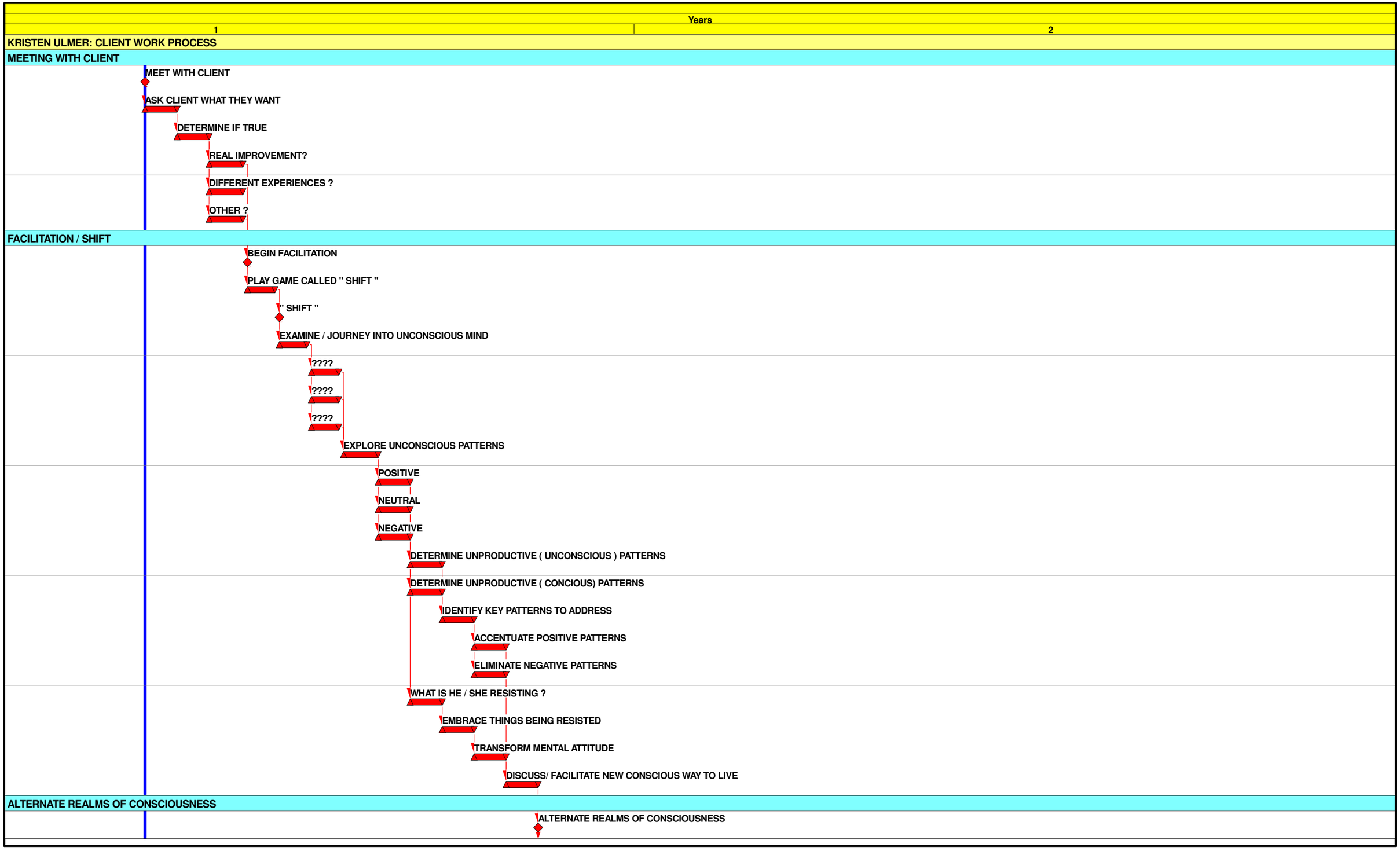
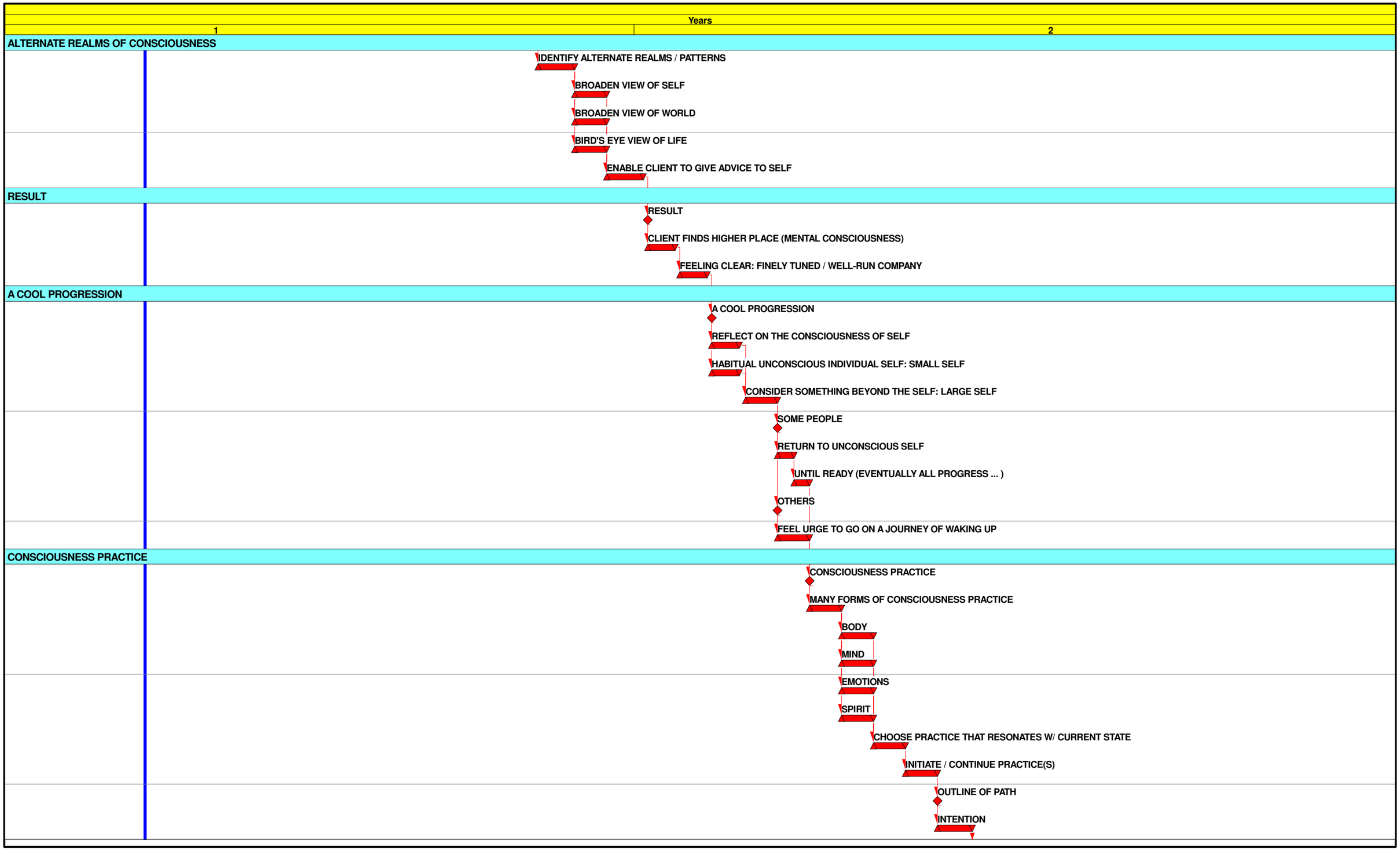
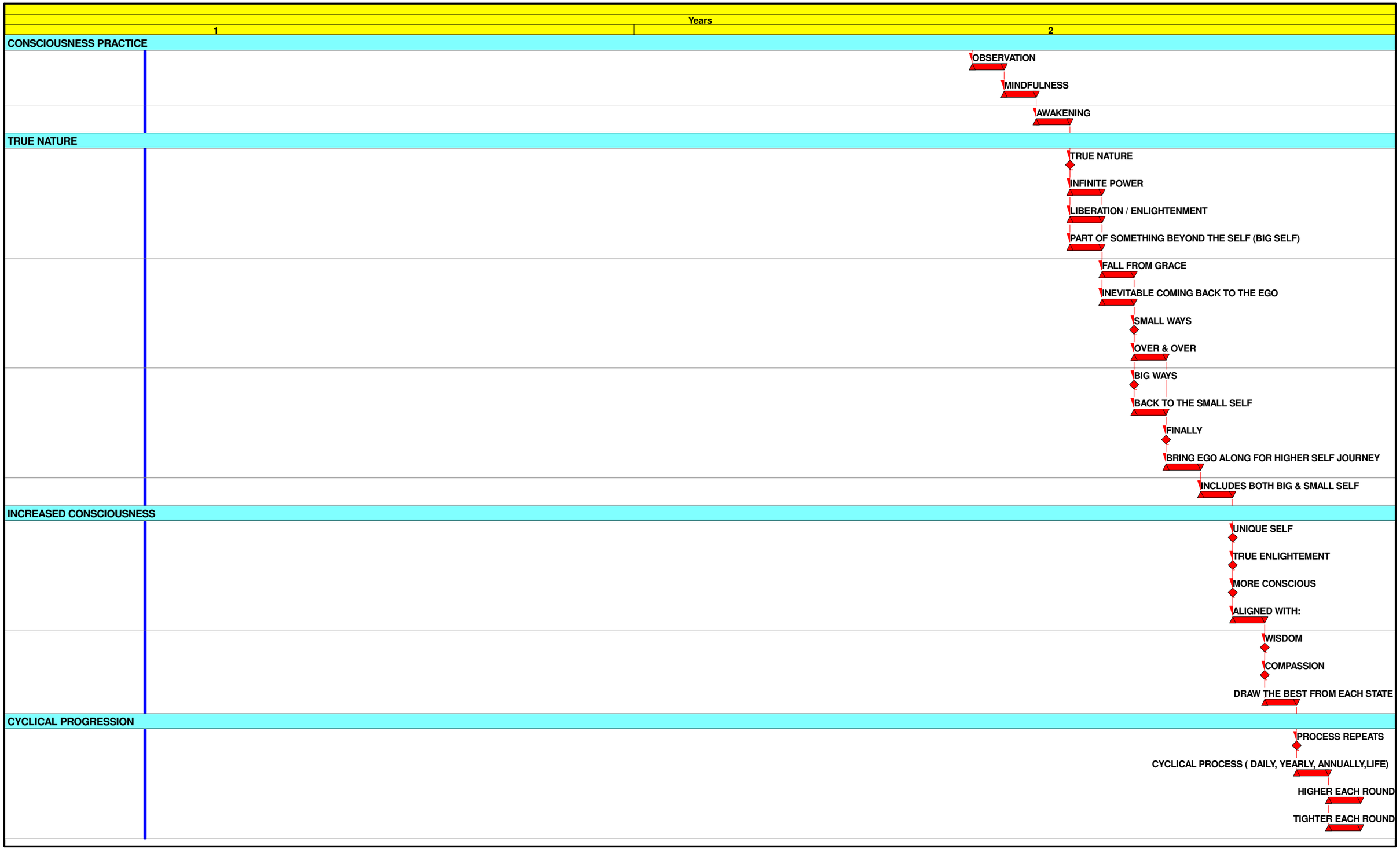

Years
1
2
KRISTEN ULMER: CLIENT WORK PROCESS
MEETING WITH CLIENT
MEET WITH CLIENT
ASK CLIENT WHAT THEY WANT
DETERMINE IF TRUE
REAL IMPROVEMENT?
DIFFERENT EXPERIENCES ?
OTHER ?
FACILITATION / SHIFT
BEGIN FACILITATION
PLAY GAME CALLED " SHIFT "
" SHIFT "
EXAMINE / JOURNEY INTO UNCONSCIOUS MIND
????
????
????
EXPLORE UNCONSCIOUS PATTERNS
POSITIVE
NEUTRAL
NEGATIVE
DETERMINE UNPRODUCTIVE (UNCONSCIOUS) PATTERNS
DETERMINE UNPRODUCTIVE (CONCIOUS) PATTERNS
IDENTIFY KEY PATTERNS TO ADDRESS
ACCENTUATE POSITIVE PATTERNS
ELIMINATE NEGATIVE PATTERNS
WHAT IS HE / SHE RESISTING ?
EMBRACE THINGS BEING RESISTED
TRANSFORM MENTAL ATTITUDE
DISCUSS/ FACILITATE NEW CONSCIOUS WAY TO LIVE
ALTERNATE REALMS OF CONSCIOUSNESS
ALTERNATE REALMS OF CONSCIOUSNESS


Years
1
2
ALTERNATE REALMS OF CONSCIOUSNESS
IDENTIFY ALTERNATE REALMS / PATTERNS
BROADEN VIEW OF SELF
BROADEN VIEW OF WORLD
BIRD'S EYE VIEW OF LIFE
ENABLE CLIENT TO GIVE ADVICE TO SELF
RESULT
RESULT
CLIENT FINDS HIGHER PLACE (MENTAL CONSCIOUSNESS)
FEELING CLEAR: FINELY TUNED / WELL-RUN COMPANY
A COOL PROGRESSION
A COOL PROGRESSION
REFLECT ON THE CONSCIOUSNESS OF SELF
HABITUAL UNCONSCIOUS INDIVIDUAL SELF: SMALL SELF
CONSIDER SOMETHING BEYOND THE SELF: LARGE SELF
SOME PEOPLE
RETURN TO UNCONSCIOUS SELF
UNTIL READY (EVENTUALLY ALL PROGRESS ...)
OTHERS
FEEL URGE TO GO ON A JOURNEY OF WAKING UP
CONSCIOUSNESS PRACTICE
CONSCIOUSNESS PRACTICE
MANY FORMS OF CONSCIOUSNESS PRACTICE
BODY
MIND
EMOTIONS
SPIRIT
CHOOSE PRACTICE THAT RESONATES W/ CURRENT STATE
INITIATE / CONTINUE PRACTICE(S)
OUTLINE OF PATH
INTENTION


Years
1
2
CONSCIOUSNESS PRACTICE
OBSERVATION
MINDFULNESS
AWAKENING
TRUE NATURE
TRUE NATURE
INFINITE POWER
LIBERATION / ENLIGHTENMENT
PART OF SOMETHING BEYOND THE SELF (BIG SELF)
FALL FROM GRACE
INEVITABLE COMING BACK TO THE EGO
SMALL WAYS
OVER & OVER
BIG WAYS
BACK TO THE SMALL SELF
FINALLY
BRING EGO ALONG FOR HIGHER SELF JOURNEY
INCLUDES BOTH BIG & SMALL SELF
INCREASED CONSCIOUSNESS
UNIQUE SELF
TRUE ENLIGHTEMENT
MORE CONSCIOUS
ALIGNED WITH:
WISDOM
COMPASSION
DRAW THE BEST FROM EACH STATE
CYCLICAL PROGRESSION
PROCESS REPEATS
CYCLICAL PROCESS (DAILY, YEARLY, ANNUALLY,LIFE)
HIGHER EACH ROUND
TIGHTER EACH ROUND