

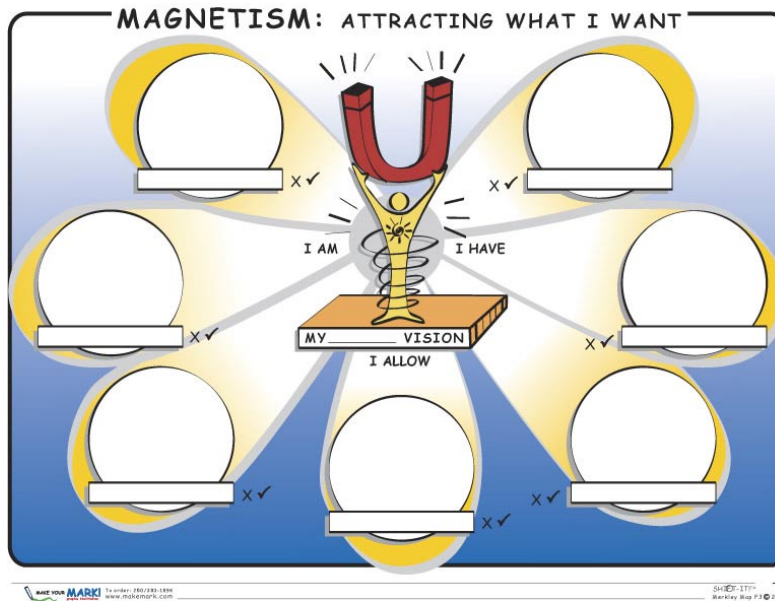


The SHIFT-IT Graphic Coaching Process™

Merkley Map®

Magnetism Map

USERS MANUAL



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THE SHIFT-IT GRAPHIC COACHING PROCESS™



This Merkley Map is part of a larger Graphic Coaching process called SHIFT-IT. SHIFT-IT is a seven-stage process to assist individuals in doing their own personal visioning and planning work. There are 17 visual templates in the process (called Merkley Maps®). These tools can be used in order, or separately to supplement other coaching or personal development work.

The Magnetism Map exercise falls into: **Focus on Your Future.**

Satisfaction Interrupted


Harvest Your History

Investigate Your Now

Focus on Your Future

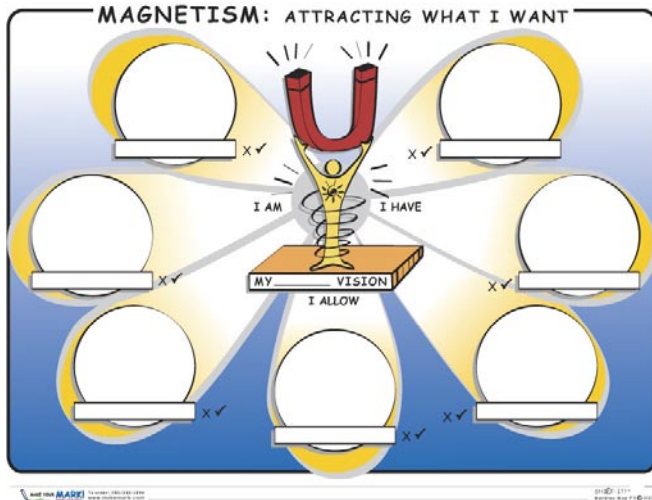
Trouble at the Border

Ink It Don't Just Think It

Take Action 

helping YOU shift to YOUR next level

1. At the Crossroads
- 2-5. Life Maps
6. Catch & Release
7. Focus on Me
8. S.E.L.F. Inventory
9. Essential Extracts
10. Future Self Visioning
11. Magnetism
12. Flip It, Flip It Good
13. Inner Alignment
14. Archeology of Beliefs
15. Big Picture Plan
16. Take Action!
17. Declaration of Intention



PURPOSE OF MAP:

- To Create Your Own Personal Vision Statement Within A Specific Timeframe.
- To Focus And Discipline Your Mind On What You Really Want To Create.
- To Figure Out The True Essence Of What You Want.
- To Identify Your Level Of Belief Or Allowing.

DESCRIPTION:

If you want to create shifts in your life you first need to determine what it is you truly desire and intend for yourself. You need to give yourself a marker on the horizon. A direction. A PERSONAL VISION. Specifics that your mind, spirit and psyche can wrap themselves around.

This Merkley Map will help you do that, by guiding you to create a Personal Vision Statement. This statement will act as your North Star or Guiding Principle. In it you will pull all of the disparate parts of your vision into one centralized place. Claiming what you desire and staking a specific timeframe in which you'd like it to occur.

This Map will act as a powerful energy vortex. It will be a magnetic placeholder that you will bring your constant focus and attention to. You will use it to focus your mind on what you want (as opposed to what you don't want) and to help guide you in making decisions about where to take actions in your life. Conscientiously following this Map will bring alignment to your thoughts and actions so they work in concert --- moving towards the manifestation of what you desire.

This Map will also highlight the areas of your vision that you find difficult to hold, allow and believe. It helps you pinpoint which areas you naturally can believe in and which areas are more problematic for you. The problematic areas become the focus on the next phase of the SHIFT-IT Graphic Coaching Process: Trouble at the Border.

Once you are able to truly 'allow' your vision then an attraction can begin to take place. You will become magnetic to things, people, places, ideas, etc. that are aligned with your vision and can assist you in reaching it. Hence the name of this Map: Magnetism.

CREATE YOUR MAGNETISM MAP:

Quick Summary of Steps:

1. Determine Your Timeframe

2. Determine Components of Your Vision

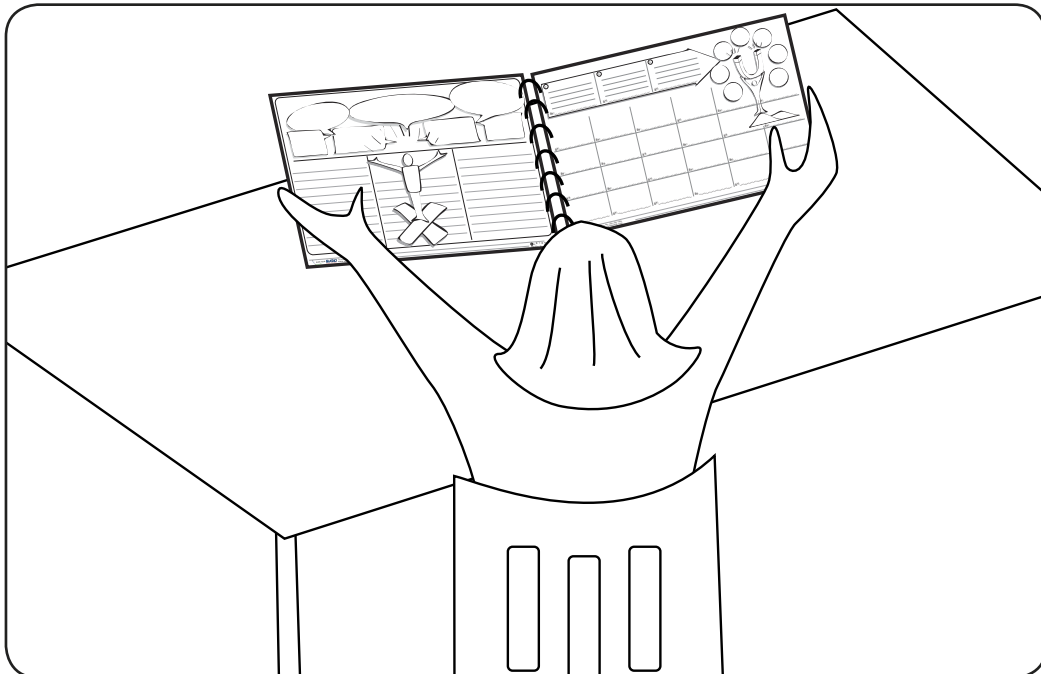
3. Find the Underlying Essence

4. Test Drive Your First Draft

5. Check Your Ability to 'Allow'

6. Keep Your Vision Visible

7. Collect Overall Insights



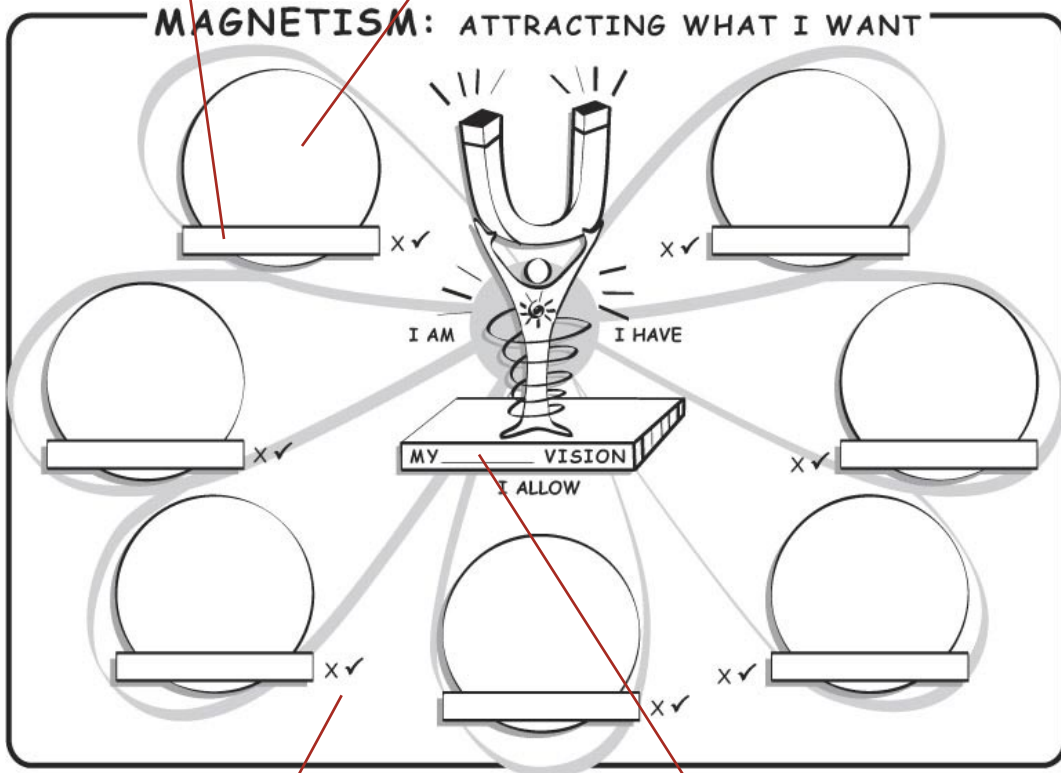
OVERVIEW OF MAP:

Rectangles:

Essence of vision components.

Circles:

Components of personal vision.



x ✓:

Ability or inability to hold/believe/
allow this particular component
of your personal vision.

Date:

Insert desired date of your
personal vision.

STEP BY STEP DIRECTIONS:

BEFORE YOU BEGIN:

SET ASIDE 45 MINUTES

Find or create a quiet, peaceful place for yourself where you aren't likely to be interrupted. Minimize distractions as much as possible (phones off, away from the door, etc). Set aside at least 45 minutes to complete this exercise.

ASSEMBLE MATERIALS

You'll need your Magnetism Map, this worksheet, some scrap paper to write on, stickie notes (optional), as well a pen. If you have done the previous SHIFT-IT visioning exercises (S.E.L.F. Inventory, Essential Extracts and Future Self Visioning) have them within easy access.

USE PEN OR MARKER:

Using pens or markers as opposed to pencil is recommended, as ink will last longer than pencil (you may want to preserve these maps for a while).

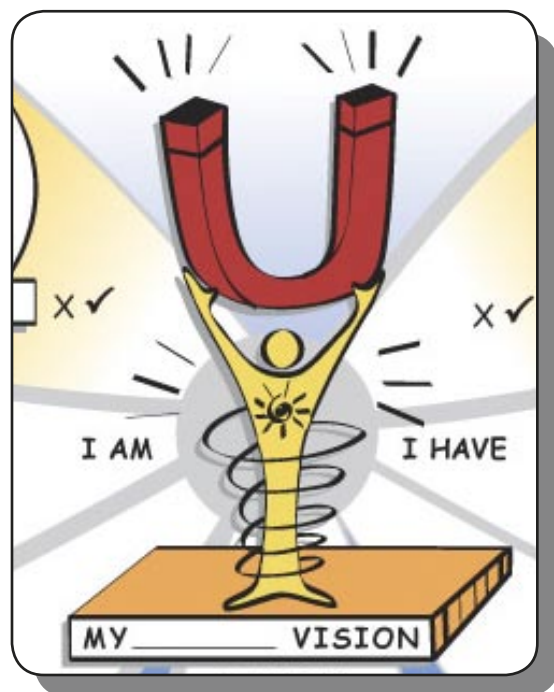
"We Can Achieve What We Can Conceive And Believe."

Mark Twain

STEP 1: DETERMINE YOUR TIME FRAME:

Begin with determining the time frame of your vision. How far out in time do you want to go with your visioning work? What makes sense for you to focus on? Would a 6-month vision serve you at this point in time? A year? Two years? Three? Five? Ten? More? You will intuitively know what time frame feels right for you to focus on. Trust whatever timeframe spontaneously comes to mind. You can always return to this exercise again, if you realize you would like to shorten or expand the timeframe of your vision.

When you have determined the time frame, write the year in the line provided in 'My ___ Vision'. For example: My '08 Vision. Or: My 2008 Vision.



"If You Believe In What You See, Then You Are Believing In The Creations Of The Past. Everything You Have Right Now In Your Life, You Created From The Past. Everything You Have From Here On Out Can Be Created At This Moment, And It Can Be Created Differently".

Sanaya Roman

STEP 2: DETERMINE COMPONENTS OF YOUR VISION:

Once you have determined your time frame, you are ready to create the different components of your vision. What it is that you want to be, do and have by the time period you have chosen.

Begin to Brainstorm on Scrap Paper:

You've got to get warmed up for this visioning work. Grab your scrap paper and pen and begin to brainstorm and write ideas about what you want. Let your mind roam free. Don't worry about 'how' you are going to accomplish anything or if it is 'realistic' in the time frame you have chosen. Kick that Inner Critic of yours to the curb. This is an imagination exercise. Use yours. Everything begins in the thought realm – so just have fun dreaming for a bit.

Consider the Eight Areas of Life:

Consider the Eight Areas of Life that we've referred to in previous exercises. What do you want to occur in these areas: career, finances, family/friends, love/intimate relationship, personal growth/spirituality, fun & recreation, health and physical environment (home, geography, place/space)?

Other Questions to Ask Yourself:

- **What Do I Really, Really Want?**
- **What, If I Could Have Anything, Do I Desire?**
- **If Money, Time, Resources, Etc Were No Option, What Would I Desire In My Life?**
- **If I Had A Magic Wand, What Would I Make Happen?**
- **Where Do I Want To Be In The Future?**
- **How Do I Want Career To Be In My Life?**
- **How Do I Want Finances/Money/Investments, Etc. To Be In My Life?**

- **What About Family, Friends, Children? Love And Intimacy?**
- **What Kind Of Relationships Do I Desire?**
- **What Fun Things To I Want To Be, Do Or Have?**
- **How Is My Health And Body In My Vision?**
- **What Is My Physical Environment Like? Where Do I Live?**
- **What Kinds Of Structures? Commutes? What Surrounds Me?**

Refer Back to Your Previous Visioning Work:

Go back to your S.E.L.F. Inventory, Essential Extracts and Future Self work.

- **What Themes Do You See In Your Answers?**
- **What Keeps Popping Up?**
- **What Resonates Really Strongly With You?**
- **What Has Energy? Vibe? What Pops?**
- **What Gives You Chills And/or Gets Your Heart Pumping?**
- **What Do You Yearn For?**
- **What Gets You Excited? Nervous?**

Clusters, Themes and Groupings

After you have brainstormed and reviewed your previous work begin to organize your answers. Some of your answers will be similar to one another. They will naturally cluster together. You may have several main clusters and a few small ones.

- **What Overarching Wording Can You Give The Main Clusters?**
- **What Are These Clusters All About?**
- **What Do They Point To?**
- **What Do They Say About You And What You Want?**
- **What Is The Theme That Is Embedded In Them?**
- **Can You Compress Some Of Your Clusters Together?**
- **Which Ones Stand On Their Own?**

“Your Work Now, Is To Get Into Your Virtual Reality: Make Yourself Feel Good In Your Dream – And Then Watch How Quickly Feel-good Stuff Amasses To Your Point Of Attraction.”

Abraham-Hicks

Distill to Seven Statements:

Keep organizing your work until you can condense it into seven areas (more or less: feel free to add more circles if you need to, or to not use them all if you don't need to --- make the Map work for you and your own unique needs).

Write Statements in the Present Tense:

Language is a very powerful primer for your sub-conscious mind. Your mind reacts differently to the tense that you think, write and say things in. If you write your vision as if it is way off in the future, then your mind will react as if it is continually way off in the future. However, if you write it as if you are currently in that reality, then your mind will begin to take in the message that you are already there ... and act accordingly.

This vision statement, while currently off in the future, will eventually become your 'now'. It is important to write your statement as if you were in that now. To do that, start your statements with 'I have' or 'I am'. For example: "I have a successful and flourishing dental practice" or "I am in a committed, satisfying partnership". Feel free to supplement your main statement with supporting data.

Ex. I Have A Successful And Flourishing Dental Practice.

- Four Locations
 - 20 Staff Members
 - Over \$2 Million In Annual Revenues
-

Ex. I Am In A Committed, Satisfying Partnership.

- We Are Happily Married
- We Have Figured Out How To Communicate
- We Recognize And Value Each Other's Strengths And Weaknesses

Will and We:

If you find it awkward or challenging to write things using the present tense, try defaulting to the use of 'I will'. 'I will be happily partnered'. 'I will have excellent relationships with my vendors'. 'I will live close to the water'. Sometimes this language just feels better. Go with whatever feels best to you.

Also, feel free to use 'we' language for components of your vision that feel appropriate to include other people in (i.e. 'We will live close to the water'. 'We will have an adventurous lifestyle'. 'We will build our portfolio together').

Don't Worry About Perfection: Your Vision Will Morph and Change

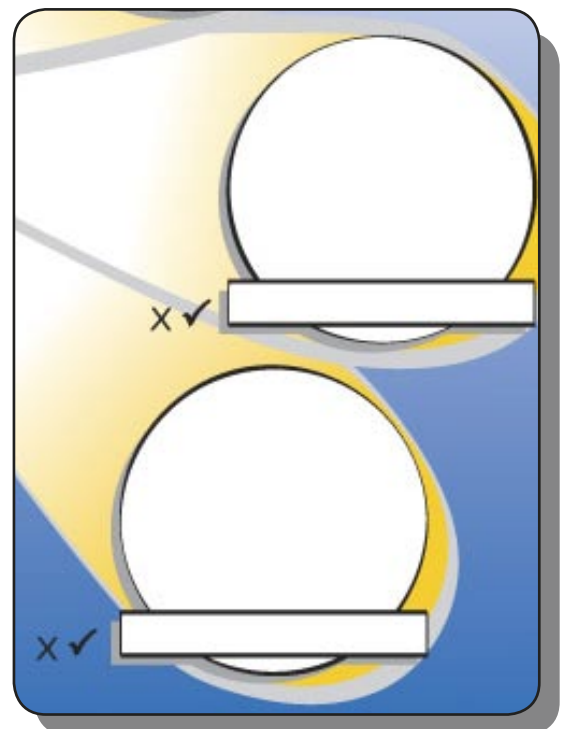
Again, don't worry about getting it 'perfect'. You can always revise this as you go and we will continue to work with it in our coaching work together. Just get the exercise done to the best of your ability, at this point in time. You can continue to tweak and morph it as you go along. As you become clearer and clearer about what you truly desire.

(Ideally this template is being used in conjunction with the S.E.L.F. Inventory, Essential Extracts and Future Self templates in the SHIFT-IT series. But you can also use it on its own or in support of other visioning related thinking you have been doing).

Transfer Your Statements to Your Magnetism Map:

Write your statements in the circles on your Magnetism Map. Feel free to add more circles if you need to. Or not use them all if you don't need to.

Write your statements in the seven circles in the Magnetism Map.



STEP 3: FIND THE UNDERLYING ESSENCE:

Once you have completed your 'I am' and 'I have' statements, I invite you to determine what the 'essence' of each statement is. At their root, each of these desires will be meeting a deeper need of yours. It could be a security need. Or a self-expression need that is being met. Or a need for friendship, connection and love. Community. Freedom. Vitality. Whatever it is for you, its important to identify what deeper need is being met or expressed through your vision components.

Why Identifying the Underlying Essence is Important:

It is important to identify this essence because it will help you understand yourself and your needs better, and, once you know what need is wanting to be met, you can potentially meet it in other ways besides the manifestation of this particular vision component.

For example: if one of your vision components is "I have doubled my net worth" you may examine that statement and find that the expression of this vision component is mainly related to 'challenge' and 'strength'. For another person this statement might relate more to 'security' or 'freedom/options'. Now that you know that the doubling of net worth is more about 'challenge' and 'security', more than it is about money or assets, you can look for other ways that your needs for challenge and security can be satisfied. There will be many different forms that can help satisfy your need ... forms that may be easier and quicker for you to materialize than the particular form you initially identified.

"An Important Principle Of The Universe Is That Energy Follows Thought. This Means That Whatever You Imagine, Picture, Dream And Think About Sets Up An Energetic Pathway For It To Come To You."

Sanaya Roman

A Metaphysical Explanation:

Another way to think of this: by identifying the underlying essence you desire, you are giving the Universe a shorthand code --- you are telling it to magnetize all things that will meet your need. You are freeing it up to bring you all sorts of things that you might not have considered which will have the same desired end effect on you as the doubling of your net worth: making you feel secure, or free, or with plenty of options. This does not make the desire for the doubling of your net worth wrong, but rather gives the ok for other forms to manifest while the universe figures out paths to make the more particular form happen.

Questions to Identify the Underlying Essence:

To determine the essence of each of your statements, try asking yourself the following:

- **What Will The Accomplishment Of This Bring Into My Life?** _____
- **What Need Deep Down Will This Fulfill For Me?** _____
- **What Does The Obtainment Of This Represent To Me?** _____
- **What Will This Get Me?** _____
- **How Will I Feel When This Happens?** _____
- **What Does A Person Have If They Have This?** _____

More examples:

The essence of 'I have a successful and flourishing dental practice' may ultimately, at its root, provide you with 'stability', 'security', 'expression' or even 'creativity'.

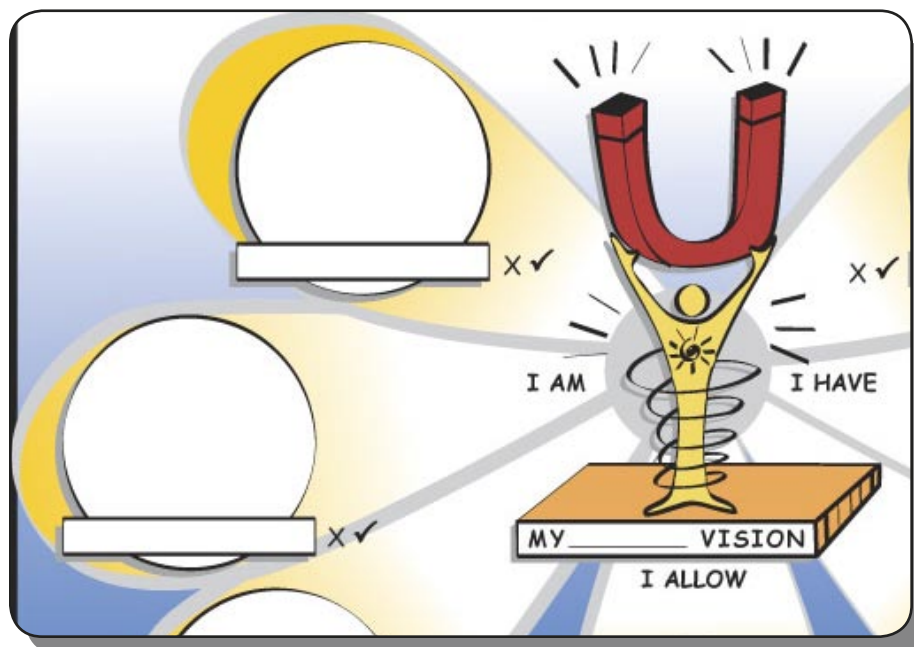
'I am in a committed, satisfying partnership', may have the essence of 'connection', 'love', 'support' or 'sharing' at its essence.

Examples of Essence Words:

Security	Love	Freedom	Accomplishment	Mystery
Companionship	Challenge	Creativity	Stability	Connection
Community	Rebellion	Satisfaction	Joy	Prestige
Contentment	Comfort	Adventure	Variety	Arrival
Esteem	Belonging	Options	Power	Success
Excitement	Fun	Self Respect	Physicality	Equality
Pleasure	Femininity	Masculinity	Intimacy	
Expression	Safety	Order	Closeness	

Record Your Essence Word in the Box Below Each Circle:

The essence will vary from person to person. What we are working on here is determining what the essence is for you. **When you have determined your 'essence' word, write it in the box at the bottom of the vision circle.**



Note: See pages 22+ 23 for examples.

STEP 4: TEST DRIVE YOUR FIRST DRAFT:

When you have created the first draft of your Personal Vision Statement, take some time to 'test it out'. Say it out loud a couple of times. You might even find it useful to stand up while you are reading it to 'fully step into' what you want for yourself. Be sure to tweak the wording so it flows easily. Finding more concise or simple ways to get your point across.

Check For Obvious Omissions:

Sometimes in our excitement to create our Personal Vision Statement we lose sight of some obvious areas. Are you missing any critical or obvious things in your vision? Is it well rounded (if you want it to be)? Does it cover the main things you want to manifest in this timeframe?

Use Discretion in Sharing Your Magnetism Map With Others:

In doing this work you are building up your own mini energy vortex. It is precious, personal work. As such, use your best judgment in whether or not to share your work with others. While some folks will be supportive and affirming of your vision, others may, for a multitude of reasons, rain on your parade (even well intentioned people can bring down the energy with their own judgments, opinions and 'reality'). It is often best to wait until you have a strong, positive relationship with your vision (yourself!) before bringing others into the picture.

STEP 5: CHECK YOUR ABILITY TO 'ALLOW':

Talking about a 'strong, positive relationship' with your vision --- there is one more step to complete on your Personal Vision Statement. And that is to test which of your vision components you can easily hold, allow and believe in and which you cannot.

You Need to Believe in Your Vision:

You can vision 'until the cows' come home, but if you don't believe in your vision, you will not be able to manifest it. Plain and simple.

Take a moment now to work through each vision component and test whether or not you can allow it. You will know whether or not you can believe/allow things by how you feel when you read or say them.

Some of them will make you feel happy and full of energy (even if that energy has a bit of a nervous twinge to it --- that it ok, that is excitement!). Some of them will feel good. And, unfortunately, you may have one or more of them that don't feel so good. That make your stomach do more than a flip-flop or make you feel sad, angry or anxious or some other unpleasant emotion.

Questions to Ask Yourself:

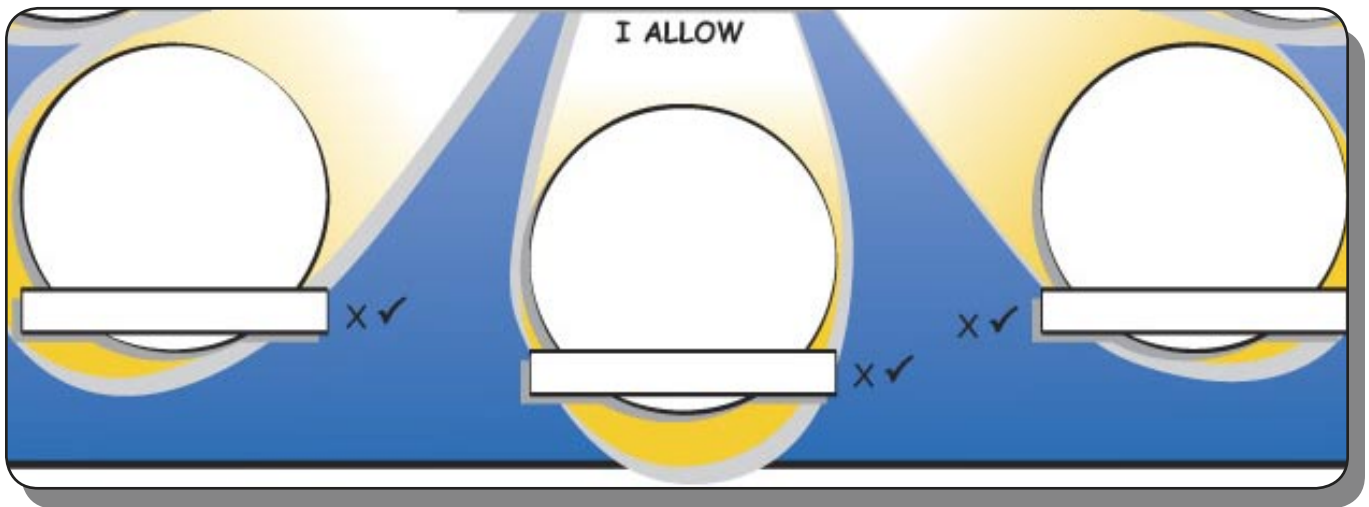
To determine if you can allow each part of your vision, ask yourself the following questions:

- **Do I Believe That This Is Possible For Me To Have?** _____
- **Is It Somehow Possible For Me To Manifest This?** _____
- **Can I Truly See This Happening?** _____
- **Can I Believe It Can Happen To Me?** _____
- **Do I Allow That I Am Worthy Of This?** _____
- **Can I Feel Myself Having This In The Future?** _____
- **Is This Somehow Doable In The Timeframe I Have Set Out?** _____

Instant Reactions:

Look for your instant reactions to the questions. You will either feel good (happy, excited, calm, warm), or you will feel 'off' in some way (scared, anxious, angry, wistful).

For those that you instantly can allow, circle the ✓ next to the circle. These areas you will have no problems with as you can already believe and allow in them --- your energy is not conflicted or resisting so it will be smooth sailing with them.



"Your Thoughts Have Real Substance Although Your Scientific Instruments Can't Measure Them Yet. You Might Imagine Your Thoughts As Magnets That Go Out Into The World And Attract The Substances That Match Them."

Abraham-Hicks

If 'No' Try Tweaking Again:

If you answer 'no' to any of those questions, see if you can tweak the wording a bit more to help you 'allow' it. You may need to adjust the scope to fit your beliefs about what is doable in that amount of time or make it a bit more manageable somehow. Experiment with wording a bit more to see if you can manage a statement that you can allow.

If, no matter how you write it, you just can't hold/believe/allow the statement, then accept that this particular component of your vision will require a bit more attention. It is very normal for a person to have one or several elements in their vision that are a bit more challenging than others. If this wasn't the case you would have already manifested them in your life. It is just showing you where your current 'line' is --- I like to think of it as a border. The border between the current you and the future you. All you are having is a little 'trouble at the border' --- trouble being able to step over the current line you have drawn around yourself.

For those elements that you can't quite allow at this point in time, go ahead and mark the X next to the circle. You will be working with the X'd circles in the next phase of the SHIFT-IT process.



"There Is One Quality That One Must Possess To Win, And That Is Definiteness Of Purpose, The Knowledge Of What One Wants, And A Burning Desire To Possess It."

Napoleon Hill

STEP 6: KEEP YOUR VISION VISIBLE:

After you have completed your Vision, keep it somewhere visible or easy to access so you can continue to review it and remember it.

Creating Good “Mind Food”

Our minds are busy little units. Constantly focusing on whatever thoughts are coursing through them. They operate like big photocopiers. Giving us what we predominately focus on. And, since what we focus on expands, we want to be focusing good things as opposed to ‘bad’ things. Like the old computer adage: garbage in equals garbage out. It is the same thing with our minds. We want to be giving them good mind food. Focusing on what we want (our vision) instead of what we don’t want (the continued status quo).

Ways to Keep Your Vision Visible:

Find a way that works for you to keep your vision visible and top of mind. Post it at your desk, or keep it under your desk pad. Carry a copy in your daytimer. Shrink and laminate a small version for your wallet or PDA case. Or scan it and create a screensaver on your computer.

Review It: Ideally Twice a Day:

If you are serious about your visioning work, you will want to review your Vision on a regular basis. As the more you think about it and see yourself in it (see, feel, hear, smell, taste and touch it!) the more you are giving your conscious and unconscious mind the good food it needs --- you are giving your mind distinct directions that will help offset the other swirling mixture of things you are thinking about.

Create a discipline of reviewing your Vision statement at least twice a day. Ideal times are just after waking and last thing before sleeping. Quickly review your Vision at this time, using your imagination to really feel yourself there --- being and having all that you have listed. Feel good. Get a good vibration going! Even a few minutes a day of this focused attention can work wonders. Keeping you on track and inspired.

In the Meantime:

Vision work is a lot like gardening. You plant seeds, you weed, you water and you wait. In gardening, you don't go poking away at a seed or disturbing it's ground in order to see if it's grown or to measure progress. Same thing with visioning --- you need to let it alone for a bit and let it 'do its thing'.

You've given your Vision a time frame. It needs time to mature and develop. YOU need time to mature and develop in order to be able to handle what you have asked for. Allow your Vision to unfold naturally. Trust that things are underway, underneath the visible. Even if you can't tangible see them yet. Develop a state of non-attachment. Try not to get 'freaked out' by comparing your present reality to what you want. Your present reality took time to manifest at one point too. There is a delayed reaction in moving things from the realm of thought into physical reality. Trust that your Vision will manifest just like your present now has. And, keep your focus and energy on that new reality and how GOOD IT FEELS --- rather than on the present reality and not feeling good. Remember, what you focus on expands!

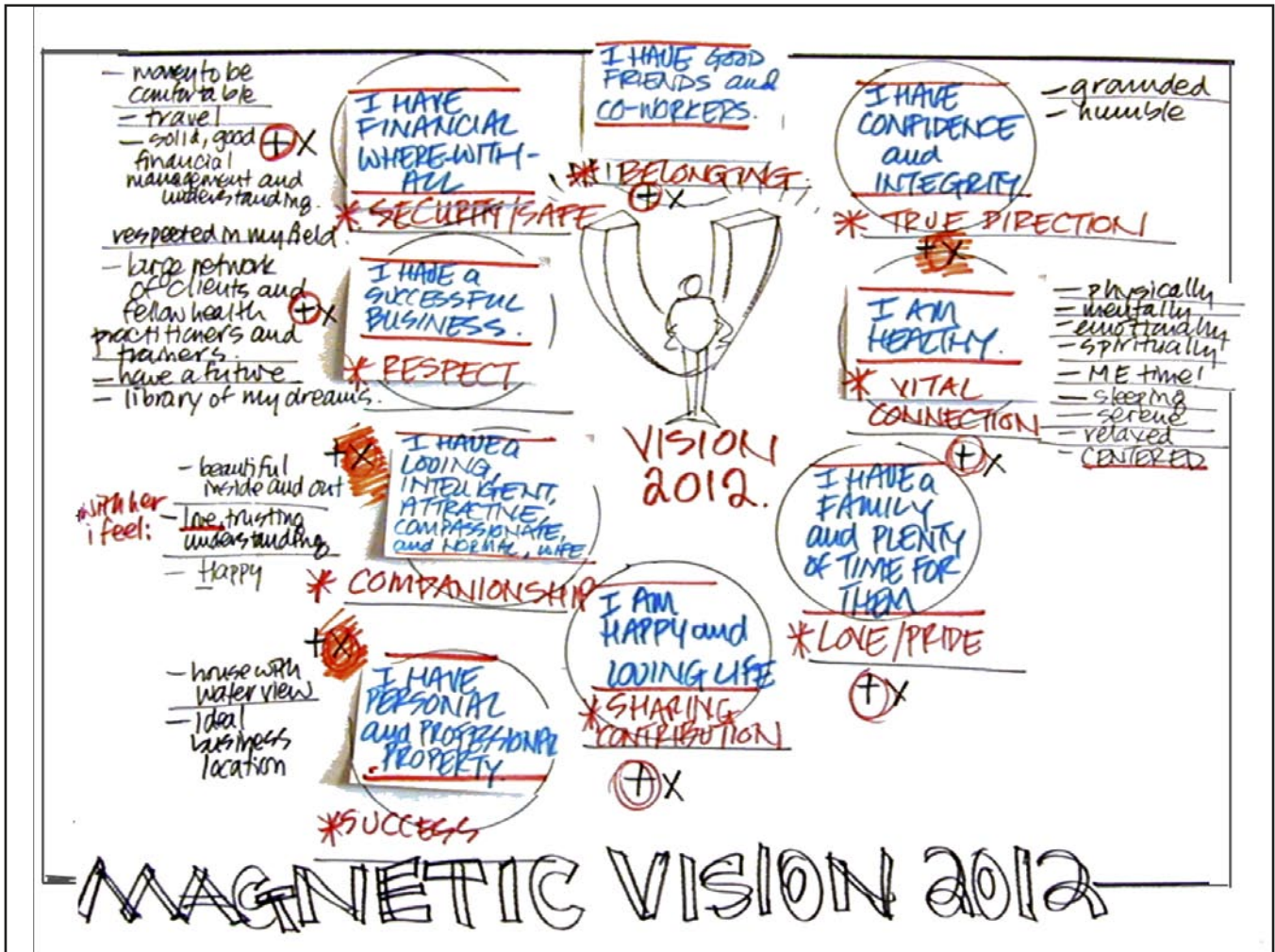
"If You Follow Your Bliss, Doors Will Open Where
You Would Have Not Thought There Would Be Doors;
And Where There Wouldn't Be A Door For Anyone Else."

Joseph Campbell

CASE STUDIES:

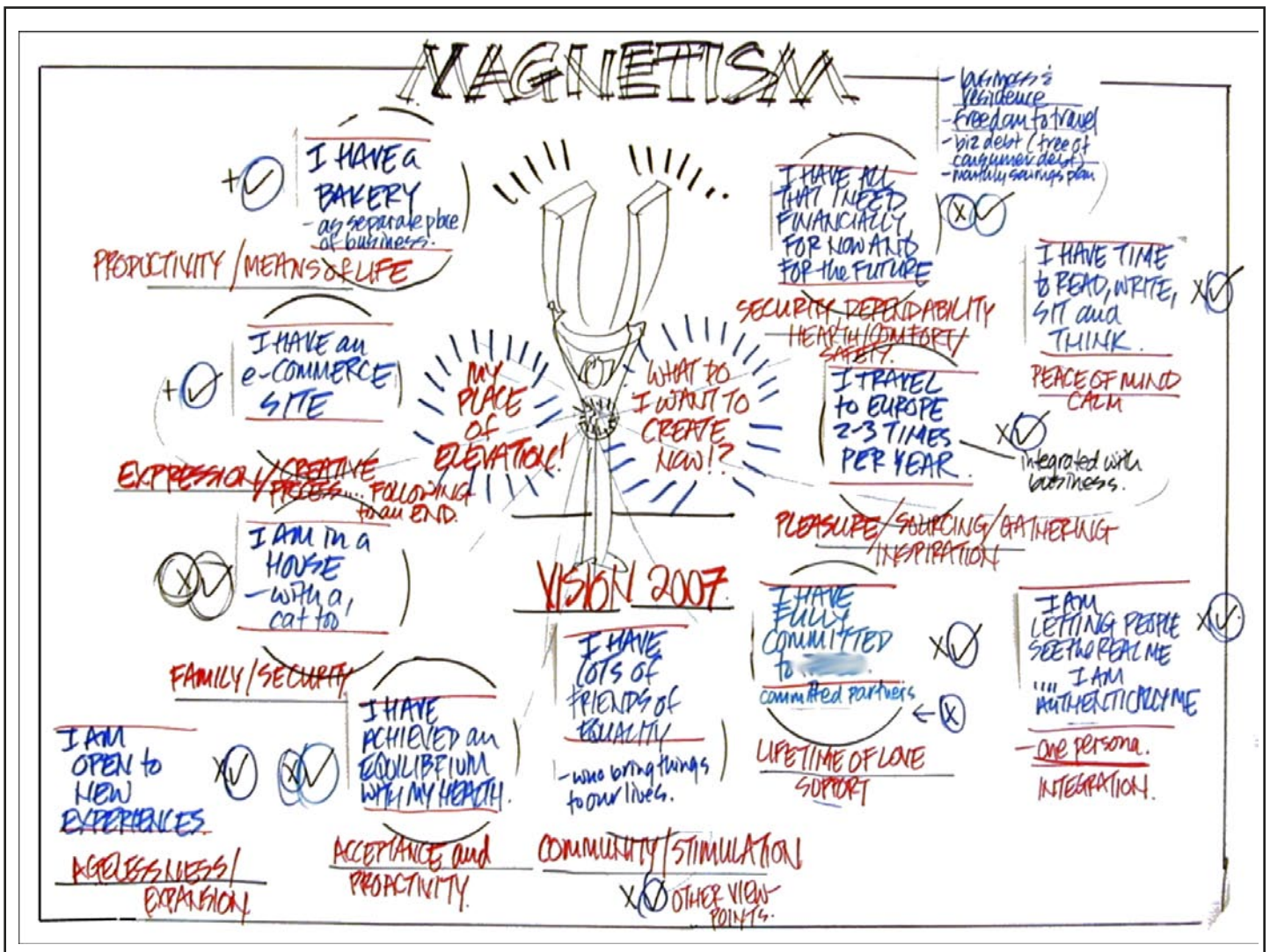
Case Study One:

The Magnetism Map of a young Canadian man in his twenties, just starting out in his career path post-university. He has nine basic components to his Personal Vision (in circles). Three of which he has trouble believing: relationship/wife, finances/prosperity, and lining his integrity and confidence up in terms of true direction. These three areas are what he brings forward into his 'Trouble at the Border' work (the next step in the SHIFT-IT process).



Case Study Two:

The Magnetism Map of an American woman in her late thirties. She has eleven components to her Personal Vision (circles). Three of which she has a hard time believing in: "I Am in a House", "I Have Achieved an Equilibrium With My Health", and "I Have Fully Committed To 'X' (her partner)". These three areas were brought forward into her "Trouble at the Borders" work --- where she did more inner work to identify her blocks and resistance in order to more fully align to what she says she wants.



NEXT STEPS:

Previous Move:

FUTURE SELF VISIONING

CHARACTERISTICS

SPACE / PLACE

DISCUSSION POINTS

ADVICE ON DIRECTION AND NEXT STEPS

GIFT

This worksheet is titled 'FUTURE SELF VISIONING'. It features a central illustration of a person standing on a globe, with a yellow spiral rising from their head. The page is divided into several sections: 'CHARACTERISTICS' at the top, 'SPACE / PLACE' on the left, 'DISCUSSION POINTS' on the right, 'ADVICE ON DIRECTION AND NEXT STEPS' at the bottom left, and 'GIFT' at the bottom right. There are also two empty speech bubble shapes at the top.

FUTURE SELF VISIONING:

Focus on Your Future ---

Align with a powerful inner ally ... your Future Self. Create a link to an internal resource that you can continue to consult and seek guidance from. Receive powerful information about your best-case scenario future and what you really, really want. Get advice from the best person to give it – you!

Current Move:

MAGNETISM: ATTRACTING WHAT I WANT

I AM

I HAVE

MY VISION

I ALLOW

This worksheet is titled 'MAGNETISM: ATTRACTING WHAT I WANT'. It features a central illustration of a person standing on a box labeled 'MY VISION', with a red U-shaped magnet above their head. The page is divided into several sections: 'I AM' on the left, 'I HAVE' on the right, 'MY VISION' in the center, and 'I ALLOW' at the bottom. There are also several empty circles around the central figure, each with an 'X' and a checkmark.

MAGNETISM MAP:

Focus on Your Future ---

Pull your vision components into a powerful, focus-magnet: your Personal Vision Statement. Create concise, clear, focused statements about your desired future. Test your ability to 'allow' your Vision. Learn tips to speed up manifestation.

Next Move:

INNER ALIGNMENT

CONFLICTED BELIEFS

NAME:

REACTIONS:

GOAL:

VALUABLE SKILLS & ABILITIES:

UPDATED ROLE & PURPOSE:

OUTDATED PURPOSE & INTENT:

NAME CHANGE?:

THANKS AND EDUCATION ABOUT VISION

This worksheet is titled 'INNER ALIGNMENT'. It features a central illustration of a person standing on a path, with a purple ring around their head. The page is divided into several sections: 'CONFLICTED BELIEFS' on the left, 'NAME:' on the right, 'REACTIONS:' on the left, 'GOAL:' on the left, 'VALUABLE SKILLS & ABILITIES:' on the right, 'UPDATED ROLE & PURPOSE:' on the right, 'OUTDATED PURPOSE & INTENT:' on the left, and 'NAME CHANGE?:' on the right. There is also a section at the bottom right titled 'THANKS AND EDUCATION ABOUT VISION'.

INNER ALIGNMENT MAP:

Trouble at the Border ---

Identify and work with your internal resistance and self-sabotage ... the thoughts, attitudes and beliefs that inhibit and block manifestation of your Vision. Discover and work with 'sub-personalities' that object to what you now want for yourself. Educate, persuade and negotiate new roles for these valuable inner aspects of yourself. Get them on your side, working with you instead of against you.

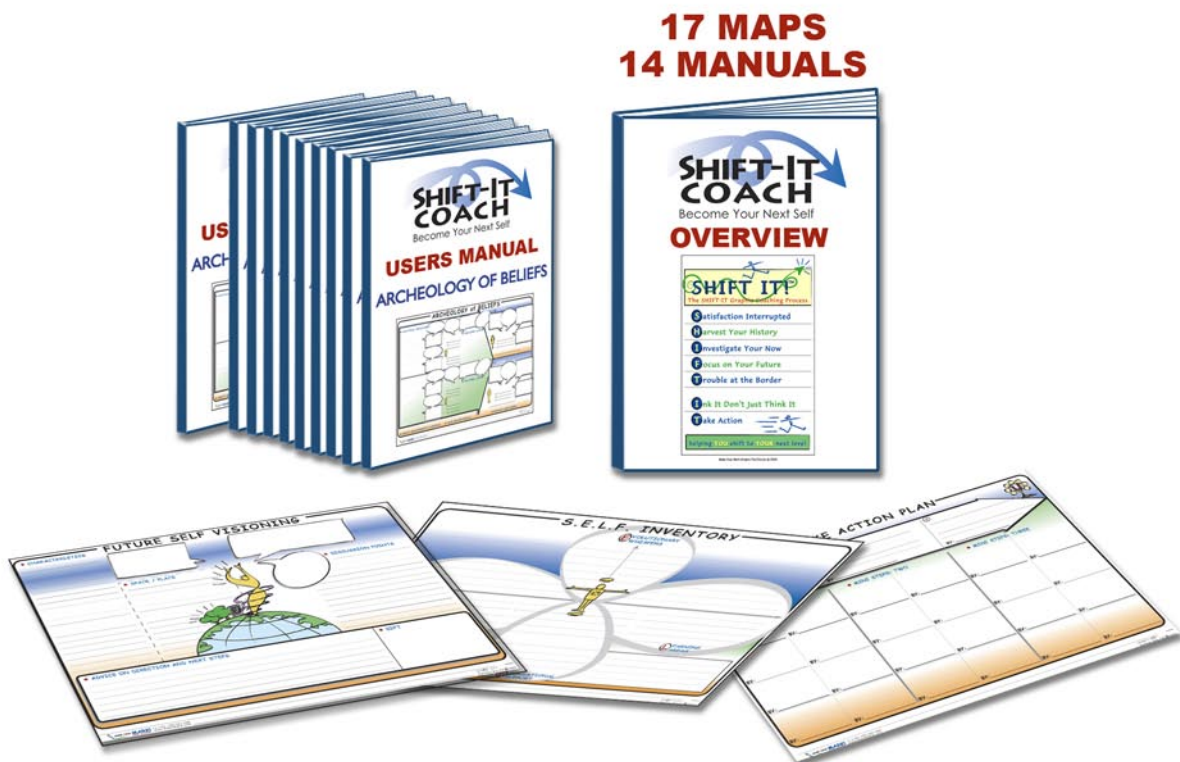
PRESERVE YOUR INSIGHTS:

You have taken the time to do this deep and thoughtful work ... so be sure to preserve it for ongoing and future reference.

Create a SHIFT-IT file folder or binder to collect your notes and manuals in.

If you are working through the full SHIFT-IT process, each Merkle Map will become a page in your Graphic Coaching report. Simply work through all 17 templates in order, then staple them together. For more lasting preservation, go to your local stationary or office supply store and have them bound together into a formal report (with a clear (transparent) front cover and a sturdy, cardstock, back cover). Or scan your maps into digital files that you can save and share.

SHIFT-IT is an ongoing experience that you may wish to do again and again. Preserve your early experiences so you can compare to your later ones: witness your changes and progress and more clearly see the evolutionary flow of your life.



RECOMMENDED RESOURCES:

Here is a list of resources that my clients have found helpful as they navigate their SHIFT-IT work. Different people have different processes and needs and are attracted to different things ... so feel free to check out what resonates with you and skip the rest

PERSONAL AWARENESS

BYRON KATIE, THE WORK

Personal inquiry process called 'the work'. Four questions, when applied to a specific problem, enable one to see what is troubling in an entirely different light. Process for 'loving what is', instead of struggling against reality.

www.thework.org

ECKHART TOLLE

As a spiritual teacher Tolle's work is pretty deep, however it's a great reminder to 'be' in the now as opposed to focusing on the past and the future (a tricky balancing act when one is doing visioning and planning work!). A great grounding tool for those of us who are so future-oriented ... he helps us to center and be where everything happens – in the now.

www.eckharttolle.com/

BERT HELLINGER / TRANS-GENERATIONAL FAMILY CONSTELLATIONS

Fascinating family systems work that considers impact of events/issues/confusions of one generation on subsequent generations. German therapist Bert Hellinger maintains there are natural laws or order in a family system (Orders of Love) that can be restored once disrupted. Hellinger has international network of practitioners who are certified in his approach.

www.hellinger.com/international/english/index.shtml

THE ENNEAGRAM

DON RICHARD RISO

The enneagram is a very useful tool for those dedicated to their own growth and self-awareness. I often introduce my coaching clients to it. Don Riso is one of my favorite authors out of the pick of enneagram teachers. He offers an online test to help you determine your type and offers pointers for growth and integration once you have determined your type. There is lots of free, useful content on his site. I recommend his workshops if you are interested in really learning about this complex and fascinating tool. His books are a little more psychologically complex than some of the other authors.

www.enneagraminstitute.com

DAVID DANIELS AND HELEN PALMER

Two other well respected enneagram teachers. She is known for her 'panel' technique that groups people together on panels to help highlight the differences between the types. The site has useful video clips and other information. Recommend her books as a useful starting place for beginners.

www.authenticenneagram.com/

SANDRA MAITRI

If you have studied the Enneagram for a while, this woman is an excellent resource to take your understanding to a new and deeper level. Focusing on the spiritual applications of the tool, she points us to the deeper reasons behind our types and how the types interact together. She is also a Diamond Heart teacher in the tradition of A.H. Almaas.

www.sandramaitri.com

MYERS-BRIGGS TYPE INDICATOR

The ever-popular Myers Briggs Type indicator is based on the work of Carl Jung. This typology tool is used extensively in organizations to help people better understand themselves and others. Good tool for team building and conflict mediation. I use it in my work with business partners and couples. (enter "Myers-Briggs" on any search engine to find many more sites with information on the tool and ways you can type yourself).

www.personalitypathways.com/type_inventory.html

KEIRSEY TYPE INDICATOR

Here is another typology / personality tool based on the work of Jung and Myers-Briggs.

www.keirsey.com

THE HOFFMAN PROCESS

The Hoffman Quadrinity Process is an intense, weeklong retreat for identifying and shifting family-of-origin issues. It involves deep, cathartic work done in individual, small and large group settings. Hoffman is the 'gift that keeps on giving' as it can take several years for integration and deep understandings to emerge.

Excellent foundational experience for singles and couples learning about how their family-of-origin issues connect to their present day relationships.

www.hoffmaninstitute.org/

CENTERPOINTE AND HOLOSYNC TECHNOLOGY

Bill Harris' Holosync System is a fascinating meditation tool using audio and brain wave technology. It assists you in reaching meditative states in a quicker fashion than regular sitting / insight meditation. His book "Thresholds of the Mind" and his excellent online classes do wonders in explaining how our beliefs and underlying core assumptions create our lives.

www.centerpointe.com

KEN WILBER AND INTEGRAL NAKED

Genius philosopher Ken Wilber's excellent and diverse website featuring tons of downloadable audio and video clips from interviews with some of the most provocative thinkers of our time.

www.integralnaked.com

ESTHER AND JERRY HICKS AND "ABRAHAM"

Esther Hicks is a fascinating channel for metaphysical knowledge. This site offers great information on universal laws around abundance, relationships, visioning, etc. They have a free downloadable CD that contains the basics of their "Science of Deliberate Creation" and the "Art of Allowing". A great resource for the meta-physically minded focused on The Laws of Attraction.

www.abraham-hicks.com

SANAYA ROMAN AND "ORIN"

This is another channeled resource. Good information on writing, mission and purpose work, spirituality and energy work.

www.orindaben.com

T. HARV EKER /

MASTERING INNER GAME OF WEALTH

Book, website and trainings. Identifying and revising deep beliefs about money, abundance and prosperity ... 'financial blueprints'.

www.millionairemind.com

RELATIONSHIPS AND COMMUNICATION:

TERRY REAL AND THE RELATIONAL RECOVERY INSTITUTE

Terry Real is the author of best selling books; "I Don't Want to Talk About It" and "How Do I Get Through to You?" Offers public workshops and trains therapists. He occasionally offers free tele-classes that are useful and really informative.

www.relationalrecoveryinstitute.com

GAY & KATHYLN HENDRICKS / THE HENDRICKS INSTITUTE

Gay and Kathleen Hendricks are well-known couples and relationship experts who are the authors of many books on the subject. Good workshops and training materials.

www.hendricks.com

JETT PSARIS & MARLENA LYONS

Excellent, enneagram-based workshops around relationships, intimacy, love and money.

www.undefendedlove.com

DOUG & NAOMI MOSELEY

Another husband-wife counseling team for intimacy and relationship issues. Authors of "The Shadow Side of Intimate Relationships" and "Make Your Second Marriage a First Class Success". Offer residential retreats in gorgeous Taos, New Mexico. They have been offering a workshop in Canada (Calgary) once a year.

www.intimacytraining.com/

MARSHALL ROSENBERG / NON-VIOLENT COMMUNICATIONS

Simple yet powerful methodology for communicating in a way that meets both parties' needs.

www.CNVC.org

GENERAL COACHING INFO: SCHOOLS & ASSOCIATIONS

THE COACHES TRAINING INSTITUTE (CTI)

Creators of Co-active Coaching Model. One of the foremost coach training institutions offering certification and continuing education programs. This is where I took my coaching training.

www.thecoaches.com

COACH UNIVERSITY

First international virtual school offering two year online coaching training program. Offers interesting specialties in TeenCoach and Corporate Coaching. Free coach referral service.

www.coachu.com

HUDSON INSTITUTE OF SANTA BARBARA

LifeLaunch Coach Certification program. Seminars, consultations, coach training programs and product line.

www.hudsoninstitute.com

INTERNATIONAL COACH FEDERATION

Largest professional association of personal and business coaches. Seeks to preserve the integrity of coaching around the globe. Good source of information on the field and free coach referral service.

www.coachfederation.org

COACHVILLE

Global virtual community for coaches. Resource sharing for coaches and continuing education offerings.

www.coachville.com

GROUP GRAPHICS / GRAPHIC FACILITATION:

ASSOCIATION FOR VISUAL PRACTITIONERS

New association for the graphic recording/facilitation community. Host annual conference bringing together eclectic group of practitioners who use spontaneous visuals and graphics in their group work: consultants, facilitators, recorders, cartoonists, and other artists.

www.visualpractitioner.org

GROVE CONSULTANTS INTERNATIONAL

I worked for The Grove in San Francisco from 1996 to early 2001. They are the pioneers for working visually with groups. David Sibbet is the founder. Excellent online store chock full of facilitation tools. Especially check out their Strategic Visioning Process. Excellent stuff!

www.grove.com

MINDMAPPING – THE WORK OF TONY BUZAN

Site for Mindmap- originator, Tony Buzan. Graphic overview technique with the 'freedom to roam the infinite expanses of your brain'. Buzan Brain Friendly processes.

www.mind-mapping.co.uk

ALPHACHIMP / BLOG ON GRAPHICS RELATED FIELD

Peter's Durant's packed, eclectic blog filled with all sorts of graphic-related paraphernalia. Articles, inserts, quirky information ... all in one central location and updated regularly from different contributors.

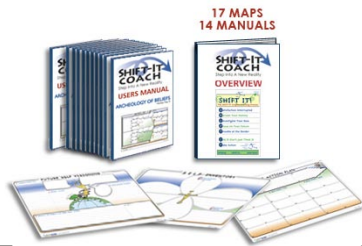
www.graphicfacilitation.blogs.com/pages/

SHIFT-IT PRODUCTS & SERVICES

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~ for individuals

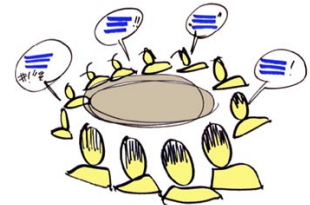
Come to gorgeous, calm Victoria B.C. for your very own 2.5 day S-I Retreat – Work one-to-one with Christina in her charming studio – THE Graphic Coaching expert focused on you and your life.



[More Info >](#)

S-I WORKSHOPS, COACHING GROUPS AND TELE-CLASSES

Work through your S-I work in the company of other like-minded people (support and mastermind group). In-person and phone options.



[More Info >](#)

IMPLEMENTATION TELE-COACHING

Ongoing tele-coaching services for continued strategic guidance and implementation support – executing your plans out in the real world!



[More Info >](#)

SKILLS TRAINING & LICENSING

Are you a coach interested in the Graphic Coaching methodology? Learn foundational skills. Use S-I tools with your own client base.



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DETAILS AND ORDER INFORMATION:
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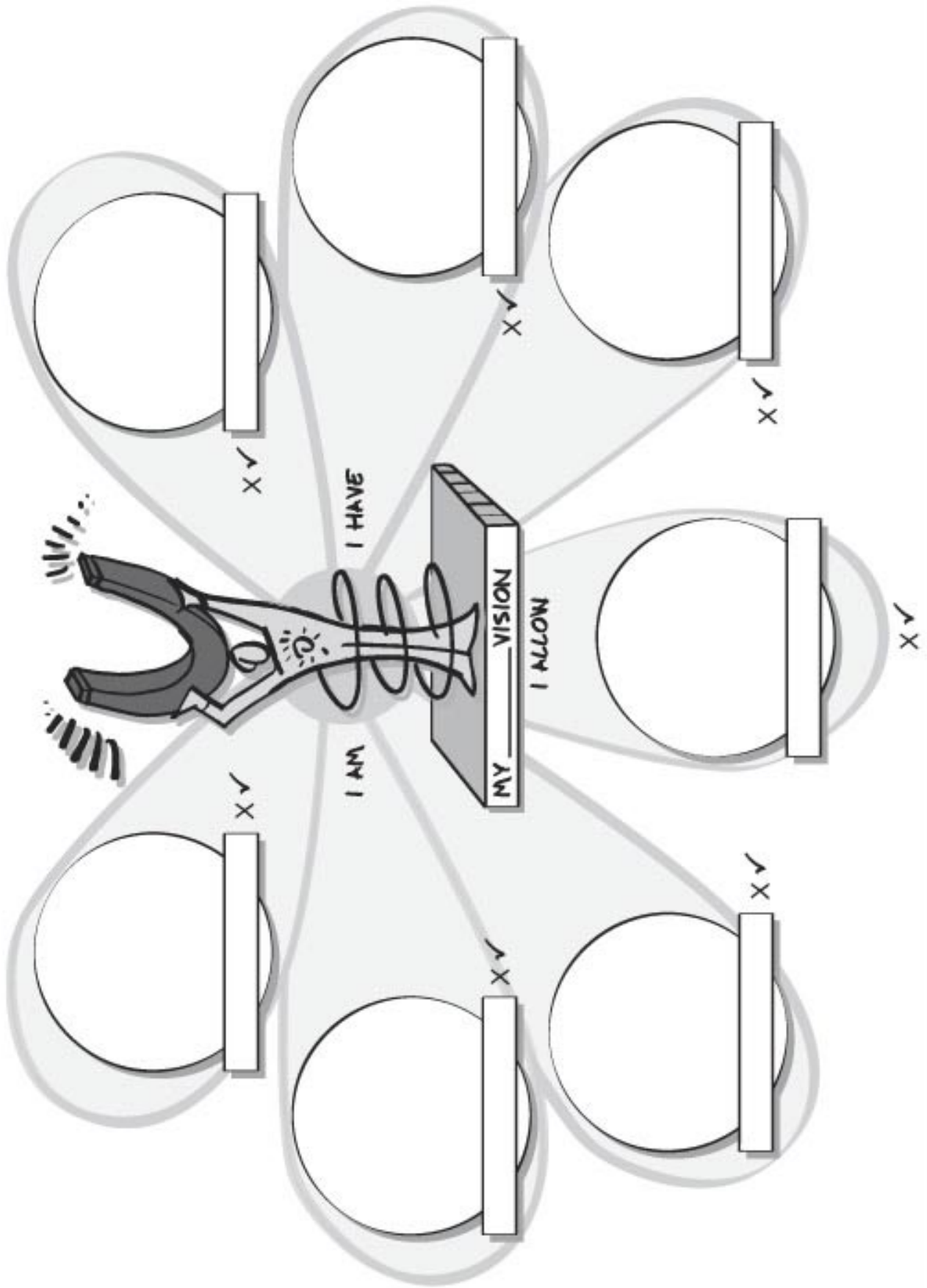
Christina Merkley, MA

Graphic coach Christina Merkley helps you DEFINE and GET what you really, really want. An expert in visual thinking methods and a devotee of The Laws of Attraction, Christina literally draws your best thinking out of you --- helps you see, allow and manifest your desired future.

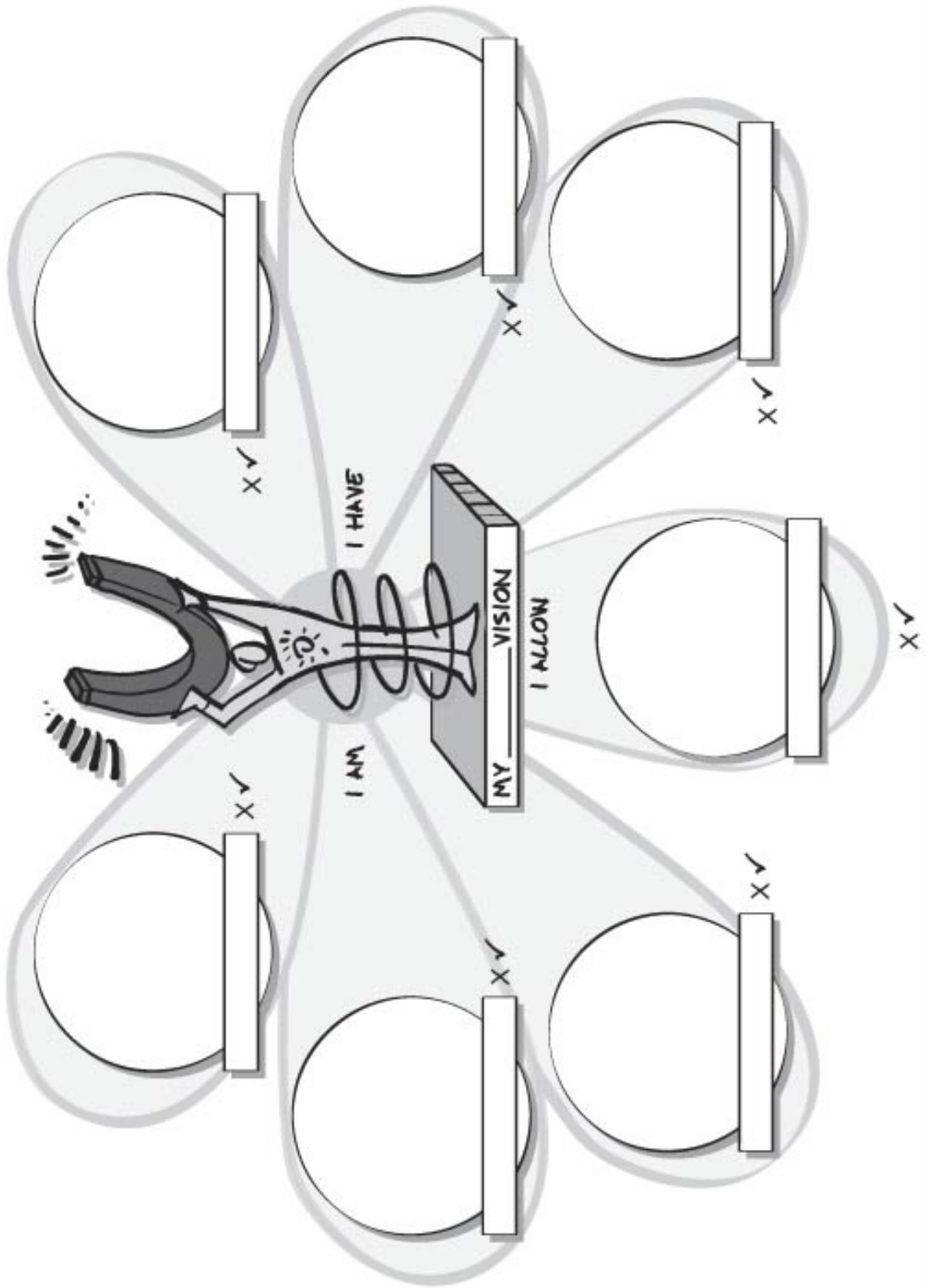
Based in picturesque Victoria, the capital of British Columbia, Canada, Christina is the creator of The SHIFT-IT Graphic Coaching Process and it's suite of graphic coaching tools. She works with business and life coaching clients throughout the world and teaches her methodology to a growing network of interested coaches, consultants and helping professionals.

Please note: Shift-It-Coach products and services are designed to assist creative, resourceful and whole people in their self-development and coaching pursuits. While complementary, they in no way replace or substitute for medical or mental health advise and their use is solely at the discretion of the individual user.

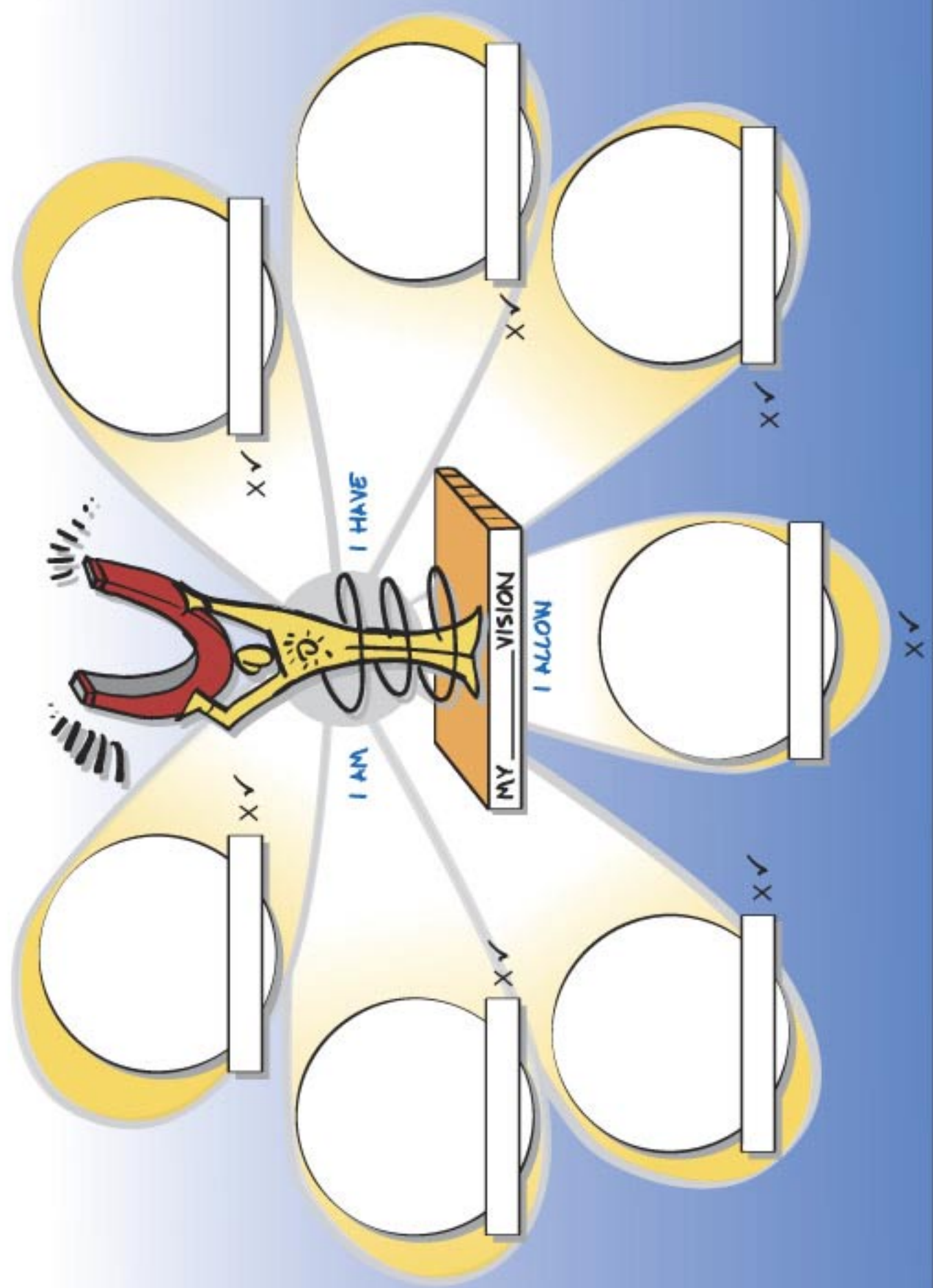
MAGNETISM: ATTRACTING WHAT I WANT



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