



***Discover Your Miraculous Abilities Part 2***

**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***

**Art Giser -- The Creator of Energetic NLP**



## **Contact information**

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Most of the illustrations are by Caroline Chapple.

[www.chapplecartoons.co.uk](http://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.

People Are Compelled To Make Meanings Of The Events In Their Lives

Other people, family, teachers, spiritual and religious leaders, organizations, loved ones, groups, your family, and society tell you what meanings you should make of your life events.

***One of the most important abilities and freedoms that you possess is the ability to decide for yourself what the events in your life mean.***



***(Art with a Casa Dog in a spiritual center in Brazil)***

## Key Frames



Be playful and curious when you're exploring energies (just as a 5 year old would be).

Caroline Chapple

**Permission**

**Intention**

**Curiosity**

**Imagination**

**Getting in touch with your own information**

**Neutrality**

**Validating yourself**

**Amusement**

**Playfulness**

## 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.

## When Your Energy is Not Wonderful

1. Ground, having the definite intention that the earth is pulling energies out of your space, your body and energy field.
2. Make and dissolve symbols, use a waterfall, or magnets.
3. Ask future self for help.
4. Use your gold ball to retrieve and clear your energy.
5. Be sure to clear what the energy is hooked into: beliefs, programming, emotions, karma.
6. Run your energy loops.
7. Let energy flow down through you from above, like a waterfall or shower.
8. Use an ocean of healing energy.
9. Ask people for help. Ask spirit for help. Ask for guidance.
10. Check the boundaries of your energy field:
  - Put grounded symbols at edges of your energy field.
  - Temporarily make the boarder to your energy field stronger or even make it solid.



## Your Core Practice

**When:** We will always start every session this same way. Daily practice.

**Why:** *The goal is for you to acquire this core practice as a habit/daily practice.*

**Process:**

1. Start with gratitude and anticipation.
2. Drop into your body and notice how you are feeling. Notice your overall feelings and differences in different parts of your body warm/cool; relaxation/tightness; full/empty, etc.
3. Be in the center of your head.
4. Let gold energy infuse the walls and ceiling.
5. Let earth energies fill the floor.
6. Ground and own the room (notice any changes).
7. Ground yourself (notice any changes in your experience): nurturing energies up and releasing down into the earth.
8. Set your intention and declare this a space of miracles and transformation; playfulness, curiosity, and collaboration, effortless, permission and intention
9. Imagine pulling your energy field in around you so that it is 3-5 feet (1-2 meters) in all directions.
10. Imagine your field has a semi permeable boundary.
11. Imagine a grounded symbol just outside of it that will absorb other people's energy.
12. Run earth and universal energy loops.
13. Acknowledge yourself.
14. Acknowledge humanity.
15. "Say hello" to your "M", inner wisdom and spirit.
16. Set your intention for day/meditation.
17. Fill with your essence and gold energy.

## **Process: Energy Rainbow**

**When:** After doing a process. Any time you want help and support.

**Why:** To bring “digestible” and nurturing energies into your energy field to help and support you.

### **Process:**

1. Be in the center of your head, ground, make and dissolve symbols.
2. Imagine a circular rainbow above your head that contains all frequencies and colors (even the ones we can't physically see) above your head.
3. Ask your M, inner wisdom and spirit, to select the energies that would support you and pull the energies into your field.
4. Any excess energy goes down your grounding cord.

## When Sending Healing or Transformational Energies to People

### It is your role to:

- Have their M guide you and your M
- Offer what you have to offer.
- Offer it with love.
- And then let go of it having to work and "saving" them.

Remind yourself that you are not God, and you don't know what is "supposed" to happen.

We do not inflict healings or transformation on people. It is always permission based.

### **Process: Simple Healing/transformation technique**

**When:** To send a healing or transformation to yourself or another person.

**Why:** Its fun. It helps you and them.

Note: your clients are powerful beings in their own right, more than they imagine! It is unintentionally demeaning to them to believe that they need you to save them. It is not your responsibility to heal their problems. It is your role to offer what you have to offer, offer it with love, and then let go of it having to work. Remind yourself that you are not God, and you don't know what is "supposed" to happen.

### **Process:**

1. Be in the center of your head.
2. Do your core process
3. Create and dissolve symbols.
4. Imagine your screen.
5. Let golden energy clean it off and charge it up.
6. Ask your M and their M to work together.

7. See yourself or another person on the screen. You can just put up a vague gingerbread man or women. It doesn't have to be clear or detailed.
8. Ask that the relevant energy blockages, programming, or other people's energy appear as black dots on the image.
9. Ask their M to show you what energies they want you to clear.
10. Imagine using energy to wash off and dissolve the dots.  
Sometimes you may not have permission to dissolve it, but you do have permission to move it out of yours or their space.
11. Make and dissolve symbols (for the blocks). If you are releasing other people's energy let it go down to the earth.
12. Fill yourself with gold energy.
13. If you were helping another person:
  - a. Return any of their energy to them or to the earth.
  - b. Put a gold ball of energy above your head. Let it pull your energy out of the other person's space.
  - c. Fill them with gold energy.
  - d. In your mind, see them as a vast, beautiful, and powerful being who will continue their transformation, and declare your involvement in their transformation as finished.
  - e. Let the gold ball clean and charge up your energy and then let it beam it into your body and energy field. Let any excess go down into the earth.

## About Art Giser



Art has been a NLP trainer for 24 years, a practitioner and trainer in intuitive development and energetic healing for over 25 years. He lives in San Francisco, and has clients in the US, Europe, Australia, the Middle East, and South America.

### ***Art's background:***

- Art studied with all of the major developers of NLP including Richard Bandler, John Grinder, Leslie Cameron-Bandler, Michael Lebeau, David Gordon, Robert Dilts, and Steve and Connie Ray Andreas.
- Art was part of the NLP research team headed by Leslie Cameron-Bandler, David Gordon, and Michael Lebeau that developed Imperative Self Analysis. He was one of the first two trainers certified by them to teach Imperative Self Analysis.
- Art was in the first NLP and Health workshop with Robert Dilts in 1985 and has completed the health certification program.
- Art balances his NLP and energetic experience with a strong background in scientific research. He managed a research lab in reproductive endocrinology for 11 years at the University of California, San Francisco Medical School and Hospital.
- Art has received two "empowerments" directly from the Dali Lama.
  - For the last 25 years, Art has studied intensively with a diverse group of spiritual teachers, intuitives, and healers including: John Friedlander, author of two books on energetic development; John Fulton (founder of Aesclepiion); Joseph Martinez, former president of the Philippine Psychic healers Association of America; John Norman; Robert Rasmussen who created the Regenesi healing system.

"Isabel and I are excited about the training you are developing. We think that working in the human energy field is the next great breakthrough in NLP."  
Roger Bailey, Developer of the Lab Profile

"Art is a superb and gifted trainer, one of the best. He combines warmth and humor with exceptional clarity, and is absolutely committed to his participants achieving their goals." **Leslie Cameron-Bandler, co-developer of Neuro- Linguistic Programming (NLP) and Imperative Self-Analysis.**

*"I have had the privilege of knowing Art for more than 20 years. In all my interactions with him, I have found Art to be a man of integrity, intelligence, skill and heart. In addition, Art has tremendous versatility. He can address the delicate personal and emotional terrain of human emotions and at the same time stay focused on achieving practical outcomes. I am frequently called upon to make referrals for a variety of coaching and consulting and Art is always at the very top of my list. I wholeheartedly recommend him as a trainer, coach, consultant and practitioner. Whatever the situation is, Art will be able to help!"* **Robert Dilts, one of the leading developers of NLP, and author of 14 books on applications of NLP.**

*"Based on my personal experience, I believe Art Giser to be a gifted healer with a down to earth perspective. I am not qualified to judge whether their work is truly 'psychic" - nor do I care about that. An NLP practitioner with an open mind can significantly enhance his or her awareness and effectiveness by studying with him."* **Tamara Andreas, NLP Trainer & Author.**

"I met Art 18 years ago. We had both studied psychic and human development for many years already. Immediately we began an exciting collaboration that has grown more and more exciting. I have observed Art becoming ever more skillful, powerful and effective; synthesizing meditative disciplines from the East and the West, and even from South America, into a unique, extraordinarily helpful system. Art stays grounded and adventurous, practical and visionary; and can communicate all this information clearly and directly." **John Friedlander, author of Basic Psychic Development: A User's Guide to Auras, Chakras & Clairvoyance**

***"Art Giser's work powerfully combines NLP and energy utilization. He guides the individual to new levels of awareness that create a pathway to deeper connections with the instinctual self" - Ann Gardner, Ph.D., NLP Trainer***

*Art Giser is a fine person as well as being a truly gifted teacher and healer. We have seen and experienced the deep changes that can occur as a result of his fascinating work. He blends energy work with powerful NLP patterning about as well as it can be done. We both recommend his training and his work.* **Tim Hallbom, President Kris Hallbom, Co-Directors, The NLP and Coaching Institute of California.**

## **Art's philosophy:**

- ❑ People who are helping other people should enhance their own lives in the process. They do not have to sacrifice for their clients.
- ❑ Anyone can work with the human energy field, you were born with that capability, it only needs to be nurtured.
- ❑ Learning and personal transformation can be fun.
- ❑ The role of a teacher is to open doors and to help people access their own truth.
- ❑ Exploring your energetic nature is an amazing exploration that can add more depth and joy to your life.
- ❑ Western medicine and energetic healing are synergistic approaches to health and wellbeing.

## ***Art Giser is passionate about those he works with and says:***

"People like yourself are a wonderful gift to the world. You help other people lead happier, more successful, and more satisfying lives."

## **Art Giser**

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