired shape to wet clay, so is a parent able to instill values in the formative years of a child. Childhood is an opportunity for parents to shape their child's understanding towards a better tomorrow. The whole capacity of childhood, should be to develop the social interaction which begins from the playground. The beauty of a game comes in participation, when one is neither associated with victory or loss. Focusing on winning comes with higher expectations for the future, while loss pulls you down prevailing demoralization. When we teach our children to play we must teach them to participate fully, bringing out every ounce of best the opponent has to offer. When the best in the opponent is brought to surface, the best in turn comes through our children.

Instilling a mindset at a young age is a favor we would do our kids for tomorrow. Preparing them for the bruises, the push, the fall, the victory, the embrace, the trophies and the rejections that life has to offer.



“

**STRUCTURE IS BEAUTIFUL, DON'T LET IT  
OVERTAKE YOU. FREEDOM IS BEAUTIFUL TOO,  
DON'T USE IT AS A LICENSE.**



A picture taken on the day of Gestalt,  
when Dick got a new haircut.

---

Everything you are seeking is seeking you in return, therefore, everything that you want, is already yours.



**A candid capture of Dick conducting a therapy at Bangalore**



**“All the dragons are angels,  
waiting for us to act,  
at least once, with courage”**

**- Dick McHugh**

in class, Bangalore (spirits workshop-2012)

## **Celebrating the Spirit of Dick**

Vinayalaya Retreat House, Mumbai.  
July, '18.

A celebratory mass held in for  
Fr. Richard 'Dick' McHugh SJ.Ph. D.



**Celebrating The Spirit of Dick**  
Video by Anil Thomas

In the many strokes of Spirituality, it was pure witness for me to see n behold the magician. A reality that was indivisible, the way of the water. All of us, his students, have experienced that softness, so liquid, no rigidity and yet like the roaring wave with brutal honesty. He displayed the agility of the many forms. And he was always ready, With no resistance. And If you put him into a jar, He takes the shape of the jar, with no resistance at all.



Such a life, finally destroys the rock. I have seen him play, cry and lead. That is the way of existence." The Joy of a Life. In many ways, 'A hero's Journey' I was blessed to be in the warmth of those wings and also to see the Tandav. A complete integration of Gauri-Shanker, that kept the child alive. A witness to take, A promise to keep, A wrinkle to grow, So grace full, a story teller, a hypnotist and a true dreamer.



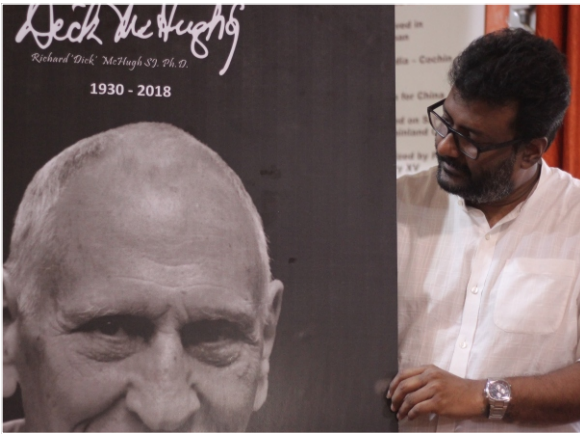
Dick McHugh - Amazing Grace  
Video by Anil Thomas  
as performed by the Local Vocals

Life is constantly improvisational, at every stage. This idea animates the linguist and the therapist. Dick would remind us of this at times.

***"We are not what we know... but who we become and what are willing to learn."***



Unveiling of this book with Fr. Prashant Olalekar SJ., Provincial of Mumbai Fr. Arun D'souza, Fr. Philip Teresa & Susan Cutinha



1st Death Anniversary of  
**Celebrating the Spirit of Dick**  
at the  
Vinayalaya Retreat House, Mumbai.  
June, '19.

He was the Salt. Not the type that could be put in bottles and used at ease, but the Salt that eats up the sea. This day I was missing Dick. I miss my Therapist, my magician and my anchor. Some days are like that I guess.

During the NLP Health Certification Course, I remember Dick mentioning this in Bangalore in one of his class, "How you live depends on how long you live."



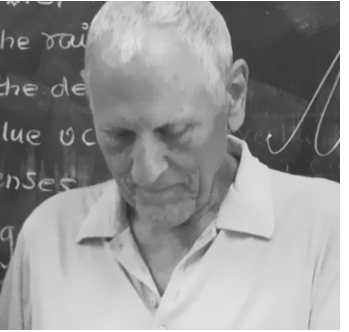
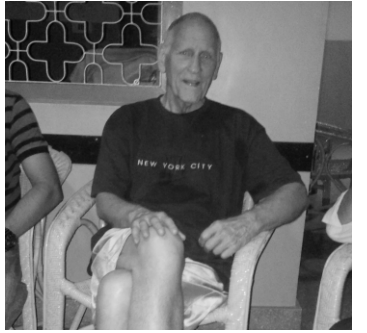
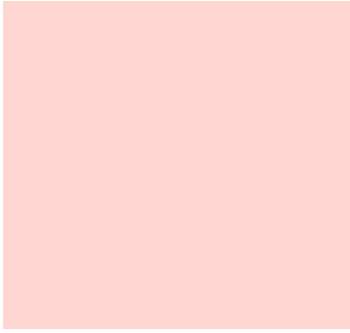
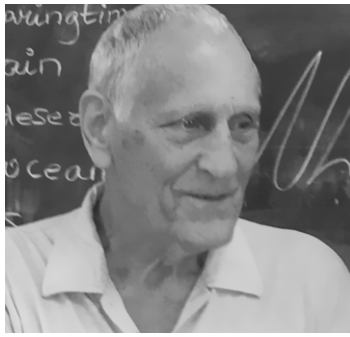
Today, as I shared with a dear friend that I should begin to shed weight and be more flexible, these very words echoed in my existence. I paused and looked around. It was as though I was in the class and I heard him.

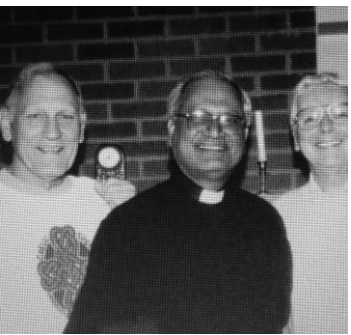
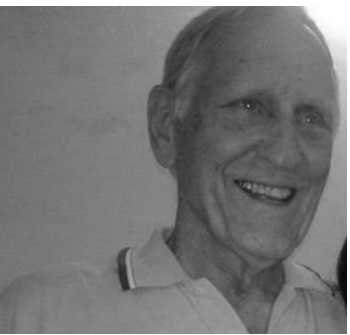
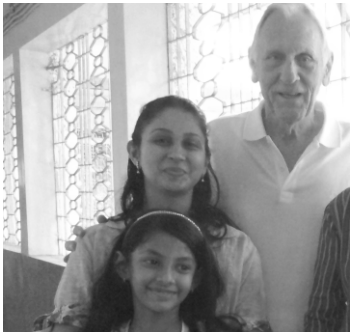
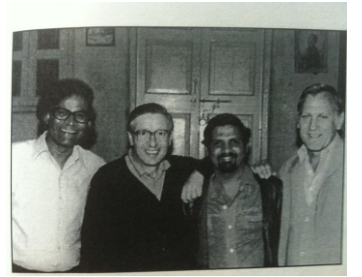
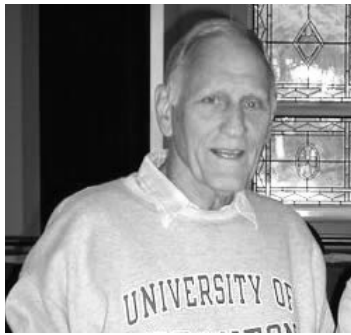
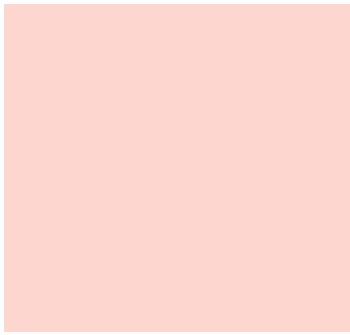
For a fraction of a second, I lost touch with reality, it was so experiential, and where I came in touch with 'Him' face to face. He is the Spell, that even a magician wouldn't be able to tame. This is my story. This is my light. I am blessed with this grace, more and much much more.

“

Pain is inevitable, it is definitive, it's a part of the growing up process but suffering is a choice. Life will bring you to pain and there is no way you will escape pain and there is pain everywhere. Pain is the part of the growing up process. You cannot avoid pain.

”







# What would you do if you knew you could not fail?

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**Dick always had a powerful way of questioning.**

What would you do if you knew you could not fail? Well, whatever the answer to the question is, it carves a step towards achieving what you seek. What would you do, if you knew it was ok to fail? Would your answer still be the same?

**DISSOCIATE  
THE TEACHER  
FROM THE  
TEACHING.**





Dick wore a watch, which was of an old make. It did mean a lot to him. The blue light of the watch enabled Dick to read the time in the dark of the night. I noticed the watch on his wrist which stopped working and asked if I could get it repaired. He paused, took few moments and permitted to have the watch repaired. I was delighted!!



I took the watch to the Titan Workshop and presented it to the attendant at the counter. To my despair, I learned that the watch could not be repaired as the make had been discontinued and was never launched for the Indian market. I wrote to their India Head asking if he could make an exception- he was kind enough and accommodated my request but said that the watch would not be delivered sooner than 15 days. Fifteen days!! 15 days were worth a wait.

On receiving the watch the expression on Dick's face was worth the 15 days wait!

Dick was always so genuine in portraying all shades of emotion and that taught me to do the same, no matter how vulnerable.



“  
*Internalizing  
is better than  
Intellectualizing*  
”



“  
*Knowledge is  
just a rumor  
unless its in your  
muscle.*

***The story of Dick cannot be written without the story of Georgio***

Fr. Georgio (Italian, Jesuit) was present in the session room while Dick took NLP session. I do not recollect even a single time in my academics with Dick in Bombay, of Fr. Georgio not being present in the session room.

They complimented each other so well. If Dick missed out on mentioning something, he would turn and ask Fr. Georgio.

Fr. Georgio would at times walk up to Dick during the session, reminding or telling him something. Fr. Georgio supporting Dick was a sight worth seeing. He would sit behind and take notes.

***Fr. Georgio 1939 - 2014***





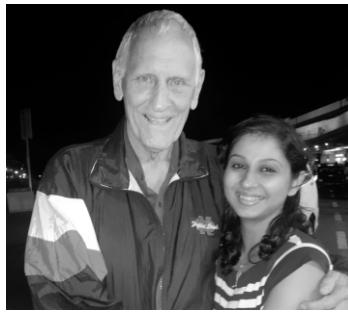
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# Family Time With Dick

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I completed my Basic NLP and found myself all over the place, and I would go home and talk about Dick and our classroom stories. Betty, my wife would be fed up hearing these, day in and day out. So, I asked her if she would also, like to join in and she readily agreed to I see what this was all about. Betty attended her first session, I went to pick her up post session. Dick asked me, “How come you are here?” I replied, pointing to Betty, “She is my wife”.

Dick said, “Good, that you mentioned it. Now we should make her into a roaring lioness”. And that is how Betty met Dick and he was introduced to us as a family.



*I had the opportunity to drive Dick to the airport. He chose the passenger seat despite Betty and me insisting, for him to take the co-driver seat. When we reached the airport; I hugged him and bid a goodbye. This moment was captured by my wife Betty. This is the last photo of Dick on the Indian soil, before he left for the States from where he never returned to India.*





**SUSAN  
GEORGE**

I have learned much more than NLP from Dick. He was intuitive, caring, humorous and giving. Through his interactions inside and outside the training sessions, I received the permission to be creative and flexible and not look for the 'perfect' way to do things. This freedom has enhanced my personal and professional life.

Dick has passed over but his legacy continues in the hundreds of people he has touched and many they in turn, influence!

**- Susan George  
President,  
South Asian Association  
of Transactional Analysis**

I was introduced to Dick by my spiritual guide, Anthony de Mello SJ about 40 years back. It was a rare privilege to do the 30 days Ignatian retreat, Vipassana style, under the direction of Dick. This was life transforming, as it shifted the overemphasis of formation, from the head to the heart and the whole body. A rare mystic he challenged me to face myself from a holistic perspective. He led me around in cosmic swirls helping me to unravel my own inner universe and relish the ensuing ecstatic motion. His humour in dealing with uncomfortable issues like anger and sexuality was liberating. He was truly one of a kind.

He taught embodiment through self-awareness and self-control. He was in a sense, a mystic. He engaged in a lot of whirling like an NLP/gestalt dervish, spinning people around in cosmic swirls, helping them unravel their own universe within and pushing them into ecstatic motion to shine like stars.

**- Fr. Prashant Olalekar SJ,  
Head of Department of Interreligious Studies,  
St. Xavier's College, Mumbai**



**FR.  
PRASHANT**



**DR. R.  
SHANKARAN**

One day, about fifteen years ago, Father Dick McHugh walked into my consulting room. He had been diagnosed with Lyme disease, a parasitic infection that affects different systems of the body. I took his case in the same way as I would with other patients but the questioning style was something very new to him. What was striking about Father Dick was his presence. His face was always calm and smiling, his manner gentle, and his very being seems to generate an energy that is positively charged and peaceful. He also has a lot of space for other people, is a keen listener and observer, and has a heartfelt desire to help people wherever he goes. I enjoyed his presence each time I met him. Although I was looking forward to the meeting between my son Soham and Father Dick, the meeting was arranged in the place where Father Dick stayed while in Mumbai, which is in a church complex. Father Dick came out and greeted us with his warm smile and we shook hands. He took us to a small room on the ground floor of this rather old building and closed the door. We took our seats. After a brief introduction, Soham right away began the dialogue by announcing emphatically, “I don't believe in God.” I was curious as to how Father Dick would respond. The response was very quick. Father Dick looked directly at Soham and responded, “Neither do I!” Somewhat taken aback by

this reply from a priest Soham argued, “Then why are you staying in a church complex?” Again, without any hesitation Father Dick replied, “I have to stay somewhere.” The ice was broken and the conversation between the two of them just flowed after that, as if they were old friends, while I receded into the background. Initially, Father Dick asked Soham about his interests and learned many things about robotics from my young son. This then led to Soham asking Father Dick about his life and beliefs. Father Dick said that like Soham, he did not believe in someone sitting on top of the world and controlling the universe, but that he experiences a reality that is beyond the mind, a unifying principle, a oneness of all things. He spoke in a slow, soft voice, his face totally calm, eyes bright and sympathetic. His words were coming from his heart and experience, not his mind or training. Father Dick was not patronizing; he was coming from a place of truth. He was open to being challenged, but there was nothing to argue about. His words were not about concepts or theories. They were about what he had tasted, how he was, and his energy, his palpable inner calmness, was infectious. There was no argument about that. And whether Soham agreed or disagreed, he remained open to what Father Dick was saying. What surprised me even more was that a few months later Soham himself requested another meeting with Father Dick!

**- Dr. Rajan Sankaran  
(this is extracted from his  
book Dog, Yogi, Banyan Tree)  
Well-Known Homeopathic  
Practitioner, Researcher & Author**





# Thank You!

Gratitude is one those emotions that feels so heartfelt and sincere, and in many ways words have difficulty expressing the depth of that feeling as fully as it is felt. I would like to thank a small army of people for helping me see this book to completion.

I want to thank Prajna Devadiga, for shouldering responsibility to the best of her abilities. Joel Fernandes, for placing belief in my vision for NLP and for giving me the “Eureka” moment of inception of this book. To Svetlana Coutinho and Avril D’souza, I am so grateful for the work you did in putting structure to my thoughts and threading them so beautifully. To Sneha Chavan, for your quick and clear design bringing life to my inception. Susan Couthina, for being an active mentor to the organization and Vandana Upadhyay for being a constant support. Priti Chopra and Sangeeta Shah for being the grammar police and sanitizing the contents. My gratitude to Sangeeta Shah especially for editing & proofing this very book - the 2nd revised edition.

I acknowledge my indebtedness to my mentors through Dick; Robert Dilts, Judith DeLozier, Connirae and Steve Andreas for being ever so kind in sharing laudable words about Dick McHugh. The humbleness portrayed on being reached to, personifies the virtue Dick himself had.

Thank you, Fr. Prashant, Susan George and Dr. Shankaran, Micheal Hall, Fr. Joe & Fr. Walter for

sharing their memories of Dick and adding essence to the book.

Thank you, Maryland Jesuit Province, Jesuits from the Jamshedpur Providence and all Jesuits for their continuous support in Dick's noble endeavors.

Thank you to all the people I've met during my travel over the years - some of whom I kept in touch with, some of whom, are a part of this book as memories captured with Dick and some of you, that have been so welcoming of me.

I also want to extend my gratitude to Leo Lobo, Fr. Harry and the late Fr. Georgio, Fr. Anthony de Mello and Sr. Cynthia. Vinayalaya Retreat House and The Retreat House, for hosting NLP sessions and for the tranquil setting.

Finally, thank you to the readers, for giving me your undivided attention as I take you through some of my moments, which I had with Fr. Dick.

It has indeed been a wonderful journey.

Thank You!

A handwritten signature in black ink, appearing to read 'A. Roman' followed by three dots. The signature is written in a cursive, flowing style.





Dick's extraordinary humanity, skill, and selfless service will remain long after his bones are dust.

**Steve Andreas | Trainer, Developer of NPL & American Author of Many NLP Books**

Dick had the gift of "sponsorship." He could see the deepest part of a person's essence and support them to be the best of themselves. That was because Dick was so connected his own essence and always offered the best of himself in service to others.

**Robert Dilts | Co-Founder NLP Universtiy Santa Cruz, CA**

What a fabulous human an embodiment of humility, Fr. Dick McHugh. I am in awe of this lovely being and am glad to having met him in my circle of life. He never ceased to amaze me; his life an inspiration, a never fading smile which he wore even in the most adverse situations. I have great memories of his humor, presence and amazing work in the world.

**Judith DeLozier | Co-Developer & The First Lady NLP**

Everyone who came into contact with Dick, I believe sensed the depth of his being. He had a generosity of spirit that touched many. When someone says "I studied with Dick McHugh," it's as if a warm light goes on. We know they were well trained on all the levels. It is with humble recognition of a great soul that I bow to his passing.

Much light and love as he makes this transition.

**Connirae Andreas | Ph.D. Trainer, Psychotherapist & Co-developer, NLP**

