



VOL. 3, ISSUE 8 , August 3, 2007

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A Note From Christina:

Dear Erin,

Happy BC Day! (it's a holiday weekend here in British Columbia). My apologies for the late e-zine (should have come out on Friday) --- just back from an East Coast trip with lots of flying time, but unfortunately the seats were just too darn small to flip open the laptop to write (is it just me or are airline seats getting smaller?).

FYI, I had a fantastic time on my July Alaska Abraham-Hicks cruise - blurb and photos are [on the blog](#). Very relaxing

Welcome to your August SHIFT-IT e-Zine.

1. A Note From Christina
2. Events Schedule
3. SHIFT-IT Tele-Class
4. Article: Why Bother with a Personal Vision?
5. Recent Blog Entries
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EVENTS CALENDAR:

August 19, 2007, 7pm: Law of Attraction Evening. In Victoria? Come on over to my studio for a fun Law of Attraction evening. Meet other SHIFT- IT and LOA-interested folks. We'll watch the new Abraham-Hicks DVD, The Secret Behind the Secret while downing assorted bevies and snacks. [RSVP me.](#)

Sept. 16-Oct. 28, 2007: SHIFT-IT Tele-CLASS: Virtual coaching group. Work step-by-step thru the SHIFT-IT Coaching Process via 7 tele-calls: includes Home Retreat Kit. [More Info.](#)

Oct. 18-21, 2007: Int'l Forum of Visual Practitioners Annual Conference, Santa Fe, New Mexico. Workshop presentation: SHIFT-IT: Graphic Coaching

and calm. The scenery was beautiful and misty. And had a nice time socializing with other Abraham fans (about 400 folks attended the workshop - the actual ship holds 1900 plus crew). Again, people from all over the world attended and for a good half of them this was their first Abraham experience and their first cruise. Talking with people it seemed that The Secret movie and book was their reason for coming - acted as an introduction to The Law of Attraction and to [Jerry and Esther Hick's work](#).

Almost as soon as we were back, it was off to the northwest section of Vancouver Island to [Tofino](#) for a nice birthday getaway (awesome crab dinner). And then fast on its heels, I flew to Baltimore, Maryland to facilitate a strategic planning retreat and do a mini Graphic Bootcamp with a favorite client of mine that I haven't worked

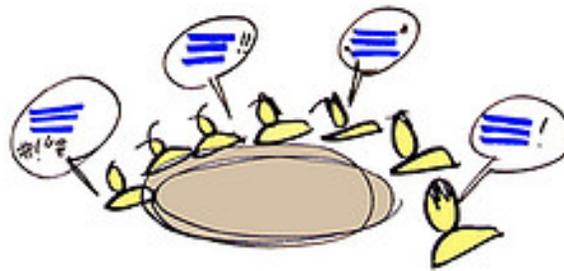
and Law of Attraction Basics (3 hour session either Fri. or Sat.). [More Info](#).

Oct. 31-Nov. 1, 2007: MEETING GRAPHICS 101 WORKSHOP (level 1): Introductory graphic recording and graphic facilitation skills for facilitators, consultants, trainers, coaches, managers and other process leaders and assistants. Foundational basics for the beginner. No art skills necessary. Selling fast - half filled already. Register early to claim your space. [More Info](#).

Nov. 2-3, 2007: GRAPHIC BOOTCAMP (level 2): More advanced instruction and experiential practice. Offered right after MG 101 for those traveling from afar. Lots of at-the-wall drills. Demos. Template construction. Recording and facilitation practice. Advance icon library. Plus business and sales instruction- how to market the benefits of working visually. This one is going fast too - half filled already. Register early to claim your space. [More Info](#).

Ongoing: Private Mentoring and In-house Trainings: One-to-one graphic recording and graphic facilitation training for yourself or for your company/ group. Come to me or I come to you. [More Info](#).

SHIFT-IT TELE-CLASS SERIES



Clarify your vision, break through self-limiting beliefs, attitudes and self-sabotage. Learn powerful Law of

Attraction techniques to Become Your Next Self. Last session we had folks from Canada, U.S., New Zealand, Holland and England. Join us Sundays, September 16 - October 28.

Great way to get access to the SHIFT-IT Graphic Coaching Process and my direct coaching - from

with in years ([Business Learning Institute](#)) and more awesome crab dinners (this time crab cakes from Chesapeake Bay). Also fit in a quick visit with my colleague and friend, [Dee Crowley](#). Dee and I both used to work for [The Grove Consultants Int'l](#) in San Francisco, but have both returned to our respective hometown areas since then - so was great to see her in-person again.

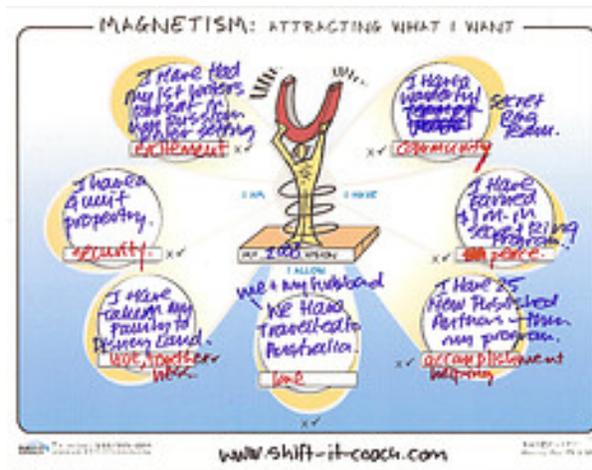
This month I'm aiming to get some writing and product development work finished, in-between coaching and facilitation gigs. Am writing a product on: How to Facilitate Life Maps. And also a mini SHIFT-IT Retreat offering, for those who want a refresher to their SHIFT-IT work with me, or aren't quite ready to dive into the full SHIFT-IT Kit experience.

I purchased a couple of chairs and a big

wherever you are in the world. Conducted via 7 tele-sessions, with special webpage for downloads and sharing. Includes The SHIFT-IT Home Retreat Kit plus private coaching so I can really get in there and help you with your specific needs.

[More Info.](#)

ARTICLE: WHY BOTHER WITH A PERSONAL VISION



A few issues back I wrote a tips sheet on how to create a Vision Board (otherwise known as vision collage, or treasure map). A great preliminary visioning exercise that

helps you begin to define what it is you next want for yourself in your life. As discussed, there are lots of other ways to do visioning work beyond this classic exercise. I'll list a few here, however I think its worth going into why visioning is a useful thing to do, regardless of what method you use.

Its Like Planning a Trip: Personal Visioning is like planning a travel trip. You can go the spontaneous route and just jump in the car (if you have positive intentions and luck, things can turn out great that way). However, you really improve your odds of having an enjoyable experience by pulling out the map and charting your course first. Doing research and getting clear about what you want goes a long way in getting the most out of your investment. Besides, the trip really begins when you start to imagine it in your mind. Going over desires and mapping out ideas starts the manifestation process. Gets your emotions into the game. You start to sense and feel things in a more tangible way and the momentum picks up speed.

sun umbrella, so I can write down on Dallas Road beach so I don't miss too much of the summer sun (in fact, I'm typing away down here right now (I'll post a photo on the blog - geez I love modern technology!). Its funny the comments I get from people walking by. They either tease me for being a workaholic or laugh and say they wish they had my office! I envisioned this kind of flexibility and mobility with my work quite some time ago, so its great for it to come to fruition.

Talking about envisioning (how's that for a segue), that's what I've chosen to write this month's e-zine on: why its worth your while to have a Personal Vision and what it'll do for you. Hope you find it useful.

Yours in SHIFTing IT,

Christina Merkley

The SHIFT-IT Coach

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Or, Like Writing a Business Plan: Same thing happens when one does Business Plans for new companies. Through the act, you gain clarity and you start to get excited about the possibilities. I myself resisted doing a "real" business plan for years (until I did one with my client Alan Pasemko, who is great at them). Once I got to it I had a blast doing mine. The underlying energy is the same as personal visioning work. So, if visioning is good for your business then you know its going to be good for your life too.

Its Personally Empowering: Creating a Personal Vision for yourself is an act of empowerment. It is a symbolic, proactive stance - rather than passive and reactive. You can let life happen to you, or you can choose to make it happen - its all up to you. By doing Visioning work, you turn the tables. You notify yourself, others and life in general about what you now want. A very powerful act. It is asking. In order to receive you first need to ask. A Personal Vision organizes and galvanizes your asking. Forget about what others want. Or what mass society says you should want. What do you want? You count and you matter. Its your life. Go for what you want. Get clear. Get empowered.

A Seed Gets Sprouted: When you take the time to create a Vision for yourself, then your desired future becomes more real to you. You start to really sense it, taste it, smell it, feel it, etc. You have tricked yourself into a sensing a new reality. When this happens the real magic begins. The act of envisioning your future is like a seed that has sprouted. This imaginal seed begins to grow. Your ideas move from thought, into thought-form, then into being real things that exist in your life (people, places, situations, etc). They won't happen without first envisioning them. You've got to think them and feel them first. Then they can show up in your real life. Through an attraction process.

You Get More Comfy: Personal Visions allow you to get more comfortable with what you next want. To have it 'grow on you' so to speak. There is a stretch involved in visioning work. Like a rubber band. You don't want to snap right back into your regular shape. You want to maintain the stretch. And bit by bit be able

Coaching Services:



Private one-to-one coaching sessions - by phone or in-person. Very unique and powerful Graphic Coaching and Law of Attraction methods. A powerful one-two combination to see what and how you are currently creating your world - and to shift your thoughts and vibration for the better - so you can get the results you really want.

More Info:

Testimonials:

"Personal, focused attention that will take you to the next level and beyond with your graphic facilitation and recording skills".

Ruth Britt, Model Workplace Program, Transportation Security Administration, Department of Homeland Security,

to 'hold' or 'allow' your new reality. Eventually make it your norm. Visions allow you to do this. They allow you to 'find the feeling place' of what you want (a turn of phrase that my Law of Attraction teachers, [Abraham-Hicks](#) use a lot).

For example, if you want a new level of prosperity, your Vision allows you to define that level and then to imagine and feel what it would be like to have that wealth or abundance. Or, if you want a different kind of relationship than perhaps you have ever experienced to date, your Vision allows you to try that on for size. To really poke around and clarify what you want and how this would feel. You need to feel it first to 'activate the vibration' of having it. Like attracts like. Visions allow you to crank up your vibrational state so you can be a match to and attract the things you want.

Its How Everything Gets Created: This process of first imagining and then creating in the physical world, is how everything gets created. Anything you can see around you, somehow was first envisioned and conceived in the non-physical and feeling state before it existed in the physical. Buildings, businesses, bodies, gardens, products, relationships, transportation systems - you name it. They were first all ideas. Your life is currently a composition of all the things you have been thinking and feeling. Doing Personal Vision work just helps the process along. Makes it more deliberate. More of what you want as opposed to what you don't want or things happening on automatic or default.

Enlist the Help of Others: You can of course go it alone, but one of the big benefits of doing visioning work is enlisting the help of others. We all know of charismatic leaders who are effective in rallying their family, group, community or even country. What they have in common is a strong vision. When you have done the inner work of developing a strong Personal Vision for yourself, then you are ready, if you want to, to enlist the help of others. Often your Vision might be so large that it requires the help of others to manifest it, even many others. A good vision is magnetic. It attracts others who resonate with it and repels those

Pasadena, MD

"I have been working as a partner in a graphic facilitation team since 2000, but I have never felt confident enough in my drawing skills to 'go it alone'. Christina's Graphic Bootcamp was just what I needed! Meaningful, hands-on activities, great tips and tons of genuine and personable coaching from Christina made this workshop the catalyst I needed. In just 3 short months since taking Graphics Bootcamp, I have impressed and 'wowed' repeat and new clients with my visual summaries of client teleconference meetings, project summary murals and I recently mentored graphic recording of a large health conference in Toronto! This summer I have several graphic projects on the board and am now eager to delve in rather than fearful of whether or not I can do it. Thanks Christina, for helping me to realize my dreams!

who don't. By getting clear on what you want, you are able to communicate it more effectively and recruit others to your mission.

Because It Feels Good: Another reason as to why bother: visioning just feels good! It will get you off of thinking about your past or your present (particularly if they don't feel good) and onto thinking about a positive, motivating, pleasurable future. Its fun to do. It can be quite delicious. Don't have what you currently want? Stop focusing on that. Use it to define what you do want. And imagine having that. It's the switch from 'wanting' to 'having'. Imagine the have place. And revel in that shift of feelings and perspective. Ahhhhhh. Doesn't that feel good?!

That is the trick. The 'secret' (ha ha) if you will. Find the feeling good place. It seems simplistic and perhaps a little silly or unrealistic (our rational minds can freak out a bit with this). But imagining / visioning is a very powerful act. And its still one of life's free pleasures - its ok to feel good!

Its an Ongoing Process: Don't think that you have to have it all figured out and your Personal Vision is a one-shot-deal. Be light about it. Visioning is an ongoing process - it'll move around a bit and that is ok. Go with it. Keep evolving and tweaking your Vision as life makes you clear about what you next want. That is the fun of it. Life gets to flow through you. As Abraham-Hicks says, we are flow-ers of energy. Focus on what you want and flow the energy of having it through you. Then attract the real deal because you are an energetic match. That is the process that Personal Visioning kicks off. Its totally worth the 'bother'!

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WANT TO USE THIS ARTICLE IN YOUR E-ZINE OR WEB SITE? You can, as long as you include this blurb with it:

Christina Merkley, "The SHIFT-IT Coach" and creator of the SHIFT-IT Graphic Coaching Process® is a

I highly recommend
your workshop!"
Laurie Benn, Visual
Practitioner,
Medicine Hat, AB,
www.positiveculture.ca

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Visioning and Strategic Planning Expert specializing in Graphic Facilitation and Law of Attraction techniques. Based in charming Victoria, British Columbia, Canada, she works deeply with individuals, couples and organizations in defining and getting what they really, really want. For more information visit: www.shift-it-coach.com and www.makemark.com

BLOG POSTS & EZINE ARCHIVES

Check out the new posts since you've last read the [SHIFT-IT Blog](#). Graphic ramblings, insights and other tidbits - -- the new blog where you can participate by leaving messages and reading what others think about SHIFT-IT related stuff.

- Baltimore Trip
- My Beach Office
- Back from Alaskan Cruise
- IFVP Conference Early Bird Price
- Definitions and History of Field Charts
- See Yourself Thru a Focus Wheel

Besides the Blog, there are plenty of articles to read in the Ezine Archives. [Browse past issues here](#).

Click Here to Read SHIFT-IT Blog:

Private SHIFT-IT Coaching:

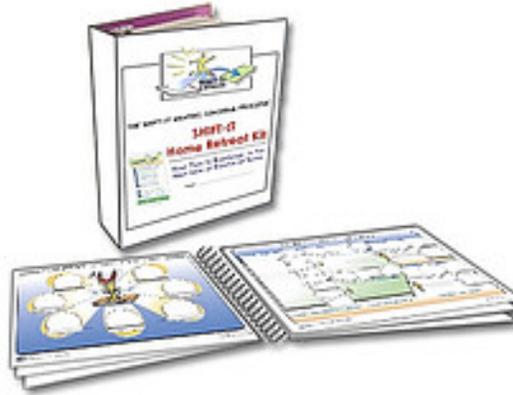
Ready to bust out of your status quo? Want to take things up to your next level? Curious how to really apply those Law of Attraction principles you have been hearing about for REAL effect?

Let's work together - we'll privately work by phone or in- person (in my cute Victoria BC studio, or on the beach!). I'll help you define what you really want (create a personal vision) and break thru the blocks and limiting beliefs that you currently have in place. You get clarity, you feel better and best of all, you attract and get what you want (better work, improved relationships, healthier body, enhanced prosperity -

whatever it is that you want to shift for the better!). All through innovative graphic coaching techniques that chart your way step-by-step.

Info on Coaching Options:

The SHIFT-IT HOME RETREAT KIT



Can't travel to me? Want to experiment with the SHIFT- IT work on your own? Now Graphic Coaching tools right at your fingertips. Conduct your

own SHIFT-IT Graphic Coaching Retreat® - from the privacy of your own home.

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In this innovative kit, I walk you through your past, present and desired future, so you can plot out your directions and strategies. You also pinpoint and flip the negative beliefs, assumptions and mindsets that stand in your way - to stop sabotaging yourself and your dreams. SHIFT-IT has already helped hundreds live life by design, not by accident. Learn how it can help you too!

More Info

Make Your Mark Graphic Facilitation

Christina's other site, chock full of information on working graphically with groups and organizations (custom chart work, graphic recording and graphic facilitation). Visioning and strategic planning meetings that literally get everyone on the same page - all using invigorating large scale graphics that get your thinking up on the wall so you can see clearly, make decisions and resolve your conflicts.

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About Christina, The SHIFT-IT Graphic Coach:



Christina Merkley, M.A. is a Graphic Facilitator and Coach specializing in Strategic Planning and Visioning. Having worked for such notable companies as BBC, Readers Digest Funds, eBay and Stanford University, she uses interactive, visual thinking processes to literally draw the best thinking out of organizations, groups and individuals. Creator of the SHIFT-IT Graphic Coaching Process®, after years in San Francisco, she is now based in charming Victoria, British Columbia, Canada.

Full Bio