

# MIND SHIFTING ACADEMY: PRACTITIONER TRAINING

## Instructions for this Mind Shifting practical training

Step 1 - Each week watch the video lessons for that week only and download and printout the handouts given at the links provided. Take notes on the theory being taught and practice the method being taught on yourself if you have the time.

Step 2 - Towards the end of the week attend the group coaching call for that week. During this call I will demonstrate the method being taught that week live, you will practice it with each other and we will have a Q&A session about what you have learned that week. Please make sure you bring printouts of all the handouts for that week to the calls.

(NB - For the methods being taught, in a few cases there are small differences in wording between the written instructions for a particular method and the wording used in a video lesson. In these cases use the video lessons for the methods as a general guide to get the flow of a method but when you use a method follow the wording in the written instructions exactly as in some cases it has been updated more recently than the video lessons in order to make the methods even easier to use).

Here's what you will be learning each week

Week 1: Problem Shifting - how to dissolve problems

Week 2: Blockage Shifting - how to dissolve problems with multiple aspects to them

Week 3: Identity Shifting - how to dissolve stuck identities to dissolve even the deepest rooted problems

Week 4: Reality Shifting - how to shift reality to enable people to achieve their goals and manifest what they want

Week 5: Trauma Shifting - how to release the stuck emotions caused by past trauma and negative experiences

Week 6: Belief Shifting - how to transform limiting beliefs

## GUIDE 2

### WEEK 1: PROBLEM SHIFTING

Learn how to use the Problem Shifting method to clear clients' problems.

## 1 - Welcome to Mind Shifting Academy!

Start by watching this short welcome video so you can set an intention for your own transformation during this course.

<https://jmp.sh/8qCMhFvg>



## 2 - Introduction to Mind Shifting

Watch this short video to understand what Mind Shifting is, where it came from and why I developed it.

<https://jmp.sh/6JSnBY13>

## 2 - Introduction to Mind Shifting



## 3 - How Mind Shifting works

Watch this video to understand how Mind Shifting works.

<https://jmp.sh/BYdZ4ZH4>

## 3 - How Mind Shifting works



## 4 - Problem Shifting Instructions (v2.0)

1 - Download the PROBLEM SHIFTING 2.0 instructions here:

<https://jmp.sh/t2Al3dK7>

2 - Watch this short video explaining how to use the Problem Shifting method.

(Note: I explain the method as if you are using it with a client but it works just the same when you apply it to yourself. Just give yourself the instructions and write down the answers).

<https://jmp.sh/LA3gEX8D>

**4 - Problem Shifting Instructions (v2.0)**

**MIND SHIFTING**  
**PROBLEM SHIFTING**

**1 PROBLEM**  
"Tell me what the problem is in a few words"

**2 SHIFTING**  
"Please do not keep them closed throughout the process. As we work through the clearing of this problem, tell me the first thing that comes up, give brief answers to my questions and allow the goal in relation to the problem to change each time."

A. "Feel (PROBLEM)...what does it feel like?"

B. "Feel (LAST RESPONSE)...what does (LAST RESPONSE) feel like?"

C. "Feel the problem of (PROBLEM)...what's your goal in relation to this problem?"

D. "What would it feel like to (ACHIEVE GOAL)?"

E. "Feel (LAST RESPONSE)...what does (LAST RESPONSE) feel like?"

Repeat A-F until (PROBLEM) is no longer a problem

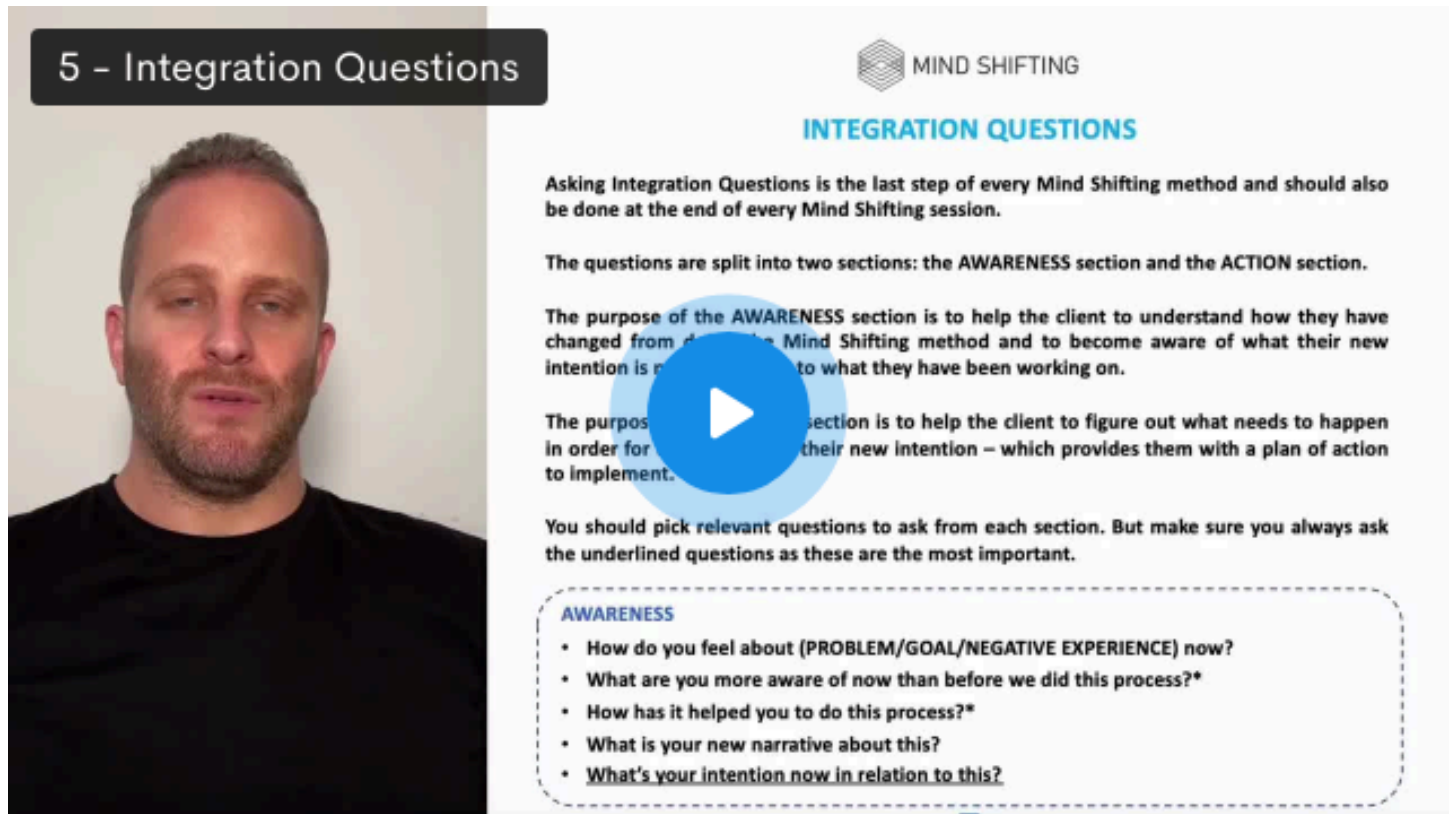
## 5 - Integration Questions

1. Download the Integration Questions here:

<https://jmp.sh/11mZuz4F>

2. Watch this video to learn how to ask Integration Questions as the last step of every Mind Shifting method.

<https://jmp.sh/tz4KhqEp>



**5 - Integration Questions**

**MIND SHIFTING**

### INTEGRATION QUESTIONS

Asking Integration Questions is the last step of every Mind Shifting method and should also be done at the end of every Mind Shifting session.

The questions are split into two sections: the AWARENESS section and the ACTION section.

The purpose of the AWARENESS section is to help the client to understand how they have changed from doing the Mind Shifting method and to become aware of what their new intention is related to what they have been working on.

The purpose of the ACTION section is to help the client to figure out what needs to happen in order for them to achieve their new intention – which provides them with a plan of action to implement.

You should pick relevant questions to ask from each section. But make sure you always ask the underlined questions as these are the most important.

**AWARENESS**

- How do you feel about (PROBLEM/GOAL/NEGATIVE EXPERIENCE) now?
- What are you more aware of now than before we did this process?\*
- How has it helped you to do this process?\*
- What is your new narrative about this?
- What's your intention now in relation to this?

## 6 - Guidance on defining problems

1. Download the handout here:

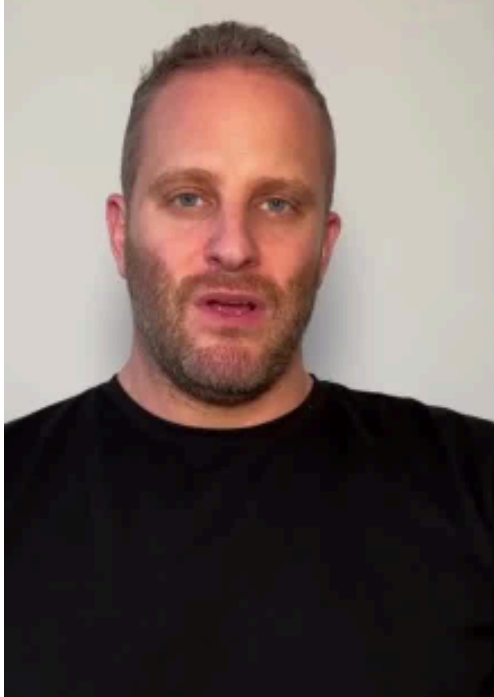
<https://jmp.sh/hIJXyNVO>


1. Watch this video for additional explanation of how to develop your skill at helping clients to define their problems into problem statements quickly and

efficiently.

<https://jmp.sh/8WHRmjlv>

## 6 - Guidance on defining problems



**MIND SHIFTING**

### **GUIDANCE ON DEFINING PROBLEMS**

In order to be able to apply a Mind Shifting method to a problem so that you can clear it, you first need to define the problem into a concise problem statement. Being able to do this quickly and efficiently is a skill that you must develop as a Mind Shifting coach. Here are some pointers that will help you to develop that skill:

#### **EXPLAIN HOW MIND SHIFTING WORKS**

Explaining how Mind Shifting works to clients before you begin a session really helps with getting them to give you concise problem statements. If you don't do this many clients will assume that the purpose of the session is for them to 'get things off their chest' or simply talk to you about their problem.

So, you tell your client: *"The way Mind Shifting works is we won't just be talking about problems. From now on, we will be applying Mind Shifting methods to those problems in order to clear them. In order to do that we will need to define each problem into a problem statement by you telling me what the problem is in a few words. So I'll be asking you to do that when needed."*

#### **ALWAYS USE THIS KEY PHRASE**

- Always start by saying *"Tell me what the problem is in a few words"*.
- If they give you a very long answer and are continuing to talk – politely interrupt them by saying: *"I'm just going to stop you there, because in order to clear this problem we need to define it into a few words so that we can apply a Mind Shifting method to it. So can you tell me what the problem is in a few words?"* Do this as many times as you need to in order to get a concise problem statement.

#### **HANDLE EXCEPTIONS**

## 7 - Problem Shifting Demo (v2.0)

Watch this video to see how I use the new Problem Shifting method to help Reny clear a problem!

<https://jmp.sh/w3i3NTBC>



## 7 - Problem Shifting Demo (v2.0)

Stevie Kent

### GUIDE 3

#### WEEK 2: BLOCKAGE SHIFTING

#### 0/3 POSTS COMPLETED

##### 1 - The principles of Charge and Duplication

Watch this short video to learn about two important concepts that will help you to better understand how Mind Shifting works.

<https://jmp.sh/5CRG8aqN>

## 1 - The principles of Charge and Duplication



## 2 - Blockage Shifting Instructions (v2.0)

**1. Download the Blockage Shifting Instructions here:**


<https://jmp.sh/X6Elkluc>

**2. Watch this video to learn when and how to use the Blockage Shifting method.**

<https://jmp.sh/RDQe2u2N>



## 2 - Blockage Shifting Instructions (v2.0)



**MIND SHIFTING**

### BLOCKAGE SHIFTING

**1 PROBLEM**

"Tell me what the problem is in a few words"

*(If the client isn't able to define the problem say: "tell me one part of the problem that we can start with" or just write down the last thing they said and start Step 2 with that as the first problem)*

**2 SHIFTING**

"Please close your eyes and keep them closed throughout the process. Please give brief answers to my questions and don't let the problem to keep changing...we're going to keep going until there is no problem left"

A. "Feel (PROBLEM)...what does it feel like?"

B. "Feel (LAST RESPONSE)...what does (LAST RESPONSE) feel like?"

C. "Feel the problem that you have right now...what would it feel like to not have this problem?"

D. "Feel (LAST RESPONSE)...what does (LAST RESPONSE) feel like?"

E. "What's the problem now?"

Repeat A-E until there is no problem left

### 3 - Blockage Shifting demo (v2.0)

Watch this video to see a live demo of me using the Blockage Shifting method to clear the feeling of overwhelm for a client.

<https://jmp.sh/oKB7kWaR>

## 3 - Blockage Shifting demo (v2.0)



## GUIDE 4

### WEEK 3: IDENTITY SHIFTING

Learn how to dissolve deeper problems using the Identity Shifting method.

#### 1 - Identity Shifting instructions

1. Download the Identity Shifting instructions here:

<https://jmp.sh/kkjd0aM>

2. Watch this short video to understand how to use the Identity Shifting method.

<https://jmp.sh/5t1du2fX>



## GUIDE 5

### WEEK 4: REALITY SHIFTING

Learn how to enable your clients and yourself to achieve even the most challenging goals using Reality Shifting and the Mind Shifting Goal Achievement System.

## 1 - Introduction to Reality Shifting

Watch this short video to learn what Reality Shifting is and how it works.

<https://jmp.sh/KwpZLeO0>



## 2 - Reality Shifting Instructions

1. Download the written instructions here:

<https://jmp.sh/93du52r>

2. Watch this video to learn how to use the Reality Shifting method.

<https://jmp.sh/fgvXfuow>

## 2 - Reality Shifting Instructions



MIND SHIFTING ACADEMY

### Reality Shifting: coaching process

#### Step 1 - Defining the goal

*"What's your goal?"*

Help the person to define their goal into a few words and then write it down. If there is a deadline then have the person include it in their goal statement.

GOAL:

**OPTIONAL:** If you feel it is appropriate you may also decide to check how blocked the person feels about their goal at this point by asking: *"How certain are you between 0% and 100% that you will achieve your goal?"*

#### Step 2 - Shifting

*"Please close your eyes and keep them closed throughout the rest of the process"*

A. *"Feel that (GOAL) is coming to you...what does it feel like?"*

*"Feel that...what can you feel now?"*

*"Feel that...what 's the first thing that you notice about it?"*

B. *"Is it possible that (GOAL) will not come to you?"*

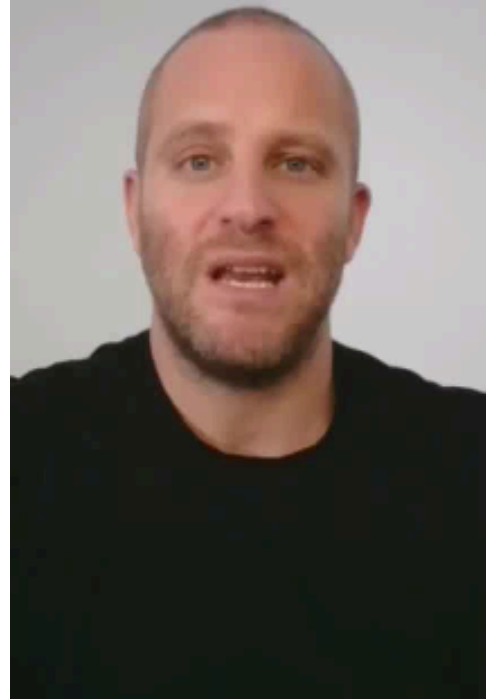
**If YES:** *"Why is it possible?"*

*"Feel (REASON IT'S POSSIBLE)...what does it feel like?"*

*"Feel that...what can you feel now?"*

*"Feel that...what's the first thing that you notice about it?"*

[Keep cycling through instructions A-B until the person answers NO at step B at which point proceed to Step 3]



## 3 - Reality Shifting instructions: self-application

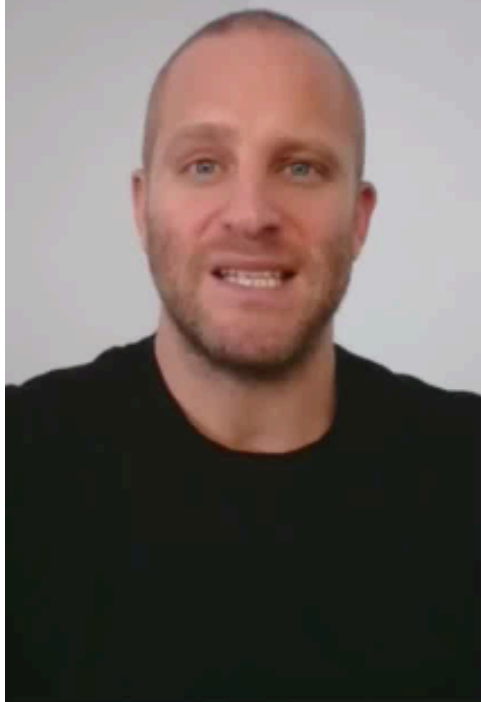
1. Download the written instructions here:

<https://jmp.sh/93du52r>

2. Watch this video to learn how to use the Reality Shifting method to create the reality you want.

<https://jmp.sh/cTDyKXAZ>

### 3 - Reality Shifting instructions self application



#### Step 1 - Defining the goal

##### "What's my goal?"

Write down your goal in a few words at the top of a blank piece of paper. If there is a deadline then include it in your goal statement.

OPTIONAL: If you feel it is appropriate you may also decide to check how blocked you feel about your goal at this point by answering this question: *"How certain am I between 0% and 100% that I will achieve my goal?"*

#### Step 2 - Shifting

[Close your eyes and ask yourself a question and open them again to write down each answer]

A. "Feel that (GOAL) is coming to me...what does it feel like?" (Write it down)

"Feel that...what can I feel now?" (Write it down)

"Feel that...what's the first thing I notice about it?" (Write it down)

B. "Is it possible that (GOAL) will not come to me?"

IF YES: "Why is it possible?" (Write it down)

"Feel (REASON)...what does it feel like?" (Write it down)

"Feel that...what can I feel now?" (Write it down)

"Feel that...what's the first thing I notice about it?" (Write it down)

[Keep cycling through instructions A-B until the answer to B is **NO**, at which point you should proceed to Step 3]

### 4 - The optimal mindset for achieving goals

Watch this short video to learn about the optimal mindset for achieving goals, which is the mindset that the Reality Shifting method shifts people into when it is applied to their goal.

<https://jmp.sh/qfGlCHpe>

### 4 - The optimal mindset for achieving goals



## 5 - The Mind Shifting Goal Achievement System

1. Download the Mind Shifting Goal Achievement System handout here:

For use with clients:

<https://jumpshare.com/v/VDqSSR1D1TrjpcUMAgdv>

For personal use:

<https://jumpshare.com/v/cKbPsfARB6Oetq6ho6Bg>

2. Download the Goal Achievement Plan template here:

<https://jumpshare.com/v/YgZX7b91saFqCFOWBSD6>

3. Watch this video to learn how to use the Mind Shifting Goal Achievement system and Goal Achievement Plan template.

<https://jmp.sh/oxs5vayh>



## 6 - The Mind Shifting Method Matrix



Use the following matrix as a guide for which Mind Shifting method to use for which type of problem or blockage:

<https://jmp.sh/io3rVn8g>

## **GUIDE 6**

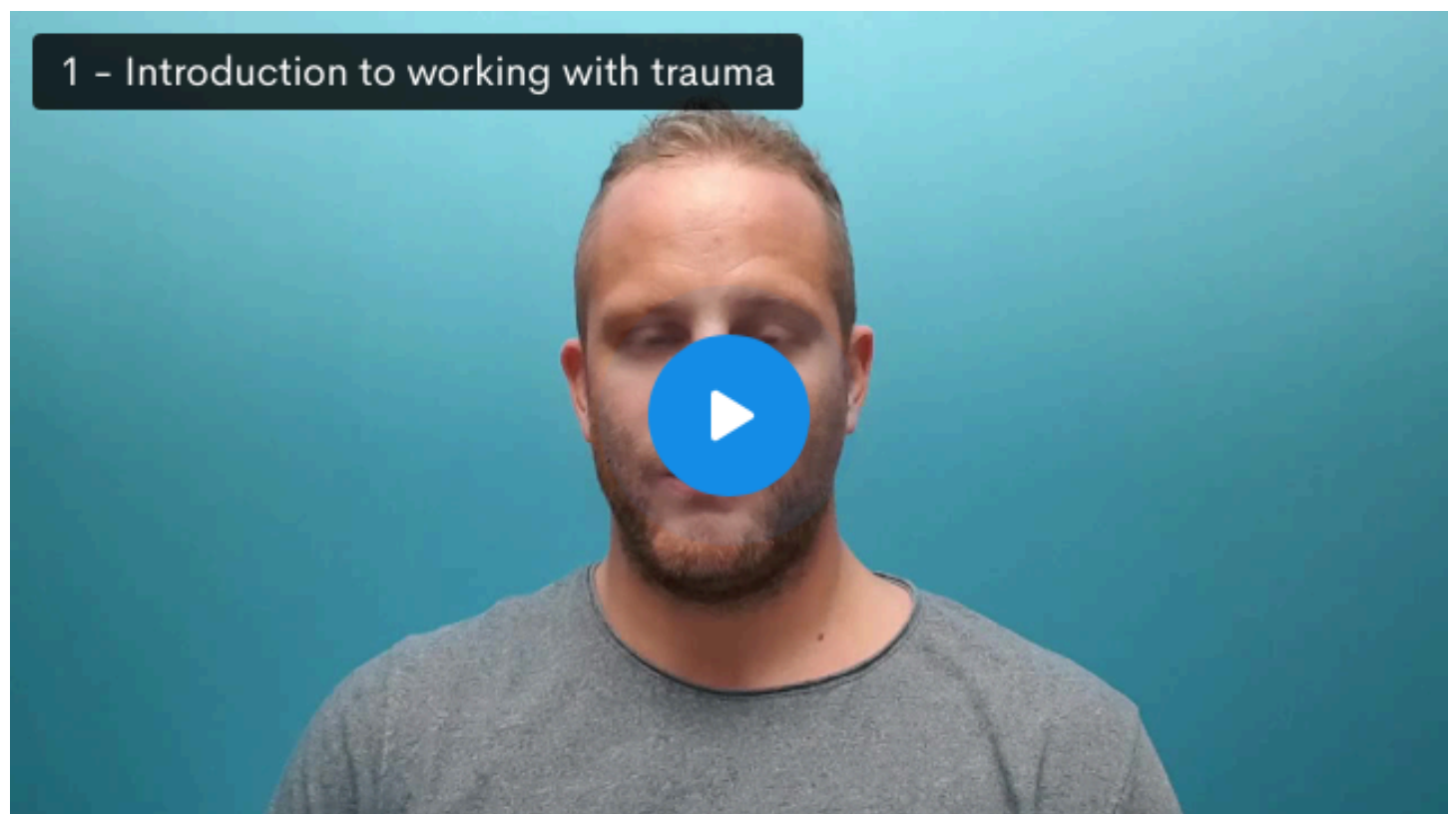
### **WEEK 5: TRAUMA SHIFTING**

This week you will learn how to help your clients to release past trauma and negative experiences.

#### **1 - Introduction to working with trauma**

Watch this short video to learn when and how to work with a client on their trauma.

<https://jmp.sh/SzxH15Os>



#### **2 - Trauma Shifting instructions**

1. Download the Trauma Shifting instructions here:

<https://jmp.sh/bVahOQV>

2. Watch this short video to learn how to use the Trauma Shifting method.



<https://jmp.sh/aLbqiOMm>



## **GUIDE 7**

### **WEEK 6: BELIEF SHIFTING**

This week you will learn how to identify and dissolve limiting beliefs.

#### **1 - Introduction to transforming limiting beliefs**

Watch this short video for an introduction about how to transform limiting beliefs.

<https://jmp.sh/FtMCQ7yV>

## 1 - Introduction to transforming limiting beliefs



## 2 - Belief Shifting Instructions (v2.0)

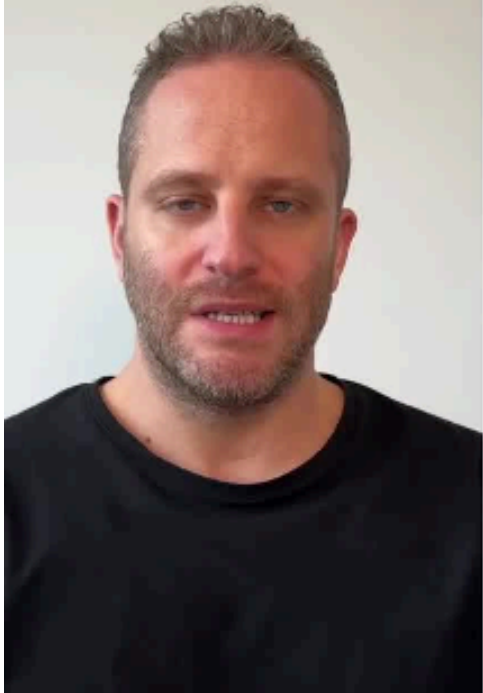
1. Download the Belief Shifting Instructions here:

<https://jmp.sh/OFEvNacc>

2. Watch this short video to learn how to use the Belief Shifting method to clear problems and unconscious patterns.

<https://jmp.sh/31hbhPgV>

## 2 - Belief Shifting Instructions (v2.0)



### BELIEF SHIFTING

**1 PROBLEM**  
"Tell me what the problem is in a few words"

**2 BELIEF**  
"Please close your eyes and keep them closed throughout the process. Feel the problem that (PROBLEM)...what do you believe about yourself that's causing you to experience (PROBLEM)?"

**3 SHIFTING**

- A. "Feel yourself feeling (BELIEF)...what does it feel like?"
- B. "Feel (LAST RESPONSE) what does (LAST RESPONSE) feel like?"
- C. "What would you rather feel?"
- D. "What would (DESIRED FEELING) feel like?"
- E. "Feel (LAST RESPONSE)...what does (LAST RESPONSE) feel like?"
- F. "Do you still believe (BELIEF)?"



Repeat A-F until answer to F is "NO"

### 3 - Belief Shifting Demo (v2.0)

Watch this video to see a demonstration of me using the Belief Shifting method.

<https://jmp.sh/OfGcNmyX>

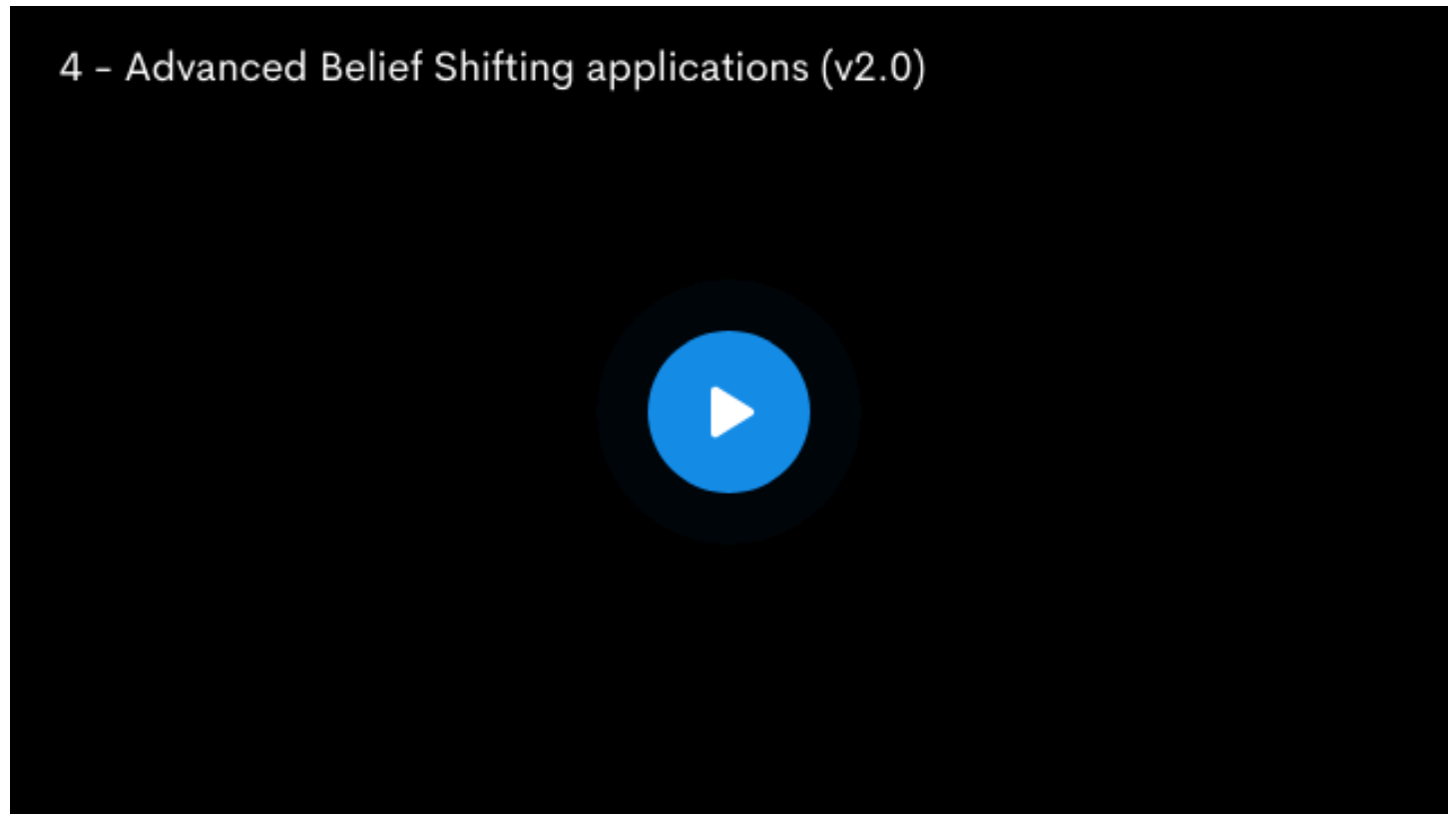
## 3 - Belief Shifting Demo (v2.0)



## **4 - Advanced Belief Shifting applications (v2.0)**

Watch this video to learn 3 advanced ways to use the Belief Shifting method. But be sure to practice it the normal way first before you try these advanced variations.

<https://jmp.sh/u6tT0w4L>



## **GUIDE 8**

### **Mind Shifting Coach Certification Programme**

#### **How to become a certified Mind Shifting Coach**

Now you have completed the Mind Shifting Practical Training the next step is for you to become a Certified Mind Shifting Coach! Please read the attached guidelines on the certification process

<https://jmp.sh/wRTDOJ9j>

#### **Coaching session evaluation form**

Here is an editable version of the session evaluation form for clients

<https://jmp.sh/mjyFif2Z>

## **GUIDE 9**

### **Mind Shifting Practical Training Evaluation Form**

**Upon completion of the training please fill out this evaluation form**

**<https://forms.gle/e9Re2HZmHhT7xceM9>**

### **1 - Marketing strategy overview**

Here is a time efficient strategy for getting coaching clients through giving Mind Shifting workshops to other people's audiences.

It's time efficient because you are leveraging other people's audiences rather than spending all your time on social media trying to build your own following. If you're already getting enough clients using a different marketing strategy then don't stop doing what's working for you! However, if your marketing is not working or you are just starting out then follow this approach to get the ball rolling and get some clients!

<https://jmp.sh/CpT8jwfd>

### **2 - Workshop Audience Finder**

Use this spreadsheet to find audiences to give Mind Shifting workshops to by brainstorming different categories of audience

<https://jmp.sh/VxcGjPZa>

### **3 - Email template for booking workshops**

Use this email template to book Mind Shifting workshops with other people's audiences. Change the email as needed to tailor it to the specific person/audience.

<https://jmp.sh/4HhMvraZ>

#### **4 - Mind Shifting presentation**

Here are some slides you can use to give an introductory presentation about Mind Shifting at the beginning of a group Mind Shifting workshop.

<https://jmp.sh/cvb3mvYp>

#### **5 - Video recording of live presentation**

Here is a video recording of me delivering the presentation for an online workshop. It is more detailed than you need to give though. You don't need to go into such a detailed explanation of how Mind Shifting works as I did here. In fact simpler is better!

<https://jmp.sh/h87RJl9k>



## **6 - Instructions for doing Problem Shifting on a group of people**

When doing Problem Shifting on a group you should ask everyone to write their problem at the top of a piece of paper in a few words and then check a few people's problem statements so that everyone gets the idea of what a simple problem statement should look like.

Then explain to everyone that you want them to close their eyes when you are asking a question, to notice the first thing that comes up when you ask each question, and to open their eyes and write that thing down in a few words. Then they should close their eyes again ready for the next question. Explain that you want them to keep going in this manner until the problem they are working on no longer feels like a problem.

Then if you are doing the workshop in person you should explain that you would like people to put their piece of paper on the floor once their problem has been cleared so you know who is finished. If you are doing it online then should ask people to turn off their video once they have finished or raise their virtual hand.

Now you have explained what's going to happen simply use the methods in the normal way keeping track of the speed people are going so you don't go too fast, and then keeping track of who has finished the process. Once everyone has finished, or once you reach the maximum time you had allocated for the process, you end the process and move to the next part of the workshop, which is Integration Questions (see Marketing Strategy Overview).

I recommend starting with Problem Shifting and practicing with a small group of friends or community members first before giving a workshop for real. Once you have some experience you can start using other methods too.