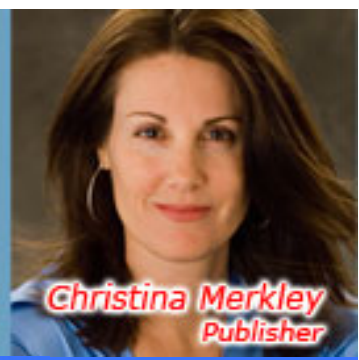




The SHIFT-IT e-Zine



VOL. 3, ISSUE 3 , March 2, 2007

A Note From Christina

Dear Christina,

I've gotta tell you – my fun quotient is really picking up lately. Hee hee. Ever since I made the commitment to really shift my work in 2007 to things I really LIKE doing, they have been coming my way.

My telephone work (something I've been wanting to do more of for a while --- instead of so much time on the road) has really picked up. I participated as a speaker in the National Association of Women Writers'

Welcome to your March SHIFT-IT e-Zine.

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2. Just 2 Spots Left in Graphic Bootcamp
3. Meeting Graphics: Boise, Calgary & Victoria
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MARCH GRAPHICS BOOTCAMP: 2 Spots Left!



The Graphics Bootcamp (advance training on the skills of graphic recording, graphic facilitation and graphic coaching) is almost sold out - just two spots left. Is one of them yours!? Don't delay, get in on this rare and fun opportunity.

Annual Tele-summit and am hosting my own 7 call SHIFT-IT Tele-Group (eventually I will figure out how to actually record the darn thing --- the participants have been very patient with my techno-learning - what can I say, paper and markers has been my stock and trade for so long - I'm learning new tricks!).

I've also been inspired to begin work on a new group of graphic coaching templates based on Law of Attraction principles. With the exposure of "The Secret" on Oprah, Larry King, Newsweek, etc – knowledge of Law of Attraction is growing, as is the inevitable backlash and criticism. I know this stuff works (when understood and applied properly), so I'm going to do my little part in making the concepts a little easier to grasp and implement. LOA at its roots is really about

March 28-29 in Victoria, BC, Canada. Great group of consultants, facilitators, trainers, and graphic recorders coming together to increase their confidence, chutzpah and inventory of skills. Plenty of demos, practice, heavy-duty resource binder, plus good ol' fashioned mentorship and comraderie with like minded folks from across North America.

Surprize colleagues, clients and family with your improved abilities! Claim one of the last spots now.

[Click Here for More Details:](#)

BEGINNER LEVEL: Meeting Graphics 101



New to the graphic way of working? Looking for a good introduction to the world of interactive graphics? Look no further. This new and improved two-day course is your answer: great overview of the many ways to use this work as well as foundational skill training. And no art background is necessary.

Learn what the different applications are. See demos and samples of work. See the kinds of materials and resources that are typically used. Try your hand 'up at the wall' using the large size paper and making your mark. My gentle (yet sneakily firm) style will help you comfortable stretch into new territory - you'll be pleasantly pleased with the before and after difference of your work.

awareness of where you are putting your primary focus --- and as we know, graphics and visuals can really help you see what your focus really is and shift it if necessary.

March, April and May are shaping up nicely with events here in Victoria, B.C. and in other locations. See the workshop section for info on my travel schedule. I may be adding some travel dates for basic Meeting Graphics 101 training in Boise, Idaho and Calgary, Alberta. So if you are in or close to those areas, would love to meet you. Have a great month!

Yours in SHIFTing!

Christina Merkley, The SHIFT-IT Graphic Coach

SHIFT-IT Coaching Services

Next public workshop held May 10-11 in Victoria, B.C. See [info and registration form](#) for details.

Taking MG 101 on the Road:

I will be in **Boise, Idaho March 8 & 9** and will be conducting a private workshop --- there is room for 2-3 others if you are in the area and want to join. Will be abbreviated session, during one of the afternoons. **Email me if interested.**

There is also a potential MG 101 workshop forming in **Calgary, Alberta** (tentative date is April 25& 26). Possibly coordinating with Mediation Summit later that week. **Email me if interested.**

Email Christina:

FEATURE ARTICLE: SPEED UP YOUR MANIFESTATION PROCESS



Question: What is an effective way to speed up my manifestation process? **Answer:** Get happy about where you currently are. Yup, getting ok with where you currently are is a great way to get what you eventually want.

I am working my way through the full collection of recordings that my favorite Law of Attraction teachers, [Jerry and Esther Hicks](#) have produced. They have been hosting workshops around the U.S. for over 20 years – so you can imagine, there are a whole heck of a lot of tapes!

Jerry and Esther, and their teacher, Abraham, have



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:

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found many different ways of communicating the Law of Attraction principles - lots of great stories, anecdotes and metaphors. One really effective metaphor that demonstrates this whole 'get happy with where you are' thing (or make peace with your now, as they term it) is their story about driving from Phoenix, Arizona to San Diego, California (a 400 miles stretch that they do on a regular basis in their "Monster Bus").

As they tell it, there is a little town along the way called Yuma that they stop in - to fill up on gas and have a meal, etc. The stop in Yuma is just a natural step along the way to their fuller destination of San Diego on the coast. They recognize it as a natural step and of course calmly deal with being in Yuma and appreciate its role on their journey. They don't freak out and fret that they are in Yuma. They calmly accept Yuma for what it is.

This is of course a metaphorical story - contrast that with how many of us handle our own journeys in reaching a desired destination. We have a vision (a goal, desire) that we have declared out loud and out strong that we want for ourselves (our version of San Diego). However, instead of being content, appreciative and accepting of Yuma (where we currently are on the way to our goal), we get all bent out of shape that we are there – and resent Yuma for being Yuma. And sometimes, instead of continuing along to San Diego, we just turn around and just go back to Phoenix – going back to what we know and are familiar with and canning our plans in the process (taking our marbles and going home!).

Its Ok to Be Where You Are: Manifesting a Personal Vision or a set of goals can be a big journey. Like the journey from Phoenix to San Diego, it takes distance and time to get there. However many of us lose sight of this natural condition and instead freak out that we are in Yuma instead of where we really want to be (I know I have certainly been guilty of this – repeatedly!). It is ok to be where you are. It is ok to be mid-way. It is ok to not be there yet. You are where you are (I am

where I am).

Seek the Feeling of Relief: Instead of getting angry or frustrated for not being in your desired end state yet, I might offer instead that you seek the relief of being where you currently are. It is ok. It is natural. It is just a step on your journey. In soothing yourself and softening your thinking about your present, you will bring relief. Which in turn will make everything a whole lot easier and more enjoyable. That which you resist persists. Instead, find a way to accept and even possibly like and appreciate where you currently are.

Find the Positive Aspects: A nice way to find the feeling of relief is to focus on the positive aspects of your current location. For example, in my desired future, I envision myself living somewhere warm and comfortable during the winter months of the year. However, right now I am still in my Yuma around this – I'm still in somewhat rainy Victoria B.C. in the middle of winter, kind of wishing I were somewhere else (like back on the Hawaiian cruise I wrote about last month!). So, as I am seeking relief, I choose instead to focus on the positive aspects of being where I currently am. I pull out a sheet of paper and start writing things like:

- Victoria is nice, safe, calm, quiet and beautiful (good place to write and think);
- My family is in Victoria, so it has been nice to reconnect with them;
- Even though I am in Victoria, the Internet allows me access to the world;
- I get away for lots of trips during the winter, so I'm not really here the whole time;
- I love it for most of the year and people like to visit me here;
- It's a well-known tourist town, so most people know of it (good for business);
- I have my Starbucks right around the corner (where everybody knows my name --- ok, not everybody, but I was having a Cheers moment --- see what happens when you get on a roll!).

The Vibrational Shift: After writing my list (and I continue on for as long as I can keep picking out positives), I feel a lot better. My vibration has literally been shifted. I have found the positives around my Yuma experience. I feel better about being in Yuma (or in this case, Victoria). I appreciate how Yuma fits into my larger experience – my BIG PICTURE if you will. Now, with my vibration in a better place, I am more aligned with what I do want. I am a better vibrational match to it. From my grumpy place I was attracting – just more grumpiness stuff. But from my improved vibration – I am now attracting better feeling stuff. I have broken the chain of pain (changed my frequency).

Do It On Your Own Yuma: So, what is the Yuma that you are currently fighting? Play with the metaphor a bit and I invite you to grab a sheet of paper and start listing out the positive aspects of where you currently are. Obviously this does not have to be just a geographical situation – it works on anything. Perhaps it is a job you aren't thrilled with anymore. Or a house that you are tired of. Or problems on the relationship front. If your situation were a mid-way destination towards a larger goal or dream, how would you be looking at it differently? What is this current situation doing for you? How is it a needed pit stop for you? How is it actually serving you? See if you can get grateful about being where you currently are. See it in a larger context. Appreciate the role it is playing on your journey. You might be surprised about how quickly you can feel better with a little reframing. And love Yuma for being Yuma. Then, once you've done that, you are in a great position to proceed to the next manifestation steps from there.

Source: See [Ask and It is Given](#) or any of the 2005-6 [Abraham-Hicks recordings](#) for the Phoenix – San Diego story, positive aspects and many other great LOA concepts.

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.

- National Ass'n of Women Writers
- New SHIFT-IT Tele-group
- Insights from A-H Cruise
- Beautiful Commute
- Facilitating Strategic Visioning Session for BCODN
- Homage to Michael Doyle
- Law of Attraction on Oprah: Video Links

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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- [Life Maps](#)

- [Personal Visions](#)
- [Action Plans](#)
- [Sub-personality Work](#)
- [Law of Attraction Exercises](#)

[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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4-1054 Southgate Street, Victoria, British Columbia, V8V 2Z2, Canada