



# The SHIFT-IT e-Zine



Christina Merkley  
Publisher

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## A Note From Christina:

Dear Erin,

Ah, my favorite time of year is here and I'm very happy for it. Victoria B.C. is pretty much a resort town, so it's like being on vacation for an extended period of time in the summer season. Very enjoyable.

I'm getting a head jump on the season - decompressing after a busy facilitation and teaching phase the last couple of months. Taking lots of long walks around the harbor and shoreline and getting my gams

## Welcome to your June SHIFT-IT e-Zine.

1. A Note From Christina
2. Events Schedule
3. In-Person SHIFT-IT Weekend
4. How to Deal With 'Bad' Stuff
5. Recent Blog Entries
6. More Links & Resources

## EVENTS CALENDAR:

**June 22-24, 2007: SHIFT-IT Weekend:** Small in-person coaching group in Victoria, B.C. Work thru the SHIFT-IT Graphic Coaching Process in a beautiful setting with like-minded people. [More Info](#)

**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

back into shape and a bit of color on them - geez can you say 'lily white', yikes (actually its lily white and scarlet red - forgot the sun block yesterday).

I'm very fortunate, but then again, as this month's article writes about, it's much more than luck. I've worked hard to create the unique and flexible lifestyle that I have. Live in a beautiful place, make a good income, do very unique work that I like and am good at. And a lot of that 'work' has been energy or inner work as opposed to just 'slogging it out' physical work (although there has been plenty of that too - to create you have to do as well as be).

Not everything is perfect mind you. It never really is. Life keeps creating contrast so we can figure out what we next want to create (keeps us evolving and developing). I'm no exception.

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. [More Info](#).

**Nov. 2-3, 2007: GRAPHIC BOOTCAMP (level 2):** Continued instruction and experiential practice. At-the-wall drills. Demos. Template construction. Recording and facilitation practice. Advance icon library. Marketing and business development. [More Info](#).

**Ongoing: Private Mentoring and In-house Workshop Training:** One-to-one graphic recording and graphic facilitation training for yourself or for your company/group. [More Info](#).

### SHIFT-IT Intensive Weekend: June 22-24, 2007, in Victoria, BC, Canada



Once a year I do an in-person SHIFT-IT Intensive Weekend - and its just around the corner. TWO SPOTS STILL LEFT!

Come to beautiful Victoria, for a very special coaching group. Where over the course of 2.5 days you'll work step-by-step thru the SHIFT-IT Graphic Coaching Process. Create a Big Picture scan of your path: past, present and desired future. Get clear on what you next want for yourself. Bust thru negative beliefs, attitudes and other self-sabotage that typically stands in your way. Emerge with renewed energy, confidence and

Sometimes things still come up and 'get' me too, although I'm happy to report this happens less and less and now I know what to do when it does.

So that is the topic of this month's ezine article: How to Deal With the 'Bad' Stuff. For those times when something (or somebody) gets to you, and how to get back on track when that happens. As always, keep your eye on the bigger, longer-term prize. Having a good feeling Vision as your touchstone is what it is all about. If you don't have a Personal Vision yet - you need to get one. It'll make all the difference in your world. That bigger picture has a way of putting the other things into perspective.

Happy SHIFTing!

Christina Merkley

The SHIFT-IT Coach

commitment for the next chapter of your life.

Chock full of effective Law of Attraction and graphic coaching methods. Fee includes the full SHIFT-IT Retreat Kit.

**More Info and Registration Form:**

## **ARTICLE: How to Deal with the 'Bad' Stuff.**

Urrrggghhhh, doesn't it suck when you get in those situations where something or somebody really gets to you. Maybe it's an unpleasant work situation with an employer, client or colleague, or a personal one with a friend or family member. Or some sort of agency, organization or outfit you have to deal with that isn't going well. Whatever the players, the energy is still the same: it feels like something is being done onto you and you've lost your sense of personal power and control. And, ultimately, you want to get it back and feel good again.

**Feel Your Feelings:** The first thing to regain your sense of power is to just feel your immediate feelings. Perhaps you feel sad and victimized - good, go ahead and get the relief of a good cry and lament the injustice of it all. Or, maybe you aren't one for turning feelings on yourself, but instead, like to project it onto the others. So, feel angry and blaming if that is your immediate reaction. Get pissed, beat a few pillows, take it out on some poor tennis or golf ball. Cathartic stuff can be a good first step (as long as it is done responsibly and not directly expressed on others).

Obviously some situations might warrant additional kinds of support beyond what is mentioned above. For larger events, or events where you can't seem to reach emotional stability on your own - seek out good, skilled counseling support to aid you. There is no shame or weakness in getting good support when you need it - it's actually a sign of strength in my books.

## 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:**

"After coaching with Christina Merkley, all I can say is, 'Wow!' If you haven't noticed, there are coaches EVERYWHERE.

It's not easy to know if they are a good match or not.

But because Christina is so entrenched in the Law of Attraction in a very real and human way she was able to reflect and

**Find & Express Your Boundaries:** Once you've gotten some relief by feeling your immediate feelings, turn next to finding and expressing your boundaries. In 'Law of Attraction speak' we call this 'focusing on what you do want as opposed to what you don't'.

"As you begin to state what you do want, rather than clamoring about what you don't want, you come into your own power". [Abraham-Hicks](#)

Oftentimes our tendency is to continue to focus on what isn't working and what doesn't feel good - getting stuck in a negative loop. We lament the boss or client from hell. Continue to pick apart the personal partner. Rant against the IRS, the successful business competitor, the disliked neighbor, etc. As we focus on what isn't working, we feel bad, and we communicate from this negative energetic place. What you want instead is to figure out what you truly do want and like and to speak from that energetic. A subtle but PROFOUND difference.

If there is a lot of anger and rivalry going on: then what you really might want is collegiality and calm. If the house looks like a tornado hit it, what you really might want is order and cleanliness. If stealing or bad business practices are going on, what you really might want is high ethics and responsibility. Figure out what it is you really want. Notice how much nicer and softer (less harsh) that other side of it feels. You feel better just by turning your focus there. You have reached for and gotten some relief. If you can communicate with the other party, speak about what you want. Often this softer energy of moving off of the problem onto the solution is all you need to shift the dynamic.

**Re-framing 'Bad Stuff':** Not all 'bad' stuff that occurs is really bad, at least in the bigger picture. In the situations outlined above, there might be some bite for a bit - however in the larger evolutionary context it could be 'good'. The messy house and the fight about it gets you to hiring a regular housecleaner. Or, the unethical colleague brings an inquiry down on

shift my energy unlike I've ever experienced before. (And she does while keeping her sense of humor which is one of my key values.) I learned that when you are in emotional alignment, it's easy to live the life you want. Everything after that just flows... What a freeing experience!" **Lorrie Morgan-Ferrero** [www.redhotcopy.com](http://www.redhotcopy.com)

"Christina coached me into clarity, and forward movement, in life and in my business coupled with a new level of understanding of what makes me tick, and how the Universe and I work in synchronicity! Thank you Christina for being so kind and helping me get clear of the things that were in my way...I use your Flip It technique everyday! My business is positively booming now, and I am convinced it would be stalled if we had not worked together. Life is a lot clearer these

themselves and in the process the environment gets cleaned up to your liking. Or, the events with the spouse come to a head and intervention is finally sought - leading to the breakthrough that gets you to resolution.

Oftentimes we need this 'contrast' to move us on in our lives. To build up the energy enough to move us off of our comfy or known perch into something better. Change can be intimidating, so a lot of us wait around and procrastinate on making changes until we really have to. Contrast moves us off our butts into better things.

**Too Built Up to SHIFT:** Sometimes we attract situations that are just too built up to shift. There is a lot of negative momentum behind the situation and it's a steamroller against the tiny amount of positive energy we can muster in the now. The problems in the relationship are just too chronic, the bankruptcy cannot be avoided, the business cannot be turned around, etc. My Law of Attraction teachers, Jerry and Esther Hicks, have a cute but poignant analogy for this: 'if you are 10,000 feet up plummeting towards the earth with no parachute - no worries, it'll be over quick'. Yikes, sometimes you just have to bite the bullet and suffer the effects of your cumulative thoughts and actions - brace yourself for the crash. You can't shift it in the now cause it's just too little, too late. But you can learn from the experience and 'get your ducks in a row' for life afterwards.

**Develop the Habit of Pre-paving:** Been through one too many crashes? Ready to do things differently? One of THE most effective ways to get out of bad situations is to not create them in the first place! To recover from a big negative event you really need get out ahead of it - find the better feeling place and focus on it consistently. Shake off where you have been and the results you might be currently still feeling and springboard yourself out into your desired future. You need to get into the regular habit of laying down intentions and desires for your future - 'pre-paving'

days, and I have your guidance to thank, you are a truly gifted coach.

In Gratitude!".

Viki Viertel [www.thebusinessthebuddha.com](http://www.thebusinessthebuddha.com)

[www.shift-it-coach.com](http://www.shift-it-coach.com)

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your path, if you will.

**Use Visioning Technology:** How do you pre-pave your desired future? By using anything that will help you focus on a positive feeling future: vision boards, vision and mission statements, graphic coaching templates, guided imagery, meditations, intention work and such to get your focus out beyond your current yuck.

Imagine your world, as you would like it to be. Discover what it looks like, smells like, tastes like, and most importantly - what it FEELS like. This visioning work is SO much more than imaginary or wishful thinking - it's revolutionary in the way that it changes what you are attracting and creating.

**Personal Strategic Planning:** Dealing with a bad event isn't all about feelings and visioning. At some point you will also have to deal with the action side of things and with your beliefs, attitudes and mindset. However, that all falls into place when you have a Personal Vision that feels really good to you.

Doing visioning and personal strategic planning work gets you back into your own power - back into flowing your energy properly and constructively. As you get disciplined on focusing on what you truly do want, the outside of your life begins to change to match it. The bad stuff begins to lessen and shift as a life more suited to you and your true desires is created by you. And boy, does it feel better on the other side!

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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 Visioning and 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 groups in defining and getting what they really want in work and life. For more information visit: [www.shift-it-coach.com](http://www.shift-it-coach.com) and [www.makemark.com](http://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.

- June S-I Weekend
- 5 Year Vision for Secondary School
- May's Meeting Graphics Workshop
- Periodic Table of Visual Methods
- Spring in Victoria
- Favorite Graphic Recording Examples

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:**

## SHIFT-IT COACHING:

Ready to bust out of your status quo? Frustrated at the level you have been maintaining at? Ready to really apply those Law of Attraction principles you have been hearing about for full effect?

Personal one-to-one coaching for individuals and couples. In-person or phone. This is deep and thorough material: you will work on both the inner and outer levels to get clear on and then manifest what you next want. I work particularly well with solo entrepreneurs in the consulting, coaching, writing, speaking and training realms. And for those wanting internet marketing, product development and money/

abundance guidance.

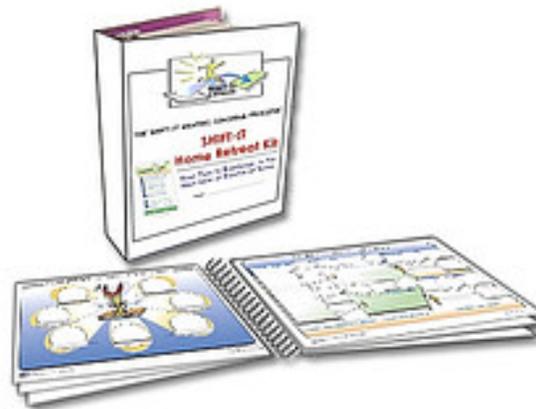
**Coaching Packages:**

## SUMMER SAVINGS

For e-Zine Subscribers Only. Take \$100 off ANY private in-person or tele-coaching package (excluding single sessions) and/or any private skills training packages. For June 1 - August 31 timeframe (package must begin within this date range). Scheduling on first come, first serve basis. Blackout dates: July 7-22nd (I'm on vacation!). Mention seeing this ad at time of booking.

**Contact Christina:**

## The SHIFT-IT HOME RETREAT KIT



Now Graphic Coaching tools right at your fingertips. Conduct your own SHIFT-IT Graphic Coaching Retreat® - from the privacy of your own home.

Your life isn't a dress rehearsal. In fact, its happening right NOW. Is it going the way you want it to? Do you know what you next want? Are you sure you can do it? Get organized and confident with the step-by-step SHIFT-IT Graphic Coaching system.

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.

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

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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**

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