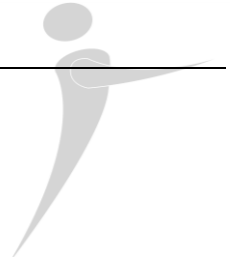


MILLIONAIRE-MAKEOVER

Dr Sally St John



ASKING The right question

ASK THE RIGHT QUESTION



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Communication with Clarity

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Right brain, wrong decision

The illogic of Truth

*93% of our "mistakes" we make happen without our happen f
our communication errors occur without our awareness*

*the errors we make when we communicate are made without our
awareness.*

Almost all the mistakes we make in life occur NOT because we did something WRONG, but because we blocked ourselves from doing they don't know how to ask the question RIGHT.

There's an inherent flaw in the logic and/or reasoning of the operator (the person performing the test or collecting the information, which significantly impairs the accuracy and validity of the information they are gathering.

Getting people to THINK is a question asked by concerned faculty, counselors, teachers, parents, lovers, friends, coaches.....

Problem-based learning MILLIONAIRE-MAKEOVER system of block release through self-acceptance.is an instructional method that challenges people to "learn to learn," working cooperatively in groups to seek solutions to real world problems, and in the presence of a trained observer, provides a petrie dish of information upon which to gather insight, initiate conversation, engage curiosity, and hopefully LEARN to think critically and analytically, and to find and use a new way of operating.

Birds do it

NATURE presents wildlife in unique situations that raise challenging questions in both natural science and environmental protection. These questions can bring to light different viewpoints as well as inspire further inquiry. An ideal way for participants to explore these questions



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is through an approach that is integrated in several of methodologies that have a proven success track record, which is what MILLIONAIRE-MAKEOVER's guided self-release system is based on. As you browse the lesson plans

MILLIONAIRE-MAKEOVER is a 30 day, online interactive experience that:

- reveals your "MO" (how you operate)
 - and a reason and method to do things differently
- reveals your blocks
 - and a reason and method to release them ... yourself

MILLIONAIRE-MAKEOVER'S guided system of identification and release of self-limitations allows offers an opportunity for **clarification and maximization** for those dedicated to knowing and accomplishing their intentions ... **on all levels.**

In MILLIONAIRE-MAKEOVER, participants encounter a "problem" or issue and attempt to problem solve it and reach a solution. Some people are aware of this as the process is unfolding. Some are not. As the program continues, you are given the opportunity to receive the insight directly if you choose, but you must "accept the offer, at which time, an immediate alternative will present itself. If you are willing to let go of the way you've been doing things (a way that obviously is not working for you) long enough to "**STEP AWAY FROM YOUR VEHICLE**" and accept the Truth, you move to your next level of awareness..

MILLIONAIRE-MAKEOVER focuses on helping you **know the TRUTH FIRST**. When you really 'know Truth' ... when you really understand what the Truth is, and feel its effect working powerfully through – with – and for you, **YOU'LL WANT IT, OVER, and OVER** again! You'll want it all the time, and you'll joyfully **WANT** to look at your "blocks" you'll approach "getting rid of them" in a powerfully different way ... a way that works.

You're also trained to measure and track your success. Since blocks actually release, it's important that you remember what you did to make them go, so you can repeat the process and apply it on other things you want to improve in your life. Although no "homework" is ever required, and there are not "tests" we know that what we put into something is directly proportionate to our output. You're given tools and guidelines for proper documentation of your insights, and awareness, in an effort to assist you in differentiating the Truth and to help you repeat and intensify your success in the future.

. An emphasis is placed on importance of:

- truthful, accurate, documentation and interpretation
- principles of success and manifestation
- accurate and effective communication
- rational thinking, logic, & reasoning
- power of free will

Truthful resources, whether that means to discourage inaccurate or over interpretation of information received from new unsubstantiated claims, or over reliance on newly developed, non-sharpened techniques that are para-normal made aware that perform research in an attempt to reach a solution. As in everyday experiences, the process may begin with insufficient information. Participants develop hypotheses in response to the problem. They gather and evaluate data from a variety of print, multimedia or Internet sources, and then revise their hypotheses in response to the data they encounter. A problem may have one or more solutions, and

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participants' perception of the problem may change through synthesis, evaluation and communication with others.

Benefits of MILLIONAIRE-MAKEOVER include skill development in areas such as problem-solving, critical thinking, creative insight, decision-making, conflict-resolution, and higher reasoning, as well as in written and oral communication. Participants, by working through various challenges, acquire knowledge of problems and concepts through their own initiative, and gain greater respect for themselves and their fellow participants. Participants can also engage in problem-based learning through a cooperative-learning approach, in which participants work in groups that determine different solutions to the same problem. This adds the further benefits arising from cooperative effort, including interpersonal and communication skills. And participants come to recognize that a problem may inspire more than one reasonable solution.

Who says?

There comes a time when even an old dog will admit he needs could use a few techniques to put in his tool belt.

GOOD NEWS

- Easy to learn
- They work
- Interesting
- Learning generalizes
- Get to meet people

relatively easy to learn, they make sense, Participants work in groups (of about four members) to address a particular problem. Within these groups, they propose hypotheses and choose one for further inquiry. They then perform research directed by the hypothesis until they reach a reasonable solution in

NOT SO GOOD NEWS

- Makes you think (robs you of the luxury of ignorance)
- Makes you think about everything (begin to see the potential for deception, including innocent self-deception, everywhere)
- Interesting
- Get to meet people (you will move out of your comfort zone and actually learn and practice this on other humans – maybe even learn to play well with others – that's another class :)

Although most this module is designed to be done both home study and interactive (ON-LINE) and in LIVE seminar, we strongly encourage people to take an interactive version, or at least one element of this MILLIONAIRE-MAKEOVER interactively, to experience the collective experience.

Real Learning

MM MILLIONAIRE WAY

Contrary a typical classroom setting or environment, where you're presented somebody else's idea of a concept in a lecture format, followed by a quiz to make sure you understand what they said the same way the understand it MILLIONAIRE-MAKEOVER requires a seeker to go beyond their textbooks to pursue knowledge from other resources ... from other places – as do MILLIONAIRE-MAKEOVER's system models.

In both cases, the role of “Dr Sally” (counselor) is to facilitate group process, not to provide easy answers, but to expose them to a process where by they LEARN HOW TO GET THEIR OWN ANSWERS.

In MILLIONAIRE-MAKEOVER, participants are encouraged to take charge of their experience. Critical thinking skills are emphasized, as are understanding, learning how to learn, and working cooperatively with others. While problem-based learning is well known in medical education, it is almost unknown in the undergraduate curriculum.

They see the potential for the method. However, (and prior to the St. John's Way) enthusiasm needed to be tempered, because people were faced with challenges accompany the use of traditional problem-based learning, particularly for the first time:

- instructors usually must create their own problems
- participants could not self-probe for their own issues
- colleagues, who don't understand the method, or were threatened by its apparent success
- there was not a way to transfer the method to the mainstream in time for the learning and/or the enthusiasm of the 2 day experience to transfer

With St. John's way, we have managed to problem solve that, thanks to over 25 years of workshops and a relentless commitment to a tool that solves its own problems.

With St. John's way of problem-based learning, participants:

- participants identify their own problems, using bio-feedback
- the problems are identified instantly, and they are relevant to that person's present situation
- Participants understand bio-feedback and the emotional component, and are becoming more supportive of the approach
- once threatened with “losing their clients to rapid success”, the infusion of managed care has converted many previous non-supporters to the ultra-brief therapy camp



Let the releasing begin!

Identify and releasing blocks

Step 1: Open lines of Communication

1. Describe your primary complaint
 - a. Come up with a realistic / probable explanation (plausible / hypothetical) using any of the tools given that reflect the Truth
 - i. PHYSICAL LEVEL
 1. Body Code
 2. Truth Tracker
 3. Body Mapping
 4. Louise Hay
 - ii. EMOTIONAL LEVEL
 1. Body Code
 2. Body Mapping
 3. REBT - Rational Emotive Behavioral Therapy
 4. 200 + Assessments
 5. Journal Entries
 - iii. SPIRITUAL LEVEL
 1. Truth & Energy
 2. Life Mission & Purpose
 3. Achilles
 - b. You and your partner rule it IN or OUT

Step2: Propose hypotheses

1. Hypotheses are hunches or educated guesses about possible solutions.
2. In MILLIONAIRE-MAKEOVER's guided method of identification and release, participants form hypotheses based on any of the many tools you are given to decode you body's truth on which ever level resonates stronger with you:
 - i. PHYSICAL LEVEL
 1. Body Symptom Mapping
 - a. Using Truth Tracker to acknowledge and track body messages and changes in intensity when recognized
 2. Body Code
 - a. Compare symptom clusters with parallel Body Code for corresponding insights about:
 - i. Life passion
 - ii. Strengths / weaknesses
 - iii. Blocks (several places)

1. "block / opportunity for growth category"
2. Other
 - a. **Header box:** physical area of weakness or strength
 - b. **Career:** if you are **not** working in that area, you may want to investigate what is blocking you from doing so
 - c. **Affirmations:** your code needs these affirmations because there's most likely a block here
 - d. **Area to strengthen**

3. Louise Hay
4. Other _____
5. Other _____

ii. EMOTIONAL LEVEL

1. Body Mapping
2. Body Code
3. 200 + Assessments
4. REBT - Rational Emotive Behavioral Therapy
5. Feedback from others
6. Journal Entries

iii. SPIRITUAL LEVEL

1. Body Mapping
2. Body Code
3. Journal Entries
4. Truth & Energy
5. Your connection
 - a. Your energy level
 - i. drained
 - b. Mental Clarity
 - i. Cloudy – OK – will pass
 1. Sign of release in process
 - ii. Confused
 1. OK – OK will pass
 - c. Clarity of your Life Mission & Purpose
 - i. Obscured
 1. OK – will pass
 - d. Physical
 - i. Dumping
 - ii. Correcting Crisis
 - e.
6. Obstacles
 - a. Increase is sign good
 - i. Increase before releaseObstacles uprising (good sign)
7. Achilles

- b. Group discussion, previous knowledge, and any information acquired up to that point. Through the course of the problem-based exercise, hypotheses will be continually tested, evaluated and may be rejected, corroborated, synthesized, or modified, both verbally, non-verbally, and through MILLIONAIRE-MAKEOVER. New hypotheses may also be proposed as things are ruled in our out.
- c.

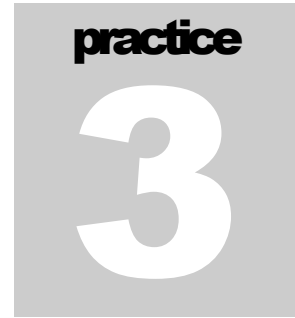
Step 3: Gather and evaluate information.

An important aspect of gathering information is evaluation. With your hypotheses providing direction, you may want to do additional testing, or gather additional information.. Organize the information that acquire.

- Am I testing what I set out to test?
 - Do I need to do more research?
 - Should I take some time to rewrite my questions entirely
 - Is the material relevant? Current? Accurate?
 - Does to answer my question?
 - Does it feel right?
 - Have I retested my scores?
 - Am I too close to be objective?
 - Am I HALTed?
 - Hungry
 - Angry
 - Lonely
 - Tired
- All of which can reduce the accuracy of your tests.

Step 4: Synthesis and solutions.

Participants develop their solutions. Discussion of the various solutions may follow, and synthesis and consensus may be used to come up with a solution that effectively incorporates important points from more than one point of view. Participants may use any of the several handouts or tools to facilitate this process.



Practice, Practice, Practice

Work by yourself or with your partner using the method outlined in the previous sections or repeat using the REBT chart.

As a group, you will hypothesize possible solutions, and develop one or more possible solutions.



FIGURE 21.1 Put yourself RIGHT where you need to be.

The more confident you are in your ability to decipher Truth, the easier you'll fit in everywhere.

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