

## The Monarch Methods Steps

As a *Certified Monarch Method Specialist*, you are familiar with the tenets and process of the method, both from personal experience and simulated application. Below, is an overview of the primary steps in identifying and modifying outdated beliefs to clear blocks and move forward. The process entails clearing the past, claiming the present, and transforming the future.

*Please utilize the peer support available via Dr. Greene and the Monarch Method Specialists private group.*

### GOAL

Clarify client's concerns and goals at outset. Typically, the goal client starts with is not the core goal. This requires some investigation via questions and drilling down to the feelings beneath the surface objective. The core goal will likely evolve/appear over the course of the first number of sessions.

*Example: Enter with goal to improve relationship with a loved one. Deeper goal relates to client's struggle with self-value, control, etc.*

### HISTORY

Gather personal history or timeline of significant events over client's lifetime. Typically, the now outdated beliefs were formed in the first 10 years of life (or a traumatic event in adulthood). Ask questions about family dynamics, personalities, significant events, etc.

*Example: Child learns to overachieve to receive attention, compete with siblings, or increase sense of self-worth. This translates to subconscious survival strategy into adulthood.*

### OUTDATED BELIEF

The outdated belief will have been formed and used successfully to cope with a particular set of circumstances, like childhood or traumatic event. It can often be pinpointed by intensity of actions or extreme thoughts, feelings, and behaviors.

*Example: I am valuable when I succeed. I am lovable when I stand out. I am worthy when I am financially secure.*

It is vital to validate the belief as an appropriate strategy at the time, for physical, mental, emotional survival or optimization. The 'I Am' is conditional.

### UPDATED BELIEF

The new belief or the 'I Am' is not conditional and is typically an abbreviated version of the outdated belief. Important to identify updated beliefs related to outdated belief vs. beliefs related to the client's goals moving forward.\*

*Example - Outdated Belief: 'I Am Worthy' or 'I Am Worthy Because I Exist'*

*Example - Future Goals Beliefs: I Am Successful, I Am Creative, I Am Sovereign.*

**\*Client must commit to 'practices' for embedding updated belief so that outdated belief is overridden, and new neuropathways formed. This is essential to eliminate blocks and unwanted/outdated patterns along with achieving and sustaining desired goals and new patterns (thoughts, feelings, behaviors).**

## Steps Breakdown

**Preparation** for the aforementioned *TMM* steps, your client must have a basic understanding of why the method works. In other words, the science informing the methodology. This begins with an overview of *The Catalyst Factor*, which outlines the research, sciences, and approaches underlying *TMM*. This information and client education is vital because it empowers the client to begin to understand and know their powerful innate capacities. Empowerment leads to Transformation.

*\*Encourage your client to use a journal to document their steps, practices, and results.*

**Goal** – Ask the client to state their goal(s)/concern(s) as they relates to TMM process. Include both personal and professional aspects of their lives and ask the client to be specific – however, avoid the temptation to dig deeper at this early stage. This is what I call the ‘outside concern’.

At a later stage in the process, typically when you reach the outdated belief step, you will want to establish the goal from a deeper perspective. I call this the ‘inside goal’.

*Example:* Outside concern, “I want to improve my relationship with my boss because he does not value me.”

Inside goal, “I now realize I’ve struggled with my self-worth from an early age because of [fill in blank]. My real goal is to change the way I view myself and improve my self-value.

**Timeline** – This second step in the process and is vital for both yours and the client’s concern/goal clarity as well as in identifying the outdated belief later in the process. You may need to revisit and/or add to the timeline details when you get to identifying the outdated belief.

Later in the process, you will know if there’s more for your client to reveal if you struggle with clearly identifying the outdated belief. It can be as simple as asking some pointed questions about prominent [childhood] experiences and how the client reacted in thought and action to those circumstances.

*Example:* ‘As a child, I recall hiding in my bedroom and eating cookies to drown out the noise of my mother’s psychotic episodes.’ (this client struggles with obesity)

**Outdated Belief** – As you begin to identify the clients outdated beliefs, reference the current unwanted or self-sabotaging behaviors then link them to similar behaviors established early in life. These early behaviors, along with the related thoughts and feelings, were established subconsciously to optimize getting needs met and were effective. These are the outdated beliefs – beliefs that worked for you at some point in time and now work against you because you are in a different point of time. This is where the previous ‘timeline’ step helps.

The outdated belief should be stated in terms of an ‘I Am’ with conditions or qualifiers. For example, ‘I am lovable when I’m successful, meet expectations, etc.’.

It is vital to validate the genius of the clients outdated beliefs along with the associated thoughts, feelings, and behaviors at the time because they were essential, and they worked for that specific set of circumstances. The reason they no longer work is not because the client is broken (as present labels and rhetoric would imply), but simply because they are outdated or no longer appropriate for the client’s current circumstances.

**Updated Belief** – Establishing the new or updated belief is relatively straightforward. It is usually the same ‘I Am’, minus the qualifiers or conditions.

*Example:* Outdated – ‘I am worthy when I succeed’

Updated – ‘I Am Worthy’

It is important to differentiate outdated beliefs from the beliefs the client aspires to moving forward or future beliefs/qualities. This is why the timeline and outdated belief process is crucial. It must clearly link to the neuropathway (subconscious pattern) that is no longer supportive for the practices for imprinting the new belief to be effective and sustainable.