



Lesson 3 - The Perceptual Shift Process (PSP) & 5 Question Framework (5-QF)

Module 1 – Energy Management System

Lesson 3 – The Perceptual Shift Process (PSP) & The 5 Question Framework (5-QF)

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NOTES

The lessons in this guide use a mix of American English and international rules for quote marks. This mix is a bow to both the birthplace of the system in the United States, and the people it meets in its ongoing travels around the globe.



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Recap of Module 1 To-Date

So far in Module 1, you have learned what the following mean (refer to the “Key Concepts” sections of the lesson referenced for explanations):

- (Lesson 1) vibrational output, vibrational scale, moving along the vibrational scale, mastermind group, energy grid, inner and outer intentions, holding an intention
- (Lesson 2) Spirit, inner guidance, sacred space, connecting to Spirit, divine team, inner coaching

You have also begun working — on both intellectual and energetic levels — with (refer to the lesson mentioned for more complete information on each):

- (Lesson 1) setting inner and outer intentions (including setting them for this program)
- (Lesson 1) connecting to the energy grid
- (Lesson 1) holding intentions
- (Lesson 2) connecting to Spirit
- (Lesson 2) creating an inner team
- (Lesson 2) scripting your day
- (Lesson 2) noticing positive evidences (PEs)

The more you work with these, the more you develop your connection to Spirit and your ability to see evidence of your own creative spiritual power at work in your life.

In this lesson we present 2 extremely effective tools for consciously shifting your energy in the moment: the Perceptual Shift Process (PSP) & the 5 Question Framework (5-QF).

You can choose to use either one depending on your situation.

(Easily making the choice between the 2 will be explained further in the lesson)



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The Perceptual Shift Process (PSP)– Managing Energy On-the-Fly:

You've scripted your day, you're noticing positive evidences, and... uh-oh... stuff happens! Something triggers you, or you suddenly feel a vague sense of unease, or you sense a downward shift in your energy. What do you do?

You use the Perceptual Shift Process (PSP)! The PSP helps you consciously articulate where you are right now and then guide your energy where you want it to go. Instead of trying to push uncomfortable feelings out of your mind or tell yourself you shouldn't be feeling what you're feeling, you have a look at those feelings and the stories associated with them. It's a bit like taking the mask off; you see what's really there. In doing so, you situate yourself on the vibrational scale. You then use the remaining steps in the PSP to gently shift your energy upwards along the scale. The PSP works on the energetic level.

The PSP is similar to one you might use to assist a child who is so upset that they are incoherent and you can't understand them. What do you say to them to sort that out and to console them? You might say something like "Slow down. Tell me what happened and then we'll figure out what we're going to do about it. Let's figure out what you need first. And then we'll know what to do next.". You are taking them through a process to determine how you can best help them. This is what happens with us. When we have an issue, we feel tangled up, our energy is scattered and the results we get are not in alignment with what we truly want. We use the PSP to get very clear on the energies we are experiencing right now, so we can help them move in the direction in which we want them to go.

To use another analogy, if we stay in the "bothered" state, it's like being in quicksand. If we fight while we are in quicksand, we sink deeper. Pretty soon, it's over our head. Using the PSP is like taking a deep breath, getting calm, conserving your energy, then calmly flattening yourself out over the top of the quicksand and literally pulling yourself out of it. You stop fighting. You conserve your energy, and make small moves, small shifts to get out of it. Each time you find yourself in a little quicksand, you get out a little faster because you've developed skill in doing that. You are training your mind to think in a new way, activating different neural pathways.



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If you are not managing the small triggers in your life, they build up, you feel ready to burst. The triggers become about everything else you haven't managed in your life.

Relationships get tangled up, miscommunication happens everywhere you turn, but in fact those are not the real issues. The real issue is a build-up of energy that has not been managed and consequently has not dissipated. The person has been fighting quicksand — expending energy — for hours or days or months or years, and they finally just give up and sink.

The PSP step-by-step

The PSP is a conversation you have with yourself; you have no obligation to share it with anyone. It is as private as you decide you want it to be. You set the rules to ensure you can fully access the feelings you are feeling, and consequently access the full potency of the tool.

There are five (5) steps in the PSP:

- 1) Get the feelings and stories onto paper.
- 2) Imagine possible solutions.
- 3) Identify what you want to activate.
- 4) Ask your inner guidance for next actions.
- 5) Give the issue a category (optional)

The rest of this section provides more detail on each of the steps in the process.

NOTE: Appendix A of this lesson presents the PSP as a five-column chart, if you happen to prefer charts.

Step 1: Get the feelings and stories onto paper

What is the issue? What has happened? What are you feeling? Get everything you are feeling and telling yourself around the issue on paper. You don't want it endlessly swimming around in your head. Dump! Express! Write in shorthand, half sentences, stream of consciousness; let it flow! Use expletives, colourful language, whatever matches your energy; capture the full emotional power of the issue for you. List the challenges. Really get into the stories you are telling yourself around this issue, and the feelings those stories evoke in you. You want to acknowledge what it is and how



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you're feeling about it. The most dramatic shifts occur on the energetic and emotional levels, so this is the level at which you want to be very clear about what and how you are feeling.

Note that not all issues evoke high-energy emotions or have obvious triggers. Some may also be more subtle and under-the-radar. For example, you might have a vague sense of unease in the morning that doesn't seem connected to anything in particular. As you start writing a PSP about the unease you begin to realize that you've been bothered since last week about a comment someone made about you.

Our ability to acknowledge, if only to ourselves, what we are truly feeling is key to the effectiveness of the tool. We are all human and all have the same complete range of emotions at our disposal. While it is usually easy to openly express those on the "high" end of the scale (joy, love, playfulness, compassion, etc.), there is often a lot of discomfort associated with expressing those on the "low" end of the scale (anger, depression, anxiety, fear, etc.). Knowing we are the only person who need ever see it can sometimes allow us to go more fully and more deeply into acknowledging the truth of what we're feeling.

Step 2: Identify possible solutions.

Write down some great solutions, positive ways in which the issue might be resolved. If nothing comes to mind, or you don't feel like you have any solutions because you can't see how it could possibly work out, start playing with "what if". Think outside the box. Be a kid. Imagine anything. What are some of the ways your issue could be solved? Imagine and explore possible positive outcomes or aspects of the issue or situation; look at what is working, what would make you ecstatic, what would be an incredible miracle. Let go of any disbelief and just play with having a magic wand that could poof any possibility into existence. Let's say you were lacking money and were feeling triggered. You might write "someone could hand me money, or I could win the lottery".

Notice how your energy shifts as you do this. Focusing on possibilities helps you raise your vibrational rate and magnetize the perfect solutions for you by activating good possibilities. If it doesn't feel good when you think about possible solutions, focus your attention more on what it will feel like when this isn't an issue anymore. For example, you might write "Won't it be wonderful when this is a non-issue? Won't it



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be great when I am on the other side of all of this?”. Eventually it will be solved so put yourself in that place now.

Another way to move out of the “bothered” state is to say, “Okay, it could be worse.”. Find something that would be much worse than where you are right now. Let it be okay to be where you are. In doing this PSP you are affirming that you are not going to stay there forever. And remember that you are not alone. You have partnered with Spirit and your inner team. Spirit, your inner team, your inner coach wouldn’t say to you some of the things you are thinking about yourself. They would offer comfort, say something soothing, point out something that shifts your perception. You don’t have to be perfect; you just need to manage your energy and you have help. Start asking questions like “wouldn’t it be nice if....?”. Move into the realm of possibilities! Take baby steps and just ask for help in the smallest of ways.

Step 3: Identify what you want to activate

This is the place to explore NEW feelings and beliefs that you want to have activated in you when you think about this situation. Focusing in this way will also assist you in raising your vibration which makes you more magnetic to easily and effortlessly attract solutions. This is the doorway to other realms and realities where you can easily connect to your inner guidance. In these dimensions, there are things beyond logic that can be brought to you. And because you have asked and lined up your energies, the wheels have been put in motion for you to attract solutions. You can’t see it, but the next actions are occurring for as you do the PSP simply because you have the expectation that they will occur. You are holding the intention that this is expectant energy in whatever form or fashion it comes, and you never know until it arrives. It could be that other people are being guided telepathically to take action to assist you or you may be given direct actions to take. Just know that the Universe is taking action on it first. Again, these are the benefits of partnering with Spirit. You know and trust that there is a lot more going on to support and guide you; you are not alone having to do something and having to push it through.



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Step 4: Ask your inner guidance for next actions

You can leave this blank at first. Sharon explains:

“I believe that once I detangle and align my energies, once I really put it out there, I’ve asked for what I want and now actions are happening on my behalf even without me doing anything. It’s like I’m acknowledging that I don’t have to do anything and we’re already moving towards solutions on the issue or challenge. If something pops up for you within the context of shifting your energy to take action, then jot that down and take some action on it. This step is where you are holding the expectational energy that actions are happening already. It’s already in motion. All you have to do is to hand it over to the Universe.”.

By completing all of the previous steps in the PSP, you’ve done your job to manage your energies so you can have a clear vibrational signal about what you want.

Step 5: Give the issue a category (optional)

Giving the issue a category is useful in identifying recurring themes that trigger you. For example, if you get triggered by someone not taking initiative, by giving the issue a category you begin to raise your own awareness of when and where this recurs in your life. As you work with the PSP and the other tools in the CFSI energy management system, this also helps raise your awareness of triggers that are dissipating and disappearing.

Example of a PSP

The following example is one of Sharon’s PSPs, followed by her discussion of it.

1. Issues and feelings

- ✓ I can’t connect to Yahoo; I am Yahoo-less. Well, it’s not the worst thing in the world, but I do need to get on it to prepare for this class.
- ✓ I hate computers. Why isn’t this working? Why aren’t my notes printed out right now? I hate when technology doesn’t work and this is so irritating to me.
- ✓ I can’t get on this and I need it. Technology is always letting me down. It makes me crazy when technology doesn’t work in the way it is supposed to work. It makes me feel so stuck because I have to depend on this.



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2. Possible solutions (the “what if’s”)

- ✓ What are the possible solutions?
- ✓ Ask Nancy to send me what I need.
- ✓ Well, I need some solutions to any of my technology concerns.
- ✓ I need these notes to get to me some other way if I can’t get onto Yahoo. I need for it not to make a difference if I don’t have my notes. I need to have some way that I can teach the class even if I don’t have my notes.
- ✓ Or I get it activated that I remember enough in my brain to remember it. Maybe someone will have the notes. People would understand if I don’t have my notes. Trust that I know this because it is in my notes. I could look at the old notes. I could ask my co-instructor to send me the notes.
- ✓ Won’t it be great when someone else is handling all this?

3. Feelings I want to activate at an inner level

I want to activate a greater feeling that it’s going to be OK. It’ll be all right. I want to activate a greater sense of peace that even when there are bumps in the road, it’ll be all right. That this is the nature of technology, it is not perfect, it is all a work in progress. I don’t give myself enough credit that I have actually improved with using technology. I work in a business that is all technology driven, and I am a lot more technology savvy than I was. The world won’t spin off the axis if I don’t have the notes. I created this material; people will tell me what they need. The material came through me so I certainly have it all in my cells. Really, I can get a sense of what people need and provide what they need even without notes.

4. Next actions

- ✓ Email Nancy and ask her for the notes.

5. Category = My comfort level with Technology



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Discussion

Can you see how by shifting my perception I was able to impact reality? What if I had not done the PSP? Maybe Nancy would not have gone online. Activating the PSP lines up the probability that some kind of solution is on its way to me because I am not putting scattered energy out there.

What happens for most of us is that we don't manage our experiences and energies. Then as we go through our day, the negative energy continues to build up. In my example, I had the issue with Technology. If I had not managed my energy, something else might have happened that built on that frustration. I might have continued my day focussing more on my frustrations, becoming a vibrational match for lower level energies. As lower-level energies build up, what do we do? We kick the cat or yell at our kids, but it's really just the build-up of unmanaged energies throughout the day. Then we feel like we are in a pressure cooker. If we just vibrationally release the pressure as we go and consistently bring ourselves back into that place of feeling just a little bit better, then the signals that we send out become more consistent.

Even if you aren't carrying a notebook around with you, just find a piece of paper and write down what's bothering you. I've actually been in traffic and really irritated that I'm in that traffic. I just dug around in the car, found a piece of paper and wrote down what my issues were and what the solutions could be and what I was feeling.

To finish the story of my PSP, since I use the energy management system, I'm also always looking for PEs. After I completed the PSP and started to continue with my day, Nancy sent the notes back within one minute of me sending the email. She happened to get this feeling that she needed to be online to check and see if someone needed her help. Therefore, I had all the notes I needed three minutes before class started!

Important points on using the PSP

The importance of writing the PSP

We strongly encourage you to write the PSP, especially when you are first starting to work with it. There are a few reasons for this:

- You are activating and reinforcing new neural pathways each time you use the PSP – engaging the neuromuscular system strengthens that activation and reinforcement.



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- Writing helps slow and focus the mind so it becomes easier to detangle the thoughts and feelings.
- This allows you to keep a written record to refer to, both for yourself. You can look back over it and see and feel how triggers and issues have dissipated and disappeared.

** If you absolutely cannot write a PSP in the situation in which you find yourself, the next best approach is to say it out loud, and finally, if that is not possible, say it silently.

Other important points

- The PSP is not a tool you plan to use in advance. You reach for it in-the-moment, wherever you happen to be in that moment! If you're online, you open a file and start writing. If you're offline, you grab a notebook, a piece of paper, the back of a napkin, or anything else that works, and start writing.
- The tool works on the energetic level; you want to get into the feelings the issues and stories evoke, the energy behind the words. The emotions may be or may not be explosive in nature, the issue may or may not be big.
- The size of the shift is not important; what is important is that you experienced a shift and as such are beginning to know what a shift feels like and how to consciously make one. And each shift you make adds up energetically.
- Each time you use the PSP you are training your brain to automatically start a PSP whenever you experience a trigger or notice a downward shift in your energy.
- The more you use the PSP, the more skilled you become in shifting your energy in the moment.
- The more skilled you become in managing your energy, the more you become a model for others without even realizing it. When an issue comes up, instead of jumping into a reaction you think: "Okay, here is the issue, the problem and the challenge. What are some possible solutions or how can this be even more ideal and how do I want to experience this?". Others begin to look to you as someone who takes situations in a positive direction.



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The benefits of using the PSP

The benefits of using the PSP are tangible and many. It develops an ongoing awareness of your vibrational output, an awareness of your stories, your perceptions, your issues, the things that trigger you. It helps you become more aware of what you **do** want, and what **is** working in your life. It develops your skill in noticing energy, naming it, detangling it, shifting it, and in articulating and activating what you do want. It opens a door for you to step out of reactive mode and into your own power to create what you want.

The PSP also develops your connection to Spirit and your ability to partner with Spirit in every aspect of your life and business.

Practicing the PSP results in:

- Your brain beginning to automatically start the PSP when you are triggered or sense a downward shift in energy
- Shifts in your perceptions of situations
- Changes in the neural pathways that are activated in certain situations
- Vibrational output that is aligned with and attracts more of what you want
- You never feeling stuck in a lower vibration (you know how to shift to a higher one)
- You activating what you want

The value of teaching the PSP to kids

Imagine a world where instead of putting kids in perpetual timeouts, we taught them how to do a perceptual shift process – a Perceptual Shift Process? We just might have a society of people who are taking responsibility for their own energies – and that would transform our world!



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Common contrasts with the PSP

I don't believe it!

How is writing something down going to change anything? In fact the writing something down is the external appearance of what is an energetic process. It is not you blankly writing a bunch of words on paper. It is you putting words to the energies you are feeling, the energies moving in you. By naming them you are bringing them into consciousness and uncovering other energies lying underneath them. You are detangling the different energies, getting to the ones at the heart of the issue. When you shift energies at the heart of an issue, the issue itself begins to dissolve. If you are having this contrast, do what the best skeptics do: do your own research! Experiment with it!

I don't have time!

The PSP is a simple tool that does not require more than a few minutes to do. However, when you are first working with the PSP you are developing skill in detangling energy. This is often where the issue with time arises. Often too, we are starting with issues and energies that have gone unmanaged for a long period of time, and are quite tangled. It takes us time to identify the energies, the feelings, the stories. Know that **the more you make the PSP a part of your day, the less tangled energy gets because you are consciously keeping it untangled**, and consequently the less time it takes to complete the PSP. The more you work with the PSP, the more quickly you begin to move through it, and the more skill you develop in shifting energy in the moment, and in articulating and activating what you do want. The PSP becomes a natural part of your day.

Be patient and gentle with yourself. Commit to investing a few minutes throughout the day on developing skill with the PSP. The return on investment is immeasurable.

Instead of letting negative and lower-level energies cloud your days and keep what you want perpetually out of reach, you begin to find what you want showing up in your path, effortlessly. The time you invest in learning and practicing energy management shortens the time it takes for what you want to manifest. Your energy becomes clear and aligned and your life becomes magical.

If you are having this contrast, you might:



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- Do a PSP around feeling like you don't have enough time to do a PSP!
- Add a line to your daily scripting such as "I'm finding the PSP so easy and quick to do! I'm finding myself so curious to feel the shifts! The shifts are beginning to happen so easily!"
- Commit to trying the PSP for a week and notice how you feel when you use it; also during that week, if a situation arises and you choose not to use the PSP, notice how you feel, notice what happens to the unshifted energy.
- Ask for support; others may have encountered the same issue and have some suggestions on what helped them move through it.

The 5 Question Framework (5-QF)– Taking 5 Quick Steps To Inspired Action:

Most of us are conditioned to look for what is not working in a situation. We complain about the weather, commiserate with others on what is not going well for them, look for who's at fault in a situation, get impatient if we have to wait in line or get stuck in traffic, get angry when someone doesn't meet our needs, frustrated when things don't go our way, embarrassed if we don't live up to our own standards. We unwittingly pull our energy **down** the vibrational scale. Our vibrational output starts carrying signals from the lower end of the vibrational scale and attracting things that are a match to those lower level energies.

Kurt Wright, in his book "Breaking the Rules", describes in simple terms the importance of shifting our focus from what is not working or why it hasn't worked, to what is working. He explains why it is that, when we focus on what is not working, we literally cannot access the part of our brains that can provide solutions for us. The process he presents is really one of intentional focusing.

We want to offer you an adaptation of a five-question framework inspired from Kurt's book as a tool to integrate into the energy management system you are learning. Remember to connect with Spirit as you learn and practice this tool.

NOTE: If you've heard this information before, know that in receiving it here again you're going to activate it at an even deeper level. Anything that you may have experienced before, you are now going to experience at a deeper level.



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The 5-QF step-by-step

Where we focus our attention has huge implications for the outcomes we experience in both personal and business contexts. Sharon has worked with companies where shifting the corporate focus from what is **not** working to what **is** working, is at the heart of her work with them. A corporate culture that focuses on what is not working causes an amazing downward spiral not only in people's motivation but in the kind of things that happen in their environment. When you focus on what's working, you access a creative, solution-oriented part of your brain.

There are two ways to approach the 5-QF. The first you use if you feel energetically able to identify what is working. The second you use if you find yourself unable to focus on anything but what is not working.

In the first case you ask yourself the following five questions about the situation:

1. What is working?
2. Why is it working?
3. What is not quite right yet?
4. What would make it more right? How do I want to feel?
5. What is the next action I can take to feel more of the way I want to feel?

In the second case you ask yourself the following four questions about the situation:

1. What don't I want and what don't I want to feel in this current experience?
2. What do I want to feel more of?
3. How can I feel a little bit more of that right now?
4. What action can I take, or thought can I think, to move up the vibrational scale just a little bit?

As you answer these questions and apply the responses, your whole point of attraction changes in that moment! You move yourself up the vibrational ladder. Even just starting this process helps you make shifts in the way you perceive this situation and others that arise in future.



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Important points on using the 5-QF

- The size of the individual shifts is not important. What is important is to use the 5-QF each time you find yourself focusing on what is not working. Each time you make a shift, no matter how small, you are reinforcing a neural pathway. Each shift strengthens that pathway. At some point that pathway becomes the one your brain naturally follows and you find yourself naturally not giving any emotional or mental attention to the negatives in a situation; you activate a solution and move on.
- In both the PSP and 5-QF, pay attention to any tendency to slide into wanting other people to do or be something. These tools are about **you** shifting **your** energy. You are managing how you feel, and consequently act, in situations. If someone is doing something you don't like, you want to change **your** perception, manage **your** energy so you are not triggered by whatever that is; **that** is empowerment! People have said that when they change their perception, the behaviour that triggers them also seems to gradually disappear from their lives.

Benefits of using the 5-QF

The key benefits of using the 5-QF are that you:

- Develop awareness of where you are moving your energy on the vibrational scale
- Begin to see any situation in terms of the opportunities it presents
- Train your brain to automatically move to a place from which solutions can be activated
- Change the neural pathways that are activated in certain situations
- Maintain your vibrational output at an increasingly higher position on the vibrational scale and consequently attract higher vibrational energies
- Activate more of what you want, less of what you don't want
- Become a model for others in how to perceive and approach situations; they begin to look to you as someone who can see solutions, ways out of problems



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Common contrasts with the 5-QF

This isn't working!

If you start the 5-QF and find yourself on a roll of itemizing all of the other things that are not working, and unable to shift your focus, you may be too far down the vibrational scale for the 5-QF to be effective. In this case you might try:

- Admitting “Okay, I’m feeling pretty overwhelmed and depressed. So, how can I feel just a tiny little bit of relief from here? What’s one next step that I can take if I want to feel more peace? What’s one next step I can take to feel a little more stress-free?”
- Doing a PSP instead

Note: sometimes we shift energy just by taking our focus off of it for a bit i.e. going for a walk, sleeping on it, going to a movie, playing with the kids, or by doing an 5-QF/PSP.

I can't figure out if I should use the 5-QF or a PSP!

Both tools shift perceptions (and consequently the energy associated with those perceptions).

- The 5-QF tends to be useful when you're not really that tangled about a situation, and are more focused on finding some action to take around it.
- The PSP tends to be useful when the energies are more tangled and the emotions are more charged around the issue. You really need to vent, to get the feelings out so you can see what they are yourself.

As an example, imagine that on two different occasions your computer crashes, one on a day when you're relying heavily on time-critical information you're expecting through email, and another on a day when most of what you have to do is offline. In the second case, it may be annoying, but it's not having an impact on what you are trying to do and is probably less of a trigger. In the first case you might find the PSP more satisfying as it gives you a place to really vent any frustration you feel about the issue, and anything else connected to it. In the second case you find the 5-QF more appropriate.



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If you really can't decide which one to use, start with the 5-QF. If you find you can't see anything positive about the situation, or the process just doesn't feel like a good match, switch to the PSP. You are the only one who can tell which of the two works best for you in a given situation. And no two people are alike; a big trigger for one person may have no charge at all for another.

I don't have time to fit another tool into my day!

It is critical to understand that this program is not a bunch of tools. It is a **system** that works as a coordinated whole and it is **designed** to be integrated into **anyone's** daily life, no matter how busy the person. Saying we don't have time to manage our energy is a bit like saying we have so much to do we simply can't take time at night to sleep. Do we really want to be going to a surgeon, or being a surgeon, who feels like that? Or dropping our kids off to a daycare where the caretakers feel like that? The system gives us more time and less work to do because we are fully present in each moment and are not spending time or investing energy in things that don't serve us. As mentioned, when you first start applying this system, the energies may be quite tangled. One issue may be connected to another to another to another, and you may feel like you'll never get the whole thing untangled. It's a bit like finding the cat spent the afternoon in the yarn box; all you see is a mass of different coloured yarns all tangled into each other. The task looks like one big headache. You're busy, so instead of trying to untangle everything in one sitting, you grab the closest skein, work out a few knots, roll up a few more yards of it into a ball, then go on with your day. Eventually all the knots are out, the yarn box is back in order, and the cat is left wondering where it went.

Each investment you make is cumulative. Each time you shift energy, you re-pattern your brain, and reinforce neural pathways that eventually become the path of least resistance. Each time you work out a tangle, you have one less tangle. Eventually the mess of tangles is gone and you're working tangles as they occur. Be gentle with yourself and persistent in integrating the tools in your day. Notice and amp up the PEs! Appreciate and enjoy each shift you make, no matter how small — everything counts!

It is also important to understand that the Modules in this program build on each other, so Module 2 will assume that you are comfortable with daily energy management. As one participant put it, you wouldn't start driving a car without a steering wheel; daily energy management is your steering wheel.

If you are having this contrast, you might try:



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- Saying the 5-QF — or any tool in the system — out loud instead of writing it. If you can't say it out loud, say it silently in your head (actually saying the words in your head slows the thoughts down so you can hear and experience them).
- Looking at the stories you are telling yourself around the system. Why do you feel they take so much time? How much time are they taking?



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Getting and Staying Organized

PSP

Keeping a PSP journal can be very useful.

As you move through the program, the journal lets you see the progress you've made in managing your own energy. You see how things that triggered you in the early stages of the program no longer show up in your life.

The journal can be a rich source of firsthand experiences and examples to draw on to both demonstrate the logistics of the tool, and inspire yourself on the effectiveness of the tool.

Logistics of keeping a PSP journal

Since you may have PSPs in online files, in notebooks, on various bits and pieces of paper, the following are a couple of suggestions for organizing a PSP journal:

- **One offline journal.** Collect all of your PSPs into a single binder (print out your online PSPs and file them in it, compile all the various notebook pages, napkins, placemats (whatever!) on which you wrote PSPs and file them in it as well).
- **One offline journal, one online journal.** Collect and file all of your offline PSPs into a single binder, and collect all of your *online* PSPs into a single folder or single file.

5-QF

The 5-QF is a process of training your focus, in the moment. There is no need to keep a formal record of your transition to a naturally higher vibrational focus.

The more you practice the tools you have learned so far in Module 1 — partnering with Spirit, scripting, positive evidences, and the PSP — the more you are training your mind to automatically follow new patterns that shift your energy upward along the vibrational scale.

The following is the same process suggested in the previous lesson, with the addition of the PSP & 5-QF. Again, this is just offered as a place to start, not as “the right” way. As you move through the program you develop your own way of integrating the system into the unique context of your life.



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Suggested Process for Integrating the Tools

The following is the same process suggested in the previous chapter, with the addition of the 5-QF & PSP. As always, this is just offered as one way to integrate the tools, not as “the right” way.

Every morning

1. Connect with Spirit.
2. Set general inner and outer intentions for the day.
3. Script.
4. Ask Spirit or your divine team, or individual members of your team for help on anything that came up as you scripted.

During the day

- Maintain connection with Spirit.
- Notice PEs.
- Use the PSP or 5-QF.

During the week

- Attend any supplemental classes as you feel guided.



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Mastering the Material

- Continue scripting daily, noticing PEs, and practicing the PSP daily.
- Start using the 5-QF to cultivate a positive focus.
- Create a strategy for keeping a PSP & 5-QF journal.
- Post any questions or requests for support on anything you've learned to date, and share PEs in the online comment section which is found after each lesson. Let the energy flow through the grid!

Reminders

- make peace with where you are right now; you are always right where you need to be
- play with the tools, keep the energy light!
- the energetic is deeper and often newer than the conceptual and takes time to integrate
- you can always review material by listening to the recording of classes
- you are part of a powerful energy grid that is holding the highest vision of yourself and more for you



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APPENDIX A: PSP Template

MY ISSUE AND FEELINGS	
POSSIBLE SOLUTIONS (WHAT IF...)	
FEELINGS I WANT AT INNER LEVEL (WHAT I WANT TO ACTIVATE)	
NEXT ACTIONS	
CATEGORY	