

POWERSHIFT STARTER KIT

5 EASY STEPS
TO SHIFT YOUR ENERGY
& TAKE ACTION
IN YOUR BUSINESS

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REFUTURE YOUR LIFE
INTERNATIONAL

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Welcome.

Because you chose to download this book, I know you know what it's like to feel overwhelmed and scared, to feel stuck and like you're spinning your wheels.

When you run your own business, being stuck is NOT what you want.

Especially when you look at your to-do list. The one that seems to go on and on and on.

Boy, do I know what that's like!

I know how it is to see a great opportunity in front of you, to want to do it, and to have all those doubts and voices in your head that say things like:

- I can't do this.
- I'm not good enough.
- What if I put all of my time and energy into this and it doesn't work?
- Who am I to have a thriving business? I'm just ME!
- I don't belong here! Everyone else is so much further along!
- This is so hard!

Being stuck in fears and mental blocks is the No.1 reason entrepreneurs fail to thrive in their businesses. My work helps people break through their limiting beliefs and take action.

**“Thank you for the wonderful session yesterday!
I feel clear now. I feel confident in the next steps I'm taking.”**

Nozomi Morgan
Authentic Success Coach
nozomimorgan.com

Strategies and tactics can make a world of difference, but if you aren't using them, they're worthless.

I've worked with hundreds of entrepreneurs and business owners, **helping them get out of their own way so they feel confident and able to take the actions they need to take.**

I've seen them struggle with the same things I've seen in myself:

- **The fear of being seen – really seen in a bigger, deeper way**
- **Not having the easy, trusting relationship with money that they dream of**
- **Holding back and playing small**
- **Not feeling they deserve success**
- **Trying to keep the fears and doubts down as they step into a bigger role or approach a new threshold**



It's amazing sometimes how big a part these thoughts and feelings can play, even when you're not aware of them. They swirl around beneath the surface, draining your energy and distracting you. They're like static in the background that you're so used to that you scarcely notice anymore.

And you believe that's just how it is and how it will always be.

SO HOW DO I HELP?

I use a very gentle and highly effective process for clearing mental, emotional and energetic blocks, combined with practical, supportive tools for on-going success. I also use my deep intuition and my talent for knowing the greater truth that's at work.

I started in earnest on this path in 2004 when I began working side-by-side with Tapas Fleming, the founder of Tapas Acupressure Technique® (TAT®). Over the course of eight years, I helped her create an international certification program. I also developed and led workshops and trainings.

When it was time for me to focus on my own clients, I found a fabulous mentor, Christine Kane, president and founder of UplevelYou to help me develop my own business.

Christine was so impressed with the work I was doing that six months after I joined her program, she asked me to be her first associate coach. Since then, in my own practice and in working with her, I've coached over a thousand entrepreneurs and business owners.

I've helped them clear their blocks and end their inner struggles at a foundational level so that they're more successful in their businesses and their lives.

My 25+ years of working with energy and my extensive experience with clients led me to create the Refuturing Process.

I regularly watch my clients go from feeling stuck and ineffective to feeling light, energized, peaceful and clear – all during a session.

“I had no idea it was possible to shift from where I was when we started this call.”

Monique Lusse
Equity by Design

I run my own business. I know what it's like.

And I know what works.



WHY I WORK WITH ENERGY

Our energy is at the heart of who we are and how we function in life.

When it is stuck, we are stuck.

Once you release the blocking energy, you can express your truest self because you're taking action instead of obsessing or being stuck. You're naturally being YOU, and that's when you become most successful.

When your energy is flowing, you have greater clarity and more confidence. It's easier to take action—and to know what action you need to take.

You don't have to know everything about the "stuckness" to release it —you just need to know *how* to release it so that you can simply move away from where you're stuck and into the life you KNOW you can have.

My clients include people from all walks of life in over 20 countries, yet they all have certain things in common:

- **They're ready to live their dreams** in a bigger, more authentic way.
- **They're ready to let go of their stories** about the past and what was in their way — even if they didn't know how to do it.
- **They're ready to let go** of what's NOT working and discover what WILL work for their lives and their businesses.
- **They're ready to be more THEMSELVES** with greater strength, freedom and joy.
- **They're ready to soar** in their businesses and in their lives.

If this sounds like you, then you're exactly where you need to be.

Let's get started!

“I just had my first session with Sara. It was the most amazing session ever...For the first time in my life I feel centered, grounded, safe... For the first time in my life I really do feel that 'All things are possible' and that I can be, do and have whatever I want.”

Faith W.



THE POWER-SHIFT PROCESS

The first step in shifting your energy requires you to know where you're stuck.

When I work with clients, one of the first things we do is to look at what they complain about. When you complain, you know that nothing will change. Sometimes you may not even fully WANT it to change. (No worries, I can help you with that, too.)

With the processes I use, we take your complaints and actually have them be the basis for change to happen. Instead of "trying not to complain", we take those complaints and use them to shine a light on where you're stuck.

Take a few minutes now and answer these questions. And don't worry if you feel like you're complaining. It's perfect here.

1. Where are you stuck?

2. What "ick" comes up when you think about that? (thoughts, feelings, fears, images and voices)



3. How much time and energy are you spending on this?

4. How does that feel?

5. What would you be doing right now if you weren't stuck in fear and anxiety and covered over with "shoulds"?

Can you picture yourself effortlessly DOING it and how that feels?

Now look at where you are now, not doing it. The space between the two is where you're stuck.

You don't need to know more in order to do it. You don't need to invest more EFFORT than you're investing now.

You're simply stuck in the place of not doing it.

And here's the irony: The primary thing that keeps people stuck is a push-me-pull-you fear:

- The fear that you're not good enough to create the business and life you dream about
- The fear that you ARE that powerful – and what it's going to take to do it

Sometimes that fear's PROTECTING you. Many entrepreneurs are stuck thinking:

I'm not good enough to create this business, and if I invest a lot of time, energy and money working on it – if I invest MYSELF in this – and I fail, then everyone will see that. I'll be humiliated. And I'll have nothing left! At least this way I haven't failed BIG and I still have the possibility of success.

No wonder you get stuck when being stuck saves you from having a big failure!

But what if you could shift those underlying beliefs?

What if I shared with you a way to get "unstuck"?



Internal struggles and fears can be very big. Hurts from the past can feel deeply embedded. Releasing it all takes time and commitment.

And still there are things you can do **right now – right this minute** – to get the shifts started.

NOTICE WHERE YOU ARE

Start by looking at how things are right now for you. This is like taking a before picture.

How do you feel?

How does your body feel?

Okay, now let's get moving.

STEP 1 – GET COMFORTABLE WITH A NEW POSE

Have you ever watched an old movie where something shocking happens and an older woman “clasps her bosom”?

She does this because there is an amazing amount of energy in the heart, and connecting with it can calm your entire system down.

When I work with private clients, I encourage them to use this pose in-between our sessions. I call it the Hands-On-Heart (HOH) pose.

Here's what you do:

Place both hands on the center of your chest over your breastbone, with one palm on your chest and the other on the back of that hand. This area is also known as the heart chakra.

Now, close your eyes and take a few breaths, just noticing how you feel. Whatever you're feeling – tired, angry, sad, frustrated, happy, calm – just notice it.



Did you feel yourself calming down?

Did you feel yourself sinking back down into your body?

Whenever you feel overwhelmed or scared, your energy and attention move into your head.

This pose helps you move back down into your body; it helps you become more present.

Make notes here about how you're feeling now and what you noticed as you did the pose.

STEP 2 – EMBRACE THE STUCK-PLACE

Now look at what you wrote on question No. 2 above.

When we notice that ick coming up, our typical response is to immediately push it back down and try not to see it.

The problem is that it takes energy and attention to hold it down and NOT focus on it.

The bigger problem is that when we do that, we're actually holding the ick in place.

Before you can release the ick, you have to let it come up. It's like the Chinese finger puzzle – you can only get out of it by going into it.

While this step might not sound like fun, so many clients have told me that it actually feels good to them. They have thoughts like, "Finally someone's listening. Finally someone believes me." A part of them feels acknowledged at last.

In a moment, you'll do the Hands-On-Heart pose from Step 1 and say the following statement, referring to all the ick you wrote about in question No. 2 above:

"All of this is true.

This is exactly how it is and what's going to happen."

As you do the HOH pose and say the statement, the experience of the ick might increase for a few moments. Just stay in the pose, keep breathing and allow that happen. You'll probably be in the pose for 30-60 seconds or so.



When you feel done, open your eyes and put your hands down.

Okay, say the statements now while you do the pose. Here they are again for you:

“All of this is true.

This is exactly how it is and what’s going to happen.”

How do you feel? What did you notice?

Make your notes here.

STEP 3 – SHINE A NEW LIGHT ON THE STUCK-PLACE

Now it’s time to open up new possibilities, to shift your perspective.

We’ll use the phrase: “It’s possible that” because it opens the door to something new, yet doesn’t give your mind anything to argue with.

Do the Hands-On-Heart pose and say:

It’s *possible* that this is NOT true.

It’s *possible* that this is NOT what’s going to happen.

How do you feel? What did you notice?

Make your notes here.



STEP 4 – OPEN TO A NEW POSSIBILITY

Let's take it a step further.

Feel free to add to this wording or change it any way you'd like.

Keep in mind that you're not trying to believe this or make it happen. You're simply sitting with the possibility of it— almost like taking a bite of something and just seeing what it tastes like with a sense of curiosity.

Do the Hands-On-Heart pose and say:

It's possible that I CAN do this.

It's possible that I can do this with clarity, confidence and ease.

It's possible that I can even have FUN doing this.

How do you feel? What did you notice?

Make your notes here.

STEP 5 – SMILE

Smiles are TREMENDOUS energy-shifters. They are so powerful that they can help you shift your energy **even when you're faking them!**

You can increase the power of your smile by combining it with the Hands-On-Heart pose.

Do the pose now and smile.

Smile at yourself. Smile at what you're about to do. Smile at all the ick you were feeling.



Just smile from your heart.

If you don't feel like smiling, that's fine. Just be with the possibility of smiling at it all some day and see what happens.

How do you feel? What did you notice?

Make your notes here.

WHERE DO YOU GO FROM HERE?

Compare what you just wrote to what you wrote in the **NOTICE WHERE YOU** are section above.

Do you feel lighter? More calm? More energized?

Energy is like sound waves. A higher sound has a faster vibration rate; a lower sound has a slower vibration.

Your feelings reveal what's happening with your energy: When you feel peaceful, your energy is vibrating at a high rate. Happiness has an even higher frequency. Lethargy and sadness have progressively lower vibrations.

When your energy is higher, you have greater clarity and more confidence. It's easier to take action – and to know what action you need to take.

Are you ready to raise your vibration even higher by letting go of the hurts from the past? By freeing yourself from your stories and the pattern of playing small?

Are you ready to go deeper so that you can soar higher?

Your business is an expression of you. The clearer and more confident you are:

The easier your ideal clients will find you

The more joy and abundance you can allow into your life

The greater your sense of flow and ease will be

I can hold a safe space and guide you in clearing the blocks that hold you back from real success.

If you want to be supported in your greatness instead of in your stories, then [click here](#) to schedule a complimentary Connection Call.



JACK'S SUCCESS STORY



My work with Sara has really alleviated a lot of the pressures of being a business owner. Our sessions have addressed a variety of struggles, both personal and professional

In our first session, I was surprised by the depth of emotions that surfaced as I found myself looking 15 years back to a time when I came out as a young gay man.

I was profoundly unaware that behaviors I had adopted to protect myself during a difficult time were continuing to limit my life experiences.

Sara and I often delve more deeply than I anticipate, but she handles it gracefully with no sense of prying or “getting at” something. We simply allow the feelings and thoughts to surface.

We look at them objectively and release them as experiences that were once true for my world. Then, we choose new thoughts to replace the old ones.

Long after our sessions I often find myself thinking, “No. Wait. That’s not true. I choose ‘this’ now.” **It’s like a secret weapon in my back pocket that re-aligns me with the reality that I choose for my life.**

Sara creates a space where I feel comfortable disengaging from my frenzied life as a business owner and the millions of questions and problems coming at me head-on every day.

Together we listen to the thoughts that have gotten trapped inside my frantic brain, we look at them, we release the yucky ones, and we choose new better thoughts that shape a better reality for myself, my clients, and everyone around me.

Jack Kinley

labmonkeycommunications.com

AMANDA'S SUCCESS STORY



Sessions with Sara are liberating! I'd bring my worries, fears, concerns and wild emotions to her and she would magically help me release what I needed to, relax about the issues that weren't important and see that bigger things were happening. Her ability to help me let go when I needed to, or just accept the way things were really helped me calm down with a sense that everything was going to be all right.

Instead of fearing communications with old bosses, I sent them announcements about my new business. Instead of dwelling on the tragic loss of a friend, I've learned that it's okay to be sad and moving on doesn't mean letting go.

Now, I can sit with my emotions and fears and watch them swirl. I know that I can let go of challenging friendships and be more accepting of my emotions knowing things will be okay in the end.

Sara, thanks for helping my light shine!

Amanda H. Young, MBA

Marketing Strategist, Author, Mom

Simplify Your Marketing

simplifyyourmarketing.com



CARRIE'S SUCCESS STORY



Before my session with Sara, I was in the midst of a stressful and emotion-filled situation with an important person in my life. I felt so burdened by what was happening, that I couldn't focus on anything else – like the really important appointment I had with a prospective client the next day.

It was like I had blinders on to the rest of my life and I didn't even realize it.

During the very powerful work with Sara, I was able to get clear with, see and experience my stressful relationship very differently. I got a heart-centered vision of it that I continue to hold as I interact with this important and beloved person in my life.

And as icing on the cake, the next day I had a fabulous meeting with the prospective client. **I had no idea how clearing the other situation would impact this meeting, but it really did. It was like my blinders were taken off and I could see the world around me again. I was so calm, centered and focused in my meeting – and signed my largest client to date!**

Carrie B. VanWinkle
Socially Responsive Investment Advisor
Natural Investments, LLC
carriebvanwinkle.com

MICHELLE'S SUCCESS STORY



After years of remaining at a standstill in my business I started looking at the root cause of what was holding me back– one of these being my fear of being seen and allowing myself to shine.

Sara came into my life at just the right time. **I didn't realize that you could release these old mindsets and choose how you want to show up in your business. It's been very empowering.**

After working with Sara I returned to work feeling more at ease, calmer. My focus was more intentional and I felt energized. **My focus was more intentional, I felt energized, and my creativity was flowing.** I even felt more peaceful about my to-do list because it now felt doable. Since then, I've gotten so much done!

I've also had first hand experience watching Sara live what she teaches. As one of my clients she often commented on how she "did a clearing" to help her make decisions around the work I was creating for her. She would come back to the process full of energy and excitement and without hesitation. It was so much fun to witness!

Michelle Neclerio Knox
Designer, Visual Branding Expert
Lone Red Design
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Sara Arey is president and founder of **ReFuture Your Life International**, a company dedicated to helping entrepreneurs who are stressed and overwhelmed untangle from their past, get clear, and take inspired action. What clients say Sara does is to help them **own their power and become the leaders they were born to be.**

Clients reach out to Sara when internal struggle collides with achieving their souls' purpose.

The basis of Sara's life-changing work is her Refuturing Process™, honed through years of work with private clients using techniques and trainings from multiple modalities, including TAT® (Tapas Acupressure Technique®), Reiki and Tai Chi.

From 2004-12, she served as Education Coordinator, then Director for TATLife. In 2012, she was brought on as the initial mindset coach for Christine Kane's Uplevel You™ business coaching program, serving her clients for 5 years.

Her work with over a thousand entrepreneurs from around the world has resulted in their finally taking consistent, committed actions towards their highest goals.

To schedule your complimentary Connection Call, [click here.](#)



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