

Make Your Mark Graphic Facilitation & Coaching



Christina Merkley
Publisher

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A Note From Christina

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Dear Christina,

Well the crunch is on, I've got a hard deadline for the launch of my new website and store ---

September 15th. Been developing the SHIFT-IT Graphic Coaching products for what seems like years now (in fact, it really has been years!). The product development is coming along nicely (booklets on each of the 17 graphic moves, plus an overall manual so people can do their own private SHIFT-IT Retreat at home). There will be download options for instant gratification --- plus physical ship options for the larger items. My studio is full of paper and shipping samples --- figuring out the best supplies and vendors to use. Exciting stuff, but a little excruciating too --- getting all the details ironed out.

Another big development is that I'll be incorporating in August under the name SHIFT-IT Coach, Inc. This new company has been a lengthy manifestation process --- going back nearly a decade when I first began experimenting with graphics and individuals

Welcome to your June issue of the SHIFT-IT e-Zine.

Abundance, Prosperity and Money Creation

Having problems in the money department? Struggling to look after yourself properly? Lacking a sense of abundance and prosperity? Thanks to a conference I graphically recorded years ago, I have a very vivid image of the word 'abundance'. If you break the word into parts, you get A-Bun-Dance --- 'buns' as in butt or rear end, dancing. Abundance is literally about moving, shaking and having a good time. Moving to the beat of life in a happy way. Getting your mojo on.

Contrast that with the word scarcity --- or Scar-City --- living in a scarred or scary place. Choosing to focus on scars. Such a contrast between the two words and funny how their meanings can be communicated in such a succinct way!

Are You Vibrating Scarcity or Abundance? So, what locale are you primarily living in --- abundance or scarcity? Chances are if you are having repetitive money, prosperity or abundance issues, you spend more time in the scarcity or lack region. The majority of your focus is on the things you don't have (the scar) as opposed to on the things that you do (abundance) --- and as a result you are vibrating a scarcity harmonic rather than a prosperity chord. Your energy or vibration is out of whack. Money and other forms of prosperity and abundance can't easily make their way to you --- cause you are vibrating lack rather than have and like attracts like.

How to Get Out of Scar City: Different people have their abundance and prosperity issues wired up in different ways. One of the common keys to getting out of Scar City is to develop an appreciative focus --- to

in change and transition processes. I just wrote an 'acknowledgements page' for my Home Retreat Kit, and it was really a moving experience --- thinking off all the people, places and things that have shaped me and my work and giving thanks. Many of you who read this ezine are in there! Thank you for your support, enthusiasm and brilliance!

I've also been invited to present a workshop on my graphic coaching specialty at the International Coach Federation's annual conference in St. Louis in November. More and more coaches are curious about my methods so this deadline will push me to figure out licensing and certification options, so other coaches, consultants and helping professionals can use SHIFT-IT tools with their own clientele. Networks that will help get the graphic coaching tools into the hands of people who need them -- helping more folks shift their lives for the better!

So, as you can see, it's shaping up to be an exciting summer --- lots of development and a growing state of abundance and purpose. Given this backdrop, I've chosen to focus this month's article on abundance and prosperity creation -- something a good portion of clients choose to focus their SHIFT-IT work on. Hope you enjoy it and all the best in creating your own abundance mentality!

See you next month.
Happy Shifting!

Christina Merkley, The
SHIFT-IT Graphic Coach

focus on what you do have and to develop a sense of empowerment (with a healthy dose of deserving). There are so many different ways you can choose to view life, yourself and other people. You can choose to focus on the things that you don't like, or you can choose to focus on the things that you do. The two have very different flavors or feels to them -- and are connected to radically different outcomes.

Empowerment and Ability to Create: Abundant people are empowered people. They believe in their ability to create and look after themselves. Somewhere along the line they have developed a can do attitude. They aren't victims. They are creators. And they have pretty positive beliefs about life, their abilities and their future.

Contrast that with scarcity folks: for different reasons they have less-than-helpful beliefs about themselves and their ability to create and look after themselves. They are disempowered. Feeling like they don't have what it takes, that things are done onto them, that life is difficult, or the future is unfriendly. Outlooks like these hamper creative energies. Snuff them. Squash them. Keep creativity and sharing energy down and covered. In short, there are some scars to heal and overcome. Some healing work is required.

Share, Give and Help: Want to increase your prosperity? Think about what you can share, give and help others with. Lots of money creation involves reciprocal arrangements. Give something of value and assistance in order to receive. If you are in a salary environment, how can you be more helpful and resourceful --- how can you increase the value of what you do, by adding to your responsibilities or by seeking out more (either in the job you are in or through another position)? If you are entrepreneurial, what can you share, give or help others with --- the more people you can help the larger abundance you can attract.

Be Open to Unusual Forms: Abundance doesn't just come in the form of direct income. Be open to receiving abundance in forms other than the usual ones. Refunds, rewards, winnings, prizes, discounts, gifts and trades are just some of the other ways that abundance can make its way to you. Think of abundance in wider terms. It gives the 'universe' more ways to give to you. When they come to you, recognize them for what they are --- abundance and a reflection of your ability to create!

Get Over Your Receiving Issues: When you give, it is OK to receive (in fact, if you want to go even further, it really is ok to receive without even giving - but I'll leave

SHIFT-IT Graphic Coaching Services



Are you a visual learner? (80% of the population is!). Graphic Coaching is a powerful coaching methodology that literally draws your best thinking out of you.

Save years of going in the wrong direction or being stuck in a rut. Identify and work through self sabotaging beliefs and patterns. Turn the corner. Get moving with increased enthusiasm and motivation. Believe in yourself and your abilities. Create a life that works.

Located in beautiful Victoria, British Columbia, Canada --- I work in-person and over-the-phone. Drawing out your evolving story in large format graphics (in person) or through my custom SHIFT-IT line of graphic coaching tools (phone and coaching groups).

See [Fees and Packages](#) for more information.

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that one for another time). Sometimes people have money issues because they have a hard time receiving. Somehow they got it wired up that it is bad, wrong, or selfish (or some such thing) to get or receive. Perhaps they are oldest children who were told to 'be big boy or girl' which was interpreted as it's not ok to look after oneself. Or they have faith beliefs that complicate their ability to receive. Or have self-esteem or self-valuing issues that keep them feeling less than or seemingly in need of punishment or containment.

Whatever is going on, it's necessary to identify and work through these limiting beliefs to develop a healthy ability to receive. You do count. You do matter. It is ok for you to receive too. It is ok for you to live a decent life. To have decent things. To live a life of comfort and joy. There is more than enough to go around. Your having does not take away from someone else. Your success helps many people, while your failure or discomfort really helps no one, most of all yourself.

Put Your Financial House in Order: Money is attracted to a person who likes it and knows how to look after it. If you want to increase your financial abundance, then start by looking after the money you do have. Appreciate it. Treat it properly. Look after it. This means provide a proper home and place for it.

Little things go a LONG way. Our minds are symbol-making machines. Give your mind good symbols about money. If you are in debt, appreciate and be grateful for what you purchased. Organize your bills. Know what you have and what you owe. Make consistent payments (even if they are small). Take responsibility. Seek out financial advice. Tie up other outstanding loose ends like overdue taxes, filing, IOUs, etc. Get your books in order. As a financially savvy client of mine says 'money likes to have fun' --- make yourself a fun and enjoyable place for money to reside. When you demonstrate you can look after it you lay the groundwork for more to come.

Envision a Positive Outcome: No matter what your present economic circumstances may be, begin now to envision a more positive outcome. As written about in other SHIFT-IT articles, one of your greatest assets is your imagination ability --- and it's free. Use your mind's eye to imagine yourself in a more fiscally pleasant future. Feel what that more positive reality feels like. Soak up that resonance. Meet your Future Self that has it going on where money is concerned. Feel the relief of this position. The warmth. The calm. Whatever it is that being in a prosperity position does for you.

Do this repeatedly --- get that improved energetic humming through your veins. It may seem that this is just a silly imagination exercise that isn't really doing much, but in fact it is a very powerful activity that lines you up with the state that you seek – its pre-paving a path (laying the groundwork) for a more prosperous and abundant you.

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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 <http://www.makemark.com>

Newly Added: July SHIFT-IT Weekend Intensive



Coaching Group. July 28-30, 2006. Victoria, BC.

At a crossroads? Need clarity to make decisions about the next chapter of your life? Have an idea you need to get off the ground?

Due to interest, I have added a SHIFT-IT Intensive Weekend this summer. Over the course of 2.5 days, we will work step-by-step through the SHIFT-IT Graphic Coaching Process in a confidential, supportive, small group setting (limit: six people).

You will receive all 17 S-I templates in 11x17, color format - and have completed them with your own thinking by the end of the weekend (Life Maps, Personal Vision, Action Plan, etc). Individual coaching time also included.

Fee is \$495 (Canadian Funds). Workshop location is

just minutes from beautiful, charming downtown Victoria, B.C. --- ocean, mountains, gardens, hotels, great restaurants, whale watching, etc. [Info on Victoria.](#)

For more information on The SHIFT-IT Graphic Coaching Process, [click here.](#)

Email Christina for Info & Registration Materials

FALL MEETING GRAPHICS 101 WORKSHOP:



Have you seen me (or a colleague) in action in corporate or group work? Interested in the basic skills behind [Graphic Recording](#), [Graphic Facilitation](#) and [Graphic Coaching](#)? This introductory workshop is for consultants, facilitators, coaches, managers, trainers, and other leaders --- live demos, hands-on- practice, tools of the trade, graphic resources and many insider tips and techniques. No art or drawing experience required. A fun and practical day!

When:Friday, October 20, 2006, 9:30-5pm

Where:Royal Roads University, Victoria, B.C.

Fee:\$295. Fee includes detailed handouts, use of all recording materials, plus one hour of individualized, post-class coaching (get shadow coaching on an upcoming project, design tips, or just more help with your basic skills). Class limit:16 participants. This workshop tends to sell out, so register early to avoid disappointment.

Contact Christina for Registration Materials:

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.

More about Christina:

PAST E-ZINE ISSUES:

New subscriber? Missed past issues? Past issues of The SHIFT-IT e-Zine are posted on the website.

Click Here for Past Issues:

More Training Opportunities:

Advanced Customized Graphics Training: Already have a bit of graphic facilitation and/or recording experience? Want to take your skill up to the next level? I offer customized, private workshops in my Victoria BC studio (for one or two people). One and two day agendas tailored specifically to your needs and skill level. Writing and drawing drills, demos, tips for weaving graphics into meeting design, template creation, reproduction methods and much more. See : [Training and Mentoring Opportunities](#)

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