

Shift Tools

Shift Tool #1: Noticing

Tune into your body's sensations and read the sensations as signals to your emotions. What are you feeling?

Shift Tool #2: Being Present

Breathe, pay attention to your breathing, notice thoughts and return to paying attention to breathing.

Shift Tool #3: Speaking the Unarguable Truth

Check for your truth by identifying what is going on in your body: sensations, emotions, knowing what you want/don't want, noticing your thoughts or images.

Shift Tool #4: Wondering

Start with a satisfying "Hmmmm." Now ask yourself some big questions:

- I wonder what I don't know about who I am.
- I wonder what I really want.
- I wonder what real space feels like in my body.
- I wonder how I'm creating this issue.
- I wonder how I'm keeping this issue going.
- I wonder what I have to learn from this situation.

Shift Tool #5: Breathing

When you notice that you are in Reactive Brain, place your hands on your belly and breathe deeply and slowly, watching as your hands move with the rhythm. Do this for at least a minute. How has your thinking has changed?

Shift Tool #6: Moving

Sit down and make your body still; now move different parts of your body—twirling your finger, clenching and unclenching muscles, wrinkling and unwrinkling your brow. Do you notice a change in your sense of well-being?

Shift Tool #7: Playing

Sit still until you have an impulse. When you have the impulse, follow it. Then wait for the next impulse—and the next—until you are simply creating a chain of following the next surge of energy that your body produces.

Shift Tool #8: Making It Bigger

Whatever is happening for you, exaggerate it. If you notice yourself resisting to shifting, let yourself complain in a loud, whiny voice about how THIS IS REALLY, REALLY HARD!

Shift Tool 9: Expressing Creatively

Write in your journal, create a poem, tell a story, play music; paint, draw, dance, or sculpt your experience. Or use a different voice tone to sing your experience or express it in a made-up language or sculpt it in air.

Shift Tool #10: Appreciating

Look around and ask yourself what you appreciate. If your answer is “nothing,” try harder.

Shift Tool #11: Speaking What You Really Want

Use your Inner Map and your Internal Compass to find your full-body Yes and full-body No. Speak what you want from this place.

Bonus Shift Tool: Loving What Is

Think of someone or something you love easily and let the feelings of love get so big that they fill your whole chest, then your torso, then your whole body. Marinate in these sensations of love. Now think about your life and turn your loving attention on *what is* and watch your experience of it expand.