

Discover Your Miraculous Abilities

October 2023

**Personal and Spiritual Development
Can Be Easy and Fun**

***"Just as the hand, held before the eye, can hide the tallest mountain,
so the routine of everyday life can keep us from seeing
the vast radiance and secret wonders that fill the world."***

Ba'al Shem Tov, 1689-1760

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www.chapplecartoons.co.uk

Some of the pictures are from Wikipedia

Please Read This Carefully!

Many people enjoy every minute of this program, and as resistance and blocks get activated, you may have **temporary** reactions to the energy, the presenters, or other people.

- Energetic NLP does NOT replace medical and psychological care!** If you have health issues, emotional or mental issues, you should always seek expert medical advice and treatment along with energetic and mental healing care. If you have psychological, emotional, or medical concerns you need to have professional medical and/or psychiatric care.
- Have fun, be amused. Be playful and you will accelerate your personal and spiritual growth and enjoy yourself more.**
- We want you to enjoy learning Energetic NLP! If you aren't happy about something, **please make an "actionable request"**.
- Sometimes** when people are releasing old blocks, issues, emotions, and limitations, they *may* have reactions, temporary discomfort, or feel unpleasant emotions as they are being healed. They may suddenly get tired or sleepy. *This is often part of the transformative process.* They may at times get judgmental or upset with the facilitator, themselves or other participants. You may "age regress" (that is act and feel like a child) at times. **This is all good, if you treat it with mindfulness and you use it to facilitate your personal growth.** The important principle is to *be aware of and own your reactions* and use them to further your personal growth. And be curious about other people's reactions and not take them personally. **If your reactions that go beyond that you must arrange for appropriate psychiatric or medical care.**
- Remember that the meaning you put on events and the behaviors of others is from your own mental map of reality. Use your reactions to other people as a source of inner awareness and growth. **People project their issues onto others. See everything that happens as an opportunity to clear programming and energy.**
- Take care of yourself. If you have unpleasant reactions to anything, let us know about it!!!**
- Drink lots of water during the workshop.
- Be amused and have fun.

Your Childhood Dreams

Many children's and young adults tv programs, books, comic books, and movies, are about people who were "ordinary" people (often even considered to be outsiders, nerds or losers)

And then they discover that secretly, all along, they were special and had amazing abilities

They can do miraculous things.

A mentor or master teaches them, helps them unlock and develop their abilities

As children we are fascinated by stories of magic, the supernatural, and superheroes because some part of ourselves realizes that it should be and is possible.

We sense that we have hidden abilities, but we don't know how to unlock them.

We want to be special, significant, be happy, have a good life, and be able to make things better in the world.

You give a child a magic wand, and they almost believe it works.

These stories are so popular not because they were childhood dreams, **the childhood dreams were caused because on a deep inner level you know that things are possible for you that go way beyond the ordinary.** That you secretly ARE an amazing, miraculous, and magical being

As a spiritual being, you are bigger, more beautiful, more powerful, and more complex than you can understand.

What Stops You From FULLY Expressing the Amazing Being That You Are in Your Life?

Right Now, right here over these next three days, you can move closer to Expressing the Amazing Being That You Are by being supported and guided by your inner wisdom and spirit

What Stops You From More Fully Expressing the Amazing Being That You Are in Your Life?

You lack *Whole Being Permission*

- Your body, unconscious mind, conscious mind, soul, and spirit are not fully aligned on what goals to manifest in your life
- Your energetic programming, unconscious programming, ancestral energies, other people's energy, energy blockages, conscious and unconscious beliefs, karma and spiritual contracts may limit you

Have A Conversation With Your Present & Future Self

What motivated you to participate in this Energetic NLP program?

What do you hope to avoid, end, or stop?

What do you want to gain, achieve, open up, release, enhance, or change in your life as a result of participating in the Energetic NLP programs?

What will be your evidence be that you have achieved your goals?

What will be your evidence that you are making progress towards the fulfillment of your goals?

What got you to actually decide and commit to participating in this program?

"The secret of change is to focus all of your energy, not on fighting the old, but on building the new." –Socrates.

***Today healing energy constantly flows through every organ, joint and cell in my body.
Louise hay***

***Healing may not be so much about getting better, as about letting go of everything that isn't you - all of the expectations, all of the beliefs - and becoming who you are.
Rachel Naomi Remen***

***When you walk into the presence of people who calibrate at the very highest energy levels, just being in their energy field, everything that is diseased or in disharmony is healed. When you bring a higher and a more loving energy to the presence of disorder or disharmony or disease, you are really bringing a healing energy.
And that's what healing is involved with:***

***It's no longer allowing yourself to wallow around in a process in which you tell yourself that you don't have the capacity to be able to transcend whatever it is that's bothering you or hurting you or killing you.
Wayne Dyer***

What is Energetic NLP™?



The parents of Energetic NLP are:

- Neuro-Linguistic Programing
- Spiritual principles
- Transformative energy work
- Energetic and spiritual healing
- Intuition Development

And like all children, it has grown into its own unique field

Some Key Concepts

- There is an energy field in and around the human body that has a profound effect on your life
- **We exist in and our affected by many energy fields**
- We are all interconnected spiritually and energetically
- **Energy work is scientifically validated and goes beyond our present limits of science and logic**
- Everyone is a vast, beautiful, and powerful spiritual being
- **Everyone has amazing, miraculous, and magical abilities**
- You will develop your abilities, and grow and blossom more quickly, if you:
 - Let go of your expectations and judgments
 - Instead, do playful exploration and discovery
 - Have beliefs du jour and allow them to grow and evolve with you
- **What's in the way, is the way**
- It is important to increase our self-sufficiency AND support and collaboration
- **We work with models and concepts, not THE TRUTH**
- We use logic, but go beyond its limitations by tapping into our Miraculous Selves

"The Energy of the Mind is the Essence of Life"
Aristotle

"For most people, the greatest good they could do for themselves is to change their energy."

Deepak Chopra

"Energy flows where attention goes."
James Redfield

"If you want to find the secrets of the universe, think in terms of energy, frequency and vibration."

Nikola Tesla

"Thoughts create a new heaven, a new firmament, a new source of energy, from which new arts flow." – Paracelsus

***"Believe those who are seeking the truth;
doubt those who find it"***

Andre Gide

Whole Being Living

Whole being collaboration and alignment

Whole being intention

Whole being permission

Whole being manifestation

Whole being transformation

Whole being living

The Major Goals of This Energetic NLP Program

By learning Energetic NLP, you will be able to:

- Discover how amazing you really are.
- **Allow yourself to blossom and shine.**
- Protect yourself, your health and emotional wellbeing, by knowing how to work with the human energetic system.
- **Work with your Miraculous Self, that is, your inner wisdom and spirit working together. We call this your "M".**
- Further your personal and spiritual growth; your sense of being on your "path" and your enjoyment in life.
- **Feel a stronger connection with your spiritual self and have greater access to your wisdom.**
- Do transformative energy work with yourself and others as a way to transform your own life
- **Greatly enhance your ability to help your clients.**
- Start running your own life.
- **Experience the vast radiance and secret wonders that fill the world.**

Some of the Benefits of Energetic NLP

- Accelerate your spiritual mental, and emotional growth.
- Learn how to work with NLP and energetic systems to create something more effective and transformative than either one of them alone.**
- Open up your "knowing"- your ability to tap into your highest wisdom.
- Increase your ability to intuitively know what is going on with your clients beyond what they have told you.**
- Set the energy of a meeting to facilitate collaboration, creative problem solving and to bring out the best in people.
- Enhanced physical healing and increase vitality.**
- Skillfully work with people's intense emotions and energy.
- Release energy you have trapped in old emotions, limiting beliefs and programming.**
- Clear programming and beliefs energetically.
- Recover your energy from others.**
- Run your own energy throughout your body - a key to maintaining health.
- Open up and increase your ability to perceive energies - your clairvoyance, clairsentience and clairaudience.**
- Release karma.
- Have more satisfaction and joy.**
- Use energetic techniques to enhance the effectiveness of the other modalities that you already use.
- Be less influenced by your history, family and friends and more clear on your own truth**
- Open up to a whole new world of exploration.
- And above all have FUN on the journey.**

Anyone can learn these skills You were born with these innate abilities, **you just haven't learned how to access them yet**

Grok/Grokking

“Grok” means to understand so thoroughly that the observer becomes a part of the observed—to merge, blend, intermarry, lose identity in group experience.

You have had the experience of understanding something but finding it very hard to put it into words. You can’t explain it but you grok.

And you have heard people talk about something that they intellectually understand, but don’t really “get it” (grok it).

We use the word grok in Energetic NLP because of the dilemma created by the fact that the universes of energy and spirit do not fit into the little intellectual concepts that people feel compelled to stuff them into.

Our goal is first and foremost that you go beyond your intellectual understandings and grok things.

Beliefs de Jour (Beliefs of the Day)

The Energetic NLP concept of “beliefs du jour” builds on this dilemma of how to work with the complexity of the nonphysical. The paradox is that we need to have beliefs and mental models, but like the blind men and the elephant, we are only observing a portion of a great reality.

“Beliefs de Jour” is how we play with this paradox. It allows us to work with our beliefs but not be limited by them. We don’t get attached to being “right”/ It allows us to keep moving towards greater and greater understanding.

Like the game of horseshoes, you can “win” by being closer to “the truth” without actually being all the way there.

The Art of Transformation:

The Energetic NLP “Whole Being Empowerment and Transformation System”

Whole-Being Permission and Alignment

- Go beyond “the secret”: The “law of attraction” is wonderful, and it is only one piece of how to manifest your heart’s desires
 - Get permission from and align the aspects of your Authentic Self: your body, unconscious mind, conscious mind, soul, and spirit
 - Whole-being intention and alignment, permission, manifestation, and living
 - Clear Karma and change spiritual contracts
- **Enter a world of empowerment and playful transformation**
- Energetic NLP principles of empowerment and playful transformation open the door into an empowering and miraculous reality
 - Concepts and beliefs that naturally unleash your potential empower you and give you more joy
- **Embody: you are a beautiful and powerful spiritual being**
- Live from your authentic self
 - Enhance your self-concept and self-esteem
 - Grokking vaster spiritual realities
 - **Energy hygiene**
 - Clear other people’s and ancestral energy, and programming from your energy field
 - Clear other people’s emotional energy
 - Release old emotional energy from life events & past lives
- **Deep energetic and spiritual transformation**
- Clear and heal energetic, unconscious, societal, ancestral, and familial programming.
 - Heal traumas
 - Clear karma and spiritual contracts that create suffering and limitation
 - Automatically replace programming with your inner wisdom and spiritual information
 - Healing and changing the past, present, and future

- **Mastery: intuition and transformative energetics**
 - Knowing
 - Clairvoyance and clairaudience
 - Physical, mental, emotional, and spiritual healing
 - Use energy to enhance every aspect of your life
 - Work with the energetic structure of everything
 - Expand the energies you can perceive, track and work with

- **Loving your emotions**
 - **Emotional freedom and mastery**
 - Discover the hidden messages and motivations driving your emotions
 - Clear other people's emotional energy out of your emotions
(this is life changing!)
 - Emotional freedom

- **Ongoing support**
 - This is hugely important!
 - Traditional spiritual systems always had ongoing support. It wasn't just come for one day have your abilities opened up and then figure out the rest on your own.
 - There is an Energetic NLP community that provides each other amazing ongoing support in their personal and spiritual development and in their living a miraculous life. They are not only fun, caring, motivated, and they have the skills and concepts to support your development and living a miraculous life. The support you will receive from them is awesome!

- **Whole being living happy, successful, and miraculous**
 - Be guided and supported by your Miraculous Self and Spirit
 - Synchronicities, support, opportunities
 - Deeper connection to your wisdom, soul, spirit and Spirit
 - Realize more of your full potential
 - Live a happy, successful and miraculous life
 - Deliberate creation AND dancing with the unfolding of life
 - **Whole-being manifestation**
 - Discover and master the missing keys to manifestation
 - *Deliberate creation AND dancing with the unfolding of life*

Unlocking and Mastering Your Miraculous Abilities

Your potential for more miraculous abilities is sleeping in you, waiting to be unleashed, activated, and developed.

1. Unlock your abilities by clearing, healing or revising what blocks them from blossoming
2. Activate your untapped abilities
3. Empowerment of new abilities
4. Committed training with high-level teachers
5. Become part of a conscious community who wants to and is **capable of supporting and enhancing your journey**
6. Practice and feedback.



Martha Adelaide Holton & Charles Madison Curry, *Holton-Curry readers*, Rand McNally & Co. (Chicago), p. 10 PD from Wikipedia

"The Blind Men and the Elephant"

Psychological research has also shown that our unconscious mind tries to show us things in a way that is consistent with our beliefs; so we unconsciously distort reality to fit our beliefs.

If you believe that an energy center looks a certain way, your unconscious mind will try to show it to you in that way.

I don't think that the energy centers (chakras) "really" look as either system portrays them (I see them as complex and dynamic energy systems). People are perceiving *aspects* of them, not the totality of them. It's like the old fable of the blind men and the elephant. Each of them touches a different part of the elephant and creates his mental model of the elephant based only on the part he touched. Each argues that the elephant is like a wall, a snake, a spear, a tree, a fan, or a rope, depending on the part of the elephant that they touched.

The human energy system is beautifully and wonderfully complex and dynamic. In order to understand it and use it, it helps to focus on parts of it, and to create a simple and useable model of it. Remember, in Energetic NLP, we are interested in creating *useful* models of reality. We are not invested in trying to make those models into Absolute Truths.

"Just as the hand, held before the eye, can hide the tallest mountain, so the routine of everyday life can keep us from seeing the vast radiance and secret wonders that fill the world."

Ba'al Shem Tov, 1689-1760

"In NLP, do you consider the mind to be an open or closed system? It seems to me that how you answer that question changes everything."

L. Toscano

"Everything you have ever done (even the actions you judge as stupid) has advanced humanity. All our life events have a great purpose and a sacred meaning."

John Friedlander

Red, Green, and Yellow Lights

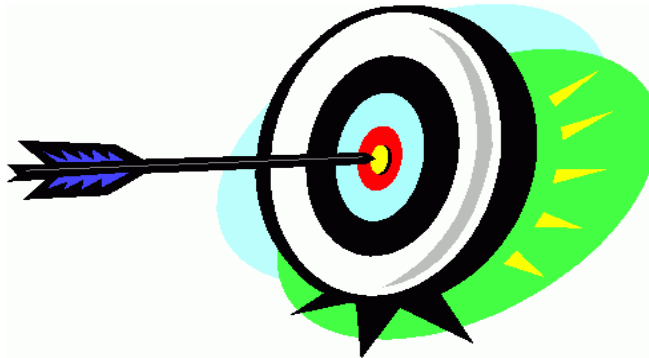
Process: Guidance from your M

When: When someone is teaching you or giving their opinions.

Why: To find your own information. What's true for you?

1. **Imagine in a corner of your visual field, a red light, a yellow light, and a green light.**
2. **Check them when we or other people are saying things.**
3. **Green means it is on target for you right now.**
4. **Yellow means it isn't quite on target for you.**
5. **Red means it's not right for you right now. That could mean:**
 - **You have programming in your space that is interfering.**
 - **You are not ready for the concept at this time.**
 - **You are "ahead" of the speaker.**
 - **While it might be great for the speaker, it is not for you.**

Or use this:



Resistance

Resistance means being in opposition to something that exists or that could exist. **Believing it shouldn't exist.**

There is a saying, "What you resist persists." It means that when you resist something you actually give it energy.

If you can be neutral to it, you will have more resources in dealing with it.

Neutrality

Many people use the term "neutrality" to mean being disassociated and separate from the outcome of events; to have no feelings about it.

Let's look at neutrality differently for our work together. **Let's think of neutrality as a lack of judging something as being right or wrong, not a lack of an opinion or feeling about it.**

You can have strong feelings about something, and still achieve neutrality by seeing behaviors and events not as not "good or bad" or "right and wrong", **but just as something that exists that you like or do not like.** It helps to remember that you are not the ultimate arbitrator of what should or shouldn't exist, or what should or shouldn't have happened.

Being neutral does NOT mean that you don't have standards, values and integrity. It doesn't mean that you don't work to change things that you do not like. **It does mean that you can live passionately by your values and integrity, work to change what is, and still not be resisting and judging what is.**

With neutrality you accept that something exists now, even if you are trying to change it.

Amusement

In energetic work, indeed, in all of your life, the ability to have the perspective of amusement is a very powerful force.

Amusement is an effective way to go from resistance to curiosity and play.

You are thinking, "But what if it isn't funny?" Many people who have been revered as spiritual leaders, especially in the East, are associated with amusement. An example of this is the Dali Lama of Tibet. He is in exile from his own country. Many of his people have suffered greatly and are still oppressed. And yet he still writes books on happiness and laughs and smiles frequently. He is not in denial of the problems of Tibet, but he has access to his sense of joy in spite of all the reasons he could use to be in grief.

One of the only freedoms that no one can take from you is the freedom to choose how you will look at the events in your life. We can train ourselves to experience life with more curiosity, faith, joy, and amusement.

Trust: Getting in Touch With Your Own Information

The best source of trust that I know, is to feel you are in connection with your spiritual wisdom and inner knowing.

If you can let go of:

- Having to be right.
- Having to cognitively, consciously have to understand.
- Things having to work out the way you think that they should.
- Embrace grokking

Then you can connect with your own intuition, spirit, wisdom and knowingness.

***"Believe those who are seeking the truth;
doubt those who find it" Andre Gide***

Consider letting go of thinking someone else can be the ultimate judge of what is "right" for you.

You want to be open to the ideas of others, and ultimately, you have to decide for yourself.

Your Intuition and Knowingness

Sometimes the information you receive may not seem to make sense. "I *knew* it was the right thing to do, but it didn't really make sense". When you start to act from that inner knowing, life flows, is synchronistic, and feels purposeful.

You may like to think of this as trusting your own inner wisdom rather than merely following the old programming and beliefs in your unconscious mind and energy field.

In time you will learn to trust your inner wisdom in everything and manifest the real you.

Note: following your inner wisdom doesn't mean that you always get what you thought you wanted in the moment. It involves looking at the bigger picture of your life. Go from the bug's view of life, only seeing what is right in front of you now, to the eagle's view where you see the big picture of our life.

When Telling Other People What You Perceive

In Energetic NLP: When observing other people's energy just tell them what you perceive.

Do not try to be right! Trying to be right, though it may be well intended, is a kind of spiritual arrogance.

In NLP, we say that **everyone distorts the information that they perceive**. It is part of the structure of being a human. We can only understand information in the context of what we already believe, how we already think, and the mental models we follow. We distort, generalize, or delete information.

We are not trying to know more about them than they do, **we are trying to help them discover themselves.**

What you can be sure of is that you have perceived something and interpreted it in a certain way. **Share with them what you perceive as your perceptions, not as some ultimate truth and they will find their own wisdom.**

If you see an image in their energy field, ask "the image" whose image is it. Yours? Theirs? Someone else's?

What you perceive may make perfect sense to the other person, even if it makes no sense at all to you. And even if it doesn't make sense to them: it doesn't necessarily mean that the perception is not useful for them it could be off or you may not be expressing it in a way that they understand, or **they may not get it yet** (and later go "I understand now").

Remember that you are filtering your intuition through your beliefs and programming. It is *for them to decide what is true for them*. Your job is just to tell them what you perceive, let go of being right, and **help them find their inner wisdom and information.**

You also help them release blocks and connect with their own inner wisdom and spirit.

Consider doing or emphasizing a "wellness reading". Focus on their strengths and resources, especially the ones they doubt or have not fully accessed yet.

Beliefs

Your beliefs can be conscious or unconscious.

Beliefs exist as part of a system of interconnected beliefs.

Your unconscious beliefs have a huge and often undetected effect on your life. Psychology has discovered that your beliefs have a major influence on your health, your emotions, your relationships, your success, the quality of your life experience, and on what you can and can't do.

As human beings we are complex creatures. We are capable of simultaneously having beliefs that contradict each other. *In fact, this is the normal state of our minds.*

Your beliefs developed at different ages and **reflect your level of understanding at the time they were formed** (not what you think now). *Some beliefs were very literally programmed into you both unconsciously and energetically.*

Beliefs can be suppressed, but they do not just disappear on their own.

Your beliefs control what you can and can't do energetically.

Limiting beliefs to look for:

Good people are supposed to suffer or if you are too happy something bad will happen.

If I can I have to.

Only "special" people can heal or be intuitive.

I am not supposed to know what is really going on with my parents/partner/friends

What I do is who I am. What I feel is who I am.

I can't make mistakes or fail (I have to be right). I have to do it right/perfectly/the best.

Success: Success causes big problems. Good events will be followed by bad events. People will hate me if I am successful. If I am successful, then I have to keep being more and more successful. If I have good things someone else must do without (scarcity). I shouldn't be more successful/happy than my parents. We aren't supposed to do too well.

I can only have this much (love, money, happiness, success).

I'm not supposed to grow up. I'm not supposed to be happy/successful. I'm not supposed to feel.

I can't have a good relationship.

I'm not worthy/good/Ok. I'm neurotic, compulsive, or have an addictive personality, I'm bad /something is wrong with me/ I'm not good enough. I'm too old/fat/stupid/unattractive/lazy

Suffering lets me know I am alive. People are/the world is dangerous. I am unlucky. I am cursed.

I have to earn my right to exist.

I will get _____ just like my mother/father did.

Any statement that starts with "I should..." or "I must..." or "I can't...." is worth examining.

Power: I can't trust myself to use my power wisely. What if I make the wrong decision? Other people will hate me. Other people know better.

I can't believe my own knowingness; other people know better than me.

...

Family Belief Systems-Unconscious & Energetic

What were your mother's beliefs about health, wealth, intuition and energy, spirituality, relationships, love, life, the world, success, other people, etc.?

Your father's?

Other important family members?

Your lineage?

Societies?

How do these beliefs empower or limit you? Do you, as the evolving person you are today, still believe them?

Check and see if you consciously believe them, or if a part of your unconscious mind believes them.

My Limiting Beliefs

Neuro-Linguistic Programming (NLP)

Neuro: the brain and nervous system

Linguistic: our words and non-verbal behaviors reveal our inner processes

Programming: the unconscious programming that helps or hinders us; and tools to reprogram ourselves if we desire.

NLP is the study of the processes by which people think, consciously and unconsciously and how those processes create our talents, blocks, problems and abilities.

NLP is the study of the structure of subjective experience.

That is, *how we create our inner version of reality*. We operate off of our inner version of reality, not reality itself. That inner reality determines how we think, feel, and behave. It drives our talents and our problems. If you change the structure underlying your reality, your experience will change.

NLP enables us to understand how the mind works and how to use that knowledge to empower ourselves and others.

NLP can be used to identify and change limiting beliefs, poor self concept, blocks, habitual emotional states, substance abuse, and to eliminate "self sabotage".

NLP can also be used to acquire new skills and talents that you thought were impossible for you.

NLP can be used to vastly improve relationship, communication, management, and leadership skills. NLP provides an "owner's manual" for the mind.

"How is it possible?" is the central question in NLP.

Basic Principles

The unconscious is always trying to help (positive intention).

Some tasks are best done by the conscious mind, some by the unconscious. We are at our best when the conscious and unconscious minds work as a team (congruent).

Everyone has their own unique experience of reality created by their beliefs and perceptions. **In order to understand their behavior, you need to understand their inner world/inner reality.**

There is a mental structure that underlies your inner reality, concepts, behaviors, skills, blocks and emotions. It determines what you perceive, what you feel, and what you can and can't do. **If you change the structure, your experience will be changed.**

By discovering the structure that creates skills, aptitudes, and talents, **you can acquire those talents for yourself.**

A person's feelings and thought **processes are revealed in their physiology and language**



"Reality...what a concept!"

Robin Williams

Some of the Energetic NLP Presuppositions

These are all models, analogies, and metaphors that are useful but not necessarily true.

Explore them, don't believe them.

1. Beliefs du jour: The concept of "beliefs du jour" is that you are trying to get closer and closer to "the truth", but you don't stop yourself by believing that you can be sure that you have it right. Like the game of horseshoes, you can "win" by being closer to "the truth" without actually being all the way there.



you
you

- 2. We are complex beings, full of paradoxical and conflicting beliefs and programming.** People cause themselves much harm by trying to conceive of themselves in a too simplistic fashion. That is, they want to be able to simplistically say "I am _____". I am creative. I am kind. I am intelligent. I am trustworthy, and so on. People are complex. They have many threads in their personality, and some of them are the opposite of others.
- 3. Your behavior is not who or what you are.** At its best, your behavior is an expression of who you really are. Behavior can be evaluated and changed *by context*.
- 4. "Reality - what a concept",** Robin Williams. People operate from their interpretation of reality (their mental model) not directly off of reality itself.
- 5. Mind, energy, and body are part of the same system.** Emotions, physiological responses, perceptual input, internal processing, energetic flows, and behavioral output all occur simultaneously and are dynamic. Each influences responses in the other. None is separate. None is without impact.

Energetic NLP Presuppositions (2)

- 6. All intuitive information is distorted** by the belief system, perceptions, and conceptions of the person receiving the information. You can be sure that you perceive what you perceive; you cannot be absolutely sure of what it means.
- 7. We create our own reality** from many different levels simultaneously. Each level provides a complete blueprint. A change in any level changes all levels.
- 8. All our life events have a great purpose and a sacred meaning.** The superficial meaning of an event may be completely different from the deeper meanings. No human has the capacity to evaluate impeccably the deeper meanings.
- 9. We are all connected in a very real and fundamental way.**
- 10. We are born ignorant on purpose.**
- 11. We are spirits who have bodies,** both physical and energetic. These work best when aligned. There is a larger self that is "bigger" than the human personality that we are used to thinking of as our self.
- 12. You cannot get into serious trouble without getting serious.**
- 13. For any deep truth, the opposite idea will probably also be true.**
- 14. This is a supportive universe that will co-create with us.**
- 15. The physical world is just as spiritual as the so called spiritual world.**
- 16. From our human perspective, we really don't know what is going on.**

One of the fundamental goals of Energetic NLP is to bring the agendas of the various aspects of yourself into a collaborative framework and relationship with one another.

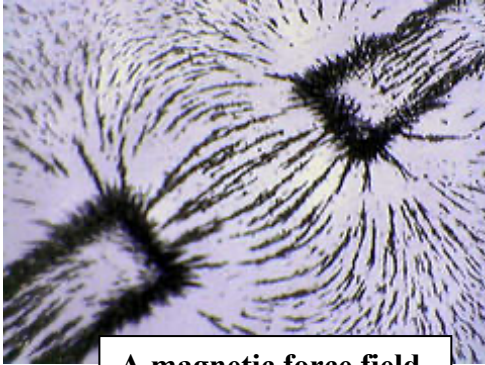
Energy

$$E=MC^2$$

From Physics we know:

Everything is, on its most fundamental level, energy. **If you change the underlying energetic structure of something, it changes.**

Wave-particle duality:



A magnetic force field

Through the work of Albert Einstein, Louis de Broglie and others, current scientific theory holds that **all objects** have both particle and wave nature ("matter waves"). This is a core concept of quantum mechanics. Particles exist in only one place at any moment in time (they have locality), **but waves exist in many places at the same time (non-locality)**. Because all objects have a wave nature, and waves are non-local, **then all objects are non-local too** (exist in many places at once).

This non-locality allows us to perceive and work with people and energies that are physically at a great distance from us!

There now is significant scientific research that shows that:

- Energy follows thought.
- People can affect other people and machines by thinking about them, even at a distance.
- That people can mentally see things that are thousands of miles away from them.
- Physical objects can become "entangled" so that what happens to one, effects the other, even at a distance, and faster than the speed of light.
- There is a fundamental field of energy that connects everything in the universe. It may be the "zero point field".
- There is research and evidence that people can send energy to other people that enhance healing.



“Matter in its subtlest form is prana, a vital energy, which is inseparable from consciousness. These two are different aspects of an indivisible reality.”

“... when a world system comes into being, we are witnessing the play of this energy and conscious reality”.

***The Universe in a Single Atom, pg 110.
The Dalai Lama of Tibet***

Energy Centers (Chakras) and Energy Channels

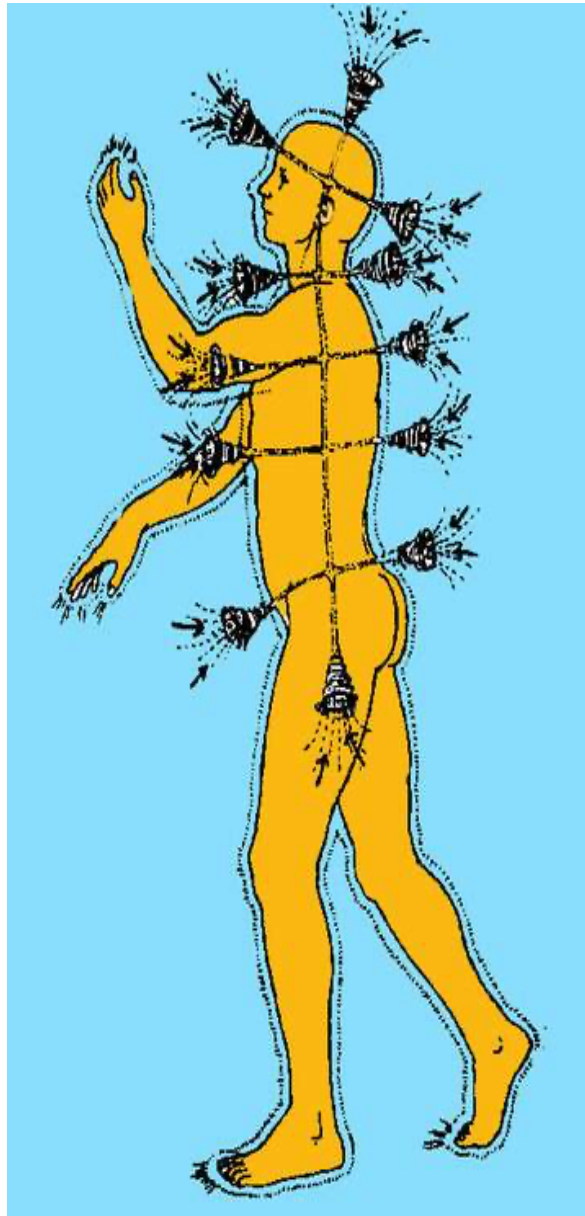
Your energy field (aura) is in and around your body.

Energy runs in “channels” in your body. At certain points, many of these channels come together to form energy centers, often called “chakras”. People usually focus on the 7 so called “primary” energy centers in your body. There are many smaller energy centers all over the body.

There are also “outside of the body centers”, energy centers in the energy field around your body (above your head and below your feet). These also exert a very powerful influence on your life!

Each energy center has different functions. Energy centers receive, process, and release energy. There is a lot of programming in the energy centers that control what energies you can receive, how you process the energy, and what you can or can't do with the energy.

Two Models of the Seven Major Energy Centers (Chakras)



Caroline Chapple

These are just two ways of conceiving energy centers. They are useful and incomplete. See "Blind Men and the Elephant"

Communicating with Your Unconscious Mind

- Why learn to communicate with your unconscious mind?
- Parts: of the body, of the mind.
- Only one you. You are more than the sum of your parts.
- Positive intention.
- Does self-sabotage exist? Are there "id monsters"?
- How to stop fighting with your unconscious and make friends with yourself.

How to Communicate with your Unconscious

- Make it feel safe.
- Give your unconscious mind appreciation and gratitude.
- Use symbols and metaphors.
- The power of pretending.
- Give it time.
- No answer is an answer!!
- Loving yourself.

General Instructions for all the Processes

- For every process
 1. Intention,
 2. permission,
 3. Imagination
 4. Miraculous Self in charge.
- Be playful and curious. Imagine that you are 5 years old and it is just a fun game. No need to be concerned about “doing it right” or “will it work?” Be amused at how serious you are.
- **“What is in the way is the way”. If you have problems doing a process, be curious and explore them.**
- *If you react to other people or judge them, clear what is being activated in you.*
- **Remember that if you aren’t confused, then you aren’t learning.**
- Remember that the processes, like most things, become easier as you practice them.
- **Always ground, move, and stretch after a process is completed.**
- Dissolve all the images when you are finished.
- **You may feel energized at the end, or sleepy.**
- Practice mindfulness: the ability to dissociate and just notice how you are thinking or feeling without judging it.
- **Always fill yourself up with energy at the end.**
“Nature abhors a vacuum”, Aristotle.

Ground and Set the Energy in the Room for Yourself

When: anytime you enter a room, when you have been in a room for a while, with people, at meetings, or alone.

Why: You will be much more present and effective. You will have more access to all of your resources.

Process:

- 1. Scan your body and notice how you feel now.**
- 2. Let the ceiling & walls fill up with universal gold energy.**
- 3. Let the floor fill with a pallet of supportive earth energies.**
- 4. Imagine a gold ball of energy in the center of the room.**
- 5. Let it send out 8 gold lines to the eight corners of the room (4 at the ceiling and 4 at the floor).**
- 6. From the center of the room where the 8 lines meet, have a grounding column come up from the center of the earth attaching to the gold ball.**
- 7. Scan your body and notice how you feel now.**

Note: Everyone in a room can ground and own it at the same time. It is not exclusive or competitive. You are grounding and owning the room from your frequency; and anyone else does it from their frequency.

Visualizing and People's Enormous Fixation on the Subject



- **Many people suffer from picture envy. A debilitating but quite healable condition (yes, I am joking).**
- **I (he says modestly) 😊 did very good "readings" and "healings" for many years without seeing images consciously.**
- Other people did great work only by seeing images and without feeling or hearing anything. Other people just know things and do things with no conscious awareness at all about how they are doing it. Some people go into a deep trance and literally do not have any conscious awareness about what they have done. It can all work.
- **Having access to more systems is a matter of practice, methodology and training. And for many people it is also a matter of clearing limiting beliefs and programming that may block or inhibit these natural abilities. Some of us learned or were taught to be uncomfortable with words, sounds or pictures "in our heads"**

Making Your Unconscious Mind Your Ally

When: Before doing processes. This technique is very simple, and very powerful. Do it daily.

Why: To help access your resources; create a collaborative relationship with your unconscious mind, and to elicit more deeply held information from your unconscious mind.

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Process:

1. Sit comfortably and take 3 easy deep breaths. Relax the top of our head, your jaw, your pelvic area, and your feet.
2. Talk to your unconscious. Appreciate all the wonderful things it does and the incredible power it has.
3. Apologize for getting angry or upset at, or abusive to, your unconscious (yourself).
4. Ask your conscious and unconscious mind to work together with your "M", your inner wisdom and spirit, to create a wonderful life for yourself.

Grounding

When: Many times a day. Particularly in difficult or important situations, with other people, in crowds, before driving, and when working.

Why: to have more access to your information and all your abilities, for earth energy, and for clearing.

Cultures all over the world have spoken of some version of “mother nature”. They recognized that there is a nurturing, supportive energy that comes from deep within the earth.

Process: Grounding

1. Let all the energies in your energy field float.
2. Imagine the earth sending up a grounding column of “mother nature energy” (around 3 feet/1 meter in diameter) from the center of the earth to the base of your spine. **Let the earth do all the work.** You are setting your intention and giving permission, and then let the earth ground you.
3. Give it permission to connect with your authentic energy ONLY, and to gently pull your energy into your body.
4. Imagine that your energy body has a point of light for each cell in your physical body and let each point of light go into the cell it belongs with.
5. Let supportive earth energies flow up it into your body and energy field.
6. Give the earth permission to gently pull out of your energy field any energies your M wants you to release, so that excess energies, energies that are not yours, old programming and beliefs, and old emotions go down it into the center of the earth.

Supergrounding: Male and Female Grounding

When: Anytime, especially when interacting with other people.

Why: More access to your information/abilities. To feel both more spacious and more solid. To be more authentic and decide how you want to be in the world.

For women especially, to not be overly responsible for others.

Process:

1. Ground as before.
2. For Women:
 - a. Imagine energy channels going from your ovaries, breast, and uterus into your grounding column.
 - b. Let the earth pull out programming about how you are supposed to be as a woman and other people's gender energies (female and male)
 - c. Replace the programming with information from your Miraculous Self
 - d. Imagine you can dial up your authentic gender energies and let it run throughout your body.
3. For Men:
 - a. Imagine energy channels going from your chest, prostate gland and testis into your grounding column.
 - b. Let the earth pull out programming and other people's energy about how you are supposed to be as a man.
 - c. Replace the programming with information from your Miraculous Self.
 - d. Imagine you can dial up your authentic gender energies and let them run throughout your body.

Imagine your gender energy flowing freely throughout your body.

Explore your female and male energy. Female energy isn't inherently "girlish" or seductive; and male energy isn't inherently aggressive, "macho" or "testosterone fueled".

Note: It doesn't matter if you still have all your organs; the energetic structure is still there.

Be in the center of your head

When: Most of the time.

Why: To have greater access to your abilities and information. It opens up your ability to perceive energies.

Process:

- Bring yourself into the “center of your head”. You are not aiming for the physical center of your head. It’s a point in the center of your head that is above the eyes. Experiment with it and notice how the different locations affect you.

Check the boundaries of your energy field

When: Most of the time, especially around other people, when meditating, and when driving.

Why: it will help you keep your energy clearer. It will help you have more access to your information, feelings, and abilities. When your energy field is big, lots of people and things are in it.

Process:

1. Notice how you feel.
2. Usually, you want your energy field to be 3-5 feet around you in all directions; up, down, front, back, and to your sides.
3. Adjust it to that size.
4. Imagine that it has a semi permeable boundary (like the cells in your body).
5. Put grounded symbols around your energy field
6. Notice how you feel.
7. Now, imagine grounded symbols around your energy field (above it, below it, in front, behind, left and right). Let energies that come towards your energy field be absorbed by the symbols and the energy is grounded into the earth (like a lightning rod).

Energy Magnets

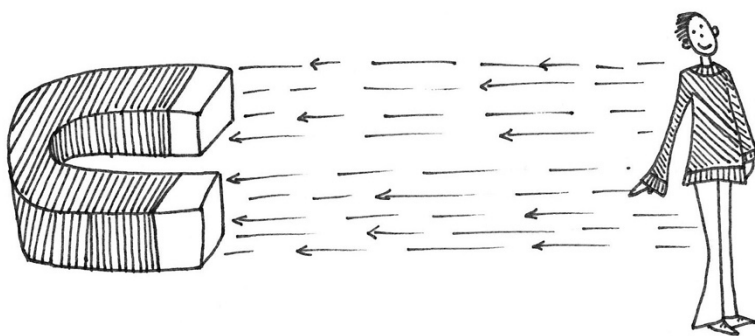
When: Often! Before, during, and after working with or being around other people. When starting a project, in the middle of a project, and at the end of a project. When life is frustrating, annoying, irritating, confusing, or distressing. Upon wakening in the morning and before going to sleep at night.

Why: To clear energies that aren't yours out of your energy field. This process allows you to release other people's energies and connect with yourself.

Process:

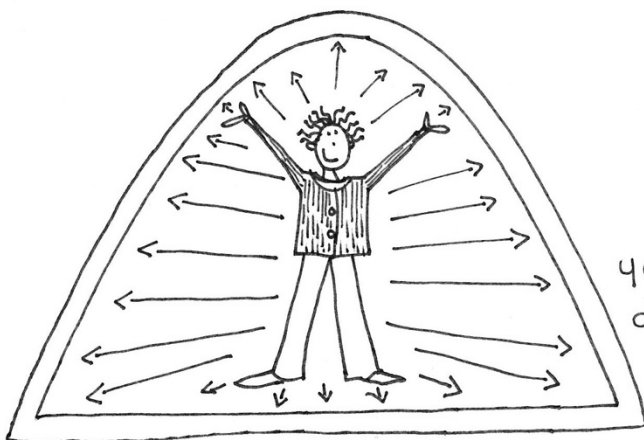
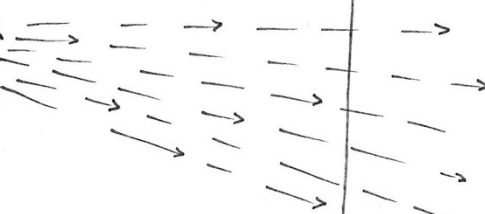
1. Imagine an energy magnet as big as a refrigerator floating about 20 feet above you. Plug it into the earth for power.
2. Let the magnet attract other people's energy, programming, limiting beliefs, or old emotions out of you and your energy field to it.
3. Dissolve, destroy, burn, blow up, or etc, the magnet and what is attached to it, or give it to the earth to recycle.
4. If you feel blocked, let the magnet pull out of you anything that is blocking you from releasing other people's energy, programming, limiting beliefs, or old emotions. Do not resist or fight the energies. If they won't leave, be curious about that.
5. Do the same with a magnet 20 feet below you. Then one in front of you. Then one behind you. And finally ones on the right side and left side.
6. Let more of your essence come into your body and energy field. Let your inner wisdom and spirit, your M, choose earth and universal energies and bring them into you to fill any empty space. Release excess energy out your hands, out of your feet, or down your grounding cord

Clearing energies with magnets



Some people like to imagine a magnet in a big, magnetty shape...

Others prefer to imagine a huge, industrial-sized magnet...



you could even opt for an all-encompassing magnet...

or create something from your own imagination. Whatever appeals to you most, is likely to have the best effect!



(humor and imagination is encouraged!)

“Eye of God” Energy

When: Often! People and events activate your old programming. Before, during, and after working with or relating to other people. When starting a project; in the middle of a project; and at the end of a project. When life is frustrating, annoying, irritating, confusing, or distressing. When you feel blocked or resistance.

Why: This process allows you to release programming and limiting beliefs, other blocks, and barriers, and create a fundamental shift in your life experience. The “hit” becomes a gift.

Process:

1. Imagine there is a screen in front of you.
2. Pick a symbol to use. Let the symbol represent things that are blocking you: a limiting belief, old programming, traumas, and other people’s opinions.
3. Ask your Miraculous Self to bring in Eye of God energy onto the screen and let it dissolve the symbols
4. If you feel blocked from doing this, put up symbols to represent what is blocking you from releasing what is blocking you. If you still feel blocked, put up symbols for what is blocking you from releasing what is blocking you from releasing your blocks.
5. If you still feel blocked, check in with your Miraculous Self to discover if you need to learn or decide something before you can dissolve it.
6. Repeat, repeat, repeat.
7. Ask your Miraculous Self to replace the programming and beliefs with your knowledge, wisdom, skills, and abilities and to fill with your authentic energy and supportive earth and universal energy. Release excess energy out your hands, out your feet, or down your grounding cord.

The Eight Agendas* That Run Your Life

Your life is a result of the interactions between these eight sets of agendas.

These agendas are often in conflict with one another, making it difficult to manifest your dreams.

1. Your conscious mind's agendas.
2. Each part of your unconscious mind can have a separate agenda.
3. Your soul's agenda.
4. Your spirit's agendas.
5. Your physical body's agendas.
6. The agendas of groups you are connected to (nationalities, religions, families, etc.).
7. Humanities collective agendas.
8. Depending on your beliefs, you may want to add another category of agendas. God's, spirit's, life's, the universe's etc.

One of the fundamental goals of the Energetic NLP Program is to bring these agendas into a collaborative relationship with one another.