

Introduction to...



THE MONARCH METHOD™

"The Monarch Method is
a game-changer!"



KIMBLE GREENE PHD

*“At your core, you are whole and radiant.
Your core beliefs are a guiding force in your life -
they develop and transform with you, they support
you in living your most extraordinary life.”*

Dr. Kimble Greene
The Monarch Method™

PRAISE FOR

Dr. Kimble Greene & The Monarch Method™

It's an essential life-altering experience! What I like about it [The Monarch Method™] is it's not psychotherapy or a clinical procedure - it's an empowerment process. Additionally, Dr. Greene's depth of knowledge and expertise, along with her wisdom and remarkable skills makes this essential for every leader.

Benjamin, CEO & Global leader

Kimble's personal story is very much 'the hero's journey'. Your message just flows naturally from her and she truly shows the depth of her knowledge on managing emotional struggles.

Jim Lewis, Business Coach, CEO Create Your Authority

As a child, sick had become safe. Nothing bad could happen in sickbed solitude. While this belief worked well for me as a child, as a grown adult it became an unnecessary obstacle. Sick was no longer safe, and with Kimble's guidance, I reframed, redeveloped, and transformed this core belief and its attached coping mechanisms. I found the [Monarch Method™] process to be so gentle, that multiple beliefs were brought to the surface in a short amount of time – each shifting with little effort. I believe that this [The Monarch Method™] is the missing link – lives will be changed.

Jennifer, Entrepreneur

The Monarch Method™ is a game changer. It gives you the tools to choose your own game and paradigm and set course on a smooth, deliberate (proactive) and more pleasure-filled life. Life without The Monarch Method™ is like trying to piece together someone else's puzzle without even having the picture. The Monarch Method™ allows you to create your OWN picture AND gives you the tools and strategies to create it from the inside out. You can be the artist and author of your own life.

Dr Punzo, MD

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Introduction

How often have you felt stuck in one or more aspects of your life? And how often have you committed to doing all the recommended things to create change: therapy, diets, exercise, positive thinking, meditation and so on...yet, you're still stuck.

Maybe you promised yourself you'd get that promotion, lose weight, get a better job, replace your no-longer-suitable mate, save money and the list goes on. Despite all your efforts, even if you're successful professionally and have a growing pool of money, emotionally you end up back where you started.

Why does that happen – swirling around the same old struggles or reverting to unwanted patterns? Many experts and mainstream resources tell you it's because you need to be fixed, that you have a disorder of some sort. They have a way of making you think you are doing something wrong, that you're unable to change unsupportive thoughts and actions without the experts, if at all.

That's simply not true. You are not broken – in fact, you are wiser and more powerful than you realize.

So, why do you often feel as if your struggles are insurmountable? Why do you stay stuck and revert to old undesirable patterns? It's because your core beliefs have become outdated. Those unwanted thoughts and actions

served you at one point in your life and are no longer serving you and who you are today.

What does that mean and how do you shift? It means your neuropsychological patterns support you in adapting to the various circumstances over the course of your life by creating subconscious core beliefs which drive your everyday experiences. Our psyches establish beliefs so we can cope with and optimize various situations and challenges. Most people don't realize those beliefs were created, even though they precede every single thought, feeling and behavior.

You believe you're using your thoughts, feeling and actions to navigate life when it's really your core beliefs running the show. Behind every single thought, feeling and behavior is a core belief. So, to remove blocks and move forward, an outdated core belief must be replaced with a new belief that supports your current circumstances and goals. Without changing your core beliefs, permanently shifting unwanted behaviors, thoughts and feelings is wasted energy.

The good news is there's now a proven approach to shifting those beliefs and experiencing transformation and success. In 2009, I created *The Monarch Method*[™], a straightforward 3-step process for identifying and shifting outdated core beliefs so you can remove what's blocking you, get unstuck and begin thriving instead of just surviving.

With *The Monarch Method*[™] you will move beyond the anguish and struggle you've been experiencing and begin living your dreams.

The Monarch Method[™] recognizes you already have what it takes within to remove blocks, solve problems, and achieve your goals – whether they be personal or professional - you are not broken. It puts you in the driver's seat of your own emotional well-being and goals by centering on your belief system, updating your personal GPS and thereby transforming your thinking and emotive processes.

That's when real change comes about, and *The Monarch Method*[™] gives you the strategies and practices to accomplish those changes on your terms.

The first step is to begin to identify what is and isn't working – not what is and isn't broken. Just what is no longer working. A great way to get started is with the www.drkimblegreene.com/quiz



Use the link above to take the assessment for free! This will give you a starting point for the areas to focus in achieving balance, harmony, well-being, and success.

My story (which I share in the next section as well as in my new book, *ALL YOURS: The Guide To Living Your Dreams, 2020*), is much the same as many people. From the depths of despair to the heights of elation, from failing ventures to business successes, emotional ups and downs, relationship highs and lows, questioning the meaning of life, doubting my faith and sometimes even my sanity.

It's been over 20 years since my first memorable 'ah ha' moment, when I discovered my inner power. I realized life lived from the perspective of trust and internal power is much easier than fear and external control. Until that turning point in my mid-thirties, life seemed like an uphill battle.

Out of my own struggles, as well as the struggles I've witnessed with so many of my clients, loved ones, and people across continents, I developed *The Monarch Method™* for personal transformation and evolutionary leadership.

I have no doubt if I'd had *The Monarch Method™* to guide me through my struggles early on, the road to well-being and success would have been much smoother, shorter, less stressful and with far fewer failed attempts at moving forward. This primer tells you why *The Monarch Method™* is essential if you desire long-term well-being and success and why it is the groundbreaking approach for moving past blocks and transforming your life.

You deserve to feel good. Every individual has the right to a harmonious, well-lived, and joy-filled life. The only one

who knows exactly what that life looks and feels like is YOU! You already have within you the wisdom, intuition, and power to achieve your goals – in all aspects of your life.

Your basic mental and emotional health is as manageable as your basic physical health. You can maintain both, with and/or without outside resources and support. You are not broken! In fact, you are more powerful and wiser than you realize.

In the pages that follow, I will share with you the elements of how and why *The Monarch Method*[™] works. It's like nothing you've seen in conventional systems and has been working successfully for over a decade. Additionally, I will answer the most frequently asked questions from the public.

The most important thing to remember is, You Are Not broken! In fact, you already have what it takes to solve problems, achieve your goals and begin living your dreams.

My Story

I was 15 years old and looking forward to getting home after school because my beloved grandparents arrived earlier that day for a visit. I loved my grandparents (they've since passed on to another realm), they doted on me, adored me and they always brought awesome gifts. After the initial flurry of hugs and kisses, my Grandmother called me into my bedroom. I followed along eagerly, excited for the expected gift. We sat together on my bed and she said, "I will give you \$100 dollars (that's a lot of money to a teenager in the 1970's) to change your personality." She went on to tell me why and how I was unlikable and unlovable. As she continued, her words faded – all I could hear was my pounding heart and this buzz in my head that seemed to be getting louder. I felt as if I wanted to curl up and die. I was already a teen who struggled with depression and a huge lack of self value. Basically, I was convinced 'I am not enough'. My Grandmother's words were the proverbial straw on the camel's back. At that moment, I was sure... 'I will never be enough, I will never be lovable'.

It got harder...

Fast forward 3 years, things hadn't gotten any easier for me emotionally and when I went off to college, I was shy and insecure. My freshman year was hard, to say the least. I struggled to make friends and felt I had nothing to offer anyone. I thought about suicide a lot. By mid-year it seemed like the best solution to my broken heart, so I made an

attempt at freezing to death by burying myself in the snow. It didn't work, I got too cold and went back to my dorm room. I couldn't even do that right, I thought. In hindsight, I didn't really want to die, I just wanted my heartache and despair to go away.

I began searching...

I decided, after that attempt at ending it all that rather than be what I thought of as weak, I would become strong. For me, a shy soft-spoken girl, that meant becoming a tough speaking, tough mannered young woman. To start, I completed a 21-day survival course in the black mountains of North Carolina in January. I thought if I could protect myself and control everyone and everything around me, I would be safe from heartache. WRONG

Still searching...

By 29, I'd become a prison warden and my career in the juvenile justice system was skyrocketing. At the same time, emotionally I was at rock bottom, failed relationships, difficult interactions with co-workers, and still carrying around that overwhelming feeling of not being enough. I felt as if I didn't have a 'self', where my confidence and value were supposed to be there was only a black hole. I decided to try going to counseling. While the weekly sessions seemed to keep me from going over the edge, I was not really getting better or making significant, sustainable progress. At 35, I tried my third counselor. She was a spiritual counselor and here, I had my first breakthrough moment. I discovered there was more to life than just my physical existence. I discovered my spirit, my intuition, and my personal power.

For me, this was life changing. Now I thought, I can do anything.

More searching...

At 40, I decided to go back to school to get my doctorate in Transpersonal Psychology. Discovering the world of energy, intuition and spirit was transformational for me and I wanted to be able to share it with the rest of the world. I wasn't done however with my personal journey. I still relied on external accomplishments to define my self and my success. Better jobs and more money fit the expectations - my own and society's. Yet, I remained unmarried and because I still defined my value through my accomplishments, this was a big one. I had turned 40 and was now in 'old maid' territory. So, I met and married a guy within 6 months. This had disaster written all over it. He was abusive and imbalanced. Thankfully, I figured that out quickly and left after 4 months.

Final search...

Into my 40's, relationships were still a sticking point for me, but my career had been a huge success, so I decided to build on that. I had earned my PhD and the program involved tons of personal growth work, so I was learning how to fill my inner well from the inside-out instead of the outside-in. I had a successful career in nonprofit leadership and started my private counseling practice, which was also very successful. So, using my head and the skills I'd learned as a leader, I decided to quit my salaried executive job and expand my private practice into a holistic health center.

Great idea, poor execution. They say every success story has many failures in its wake, well this was a big one. I'd brought on 8 partners in this start-up, one of whom was our financial investor. After 2 years of planning we opened our doors in January, 2012. Turns out our investor was unethical and not very good with money (go figure). Things fell apart fast and though the service end of the business was doing exceptionally well, behind the scenes our money was being misused. At the end of the first year, despite an excellent turnout and scaling business, we were forced to close our doors because of the poor choices made by our investor.

I was devastated, we were all devastated. When it comes to money, people don't always handle things well and our group of 8 partners were scared. They jumped ship, leaving me with lawsuits, a huge building to close down and furniture to move, not to mention dealing with the emotional devastation on my own. Then things got worse. By January 2013: I had 3 lawyers after me; I couldn't afford health insurance, so I stopped taking my thyroid medication and consequently became very ill; my cat was hit and killed by a car; both my dogs were diagnosed with cancer; my boyfriend and I broke up and he sued me for the lake cottage we had just purchased; and as far as I could tell, my career and reputation were in the trash. In addition to sounding like a bad country song, I hit rock bottom, I had nothing left – financially, personally, emotionally, or professionally. As strong as I'd become, I couldn't see the light at the end of this deep, dark tunnel. 2013 would prove to be the year of my own transformation, like the Phoenix rising from the ashes.

The breakthroughs begin...

2013 started out rough. Of all the friends, acquaintances, and colleagues I had amassed in my life and career, just one stood by me during this time. That friend, who to this day is like family to me, along with my parents, kept me from losing all hope. I'd done tons of personal work over the prior 15 years, so I knew I would never return to the dark days of depression and suicide which plagued me in my teens and 20's – still, I had a tough time seeing the light at the end of the tunnel.

That holistic center was my dream (so I thought). It would've propelled my career to new heights, I would have been successful - financially and professionally. I would finally be the strong, tough, successful woman I expected of myself and that, I believed, society expected of me. So, if that wasn't the height of my career and life, what was? If being the hot shot owner and president of the first holistic health collaborative in Connecticut wasn't my ticket, what was? After months of soul searching and healing, on many levels, I began to gain some clarity.

Inner breakthrough...

Through the process of physical, emotional, mental and spiritual healing, I relied on the lessons I'd learned following my spiritual awakening and studies: our true power comes from within; success is defined by me, not by my family, society or culture; healing and growth are an inside-out, not an outside-in process; what I really had to offer the world, myself and my loved ones would come from deep down in my core, from the things I love to do, from who I loved most

to be; and, the skills and lessons that were an integral part of my life from birth through all of the ups and downs to where I am in this moment and every moment moving forward.

Outer breakthrough...

In 2014, thanks to the encouragement of a new dear friend, along with my parents and friend who were there during the darkest of times, I began to put onto paper what had made my original private counseling practice so successful, not to mention launching my own personal journey of healing and growth. In 2010, I'd begun using an approach with my clients that was giving them the strategies and practices to become successful in solving problems and achieving goals – quickly! It started out as my solution to a failing mental health system which was creating dependency on prescriptions and experts while not really helping people become independent and well. It was working for all my clients and it was working quickly. Within months, people were 'graduating' from counseling, eliminating enabling coping mechanisms (such as prescriptions, addictions and relationships), and thriving on their own! My clients were solving problems and achieving their goals, while continuing to move forward in their lives.

My approach was fun, exciting and successful. It was, and still is, a breakthrough process for managing basic emotional and mental health. As it grew and when I formalized it in 2014, it became a model that was so straightforward and effective that it's now used for all sorts of things – healing, personal growth, professional development, leadership and more.

Ultimate breakthrough...

The Monarch Method[™] is now internationally recognized and the preeminent approach for personal transformation and evolutionary leadership.

I've been told the *The Monarch Method*[™] manual is enthusiastically popular, hard to put down and life changing. And, that folks are loving the card deck and journal that go along with the method. At long last, I was experiencing success in all areas of my life, thanks in large part to philosophies underlying *The Monarch Method*[™].

The Need

For many years, decades even, we have been inundated with concepts and pathways to achieve goals such as: optimal health, emotional intelligence, personal leadership, professional success, financial abundance, mental health, social competency, stress reduction, relationship enrichment, physical enhancement, and many more. The related industries have offered reasonably clear guidelines, steps, programs, products and instructions as to how to achieve these goals – for the purposes of this discussion these goals will be ‘Point B’.

The reason there have been, and are, so many tools on the market is that the results are all too often temporary and two-dimensional – mind and body. The underlying reason for personal and professional dissatisfaction, failure to realize dreams, falling short of achieving goals, and epidemic ill health is the disproportionate focus on the physical and mental aspects of ourselves, not to mention the outside-in efforts. Human beings are not two-dimensional, they are four-dimensional; mind, body, emotions and spirit.

External manipulation and outside-in tactics (prescriptions/pharmaceuticals, diets, quick-fixes, more money, promotions, new relationships, etc.) do not independently create sustainable health and wellbeing.

Internal or inner personal growth and inside-out approaches (personal empowerment, self-discovery, validating perspectives, etc.) elicit optimum wellbeing, health, growth, creativity, inspiration, commitment and sustainable success.

People experience inner transformation, optimal health and wellbeing, success, and true vitality from the inside-out, not the outside-in. And it all begins with a shift in your core beliefs.

The problems that continue to plague us are not with the products, therapies, concepts and treatments available to us. As a matter of fact, many of those resources are potentially very effective. It is the underlying mental and emotional barriers or obsolete core beliefs that prevent us from effectively getting to and sustaining Point B (health and wellbeing, personal and professional goals).

The Monarch Method™ guides you in how to successfully get from Point A – where you are now – to a sustainable Point B, while still utilizing and integrating all the valuable products, concepts and services currently and abundantly available.

For the most part, it's not your goals which are unachievable or unreasonable, nor is it the products and services that are ineffective. It is your starting point or baseline that is causing struggle and frustration, creating unachievable or unsustainable outcomes. Chances are you are doing everything you've been instructed to do and you're motivated and eager to reach your goals. It's likely you are correctly applying all the concepts and interventions you have been given and yet, they are either not working or they are simply unsustainable for more than a few weeks or months. Your inconsistent success is not your fault – you are

simply working from an inner foundation that is outdated.
It's time to change your starting point.

The Solution

The Monarch Method[™] is the premier model for achieving and maintaining personal wellbeing and developing evolutionary leadership. It is a straightforward, self-guided approach for identifying and shifting the struggles that create barriers to creating and sustaining overall wellbeing and success. Model developer, Kimble Greene, PhD applied over 3 decades of education, research and practice in the fields of psychology, leadership, holistic health and human development to create and implement this uniquely successful approach for creating and sustaining basic emotional, mental, physical, relational and spiritual wellbeing – whole being health.

The science supporting *The Monarch Method*[™] is grounded in modern research such as Epigenetics. This critical research has led to the discovery that, unlike conventional theories such as Darwin's' Genetic Determinism, we are not primarily beings of cognition in matter and our genes and DNA do not drive the trajectory of our health and lives. In fact, we are beings of energy and belief and it is these factors which drive the evolution of our cellular growth and therefore the quality of our lives.

This research has changed the way we think about ourselves, our emotional and physical health, our personal power, our lives and the evolution of our race. In other words, this is massive. This approach is based on the abundance of research, including Dr Greene's, that underscores we are primarily beings of energy and beliefs, rather than bodies of

matter and cognition. Dr. Greene coined this philosophy *The Catalyst Factor*[™].

Through *The Monarch Method*[™] you will be led to a new starting point, a simple and effective route from Point A (where you are now) to Point B (your personal and professional goals and dreams). You will be given the missing concepts and tools required to refortify your inner foundation thereby meeting and sustaining your goals. Not only will you achieve success, you will retain the fruits of your labor. You will reach and hold onto your long-awaited goals and desires. When you apply *The Monarch Method*[™] strategies, you will, at long last, realize your personal and professional dreams.

The Monarch Method[™] serves as a solution for the interventions, products, and resources you are already utilizing with limited success, making both you and those resources successful. *The Monarch Method*[™] is not a replacement therapy, it is a foundation building tool designed to fortify the services, products and life choices you apply resulting in effective and sustainable goal achievement.

The Monarch Method[™] uses a 3-step process, along with additional tools, practices and recommended services to compassionately and effectively guide you toward overall wellbeing and personal and professional success.

Why The Monarch Method™ Makes Sense

The Monarch Method™ is the art and science of sustainable wellbeing and success which addresses the whole person - mind, body, emotions, and spirit.

The main reason for personal and professional dissatisfaction, failure to realize goals and dreams, and epidemic ill health, is the disproportionate focus on all things physical and mental, to the exclusion of what truly motivates and animates us. We are not just our flesh and bones or thoughts and cognition. We are a whole person - mind, body, emotions and spirit – functioning as ONE interdependent physical and energetic being. At our deepest roots, we are living and breathing embodied souls with purpose and power.

For this reason, external motivators and outside-in tactics alone do not shift feelings, alter thoughts, change behavior or transform health. External controls and programs do not consistently or deeply motivate people. Internal or intrinsic empowerment elicits optimum performance, inspiration, personal growth and creativity.

These are all achievable, sustainable and interdependent drivers of wellbeing and success. *The Monarch Method™* gives you the concepts, strategies and practices to refortify your inner foundation, thereby eliminating the barriers preventing you from effectively and sustainably utilizing the programs, services and products available, not to mention achieving your goals and sustaining wellbeing.

With *The Monarch Method*[™] optimal wellness is readily attainable and sustainable. According to the National Wellness Institute, wellness is, “a conscious, self-directed and evolving process of achieving full potential... wellness is multidimensional and holistic, encompassing lifestyle, mental and spiritual well-being and the environment... it is positive and affirming.” (2012) Individual wellness is the unlimited and unimpeded flow of life and energy through body, mind, emotions and spirit. *The Monarch Method*[™] provides individuals, leaders and practitioners a focused platform for promoting and achieving wellbeing and success.

The Monarch Method[™] is a life changing approach to personal transformation and evolutionary leadership. *The Monarch Method*[™] is a straightforward, self-guided process to identifying and shifting the issues that create barriers to achieving and maintaining overall wellbeing and success. An essential approach for individuals and leaders, *The Monarch Method*[™] embodies both science and spirituality, utilizing progressive methods and elevated perspectives to generate change, transformation and growth.

SECTION I

THE MONARCH METHOD™

BASICS

WHO is *The Monarch Method™* for?

It is designed for people who want to:

- Feel better
- Sustain bliss
- Achieve success
- Reach their goals
- Lead influentially
- Create stability
- Love themselves
- Embrace life
- Look forward to each day
- Find themselves
- Rediscover their passion
- Express themselves
- Maintain well-being
- Grow and evolve

The Monarch Method™ was formalized in (2010) for those seeking to heal and manage their basic mental and emotional health. Since then, it has evolved into a self-guided approach for personal transformation and evolutionary leadership.

The Monarch Method™ has been successful for people of all ages, various walks of life, and with a broad range of issues, concerns, transitions and circumstances.

Join The Monarch Method™ Movement!

WHAT is *The Monarch Method*[™]?

The Monarch Method[™] is a straightforward, self-guided 3-step process for identifying and shifting basic mental and emotional issues that create barriers to achieving and maintaining overall well-being and success. People use it for:

- Mental balance
 - Emotional stability
 - Personal transformation
 - Professional success
 - Physical health
 - Spiritual clarity
 - Resolution of issues
 - Life transition support
 - Trauma or illness
 - Leadership development
- ...and more

The Monarch Method[™] is not the latest feel-good fad or newest self-help trend. It is not a replacement therapy. It is a platform-building formula that guides you in creating a solid inner foundation so that all your choices and efforts, as well as the support systems and interventions you choose, work effectively and long-term.

The Monarch Method[™] gives you the strategies to create and sustain basic mental and emotional balance and well-being, leading you to the healing, growth and success you desire.

WHEN *do I use The Monarch Method™?*

You can begin your journey of transformation anytime you choose – NOW is a great time! *The Monarch Method™* is used for:

- past experiences
- current circumstances
- life goals
- personal & professional growth
- unexpected events
- anticipated transitions

More importantly, it can be re-applied for various issues and circumstances over the course of your lifetime.

With *The Monarch Method™* you will begin to feel better and experience change from the moment you bring an outdated core belief to the surface. People have been known to identify outdated beliefs in as little as 30 minutes. After that, the rest is easy, just follow the steps in *The Monarch Method™* manual which is available with Dr Greene's services.

WHERE can I use *The Monarch Method*[™]?

The Monarch Method[™] for personal transformation is a self-guided approach - you can use it anywhere and anytime.

You can enroll in any one of Dr. Greene's programs. The best part is that you can do all of this from the comfort of your own home or any other place you choose.

For those who want to jump-start their transformation and prefer a live, in-person experience, you can reserve your VIP Day – a one-day Value Intensive Program designed for a Very Important Person – YOU!

These as well as other services and products are available to get you started on your exciting journey of transformation.

Check out – www.drkimblegreene.com - for current and upcoming events and services.

WHY is *The Monarch Method*[™] vital?

This is perhaps the most important section of this book. Why? Because it outlines why the journey to your well-being and success is so essential, not to mention straightforward and fun with *The Monarch Method*[™].

It will take you:

FROM

Frustrated

Self-doubt

Sad

Failing

Stuck

Fearful

Unwell

TO

Satisfied

Self-value

Joyful

Succeeding

Free

Courageous

Well

You are not simply a human being dependent upon the circumstances in your world. You are a powerful human-spirit with purpose and passion; you are important! You have the capacity to transform your circumstances and your Life, resulting in living your dreams!

HOW *can I get well and succeed with The Monarch Method™?*

You already have what it takes – the wisdom, inner knowing, intuition and power – to transform any aspect of your life, reach your goals and achieve success.

The Monarch Method™ gives you the philosophies, strategies and practices to remove what's blocking you so you can get to your goal and move forward in your life.

SECTION II

QUESTIONS & ANSWERS

Frequently Asked Questions:

1. *Can I really manage my own basic mental and emotional health?*

Yes, you really can! In the last quarter century, the self-managed care movement (http://www.power2u.org/articles/managed/managed_care.html) has taken off with conventional and alternative programs and models for physical health and bodily care.

The rapidly changing needs and options of the health care market, coupled with the current economic, environmental and global upheaval have created an urgent need for options with regard to self-managed mental and emotional health care.

The Monarch Method[™] puts your basic mental and emotional care back into your hands. Your time is now; your opportunity is here with *The Monarch Method*[™].

“You already are who you’ve been waiting for.”

2. *What is a Master Catalyst?*

For over 35 years, Dr. Greene has been guiding people and leaders in solving problems and achieving their goals. Now, with *The Monarch Method*[™] that process is easier, quicker, long-lasting, and a lot more fun.

As a Transformation Catalyst, Dr. Greene works with high profile individuals as they embark on their personal journey of transformation, using *The Monarch Method*[™]. Dr. Greene works exclusively and discreetly with leaders and public figures in achieving their personal and professional goals, using *The Monarch Method*[™] for Personal Transformation and Evolutionary Leadership.

I will work exclusively with you to design your unique strategy and approach to achieve your goals and dreams, whether they be personal or professional.

“You are powerful beyond measure.”

3. *How do you help people transform their lives?*

Since the development of *The Monarch Method*[™], the process has become infinitely more straightforward, expedient, and enjoyable. Dr. Greene's role as your catalyst is to guide you as you tap into the wisdom and knowledge that already exist within you. Somewhere inside, you already know what is in your best interest and what works for you, whether you realize it or not. You already have the inner power and capability to transform. It's simply a matter of applying the strategies. It is my job to teach you the strategies and show you the path forward.

The Monarch Method[™] makes it easy!

4. *How can I stop feeling...depressed, empty, guilty, ... [you fill in the blank]? How do I stop doing...[blank]and start...[blank]?*

The Monarch Method[™] is the how-to guide for these struggles and more. It is a formula for identifying the outdated beliefs keeping you repeating old patterns of thought, feeling, and behavior that no longer support you and prevent you from moving forward.

Most of the time, these outdated beliefs are subconscious. Once you have identified your outdated core belief(s) you can easily create new ones that support your current circumstances. The practices in *The Monarch Method*[™] guide you step-by-step along your journey of transformation.

5. *How do you know how to fix people and what advice to give them?*

“What I know is you are not broken and therefore you don’t need to be fixed. What I have come to understand is the ideal process for healing, growth, and transformation. Everything I have learned about this process I have given to you in *You Are Not Broken! with The Monarch Method™*.”

“What I have come to believe is that our basic mental and emotional struggles are not necessarily disorders and that we are wired for well-being from birth. People do not need to be ‘fixed’ because they are not broken. What are often referred to as disorders and mental illness are what I believe to be mechanisms for re-ordering and mental wellness.

My role as a catalyst is not about giving you advice on how to make choices and best live your life. Not only have you had more than your fill of advice from others, but more important, you already have the answers inside you. The only advice I do have is to believe in you.

*“You are so much more than you
permit yourself to believe and see!”*

6. *Am I beyond help? Who can fix me?*

You are not broken, you are not beyond help, and you don't need to be fixed. The issue isn't one of brokenness; it's one of imbalance and disharmony, both of which are within your ability to re-establish. It's as straightforward as re-establishing balance within and around you and restoring the harmony that exists deep within you.

Having been in that place of despair myself (more than once I might add) - unable to see the light at the end of the tunnel, efforts to heal and rebalance unraveling before I can stabilize my life, resource after resource seemingly ineffective - I get it. I understand the frustration and fading hope, the feeling that you may be unfixable, broken. Have faith because the solutions are easier than they seem, and the answers already exist deep within you.

That's the beauty of *The Monarch Method*[™]. It gives you the strategies to not only achieve your goals, but to maintain well-being and success. That's why it is vital – it is unlike anything you have used before, it puts your basic mental and emotional well-being back in your hands. As a platform-building tool, it guides you in creating the inner foundation necessary to make your efforts successful, as well as making the supports and resources you use effective and the results long-lasting.

“Transform on your own terms!”

7. *What makes you an expert, Dr. Greene?*

It would be simple for me to answer this question by sharing my years of experience and education as well as client testimonials, but you'd probably like and deserve, a more personal answer.

Firstly, I am the foremost expert on *The Monarch Method*[™] because I conceived and developed the concept. What makes me an expert in life and leadership is the unique combination of education (inside and outside the classroom), professional expertise (runs the gamut from flipping burgers in a fast food joint to starting the first holistic health collaborative in Connecticut), and personal experience (from despair to elation, failure to success and back again). More than that, I have been relentless in my efforts to feel good about myself and my life. As a teen struggling with self-value, I wanted to experience joy and success and to love who I was.

Looking back, I definitely took the road less traveled and still do, more often than not. I wouldn't change a thing because I've come to love my life – ups, downs, and everything in between. The bottom line is I've lived what I teach, and I practice what I preach. And still, I honor my imperfections and view my mistakes and struggles as opportunities for growth.

Ultimately, the wisdom I share in person and in writing comes from a Source beyond what my brain produces. I believe we are all connected to that Source, the origin of universal wisdom and intelligence, and we have access to it all of the time. I'm simply a conduit for the wisdom I pass along. My gift is in my ability to interpret those messages from above, passing along their wisdom. That is my expertise.

8. *Is The Monarch Method™ easily accessible and user friendly? How much effort and time does it take?*

What could be easier than sitting comfortably in your own home (or any other place you choose) and being given the philosophies and strategies to effectively manage your own basic mental and emotional health, achieve your goals and create success in all areas of your life? My approach makes potentially complicated concepts simple to understand. *The Monarch Method™* is easy to use and fun to work with.

The level of effort is entirely up to you. As with most things in life, the effort you put into something is comparable to the level of satisfaction you get from it. Each individual is unique, as is their pace and process. *The Monarch Method™* accommodates each individual's unique lifestyle, approach, choices, and goals.

“Your capacity for expansion is limitless.”

9. *Once I understand the approach, can't I just complete the process in my head? Why do I have to use the workbook?*

You can't think your way out of something you felt your way into. In other words, for tangible change to take place - not to mention mental, emotional, and spiritual - the process must take place on multiple levels – physical and metaphysical.

Processing something in your head (mental) is important, AND it must be integrated with processing physically, emotionally and spiritually. *The Monarch Method™* provides strategies for mind, body, emotion, and spirit.

Additionally, because most of your core beliefs are subconscious, it's vital to have guidance in getting to the core of who you are and why you operate the way you do.

“You are one whole, complete being.”

10. *Why is The Monarch Method™ Oracle Card Deck & Guidebook essential to the process?*

You are so much more than a human with five basic senses (sight, sound, taste, touch, smell). You are a multi-sensory being that heals, learns, grows, evolves and expands on multiple levels – physical and nonphysical (I call that metaphysical).

Change takes place within every aspect of your being – mind, body, emotions, and spirit. It takes more than just reading, listening or thinking in order to effectively create and sustain change and accomplish transformation.

It works best when your experiences are multi-sensory, just as you are. The more expansive your energetic and sensory experience is, the faster and more permanently you will integrate new concepts. Philosophy and strategy provide you with part of the solution; imagery and spirituality complete the equation.

The Monarch Method™ Oracle Card Deck helps you:

- Identify outdated core beliefs
- Create new core beliefs
- Use imagery to clarify and imprint concepts
- Integrate color and shapes to shift energy
- Adopt self-affirming statements to enhance growth
- Bring into consciousness what is/was subconscious
- Add delight and discovery to the process

“Creativity is wings for the soul.”

11. *Will I feel worse before I feel better?*

While it is not unusual to re-experience some painful memories using more conventional clinical approaches, I don't know of anyone using *The Monarch Method*[™] who has felt worse for any length of time during the process. It focuses on the path ahead as opposed to the path behind you or your past. The philosophy underlying *The Monarch Method*[™] opposes many of the constructs in conventional clinical models by tapping into your inherent ability to create well-being instead of focusing on your so-called disorders. I believe we are mostly well-logical instead of patho-logical and we create re-order instead of dis-order.

Chances are you already feel badly on some level; you already know how low you've been. My goal is to take you out of the depths of despair, re-introducing you to that hidden aspect of yourself that knows no limits, liberating you from frustration and hopelessness, and reconnecting you to success and passion.

“You are designed for well-being.”

12. *Is my process and participation confidential?*

Everyone has a right to privacy. Confidentiality is my priority. The well-being of my clients is foremost in all I do and creating a safe environment is part of that vow. It is within a sacred space where we do our best healing and growing.

The only people who will know the details of your personal journey are the ones you choose to share it with.

13. *How soon can I begin?*

No need to put off feeling good and succeeding – you can start now! This is something you have been thinking about and are ready for on some level or you wouldn't be reading this *Primer*. The choice is always yours.

Your time is now!

***Join
The Monarch Method™
Movement!***

“Begin to live the life you dream.”

14. *Do I need a counselor, diagnosis, or other resource to use The Monarch Method™?*

Anyone can use *The Monarch Method™* any time for a multitude of reasons. That said, it is not intended to immediately replace other resources, products, or services you currently use. It is designed as a platform building tool, guiding you in reinforcing your inner foundation, the place from which all significant and sustainable healing, growth, and progress take place.

If, at any point during *The Monarch Method™* process, you feel as if additional support beyond the services currently offered would be helpful, I encourage to contact your local health professionals.

The Monarch Method™ process is designed to adapt to each individual's unique lifestyle, choices, circumstances, issues, concerns, transitions, and so forth. It works cooperatively with all outside resources, products, and services.

It works alongside not instead of your current supports, life choices and circumstances.

15. *How do I get and stay well – physically, emotionally, mentally, and spiritually?*

The Monarch Method™ process is designed to clarify your goals and help you understand the capacity already within you to effectively manage your basic mental and emotional health needs. In so many cultures, we've been led to believe that feeling sad or stuck or depressed or angry means we have a problem; that thinking about escaping from life, quitting your job, leaving your significant other, and other

reactions to ongoing struggles means you're somehow messed up; that acting with aggression, withdrawal, fear, or other negatively judged behaviors means you have a disorder.

All of these judgments, these expectations set upon us by others, are rules you are not required to live by. It's time to make some rules of your own, decide what thoughts, feelings and behaviors best support you and build on that inner power. *The Monarch Method*[™] shows you how to do this.

16. *How do I find my power or my light or my soul?*

Firstly, the fact you realize you have power, light, and a soul means you're halfway there already. And for those who may not yet realize this, believe me you do! *The Monarch Method*[™] is the guide to living your dreams, and when you apply it to your unique circumstances, achieving your goals is easier than you think.

You are a powerful being of light and love, and for as long as you have breath within you, that fact cannot change. No need to 'find' your power or light anywhere outside you because it already exists and always has within you.

SECTION III

WHAT'S NEXT?

Opportunities

With *The Monarch Method*[™] you have the opportunity to take charge of your basic mental and emotional health care. When you accomplish this, you will be ready to effectively and sustainably deal with many of life's ups and downs such as:

- Past experiences and childhood memories
- Current circumstances and challenges
- Personal and professional goals
- Sudden and unexpected events
- Anticipated transitions and situations

You have within you the power, wisdom, and capacity to successfully manage much of what takes place in your mind (thoughts), your heart (feelings) and your world (physical).

With *The Monarch Method*[™], you will have the strategies to get started, integrating it with everything you are currently using or doing.

Opportunity is at your fingertips – your time is now!

Options

You always have choices and options when it comes to your personal growth. From daily and even momentary decisions to the larger life choices that are in front of you.

Before *The Monarch Method*[™], your options for managing basic mental and emotional health have been largely limited to reliance on outside professionals, service, and products.

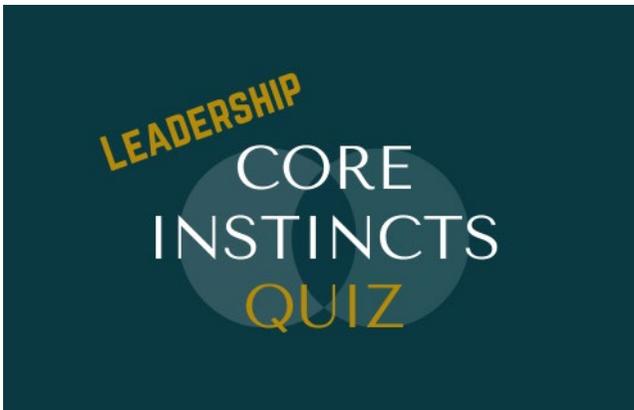
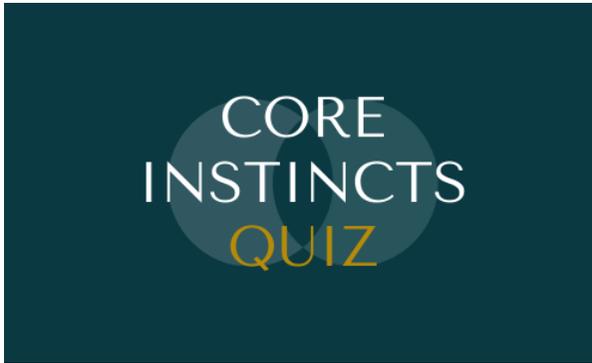
Now, *The Monarch Method*[™] gives you the strategies to effectively manage your basic mental and emotional health, achieve your goals (personal or professional) and create success in all areas of your life. In addition, it is a gentle and fun process. The best part is that *The Monarch Method*[™] is designed to work along with everything you are currently doing or intend to use and do for healing, support, and growth.

There is no need to replace one for another unless or until the time is right for you. *The Monarch Method*[™] helps you to make those decisions with more clarity, wisdom, and a stronger inner foundation of whole being health harmony.

Your options just expanded immeasurably.

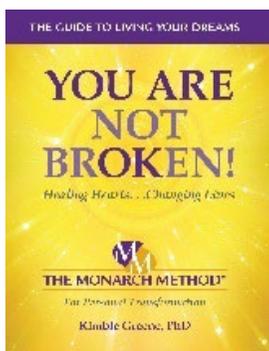
The Core Instincts Quizzes

Strategically designed to clarify where you are now and the path moving forward.



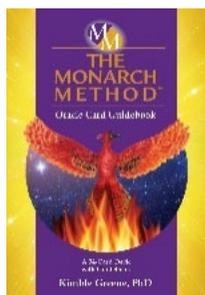
The Monarch Method Programs

Personal Empowerment Program



The Manual

Provides you with the philosophies, strategies and pathway, including success stories, for your personal Transformational journey to well-being and success.



Oracle Card Deck & Guidebook

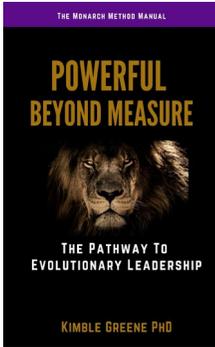
This deck and guidebook were designed precisely to support and enhance *The Monarch Method*[™] process. They are fun to use and provide you with the wisdom and imagery to transform on multiple levels.



The Personal Journal

Writing is essential to deep and lasting healing and growth. Studies have shown that when you write by hand you engage portions of your brain and emotions necessary for change and evolution. Read more about this topic in **You Are Not Broken!**

Evolutionary Leadership Program



The Manual

Provides you with the philosophies, strategies and pathway, including success stories, for your journey to evolutionary leadership



Power Card Deck & Guidebook

This deck and guidebook were designed precisely to support and enhance *The Monarch Method*[™] process. They are fun to use and provide you with the wisdom and imagery to transform on multiple levels.



The Power Journal

Writing is essential to deep and lasting healing and growth. Studies have shown that when you write by hand you engage portions of your brain and emotions necessary for change and evolution. Read more about this topic in **Powerful Beyond Measure!**

About Dr. Kimble Greene

Kimble has been guiding and transforming people for over 35 years. She has a PhD in transpersonal psychology and is a bestselling author, master catalyst and a trailblazer. Known as the 'Soul Whisperer', Kimble reconnects people to their core passion and purpose, leading them to achieve their goals and create success in their lives.



Kimble's decades of education, research and experience culminated in the development of *The Catalyst Factor*[™]. This philosophy is based on the science that establishes people as beings of energy and belief, with the innate capacity for ongoing biological and psychological transformation. This paradigm shifting philosophy was followed by the development of *The Monarch Method*[™]. This approach for removing what's blocking you so you can achieve long-awaited goals is a 'game-changer'.

Shortly after launching *The Monarch Method*[™] in 2009, client success skyrocketed. Since that time, *The Monarch Method*[™] has become an international movement with Kimble's talks and services in increasing demand.

Kimble works with individuals and leaders interested in creating real, sustainable change in their lives.