

Join us...

The Modern Mystic Institute Offers Tools and Insights for Shifting Times



Welcome!

Tools and Insights for Shifting Times…

- **Welcome! Monthly Mystic Salon**
- **Who: Society and NEW friends**
- **Why: We are here to serve**
- **About me**
- **About these times**
- **The time to re-vision and re-emerge is now**
- **Let yourself be guided**

Thank you for joining us…

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About these Salons

Tools and Insights for Shifting Times…

- **Bringing resources out from the inner rings**
- **Applying new paradigm frameworks and methodologies to your life AND livelihood**
- **Restoring a container for conversations of the Mystics Path**
- **Each Salon will focus on a single framework you can apply immediately**

…your presence is all that is required (owl eyes + deer ears)

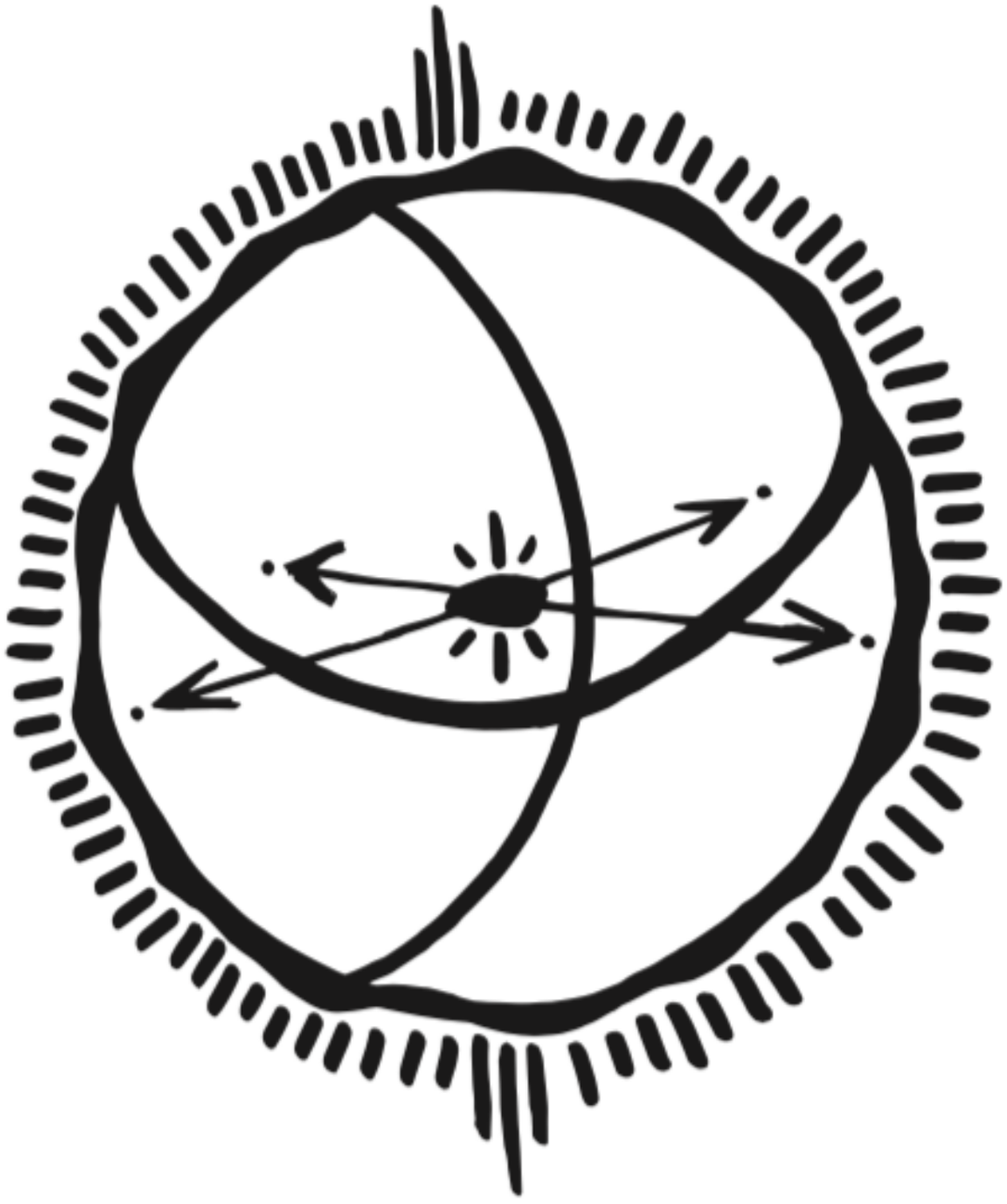
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Mystic Salon Topics

Tools and Insights for Shifting Times…

- **April I** Anticipating Shift: The Transformation Lifecycle
- **May I Your KEY to Safe Shift: Creating Resonance using ACAR model**
- **June I** Overcome Anything: The Gratitude S.E.C.R.E.T
- **July I Lost no more -** Clarity in Chaotic Times (The 8 Directions and how to summon them)
- **August I** Ancient Tool for Manifesting Anything and Everything (The Wheel & Rings primer)
- **September I** Create the Container for your Desires: The Magic Triangle
- **October I** Turn Envy into Manifestation: Alchemy of Envy
- **November I** The Worry / Knowing Framework and how to claim it
- **December I** A Map for New times: The Mystics Manifesto

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Bringing our Hearts and Minds Together

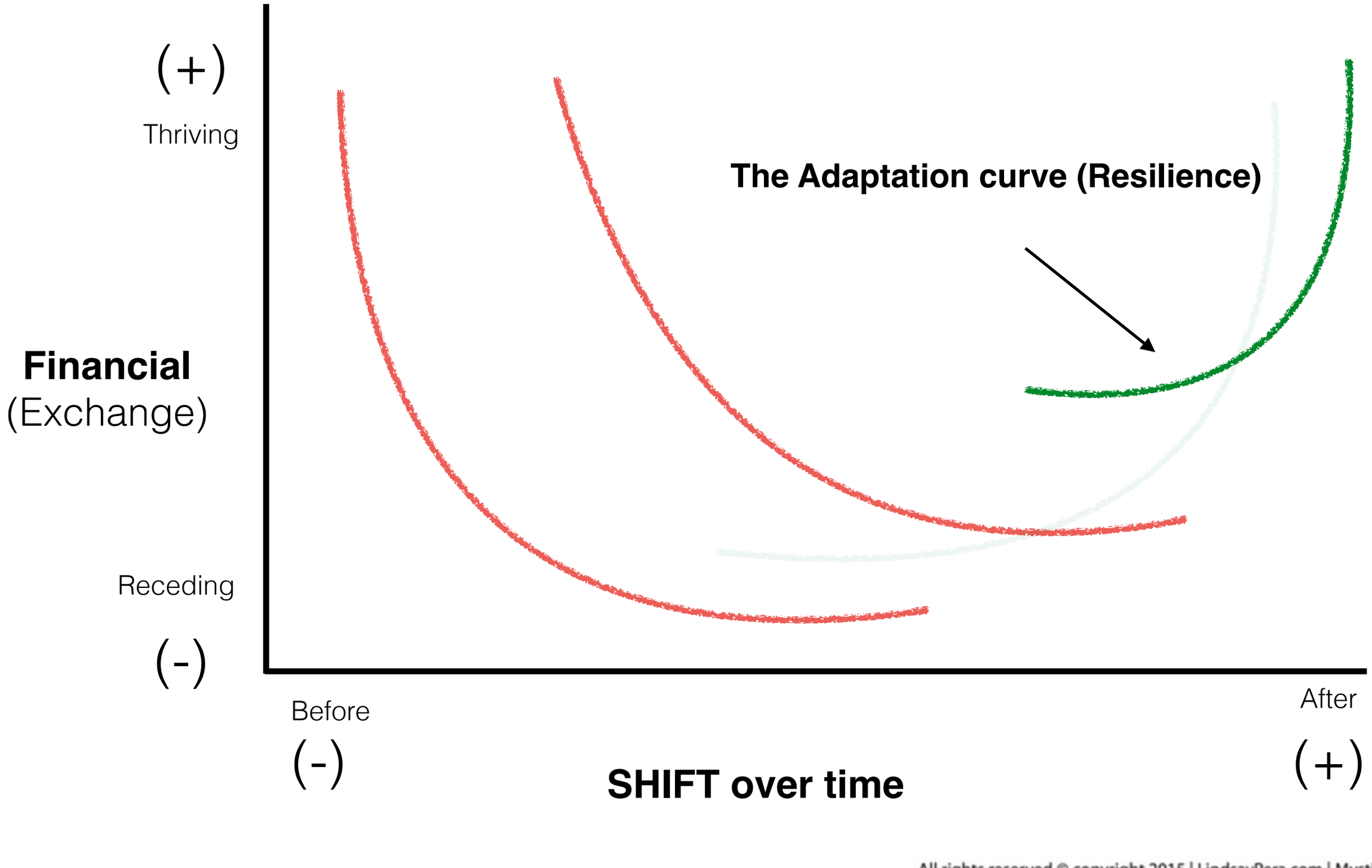
Before we get into today's topic…

- Pisces New Moon - What Matters Most
- March Energies: Love | Star | Divine Feminine
- Channel Updates:
  - Lucidity Come Home to Roost
- This time last year….
  - Cease and desist on the old
  - Go "older"
  - Reclaiming Original Instructions
  - Reliance on liminal / subtle energies to convey experience (ex. Resonance Resonance Resonance)
- Where to begin with this emergence….Rest. Reassess. RE-align.

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The SHIFT Gap

Jumping the Gap for Survival and Service…from innovation to resilience



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The Three Transformational Levers



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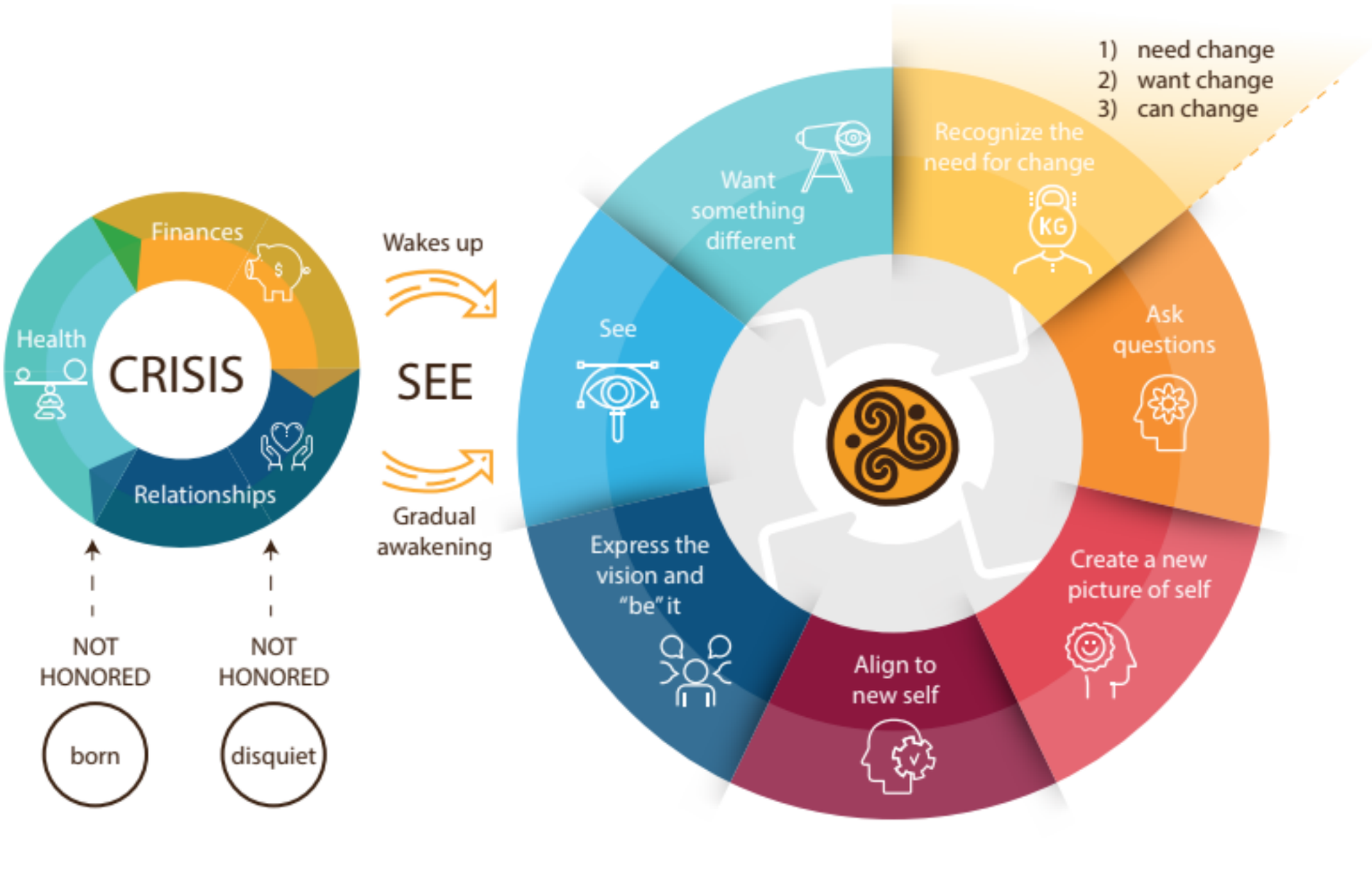
What role does RESONANCE play in transformation?

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TRANSFORMATION LIFECYCLE

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Three Types of Energy: Life force, Commerce, Resonance

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What role does RESONANCE play in manifestation?

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Manifestation Life Cycle



Key to aligned intentions?
***Resonance**

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THE MAGIC TRIANGLE

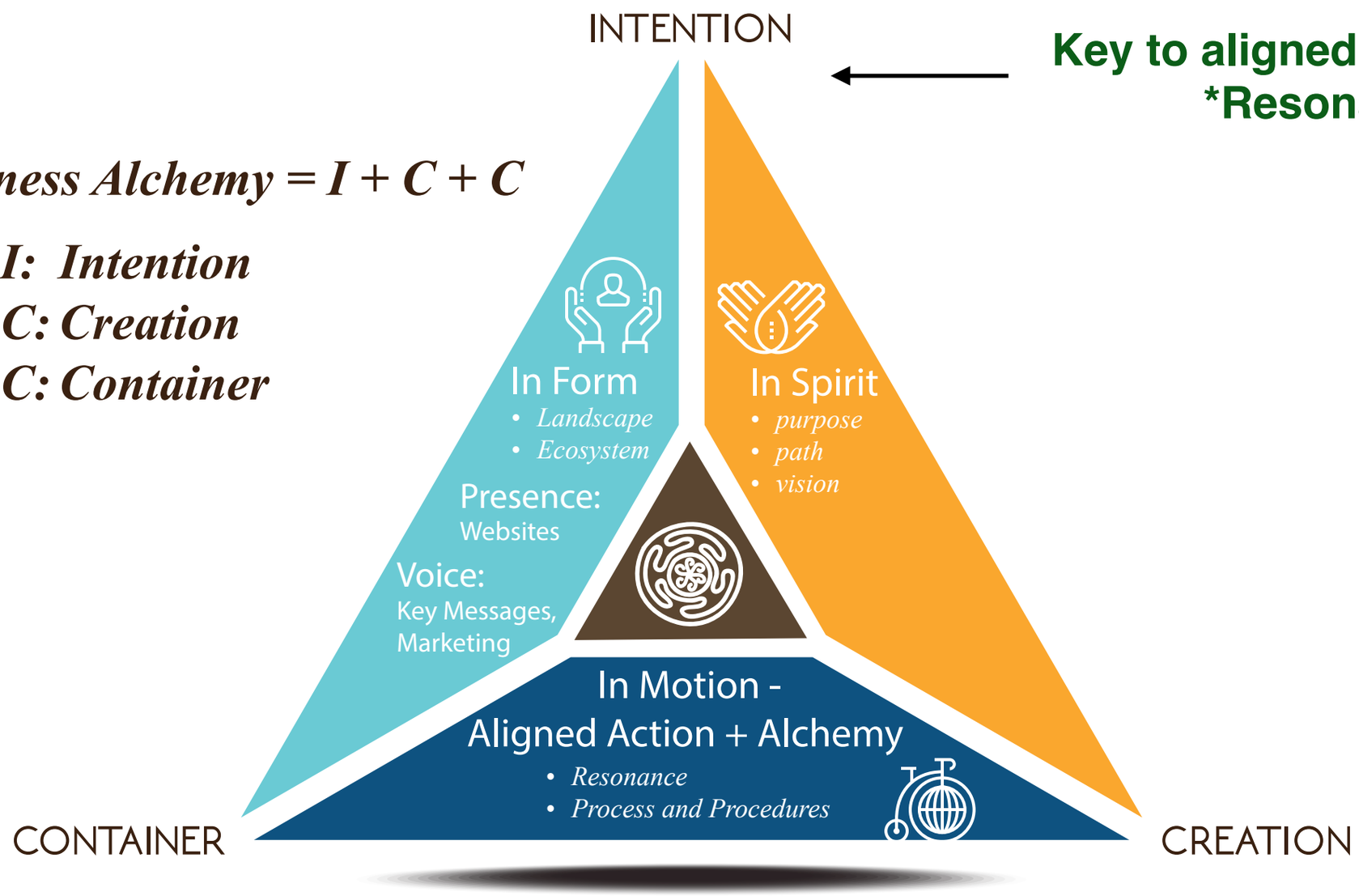
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Business Alchemy

Money, Magic and Meaning

Business Alchemy = I + C + C

I: Intention
C: Creation
C: Container



Key to aligned intentions?
***Resonance**

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So what IS "Resonance" again?

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Resonance Model

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Resonance or ACAR

Our resonance is the energetic or vibration we are putting out. It is the frequency at which we create - it therefore affects the frequency of what we attract. The process described here helps walk you through the key attributes that affect your resonance and helps you identify where you can refine your practice, presence or message to be in better alignment with your intentions and divine path.

ACAR is actually a formula



Basically, the idea is that how well you know yourself, how you project yourself and show up in the world, and how you align to your intention or audience directly impacts how you are received by the world.

The Story of this Framework

Resonance model ACAR was the first Mystic download…

- Intersection of strategy and intuition
- The first step in ME waking my own true resonance
- Still the number one topic I'm asked to speak on
- A framework that governs so many aspects of the Mystics Path and New Paradigm Business / Business Alchemy
  - Soul Purpose, Sacred Commerce, Legacy
  - Manifestation
  - Energetics
  - ROE - Return on Energy
  - Conceptualizes Myths and Archetypes that govern expression (Sysiphus and Danaus)
- IS a Transformation Framework

Resonance drives what you create… and what you receive BACK

What is “Resonance?” (aka ACAR Model)

Resonance is the energy of exchange - ROE

A+C+A = R

A = Authenticity —— —-> True to You

C = Congruent —— —-> True in front of them

A = Aligned —— —-> Knowing your context and audience

R = Resonance —— —-> What you attract is what you put out



Resonance drives what you receive BACK….

More on Resonance

- It's a transformation framework
- It's a methodology for #Shift
- It's a manifestation framework
- It's a way to conceptualize the subtle "energetics" of shift or transformation
- It IS your guide to your Return on Energy - what you put out and what you get returned
  - On burnout
  - On visibility
  - On feeling "realized" - on purpose / received / seen
- Key to "ease and grace" - walk your talk
- Pathway to "not settling"
- First tool in the tool box for
  - Anything new
  - Any recalibration

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How can I TRUST my "Resonance" receptors?

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THE LUCIDITY FRAMEWORK

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Intersection of Perception: Seeing, Feeling, Hearing, Knowing

- **Expect occillation**
- **Resist the binary / revel in the polarity**
- **Hone Resonance for calibration**



Third Door: Calibration, Potential, Discernment, Peacemaking, Miracles & Magic
Below: (+) Grounding (-) Dismissing "It is what it is"
Above: (+) Hope & Surrender "let Go and let God" (-) Bypassing "meant to be"
Methods of Destabilization: N.L. Chaos, Confusion, Disinformation
Emotional and Psychological States: Grief, Shock, Anger, Guilt, Shame, Denial, Numbing

- **Your Resonance moves you out of inertia**
- **It drives aligned shift**
- **Helps you access the Third Door = YOUR ACAR**

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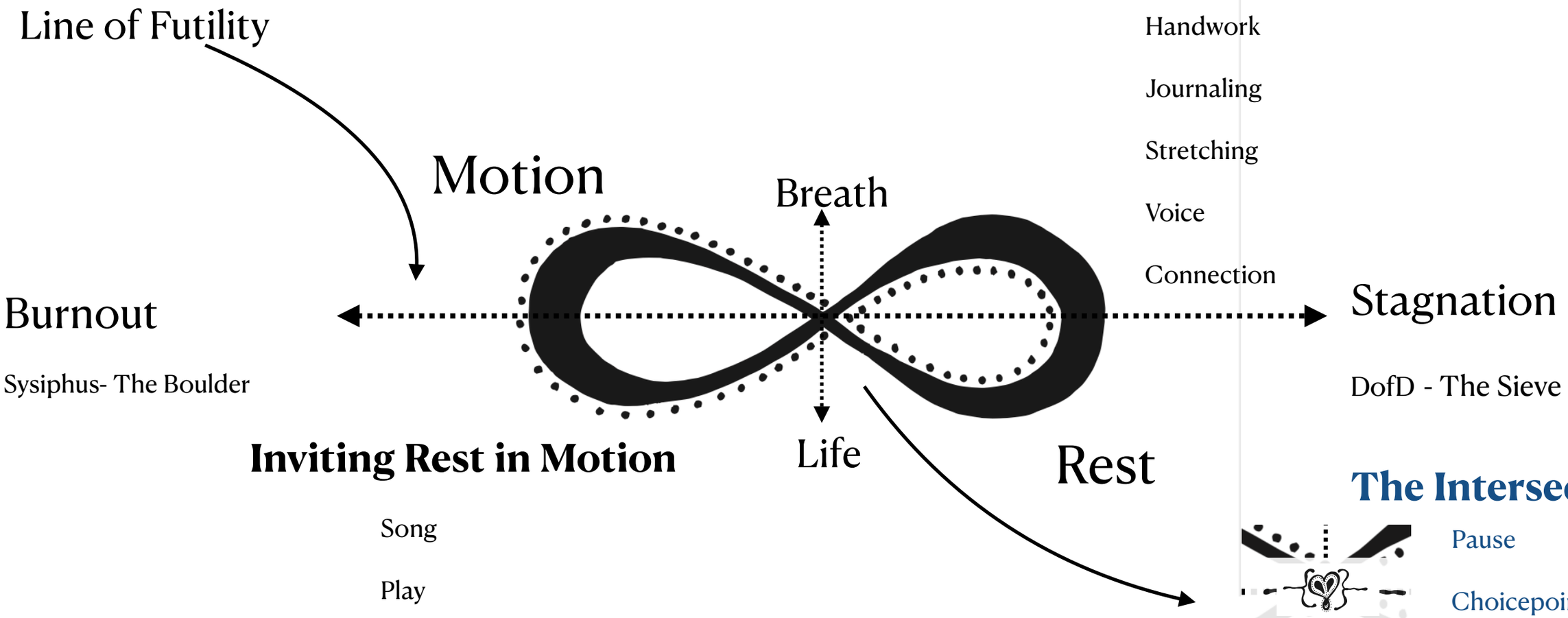


The trick is in NOT staying stuck (i.e. "settling")…<u>or burning out</u>

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The Inertia Inquiry

Navigating Rest & Motion as Guide



Inviting Motion in Rest

Handwork

Journaling

Stretching

Voice

Connection

Sysiphus- The Boulder

DofD - The Sieve

Inviting Rest in Motion

Song

Play

Presence

Nourishment

Connection

The Intersection

Pause

Choicepoint

Calibration

Integration

Discernment

Resonance



You can do this...

to your Resonance!

Getting started on YOUR Resonance…

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Guiding Questions for ACAR

Focus on the first "A" Authenticity



AUTHENTICITY

What parts of "you" are the easiest to express and how are you bringing them forward in your business?

What parts of "you" are the hardest for you to express?

What are you afraid of?



CONGRUENCE

Focus on the first "C" Congruence

Once you have listed out the above "parts of you" that are not being fully expressed in your offerings, website or services - ask yourself...

Where am I holding back?

Why am I not showing up fully in this light? (usually there is hidden or not so hidden "fear" of _____ there)

How could I bring my "full" self forward in new (and bold and courageous!) ways? Look for ways that feel bold but fun, that stretch you but don't create unnecessary resistance in you.



Focus on the second "A" Alignment

Who am I really talking "to" right now in my business (audience, clients or future clients)?

Am I feeling fully aligned with those audiences? (i.e. they are 'picking up what you are putting down" and there is a flow of energy - either engagement, compensation or compliments)

How could I better align to them? Ask yourself, could I tweak my language? Could I show up in different places?

How can I better meet them where they are with my message? (In this case: them + authentic me = alignment)

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Guiding Questions for ACAR

Focus on the "R" = Resonance

And the litmus of all of this evaluation and inquiry is your "Resonance." When your Resonance is working you will notice thriving exchanges of energy. In business these come in the form of payments, or growth, or engagement. The experience is of the Universe giving back to you in accordance (or in excess! ;-) with the energy you are putting out. To gauge your Resonance ask yourself:



Where are you investing the most energy in your life, career, or business?

Are you seeing a ROE "Return On Energy" for that investment? (If not, revisit the A+C+A and challenge yourself to look deeper at "why" that is happening and where the disconnect can be addressed)

Are there areas of your life where you ARE seeing a lot of returns, (in the form of interest, recognition, reward, requests, revenue, bonuses, etc) and if so - how can you direct more energy to leveraging that flow and growing it's impact?

Note: Not all facets of our inner workings have to be represented in our businesses - but be aware that the often the piece that feels most edgy or scary is often the piece that will most reveal our true niche, our true voice and our true differentiation.

Don't forget, it's an iterative process.

Each layer and trip round the equation will bring new levels of self-awareness and congruency.

Here's to your Resonance!

Tips for accessing and activating your Resonance

- Understanding the framework
- Understanding subtle energies
- Redefining “success”
- Releasing old patterning
  - Childhood
  - “Other” influenced
  - Trauma formed
- Creating space for shift
- Walking the process - again and again….

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Keys to Resonance

- Check your “masks”
- Look for what you “amputated” from your wheel
- Try the “all the folks in one room” litmus
- Practice “alignment” in all things (ex: Minds Together)
- Know the warning signs
  - Fragmentation
  - Holding back
  - ROE
  - Burnout, stress, def of “insanity”
  - Do not settle
- If at first you don’t suceed…calibrate, calibrate, calibrate again….

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In Conclusion & Gratitude

- **Let you be you**
- **You have a robust toolbox**
- **You were made for these times**
- **Calendar our monthly Salons and Business Alchemy Breakouts**
- **Share and invite - “not on our watch”**
- **Remember Y.O.U.**
- **#together:**
  - **Sherrie@MysticsSociety.com - Emergency Sessions with Lindsay or MMI Mentor**
  - **Join and Engage in the Mystics Society**
  - **Daily prayers: bring it, share it, let’s do it…**

Thank you for joining us.

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