

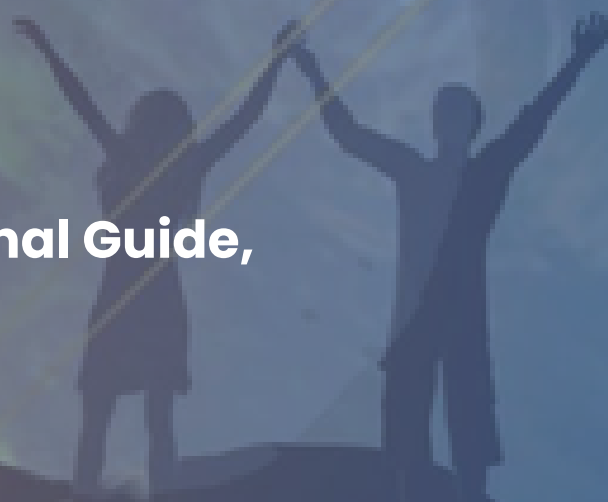
How to Create a QuantumSHIFT

5 Simple Steps to a Happier You



**With Transformational Guide,
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QuantumSHIFT.us



What is a Quantum SHIFT?

A Quantum SHIFT represents a pivotal change from a negative downward trajectory (entropy) to positive upward growth, resonating with a profound transition toward freedom and empowerment.

This SHIFT signifies a fundamental alteration in perspective—from viewing the world through a fragmented lens to recognizing the interconnected wholeness of the universe.

It underscores the idea that our thoughts, beliefs, actions, and emotions wield a potent influence on our physical reality.

Emphasizing the power of reshaping our internal landscape to manifest positive changes in our external world.

SHIFT

Academy





Step 1

S: See and Sense what your BODY is Feeling in the Moment

Whenever you feel **triggered** by something or someone (when your nervous system gets destabilized by physical, mental, or emotional PAIN), instead of avoiding, judging, fearing, or numbing it....**acknowledge** it!

Tips:

1. Bring attention to the area in need by saying "**I see/feel you**".
2. Don't suppress any emotions or sensations, just **BE with the experience of pain.**
3. This is an opportunity to bring **presence** to the part of you in pain, not comfort it (yet).





Step 2

H: Hear The Story In Your Head

When in pain, it's important to actively listen to one's inner narrative. The KEYS here are to: A) **Listen from your heart**. DO NOT react to the stories in your head. B) **Seek to understand** why your body feels the way it does.

Examples of what you may encounter when listening:

- I can hear myself wanting to **blame** someone or something, **doubt**, **overwhelm** and **confusion**.
- My **inner narrative** sounds disempowering (here we go again, nothing I do is ever good enough, I can't change this)
- I'm **making this mean** I'm unsafe, unloved, or worthless.

NOTE: the body is reacting to these beliefs in the form of sensations discovered in step 1.





Step 3

I: Integrate the Information

The root cause of dis-ease is a **split from our Sentience**.

(feeling stuck in separateness, incapable of bringing lasting change to undesired patterns.)

The secret to restoring optimal wellbeing; **return to wholeness**.

- **INTENTION:** Now's the time to comfort yourself. Invite this lost part of you to come home ❤️.
- **HOW:** Through the consistent use of bioenergetic somatic practices, like; intentional movement, breathwork, journaling, hypnosis, +affirmations, visualization.
- **WHY:** Integration allows you to rewire your nervous system for safety, discover the gift within pain, and embrace your inner wisdom.





Step 4

F: Free Yourself with Forgiveness

Forgive = give up claim to an owed debt, grant pardon, Grace

Ho'oponopono = To make the way right.

Atone = a tone, at one, unity with God, restore harmony, amend, or correct a wrongdoing.

To unburden your heart, free your mind, clear and transmute pain into power, **say:**

- **I'm sorry** (validate the pain, and own your part in creating, ignoring, denying, or perpetuating any patterns.)
- **I love you** (understand that the pattern isn't who you are.)
- **Please forgive me** (while focusing on the area in pain, set your intention to let it go.)

Within a few deep breaths, imagine you see, sense, and feel yourself releasing the heavy burden you've been carrying.





Step 5

T: Thank Yourself

By expressing gratitude, we bring closure to this process. Being in the higher vibrational state of appreciation elevates the heart and enables the Soul to rise above the pain.

You can say "Thank you for telling me about your pain, for letting go (of an attitude, view, drama), for coming home, for forgiving me and moving on, for this moment."

Whatever feels right and authentic in that moment.





Shawna Pelton, HHP

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79% of Individuals Who Receive Coaching Achieve Results and Maintain Their Goals.

Knowing what to do (SHIFT in 5 steps) doesn't always mean you'll do what you know (take action).

Most people need support in changing the subconscious mind of its **stuck patterns**.

Claim your free consultation with Shawna now to go deeper into this process for faster results!

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