



The SHIFT-IT e-Zine



Christina Merkley
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A Note From Christina

Dear Christina,

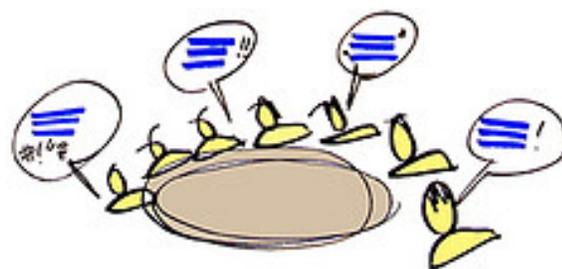
Yes, this issue is a week late. You see, I got back from a great cruise on Sunday --- and it just wasn't possible to get the ezine out at its usual time. Cruiseships do have internet connections, but geez, you should see the fees they charge – yikes! So I opted to relax and get it out a week later.

My cruise was 15 blissful days through the

Welcome to your February SHIFT-IT e-Zine.

1. A Note From Christina
2. SHIFT-IT Tele-Class Notice
3. Graphic Bootcamp: Advanced Training
4. Feature Article: Insights from A-H Cruise
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SHIFT-IT TELE-GROUP STARTS FEB. 18



Transitioning?
Ready for a change? Want to become your next self? Now is a great time to do

some good reflection and shift work on you and your life. Stake out your vision, determine your next steps - deal with that itty bitty shitty committee that is keeping you from moving forward.

Seven call tele-group starts Feb 18th. Very unique and effective Graphic Coaching and Law

Hawaiian Islands. From San Diego it took four days to reach the islands, then we had five scheduled ports of call (Hilo, Hololulu, Maui, Kona, and a stop in Mexico), then another four days back to San Diego. I saw different clients along the way (amazing how many folks who are lucky enough to live in these areas), but unfortunately the stop in Kona was cancelled due to high seas (the little tenders that take us back and forth from the ship to the harbour were being tossed about too much) – so I missed out on seeing friend and graphics master [Jim Channon](#) (sorry Jim, one of these days we'll

of Attraction techniques - to bust you through to your next level. Includes digital version of the SHIFT-IT Home Retreat Kit, large size coaching templates, markers and one-to-one coaching.

Get off the fence and get in on this rare opportunity. I only offer the tele-group format twice a year - so a very good option if you want a lower fee access to SHIFT-IT and me. No travel required!

Click Here for More Details:

BOOTCAMP: HALF WAY THERE



Six spaces left in the **Graphics Bootcamp** scheduled for March 28-29! Advance training in the rare skills of [Graphic Recording](#) and [Graphic Facilitation](#). One of the few places in the world (I'm not kidding!) where you can get personalized, mastermind-group type attention to build competency and confidence in these effective methods.

Take your skills up to the next level. Get over your fear of working publically at the wall. More demos, more practice, more icons, more tips and techniques. We've got folks from all over North America coming. For consultants, facilitators, trainers, budding graphic recorders, etc who

actually SEE each other again!).

Quite an amazing experience. I'm really glad that I went. It was more than just a relaxing experience. It was also a very educational one – as 18 hours of onboard seminars with my favorite Law of Attraction source (Abraham-Hicks) was part of the deal. I anticipate doing another cruise with them – they go to Mexico, Caribbean, Alaska and are going to be adding a Mediterranean one soon. Oh the choices!

So, in the spirit of the cruise, this month's article is about some of the things I learnt from Abraham about life, creating,

have attended the Meeting Graphics 101 workshop previously (or have equivalent experience).

Click Here for Full Details:

FEATURE ARTICLE: INSIGHTS FROM THE ABRAHAM-HICKS CRUISE



I just spent 15 blissful days on a Hawaiian cruise. I chose this particular cruise because it was hosted by [Abraham- Hicks](#) my favorite Law

of Attraction teachers.

Abraham-Hicks is a hyphenated name because it represents two different partners. One partner is Esther Hicks (and Jerry Hicks her husband). Esther is a very sweet Texan woman (originally from Utah I believe), who is a 'channel'. This means that she is able to use her senses to pick up and receive information from a non-physical intelligence. The non-physical intelligence is 'Abraham', a group of teachers who form the other side of this very unique partnership - which has been in existence for the last 20 years or so.

People go to Abraham-Hicks workshops in order to ask Abraham questions – about anything they want to ask questions about. The topics range from deep metaphysical questions about life, the universe, the nature of time, etc to more humane issues about relationships, parenting, finances, health etc. Their answers explain how The Law of Attraction plays out in all of our lives. As a

manifesting, and going with the flow.

Yours in SHIFTing!

Christina Merkley,
The SHIFT-IT
Graphic Coach

SHIFT-IT 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.

Info on Coaching Sessions:

www.shift-it-coach.com

coach and facilitator, I have been drawn to this work for about five years now, and am most interested in how the manifestation process actually works. What the secrets are to defining and getting what you really want. And what the overall Big Picture is to our lives and process.

I didn't go up and ask Abraham a question myself. Instead I wrote out a list of questions in my notebook each day – and lo' and behold my questions were answered through the answers that were given to others. Amazingly so. Below are some of the key concepts and statements that really resonated with me.

We Are Much More Than Our Physical Selves:

Abraham is a channeled source. That turns off a lot of people. I myself have been reluctant to talk about that too – just advising people to ignore the channeling if it bugs them and to focus on the information (which a lot of current LOA teachers do). However, Abraham advises that we don't do this. That we come clean about it being channeled and get ok with that. Because it reflects a deeper part of their teachings. That we are ALL so much more than our physical selves. That our physical self is only a small part of what we fully are. There is much more to our world, to the system that we exist in. That the resources that we can tap into are truly remarkable. We aren't just bodies banging about.

We Each Are Playing a Unique Part in

Evolution: Many people are concerned with finding their 'Purpose'. In Abe speak our purpose is just being who we are and naturally going with the flow of our life. Our purpose is to use our natural powers of focus to create. Each of us is a

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unique being and as such a unique creator. Through your focus you create – thought forms and physical forms. As such you are uniquely contributing to the larger whole of evolution. Nobody in the history of the world has been you. Nobody else creates exactly like you. You are on the leading edge of creation – taking thought and experience where it has never gone before. You are playing your part in evolution by just being you. You are an integral part of the whole and you really can't get it wrong.

It Is an Ongoing Eternal Process – We Never Get It Done: Since we are larger non-physical beings really, there is much, much more to our existence than this one life. Abraham says that we never get it done. And that is a good thing. Kind of takes the pressure off of having to accomplish something or get 'er done. Evolution is an eternal process. So after death, there is more that happens - more unfolding and contribution that occurs. Nothing to worry about. Nothing to really do. Just go with the natural flow, it'll take care of it all. It will attract what is next to come.

It's All About Vibrational Tone: I've written about it before. The biggest thing with Law of Attraction is 'vibration'. Everything carries a vibration or tone – thoughts and things. And like attracts like. Tones match up. Everything in your life is because you are a vibrational match to it. Given what is in your life what overall tone are you emitting? What tone do you have on certain subjects? What do you want to be a match to?

Our Work Is to Shift Our Tone: Want to shift something in your life? Then your work is to shift

your tone. To change your vibration around the 'it' that you want to shift - to become a vibrational match to that which you desire. There are many ways to shift your tone. Most involve using your powers of focus and imagination to focus on what does feel good and to envision that more and more. To think and speak about what you do want (again, not what you don't – which unfortunately is pretty much a culturally sanctioned way of being).

In the Hick's best selling book, [Ask and It Is Given](#), the whole second half of the book is dedicated to Abraham-inspired '[processes](#)'. Wonderful exercises that help you shift your tone – often step-by-step up the emotional scale. You can start with whatever emotion you are currently feeling. It is totally fine to be where you are. It is not about Pollyanna or 'positive' thinking stuff –really! I use these exercises myself and in my client work. They are wonderful.

Go With What Feels Good: Ok, I realize that some of this is a little bit 'out there'. I am taking a bit of a risk in writing about these concepts so directly. I know I will turn some people on this list off. But that is ok. It's just not your thing. Just not your tone. That is totally great. Go with what feels good to you. It has taken me a number of years to get used to the Law of Attraction concepts myself, so I can relate to that. I'm just happy to have found something that feels really good to me. There are lots of paths, processes and tools. Just go with whatever resonates and feels good for you. That is what I do. And that is what I also advise my clients to do. You and your feelings are your own best guidance system. Follow that unique-to-you wisdom.

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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" is creator of the SHIFT-IT Graphic Coaching Process. To learn more about SHIFT-IT, Graphic Coaching and Personal Visioning and Planning, visit www.shift-it-coach.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.

- Back from the Well Being Cruise
- Musicoverly Link
- Graphics Bootcamp Announcement
- Webstore is Now Live!
- Power of Forgiveness

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:

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](#)

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Browse the new **SHIFT-IT e-Store**. Retreat kits, booklets, map packs and more. Graphic Coaching Tools to help you Become Your

Next Self.

[Click Here](#)

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.

www.makemark.com

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