



## USING THE CARDS TO IDENTIFY OUTDATED BELIEFS

**The Monarch Method™ Cards** were designed for and are key to process of identifying your core beliefs, both past (outdated) and future.

All the messages on these cards are traits inherent in everyone, and some will resonate more than others. The messages that resonate now may or may not be the same as those in your past or future. That's because your physical and emotional needs change as you transition through life. Energy is in constant motion.

The 'Upright' message indicates you are in alignment with the message on the card. The 'Reversed' message simply means you are out of alignment with your true nature, operating from outdated core beliefs. **The Monarch Method™** is designed to align you with your true nature, the 'Upright' messages.

Each card description in the guidebook includes: a number; the name of the winged creature; a black and white copy of the card; an 'I Am' statement; 3 associated descriptors; the upright message; a universal statement regarding upright vs. reversed messages; the reversed message; a personalized mantra; and, a message from the card illustrator, Lisa, who channeled the energy of each creature.

Both mythical and actual winged creatures were chosen to accentuate the 'I AM' statements and core beliefs on each card because they represent free will, limitlessness, and grace.

With wings you can soar above and below the earth's surface. Flight is an expression of freedom, a liberation from those things holding you back. Wings represent flight, a powerful symbol of your ability to rise above it all and soar to new heights.

## HOW TO USE

Use the cards for drilling down to the outdated core belief and coinciding I AM statement that most closely represents the entirety of your outdated belief circumstances. An exact representation isn't necessary. Choose the card most closely aligns with a represents the overall 'feeling' you have related to everything that contributed to the outdated core belief.

Step 1: Hold each card, one at a time, and say all 4 'I Am...' statements aloud. For example, holding card #3 say; *'I Am Safe', 'I Am Protected', 'I Am Unharmmed', 'I Am Unthreatened'*. Even though the 'I Am' statements are phrased as a positive declaration, your subconscious outdated belief will recognize when a statement is 'untrue' and therefore unaligned with the old belief. This is what riggers the physical and/or emotional response, i.e. tears, gut tightening, heart racing, head throbbing, watery eyes or emotional responses like sadness, anger, grief, loss, etc.

If any or all the statement elicit emotion, mentally and/or physically, place that card in the YES pile. If any or all the statements leave you relatively unphased, place that card in the NO pile. Allow for unanticipated and unexpected reactions to these statements. It's the unexpected reaction and/or the intensity of the reaction which is connected to your subconscious triggers. and outdated belief.

If you are unsure about your reaction, place it in the MAYBE pile. At the end of each deck review, put the MAYBE cards in the YES pile and the NO cards in a separate pile not to be reused.

Using what's left from the YES and MAYBE piles, go through the cards as many times as required, saying each of the 4 'I Am...' statements aloud, until you are left with about 3-5 cards in the YES pile.

Once you are down to your final cards, try the YES, MAYBE, NO exercise on e last time. If you're having trouble identifying the 1 card that most closely aligns with your struggle(s) and outdated belief, work with your *Monarch Method Specialist* to clarify and choose THE card.

Note, it's important to discern between your future, desired goals/belief statements and your outdated belief statement. Again, work with your *Monarch Method Specialist*, who will have been through this process themselves, to assist you in identifying the best card.

While the final card does not have to be exact (it's more of a visceral feeling) it is important to be able to utilize the card moving forward to shift into your updated, new core belief.

Once you've identified the 1 card which represents your outdated core belief, work with your *Monarch Method Specialist* or with the workbook on how to transform that old belief into a new, current belief.

*Note: It is not uncommon for the last handful of cards that were NOT your #1 outdated belief card to represent potential 'I Am' statement for transforming your future, in other words your goals for who you want to become. However, it is essential you replace the outdated belief BEFORE you work with future belief messages.*