

Make Your Mark Graphic Facilitation & Coaching



Christina Merkley
Publisher



VOL. 2, ISSUE 4 , April 7, 2006

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A Note From Christina

Dear Christina,

I am having a really great month so far and I hope you are too.

My friend Melina and I are working out at the gym together as workout buddies. Both of us have been working out individually with our personal trainer [Matt Ashdown](#) for a while now. Looking to mix it up, we've combined our sessions with him and then get together a few more times ourselves.

I'm really enjoying this new format to my workouts and love how the entrepreneurial lifestyles that we both lead allow us the flexibility to schedule our sessions outside of the regular rush hours. Its really wonderful when goals get accomplished --- wasn't that many years ago when I was dreaming about doing the work I really wanted to do, putting my workout and

Welcome to your April Issue of the SHIFT-IT e-Zine.

ARTICLE: SINGLES WANTING PARTNERS

In the coaching groups I run there are usually at least a third or so of the participants who are single and no longer wish to be --- who would like to focus their SHIFT-IT process, at least partially, on shifting the relationship area of their life.

In working with these coaching clients (and in being single myself), I've come to a few conclusions and observations about singlehood and some of the twists and turns of this subject area. Please note: this article is for people who are unhappy with being solo and are seeking a partner, not for people who are satisfied with their single status. An important distinction to make!

The Problem with Wanting: The first thing that I'd like to point out in the looking for a partner issue is the trickiness of 'wanting'. Unfortunately, people who are unhappy with being single and really want a relationship are inadvertently putting their focus on lack. They are mistakenly focusing on what is missing or lacking in their life – on what they don't have.

The first thing I do with a client who is focusing in this way is to get their focus off of what they don't want and onto what they do. If they want a partner, I get them to vocalize and write descriptions of what they

other me time first in my schedule and building a flexible, alternative structure that works for who I naturally am. Where there is a will there is a way. I'm really appreciating the manifestation of it all. It's all emerging beautifully.

This month holds a nice blend of activities: Facilitating SHIFT-IT sessions with some really terrific people this month (one coming all the way from Korea!), graphically recording a large World Café session, and facilitating another school visioning project. Also, completing the last registration spots for the New Meeting Graphics 101 and SHIFT-IT workshops that are coming together nicely (see details in this issue). Then I'm off to Los Angeles, CA for a writing workshop that will help with the development of web copy for the new site.

For you singles out there, I hope you enjoy this month's article. I'm continuing the series of articles about issues that people bring to the SHIFT-IT Graphic Coaching Process. Singles wanting clarity and movement in the relationship department is a popular focus. Couples' wanting to shift the nature of their relationship is another popular one (but I'll have to leave that for another issue).

Christina Merkley, The

want and why they want it (off of lamenting and beating the drum of being single). We work to get them painting a glowing, positive picture of relationship and the kind they desire. Then, most importantly to place themselves in that picture --- FEEL themselves having, being and participating in a satisfying relationship with a significant other. Get THAT coursing through their brains and system.

Anytime they slip and start complaining about what they don't have I get them to FLIP IT, FLIP IT GOOD. Getting them back onto relationship and partnership and the good feelings of being in that state and off of what it feels like to be without these things. This trains them to recognize the harmful nature of what they are doing by focusing on lack and to flip their imagination and manifestation powers back onto what they really desire. A seemingly subtle distinction – but this shift is truly HUGE when you understand it and it's implications.

The Body/Mind Connection:As I've written about before, at a very deep level we create our lives by what we focus on and habitually turn our attention to. The whole field of Visioning Work is about focusing on a pleasant, positive creation --- on getting our mind and psyches off of the past or present situation and onto the desired end state – the positive future.

Our minds and bodies are intricately connected. As we think about something we begin to feel it. It is not just a head exercise it is also a feeling and energetic exercise. As we shift our focus from something that feels bad to something that feels better, we literally change our physical state. No longer are we swimming in the negative situation and how it feels, instead we shift and begin feeling how the more positive situation feels. We make the quantum shift from wanting to having. And we begin attracting what it is we are focusing on and feeling. In this case, a satisfying relationship.

Law of Attraction and Relationship

Issues:Unhappily single people are focusing on the 'lack' as opposed to the 'have'. I can guarantee that they are spending the predominant percentage of

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Identify and work through the sabotaging beliefs, patterns and thought processes that are interfering with your ability to manifest your Personal Vision. Create and implement your unique and doable Action Plan. Get moving with increased enthusiasm, spirit and excitement.

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

their focus on the former rather than the latter. And as such they are creating lack over and over and over again. It might seem like a constant state of unhappy aloneness but it really is just unhappy aloneness being focused on and manifested again and again.

As soon as you are humming on the 'having' vibe you've got it made. When you get yourself feeling good, you literally emanate a different vibration. We live in an energetic and magnetic universe. Like is attracted to like. Vibrating from a lack place just attracts more of the same to you. Just as vibrating from a happy having place attracts more of that to you. The trick is to use your mind and imagination to fool your body into thinking it already has what it is you desire. Then you let The Law of Attraction do its work and bring what you are right back to yourself.

Resistance and Conflicting Energies: Another big area with shifting the state of relationship in a person's life is dealing with their deep-seated core beliefs about the subject. In the wanting-versus-having situation outlined above, the focus shift only works if the person can come up with better feeling thoughts about relationship. Some people can do this quite easily, but most people who are having problems manifesting relationships can't do this very well. The majority of their thoughts about relationships slid into the negative or there is some sort of resisting energy going on inside of them.

Find and Heal What is Interfering: Different people have their relationship beliefs wired in different ways. If you are having problems manifesting a relationship it would serve you well to bring your deeper thoughts about the subject into the light of day. Most likely you have beliefs about relationships, intimacy, commitment, gender roles, men, women, family, children, etc that work against your goal of a relationship. Or, other values that you hold dear somehow conflict with your desire for a partner.

For example, as a really independent, creative, driven sort of woman, I have long held an unconscious belief that in order to be in a 'real' relationship I will have to give up who I really am and what I want for my life

and coaching groups).

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(creative livelihood, having a business and earning my own money, travel, exploration, etc). Basically that women must sacrifice their identities. It's only by bringing this erroneous belief to the surface and compassionately understanding its roots that I can start to envision a relationship that actually supports my goals and identity (as well as the goals and identity of my partner). I'm now starting to see examples of relationships where both partners are actualizing themselves and enjoying their lives immensely --- and the idea of a more significant relationship is seeming more attractive to me. I'll keep you posted on how things evolve ;)

For tips on uncovering and shifting your interfering core beliefs, read Issues 9 and 10 in the [ezine archives](#) (but sorry, the template offer no longer applies).

Allowing Yourself / Being Worthy: The final area I want to touch on is the area of allowing yourself a relationship and believing you are worthy of a good one. Being blessed to work with people in deep and honest ways, it has been shocking (and heartbreaking) to see how many people have allowing and worthiness issues about themselves. Smart, interesting, attractive, lovely, endearing, funny people who strangely believe that they are not good enough in some way to warrant the kind of love and closeness they desire.

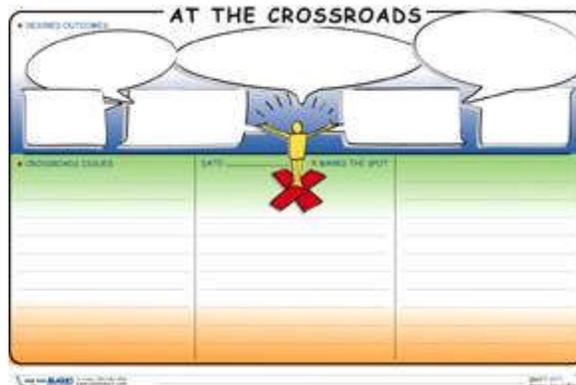
To attract and maintain a good relationship it is essential that one believe they are worthy and deserving. That one be grounded in self love and self appreciation for themselves first. If this isn't the case, outside relationships will sadly mirror inside misperceptions about self and value. Bottom line: relationships are created from the inside out. Your most important relationship is the one you hold with yourself, as you attract all other relationships based off of that model. So clean up your connection with yourself. Improve and flip thoughts, beliefs and attitudes about yourself for the better. Make peace with yourself and who you uniquely are and what you have to offer. A lot! And then you'll see your relationships take a turn for the better – as if by magic

(but its really not!).

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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 Merkle, "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.make mark.com>

SHIFT-IT 2.5 Day Coaching Group



Advance Notice: June 9-11, 2006 (Friday - Sunday)

At a crossroads? Wondering what is next for you?
Need to get clarity and bust through limiting patterns
and obstacles?

By popular request, I will be offering a SHIFT-IT Intensive Weekend in mid June in my Victoria, B.C. studio. 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).

Full days on Friday and Saturday, half day on Sunday: 18 hours. You will receive all 17 S-I templates in 11x17, color format (in bound booklet) - and have completed them with your own thinking by the end of the weekend. Three follow-up tele-conference calls after the weekend are included. Plus one hour of individualized coaching.

Fee is \$495 (Canadian Funds). AT TIME OF WRITING: THREE SPACES STILL AVAILABLE. Workshop location is just minutes from beautiful, charming downtown Victoria, B.C. --- ocean, mountains, gardens, restaurants, hotels, great restaurants, etc. June is an ideal month to come visit - beat the tourist rush. [Info on Victoria](#).

For more information on The SHIFT-IT Graphic Coaching Process, [click here](#). To claim one of the three spaces still available, please email me ASAP and I'll send you full info and registration document.

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, managers, trainers, and other group leaders --- live demos, hands-on- practice, tools of the trade, graphic resources and many insider tips and techniques. A fun and practical day!

When:Friday, June 2, 2006, 9:30-5pm

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

Fee:\$245, plus GST. 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 limited to 16 participants. This workshop tends to sell out, so

register early. **Only 3 spots left!**

Registration: Email me for full announcement and registration document.

For this and other Graphic Training offerings: [Training and Mentoring Opportunities](#)

About Christina, The SHIFT-IT Coach:

Christina Merkley, M.A. is a Graphic Facilitator and Coach specializing in Strategic Planning and Visioning and The Laws of Attraction. She uses interactive, visual thinking processes to literally draw your answers out of you. Creator of the SHIFT-IT Graphic Coaching Process, she helps individuals, groups and organizations define and get what they really, really want.

PAST E-ZINE ISSUES:

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