

**THE
CATALYST
FACTOR™**

*The Science & Psychology
of Transformation*

Kimble Greene, PhD

The following is an excerpt from **The Catalyst Factor** book.

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Library of Congress Cataloging-in-Publication Data Greene, Kimble The Catalyst Factor by Kimble Greene, PhD

Summary: The science and strategy to personal transformation and leadership development

ISBN: 978-0-9977178-9-1

United States of America

The Catalyst Factor™ is the scientific and philosophical foundation informing **The Monarch Method™** - the 3-step process for identifying and shifting what's blocking you, so you can achieve your goals and move forward in your life. Rather than a replacement therapy, this groundbreaking approach is an inner foundation strengthening process thereby enhancing and increasing the effectiveness of outer efforts, therapies, and resources.

The Problem

The numbers are hard to ignore, in fact the American Psychological Association reports over 75% (2019) of adults experience mental and emotional struggles which contribute to physical and psychological challenges that impact life on every level including relationships, goal achievement, work, finances, health, energy, cognition, mood, habits, and more. With the onset of the global pandemic in 2020, that percentage has increased along with the depth and scope of struggles people are experiencing.

It's important to understand that basic mental and emotional struggles are simply part of the human experience, from minor to traumatic events - dissolving the stigma attached to these struggles is essential. That said, personal struggles often feel insurmountable and, historically, the scientific and medical fields have been unable to offer deep sustainable solutions for shifting from surviving to thriving.

Recent research has proven you are more powerful than you realize, and you have the capacity within to resolve struggles, solve problems, and achieve your goals. It's all about the strategy. That's why I created *The Catalyst Factor™* and *The Monarch Method™* - these approaches give you the philosophies and practices to address and resolve those struggles so you can move forward with your life.

The Solution

The Catalyst Factor™ is grounded in frontier science and research (i.e., Epigenetics) underscoring we are primarily beings of energy and belief, rather than merely bodies of matter and cognition. Blending the wisdom of psychology, neuroscience, and metaphysics this approach emphasizes the impact of your beliefs in establishing the progression and unique quality of your life. In other

words, we continually transform our minds, personalities, bodies, and circumstances based upon our beliefs which result from our perceptions of the world. It's no longer simply a matter of being hostage to your genetic makeup and DNA. This groundbreaking research has transformed the way we view and manage whole being health along with each person's inherent ability to create and sustain internal and external change.

The premise of this approach is based on research demonstrating your core beliefs and perceptions, both of yourself and the world, create the energy that drives your life and experiences. The majority of these core beliefs are subconscious. In fact, studies have proven over 90% of who you are is subconscious, leaving a mere 10% or less of conscious material from which to think, feel, choose, and act. Your core beliefs are the catalyst for every thought, feeling, and behavior. Reinvent your outdated core beliefs and you will organically generate the exact thoughts, feelings, and behaviors that will transform you and your future.

Every behavior, feeling, and thought is generated by a subconscious core belief. Therefore, your beliefs are the catalyst for your entire life experience – physically, mentally, emotionally, relationally, and spiritually. To create significant sustainable change, which is most often a conscious process, your subconscious beliefs must align with your conscious efforts. If they are not aligned, your subconscious beliefs, which have long become neurological patterns, will continually undermine your conscious efforts to change and move forward.

It is important to understand, at one point in your life (typically in your first 15 years), you established a set of beliefs which optimized your mental, emotional, and possibly physical survival at that time and in those circumstances. Years later as an adult, those original beliefs are like tapes running in your head, only you're not aware they're running because they're subconscious. Many of those beliefs, which served you well in the past, no longer serve you. In fact, they (along with their associated thoughts, feelings, and behaviors) begin to work against you because your circumstances, level of independence, and goals continue to evolve over the years. Those old beliefs are neither wrong nor bad, they are simply outdated. To deeply and permanently change your unwanted thoughts, feelings, and behaviors which contribute to blocks and struggles you must change your (outdated) core beliefs.

Who and What are *The Catalyst Factor™* and *The Monarch Method™* for?

These proprietary methodologies are for individuals who desire to overcome obstacles and move forward in their lives. Offered in exclusive, individualized private formats, Dr Greene's services are for those ready to invest in themselves, commit to self-discovery and eager to step into the next evolutionary phase of their lives, from surviving to thriving.

These approaches are designed to apply across genders, cultures, age groups, and lifestyles. They are applicable to:

- ✓ Past experiences
- ✓ Current circumstances
- ✓ Goals achievement
- ✓ Unexpected events/trauma
- ✓ Anticipated transitions

The science, strategies, and practices can and are meant to be used in conjunction with other resources in your life. For example, it works well with coaching, counseling, prescription medication, alternative medicine, conventional health care, holistic health, group work, self-help practices, and more.

The Monarch Method™ is designed as a foundation building process which supports, enhances, and makes more effective all the internal sources you already have along with the external resources you utilize. Basically, this provides you with a comprehensive map to personal healing and growth, belief shifting, leadership development, self-awareness, and above all, the rediscovery and liberation of incredibly special, enormously valuable extraordinary You!

Welcome to your journey of discovery, transformation, evolution, and the game-changing breakthrough of a lifetime!

***“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.”***

