

# Stephen Miele: *Healer* **Energy Worker** *Artist*

*by Sarah Mitchell*



### ***A Prayer for the World***

Details about this painting:  
<http://mielear.com/view.htm#prayer>

**Before you read this article,**  
**please take 2-3 minutes to relax**  
**and gaze upon the painting above.**

**And then, read on...**

**D**id you feel anything? See anything? Stephen Miele's hope is that you did. What you are viewing is an Energy Balancing type of art. The idea is that all things in existence have a unique energetic frequency and that a frequency shape can be found for any particular thing and enhanced using color, numbers, position, angle and sound that have analogous frequencies. Stephen has developed his ability to create these frequencies as shape and project them on a canvas using paint as a medium. Stephen focuses on the energies that are beneficial to the health and well being of human beings and the world. Stephen describes the theory of his art in more depth:

*My paintings are about health, and utilize the physics of subtle energy. So, in my role as an artist, I guess I wear three hats: a healer, an energy worker and an artist. My compositions focus on specific conditions of the human body and mind. I bring together as many supportive frequencies as I can for the condition that I am focusing on and put them into the composition at hand. Once the frequencies have been determined, I compose the various shapes, positions, number and geometry on the computer. I then bring the composition to the canvas where frequencies of color are added and often even more of the supportive shapes. I believe the beauty of the art, the colors, the shapes, exist because the artwork is an ideal. In other words, the paintings are actually pictures of the perfect energetic flow of frequencies that balance conditions in the body. An interior snapshot, if you will, of a wonderfully working body. This leads into how the paintings actually do their work. When your energy field is in the energy field of the painting you begin to resonate with the painting. This takes about two to three minutes. Then, through harmonic amplification, your energy system picks up the 'ideal' and 'balancing' vibrations of the painting and begins to mimic those patterns. With enough time, which depends a great deal on how corrupted or out of balance your energy system may be, any imbalanced or blocked energy pathways will become corrected or unblocked. I sometimes compare it to a passive and less painful form of acupuncture.*

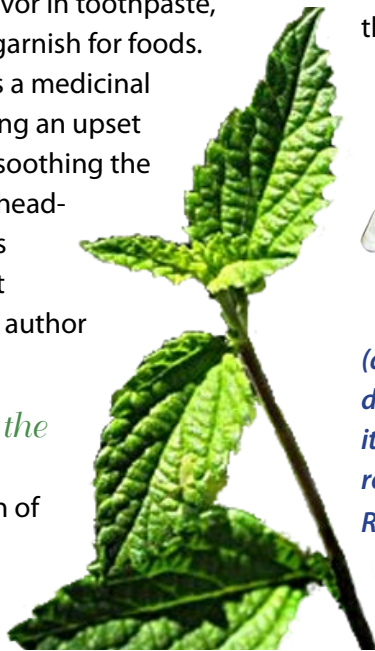
## How to Paint Energy

Now that you know a little bit about the overall idea of Energy Balancing art, let's examine the process of how Stephen makes it happen.

We'll start with the Mentha plant, or more commonly, mint. Mint is often used as a flavor in toothpaste, ice cream, gum, teas, and as a garnish for foods. However, mint is also known as a medicinal herb that can be used for settling an upset stomach, clearing the sinuses, soothing the throat, and relief from a pesky headache. Many people will use it as an aromatherapy and find mint very calming and relaxing (this author included.)

### Step 1: Concentrating on the Mint

Using a mint leaf, a photograph of



mint, or even just concentrating his thoughts on mint will be enough for Stephen to get the frequency shape of mint.

### Step 2: Get the Frequency Shape of Mint

Using a pendulum that he created out of beads and string to help guide him, Stephen finds the frequency and draws it out using CAD (Computer Aided Design) software on his computer.

*I use either the pendulum or my head to stay on course as I design with the CAD tool. I line myself up with the frequency (mint in this case) that I'm intending to go into the shape. I hold my intent on the subject and then I use the spline tool in CAD and begin to draw. If I'm going in the right direction, I'll get the right reaction with the pendulum. Like putting a series of pushpins in a bulletin board connected by a string, I place one pin then start spiraling out to find the next place for a pin and do it again and again until the shape is finished. A curved shape begins to take form under the pushpins. Once I have no reaction at all with the pendulum, I finish the shape – which may or may not need a little bit of tweaking to get it just right.*



The frequency shape of mint



test the shape that it is indeed



Stephen has gotten quite good at feeling in his head how the frequency shape should be drawn and in most instances doesn't need the pendulum to find the shape. If he is uncertain, he'll with the pendulum and verify correct.

*Basically, you're looking for a clockwise spin of the pendulum. If you're getting a very fast kind of spin, when it's really going nuts on ya, then it's a strong reading*

*(a weaker reading if it's going slower.) I think everyone develops their own intuition with it and figures out what it means if it's spinning faster or getting other types of reactions. The theory behind the use of a pendulum is Radiesthesia (<http://en.wikipedia.org/wiki/Radiesthesia>).*

*Radiesthesia simply means using a pendulum to detect various frequencies of subtle energy. It's 'physical' dowsing vs. 'mental' dowsing, the kind where you ask yes or no questions and get reactions of the pendulum. In physical dowsing you actually calibrate for specific frequencies and when they are detected in the environment you get a reaction on the pendulum. For example, if you calibrated a pendulum for the color green, then when you encountered green in your environment you'd get a reaction from the pendulum. I understand Radiesthesia is widely used in Europe as a diagnosis tool. I think here it's mostly misunderstood or unknown.*

A pendulum can be made out of anything and is easy to learn how to use. Stephen says that a person needs only to practice for a few weeks to become accurate in using it. Some people use a crystal on a string, but any kind of weight on the end of a string will do.

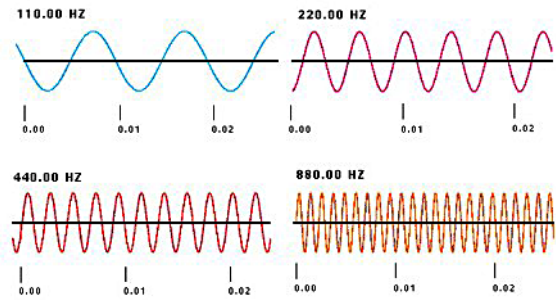


Stephen gives Shannon Hartkopf a lesson in how to use the pendulum

### *Step 3: Find the Enhancing Frequencies of Mint*

This step is done in the same way that the shape is found in terms of the pendulum. We noted above that all things in existence have energy that can be enhanced using color, quantity, position, angle and sound. Say we'd next like to find the color that has a frequency which enhances the frequency of mint. Stephen holds the pendulum in one hand over the mint frequency shape and moves his other hand over different colors in order to determine the color that resonates with mint, using his mind and body as a bridge between the mint and the color. As with finding the shape, the pendulum will spin faster when the right color is found. As it turns out, the frequency of the color yellow enhances the frequency of the mint. If you

can imagine a typical sine wave of a given frequency, the other frequencies would be in phase or have the same period and actually enhance the shape or base frequency.



Example sine wave frequencies



Stephen transfers the energy of mint to Barbara Bushong to help relieve her headache

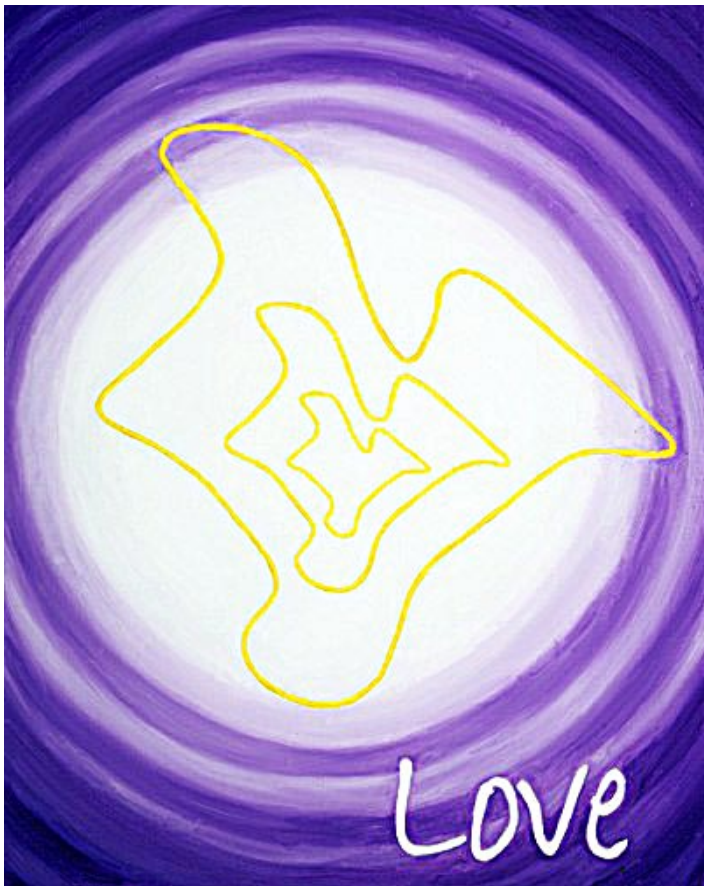
*Another way to understand it perhaps is from a musical point of view. Music occurs as frequencies and there have been numerous studies that show that it is a wonderful medium for healing in itself. So like music that heals with notes and rhythm, so too does this visual art.*

### *Step 4: Paint it*

Once Stephen has created the shape and collected the enhancing frequencies of mint, he can then use them in a painting. A person can then be in the presence of the painting for a few minutes and experience the energetic effects of mint as if they had just popped a mint leaf in their mouth. Perhaps the painting would have the frequency shape of mint shown with the color yellow in the background, or on the shape itself. Perhaps there may be a polygon of some sort at a particular angle, and it might be repeated a certain number of times to include the enhancing frequency of quantity.

Here is an example of Stephen's single frequency work,

Love. This painting can be ordered as a greeting card directly from Stephen along with five others: *Joy*, *Blessings*, *Gratitude*, *Weight Loss* and *Balance of Heart*. Just see the following link at his website:  
<http://mieleart.com/order.htm>.

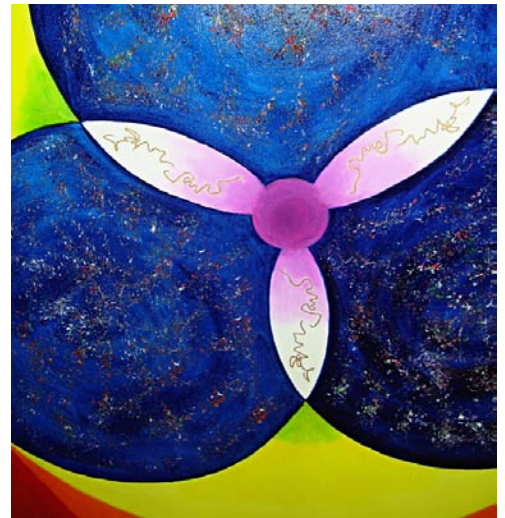


*I primarily use oils, as that is the medium with which I am most comfortable, though I have used acrylic, pencil, charcoal and watercolor in the past.*



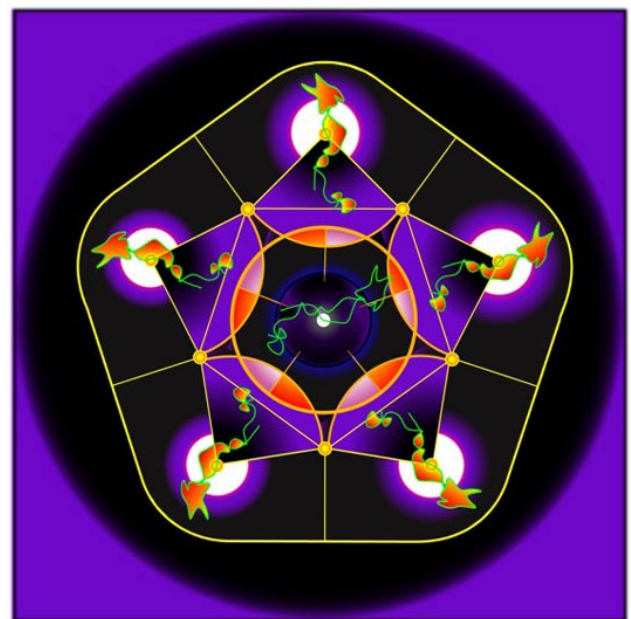
Part of *Balance for Diabetes*

Part of *Gate to the Heavens* that provides balance for Amyotrophic Lateral Sclerosis (Lou Gehrig's Disease)



Recently, Stephen has started exploring digital art as a medium.

*I don't have to clean as many brushes. It tends to be a little quicker. One digital painting I have done is called the *Five Points of Mind*, which is for balance of the conditions of Autism and Dyslexia. My experience of this is that my hand-eye coordination is improved by having this in front*



*Five Points of Mind*

*of me. Try typing something before looking at this digital painting and then try typing again after looking at it for a few minutes and see if there's a difference in your typing speed and/or your ability to concentrate.*

I have the *Five Points of Mind* as my computer desktop background at work and use it to refocus when I find myself getting tired or distracted. I believe it works!

## A Little Background on Stephen (With a Lot of Talent!)

Stephen F. Miele was born in Boston, Massachusetts in 1961 and now resides in Lake Elsinore, California – in between Los Angeles and San Diego. Stephen obtained his Bachelor's degree in Industrial Arts and Masters degree in Philosophy when he was in Boston but got his art training from Michael Sissons in Cairo, Egypt and at Cecil Studios in Florence, Italy.

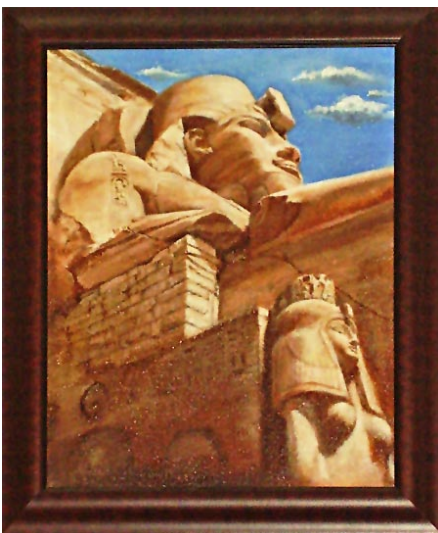
*While living and working in Egypt I showed some of my sketches to an artist and fellow teacher, Michael Sissons. He thought I had what it took to become a painter and then proceeded to tutor me afternoons and evenings over the course of a year.*

Stephen painted "mostly portraits and commissions in the naturalist style" during that time.



Reproduction of Leighton's *Mother and Child*

Not only does Stephen have the talent to paint the art that he is now doing—a very different type of art—but he is also very talented at painting in the more traditional sense.



*Abu Simbel*

The transition to painting the Energy Balancing art occurred about 8 years ago.

*I took classes in Reiki from John and Lourdes Grey (<http://www.mv.com/ipusers/reiki/>) and was certified to an advanced level.*

*This was where I first came to understand energy work. About two years ago I took a course in Biogeometry, founded by Ibrahim Karim, where I gained a basic understanding of the principles behind my work: simply stated, shape generated wave. Then, a little more than a year ago, I began creating what I call Energy Balancing art. Since then, I've taken other classes dealing with energy, one of which was an amazing class where I learned about Matrix Energetics with Dr. Richard Bartlett (<http://www.matrixenergetics.com/>). The result being that I was able to bring in some of the technology presented there and also from other places to improve the technology of the paintings. For example I am now able to put multiple frequencies into one shape and can amplify the energy of a shape within the shape.*



*The Dalai Lama*

## Multiple Frequencies

That's right, Stephen has gotten so good that he can translate multiple frequencies into a single shape. This means that he can feel many frequencies at one time and put them all together in his mind or using the pendulum to build the accurate shape. For instance, he could take mint, Echinacea, honey, and lemon and put all of their single frequencies shapes into one all-encompassing shape. All of these items would help soothe and heal the out of balance condition for the body of a sore throat.

Some examples of the intricate shapes created by Stephen, which include hundreds of frequencies, are those for cancer, HIV, Alzheimer's disease, Lou Gehrig's disease, Multiple Sclerosis, Parkinson's disease, weight loss, Dyslexia, and many others.

*By testing with the pendulum, I gather the frequencies that I need. If I want to do a general painting for say HIV, I would test through hundreds of frequencies, then refine the list and make sure those frequencies are beneficial for someone with HIV. In the end, I'm confident that what I'm getting is good.*

The *Flower of Life* painting for the condition of Acquired



*Flower of Life*



*Return to Life*

Immune Deficiency Syndrome (AIDS) is shown here.

The painting that resulted for the balance of Alzheimer's disease conditions is called *Return to Life*.

### **Does It Really Work?**

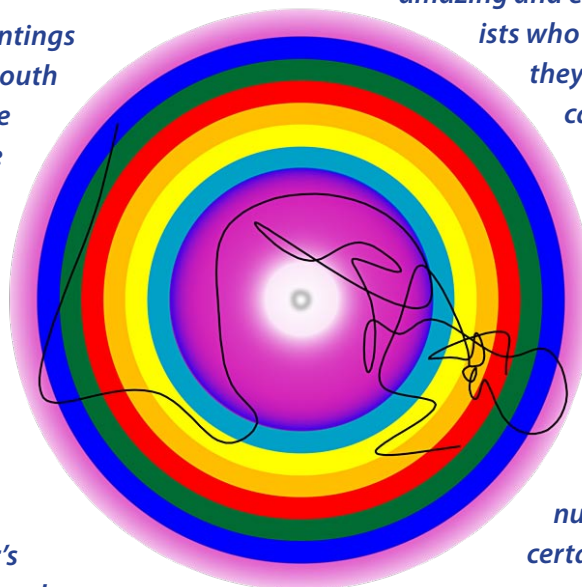
*I've been running my work by a doctor in San Diego, Dr. Hector Garcia, who is very adept. I contact him after I've completed some work and ask what he thinks of it. He's fairly intuitive and does the Yuen method [an energetic healing technique described more here: [www.yuen-method.com](http://www.yuen-method.com)] as well as Matrix Energetics. Not that I need to validate with him but it's nice to have his concurrence. He provides good feedback—"have I thought of this or that" or "right on."*

*So far my expectations for the paintings have been validated by word of mouth of people who have been using the paintings or shapes. Some people say that they've lost weight; some say they have a better ability to focus at work. Some people have said their meditative states have gotten better. I have a nephew that has Cerebral Palsy but I haven't heard anything from him yet in regards to a print and pendant he is working with. My Father has Alzheimer's disease and has my shapes; this year he was*

*recently tested and they found that his condition has not gotten any worse over the past year. Ultimately, I expect to have formal testing done and am working towards that now.*

*It takes very little to put a positive energy into your work so that it's beneficial for people. For instance, 6 is a very important number for AIDS patients. When people start to realize that 'Gee, all I have to do is put 5 dots in my sign and it will be more effective for the people who are looking at it' or put a certain arc underneath the door of my restaurant and give beneficial energy to the people who walk through, it's pretty powerful. Or even something on my glassware or plates. The applications are amazing and endless. I'm thinking of all the art-*

*ists who could just subtly put this into what they're doing. I'm doing as much as I can in a particular painting because they really are works of energy and not so much art, but think about what you could do with portraits, for example, what would be the best color for the people looking at the portrait to help balance them and/or make them feel better when they experience the art. Maybe it's a certain number they could benefit from or a certain angle, etc...*



*Dip in the Lake General Balancing*



Stephen explains the details of the *Flower of Life* balance for the condition of AIDS

## FAR Frequency

Stephen discovered the Fine Art Registry, Inc. by conducting an online search. So far he has registered and tagged 23 paintings and the number is climbing. After the painting or digital art is imaged, Stephen immediately registers and tags the artwork.

"I like that FAR secures the right to the artwork and assures buyers of its origins. I also like the fact that the artwork can be tracked in the future and that its history will be recorded as well," says Stephen.

Registering with the Fine Art Registry is of particular interest to Stephen due to his unique and newer form of art. He said that there are other people doing this kind of art, like the people he learned from, but it's definitely more on the rare side. Yet the "technology is out there for everyone."

Stephen says, "The nicest feedback from registering so far has been from Teri." Teri Franks is the founder of the Fine Art Registry, Inc. and tends to be very caring for each of the registered artists.

Stephen plans to continue registering his art on FAR as he

produces it and thus protect his provenance. See his art on FAR at the following link:

[www.fineartregistry.com/portfolio/smiele](http://www.fineartregistry.com/portfolio/smiele)

## A Vibrant Future

Stephen was a CAD and drafting teacher before he recently made painting the Energy Balanced art his full-time profession. With a laugh, he says, "My wife has been extremely understanding. What I've come across and what I've been able to do with it – well, the risk of not doing it is just too great."

*My long-term goal is that I really want these things to get out there. It is a huge benefit for people who have a condition to use as a supplement to the therapy they're going through. I know they work... I want the prints to get out as much as possible; one of the things*

*I'm not doing is having limited editions. I want to figure out the lowest cost I can to get them out there. And the prints, no matter what the size, will maintain the same amount of energy. They only have 20% less energy than the original paintings. The paintings also work if you're viewing them online or on a computer as long as the shapes aren't corrupted.*



Stephen's meditation room displaying *A Prayer for the World*

Stephen has a website, [www.mieleart.com](http://www.mieleart.com), where you can go and learn more about how the energy is put into the paintings and how much energy the paintings are putting into the environment. You can also view all of his art there and order prints of different sizes and prices. Stephen also makes and sells general and custom pendants that you can carry with you always. The pendants are made



Balance for HIV pendant

of Plexiglas as a standard but some are made with wood. He plans on creating other options for jewelry, but claims that the shapes are the important component and when worn are more effective since the balancing frequencies are in a persons field at all times versus just when a person is in a room with a print. As mentioned above, greeting cards may be purchased as well.

Stephen says the originals are for sale but the "main goal is to get the prints out." Stephen even lets the pendulum decide the prices for the paintings – which seems appropriate enough.

*It is important for me to get my work out to the widest possible audience for a few reasons. Of course there is the notion of 'making a living' but really that's small when I know of the therapeutic benefit of the art and the birthing of the technology that I am using.*

## Exciting Events

October 28, 2006, Hollywood, CA.

"Harrison on the Edge Parade for World Peace: One Human Family" working with The Art Miles Mural Project.

The "Prayer for the World" has been selected to be included in this worldwide movement. The parade for world peace will be in Hollywood and will be led by Arun Gandhi, marching with celebrities. The many murals will include Stephen's mural of Gandhi.

<http://www.goharrison.com/petitions/gandhi.php>

November 3, 4, & 5, 2006, San Diego, CA.

An ADVANCED seminar with Dr. Todd Ovokaitys and guests, presented by: Life Extension Seminars

See Stephen's website for more details:

[www.mieleart.com](http://www.mieleart.com)



*Time for a Walk for Peace*