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Thank you for reading!

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It's time, isn't it?!

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## **Welcome to the vision**

Welcome to this quarter's edition of **the vision**. **the vision**, it is my quarterly newsletter and it compliments my **weekly tip from dr. mark** e-letter. **the vision** is a chance to get to know us here at Transformational Coaching in a bit more depth, and it is also a way to provide a comprehensive update on what's happening in my practice. It incorporates this week's **weekly tip**.



The **tip** in this issue is called **A New Paradigm**. It's **the next level in the process** that I have written about in bits and pieces in recent weekly tip features. I hope that you'll give it a try. **Take a look at the [weekly tip from dr. mark archives](#) if you'd like to review past tips.**

You'll also find our **free e-Course** called **Intentionality for the Rest of Us** at [www.arcuri.org](http://www.arcuri.org), which after about two weeks' time will help you bring good things to life. Be sure to sign up!

Don't forget to read the **Quick Practice Update** towards the bottom of this issue {!firstname}, and thanks for reading.

Enjoy the Journey,

**Help us reach our goal of 200 new readers in the next two months!**

Forward your copy of **the vision** to someone who can benefit from bringing good things to life, and encourage them to subscribe! It's a gift for which they'll be thankful, and it doesn't cost a thing!

**The Greatest Fulfillment Imaginable**  
*a journey of integration and connection*

next tele-course series  
begins October 18th

[find out more...](#)

*"I am more focused and noticing what really matters because of you. ...it is like a lost child holding someone's hand, but because they no longer feel alone in their search, they feel like they are getting somewhere!" - PC*

[read what others are saying about dr. mark...](#)

## **A New Paradigm**

A paradigm is a way of thinking and I've been thinking a lot about paradigms lately. When you're working with intention and attraction, your paradigm is the key. **Thoughts lead to feelings and feelings leads to actions.** Actions ultimately lead us to "what we get."

It's a pretty simple equation {!firstname}, but how often do you actually track back from what you find yourself getting in life to where it all began? Do you consider very often that what you get has its roots in what you think about? Most of us don't. And it can happen so quickly that we hardly have time to notice. If you do trace it back though, I'm pretty sure that you will be interested in changing the way that you think.

**Major shifts in outcomes require major shifts in thinking.** If you change the way you that think from day to day, I promise you--you will see your life change in the direction of your new paradigm. It can't help but happen that way.

This week I invite you to **create a new paradigm**. It will become your gospel truth. Of course it will only be your truth in any given moment because you can change it as you wish at any time. But once it's on paper and until you change it, it is **the paradigm that you live your life by**. Here's what you might do:

Sit with a piece of paper and something to write with and make a list of all the things that would be true (some may already be true) if you were living your life in an absolutely perfect and congruent way. Really dream here and remember that this is about how you are living your life as opposed to any of the material things that you want. What does your fulfilled life *look like*? Do not limit your dream by thinking about whether you can get there. Create a vision that is bounded only by your desires.

Once you've got your list and it feels complete for now, consider the following sentences:

My body supports me by \_\_\_\_\_  
My mind supports me by \_\_\_\_\_  
My soul supports me by \_\_\_\_\_  
Those around me support me by \_\_\_\_\_

Then, put your list and your sentences together into one paragraph. This paragraph is your new paradigm! Repeat your paradigm at least three times per day--morning, mid-day, and right before you go to bed--and really feel it as you say it. Do this every day without exception, and in no time at all you will notice that your outcomes--what you get--will be more and more in line with your new paradigm.

Want to see an example of a paradigm statement? [Mine is here](#).

Enjoy the journey {!firstname}. As always please be in touch with questions, comments, stories or for any other reason. You can [email me at drmark@arcuri.org](mailto:email me at drmark@arcuri.org) or [visit www.arcuri.org](http://www.arcuri.org).

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## Final Notes

### Gift Certificates\* Available

Don't miss the opportunity to **give the gift that is perfectly customized and gives for a lifetime!**

Gift certificates are available in limited quantities and can be made for any Coaching Package. Package options can be viewed [here](#).

Ready to purchase? Make your request [here](#).

*\*Certificates are good for the terms of the package selected and will be delivered to you or to the recipient by email or overnight mail as per your preference.*

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### Upcoming Travel

October

### Quick Practice Update

- *New pricing and Results Guaranteed!* Check out our [Individual Coaching](#) page for all the details.
- *Workshop opportunities!* Dr. Mark is **looking for opportunities to present workshops** for your group or community event. Do you have an idea or request? [Drop us a note](#) to let us know, set the intention, and watch it happen!
- *weekly tip from dr. mark distribution.* In addition to email delivery, **weekly tip from dr. mark is available for distribution** in your office or other public area free of charge. Custom branding is available. We thank you for the opportunity! Just [let us know](#) your needs.
- *Books, buttons, and notepads, Oh My!* Dr. Mark is currently working on two books, and other ideas seem to be emerging every day. Some items in the works include original motivational photographs and items to keep *your* intentional process alive and moving forward. **Watch for the opening of our e-Store soon**, and thanks in advance for your support! If you have an idea for a special item, [let us know](#).
- *Free e-Cards coming soon!* After just a little more tweaking, we will be offering **free e-Cards** at [www.arcuri.org](http://www.arcuri.org). Cards can be sent to anyone with an email address, are highly customizable, and

include some of the same original images that you will see on other products in Dr. Mark's e-Store. **Watch for an announcement very soon** when the system is up and running!

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- *Audio integration at [www.arcuri.org](http://www.arcuri.org). **Audio clips are now available throughout Dr. Mark's website** and more are being added daily. You'll find a welcome message on our main page and **archive copies of weekly tip from dr. mark** are all available in both audio and downloadable hardcopy formats. [Check them out](#), and watch for much more to come--including video and podcasts!*

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