

NATURAL CHARACTER DEVELOPMENT

# The Energy Synchronization Process (ESP)

How it works. What you gain. How to participate.

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## CONTENTS

- 4 HOW TRANSFORMATION HAPPENS ALL BY ITSELF
- 6 SITUATIONS WHERE ESP WILL MAKE A DIFFERENCE
- 8 THE KEY: SYNCHRONIZING YOUR COGNITIVE SYSTEM WITH YOUR UNCONSCIOUS MIND
- 10 OVERVIEW OF THE 7 TRAINING SESSIONS
- 12 FREQUENTLY ASKED QUESTIONS
- 14 RESULTS TO EXPECT IN LIFE AND MINISTRY
- 16 PROCEDURES & PRICES
- 18 THE ENERGY TRILOGY
- 19 ABOUT CHRISTIAN A. SCHWARZ
- 20 GET IN TOUCH

# How Transformation Happens All By Itself

Have you ever set the right goals and sensed yourself to be highly motivated, but then felt something within yourself that hindered you from seeing the fruit of your activities?

Throughout the past twelve years, I have directed my research focus on “God’s energy,” blending new discoveries in psychology and neuroscience with previously unnoticed insights into the New Testament. The results were published in three volumes on “God’s Energy” (the *Energy Trilogy*).

An unexpected result of that study was a new approach to transformation. When we comply with the right parameters, we can expect change to happen all by itself—a shift to “autopilot,” so to speak, rather than having to invest large amounts of willpower and self-discipline.

For anyone who is eager to experience the effects of that approach first-hand, I have decided to offer a 1:1 training process targeted on providing the needed “parameters” to experience the work of God’s energy in your life, and pass it on to others—the Energy Synchronization Process (ESP).

Looking forward to seeing you as a part of that group of people.



*Christian A. Schwarz, NCD International*

*P.S. Before committing to the actual process, there will be a free “pre-training” session to address any questions you may have.*



Christian A. Schwarz,  
founder of NCD International  
and author of the Energy Trilogy

# Situations Where ESP Will Make a Difference

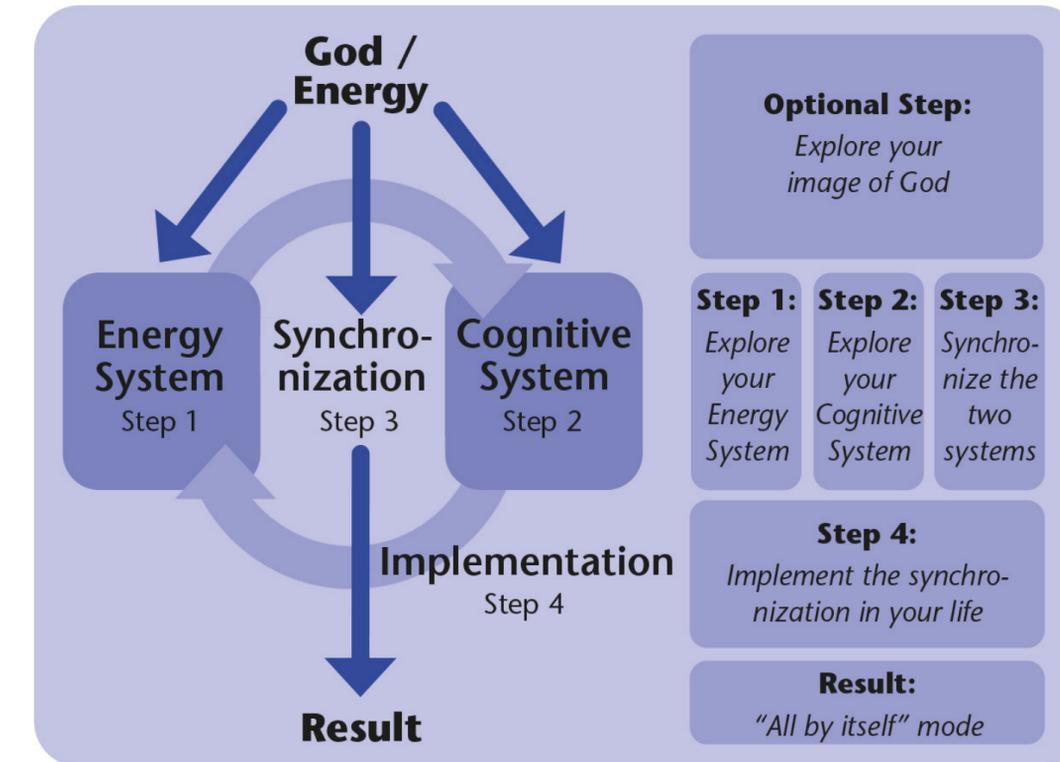
As you are pondering whether ESP training is the right choice for you, consider the following examples of settings where ESP has the potential to take you a decisive step forward:



- You sense that you live below your true potential, but don't quite know how to unlock it.
- You have to make an important decision, but are uncertain which route to take.
- You are involved in change processes, but keep running into the same sort of resistance again and again.
- You would like to deepen your spirituality and are not fully satisfied with "traditional approaches" targeted on that goal.
- You are experiencing a turning point in your life and want to make the next phase as constructive as possible.
- You are working as a counselor or coach and would like to learn an approach that is not limited to the cognitive, but includes the unconscious mind as well.
- You have read one or more volumes of the Energy Trilogy and would like to delve deeper into the paradigm, not just intellectually, but also through personal experience.
- You frequently feel that you are lacking energy, and would like to change that.

# The Key: Synchronizing Your Cognitive System with Your Unconscious Mind

In ESP, we distinguish the Cognitive System of the human mind—the entity that we usually refer to when we say “I”—from the predominantly unconscious Energy System. The goal is a synchronization of the two systems—a key to unlocking intrinsic motivation. The result will be, among other things, the ability to switch to an “all by itself” mode and release “all by itself” growth in yourself and others.



*ESP in a nutshell: The left part of the diagram outlines the various interactions between the Energy System and the Cognitive System, whereby synchronization of the two is achieved. The boxes to the right represent practical steps that are taken in order to facilitate the theological and psychological dynamics symbolized on the left. The result is a shift into an “all by itself” mode.*

# Overview of the 7 Training Sessions

The training will be conducted through Zoom (preferably) or Skype. Please set aside 30–45 minutes for the pre-training session.



- *Pre-training* session (free): Agreeing on contents, discussing procedures, and setting dates for all seven sessions.
- *Session 1*: Assessing your personal situation and clarifying your goals
- *Session 2*: Understanding the language of your personal energy system
- *Session 3*: Uncovering unconscious motives
- *Session 4*: Utilizing the raw material provided by your energy system in goal setting
- *Session 5*: Identifying contradictory voices within yourself and bringing them into conversation with one another
- *Session 6*: Discovering spiritual dynamics that enable your energy to flow
- *Session 7*: Activating “all by itself” growth in all areas of your life

If a trainee would like to have additional sessions (for instance, in order to delve deeper into a specific topic or to include other methodological options), the number of sessions can be extended. The additional sessions will be charged at the reduced per-session price (see page 17).

# Frequently Asked Questions

*Is the study of the Energy Trilogy a prerequisite for receiving the training?*

No. However, the training will be enhanced if a participant chooses to study at least the highlighted texts of the Trilogy (about 1/3 of the overall text, see page 18).

*Is the training designed exclusively for Christians or religious people?*

Both Christians and non-Christians can benefit from the process. Since a person's belief system impacts their approach to energy, the training gives credit to the religious or non-religious starting point of any individual trainee.

*In which languages is the training provided?*

English and German. It is sufficient to speak one of these languages as a second tongue. In these cases, however, the second language should be spoken fluently in order to be able to verbalize nuanced realities in yourself and your environment.

*Is it possible to receive the training in person, i.e., without using Skype or Zoom?*

Generally, it is. However, in that case you need to come to my place (Emmelsbüll, Germany) for one week, where I will give you one training session per day.

*If I start the training and decide that it isn't what I was looking for, can I drop out??*

Yes, at any time. In that case, you will only be charged for the training sessions you have received at the non-reduced price (see page 17).

*Am I allowed to pass the training on to others once I have received it?*

Yes, you are. However, in order to pass it on, basic coaching skills and a thorough study of all three volumes of the Energy Trilogy are required.



# Results to Expect in Your Life and Ministry

As a result of ESP training, the following outcomes can be expected:

- Your own cognitive aspirations will be synchronized with your Energy System, so that rationality and emotions will no longer block or undermine each other.
- You will have gained a solid understanding of the energy paradigm and be able to share it with others.
- You will have gained new and surprising insights into your Energy System that will enable you to live a more fruitful life.
- Your level of resilience will grow considerably.
- You will be able to approach other people with more genuine understanding and, at the same time, will see new opportunities to partner with them in transformational processes.
- You will gain a deeper understanding of your personal approach to spirituality and the divine.
- Your level of creativity will increase.
- You will experience a new lightness: What previously required huge efforts seems to happen virtually “all by itself.”
- You will develop what appears to be a “sixth sense” for previously undetected opportunities.
- You will have learned a fascinating technique to identify and release the potential in other people.





“Be a bush if you can't be a tree.  
If you can't be a highway, just be a trail.  
If you can't be a sun, be a star.  
For it isn't by size that you win or fail.  
Be the best of whatever you are.”

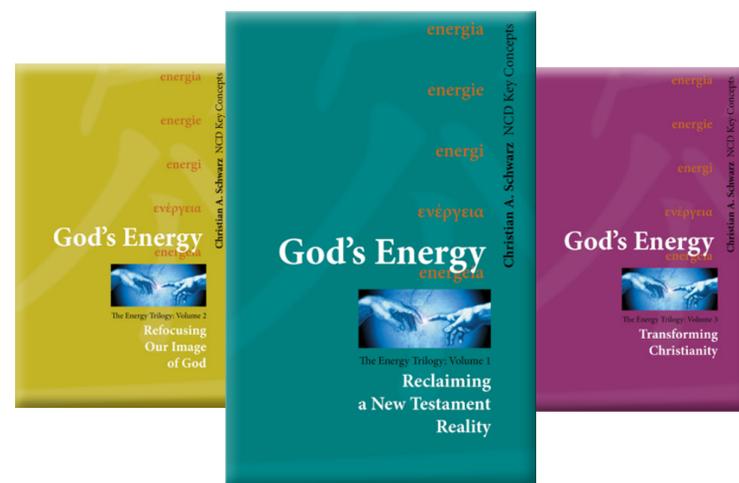
Martin Luther King, Jr.

## Procedures & Prices

- By default, the process will include **seven sessions**.
- Each session will be **75 minutes**.
- The “pre-training session” will take **30–45 minutes** and will be free.
- The price for the training is either **€200 per training session** (if a trainee opts for a shortened process) or **€980 for the entire process** consisting of seven sessions (i.e., €140 per session or €112 per hour).
- If a trainee would like to have additional sessions (for instance, in order to go deeper into a specific topic), the number of sessions can be extended. Additional sessions will be charged at the reduced per-session price (see above).
- **Students** with no income can book the whole seven-session process for a nominal fee of **€115** for the whole process.
- The training sessions will be conducted by Christian A. Schwarz.
- The training will be provided in a coaching style.
- The dates for the sessions will be set in the pre-training meeting or arranged one by one at the end of each session.
- The available times for training will respect the trainee's working hours and time zones.
- All sessions will be held via Zoom (preferably) or Skype.
- The training will be related to the topics/challenges/needs of the trainee that are discussed in the pre-training session.
- Between each meeting, there will be small homework assignments.

# The Energy Trilogy

The 960 pages of the Energy Trilogy present the theological, philosophical, and psychological background of ESP. The blocks highlighted by a side bar reduce the text to less than one-third of the total volume. Read together, they make up a condensed, introductory book (“book within a book”).



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# About Christian A. Schwarz

Christian A. Schwarz is founder and president of NCD International, a training network operating in more than 70 countries and supporting church development, character development, and community development. As a result, tens of thousands of stagnating or declining churches have experienced new vitality and growth, and countless individuals a new level of fruitfulness. Christian's books have been translated into more than 40 languages.

For the past twenty-five years, Christian's personal focus has been on empowerment and coaching.

# Get In Touch

If you are interested in this training, contact Christian A. Schwarz at the following e-mail address:

*[cas@ncd-international.org](mailto:cas@ncd-international.org)*

You can simply write, “Interested in ESP,” and Christian will contact you by mail.

You will then have a free pre-training session with Christian, in which the most beneficial focal point (i.e., applying the training to the most important areas of your ministry/life) will be explored and the dates for the seven sessions will be set. Only after this first session will you definitively decide whether to participate in the training.

The pre-training session will also provide the opportunity to address any questions you may have prior to launching the process. Please set aside 30 to 45 minutes for that meeting.

