

# Personal and Spiritual Development

Can Be Easy and Fun!

*Process to Do Everyday!*



## **Empaths:**

**Surviving to Thriving to  
Being a Playful Empath**

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**Images by Caroline Chapple**

*“You offer what you have to offer.*

*You offer it with love.*

*You let go of it having to work.*

*You remind yourself you are not God, and you do not know ultimately what is supposed to happen”*

Ram Dass

# 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**

# **Miraculous Life System**

## **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 your 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*

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

## 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. Declare that you are the sovereign of your energy field, but do not resist other energies. Declare they have no power in your energy field
3. Usually you want your energy field to be 3-5 feet around you in all directions; up, down, front, back, and to your sides.
4. Adjust it to that size.
5. Imagine that it has a semi permeable boundary (like the cells in your body).
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.

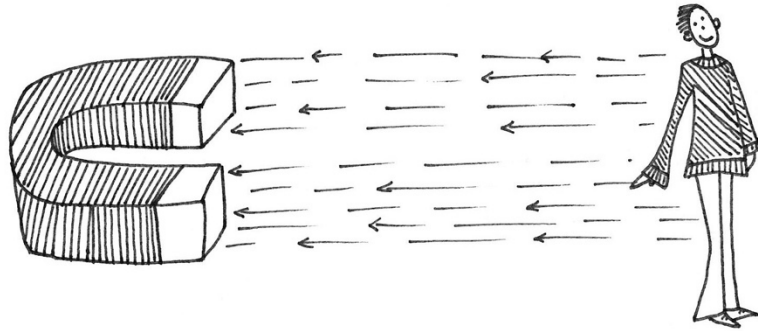
When starting a project, in the middle of a project, and at the end of a project. When life is frustrating, annoying, irritating, confusing, or distressing. Upon waking in the morning and before going to sleep at night.

**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:

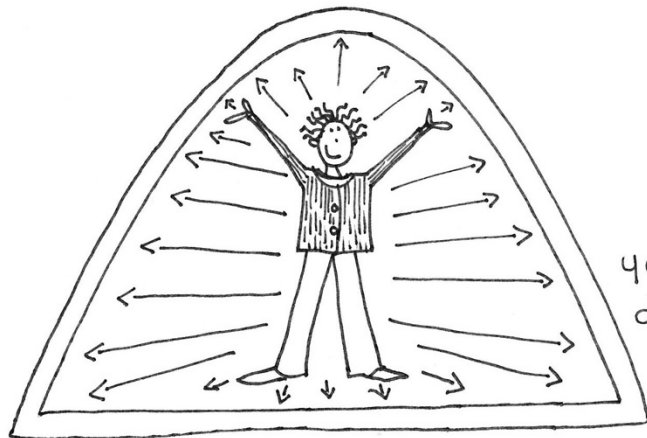
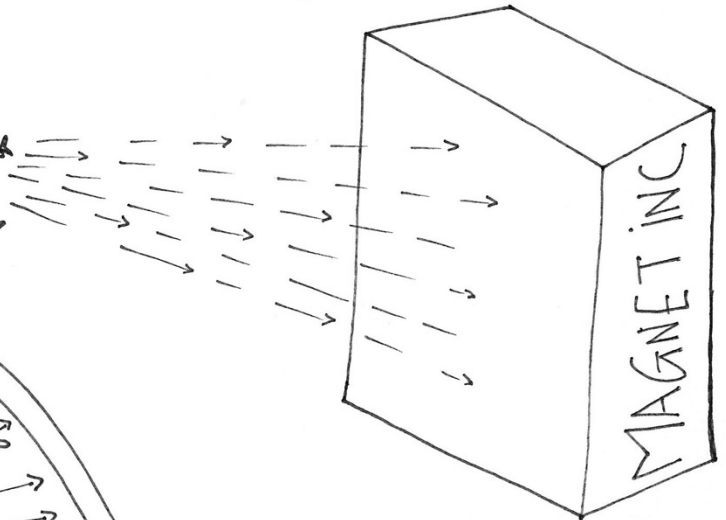
1. You will be clearing energies that are not yours, not in present time, and not helpful. You are not judging them as positive or negative, just are they helpful or not helpful
2. Imagine an energy magnet as big as a refrigerator floating about 20 feet above you. Plug it into the earth for power.
3. Let the magnet attract other people's energy, programming, limiting beliefs, or old emotions out of you and your energy field to it.
4. Dissolve, destroy, burn, blow up, or etc, the magnet and what is attached to it, or give it to the earth to recycle.
5. 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.
6. 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.
7. 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!)

## 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 in a sacred flame, dissolve in a sacred lake of energy, 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. And p 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.

# Practice

**When:** Before, during after, being with people

**Why:** *The goal is for you to acquire this 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. Super Ground yourself (notice any changes in your experience): nurturing energies up and releasing down into the earth.
4. **Set your intention and declare this a space of miracles, transformation, playfulness, curiosity, collaboration, effortless, permission and intention**
5. Imagine pulling your energy field in around you so that it is 3-5 feet (1-2 meters) in all directions.
6. **Imagine your field has a semi permeable boundary.**
7. Imagine a grounded symbol just outside of it that will absorb other people's energy.
8. "Say hello" to your "M". Ask it to be help you keep your energy clear.
9. **Set your intentions**
10. Retrieve your energy and fill with your essence and supportive earth and universal energies.