

### **Front cover image**

Please note that the front cover image, derived from a video taken just weeks before this book was printed, is actually of me leaping for the first time from a 10 meter high cliff on a very hot day and diving into the cool waters of the ocean below. "Leap and the net will appear," as the Zen saying goes.

My good friend and techno-artist extraordinaire JonRA has included in the image that you see three staggered moments of me standing, leaping and soaring into the great unknown.

He even included the splash from my plunging into the water as part of the photo. Bravo, mon ami!

## **Artwork**

All images of artwork throughout this book are the creation of the author.

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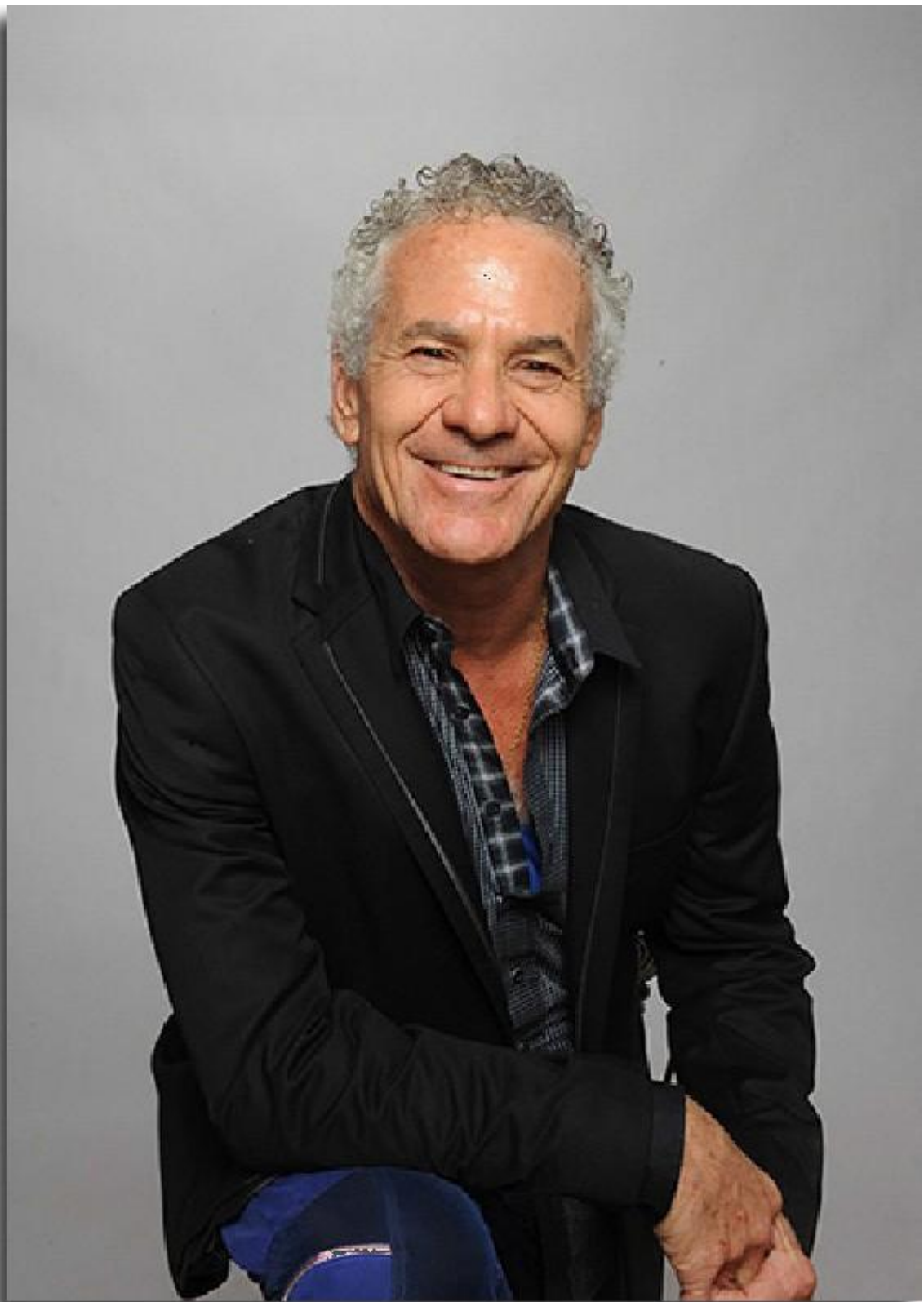
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# **Get up, stand up for your life**

**by Gary Wohlman, PhD**



## **Get up, stand up for your life**

What Michelangelo was to sculpture, Gary Wohlman is to the body and soul. Just as Michelangelo "saw the angel in the marble and chiselled until he set it free," Dr Gary has developed a simple, elegant approach to bringing out the best in people ~ in their bodies, minds and lives...

Being a model of "all body, all mind, all spirit" himself, his specialised somatic system frees people's unspoken conversations held in the deepest parts of the psyche through the bodymind

interface.

As an ***archaeologist of the soul***, Dr Gary pioneers and provides fresh pathways for you to liberate physical, emotional and creative energies once buried in the landscape of the body, our chief instrument of communication - allowing the true you to come out. His whimsical approach integrating new self talk with rhyme will transport you on a mystical journey.

Answers you have been seeking, now you will find.

This multi-modal, multi-sensory approach will cause shifts in your consciousness and connection with yourself - with everything you think, say and do.

No longer will you afraid to speak your mind.  
No longer will you hesitate with life's decisions.  
No longer will you wait for the good things to happen.



They can and will happen to you. And Dr. Gary, in his playful passionate way, shows you how to create miracles in your life, each and every day.

*"Get up, stand up for your life"* provides you with a brilliant blueprint that will illuminate the rest of your life, from the inside out ~ and gives you tangible tools, tips and techniques so you truly Shine.

Open the door, and embrace all you have come here for!

# Foreword

What drives us?

Why do we do the work we do, achieve the lives we achieve and continue to strive to be better each day?

The fact that you're reading this book now is evidence that you, also, want to lead a fulsome, happy, healthy life. And you undoubtedly have your reasons for wanting to do more with the gifts you have. But how do we do it?

How can we focus our energies on the facets of our character, our bodies and our realities - both past and future - in order to truly transform who we are into who we really are; a beautiful, loving, happy, healthy human being who is at one with self and full of gifts for the world?

From my experience, the answer lies in transforming your unique partnership with your **body**, your **relationships**, your **career**, your **creativity** and your **contribution to humanity**.

- Your Body
- Your Relationships
- Your Career
- Your Creativity
- Your Contribution to Humanity

Each of these can be transformed. I know because I've done it. I know because many, many clients of mine have done so too. But how? I believe I have developed a system (which I call the Wohlman Method for the Whole Being) for transforming each of these key areas.

I've refined and developed the system over many years, often relying on feedback from clients, to arrive at a holistic process that enables individuals to truly discover who they are, to like who they are and to transform their impact on the world.

This book will show you the tools, tips and techniques I have created, developed and used to transform myself and thousands of others, in each of the areas that really count - our body, relationships, career, creativity and our contribution to humanity.

## Does it work?



Let me demonstrate how just one such technique can deliver extraordinary results. I was watching a new client of mine give a presentation in front of an audience of over a hundred people, and I noticed that rather than speaking, he was shouting at the top of his lungs. The cords on his neck were standing out, his face was red, and the tone of his voice was harsh. Having witnessed this shouting scenario, I wanted to pursue his reasons for presenting as he did. He clearly wasn't happy up there, and maybe there were hidden depths we could explore together in order for him to increase his power as a presenter. (I have a few roles; one of which is to act as a presentation coach for many high-powered international speakers.)

In our consultation the next day, I asked him, as his presentation coach, "Just who were you shouting at out there yesterday?"

"At first, the seminar leader sounded defensive, retorting: "What do you mean, shouting? I always raise my voice when I am presenting." Suddenly a flash of insight seemed to come over him - the muscles on his face relaxed, he gave a big sigh of relief, and his voice softened. His voice quivering, he explained, slowly at first but gathering power as he explored his mental reasoning, "I've been shouting to audiences my whole life. It's not the audience I've been shouting to, it was my father. My father never listened to me, and I've been screaming ever since to feel heard, understood and appreciated."

We explore this for some time and he eventually broke down crying.

He continued to unravel one insight after another, and now a depth of resonance came through the tones in his voice. Speaking from a deeply felt-place, he revealed a whole new way of seeing his relationship to speaking. "My dad is long gone, yet in realising how I've been talking so loud for so long to so many people, I see now I no longer need to raise my voice to feel heard. I AM heard, and the more I share how much I care, the easier it is for people to hear my message. I no longer need to shout to be heard." His voice became gentle, softer and more pleasant to hear as he relaxed within himself.

He said thoughtfully to me, "Sharing my caring, my tenderness, my vulnerability, my heartfelt sensitivity, this is my new developing strength."

This story actually happened, and this is why I do what I do.

The seminar leader I've just mentioned was a leading international speaker, author and professional presenter. His whole manner of speaking dramatically transformed from this one intervention. This example is a good one of how simple and easy it is for a person to make a radical shift in the way they present themselves in front of people, rather than clinging to old outmoded ways of speaking that keep a wounded past identity alive.

Are you in that outmoded way?

Holding on to old truths you would like to change?

Reading this book is a powerful step to enabling that change. So, congratulations for having the insight to know you want to change and the mindset that will actively pursue change.

During my professional life as a communications skills coach, I have witnessed and participated in hundreds of such transformations in people's relationships with aspects of their lives. This transformation can not only occur in their public speaking, but also in other areas of their life as well. I have seen one person after another let go of no longer needed and wanted relationships with their body, their partners, their career and their creativity and therefore alter their contribution to humanity.

## **Uncover Your Hidden Treasure**

As we move forward and journey together, you will discover all kinds of tools and awareness to achieve results in your inner and outer life that you've wanted for a long, long time. You can and will achieve your desired outcomes through our being, working and playing together. Magic is Alive! From my end, I will be giving you all kinds of simple multi-sensory exercises to practise so you create tangible results. Awake! Awake! For Goodness sake!

This book explores the various dimensions, as well as the personal and cultural impact, of a healing methodology I have created and been developing and refining for over 40 years. My approach is both therapeutic and communicative. You can use these systems for liberating

physical, emotional and creative energies stored (and until this point in time, buried) in the landscape of your human body. As archaeologists together, we will uncover treasures to liberate your fullest self-expression which has been stored for ages within the layers of your bodymind.

You will uncover a streamlined pathway to healing that frees blocked physical energies which have accumulated over time and become bound in your body. A pathway that is far swifter, longer-lasting and more efficient than many other methods I have come across - with accompanying liberation of emotions and awakening of hidden and held-onto creative abilities.

It is both my joy and also, as I see it, my sacred responsibility, to make possible for you the myriad of miracles I have seen manifest with so many souls over the years who have similarly awakened their dreams to life.

## **My Professional Life**

My passion is working with people to release their creative genius, using a multisensory mind-body approach that facilitates breakthroughs in careers, relationships and contribution to society. I do this through tailored programs that include one-on-one consulting sessions, multisensory massage, group workshops and internet-based training.

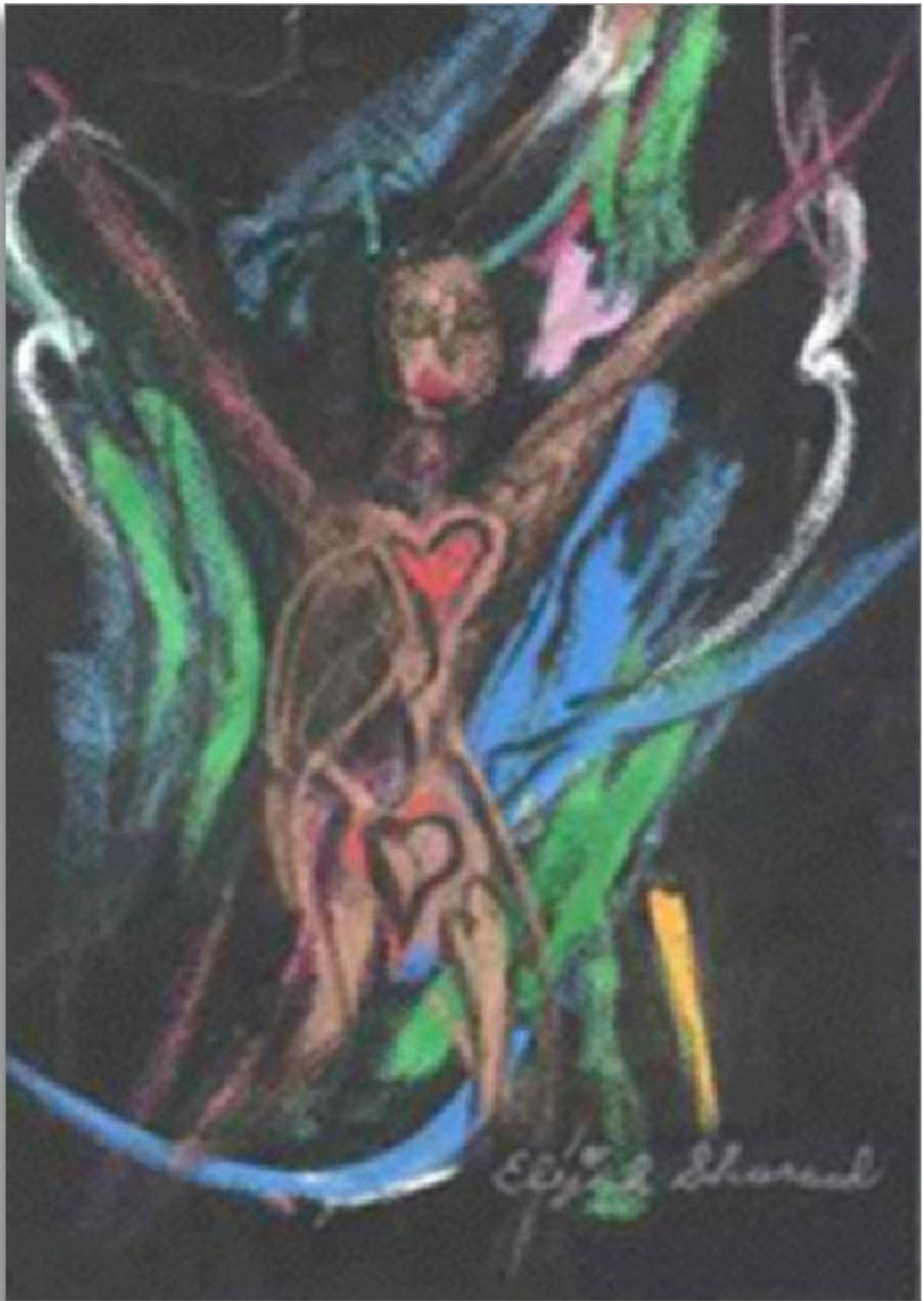
Typical tailored programs include ones designed for:

- Scientifically trained people wishing to discover their creative side
- Every day people wanting to overcome fears and challenges
- People wanting to expand their presentation skills - whether in a corporate sense or those wanting more skills to speak in public without fear

Within these pages I gift to you the best case histories and teachings I've developed over the last 40 years in freeing people's abilities to **SPEAK UP** and be the shining magnificent communicator they've always wanted to be - on every stage, and in every stage of life.

My unique approach to generating breakthroughs comes from a somatic, body-centred perspective. In this book, I have integrated the best of accumulated knowledge, wisdom and experience spanning a wide range of fields and multi-sensory modalities - including Psychodrama, NLP (Neuro Linguistic Programming), and the most recent findings in accelerated learning - along with a vast variety of additional disciplines and practices that have been a essential part of my multi-dimensional life.

In essence, I've created a simple, streamlined method which has helped thousands of people over the years make swift sustainable shifts in their bodies, minds and lives.



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# Acknowledgements

I wish to thank all of my friends, students and colleagues who have assisted me in the writing of this book. Without their help, I would not have been able to pull together the case histories, events, and thinking that formed the basis for the Wohlman system.

I thank all my teachers and guides, too many to name here, who have assisted me along the way to pioneer pathways, forge fresh frontiers and chart unexplored, unmapped territory to enhance communication throughout the landscape of our bodymind, as well as to encode new self-talk in the muscle memory.

In particular, I also wish to thank: My father, the late and great Robert Felix Wohlman, who imparted to me a serious sense of humour and the belief that anything is possible in one's life. My mother, who instilled in me a willpower, perseverance and creative spark that has given birth to endless pursuits of full self-expression in my body, mind and life.

The late Jack Painter, PhD, for his inspiration, expertise and guidance that he showed me as my 1st body therapy teacher - with his specialty of Postural Integration that I studied in my early 20's in San Francisco. As a maverick and pioneer in the field of somatic psychotherapy himself, he was one of my first mentors and role models that helped set the stage for my creating the work I am doing today.

The late Gabrielle Roth for her creating the "5 Rhythms" movement meditation practice in 1995, which has allowed me to further express my own devotion-to-motion and develop my own daily practice of personal attunement - that has led me to create many of the awakenings, insights and illuminations you will see throughout this book.

The celebrated Louise Hay, who I met in the late 70's, and whose book "Heal Your Life" containing affirmations for clearing patterns in the body provided original inspiration for me. Combined with my years as a champion athlete and love of performance art, both of which gave me a deep appreciation for what our bodies are capable of doing and expressing, her classic work provided a model that assisted me in creating and developing my own system of rhyming affirmations.

Jon RA Seward for his front cover image by Jon Ra Visionary Creations [www.jonra.com.au](http://www.jonra.com.au)

Les Margulis, MA, for making sense of my myriad of moments I shared with him with additional writings that brought my whole life together - Les's believing in me throughout the two years that it's taken to complete this book project made all the difference in the world.

Prue Marks, my graphic designer for over ten years, who assisted me in shaping the text, images, fonts and overall look and feel.

Russ Fischella, my good friend and San Francisco's celebrity photographer, who took the back cover photo.

Vigyanam Jade, my webmaster for the last 5 years who created this Kindle ebook.

Further, this book is dedicated to you and to all fellow souls who are ready to bring life to greater life, to have you manifest your heart-of-heart's deepest longings and highest visions as never before.

As you open this door, you will remember what you've come here for.  
Live your dreams Awake, for Goodness Sake!  
I will show you how to get there.  
Read on...

With deepest gratitude

A handwritten signature in black ink that reads "Gary Wohlman". The signature is written in a cursive, flowing style with a large, sweeping loop under the "y" in "Gary".

Gary Wohlman



## **Chapter One: The Five Paths to Success**

As you undertake your journey, it's important to continually reflect on the five key areas important in personal growth and development:



1. Partnership with your body
2. Relationships
3. Career
4. Creative Expression
5. Contribution to Humanity

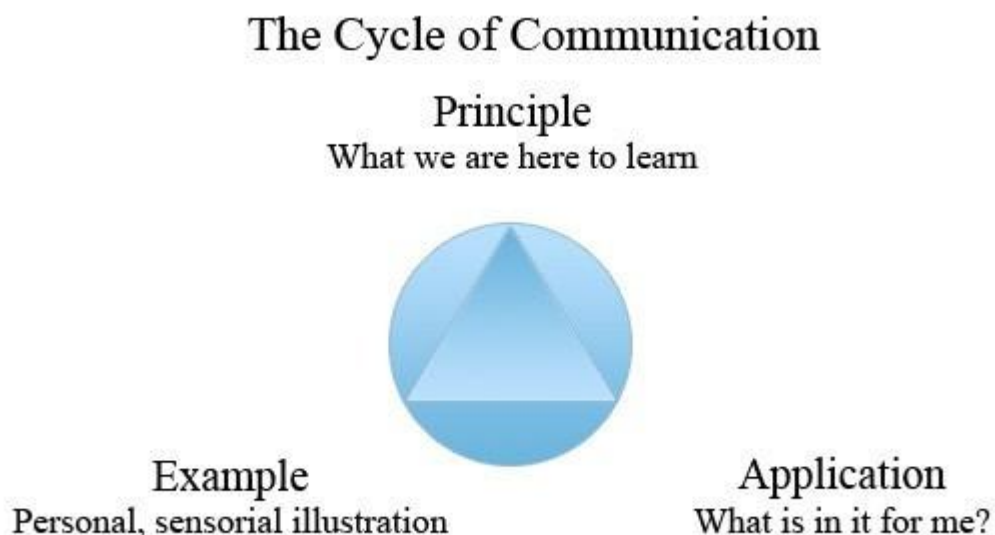
### **Explore - and lose your fear**

The key platform of my personal growth methodology is in showing people how to no longer be afraid of being themselves. Not today. Not tomorrow. Not ever! Sometimes I like to make a joke that it's an "inside job." By that I mean that the more one accepts their innermost essence and key attributes, the more they can make swift, dramatic and long lasting shifts on every level of their being, from the inside out.

Following this line of thinking, I encourage readers to notice the truth underlying the statement "The more I release hesitation from within me, the more others release hesitation around me." Notice what happens when you set this statement into motion... What is then moved to shift in your body, mind and life - on all levels and dimensions of your being?

### **The P.E.A. formula will help you communicate**

Principle, Example, Application. One of my key principles, which consolidates the essence of my teachings over the years, is what I call the Cycle of Communication, or the P.E.A. Formula. The P.E.A. Formula looks like a triangle within a circle, and each vertex backs up and reinforces the other two elements within the equation, as illustrated in the following diagram:



### **The essential structure to all communication**

Following the P.E.A. Formula, the Cycle of Communication incorporates all three of the

elements of Principle, Example and Application. As I see it, this represents the essential structure underlying all well-laid out conversations and communications, to all audiences, in all stages of life.

### **Real life examples to help guide your journey**

Along the same line of thinking, the structure of this entire book is based on providing real Examples drawn from life, and specifically, from testimonials from clients I've worked with.

These are assisted by detailing which Principles back up the breakthroughs which have occurred; and then by my describing specific Applications that you can take away and use to generate similar shifts and breakthroughs in your own personal life.

### **Use it for any conversation, anywhere**

You'll find this cycle of communication applies to any conversation or presentation you are having with anyone and any audience at any time. I have found that sometimes even professional presenters and speakers fall short in the way they give marvellous stories and EXAMPLES from their own lives to illustrate the Points and PRINCIPLES they are making, yet often leave out the APPLICATION or the W.I.I.F.M ("What's in it for me?") from the audience's perspective.

### **P.E.A. clears up your communication**

The best speakers and communicators, before moving on to their next point, make an APPLICATION and involve their listener in some way - either through a participatory question such as "Does this make sense to you?" or some other engaging interaction that puts attention on the person(s) they're communicating with..

### **We all win**

Look at it this way: 'I' + 'You' = 'We.' My point being, that as we discipline ourselves in conversation and speaking to practice giving one PRINCIPLE (the 'We'), followed up by one EXAMPLE (the 'I') and one APPLICATION (the 'You'), then our points are well received and understood and we can move on.



## **Chapter Two: The Wohlman Method**

### **The Way Of Transformation**

What I'm going to share with you throughout this book are a variety of tools, tips and techniques that I have developed, spanning four decades as a communications skills coach and transformational body therapist. I call it the Wohlman Method for the Whole Being.





You can apply these tools immediately to your life, to assist you in creating shifts and breakthroughs and transform your relationships in 5 areas: with your **body**, your relationships, your **career**, your **creativity** and your **contribution to humanity**.

I will show you how to communicate with greatest impact and effectiveness on every stage of your life, and in every stage of your life. I will give you examples from my own experience with clients over the years who have made significant shifts in these areas. I will also provide examples of some of my own moments of awakening and insights which have emerged - including poems and songs and quotations drawn from a variety of sources of inspiration.

I have deliberately designed this book in such a way to challenge your thinking and beliefs you have held dear up to now. Are you open to questions and self-enquiry? Are you open to stretching your comfort zone beyond what you have known before?

Some of the concepts and ways I've expressed myself may appear unthinkable and unfathomable to you. I have consciously created this book to awaken you to those subtle energies and whispering wisdoms that will bring forth your own true authentic voice in your dialogue with yourself, conversations with others, and your relationship with life itself.

The more uncomfortable (and wonderful) you allow yourself to feel, the more you can be assured that you are on the right track. Through allowing yourself to experience the full depth and range of emotions that will come from letting go of fixed postures, positions and points-of-view, the more you will embody a greater light, clarity and joy in everything you think, say and do.

## **Neuro Linguistic Programming**

One of the elements that make my healing approach so effective is the use of affirmations. These are spoken out loud during the exact length of time the corresponding muscle group is being stretched on the client's exhalations. This sets up a positive expectation of a desired outcome on the part of the client. It serves as an "anchor" so they can return to the muscle memory of recalling the specific sensations and locations that match the spoken statement.

NLP (Neuro Linguistic Programming), the behavioural methodology connecting self-talk and live verbal communication with the physiology of the body, has originated this concept of anchoring. I find it is even more effective to speak the affirmation OUT LOUD to the client. And if the affirmation can be spoken, whispered or sung in rhyme, it is easy and fun for the client to remember the new view. Like a catchy advertising slogan, the rhythm and the new phrase itself are easy to remember - one more time, one more time, one more time. They then repeat it themselves (in their own words) so they can fully own the newly desired mental attitude and matching physical position within the landscape of their human body.

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