

TRANSFORMATIVE SERIES



A MINDSET BOOKLET

THE
CATALYST
FACTOR

THE SCIENCE OF THRIVING

Kimble Greene, PhD

The Catalyst Factor: Science of Thriving

Transformative Series
A Mindset Booklet

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Excerpts from – *The Catalyst Factor: The Science and Psychology of Transformation*

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**The
Catalyst
Factor**

Science of Thriving

Kimble Greene, PhD

“Your reality is a reflection of your strongest belief.”

Unknown



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 and empowerment process enhancing and increasing the effectiveness of outer efforts, interventions, and resources.

*“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.”*

Kimble Greene, PhD

Everybody struggles – mentally, emotionally, physically – at various points and to varying degrees over the course of their lives. Resolution of such struggles is hard to achieve and rarely sustainable using the current conventional approaches and interventions which focus on changing conscious and observable thoughts, feelings, and behaviors as the pathway to goal achievement.

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, career, goal achievement, 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/emotional struggles are part of the human experience and therefore unavoidable. Unfortunately, a culture of labeling basic mental/emotional struggles as 'illness' have resulted in stigma and dependence on the outdated mental health systems and approaches. In addition to the dependency on professionals and prescriptions created by the current mental health establishment, it has made personal struggles often feel insurmountable.

Historically, the scientific and medical fields have been unable to offer deep sustainable solutions for independent change or for shifting from surviving to thriving. Providing accessible, effective, and sustainable education and support services are essential along with destigmatizing these types of struggles while empowering individuals to effectively manage them with and/or without outside resources and support.

In the last two decades frontier sciences and research have proven you are more powerful than you realize and you have the tools within to resolve struggles, solve problems, and achieve your goals. It's all about information and strategy.

The Catalyst Factor[™] and *The Monarch Method*[™] provide the philosophies, science, and practices to address and resolve those basic struggles so you can move forward in your life – personally and professionally.

The Catalyst Factor[™] is grounded in frontier science and research (i.e., Epigenetics, Quantum Physics, Neuroscience, Transpersonal Psychology) underscoring we are primarily beings of unified energy and belief, rather than merely detached bodies of matter and cognition (Newtonian physics). This approach emphasizes the impact of your beliefs in establishing the trajectory and unique quality of your life – mentally, physically, and emotionally.

In other words, your experience of yourself and the world is driven by your [subconscious] beliefs (typically established in your first 10 years of life and/or by later impactful experiences), the neuropsychological programming or tapes running invisibly in the background of your mind. In fact, scientists have proven the power of our beliefs is so significant, it directs cellular development and gene evolution (Epigenetics research).

It's no longer simply a matter of being hostage to your genetic makeup and DNA (Darwin's genetic determinism). The scope of this groundbreaking research has transformed and infinitely expanded the way we view and manage whole being health along with each person's inherent ability to create and sustain internal evolution and external change.

The premise of *The Catalyst Factor*[™] is based on the collective research demonstrating your core beliefs create the energy which 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 substance from which to think, feel, choose, and act. In other words, your core beliefs are the catalyst for every thought, feeling, and behavior.

Because every behavior, feeling, and thought is generated by your subconscious core beliefs, these then are the catalysts for your entire life experience – physically, mentally, emotionally, relationally, and spiritually. To create significant sustainable change, which is primarily a conscious process, your subconscious beliefs must align with your conscious efforts. If they are not aligned, your subconscious beliefs, which have long ago become neurological patterns, will continually undermine your conscious efforts to create change and move forward. For example, the 'positive thinking' movement is only sustainable when your positive thoughts align with your subconscious core beliefs, otherwise your subconscious beliefs (neuropsychological programs or patterns) will sabotage your conscious efforts.

Too often we're led to believe we are 'sabotaging' our own best efforts at change, when in fact you are simply operating based on your outdated subliminal strategies. It is important to understand, at one point in your life (typically in your first 10 years), you established 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 (similar to tapes running in your head of which you're probably unaware because they're subconscious) continue to dominate your cognition and psyche, treating every moment moving forward as if it were a recreation of your past using those old beliefs to survive in those circumstances. 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 have continuously transitioned over the years.

Those old beliefs are neither wrong nor bad, they are simply outdated. That also means your often unsuccessful efforts at establishing and/or sustaining change (and even the fear or reluctance to address change) are not because there's anything wrong with you, your hard work, or the resources you use; it's because you're running up against deep neuro patterns that are simply in need of updating. Think of it like your computer hard drive (beliefs and strategies) needing updates to keep up with advancing technology (you). To deeply and permanently change the unwanted thoughts, feelings, and behaviors contributing to blocks and struggles you must first change your (outdated) core beliefs.

You are the catalyst for your life – how you experience yourself and the world around you. Using the energy and power of your beliefs, you have the ability to change the trajectory and experience of your mind, body, emotions, relationships and your life.

By identifying and reinventing your outdated core beliefs, you will organically generate the exact thoughts, feelings, and behaviors that support you in clearing your past, claiming your present, and transforming your future.

Dr. Kimble Greene has been transforming lives and empowering leaders for 35+ years. She holds a PhD in Psychology and expertise in agency administration, strategic consulting, and personal/leadership development. Kimble is internationally acclaimed for her game-changing approach to personal transformation and evolutionary leadership - *The Monarch Method*[™]. Kimble's globally recognized method along with her groundbreaking philosophies (*The Catalyst Factor*[™]) are a unique blend of psychology, neuroscience, epigenetics, and quantum physics that takes her clients on an enriching journey of self-evolution and empowerment. Kimble's approaches, her expertise, and unassuming style makes her unique work with individuals and leaders transformative. She is the author of several books including the Amazon #1 bestseller - *You Are Not Broken*; *The Power to Thrive: When surviving is no longer enough*; *Powerful Beyond Measure: The pathway to evolutionary leadership*; *One: Embracing Life & Illuminating Your Spirit*; and *The Monarch Method*[™] 6-book series.