



Discover Your Miraculous Abilities

Day 1

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Most of the illustrations are by Caroline Chapple.

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.

- 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" to support (not to the whole group!).**
- **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 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.
- 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. **We are likely to project our 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!!!**
- If you have health issues, emotional or mental issues, you should always seek expert medical advice and treatment along with energetic and mental healing work. **This workshop is not a substitute for medical care, one on one counselling or therapy.**
- Drink lots of water during the workshop.
- Be amused and have fun.

You Are In The Right Place ...

- If you wonder, suspect, or know that you are more than just your conscious mind, unconscious mind, and body.
- **Sense that you have so much more potential than you have manifested in your life so far (no matter how successful you have been).**
- If your life is great and you are always looking for your next steps in your personal and spiritual development.
- **If you feel stuck, frustrated, or disappointed with some aspects of your life.**
- You want to really, really, really enjoy your life.

You Are In The Right Place If You Have a Deep Desire To ...

- **Grow and develop personally and spiritually**
- Live an authentic, meaningful and satisfying life.
- **Develop your miraculous abilities.**
- You want to contribute to making the world a better place
- **Experience more spiritual joy**

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 super heroes 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, **these childhood dreams are 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.

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 limit you

What is Energetic NLP™?



A unique and powerful blend of

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

Some Key Concepts

- There is an energy field in and around the human body that has a profound effect on your life
- We are all interconnected spiritually and energetically.

Science is proving that the above concepts are true

- Everyone is a vast, beautiful and powerful spiritual being
- Everyone has amazing, miraculous, and magical abilities

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

Deepak Chopra

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.**
- Greatly enhance your ability to help your clients/friends/family/love ones.
- **START running your own life.**
- **Better relationships**
- Experience the vast radiance and secret wonders that fill the world.

Some of the Benefits of Energetic NLP

1. Accelerate your spiritual mental, and emotional growth.
2. Learn how to work with NLP and energetic systems to create something more effective and transformative than either one of them alone.
3. Open up your "knowing"- your ability to tap into your highest wisdom.
4. Increase your ability to intuitively know what is going on with your clients beyond what they have told you.
5. Set the energy of a meeting to facilitate collaboration, creative problem solving and to bring out the best in people.
6. Enhanced physical healing and increase vitality.
7. Skillfully work with people's intense emotions and energy.
8. Release energy you have trapped in old emotions, limiting beliefs and programming.
9. Clear programming and beliefs energetically.
10. Recover your energy from others.
11. Run your own energy throughout your body - a key to maintaining health.
12. Open up and increase your ability to perceive energies - your clairvoyance, clairsentience and clairaudience.
13. Release karma.
14. Have more satisfaction and joy.
15. Use energetic techniques to enhance the effectiveness of the other modalities that you already use.
16. Be less influenced by your history, family and friends and more clear on your own truth
17. Open up to a whole new world of exploration.
18. 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

**Have A Conversation With Your Present
and 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?



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.

In John Godfrey Saxe's version of "The Blind Men and the Elephant", the poem ends:

*And so these men of Indostan disputed loud and long,
Each in his own opinion exceeding stiff and strong,
Though each was partly in the right, and all were in the wrong!*

Moral:

*So oft in theological wars, The disputants, I ween,
Rail on in utter ignorance of what each other mean,
And prate about an Elephant Not one of them has seen!*

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.

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 it.

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.

“I became one with color”
Paul Klee

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.

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.



"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

“Everyone is an embodiment of a vast and beautiful spiritual being.”

Art Giser

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.

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. One of Aesop's Fables speaks of this.

THE OAK AND THE REEDS



A Giant Oak stood near a brook in which grew some slender Reeds. When the wind blew, the great Oak stood proudly upright with its hundred arms uplifted to the sky. But the Reeds bowed low in the wind and sang a sad and mournful song.

"You have reason to complain," said the Oak. "The slightest breeze that ruffles the surface of the water makes you bow your heads, while I, the mighty Oak, stand upright and firm before the howling tempest."

"Do not worry about us," replied the Reeds. "The winds do not harm us. We bow before them and so we do not break. You, in all your pride and strength, have so far resisted their blows. But the end is coming."

As the Reeds spoke a great hurricane rushed out of the north. The Oak stood proudly and fought against the storm, while the yielding Reeds bowed low. The wind redoubled in fury, and all at once the great tree fell, torn up by the roots, and lay among the pitying Reeds.

Better to yield when it is folly to resist, than to resist stubbornly and be destroyed.

From, *The Aesop for Children, With Pictures* by Milo Winter

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 not judging something as being right or wrong (not necessarily 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.

Fundamentals of Creating a High-Quality Life

Discover: Discover who you are; what is and isn't your energy; what is and isn't your information; Discover what you like, what you don't like, and what really is important to you.

Vision: You can 'make it come true' or be on a quest.

- Create a clear vision that will really fulfill your criteria and themes of fulfillment. "I want this, or better."
- Or be on a quest. Just, trust that the goal and the path will be revealed as you engage life.

Transform: Discover and transform conscious and unconscious blocks, old concepts, energetic blocks, programming, barriers, and ineffective patterns.

Access resources: Utilizing resources that you already have, but aren't using in this context.

Acquire: New skills, talents, know how, and accessing "new" sources and types of energy.

"Propulsion": Motivation, encouragement, joy and commitment.

Let it be a co-creation. Use your goals, but don't be limited by them. Allow and receive support.

Don't take it too seriously. Have fun.

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

Energetic NLP Presuppositions (3)

1. The seemingly negative situations in our lives have been co-created by some part of our selves in order to teach ourselves.
2. Mind, spirit, and body are one system.
3. 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.
4. You cannot get into serious trouble without getting serious.
5. For any deep truth, the opposite idea will probably also be true.
6. Most of your intuitive development is simply learning how to recognize and utilize sensations you have been taught to ignore.
7. All dis-ease starts on an energetic level. You can most likely treat and prevent dis-ease by healing on an energetic, emotional and/or spiritual level.
8. This is a supportive universe that will co-create with us.
9. People communicate through energy, behavior, and language. The most accurate information is energetic, then behavioral, then language.
10. Existence occurs in many levels.
11. The physical world is just as spiritual as the so called spiritual world.
12. 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.

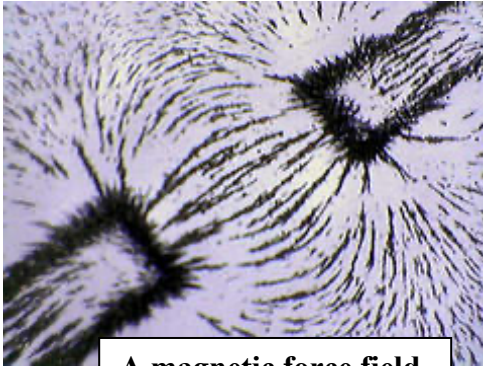
Energy

$$E=MC^2$$

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: Through the work of Albert Einstein, Louis de Broglie and others, current scientific theory holds that **all**



A magnetic force field

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.

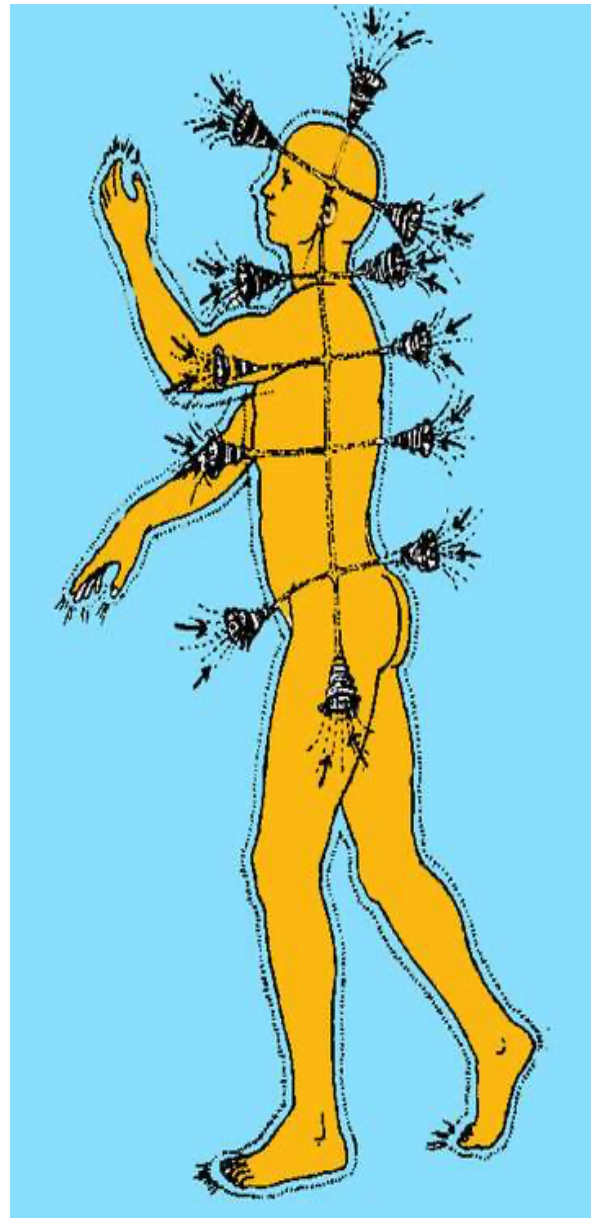
There are also “outside of the body centers”, energy centers in the energy field around your body (above your head and below your feet). These also exert a very powerful influence on your life!

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”**

**You have more than those 7 chakras, and some are
above and below your body**

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.

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.

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

Neutrality

Intention

Validating yourself

Curiosity

Amusement

Imagination

Playfulness

Getting in touch with your own information

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.

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.

Processes

General Instructions for all the Processes

- **Intention, permission, imagination, put your 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.

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.

Male and Female Grounding

When: Anytime, especially when interacting with other people.

Why: More access to your information/abilities. To nurture your body. To feel both more spacious and more solid. For women, to not be overly responsible for others.

Process:

1. Ground as before.
2. **For Women:**
 - a. Let energy go from your grounding column into your breasts, ovaries and uterus.
 - b. Let the earth pull out programming and other people's energy about how you are supposed to be as a woman.
 - c. Replace the programming with information from your M, wisdom and spirit.
 - d. Imagine you can dial up your authentic female energy and let it run throughout your body.
3. **For Men:**
 - a. Let energy go from your grounding column prostate gland and testis.
 - 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 M, wisdom and spirit.
 - d. Imagine you can dial up your authentic male energy and let it run throughout your body.

Imagine your gender energy flowing freely throughout your body.

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

Note: It doesn't matter if you still have all your organs; the energetic structure is still there. We all have male and female energies, try grounding both!

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.

You are not resisting the energies, you are just redirecting them

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. Notice how you feel.
6. 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 then the energy is grounded into the earth (like a lightning rod).

Energy Magnets

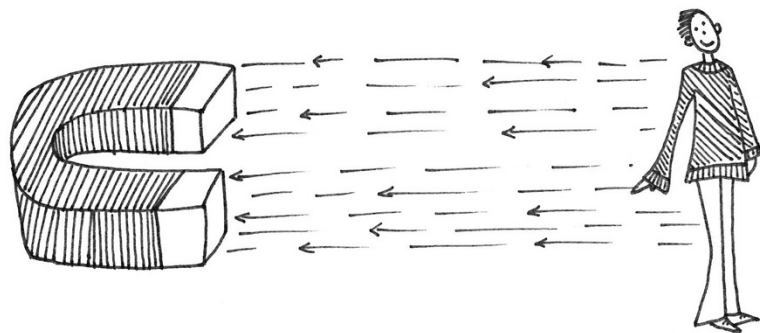
When: Often! Before, during, and after working with or being around other people. When starting a project, in the middle of a project, and at the end of a project. When life is frustrating, annoying, irritating, confusing, or distressing. Upon wakening in the morning and before going to sleep at night.

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:

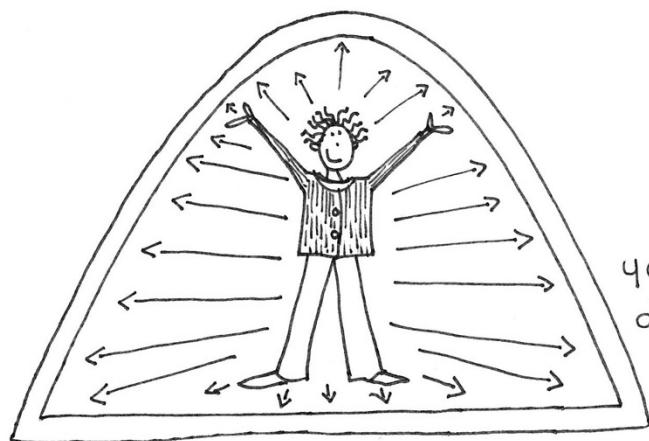
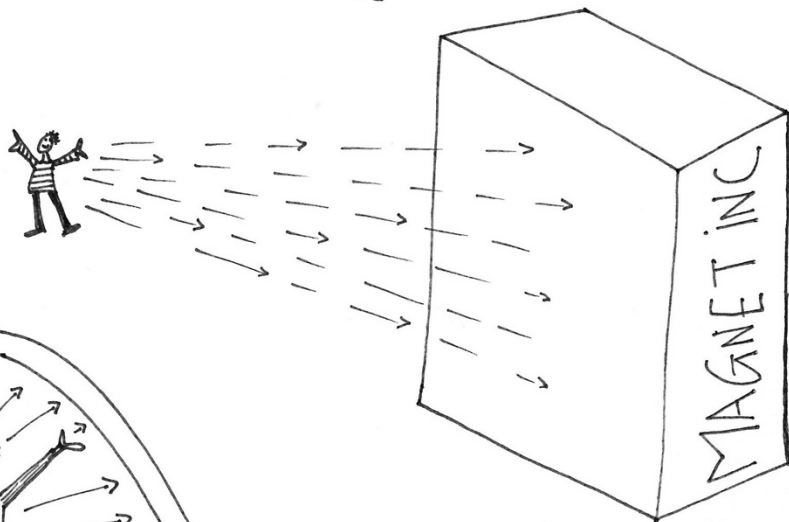
1. Imagine an energy magnet as big as a refrigerator floating about 20 feet above you. Plug it into the earth for power.
2. Let the magnet attract other people's energy, programming, limiting beliefs, or old emotions out of you and your energy field to it.
3. Dissolve, destroy, burn, blow up, or etc, 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!)

Your screen

When: When you want to look at your energy or other people's energy.

Why: It allows you to look at energies in a way that keeps you more separate from them. It makes it easier to be neutral.

Process:

1. Be in the center of your head.
2. Create and dissolve a few symbols.
3. Imagine a screen, like a movie screen, out in front of you.
4. Let golden energy clean it off and charge it up.
5. See yourself or another person on the screen.
 - a. You can just put up a vague gingerbread man or women. It doesn't have to be clear or detailed.
6. Ask that the relevant energy blockages, programming, or other people's energy appear as black dots on the image.
7. Make and dissolve symbols and fill up the image with gold energy. Seeing the black dots dissolve off the screen.

Create and Dissolve Symbols

When: Often! People and events “light up”, (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. Pretend there is a screen in front of you.
2. Pick a symbol to use (a ball, pyramid, cube, cloud, dark spot, flower, and rock, anything you want).
3. Let the symbol represent something that is blocking you: a limiting belief, old programming, traumas, and other people’s opinions. It is not important that you know what the block is.
4. Dissolve (destroy, burn, blow up etc.) the symbol. Or give it to the earth, God, send it into the sun, or
5. 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.
6. If you still feel blocked, check in with your M, inner wisdom and spirit, to discover if you need to learn or decide something before you can dissolve it.
7. Repeat, repeat, repeat.
8. Replace the programming and beliefs with your wisdom and spirit. Fill with gold energy. Release excess gold energy out your hands, out your feet, or down your grounding cord.



At the end of every process be sure to dissolve any symbols you've imagined

Caroline Chapple

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.

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).
- What you know consciously and what you can do are 2 different things
- People think in images, words, feelings, tastes, smells, and in other systems.
- All of these ways of thinking have their own uses, strengths and limitations.
- Few people have easy access to all of their systems. It is possible and desirable, but not at all necessary to develop access to all of your thinking systems.
- 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”
- **The point: First focus on what is easy for you, go with your strengths, and then add to your skill set.**



There's no need to suffer 'picture envy'

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.

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”, inner wisdom and spirit, to create a wonderful life for yourself.

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, effortlessness, 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.

In this program it is not your job to heal/help other people.

It is not their job to heal/help you.

You are here to practice and develop your abilities.

You will be helping each other, but that is secondary

Process: Super 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. Ask permission, let them know their M is in charge of what happens and how
2. Imagine you are both in a golden ball of energy filled with healing and transformative energies and divine love.
3. Be in the center of your head.
4. Do your core process
5. Create and dissolve symbols.
6. Imagine the chakras opening in your hands/fingers
7. Ask your M to partner with their M and do what it wants (you do not need to consciously know what that is)
8. Ask your M to channel earth and universal energies through your hands (not through your body!!!) to them. This can be in person or anywhere in the world
9. When it feels complete, stop sending energy
10. Imagine the earth grounding them and grounding you
11. Imagine any energies their M or your M don't want are going into the earth to be transmuted.
12. Imagine they are being filled with more of their essence and supportive energies
13. Your M send their energy back to them and retrieves your energy from them
14. See them as a vast, beautiful, and powerful being who will continue their transformation, and declare your involvement in their transformation as finished.
15. Use your magnets, and make and dissolve images (or eye of god), ask your M to fill you with more of your essence and helpful energies

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:

16. Be in the center of your head.
17. Do your core process
18. Create and dissolve symbols.
19. Imagine your screen.
20. Let golden energy clean it off and charge it up.
21. Ask your M and their M to work together.
22. 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.
23. Ask that the relevant energy blockages, programming, or other people's energy appear as black dots on the image.
24. Ask their M to show you what energies they want you to clear.
25. 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.
26. Make and dissolve symbols (for the blocks). If you are releasing other people's energy let it go down to the earth.
27. Fill yourself with gold energy.
28. 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 40 years, a practitioner and trainer in intuitive development and energetic healing for over 41 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 41 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 Regenesys 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 40 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 many 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.
- Everyone is an embodiment of a beautiful and powerful spiritual being
- 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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