

Program Introduction

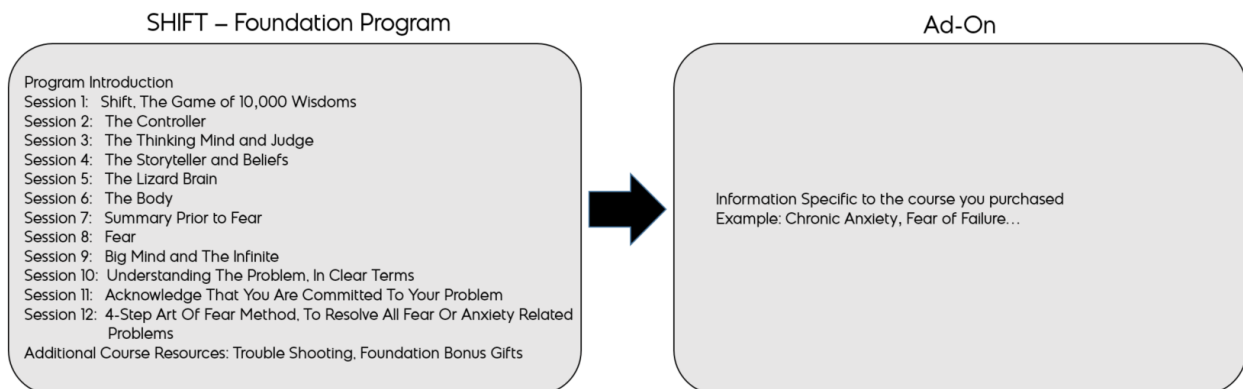
Welcome

This online program is split into two parts. The first part is called the Foundation Program. The Foundation is the same for all our online courses and is a necessary part of the process. Watch the videos in the order they are presented, as they build upon each other and are designed to deepen your knowledge step by step as they progress.

Once you have experienced the Foundation Course and have learned how to engage in Shift. Then advance to the specific Add-On(s) that addresses your issue(s). Note: please don't try to jump immediately to any Add-On(s) before finishing the Foundation Course, or you will be lost.

The Add-Ons, which vary depending upon which course or courses you purchased, delve deeply into each specific topic and seek to provide an in-depth understanding of the cause of each issue for which you seek help. They also offer distinct, step-by-step, practical advice on how to resolve the issue.

Here is an overview of the entire program.



Thank you and enjoy!

A note about the Trouble Shooting video: If you find yourself unable to play Shift, the Game of 10,000 Wisdoms, get confused in any way by my questions or find yourself trying to understand the game-please stop and immediately watch the Trouble Shooting Video.

This course is meant to be super easy, and offers a clear, unmistakable way to make sense of your internal life. In short, if you feel lost, the troubleshooting video will get you back in the game and back on track.

Four Cups of Tea

We've heard that 90% of online courses, in any genre, never get completed. It doesn't matter how good or effective the course is either. Which is why I want to address this right away.

Signing up for this program is the same as signing up for a glorious tea ceremony. I am offering you tea (an experience, teachings, a chance to learn something new about yourself), and there are four types of teacups you may find yourself extending. The first, crucial step then, is to look down and notice what kind of teacup you're currently holding. It may be different than you think.

1. Upside Down Cup

You bought the course, but you aren't really interested in this tea ceremony after all. You know you have this cup extended if you simply don't watch the videos, or maybe watch a couple videos, then aren't interested to continue further. This means you are approaching this tea ceremony, and possibly your life, with an upside down cup. This cup is a sign you're committed to staying in your familiar place. You're not interested in tea right now. That doesn't mean you won't be later today, or next year. But not now.

2. A Hole in the Bottom of Your Cup

It looks like you're interested—you may even feel committed and interested. You may even go through the course all the way to the end. But after all, nothing will have changed. Because with this cup extended you never actually drink any of the tea, and thus are unable to get nourishment from it. Another way of putting it is, what you read and experience goes in one ear and right back out the other. You don't follow through on the suggestions, you forget the message, and ultimately go back to doing the same thing you've always done before.

3. Mud and Dirt in Your Cup

The mud and dirt are your beliefs, habits, thoughts, things you know for sure, opinions, stories, revelations, etc. about who you are. I then, could pour the tea, but with all this mud and dirt in your cup, the tea is too tainted to drink. This is a very common tea cup, so watch for it. With this cup, you might also do everything in your power to preserve the mud and dirt in your cup. Like, perhaps find a way to twist the words of this program to make your beliefs, etc., stronger. You may even blame the tea for being undrinkable, instead of blaming the mud and dirt in your cup for making it undrinkable.

4. Open Empty Upright Cup

For those who really are ready for change, this is your cup. You will play this game of Shift no problem, you will watch all the videos in a linear order, complete all the worksheets and you will get the nourishment from this delicious tea that you seek. To have this cup extended though, you must be excited about this course. You must have an open mind. You must be willing to play a game that requires you to step outside of your habitual way of looking at the world and yourself, and you must be genuinely ready for the change that will occur once you go all the way.

Costs versus Payoff

Here's what I've learned after working with thousands of clients: it is only when the costs of a problem exceed the payoffs, or when it seems like it might be easier to address a problem instead of continuing to fight or avoid a problem, that you find yourself finally holding that open empty upright cup. Then, anything can become possible, and this tea ceremony can provide for you the nourishment you've been looking for.

Which is why I would like for you to check in right now, and really become clear about what cup you have extended. If it's one of the first three cups- good to know yes? As odd as it sounds, it often seems easier to stay stuck in your problems, and there's usually a few other payoffs for keeping that problem around too- ones that you may not want to give up. Which is why the first three cups are so common. This realization is a huge, important take away for you though. This realization, is well worth the price of admission. It explains your first stuck place, and is hopefully an ah ha moment that may set in motion a different future for you.

The difference future being, possibly an open empty upright cup someday- maybe even tomorrow.

Which is why, not just today but also every day, I want you to check in to see what cup you have extended, Do this even on the days you are not engaging in this course. The most important thing during our tea ceremony, is to realize at any moment how much your willingness to learn and grow changes. I do not have any attachment to which cup you are holding, all I require is that you are aware of it. This noticing is actually one of the most important parts of this course.