

Life Mastery 2



Session 12 The God Shift

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The God Shift

Overview

This just may be the oldest Shift known to Mankind... it is certainly the most well known. Either way, we all use this Shift at one time or another in our life ... even if it's the *last* thing we do (literally).

Although many of those who take this course do so through the corporate marketplace (where mentioning "God" can be taboo), there is simply too much evidence of the effectiveness of this Shift for us to leave it out. Even 'nonbelievers' may still benefit.

Studies have shown in virtually all cultures and in every conceivable scenario, that those who are able to put their faith in a higher power, "let go and let God," are far more likely to shift their state than those who believe they are entirely on their own. *Prayer* has been shown to be one of the most powerful means of all for shifting states.

People are also more likely to turn their lives or destiny over to a higher power when they've reached the end of their rope, much as George Bailey (played by Jimmy Stewart) does in the movie *It's a Wonderful Life* when he pleads with God for help.

Why do so many wait until they've run out of hope to use the God Shift? It appears to be because we all experience times in our life when we feel that we simply cannot take another step on our own (as the lyrics go in 'Lean on me': 'We all need someone to lean on'). It is at these times when we more fully experience our mortality and are forced to come to grips with the fact that try as we may, we simply can't do *everything* alone. And it is at these moments that we are most likely to seek help from a higher power. And it is in the process of letting go of all ego, pride and control, turning our fate and future over to this 'higher power' that many of us truly do find 'peace and salvation'.

The power behind this Shift comes from acknowledging that you can't *control* the future, that there is a higher power and that this higher power (let's call it God) sees things you cannot see. And when we make a covenant with God over something we can no longer control, we in essence agree to release our attachments to how things turn out and 'trust in God'.

Any time we 'release our attachments', we are likely to find greater peace... we also allow for possibilities *other* than the ones we've envisioned, and in so doing, we wind up with outcomes we may have never even dreamed possible. We also get to experience the instant grace and peace that comes with 'letting go'.

The God Shift is possibly the simplest and most elegant Shift of all, for in a sense, all you need to do is...‘nothing’... don’t ‘worry’ or ‘fret’ or ‘be upset’... just stay in the moment, do your best, and leave the rest to God.

For some, this requires having a ‘conversation’ with God, explaining the situation and asking for help. This is also known as ‘prayer’. But for The God Shift to work best, you may want to make sure that your prayers are from the heart and not just ‘memorized chants’.

Others assume that God already knows what’s going on, so they skip the conversation and just ‘let go’, believing that God will be there to catch them if they fall.

Those who have a religious faith are generally taught not to bear their burdens alone... and for many of them, The God Shift is something they’ve done all their life, its natural, it’s all they know. And their lives are blessed with greater peace because of it.

Yet for most, call them the ‘non-believers’ there is almost always a level of doubt. This doesn’t mean they don’t believe in God or in a higher power, this just means they don’t necessarily believe that God is always listening, or that God has time for their petty issues, or other similar concerns.

For these people, turning things over to God doesn’t really help, not because God doesn’t care, but because they haven’t really turned things over. They’ve just pretended to turn them over, when in truth, they’re still skeptically holding on, trying to fix things on their own, going through the motions of turning things over to God, but not really doing so, or just plain feeling alone and abandoned, wondering why God has forsaken them.

Studies show that for The God Shift to work completely, you must ‘let go’ completely... for it is in the ‘*completely* letting go’ that you find your peace.

For some, it helps to accept that sometimes God has other plans for us... plans that will better serve us in the long run than the ones we’re attached to, and just because we can’t yet see what those ‘other’ plans are, it doesn’t mean that they don’t exist.

For others it helps to see obstacles as being ‘detours’ rather than ‘road blocks’... meaning that ‘while a *roadblock* stops us completely and tells us to go back, a *detour* just tells us to look for another route... which can be seen as God’s way of saying “The path or outcome you’re currently attached to isn’t in your best interest... there’s a better way... but you won’t even bother looking unless I put this ‘detour sign’ in your way. And now that I’ve done so, please start looking for a better path or outcome than the one you’re currently on.”

It can also help to think of the prayer ‘Thy will be done, on earth as it is in heaven’. And then consider what that could mean for each of us... for having God’s will ‘be done’ on earth as it is in heaven, would likely be something ‘good’, so perhaps all we need to do is turn the outcomes in our lives over to God so God’s will *can* ‘be done’.

For some it helps to think of themselves as being a *part* of God... which means that they have all the power and support of God always all the time, and all they need to do is let go and allow God to work *through* them.

Even scientific minds have proclaimed that since we can't prove there is or isn't a God, but we *can* prove that people in general feel better about their lives when they *believe* there is a God, that it only makes sense to believe in God. After all, they reason what have they got to lose?

**I would rather spend life believing there *is* a God and be wrong...
Than spend it believing there is *not* a God and be wrong.**

Perhaps the two most important lessons are:

- Don't wait until you've hit rock bottom and are at the end of your rope before using The God Shift, use it any time you feel the need.
- Don't go half way, if you're going to let go and turn the future over to God, then don't second guess ... turn it over *completely*.

The Shift

The God Shift

This Shift is primarily used for helping clients to:

- Overcome Stress, Fear, Anxiety and Overwhelm
- Combat depression, regret, guilt and resentment
- Get off the 'Dark Train'
- Eliminate Stories
- Find peace and joy
- Stay in the moment

This Shift involves moderate interaction between yourself and your subject.

Vocal style: Calm

Music: Calm

Set Up

As a reminder, one of the first things you need to do when you begin working with a client is to find out what State they are in 'now' and where you need to 'take' them. And you do this by asking them the following simple questions:

- 1) How are you feeling today (mentally and emotionally)?
- 2) How would you *like* to be feeling?

If you decide on the 'The God Shift' you will move to Step #1 below, however, if you or your subject are highly agitated, distracted or unable to fully relax for some reason, you may wish to combine this with another 'calming' Shift such as *Focused Breathing* or *Be Here Now*.

Step #1

Do they 'Believe'?

Ask your subject if they believe in God or in a higher power. If they say 'No', use a different Shift. If they say 'Yes', find out how they refer to God so you can use the terms they are most comfortable with (such as God, Christ, Heavenly Father, Messiah, Jehovah, The Universal Consciousness, etc) and move to step #2:

Step #2

Trust:

Ask if them to consider the following possibilities:

- That God (or whatever term they use) is *capable* of helping them with their problems no matter how big or small.
- That God not only *can* help them with their problems, but *wants* to and that this belief is supported in all major religions and philosophies.
- That every problem or challenge in their life has a purpose and the potential for a positive outcome.
- That God *wants* them to experience the positive outcome, and may have even placed this challenge in their life in order to help them reach the outcome in mind.
- That God is actually waiting for an opportunity to help them with this challenge, but the rules are, we must *ask* for help.
- That when we ask for help, it creates an opportunity for God to support us to whatever degree we need, provided we *trust* in God (as it says on our currency) ... meaning that just as a parent will hold on to a child's bicycle as they learn to ride, the parent also knows when to let go... but the child must trust the parents judgment or the child will never get on the bike and pedal.
- That the challenges they are facing now are perfect examples of this process and all they need to do next is 'let go and trust' that God will do God's part if we will do ours (meaning we can't just hand things over to God and walk away, we must still 'peddle and steer' the bike... we must still do our best to create a positive outcome... but the difference is, we no longer need to *worry* about the outcome... we can now release the fear and surrender to the process, knowing that God will be there as we need him.)

Step #3

Are they ready?

Next, ask them if they're ready now to 'let go and trust'. If they say 'No' ask them if they would like to move to a different Shift or if they would like to make an *effort* to 'let go and trust' even though it feels difficult. If they wish to continue, move to Step #4.

Step #4

The ‘Prayer’:

With their eyes closed, ask them to say the ‘Serenity’ prayer in their mind:

“God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

After having them take several slow deep breaths, ask them to then add the ‘Release’ prayer:

“God I trust in your divine wisdom, and accept that with your support, my future actions will lead to a positive outcome, I thereby release these future outcomes into your care.”

Next, after they take several more slow deep breaths, have them envision handing their challenges over to God and completely letting go, knowing that God will take things over from here, guiding, directing and supporting them when needed... all they need to do now is to continue moving forward in the process, and ‘being their best’, peacefully accepting that the outcome is now out of their hands and safely in the care of God.

Allow them to remain in this state for as long as desired, or if time permits, ask if they would like to use additional Shifts to further elevate their state.

Step #5 (Client Assignments)

Before releasing your subject, recommend that in order to sustain and build upon the experience you’ve created together, that they do the following throughout the week:

- When they notice themselves experiencing emotional distress, close their eyes, say the ‘Serenity’ prayer followed by the ‘Release’ prayer, then envision turning their problems over to God.
- Have them consider clasping their hands together with their fingers interlocked every time they talk to God as a simple reminder that God is always here with them, deeply interconnected and holding their hand through all things... that God is touching them ‘right now’.
- Have them look for proof throughout the week that God does care and is always there in some way whenever we ask for help (even if it’s just to hold our hand).
- Have them check their ‘thoughts’ on a regular basis, always replacing dark and negative thoughts with brighter, more positive ones, while reminding themselves that God hears ALL things, which ultimately means that: **“Thoughts Are Prayers”**
~Emily Fournier York
- Ask them to get others in their life practicing these tools as well.

Summary:

The God Shift can be very simple and highly effective... all you need to do is TRUST. For those who learn to trust that God has their back and will take care of the outcomes, life can be infinitely simpler and more peaceful.

On the other hand, this process doesn't work for *everyone*, so if you find that the recipient just isn't ready to let go and *fully* trust, be willing to release this approach and use a different Shift.

Assignments

Take on as many of these assignments as possible (remember, it isn't what you *learn* that will help you master this process, it's what you *DO*).

Continuing Assignments:

Continue enrolling others into your Support Community.

Continuing Assignments:

Continue sharing the lessons you've learned thus far with as many members of your Support Community as possible.

Continuing Assignments:

Practice applying the 'Loving What Is' Shift to your own life throughout the week

Continuing Assignments:

Do the 'Loving What Is' *assignments* for yourself (as listed above under Client Assignments).

Continuing Assignments:

Practice applying the 'Loving What Is' Shift with members of your Support Community throughout the week

Continuing Assignments:

Continue applying the 'Focused Breathing' Shift to your own life throughout the week

Continuing Assignments:

Continue applying the 'Focused Breathing' Shift with members of your Support Community throughout the week

Continuing Assignments:

Practice applying the 'S.W.A.P.' Shift to your own life throughout the week

Continuing Assignments:

Do the 'S.W.A.P.' *assignments* for yourself (as listed above under **Step #5** Client Assignments).

Continuing Assignments:

Practice applying the 'S.W.A.P.' Shift with members of your Support Community throughout the week

Continuing Assignments:

Create your own EAWO Journal, use it not only for yourself but to show your clients what to create for themselves.

Continuing Assignments:

Practice Focused Breathing while using the phrase ‘Everything Always Works Out’ as you inhale, and ‘Letting Go, Letting Go, Letting Go’ as you exhale.

Continuing Assignments:

Practice applying the E.A.W.O Shift with members of your Support Community throughout the week.

Continuing Assignments:

- All week long ask yourself... What is GREAT about this?
- Share it with others all week long and help them find ‘what’s GREAT’ too!

Continuing Assignments:

Any time you find yourself (or others) looking at the worst case scenario do two things:

- 1) Keep going... once you get to the worst case scenario, ask what would be GREAT if that happened... and keep asking until you don’t care if the worst case occurs because the outcome will still be GREAT.
- 2) Once you’ve figured out what would be GREAT about the worst case scenario, ask what would be the *best* case scenario... what if the worst case never happened?

Continuing Assignments:

- All week long pay attention to whether you or others are on the Dark Train.
- When you see someone on the Dark Train (including yourself), practice helping them off.

Continuing Assignments:

Share the steps with your Support Community for getting YOU off the Dark Train so they can help YOU off the Dark Train in the future.

Continuing Assignments:

All week long pay attention to whether you or others are on the Dark Train or the Bright Train while seeing if you can then move onto the Observation Platform using these tools

Continuing Assignments:

Share the steps with your Support Community for moving onto the Observation Platform

Continuing Assignments:

All week long pay attention to whether you or others are responding to the facts (‘A’) or to your interpretation of the facts (‘B’), and whenever possible, go back to the facts and toss the interpretations aside.

Continuing Assignments:

All week long pay attention to whether you or others are living in the moment or focusing on the past or future and when you see yourself or them in the past or future, stop and do all you can to focus 100% on something pleasant in this moment.

Continuing Assignments:

Throughout the week, look for opportunities to step outside of your Glass Box and look around at other possibilities, or just step outside and let go.

Continuing Assignments:

Throughout the week, look for disempowering images to peel off the walls of your Glass Box, and replace them with images that do serve you... and if there are just too many images... step out of your box (bringing along your favorite images), take deep breaths and blow the box away into the distance then create a whole new box.

Continuing Assignments:

Throughout the week, look for opportunities to learn about the inside of other's boxes by asking them questions about what they think, feel and believe. Then use that information to generate greater compassion, communication and support for them.

Assignment #1:

When you notice yourself experiencing emotional distress, close your eyes, say the 'Serenity' prayer followed by the 'Release' prayer, then envision turning your problems over to God.

Assignment #2:

Look for proof throughout the week that God does care and is always there when we ask for help.

Assignment #3:

Consider clasping your hands together with your fingers interlocked every time you talk to God as a simple reminder that God is always here with you, deeply interconnected and holding your hand through all things... that God is touching you 'right now'.

Assignment #4:

Check your 'thoughts' on a regular basis, always replacing dark and negative thoughts with brighter, more positive ones, while reminding yourself that God hears ALL things, which ultimately means that: "**Thoughts Are Prayers**" ~Emily Fournier York

Assignment #5:

Get others in your life practicing these tools as well.

Optional Assignment:

'Think about your Thinking': For the next week, pay attention to your *conscious* 'thoughts, Stories and Self Talk', notice throughout the day the kind of things you *tell yourself, think about* and *focus on*, then experiment by replacing any *negative* 'Focus, Thought, Self Talk or Stories' with more *positive* ones and see how differently this makes you feel and behave.

Optional Assignment:

'Pay Attention to what you Pay Attention to ... Notice what you're Noticing': For the next week, be aware of what you are 'looking for' in your circumstances and in others, next, experiment by *looking for* new more positive things in each of these scenarios and see how this changes what you 'see' and consequently how you feel and behave.

Optional Assignment:

For the next week, pay attention to the difference between 'what is happening' and your *interpretation* of what is happening. See if you can remove your interpretations from the equation and see things for what they 'really' are. This is nearly an impossible feat, but just see how close you can come to pulling it off.

Optional Assignment:

For the next week, pretend that it's all just a game... and view each challenge that comes along as you would if it were only Hide-N-Seek, and would all work out in the end.

Optional Assignment:

For the next week, begin figuring out how you can eliminate the things in your life that wouldn't really matter if you knew you had only a year to live, and begin focusing more on the ones that *would* still matter.

Optional Assignment:

For the next week, refuse to look at anything negative that happens as being a catastrophe, see it instead as nothing more than an inconvenience... or better still as a catalyst for something wonderful.

Optional Assignment:

For the next week, do everything in your power to keep from judging others... accept that their behavior is appropriate for their perceptions and programs. And whenever you get the opportunity, ASK them to describe 'what they see and how they feel' so you can too can see inside of *their* Glass Box. Make sure you paraphrase what you've heard.

Optional Assignment:

For the next week, any time you feel yourself slipping into fear or self-pity, pretend that you are a 'wild animal'... then go about your day as they would and just refuse to give it another thought.

Optional Assignment:

For the next week, take every single dark or negative thought as it occurs and immediately replace it with a better, more positive one, and then act upon it.

Optional Assignment:

For the next week, practice replacing your vacation-hells with vacation-heavens. Then once you've affectively climbed aboard the Bright Train, practice returning to NOW and appreciating the moment.