



**The Joy of
Modern Energy Art**

with Silvia Hartmann

2018

2

The Joy Of Modern Energy Art
Course Manual Accompanying The Video Series

Created by Silvia Hartmann 2018
Exclusively For

The Guild Of Energists GoE.ac

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MEA 0/0: The Story Of Modern Energy Art



Mirror Ball Messages

Hello and welcome to The Joy Of Modern Energy Art!

My name is Silvia Hartmann, and I am the originator of Modern Energy Art.

I can tell you the exact time and date when Modern Energy Art first came into being, because it is written on the back of the canvas of the first piece.

This piece taught me about the inordinate power of art to raise us up, to help us grow up, to lead us towards the truth, towards the light.

As always, this is a very personal story.

It is high noon, 12pm, on a bright and blustery October day in 2003, and my aspect is literally suicidal.

Many things were going on in her life at that time, and it had all come to a head, shortly after moving into emergency accommodation.

And so we find me sitting on the floor of an otherwise empty kitchen, in an empty house, and I had run out of hope, faith, energy, everything.

There seemed to be no reason to be going on, when in the midst of that, a sun spot on the wall, high up and to the right, caught my attention.

It was perfectly circular, and it was dancing.

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I became mesmerised and the thought occurred that this light was writing a message on the wall.

And from the depth of deepest, darkest depression and hopelessness, there came an understanding and a realisation that as everything moves through space, it writes its own life into the fabric of everything, leaves a trail that is the story of its life.

In deepest fascination, I got up to find the source of the light.

It was a little mirror ball that I had not known what to do with the day before, and had pinned it to the washing line outside the kitchen window.

And at this one precise moment, the sun was at the right angle in the sky to hit the mirror ball and produce this one single nightspot on the wall that I had seen to be dancing for me, writing its story in living light ...

Just seconds before, I had been so exhausted that I had literally slid down the wall because I couldn't stand upright any longer.

Now, I was running from the room, up the stairs, searching amid a pile of boxes to find a canvas, and I found one, a random little old canvas, and I found a pen, ran back downstairs, heart beating high – thank God, the nightspot was still there, and it was still dancing.

I dragged a chair across, climbed on it, held the canvas to the wall and started following the path of light with the pen, creating a pattern of movement on the canvas – and then the light became fainter, and then it disappeared.

But I had proof of its existence, that I had seen it, that this had really happened ...

I stood and stroked the canvas with the path for a while. I realised that where the lines had crossed, there were distinct segments and these wanted, needed to be coloured in.

But I had no paints. They had not arrived yet.

A box of toys stood in the hallway, and I remembered that these contained some little tiny pots of paints that belonged to my son and were designed for painting models – I found them.

Mithril Silver, Space Wolf Grey, Gore Red and Bleached Bone White.

I had no paintbrush!

There was a kitchen sponge on the sink.

I used the edge of it to apply the colours.

And then it was done.

Mirrorball Messages.

I was in awe of the experience.

I had learned so many things.

There was such an expansion of potential, of possibility.

Such an inspiration – literally, in the true sense of the word, it put the spirit back into me in an instant that had seemed so irretrievably broken.

Such an understanding of the power of art to uplift and heal.

Such an understanding that our own traces, our own movements we leave on a canvas are a record of our own movements through space.

I had had a true enlightenment experience.

Whatever I had thought “art” was before was gone.

Instead I found myself in a different world, where art is magic, where magic is reality, where we leave our traces in the sands of time.

It was the beginning of me thinking and feeling very differently about art, about reality and about myself.

It was the start of an exploration that only a few days later led me strait into Art Solutions – the forward movement, the portal that leads us finally out of the labyrinth of the past and into a whole new future.

The Art Solutions Enlightenment Experience

After the Mirror Ball Messages experience, I started to doodle lines on paper. I would simply let my hand move as it would, and on one occasion, I was sitting at the kitchen table, thinking about one of the many problems I was dealing with, and my hand started to make lines on the note pad without me having told it to do so.

As I was watching the lines, I could feel my energy shift. There was a noticeable tingle going through my entire body, and then a sense of great warmth and I gave a huge, deep, long sigh of relief.

The act of drawing the lines, creating a complex symbol, had shifted my energy.

I tried to get the problem back I was thinking about, but that too was different.

I decided to go out and talk to a friend about it, rather than to sit and brood any further.

The friend in question was an extremely amazing artist, a very intelligent man, who had a problem everyone knew about, because he was constantly painting it for all to see, on very large canvases and in black, grey and blood red at that.

It was a self portrait of his face, and the nose and eyebrows were formed by a bleeding Christ on the cross.

He had been painting the exact same thing for as long as I had known him.

The paintings were getting bigger, they were getting ever more grizzly and disturbing, and still, he was painting the same thing over and over again.

As I entered his studio on that particular day, he was at it again. He was violently stabbing at the huge canvas with the brush and didn't even notice I was there.

As I was watching him, it became completely clear to me that he was trapped in a loop, in fact in a vicious downward spiral, that he wasn't moving forward and it also became blindingly obvious what needed to be done to get him out of it.

I went to him and touched his upper arm, which startled him out of it and I said to him, "You have been painting the problem all this time.

"Why don't you paint THE SOLUTION?"

He stared at me, then blinked slowly. Shook his head.

"I wouldn't know how!" he said. "How? How do I paint the solution?"

I said, "I don't know! If the problem had a solution, what colour would it be?"

There was the magic moment where time seemed to stand still and then he shouted, "BLUE! IT WOULD BE BLUE!!!"

He raked the canvas off the easel, ran to grab another one, ran to grab a pot of royal blue paint, then ran and found white, started mixing it and I was forgotten as he started to apply the sky blue to the top left hand corner of the canvas in round, swirly strokes.

I stood and watched him in awe and in amazement, in utter gratitude because he had given me the missing piece I needed to really understand what art is for – we don't paint the problems, we artists create the solutions.

Wow.

I knew this was the key – not just to painting, but to every kind of art.

To bring about something amazing, a transformation, an evolution of the artist themselves and their societies around them.

Don't paint the problem, paint the solution!

Don't write a song to tell the world how miserable you are.

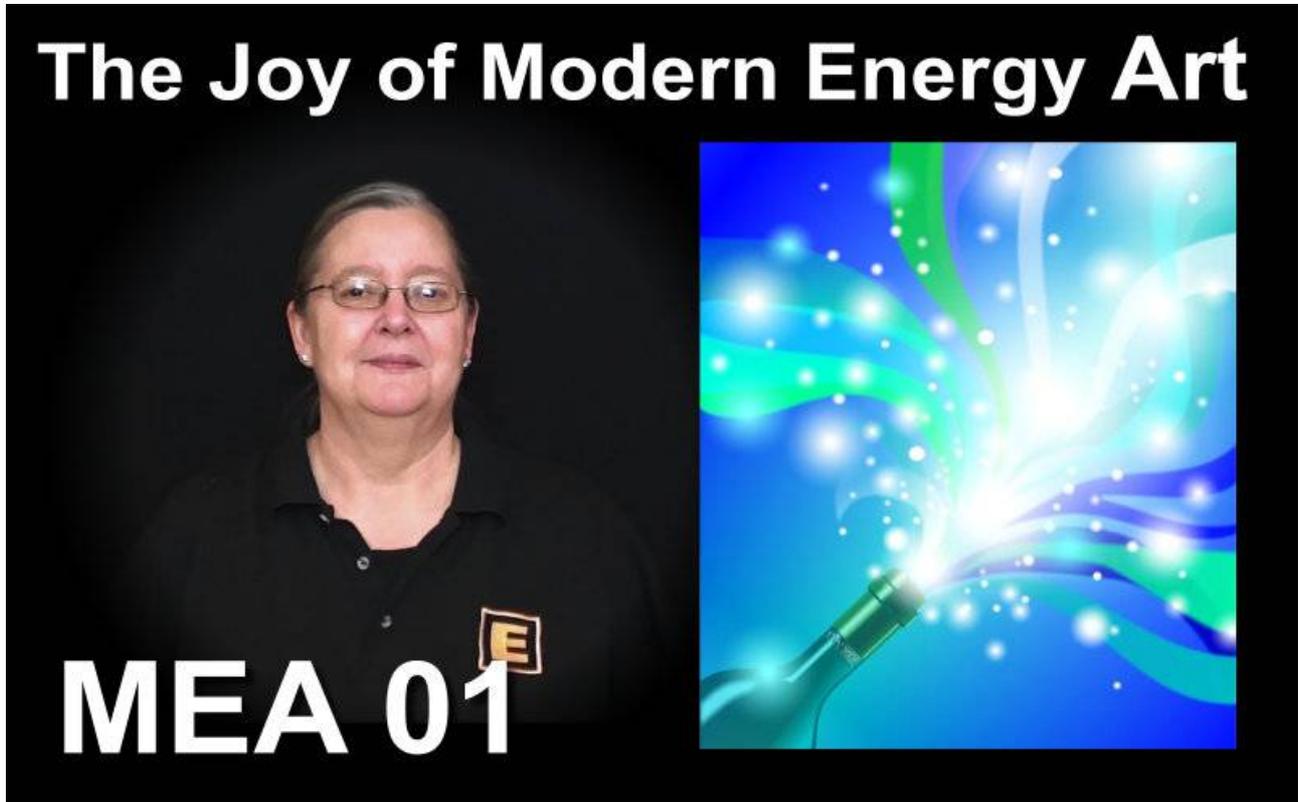
Write the song that will uplift you, heal you, take you to the next level.

This isn't ignoring the problem, or pretending it doesn't exist, or sticking your head in the sand.

Quite the opposite.

In even attempting to seek a solution, an ART SOLUTION, we break out of the loops and vicious circles that have consumed the best artists and set us free to make an extraordinary contribution – our records of movements in the sands of time, our legacy of love.

MEA 0/1: The Joy Of Modern Energy Art



Modern Energy Art Is For Your Soul

I have always done art to keep myself sane and functioning in physical reality.

There has never been a time where my art has not been my best friend, my saviour, my space of exploration, my space of freedom.

I always knew that without art, I wasn't going to make it.

What I did not know was that I am not as different from the rest of humanity than I thought I was.

- ★ **Art is a human birthright.**
- ★ **Art is incredibly important for any human being to undertake, explore, make their own.**
- ★ **Art reaches the parts of us that cannot be reached in any other way.**
- ★ **Art provides us with experiences that cannot be had in any other way.**
- ★ **Art gives us an understanding of our purpose and our power, our true power to shape reality that nothing else ever could.**

By taking art away from the people, both the creation of art as well as the ownership of true art, a spiritual disablement occurs that cannot be repaired in any other way.

By telling people that art is only for the chosen few, a huge lie is being perpetrated that is leaving

human beings broken spirited and not living up to their true potential the world over.

By preaching that art is not important, that it is only something a few crazy people do, and leaving only a few crazy people to do all the art on behalf of society, humanity is robbed of more than we will ever really know.

The parts of the energy system that wake up and become engaged when we even attempt to do art have everything to do with the power of creating something, being a CREATOR of your own life.

I have said that “People without creativity are like angels with broken wings.”

There is so much sadness in that statement. Such a loss, it is incalculable.

Awakening that flame that every human being has inside of them, feeding that flame so it burns brightly, lights up the darkness, that is my mission and what I call “the legacy of love.”

Art is from and for that flame.

That flame is the human soul.

Breaking The Barriers In Art

All the many, many lies we were told all our lives long produce barriers, walls, that get between a human being and their birthright to be CREATORS, to be artists.

The first and greatest wall of the many walls that form the prison labyrinth which keeps people small and scared inside is the notion that somehow art has to be pretty, or perfect, or conform to society's idea of what is good art and what isn't.

Let me be clear, let me say this loud and clear, and please hear this, understand it, take it to heart.

A shaky stick figure produced by a homeless man who put his heart, soul and love into it is worth a million times more than a clever anatomically correct drawing by some snooty art student who has learned all the tricks of the trade.

That shaky stick figure is real art.

It has energy, it has power. It has the power to move us to tears as we watch the homeless man draw his stick figure with a stone on the side walk.

He is drawing his movements into the fabric of time and space.

The stick figure cannot be improved upon.

It cannot be "criticised."

It is the true testament, the truth, it is perfect, it is precious, and it is beloved.

There is literally nothing that will ever surpass it.

There is nothing that will ever be more powerful.

The homeless man can practice, study with some great artist who knows how to draw people.

He can do a million more stick figures, and not one will be any better than the first one.

There is no hierarchy.

There is no competition.

There is no judgement.

Each work of art is that testament to movement through time.

This is why I say this, and this is why it says this in the Modern Energy Art manifesto.

The Modern Energy Art Manifesto

1. Art Is Love
2. Art Is Evolution
3. Art is Precious

These three statements are at the heart of Modern Energy Art.

Modern Energy Art is for everyone.

It welcomes EVERYONE with open arms.

You have to prove nothing before you can start your own journey towards healing, towards evolution, towards love.

You don't have to be clever.

You don't have to be able to draw perfect circles, or paint elephants that look so real, they might as well be a photograph.

You don't have to know clever techniques, and you don't have to have expensive implements.

You don't have to give up your day job, or devote massive periods of time to start exploring your art.

You can draw lines in the sand with your finger, or simply into the air before you.

You were born an artist, as all human children.

You are an artist.

You are THE artist.

You are the only one who would ever do what you do.

There is no one in all of time and space who is even remotely like you, nor will there ever be.

Art is your birthright.

Take back your power to CREATE.

It will heal you, evolve you and it when enough of us start doing this, it WILL change the world.

The Legacy Of Love

Modern Energy Art puts the artist back in charge of their own creativity.

We can finally choose if we want to paint the problem (yet anew) or if we want to paint the solution.

We can finally choose what kind of gift we want to give to the world in our creations.

We can choose freely if we want to create a legacy of hatred, of disappointment, of chaos, of misery, of suffering, or if we want to leave essentially what I call The Legacy Of Love.

Every person has their own challenges, their own questions.

Trying to find a personal art solution, even the attempt to find personal evolution, personal healing, personal enlightenment and the quest for answers is **INSPIRING TO OTHERS**.

We do not have to succeed, please understand!

It is in the attempt where everything turns and where the path out of the chaos begins.

When we are in the presence of someone who attempts a forward movement, we are inspired by this.

We might gain hope that we might be able to move forward too.

We might gain the energy we need to raise us up and start an exploration of our own.

Even if we struggle and fail, the attempt itself is the inspiration.

The attempt is an evolution.

There will be more attempts, more evolution.

We cannot know where this may lead, but moving forward and finding out what we are really capable of when we finally turn in the right direction is an adventure, perhaps the greatest adventure there is for a human being.

Art has tremendous power to heal and save our incarnations.

And to leave a legacy of love.

The Joy Of Modern Energy Art

Once we have begun on our own personal journey into our own art, our own creativity and our own power to CREATE, there is a delight and a joy that unfolds which is unlike any other.

We have been falsely entrained to believe that a romantic love affair with a soul mate is the one and only best experience we can hope to have in this lifetime, or perhaps that there is nothing that could ever trump the experience of the love we have for our children.

This is an impoverished version of a human being's potential.

Yes, there are stellar moments of joy and grace in our human relationships, but there is more.

There are the mysteries.

These we find when we engage in art and creativity.

These do not take away from our earthly loves, but instead, they heighten and enhance them.

The mysteries add whole new dimensions to our abilities to give and receive love in a whole new and spectacular way.

The mysteries add joy, sparkle, potential and fun to our earthly endeavours.

The mysteries are what allows us to fly higher, soar more freely, experience so much more and they take us to a form of joy that is entirely unknown to those who grimly dig for roots to survive and have been taught that this is all there is.

Art unlocks our abilities to really see the beauty that exists in the Great Creative Order, to feel it in our own bodies, to have a personal relationship with the beautiful power of the Oceans of Energy and the amazing physical world in which we live.

Art and creativity are the missing puzzle pieces that help us make sense of our lives, and they are our personal path of learning what being a human being is all about.

Higher

It doesn't matter who you are, or where you start out.

I can tell you with absolute confidence that you can go higher.

It makes no difference at all whether you have never held a paint brush in your entire life, or if you have already been a professional artist for 65 years.

It doesn't matter!

Art is an absolutely personal and individual path to evolution.

When we put our minds, bodies and spirits in the same place at the same time with the will to create, with the will to evolve, with the will to reach for the mysteries and the pure joy of creativity expressed, we can and we will go much, much higher.

Each one of us will go further than we ever thought we could in our wildest dreams, for these wild dreams were of the old.

Here is the new.

In the new, we are all human beings together.

We are all artists, born and bred!

We encourage one another and we delight in one another's attempts at evolution.

We come together in a different way, and when humans work together – well ...

Modern Energy Art can change the world.

This is a fact.

But at the end of the day, what is most important, and above all else, it has the power to change YOUR world.

Here is your personal invitation to join the greatest adventure – to be a human being, to be a CREATOR.

With all my love,

Silvia Hartmann

June 16th, 2018

The Paradigm Shift

- Modern Energy Art comes directly from the Modern Energy paradigm.
- Modern Energy states that the energy body is real.
- The energy body produces a range of sensations through the 6th Sense.
- These sensations are called intuition, emotion and psychosomatic emotions.
- The 6th Sense adds the missing 16.7% of information to help us understand reality.

Modern Energy is the key to understanding art.

We Are Creating Energy Objects

- When we make art, we create energy objects.
- These energy objects interact with the energy bodies of other people.
- These energy objects broadcast their energy messages continuously into the environment.

Each work of art is an energy generator.

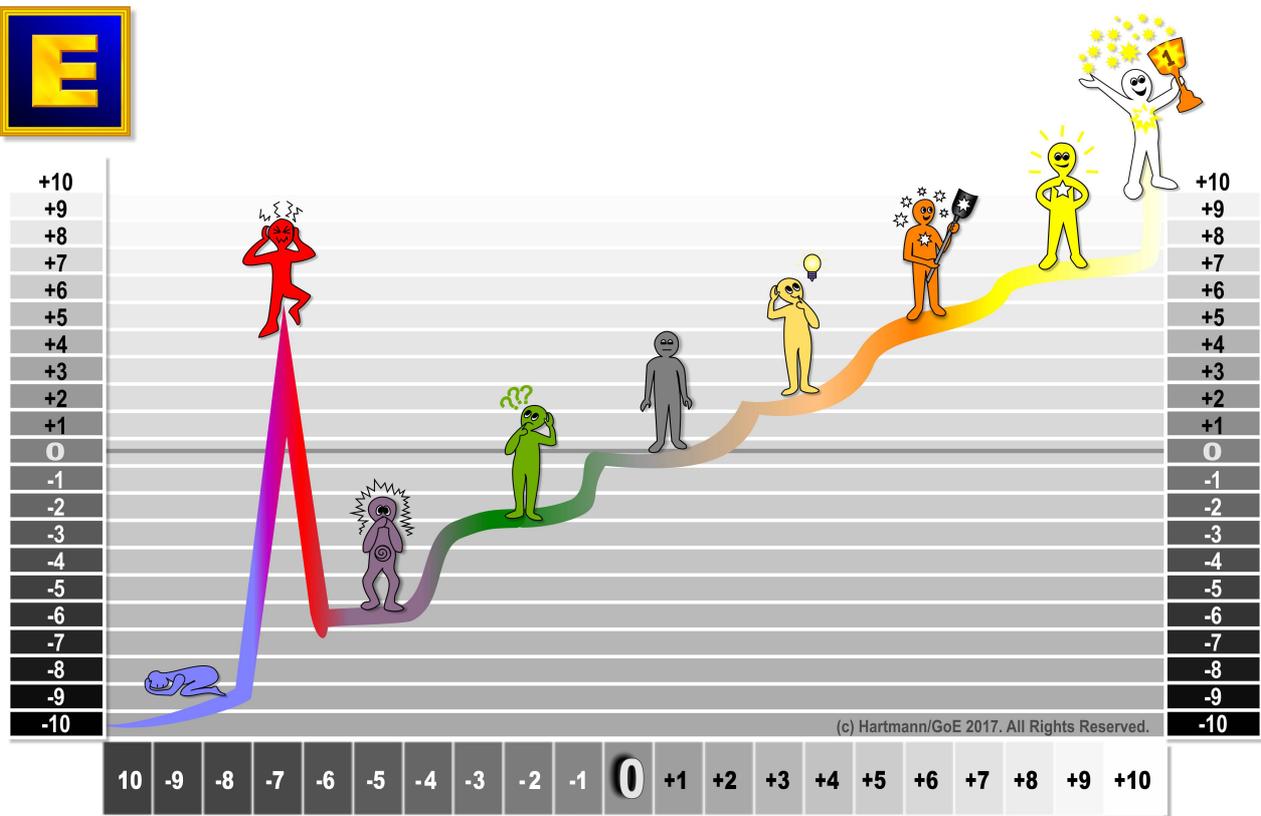
Modern Energy Art Puts The Artist In Control Of Their Creations

There is only energy, and the absence of energy.

- Negative energy is an absence of energy, exactly like a negative bank balance is an absence of money.
- We can create works of art that suck the life out of their environments.
- We can create works of art that cause chaotic disturbances to the energy flow around them.
- We encourage the creation of energy rich art that contribute positively to the energy worlds.
- However, it is up to the individual artist what they choose to contribute.
- Modern Energy Art puts the artist in control of their output and their creations.

You choose the legacy you leave.

The Artist's Energy States Determine What Kind Of Art They Create



Without energy knowledge, the artist is at the mercy of their energy states.

Sometimes they are happy and make happy art.

Sometimes they are angry and make angry art.

Sometimes they are fearful and make fearful art.

Sometimes they are enlightened and make enlightened art.

Sometimes they switch between many states in the making of a single art object and make very confusing art!

It was previously believed that it is easier to get into hugely negative energy states than into high positives ones.

Many artists self mutilated to “feel something real.”

★ **In Modern Energy Art, we encourage artists to start experimenting with the high positive states.**

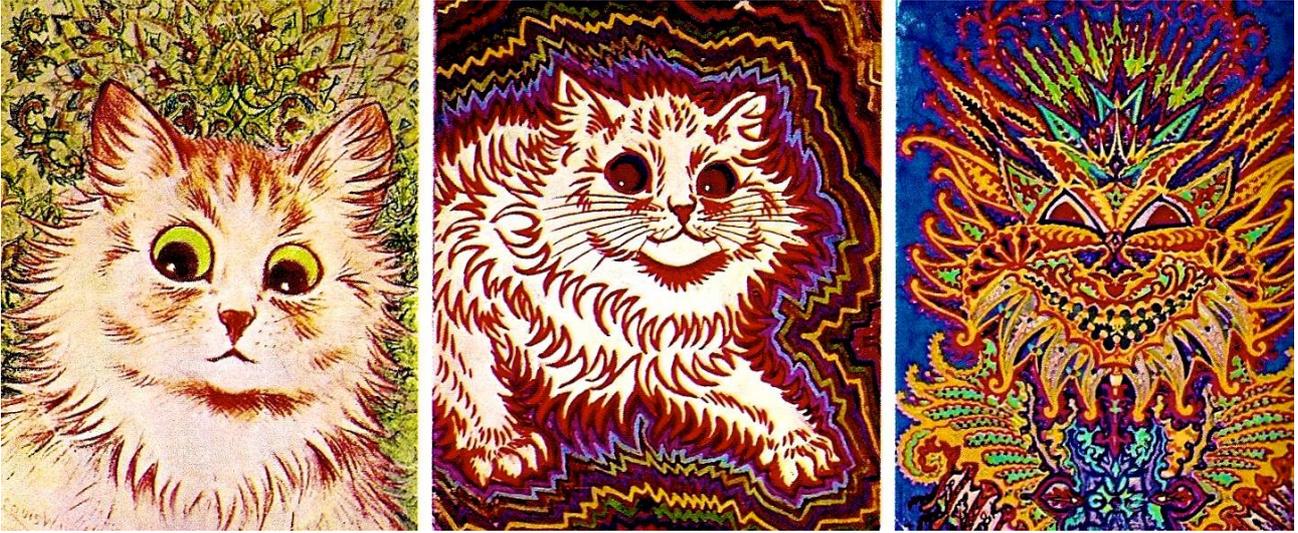
These are very good for personal healing, evolution and transformation.

Art created in very high energy states also tends to be more attractive to normal human beings.

Either way, knowing how energy states influence art is the path to artistic freedom.

Become aware of your energy levels.

The Artist's Energy States Are Recorded In Their Works Of Art



What kind of art a person will create depends on where they are on the Energy Chart.

The artist's energy states are recorded in their works of art.

Their works of art will continue to broadcast the energy states of their creators forever.

- **This is why Modern Energy Art prefers to leave a legacy of attempted solutions rather than simply re-stating the problems.**

When we work with Art Solutions, we move up the energy chart.

We create works of art that are inspiring – they add energy.

In seeking our personal Art Solutions, we solve our own energy problems.

We evolve as artists and as human beings.

Creativity Is A Powerful, Joyous, Free Flow Of Energy

Encouraging the powerful free flow of creative energy raises us up.

Powerful, positive energies will wash away shields, blockages and reversals in the energy body and leave us joyous, delighted and empowered.

- ★ We become more powerful.
- ★ We become stronger.
- ★ We become wiser.
- ★ We become more intelligent.
- ★ We become more creative.

Our art becomes more resonant and more powerful.

The higher we are, the greater is our art.

Loving Our Emotions

As Modern Energy Artists, we pay attention to our emotions.

- We activate our 6th Sense instead of ignoring it.
- We pay attention to our energy flow.
- We pay particular attention when the energy flow becomes interrupted.

Every person has many blockages and reversals in their energy body.

These blockages manifest as fears, doubt, uncertainty at the lower levels.

These blockages become anger, sadness, depression and despair when they are severe.

At any time, bad news or other disruptions can bring us down on the Energy Chart.

Learning to recognise clearly what state you are in is the first step to true emotional mastery.

Over time, we learn to love our emotions for giving us endless additional information about reality absolute.

Live Life With All Six Senses!

Breaking Free With The Power Of The Positives

Energy is the solution to energy blockages and low energy states.

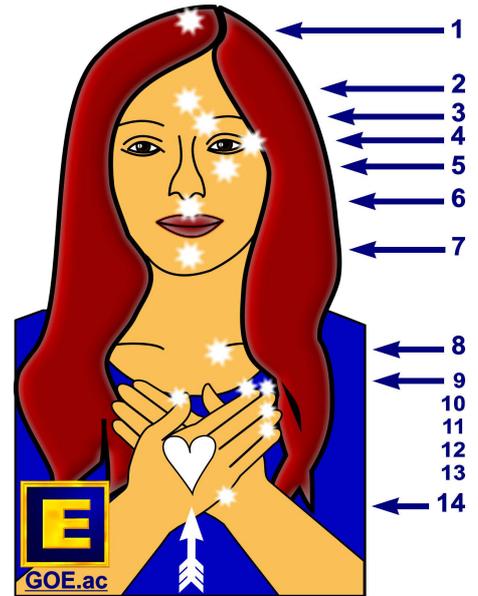
- Adding energy with Positives improves energy flow.
- Adding even more energy literally washes away blockages and restores energy body health.

Here are two simple and effective techniques to overcome blocks and step into your creative flow.

Modern Energy Tapping

Modern Energy Tapping is quick and simple.

- Choose a Positive that will help you overcome your emotional stress.
- Tap the points, move and strongly invite the energy of your choice.
- Pay attention to the 6th Sense sensations as energy flow starts to improve.
- Continue until you feel free, strong, and ready to go.



EMO Energy In Motion

EMO is useful far beyond the removal of energy blockages.

EMO teaches us how to “read energy with the 6th Sense.”

- In EMO, we ask, “Where do you feel this in your body? Show me with your hands!”
- What positive energy can wash this away?
- Use your energy hands to help smooth out the blockage.
- Move your body to help improve the energy flow even further.

Choose more additional Positives until you feel amazing.

Energy & The Creator

Every thing that a human being creates is the way it is because of the energy state of its creator.

Stressed people create stressed things.

Happy people create beautiful things.

- The objects a person creates becomes a record of their state.
- The objects a person creates also continue to broadcast that energy record until they cease to exist.

Once we understand this, we become free to choose what we want to add to the energy world.

- We can choose to produce stressed art to add our chaos to the already existing chaos.
- We can choose to produce beneficial art to bring the light.
- We can choose to produce any kind of art, for any purpose.

Modern Energy is the path to true artistic freedom.

Finding Your Art

Everyone has their own stress fractures that produce reversals in the energy system.

There are things we think we can't do, can't do well, cannot achieve, cannot learn.

This is normal and natural.

With Modern Energy techniques, we can clear out these blocks so that our mind, body and energy body can work freely.

In high energy states, you find out who you truly are.

In high energy states, your art becomes unique, powerful and precious.

The objects you create will likewise become powerful energy objects.

You find your art in the high energy states.

The Power Of The Positives

- ★ To attain high/er energy states, we need to add energy.
- ★ We achieve this through The Power Of The Positives.
- ★ Positive energy washes away old blocks, barriers and empowers us in mind, body and spirit.
- ★ Every person gets to choose their own positives that will help them shine.

Positive Energy Solutions

We can all be MORE ...

... creative, powerful, successful, influential, brilliant, amazing, world changing artists!

With the Power of the Positives, we can get the energy we need to be the best that we can be, right now!

To find your own personal powerful positive energy solutions, learn to ask questions like these:

- What do I need right now to regain my power and my creativity? (Confidence, courage, encouragement, healing, success, a miracle!)
- What super power do I need to activate to become the artist I was born to be?
- What do other successful, acclaimed artists have that I don't have? (Luck, money, education, connections, help, support, opportunity, networking, skills, experience, lots of fans!)
- What do I need MORE of to be so much more (happy, successful, amazing, collectable ...) (Energy, self belief, courage, confidence, time, space, freedom)
- What can art give me that nothing else can give me? (joy, success, acclaim, fame, fortune, healing, transformation, the power to change the world!)

The answers to these questions will produce great examples of Personal Power Positives.

We can all be EVEN MORE ...

A great way to use the brilliant Power of the Positives is to think about what you already know you are – and then expand on that.

If you are already very talented, and you know that, let's expand on this – even more talented, talent beyond what's ever been known!

If you are already very creative, let's expand that into even more creative, a whole new level of creativity for you!

If you are already amazingly successful, let's expand that into being even more amazingly successful, re-defining successful to a whole new level.

Let's explore what happens when we become really energy rich.

The more we have, the more we have to give!

MEA 0/2: The Modern Energy Art Set Up

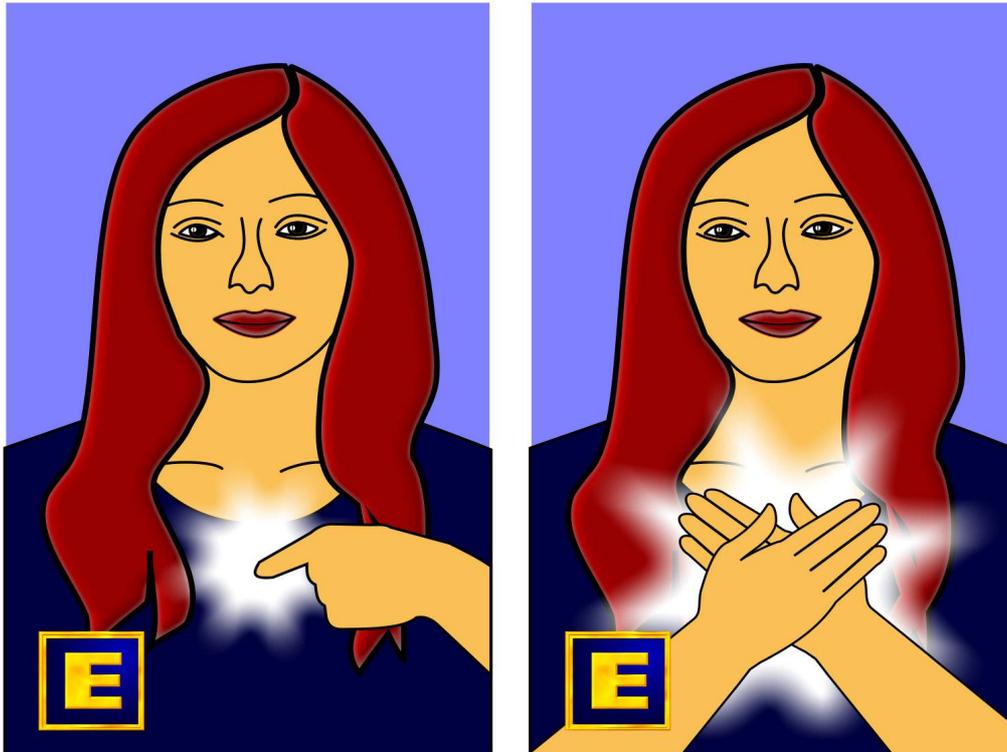


The Heart Of Gold

- The heart of energy is the power generator for the entire energy body.
- When our heart is broken, we live in constant energy poverty.
- This produces a galaxy of symptoms in mind, body and emotions.
- Healing the heart of energy and empowering the heart of energy beyond that makes us be more powerful people, and more powerful artists.
- The Heart Position brings mind, body and spirit (energy body) into the same place at the same time.
- Breathing deeply in the Heart Position is a great start to instantly de-stress and start to energize.
- Also, putting our hands into the energy field of the Heart of Energy switches on our Energy Hands.
- The Heart Position is brilliant and we make our Set Ups here.

Always start with the heart!

The Heart Position



Point to place where you would point when you say, “Me! This is I!”

Place the palm of your leading hand over that spot.

Place the palm of your other hand over that spot.

Breathe deeply.

This is the Heart Position.

- We use the Heart Position to stabilise the energy system.
- We use the Heart Position to raise energy.
- We use the Heart Position to make contact with the Energy Mind.
- We use the Heart Position to switch on our Energy Hands.
- We use the Heart Position to make our Set Ups in Modern Energy Art.

Shaping The Energy Object With The Set Up

- The Set Up is our intention.
- We state out aloud what we want to achieve with this particular work of art.
- We bring together mind, body and spirit in the same place at the same time.
- We get mind, body and spirit to work together on this project.
- The Set Up holds the entire project together over time and space.
- The Set Up ensures that the energy of the work of art is congruent and cohesive.
- The Set Up turns random stress into positive, proactive, powerful energy magic.
- The Set Up gives us Modern Energy Art Solutions

Don't paint the problem.

Paint the solution.

This is the key to Modern Energy Art Solutions.

Taking Control Of Our Art

With the Set Up, we can control what we want to achieve, what we want to create.

- We can control the energy of our works of art.
- We can freely choose what we want to bring into the world.
- We can choose chaos, and we can choose healing.
- We can choose problems, and we can choose solutions.
- We can choose structure.
- We can choose to ask to be surprised, astonished, shocked.
- We can choose to learn, to heal, to evolve, to grow, to transcend.

The Set Up puts true artistic freedom into our own hands.

The Magical Way To Solving Your Personal Problems

I want to create a work of energy art that is the solution to my

- poverty problems
- health problems
- people problems
- inability to move forward
- limiting beliefs about (x)
- special problem (y)
- endless lack of (z)

Learning & Discovering

I want to create a work of energy art that will teach me ...

- how to draw lines that aren't wiggly
- more about mixing colours
- what I need to know to get to the next level in (...)
- something I didn't know I needed to learn
- something amazing
- something mind blowing
- something wonderful
- something magical!

Giving To Others

I want to create a work of energy art that will ...

- make my mother happier
- bring light, love and hope into this nursing home
- make my child feel safe and loved
- bring harmony to this family
- bring more love into the world
- make all the artists in the world feel more loved
- is my tribute to the angels
- help humanity dream a new dream

Artist's Evolution

I want to make a work of art that will ...

- connect me with my soul
- reveal my life's meaning
- make me know that I am a true artist
- celebrate my art
- break all barriers that have held me back
- explode my creativity
- connect me with my fans
- bring me awesome wonders and surprises!

The Attempt Is Everything!

Remember!

- ★ It is the attempt at finding the art solution where the triumph lies.
- ★ It is your attempt to find the solution that makes the angels cheer you on!
- ★ It is your attempt that is the inspiration for everyone – including you!
- ★ The attempt is the courage, the energy, the wonderment.
- ★ Whatever your attempt produces is going to be filled with energy, will have evolved you as an artist and a human being, is precious, and beloved!

Your attempts are the INSPIRATION to others!

**Instead of making great works of art
 that make other people feel small
 let's make wonderful things
 that inspire people ...
 “I could do that too!”**

Energy Comes First!

Before we do anything else, we raise energy.

Energy always comes first!

We raise energy:

- To remove limiting beliefs, worries and doubts
- To overcome procrastination, depression and inertia
- To have enough energy to get started
- To make Set Ups from better energy states
- To deal proactively with interruptions and disturbances
- At any time we notice an energy drop

We raise energy by:

- Modern Energy techniques such as Modern Energy Tapping, EMO Energy In Motion, SuperMind etc.
- Going outside and soaking up nature energies
- Thinking about something we love ...

... and ...

We raise energy by **doing art!**

- Doing Modern Energy Art with a good Set Up raises energy from the moment you start.
- Engaging with the Art Solution, making it real, is immensely exciting and inspiring!
- Learning to move towards creative solutions can seep into other areas of your life!

That's the Joy of Modern Energy Art!

MEA 0/3: The Colour Energy Exercise

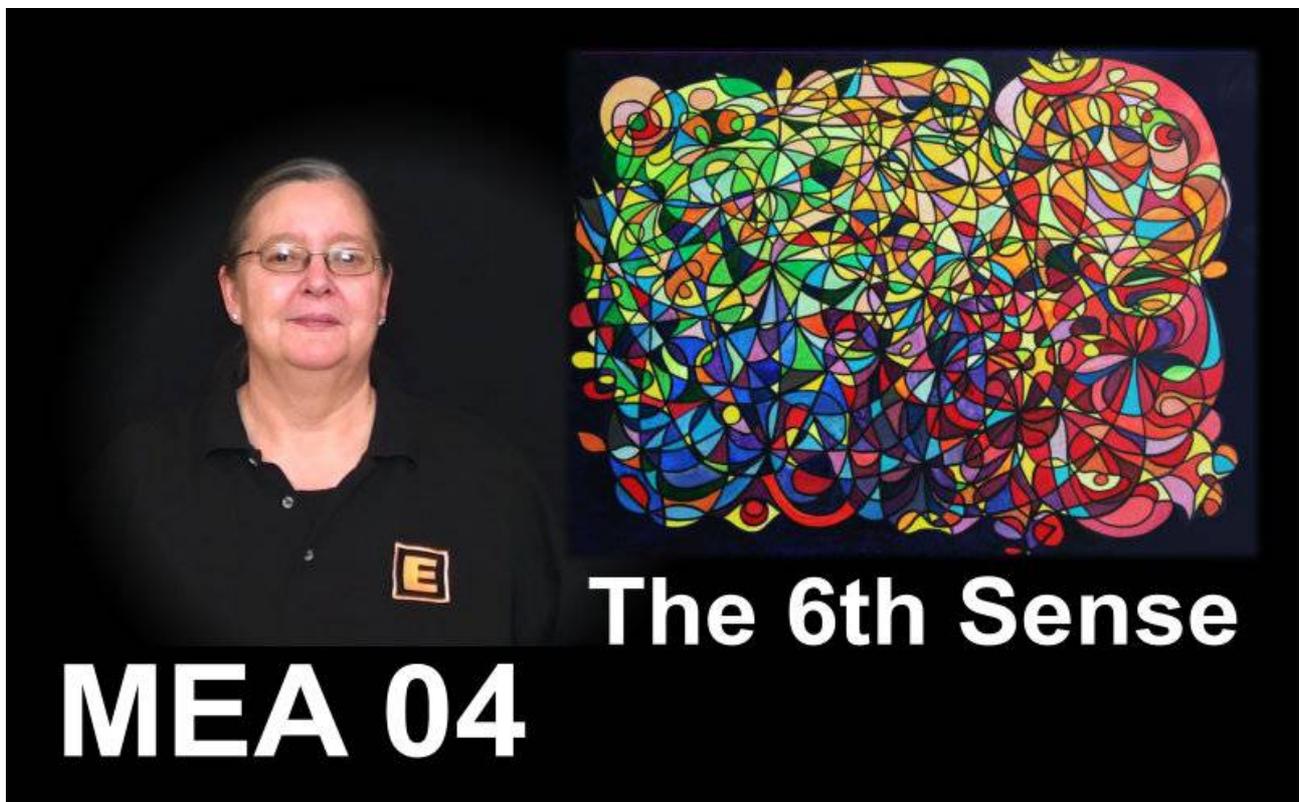


- Pay attention to a colour.
- Take a deep breath, in and out.
- Where do you feel this in your body?
- Show us with your hands.
- Help move the energy in, through and out with your energy hands.
- Move your body to improve the energy flow.
- Let more and more of the colour energy flow in, through and out.
- Speed up the flow until you feel amazing!

Sensing Colour Energy

- Work through all the colours at your own time.
- Make sure all are energizing to you.
- Blocks and shields to colours will distort your artistic output!
- Also pay attention to colours in your environment and learn to EMO those.
- This will help you become a true “Master of the Colours.”

MEA 0/4: Reading Art With The 6th Sense



The 6th Sense is the sense that guides us through the invisible worlds of energy.

It is a language of feelings and sensations.

The 6th Sense creates intuition, emotions and psychosomatic emotions.

When we create a work of Modern Energy Art, we are transmitting an energy message.

Learning to understand energy as information is an amazing step in the right direction.

Here is the 6th Sense Art exercise.

- Pay attention to a work of art.
- Take a deep breath, in and out.
- Where do you feel this in your body?
- Show with your hands.
- Where does this energy need to go to flow through its natural channels?
- Use your energy hands to help the energy flow in, through and out.

Pay attention to the work of art.

What have you learned? How do you feel? What has changed?

Practice Your 6th Sense All The Time!

Art is good practice for your 6th Sense.

Practice the energy exercise ...

- in museums
- in galleries
- everywhere you can find art
- and especially, with your own art!

ME1: Movement!



Movements Help Increase The Flow Of Energy

Our hands make movements that help improve energy flow.

When we give our hands a pen to hold, we can track this movement.

We create the lines for a Symbol Painting that way.

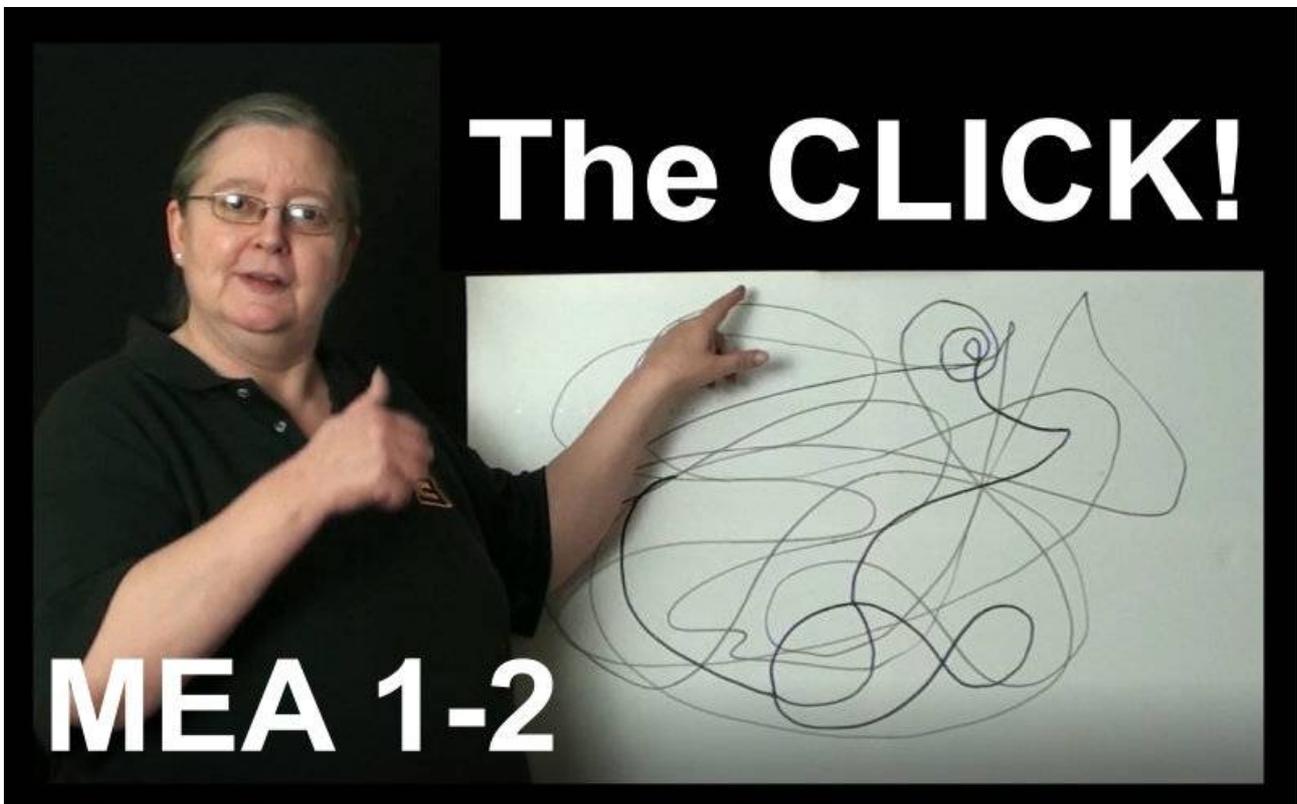
- Choose A Powerfully Energizing Set Up For Your Symbol Painting
- Let your body express the movements as you evoke the idea of (movement, joy, love, success etc.)
- When you are ready, simply put those movements on a canvas.

Step back and sense for any additional lines that would increase the energy. Add these lines but be careful!

Remember the original Set Up.

Don't get side tracked, don't lose that energy. Less is better than more!

MEA 1/2: THE CLICK



Colouring In With The 6th Sense

- Choose one area on your symbol painting.
- Make sure you remind yourself of the original Set Up!
- Evoke the energy if necessary first.
- Try different basic colours and pay attention to your 6th Sense feedback.
- Once you know which basic colour the area needs to be, test different shades of that colour.
- Play a game of cold, warm, hot – YES!
- You are searching for a real energy sensation, like a small electric shock, that is THE CLICK.
- Really important!!! Before you move on to the next area, make sure you remind yourself of the Set Up and re-affirm the Set up if necessary.
- All the colours will sing the same song together in the end.
- Your symbol painting will be an amazing energy transmitter.

THE CLICK is the Modern Energy Artist's best friend!!!

MEA 1/3: Artistic Certainty



The Click Creates Artistic Certainty

- If you kept your original Set Up with you throughout the process of creating the Symbol Painting,

and

- If you honestly CLICK every colour, there is nothing else that you could have done.

You have done the best you could.

You can stand by your work of art 100%.

Your aspects made this energy object as best they could.

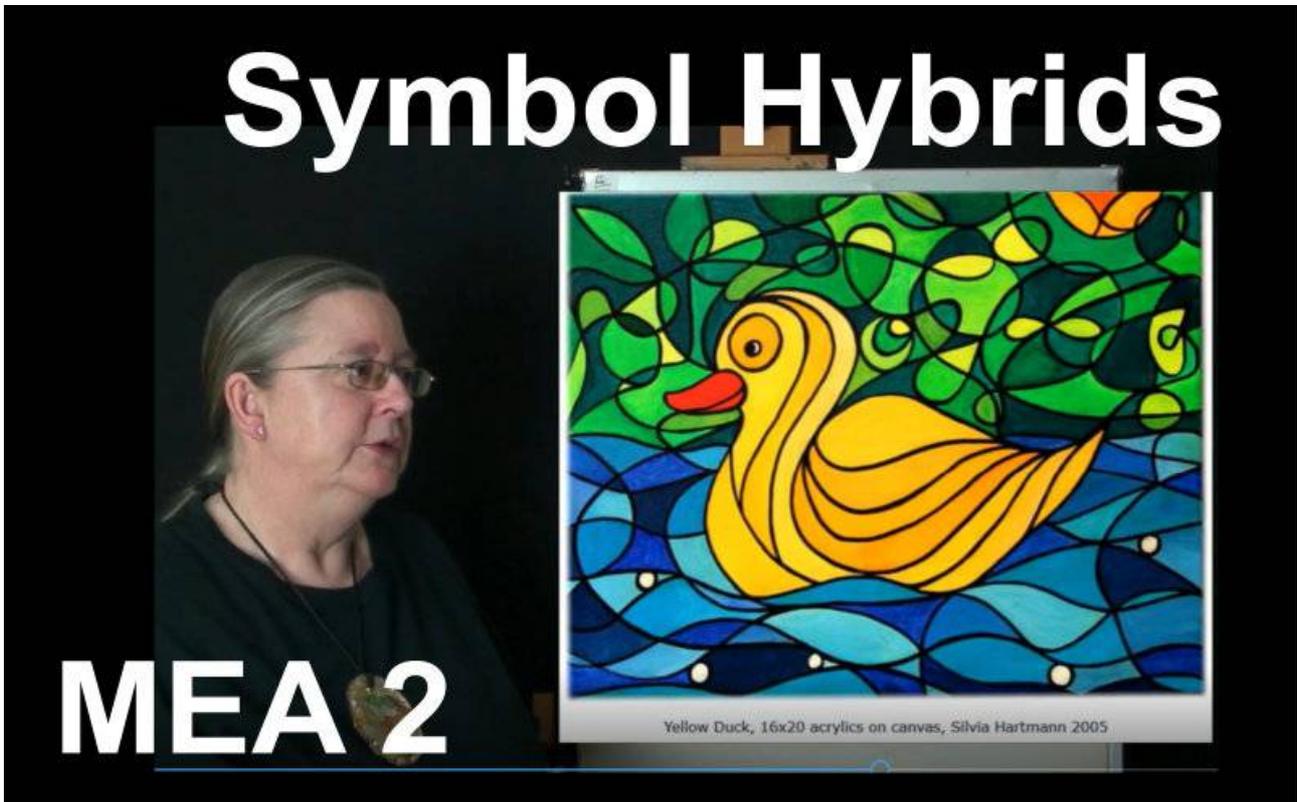
They did not do this to impress anyone, or to fool anyone, or for any other reason than to bring more positive energy of (...) into the world, and evolve in the process.

★ **Stand up for your aspects and be proud of them!**

You are making a positive contribution to the energy worlds with your art.

Well done!!!

MEA 2: Symbol Hybrids



Breaking The Belief That “I Can't Draw!”

You can draw. Everybody can!!!

Everyone can draw a line in the sands of time.

Everyone can draw a stick figure, a flower, an imaginary animal, an angel.

Drawing Reality Into Being

Understanding that you can draw will help you understand that you can draw reality into being.

Symbol Hybrid Paintings are a great way to practice drawing in its true sense.

Symbol Hybrid Paintings are also a bridge for other people to “get” the energy of the work of art more easily.

The Egg Of Change

Create a Symbol Hybrid painting featuring “The Egg” with your own Set Ups – and have fun!

MEA 3: Art Hands



Creativity Is Inside

- **Doing art all the time is what being creative is all about.**
- **Art is not only about creating major works of art.**
- **Art is at its best when it is inside your life, not outside of it.**
- **Do not think of art as an escape from your horrible life.**
- **Bring art into your life and it won't be so horrible any more.**

The Art Hands

Hands remember bad times of trying to learn to write and paint inside their very structure.

There are many reversals stuck in the hands.

When we heal these, and improve the energy flow in our energy hands, our true art hands come to life and will do amazing things for us.

★ **Give your art hands some love before you start to use them to create art!**

Do this every time, for every exercise in this course.

It will make every difference to how well your ideas will be made real.

Love your hands!

Micro Symbol Drawings

At anytime you have a pen, a pencil and a piece of paper, you can lovely mini-Symbol Drawings to cheer you up and raise your energy.

Make the Set Up as heartfelt as you would for a huge, massive Symbol Painting project.

Energy knows no “size”!

You can play with shading and with different patterns when you have no paint to hand.

Symbol Drawings For The Other Marp!

Letting the other marp have a play is really good for the energy system.

This is great for making new connections in the brain as well as new energy connections in the energy system.

Creating Symbol Drawings and full Symbol Paintings with both hands is fascinating.

For some Set Ups, using both hands is required to make it work.

Encouraging the other marp to join in makes for a more complete artist!

All marps are created equally!

Developing A Shape For Your Symbol Hybrid Paintings

Using the Touching Technique, you can start creating any shape you need.

- Keep using your 6th Sense to find “a better line.”
- Keep going until you find “your perfect line” and get a click!
- Keep going until you are really happy with your representation.
- Try this with drawing a person!

You can erase the lines and start over as many times as you like so don't be afraid.

Evolve your shape until you are happy with the ENERGY!!!



The Touching Technique drawing to “find the shape” for Taurus The Bull.

See how many rubbed out lines there are!



Taurus The Bull completed Symbol Hybrid painting.



Taurus The Bull “stand-alone design” you can put on a T-Shirt, a mug, a greeting card

MEA 4: Love Your Art!



Improving The Relationship Between The Artist & Their Creations

- Hating on what your past aspects have created is THE WORST possible thing to do for YOU right now, and for all your future aspects who want to make awesome art!
- YOU are a collection of aspects, and we really want to encourage all of us!!!
- If we want to “do better” or “go further,” we need LOVE not criticism!!!
- We need to learn the Modern Energy Art Manifesto by experiencing it in our own bodies.
- Your art is love. It is your evolution. It is precious, and beloved.

Now, let's understand this properly by experiencing it.

EMO Your Energy Art

** Please note that this exercise is designed to be done with a work of art you have created on this course, which has a strong, powerful, POSITIVE Set Up, and aligned energy.*

Place your work of art so that the centre is at the same height as the centre of your Energy Heart (that place where you point and say, “This is me! This is I!”).

EMO the energy of your art until you literally fall in love with it.

Do this many more times than once.

- ★ It will evolve you.
- ★ It will change the way you do art.
- ★ It will give you joy in a way you might have never felt before.
- ★ It will transform your self concept, not just as an artist.
- ★ It is the way FORWARD.

Loving Your Art Unconditionally

The aim is to get into a state of being of unconditional love.

When that happens, there is no distinction between you and your work of art.

You are your art, and your art is you.

It is an extraordinary experience that heals so many wounds and scars of old, we cannot even begin to know just how healing this is.

At the same time, these experiences literally clear the path into the future for you.

These experiences clear the doors of your perception.

They put you into a place where few artists have ever been.

Yet, this is the true state of grace for the artist.

Love your art.

The more you love your art, the more powerful an artist you will be.

MEA 5: I Can Paint Anything!



Simple, Powerful Representations Of Experiences

- ★ Don't be afraid of any level of complexity of any experience.
- ★ We can evoke the energy information by simple representations that are **energy correct**.
- ★ We simply find the major components, represent them simply, and CLICK where they need to go.
- ★ We can then colour them in using THE CLICK.
- ★ When everything CLICKS, you have a really fabulous work of energy art.
- ★ You have a brilliant way to transmit your experience to other people.

Painting A Star Memory

A Star Memory is one of highlights of your life (so far!).

In the Heart Position, ask your energy mind to give you the perfect Star Memory to paint for this exercise, that will also help you evolve in the most wonderful way.

Let the Star Memory come to you.

Get a piece of paper and start playing with where the major components need to go.

- ★ What needs to be represented FIRST?
- ★ Where does that need to go?
- ★ And what needs to be represented NEXT?
- ★ And where does that need to go, exactly?

Keep adjusting the lines and shapes until everything CLICKS.

Now that you know your lines, you can transfer them to a canvas and colour in.

Important note: Should something go “horribly wrong,” that's not a problem.

You KNOW where the lines have to be!

You will DISCOVER the colours that are right, and which ones are wrong.

You can create this as many times as you want, and in all sorts of different modalities.

At the end, you will have an amazing work of Modern Energy Art that absolutely nobody but YOU could have created.

★ Remember to LOVE YOUR ART when it's finished.

Not just immediately afterwards, but give it some time.

It will unlock further wisdom from your memory that has become a painting.

Awesome!

MEA 6: The Story Board



Moving Evolving Energy Art Stories

- A single painting is an energy transmitter that tells its story all at once.
- A story board gives us a flowing energy experience that contains many paintings.
- There is an evolution from one painting to the next.
- This is a metaphor for all your works of art!

Tell The Story Of A Journey In 16 Steps

- If you fold a piece of paper four times in half, you will have 16 cells.
- Make a Set Up what you want your story to achieve.
- Start with the first one and draw your story.

Be light, easy and free. Watch your stress levels!

When you are energy high, this is magically easy.

Remember: A good stick figure that transmits the energy correctly is a thousand times better than some super-clever art school drawing that has no soul!

MEA 7: The Happy Painting



Do NOT Wait For The Right Moment – CREATE The Right Moment!

Modern Energy Art Solutions allows us to do great art from ANY state we're in.

- We do not have to wait for artistic inspiration to strike.
- We do not have to wait to be in a good mood, or for the moon to be in the right phase.
- We literally CREATE the inspiration, the right moment.

We don't have to be afraid that we are going to be making (angry, sad, depressed, disturbed, chaotic, illness inducing, cursed!) art when we keep focused on the SOLUTION.

Energy Healing With Art Can Be FAST!

In this example, the energy shift happens at just five minutes. This is fast energy work!

With free movements, choosing the colour solutions and with no preconceptions as to what this will look like in the end, we can do our energy healing through art FAST.

Keep the fact that you can make your own Happy Painting at any time in mind.

★ Try it for yourself and create yourself a true Art Solutions piece.

It is immensely joyful and very inspiring!

Plus you've just learned how to make really cool “abstract art.”

MEA 8: Sands Of Time



Art Was Magic, Art **IS** Magic!

- Primal Art means to connect with the oldest wells of creativity inside of us as human beings.
- It is tapping into the **pure, primal power** of reality creating as a human being.
- Connecting directly with the magical, primal artist within burns through any school learning, any head knowledge and any head notions of how art should look, or what it should be.
- Indeed, what it could be, what it can become ...

Here is the original Primal Art Sension for you ...

The Primal Artist



Forget for a moment all you thought you knew about "art".

Let it all simply slide away, take a deep breath and let your mind fall back, right back through the times of you, the times of your ancestors, the times of men, all the way back and back and back through history until we arrive ...

We arrive at a shallow river bed, and here, we see the monkey men, our ancestors and they are here and real, and we are here because this is a special time, a moment where the worlds changed, a moment where everything changed for everyone who came after on this planet, plants and animals and sentience alike ...

A monkey being is drinking from the shallow river bed.

Its hand has made a line in the golden mud, quite by accident.

It stares, it looks, and then ...

It reaches out and places a second line beneath the first.

This is the moment that art was born.

This is the moment when art becomes; when a sentient being changes the world by the touch of their hand, with will and with intention.

This moment is re-lived over and over again in humans and in humanoids; in little children from all races, living under any condition, at any time for a million years or more - a sentient being discovering that they have the power to change the world, to make a mark in the sands of time ...

The ability to create art, to make your mark, is in truth, quite indescribable in its power, in its magnificence, in the repercussions it has for them, for us, for all the world, for everything we touch.

It is a birthright of every human being who ever walked the earth, who ever touched, and saw, and felt, and thought.

There is a primal artist inside every one.

Long before the fire, we made symbols.

And that is the true heart of art.

Fashions and laws, thinking this and that, entrainments and prejudices, all of that is just a disturbance, something that gets between a sentient being - you, and me, and all of them - and that world upon which we leave our marks in the sands of time.

When we reconnect simply and honestly with the primal artist, the first artist who ever was, and whose remembrance we carry inside our very structures, we become free.

We become free to step into a true, personal interaction with the Universe itself.

We get to ask our questions, and paint and sculpt and sing and dance the answers.

We enter into a dance that is a life long joy and fascination; a dance which humbles, and a dance which enlightens, lifts us up and lets us touch a fraction of what we really are when all is said and done.

True art can never be confined to museums and galleries.

True art is entirely independent of critics, craft or training; it is always unique, it belongs to the artist absolute.

True art arises from the direct interaction between a sentient human being and the worlds they live in.

To experience true art for yourself is YOUR birthright.

It is mine.

And it is a gift that should never be taken for granted, should never be underestimated, and should be celebrated not just with great works of art, but with the lives the artists lead and which are filled with wonder, joy and gratitude.

Silvia Hartmann

The Primal Artist 2010

Hands & Sands of Time

In this exercise, we create two pieces of art simultaneously.

- Start by putting a dark background on one canvas. This background is time and space beyond the physical realms.
- Then create your Sands of Time in any colour of your choosing. This is our recreation of the mud by the river at the moment where art was born.
- Create the two lines in the Sands of Time. The more you can get into this, the better the experience will be, and the more you will gain.
- Then use your hand which left its trail in the Sands of Time and apply your hand print to the first canvas.

EMO both objects when dried individually, and also together.

You have made magic.

You have created reality.

This is the heart of art.

MEA 9: The Cave Painting

The Cave Painting



MEA 9

A Space For A Long Term Modern Energy Art Project

We normally hurry to get any piece of art finished, so that we can get on to the next one.

That's normal and perfectly alright.

★ **The Cave Painting offers an opportunity to get an overview, to create a bigger picture.**

The Wall

- The bigger the canvas for this exercise, the better.
- Don't do yourself the disservice of making this on some ratty, horrible bit of paper!
- Make sure you have room to put it up where you can see it every day.
- Before you start creating the wall, make the Set Up that here is a space that will hold many mysteries, many insights, many new connections and understandings.
- Give the wall your full attention as a magic work of art in its own right.

There's no such thing as “just a background” in Modern Energy Art!

The Pictures And The Symbols

- The ancient ones put on their cave walls what was important in their lives.
- They used their pictures in a magical way.
- Every picture, every symbol is a representation of an existing reality.
- This gives you wonderful opportunities to translate complex realities into simple, POWERFUL symbolic representations.
- It also gives you the opportunity to both discover connections, and to actively create connections where there were none.
- Before you add more and more to your wall, stop and think.
- Is this really important in my life?
- This is so that you don't have an overwhelming amount of unimportant chatter on your wall.

Important Note: If something isn't working in your life, create a positive Art Solution for it. Take control of your destiny!

Finding Connections

- You will be clicking where to put your symbols and representations.
- Creating connections between them is a fascinating experience that improves energy flow.
- Don't push it and don't force it.
- Do some positive energy raising so that it all flows beautifully.

The Click Of Completion

- You will know when the painting is finished when you get “the click of completion.”
- Don't worry if it takes a very long time to come, or a very short time, or anything in between.
- The cave wall offers us the opportunity to learn more about our 6th Sense, and how to work with it successfully.

Infinite Cave Walls For You!

- You can start another cave wall if you wish.
- There are no limits, you can make as many as you like.
- You can also make cave walls with families and teams, where everyone gets to contribute.

MEA 10: Primal Creatures



Primal Creatures

MEA 10

A Little Ball Of Clay ...

Take your time with this exercise.

Light a candle in the evening and connect with the ancient times when art was real magic.

- Create some primal creatures.
- They can be fantasy creatures.
- Make at least three primal creatures.

Then, when you are ready, create a little human ...

Important Tip:

Unless you have access to real clay and kilns, use modern oven hardening modelling plastic such as Fimo for this exercise, so that your primal creatures can be played with!

MEA 11: 3D Constellations



Moving From 2D To 3D

When something goes from a flat painting to being a sculpture, there is a huge information increase.

There is also the opportunity for engaging with it from many different directions.

This provides many additional experiences.

3D things are generally considered to be sculpture.

- **Important: Don't let that term frighten you.**

You are still clicking what goes where, only we're doing it in 3D space now.

Connecting 3D Art Objects Into Energy Constellations

- 3D objects can be combined into constellations that become a whole new work of art in its own right.
- The group becomes more than the sum of the parts.
- You can create many different constellations with the little creatures we made in the last exercise.
- When we add a Set Up, we can then arrange the primal creatures to express all manner of different energies.

The Happy Family Constellation

- Arrange your primal creatures into a happy family constellation.
- Be sure to make the Set Up first or else you can't click it!
- Use the click to position them, starting with the first, then adding the next, and continue until the entire constellation has been clicked and feels right.
- Then, take a photograph of your happy creature family that has the right energy.
- You can arrange living people in that way too. Just a thought ...

MEA 12: Happy Fruit



Creating An Energy Fountain

- We are going to assemble some objects which will create an energy fountain.
- This is an energy constellation where the single objects TOGETHER become MORE than the sum of their parts.
- We can then use the energy constellation itself as the energy fountain.
- We can also photograph or paint the energy fountain at any level of abstraction.
- The energy message needs to match the original Set Up for the original energy fountain.
- The Set Up guides us through any choices we make.

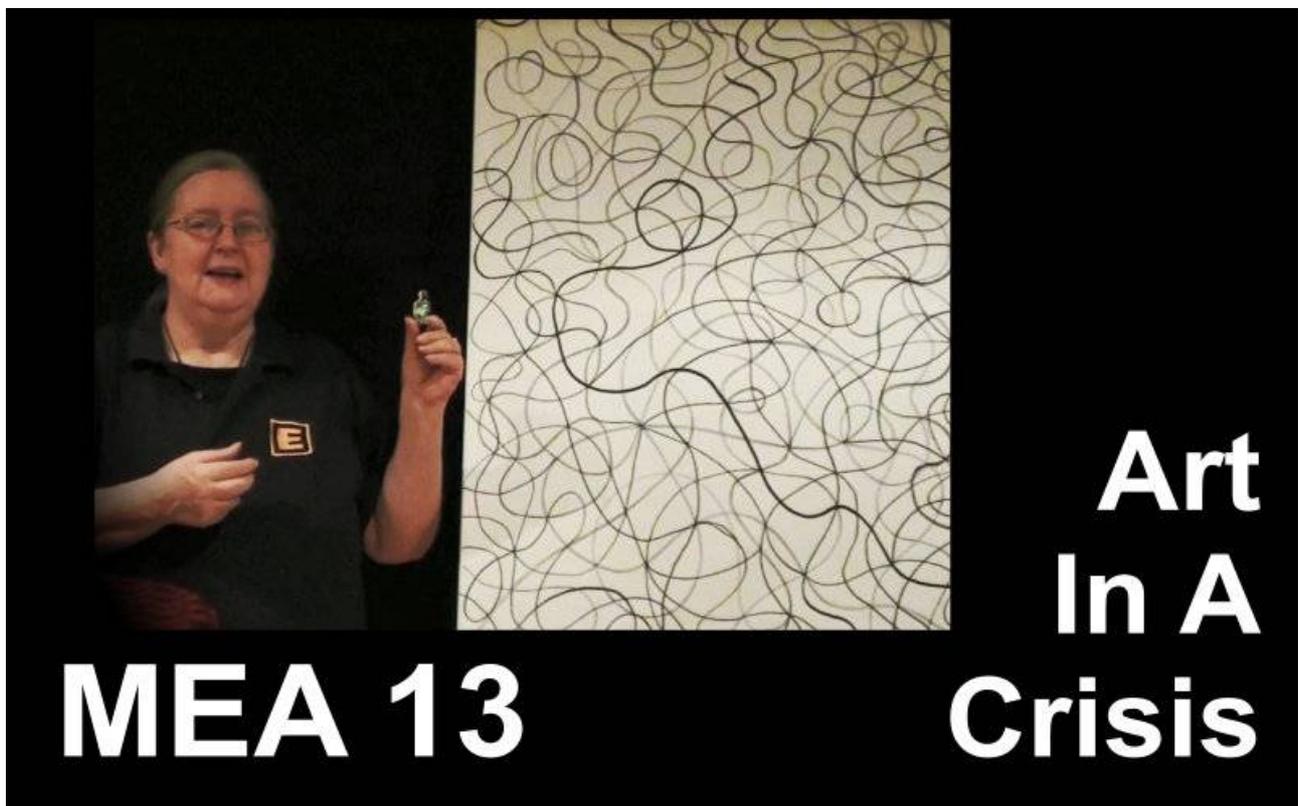
Order & Sequence

- Make a clear Set Up for your project to guide us all the way through.
- In any energy art endeavour, we start with the first, and then we find the next.
- The first shape, the first colour, the first object that needs to be placed, the first (...).
- Then we ask, which one is next?
- When we engage our 6th Sense, this will take us smoothly and beautifully all the way, no matter how many different pieces are involved.
- We can create really powerful and harmonious energy art objects by simply taking one step at a time.

Making Works Of Art From An Energy Constellation

- In our example, we can create all sorts of different translations of the original energy constellation.
- We can draw it, paint it, abstract it, represent it, photograph it, write a poem about it, make a song, sing and dance it, make a sculpture based on it, a story, a movie, a prayer and more!
- Every different modality has its own special energy.
- As long as you remember the Set Up, and raise the right energy, we can make excellent translations that will do the job.
- We get to choose how we want to translate the constellation.
- We can discover what media might be most successful for our energy constellations.
- With a little practice, we get to know right away what we want to use our energy constellations for.
- This is a great tool for the Modern Energy Artist!

MEA 13: Art In A Crisis



In the original Mirrorball Messages experience, it was learned that we can go from the deepest, darkest depression to feeling excited, inspired and glad to be alive in moments through the power of art.

- ✘ The biggest, worst brainwashing about all art is that it's only for when you have absolutely nothing better left to do, as some kind of useless hobby for the bored.

NOTHING could be further from the truth!

The truth is that the darker the night of the soul the brighter art shines, and the more its power is revealed.

- ★ **Art gives us the power and ability to DO SOMETHING when everything else fails.**

It is the greatest safety ring, saviour, lifter.

Art connects us to our own souls, and through our souls, to the realms of infinity, and the great Creative Order itself.

- ✔ Bring art into your life when your life is good.
- ✔ Bring art into your life when your life is in crisis.

It always helps, always soothes, always supports, always shows us a better way.

Art is power for life.

MEA 14: My Magic Camera



Developing An Amazing Relationship With Your Entities

- People can't help make relationships with objects such as cameras (and cars, boats, computers, etc. ad infinitum!).
- A good relationship results in the object becoming helpful, loved, functioning great, being a real friend to you.
- A bad relationship results in the object becoming stropy, difficult, prone to error and malfunction, and being a pain in the ass.
- The best relationship is when you and the object couple bubble to the degree that you become one.
- The camera becomes an extension of you and records what you see, what you feel, what amazes you.
- Love your entities such as your cameras. They will help you create truly magical results.

MEA 15: Painting With Light



Energy & Light

- All you need is an object, a torch and a camera, and you can learn to paint with light.
- A single object can produce many, many wonderful, energy rich images.
- To choose from such abundance, we use the Set Up to guide us.
- “Show me your beauty!” is a great Set Up to practice with.
- You can also match the Set Up to create the right picture, for example, “Give me the perfect picture that will delight my friend.”
- The process itself is incredibly meditative and hugely educational.
- By using a camera to paint with light, we learn much about light in general.
- We also learn to take more energy rich photographs by using the light.
- Finally, learning to be amazed by the effects of light in the real world is an endless source of fascination and a lifetime of joy of learning to paint with light.

MEA 16: Photo Set Ups



Photography With Set Ups

- Knowing what you're trying to achieve and setting out to achieve it is the difference between photography art and just taking random snapshots.
- Locations, people and objects can inspire the Set Up.
- Holding the Set Up through post processing holds your project together and produces cool energy art photographs.
- Holding the Set Up also avoids getting lost in filters!

Fun With Filters

- There are innumerable ways to post process digital images.
- When we have a project with a Set Up, this will hold it all together as we simply ask, “Does this make it better – or does it make it worse?”
- We also have an exit point from the infinite universe of filters through the “Click of Completion.”
- Finally, we can have play sessions simply to explore the universe of filters to create spontaneous pieces that will tell us their Set Ups after they have been found.

The Infinite Universe Of Beautiful Things

- ★ Digital photography plus the post processing filters gives us an infinite universe of beautiful things.
- ★ When we add the Set Ups to this, plus the spontaneous explorations, we can literally make infinite images for infinite purposes – quickly.
- ★ The more beautiful things we make, the better we get at it.
- ★ The practical processes go faster, our Set Ups are clearer and higher, our results become more energy rich.
- ★ Being able to create as many images as you want with any Set Up quickly is akin to an artistic super power!

How Can I Use This Super Power In My Life ..?

- It's time to start thinking outside the box!
- How are you currently using photographs in your life?
- Where else could you use photographs in a whole new way to improve your life?
- How could you be using photographs to improve the life of other people?
- When you have a super power, it's always best to find new ways to use it!

MEA 17: Digital Energy Art



The Infinite Canvas, The Infinite Paint Box ...

- Many people have massive blocks and reversals to digital art.
- Those who do not get to play and display their art in a different way.
- We can also use printing technology on an endless variety of materials to make our art these days.
- And of course, there's 3D printing too for the sculptures ...
- Enjoy and embrace digital energy art and have fun!

Start From Where You Are – And Then Go Further!

- ★ If you are already an experienced digital artist, go further!
- ★ There must be many things you have thought about but have not yet enacted.
- ★ With energy by your side, and your ability to get over stress fast, you can do it!
- ★ Set your own goals and use the art you make itself to take you to new frontiers.
- ★ There are literally no limits to what we can learn and learn to do when we have the energy to do it!

MEA 18: Art Spells



Barrier Breaking Modern Energy Art

- Art Spells have direct, magical Set Ups to make something happen for their owners and/or the environment they are placed in. They break the barrier between art, and magic.
- Art Spells are relatively small. This breaks the idea that in order for something to be “great art” it has to be humongous in size. It's all about the energy instead.
- Art Spells are meant to be touched, interacted with, actually used as a magical object. This breaks the barrier of “Don't touch the precious art!!!” which is a huge wall that stands between people and art objects.
- Finally, Art Spells are fun. They are fun to make, fun to receive, fun to own and fun to interact with.

That's their final barrier breaking effect.

Art Spells are FUN.

MEA 19: Magic Toys



Magical Energy Art Objects We Can Play With

- Magic Toys in Modern Energy Art are energy objects that are designed to be played with.
- This purpose is in their structure from the Set Up onwards.
- We could also call these practical objects.
- This breaks the barrier between something being art, and being actually practically useful.
- We could say **Magic Toys break the barrier between art and craft.**

Making wonderfully useful, helpful works of art is an amazing skill and a gift that keeps on giving.

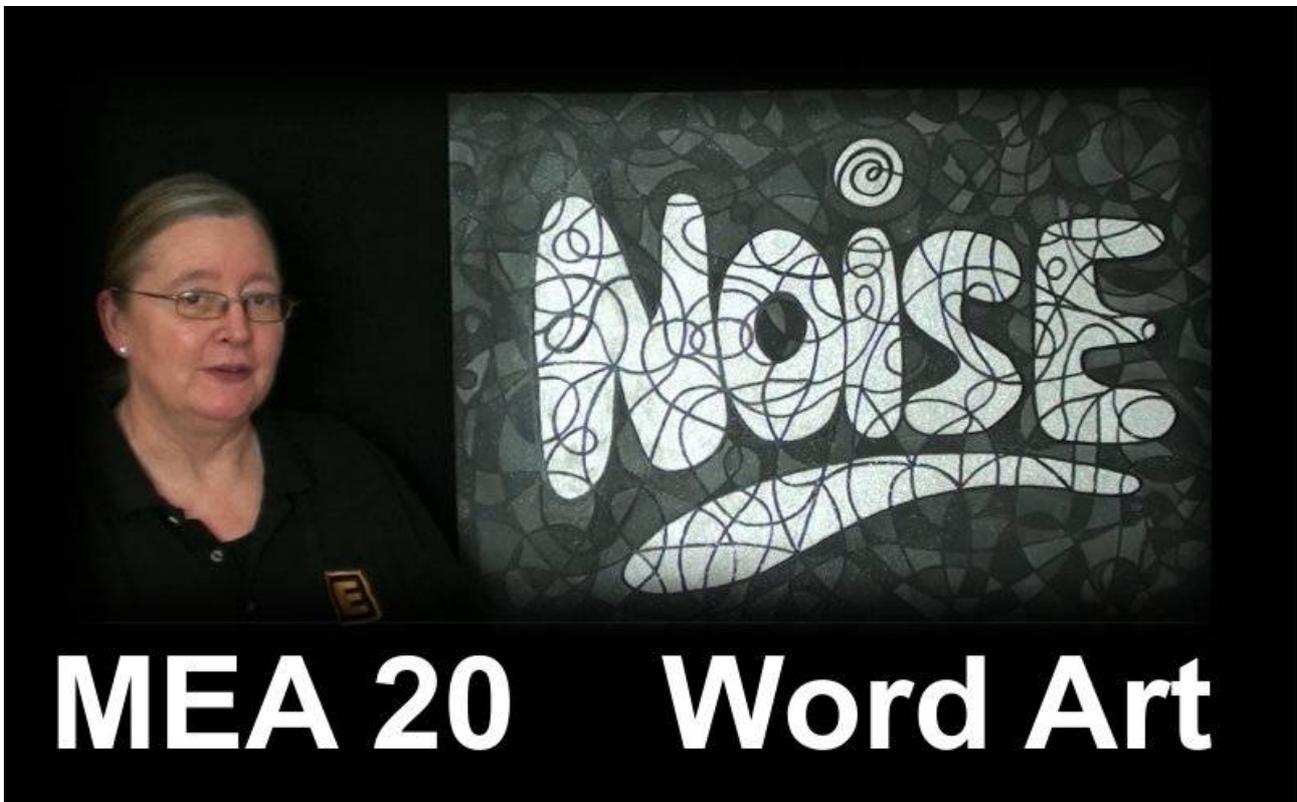
Playing With Magic Toys

This means using the object for the purpose it was created, having experiences with it, learning something new that will help to shape the next thing you make.

Examples of Magic Toys include:

Wishing Well, Magic Mirror, Guardians, Magic Wand, Magic Charms, Animal Entities, Spirit Dolls, Angel Antenna, Energy Symbols, Bowls of Blessings, Magic Box, The God Phone.

MEA 20: Word Art



Combining Energy Art With Words

- Words can be art, and art can be words – and we can combine them in any way we choose to do that.
- Embracing the world of words and including them in our concepts of what art is and what it can do for us opens whole new realms of creative exploration.
- We can turn words into art, and art into words.
- We can combine them and create a work of art that includes both.
- When we do this, we extend our ability to translate our experiences into something we can share with other people, share with the world.

Art is sharing your light.

MEA 21: My Song



Singing Your Own Song

- With every art modality we add to our experience, we learn more about art itself.
- We find the basic principles of how to do art in any modality.
- We use the Set Up and the 6th Sense in this case to create a song.
- A song starts with a melody.

How To Make A Song

- First, the Set Up. Without the Set Up, the possibility of sounds or notes following one another are infinite! What song would you like to sing, and what is it going to do for you?
- Find any musical instrument, hard or virtual, that can produce notes easily.
- Be clear about the Set Up and now match the first note to your Set Up.
- This is exactly the same as matching the first colour, or placing the first object in a constellation.
- Find the next note using your 6th Sense, and the next note after that until you have your melody.
- Learn the song. sing and dance your song!

MEA 22: Sensations



Inspiration From The Energy Worlds

- In the old days, artists used to have visions.
- In Modern Energy Art we call these sensations because they actually involve all six senses!
- The easiest way to have sensations, experiences in the energy worlds we can use to create art, is to play the Classic Game from Project Sanctuary/SuperMind.
- We make a Set Up to guide the experience in the right direction.
- We ask some simple questions that we cannot answer consciously.
- Our energy mind will create a habitat for us into which we transfer our consciousness.
- Then we can have experiences in the energy worlds to serve as inspiration for endless art.

**Stepping into the energy worlds safely
is a fundamental part of Modern Energy Art.**

The SuperMind Classic Game

“Dear Energy Mind, take me to the perfect place in time and space where I can ...

... find the idea for my next art project

... find the idea for an art project that will evolve me

... experience something that will make an amazing work of art that will sell like it was a hot cake

... discover an amazing story

... learn something amazing about energy, art and myself as an artist

The Classic Game **SuperMind** 

				
Take me to the perfect place in time and space ...	What is the time of day? The time of year?	What is the weather?	What is the land?	What is the vegetation?

Answer the questions out aloud to enter into the habitat.

- What is the time of day?
- What is the time of year?
- What is the weather?
- What is the landscape?
- What is the vegetation?
- And what else is here?

Quick Tips:

- Describing what you are experiencing out aloud helps keep you on track.
- You can find your way back if you get bounced out by asking, “Where were we?”
- If you find it a struggle to answer the Classic Game questions, RAISE ENERGY!



The Sension Method

SuperMind **E**

What can I see? What can I hear? What can I feel? What can I scent? What can I taste? What can I sense?

Use all 6 senses to ground yourself in the plane of your choosing.

Stepping Inside The Habitat: The Sension Method

Activating all six senses inside the habitat makes it feel real.

So we ask:

- What can I see?
- What can I hear?
- What can I feel?
- What can I scent?
- What can I taste?
- What can I sense?

Now you are ready to explore your very own habitat, a real outpost in the energy worlds.

This is amazing fun and the essential reconnection between your conscious mind, and the energy mind.

When both work together, we have SuperMind experiences – sensations of extraordinary relevancy, clarity and energy richness.

Fantastically inspiring for every modern energy artist!

MEA 23: Story Island



Map Making & The Human Mind

- Map making in its widest metaphorical sense is what our minds are all about.
- Map making is an extraordinary process, and nowhere more so than when we map the energy worlds rather than physical reality for a change.
- That's when imagination and creativity really starts to fly!

Create Your World!

Make a symbol hybrid painting that is a map of YOUR world to explore and create!

MEA 24: The Overview



In The Joy of Modern Energy Art, we have covered The Principles Of Modern Energy Art. We have practised the basic principles of doing art with 6 senses in many different ways. We have broken many barriers, and always did our best to improve energy flow. To finish, we have a slide show of all the MEA Sessions.

★ **EMO all the MEA Sessions as they go by to connect even more dots!**

Modern Energy Art is a joyful paradigm shift into a future filled with awesome creative experiences.

Modern Energy Art is an amazing journey of personal development and discovery.

Modern Energy Art is an awesome tool to bring about changes for the better, to find new solutions, and to spread a little happiness as we go by.

Share The Joy of Modern Energy Art!

- With your friends and family
- With random strangers
- With colleagues, clients and customers
- With little children ...

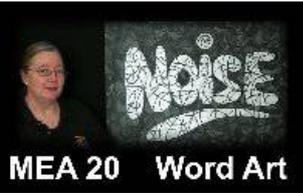
... with EVERYONE!

MEA Projects Checklist

Sessions	Content	Your Project	Completed
	<p>The Story of Modern Energy Art Mirrorball Messages Art Solutions</p>	<p>Watch this once at the start, and one more time right at the end, after all the assignments have been completed.</p>	
	<p>Art with 6 Senses Energy Flow Modern Energy Tapping EMO Energy In Motion</p>	<p>Try out for yourself: Modern Energy Tapping and/or EMO Energy In Motion to raise energy!</p>	
	<p>The importance of the Set Up in MEA to bring mind, body and spirit together</p>	<p>Practise finding, holding and breathing in the Heart Position.</p>	
	<p>Getting over shields, blocks and reversals to specific colours, being energized by all the colours.</p>	<p>Practise with the colours until all colours feel good and energizing to you.</p>	
	<p>Learning to “read” abstract art with the 6th Sense by flowing the energy in, through and out.</p>	<p>Practise with the example Symbol Paintings until you get a sense of understanding.</p>	
	<p>Tracing energy movements by tracing the movements of our body to make a symbol matrix.</p>	<p>Make a Set Up of your own and create a symbol matrix.</p>	

 <p>The CLICK! MEA 1-2</p>	<p>Using the 6th Sense to know which colour goes where. Learning THE CLICK.</p>	<p>Colour in your symbol matrix using THE CLICK.</p>	
 <p>Certainty MEA 1-3</p>	<p>Learning to respect your art and standing behind what your aspects have done.</p>	<p>Finish your Classic Symbol Painting and display it somewhere where other people can see it.</p>	
 <p>Symbol Hybrids MEA 2</p>	<p>Making something that other people can know what it is supposed to be!</p>	<p>Make an “Egg” symbol hybrid painting for your own personal evolution.</p>	
 <p>Art Hands MEA 3</p>	<p>Taking reversals and blocks out of both of your energy hands and playing with drawing.</p>	<p>Make a couple of micro symbol paintings just with a pencil, and make some creatures on a page. Play with both hands!</p>	
 <p>MEA 4 Love Your Art</p>	<p>Improve the energy flow between you, the artist, and your creation.</p>	<p>Use your Classic Symbol Painting for this exercise. Fall in love with your creation!</p>	
 <p>I Can Paint ANYTHING! MEA 5</p>	<p>Representing the energy of any experience so the painting transmits the right energy.</p>	<p>Paint a dream, a memory or a sensation of your own.</p>	
 <p>Story Board MEA 6</p>	<p>Creating a sequence of pictures that tell a story.</p>	<p>Make your own 16 part series of paintings/drawings to tell an important story of your own.</p>	

 <p>The Happy Painting MEA 7</p>	<p>A free & easy, quick “abstract” painting with a strong positive Set Up.</p>	<p>Make your own “Happy Painting.”</p>	
 <p>Sands of Time MEA 8</p>	<p>Connect with the oldest wellsprings of human creativity to create two unique works of art.</p>	<p>Make your own “Hands” & “Sands of Time” pieces.</p>	
 <p>The Cave Painting MEA 9</p>	<p>Creating a work of art over an extended period of time for a deep experience.</p>	<p>Start your own Cave Painting and put it somewhere where you can see it every day. You can tick “Completed” if you have the Cave Wall ready to go.</p>	
 <p>Primal Creatures MEA 10</p>	<p>Letting the energy hands shape small balls of clay into primal creatures.</p>	<p>Make three primal creatures and one little person. Tip: Use fire hardened plastic clay so your creatures last!</p>	
 <p>3D Constellations MEA 11</p>	<p>Arranging objects in 3D space according to a Set Up to create an energy constellation.</p>	<p>Arrange your primal creatures in a family group and take a photograph.</p>	
 <p>Happy Fruit MEA 12</p>	<p>Making constellations out of anything using THE CLICK as a basis for a work of art.</p>	<p>Make a work of art based on a constellation with objects of your own choice.</p>	
 <p>Art In A Crisis MEA 13</p>	<p>Bonus Video: Art in a crisis.</p>	<p>Bonus assignment: Make something a future aspect in a crisis will REALLY appreciate. You can tick this box even if you haven't done it, but I wish you had.</p>	

 <p>My Magic Camera MEA 14</p>	<p>Improving the relationship between the artist and the tools they use, in this case, a camera entity.</p>	<p>Work with your camera entity until there is a threshold shift in your relationship with it.</p>	
 <p>Painting With Light MEA 15</p>	<p>Using our ability to control light to create an infinity of different images with different energies.</p>	<p>Use a torch and a camera to take a picture of an object of your choice. Remember to make a strong Set Up so you can get THE CLICK.</p>	
 <p>Photo Set Ups MEA 16</p>	<p>Holding a strong Set Up from finding the right photo to take, all the way through post processing.</p>	<p>Take a picture outdoors with a strong Set Up and post process it so it gets better, rather than worse!</p>	
 <p>Digital Energy Art MEA 17</p>	<p>Overcoming blocks and reversals to computer art, and discovering the joy of digital art.</p>	<p>Create a digital art image with a strong Set Up of your own.</p>	
 <p>Art Spells MEA 18</p>	<p>Making small MEA energy objects that create reality and with which we can interact directly.</p>	<p>Make your own Art Spell. Tip: A Symbol Hybrid with a magical Set Up works well.</p>	
 <p>Magic Toys MEA 19</p>	<p>Making MEA energy objects to interact with to make your life better.</p>	<p>Make a magic toy of your own – and then play with it!</p>	
 <p>Word Art MEA 20</p>	<p>Combining words with pictures to create more than the sum of their parts together.</p>	<p>Make a Symbol Hybrid featuring a power word of your choice.</p>	

 <p>MEA 21 My Song</p>	<p>Using the basic MEA principles to create a song of your own.</p>	<p>Make a melody from a strong Set Up. Optional: Add words to make the complete song.</p>	
 <p>MEA 22 Sensions</p>	<p>Finding inspiration for magical, mystical, energy rich works of MEA in the energy worlds.</p>	<p>Create a work of MEA that is based on a sension.</p>	
 <p>MEA 23 Story Island</p>	<p>Creating a world of your own filled with stories and experiences.</p>	<p>Make a Symbol Hybrid map of your own world.</p>	
 <p>MEA 24 Overview</p>	<p>The Overview</p>	<p>EMO all the sessions to connect them all as they go by on the screen. Tip: The bigger the screen, the better.</p>	

Congratulations & Well Done!

It is in the attempt that the artist is born.

May you receive 100-fold the love you have put into each and every one of your own creations of

Modern Energy Art

Further Information

About The Guild Of Energists



In 1998, Silvia Hartmann created the first Modern Energy organisation to teach the first generation of directly energy based treatment techniques which became The Guild of Energists as we know it today.

Modern Energy is The Third Field and Modern Energy professionals specialise in treating the real, living human energy body with simple, logical and highly effective Modern Energy Techniques.

- **The Guild of Energists provides ongoing education in Modern Energy and welcomes everyone who loves energy.**

Modern Energy knowledge is of the essence to help people make sense of their lives, to heal from emotional/energetic wounds and disturbances, and provides sound, logical Modern Energy theory as well as effective, beneficial, positive and humane practice.

GoE Modern Energy Trainers are transforming the lives of real people worldwide.



Find a live event near you: <https://goe.ac/events/>

Quality Trainings In Modern Energy

Experience the power of Modern Energy by taking part in GoE's extraordinary, wonderful courses in Modern Energy, for individuals and helping professionals anywhere in the world today.

Modern Stress Management Foundation

Find out how stress has affected your life, learn how to measure your stress levels and experience four outstanding techniques to raise energy. A brilliant, life changing course for everyone.

Modern Energy Tapping Foundation

Discover the joy of Modern Energy – literally learn how to tap into the Oceans of Energy! Learn how to solve problems, how to energy tap with friends, family, groups and children in this exciting course full of awesome exercises and experiences.

Modern Energy Tapping Professional

Working as a professional Modern Energist, learn to address the energy component in presenting problems and help people's energy bodies heal and grow strong. This is a truly groundbreaking course, utilising the Powers of the Positives to help the Modern Energy Professional become more powerful, more confident, more healing.

EMO Energy In Motion Master

Beyond simple energy tapping lies a whole world of energy in motion. This course is particularly designed to develop the true 6th Sense and work with energy in real time, including conversational energy work. This course makes the Modern Energist.

Modern Energy Healing

The human energy body is real, it is not subtle in any way, and with Modern Energy theory and practice, we can put an end to the nonsense of the past and create real healing events through laying on of hands, the Royal Touch and more. This is a life changing course for people who know they have healing hands.

Modern Energy Healing For Animals

The original breakthrough research that begun Modern Energy was based on the energy exchanges between social mammals. Animals have energy systems too, and people form intense energy relationships with animals. Become a Certified Modern Energy Healer For Animals with this beautiful and life changing course.

Modern Energy Art Solutions

Discover the transformational power of barrier breaking Modern Energy Art – art with 6 Senses, art for everyone. Learn to create magical pieces of Modern Energy Art that have the power to change your world, and beyond, to create energy rich, inspiring energy objects to transform, heal and uplift.

SuperMind Master

Modern Energy provides a direct path to unlocking the powers of the Energy Mind. Previously known as the sub- or unconscious mind, the Energy Mind is the most extraordinary information processing system. By restoring information flow between the conscious mind and the Energy Mind, the true human SuperMind comes into being. SuperMind makes Modern Energy Metaphysics safe, simple, logical, practical and real.

The GoE Modern Energy Trainer

Modern Energy is new, super useful and has infinite implications for individuals, organisations and society. This gives Modern Energy Trainers the opportunity to freely choose their fields of endeavour and their own path in making the many gifts of Modern Energy available to people around the world.

“Do something amazing with your life!”

Further Information

Join The Guild of Energists!

If you love real energy, and you want to learn more about Modern Energy and what it can do for you, join The Guild of Energists.

We are a vibrant community of people of all ages from around the World who have one thing in common – we LOVE energy! GoE.ac/join

The GoE Energy Conference

Each year, Modern Energists from around the world gather in the UK for an energy experience like no other! Take part in fun filled, experiential workshops, find Modern Energy Art, books, information and energy artefacts, get a fabulous conference manual and goodie bag with surprises, but most of all, meet amazing people who have lots of love to give. GoE.ac/conference

The GoE On Social Media

The GoE's official Facebook page: <https://www.facebook.com/GuildOfEnergists/>

The GoE has members groups for general members, professional Modern Energists and Modern Energy Trainers.

For all latest news, events, practitioner listings and the member's library please go to



<https://GoE.ac>

Books & E-Books

Modern Energy Tapping – Silvia Hartmann

Start Unlocking The Power of the Positives in your life today!

Follow this excellent self help instruction manual that will teach you:

- How to energy tap correctly
- How to work with Power of the Positives
- How to solve personal problems
- How to heal and empower past, present and future aspects.
- How to use Modern Energy Tapping with children.
- How to use Modern Energy Tapping with groups.
- How to find your own Personal Power Positives.
- How you can use the brilliant Power of the Positives to gain more star experiences in YOUR life.
- Modern Energy Tapping: The gift that keeps on giving!

<https://dragonrising.com/store/METB/>

The Trillion Dollar Stress Solution – Silvia Hartmann

Get up close and personal with the causes and effects of stress, and find out how to turn stress into success.

https://dragonrising.com/store/trillion_dollar_stress_solution/

EMO Energy In Motion – Silvia Hartmann

The theory and practice of the principles of Modern Energy

<https://dragonrising.com/store/EMO/>

Infinite Creativity

The story of Modern Energy, Project Sanctuary, The Energy Symbols, Energy Events, Modern Energy Art and SuperMind told by Silvia Hartmann in her own words.

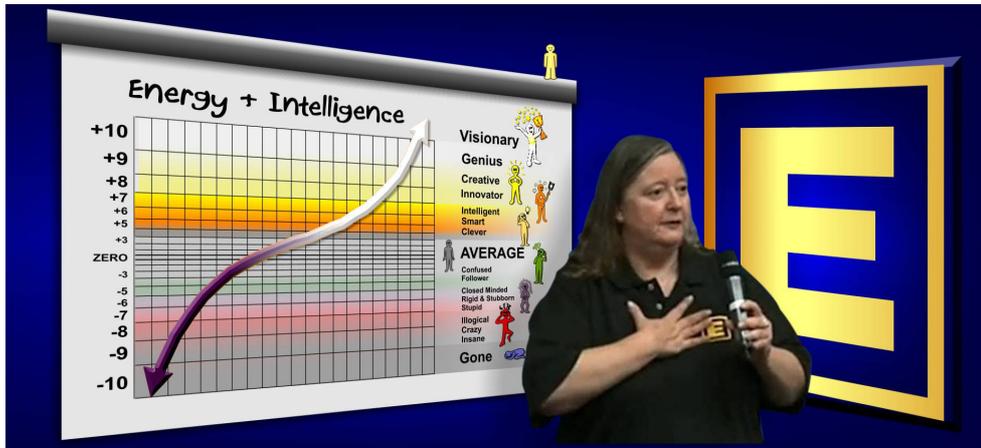
https://dragonrising.com/store/infinite_creativity/

The Energy of Attraction – Alex Kent

Applying the power of Modern Energy to Love, Dating and Relationships

https://dragonrising.com/store/the_energy_of_attraction/

About The Author



Silvia Hartmann is the creator of Modern Energy and the President of The GoE, The Guild of Energists.

<https://SilviaHartmann.goe.ac>

Creating a logical structure to explain human experience is her life's work.

Silvia Hartmann's favourite quote is:

“Love without logic is insanity. And vice versa.”

Silvia Hartmann's Modern Energy Art: <https://EnergyArt.uk>

The Modern Energy Art Group on Facebook: <https://www.facebook.com/groups/art4energists/>