

IGNITION

A Case Study



**HOW TO USE
FUN, RELAXATION &
GUIDED CONVERSATION
TO MAKE QUANTUM LEAPS
IN PERSONAL POWER**

from **RockIt!^U** TM

ignition *noun*

1. The act or fact of igniting; state of being ignited.
2. a means or device for igniting
3. (in an internal-combustion engine) the process that ignites the fuel in the cylinder

(as defined by Dictionary.com)

+

intuition *noun*

1. direct perception of truth, fact, etc., independent of any reasoning process; immediate apprehension
2. a keen & quick insight
3. pure, untaught, noninferential knowledge

(as defined by Dictionary.com)

=

Alive: vibrant,
full of energy & spirit,
bristling with excitement
about the possibilities

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Transformation doesn't have to be as hard as we've always thought it to be.

In fact, it can even be a lot of fun.

Fun, *like rocket fuel*.

Adding the propellant of intuitive knowledge to intellectual thought & action elevates traditional problem-solving into **genius**.

If you want to **ignite** –
create greater success in business,
deeper levels of intimacy in personal relationships,
more profound joy & happiness...
you've gotta **RockIt**.

(i.e. open up to the quantum energy at work in your life)

Ready. Set. **IGNITION**.

What we did: a day-long intensive mastermind

- We travelled as a group to a private water ski facility where a professional instructor provided individual instruction on an obstacle course. Each person was instructed at their current level, from those who had never skied to those with some advanced slalom experience.
- Following a half-day of intense physical activity & instruction on the ski course, we enjoyed a relaxing group lunch.
- The second half of the day was spent in an intuitively-guided mastermind session in which each participant presented his/her most pressing challenges or desire for growth. I facilitated & gave guidance to show how the fun & physical challenges of the day mirrored other areas of life, so the lesson of the obstacle course could also be applied in business or in an intimate personal relationship.

The overall goal was to synthesize the profound connection between body, mind, & spirit & learn how each aspect strengthens the others for a more integrated & powerful experience of life & our ability to achieve greater fulfillment in every area.

This experience is further elevated in the connection of each individual to others – the community or tribe validates & strengthens us, helping to call forth our highest potential.

- Each participant received a private follow-up meeting with me in the weeks following the ski-day intensive. I provided deeper consultation & guidance to apply the lessons to particular life & business situations.

**“The intuitive mind is a gift; the rational mind is a faithful servant.
We have created a society that honors the servant & has forgotten the gift.”**

~ Albert Einstein

When we get out of our own way, we pave the path for miracles.

Watch a 4 minute video

This will show you a demonstration on the water ski course, so you can see how it relates to this case study.



The Individual Experiences

Gary Luna

Owner, All Star
Service Pros, Inc.,
Entrepreneur



Gary's Goal:

To experience something new that would help him become a better version of himself without school or books

What Shifted During the Ski Day Mastermind:

- Gary experienced profound changes in perception from subtle physical movements, positively affecting his perspective on his life circumstances. Overcame many obstacles that might have hindered his participation
- Learning of one new thing shifted everything else, creating an immediate expansion of possibilities in areas that had seemed limited before
- Gained clarity on how giving & receiving with others automatically creates higher learning in a way that studying from books cannot accomplish
- Gained a higher understanding of intentionally focusing attention for greater precision & excellence
- Renewed energy for expanding his business
- Missing puzzle pieces to some serious life challenges...found
- Gary was reminded of the best days of his life, what he had been missing, & how he could incorporate this revitalizing energy back into his life now

Results Gary Has Experienced Over Time:

- Greater **confidence** & a clearer perspective on his capabilities & the **value** he brings to his family & his customers. Fear of failure greatly diminished
- Higher level of **intimacy** & **fulfillment** in all of his relationships because his **energy** has lifted immeasurably & he is able to give more of himself
- New level of **awareness** & **clarity** that “inner work” is the key to higher levels of **excellence**, enabling him to better **lead** his employees & community
- Learned new ways to motivate himself from his own **inner strength** than through artificial stimulants or medications
- Positive change through **spiritual connection** - being more in tune with the ways God moves through his life & the lives of others *beyond religious boundaries*
- Developed a higher level of **discernment** about the people he wants to surround himself with to experience **better relationships** & **more joy**
- Greater **contentment, happiness & peace = freedom**

Kendra Anderson Zadnik

Real Estate Broker,
Leadership,
Marketing &
Business Trainer,
Entrepreneur



Kendra's Goal:

To gain “strength for the journey”. To clear her head of extremely challenging circumstances & experience some peace & relaxation. Engage with others to receive spiritual nourishment.

What Shifted During the Ski Day Mastermind:

- Kendra experienced the reassurance that she is not alone when facing monumental challenges in her life & business. The building she owned had burned to the ground, causing intense stress in prior months. She had not felt much support in dealing with this.
- Physical symptoms of tightness in her chest were relieved once she experienced non-judgmental interaction with the group.
- Gained clarity on the importance of self-care through fun & relaxation, especially during high stress. Recognized the peace & enjoyment of the day brought immediate mental expansion for better problem-solving.
- Fun & being challenged out of her “comfort zone” created an almost immediate shift in confidence from “Can I do this?” to “I *am* doing this!”
- Recognized the act of *receiving* & *accepting* is a faster path to success & happiness than “goal-oriented achievement” methods.
- Kendra felt connected to God & others through encouragement, love & acceptance because she made a choice to engage.

Results Kendra Has Experienced Over Time:

- Releasing judgment, & fear of being judged, has created more **freedom** in her life because she is using her energy to focus more positively.
- Regaining **confidence** in herself & her ability to create **value** through her natural passion to help others succeed.
- Higher levels of **awareness & spiritual growth**. Greater **insight** & new ways of seeing others & the world.
- Renewed energy for her natural drive towards **excellence, leadership & financial abundance**.
- Sees “play time” = return of **joy**. Essential to her success in every area of life.
- **Reassurance** through intentional spiritual practice.
- **Connectedness** through community involvement. Getting her **smile** back!
- **Encouragement, love, acceptance** & a deeper sense of **peace**.



Price Newton

Financial Services
Professional

Price's Goal:

Experience fun, outside of his normal activity; to collaborate with a small group to learn if something new & fresh could emerge from it.

What Shifted During the Ski Day Mastermind:

- Price had a completely different experience than what he envisioned. He had been hoping for a concrete outcome regarding his career path. Instead, he received a greatly expanded vision of life's possibilities & the self-imposed confines that keep him (& most people) from realizing a larger vision & greater success.
- Felt “alive” by getting out of his comfort zone & pushing his physical boundaries. Asking more of his body than usual revealed new capabilities & created an immediate change in his confidence level.
- Gained clarity on the connection of physical, psychological & spiritual energy being tied together for a higher level of learning & retention that can't be accomplished through traditional study & training.
- Perceived the value of a group in which everyone chooses to move beyond fear, engage, & bring out the highest levels of excellence in one another.
- Price connected this experience to the best days of his life & recognized he's missed fun, physically challenging activity. He can now intentionally incorporate it into his life to create more vitality & joy.

Results Price Has Experienced Over Time:

- Expanded understanding of his career options & life **choices = freedom**.
- Elevated **confidence** level found through his **strength** to push physical boundaries & connect it to his overall capability in all areas of his life.
- **Reassurance** in humanity – genuine interest & encouragement from the group illuminated his **strengths & leadership capabilities** in powerful ways. Identifying with others to see similar concerns about life & that we can help one another when we connect. Resulted in diminished fear.
- Recognition of the **value** he brings to his family, clients & larger community – resulting in rejuvenated **energy**, greater **fulfillment & joy**.
- **Growth** powered by holistic connection of physical, mental, emotional & spiritual energy. Understanding that this is key to accessing higher levels of **excellence & achievement**.
- Exercised great **courage**, stepping out of the “comfort zone” & **accelerating** hidden **insight** into his deepest desires, **core values**, & **life purpose**.

Cathy Phillips

Respiratory
Therapist,
Athlete,
Volunteer



Cathy's Goal:

To have a fun & challenging “out of the box” experience where she could still feel safe. To explore the next level of where her life path is leading.

What Shifted During the Ski Day Mastermind:

- Cathy experienced the heightened awareness of who she really is. She made a choice to “own” this powerful level of leadership.
- She felt a *knowing* that her inner power is always there, always present & accessible beyond what can be expressed in words.
- Amplified learning by applying physical activity that goes far beyond traditional study & training, psychology or religion.
- Recognized the higher levels of consciousness being accessed, simply by being part of a group that holds this intention. Awareness of her ability to intuit the ways she can be of help to others.
- Cathy understands the value of fun, relaxation, & physical challenge standing on its own. She recognized that when it's elevated with the intention of creating a higher level learning experience, it brings exponentially outstanding results that include more confidence, vitality, problem-solving & joy.

Results Cathy Has Experienced Over Time:

- Expanded awareness of **Spirit** brings greater **joy**.
- More **confidence** in her ability to discern the higher purpose of people, situations, & conversations – enabling her to be of greater service to others.
- Deepened understanding of her **gifts** of healing, imagination, & openness. Ability to see the **value** of her life purpose beyond her “job description” or “title”.
- Greater recognition of herself as a **conduit** for Higher Purpose. More **peace** & **patience** that God will reveal her path without struggle to discover it.
- **Freedom** from confines of negative relationships. Desire to rise to greater levels of **excellence** & **service** requires focused intention on creating positive friendships & alliances.
- Acknowledgment that she can't hide her **strength** & talents from others. They readily see it whether she intends it or not, so she might as well let it shine!

How this experience differs from other leadership & personal development programs:

- “**Ignition** took what seemed, at first, to be a completely unrelated activity - one that could have been viewed as straight recreation - & applied it to underlying issues & goals. *Other* leadership programs I’ve participated in took activities & built them around what you can do as a team. You know the reason you’re doing it going in.

“**Ignition** doesn’t have an inherent relation to the exact goal of leadership. It works backwards to intuitively teach how one can apply the activity to the bigger picture. So, the activity can stand alone just for fun or can be used for inherent challenges. It’s highly valuable for showing you who you are within, challenging yourself & having fun doing it!”

~ Price Newton

- “**Ignition** was *very* different from any other leadership or personal development program I’ve ever done. I specifically enjoyed being a part of a small group. Witnessing what the other participants were learning took my own experience to a higher level.

“During the ski day, I was unsure about sharing some of my challenges with the group, but when we got to the conversation portion, it just jumped out of me because everyone was so calm, at ease, & non-judgmental. The energy of the people & the room felt so open; I felt my needs were being met.

“I shifted from a feeling of ‘Can I *do* this?’ to ‘I *have* to do this!’ in the space of a few hours.”

~ Kendra Zadnik

- “The small group **Ignition** mastermind was unexpectedly comfortable; everyone was kind & friendly – something we need a lot more of these days. It was a very different experience from past learning environments where fear was more prevalent.

“I made a two-year commitment to *another* leadership & personal development program where we did a lot of Q&A role playing. I was expected to participate, but wasn’t given a map for how to do it – so, I never really got it.

“**Ignition** was based on what I can do, not on “What *can* I do?” This created a shift in my understanding of the higher, quicker learning I’m able to achieve through the act of giving/receiving as opposed to studying/learning. It’s been like yeast & bread – over time, I’m seeing that I achieved a lot more from this mastermind than I initially realized.”

~ Gary Luna

- “The perceptive learning & interaction of the **Ignition** mastermind was so much greater than anything I could get from studying a book. The process of connecting the physical activity to the conversations we had later in the day amplified everything about the learning experience. It becomes a part of you.

“So much of the experience can’t really be put into words. The conversations in the small group took everything to a higher level than anything we could have ever accessed on our own.

“It was incredibly valuable to see my strengths mirrored back to me by the group. It was like a spotlight on who we really are. You can’t hide in a spotlight! **Ignition** helped me become much more aware of my leadership capabilities & to really own it.”

~ Cathy Phillips

**The collaboration of the tribe opens the door
for collective consciousness to inform us of
everything we need to know.**

This is how quantum leaps are made.

**We bypass linear problem-solving methods by
coming together through fun
& conversations that matter.**

Insights

This case study was built on a premise of ancient wisdom that speaks of “breaking up unplowed ground” in order to make it ready for seeds. New ideas - dreams, visions, invention, innovation - must have rich soil in order to become reality.

Breaking up “unplowed ground” does not happen by *thinking about it*. It requires action that allows for a shift in perception to take place.

Everyone in the group was concerned with personal performance going in. *All* found they were capable of much more than they anticipated. This built the **confidence** to go further.

We’re all afraid of being judged, not measuring up, being a beginner. Being a beginner - being in unknown territory (or being asked to go beyond *known* territory & look at it from a different perspective) is where we experience transformation – the quantum leap.

Stats

- 100% of participants cited “conversation” as one of the top 4 reasons they found this experience to be enlightening, educational, & fulfilling for them on both business & personal levels.
- 100% of participants found that being physically engaged in an atmosphere of fun & relaxation challenged them on all levels (physical, mental, emotional, spiritual), stimulating new ways of seeing things & helping them to shift perspectives more easily. Their learning was accelerated & their previous understanding of their skills, talents & expertise was amplified in ways that aided them in problem-solving to the point of dissolving those issues (in some cases, instantaneously).
- 100% recognized the need to consciously engage freedom (in other words, to *choose* personal freedom by intentionally engaging in quality activities & interactions that make freedom a reality)

- 100% of participants experienced elevation in their levels of self-confidence, due to the nature of challenging & fun physical activity in a relaxed environment. This was further enhanced by being in a group of high-performing individuals who had specifically come together to explore personal development. The group provided a greater level of clarity about the way others experienced each person's gifts, talents & skills.
- 100% experienced spiritual awakening on some level. Some quite profound, others more subtle
- 100% found great value & understanding in the use of one type of learning (in this case, water skiing) to affect simultaneous learning in other, *seemingly* unrelated areas (particular business challenges, intimate personal relationships, money issues, etc.)

What the study shows

Unseen energy manifests in many ways – both bringing out our highest potential & also our greatest fears. Recognizing this & becoming intentional about directing it positively, we can achieve much more than we imagine in much less time. There are quicker, simpler, & ultimately more fun ways of moving beyond problems & challenges & into solutions, fulfillment & joy.

Physical activity coupled with intellectual learning & spiritual inspiration is a catalyst for quantum leaps in understanding, problem solving, & higher levels of achievement in every area.

Holistic learning is essential for reaching the highest level of human potential.

On Personal Growth:

Personal growth is spiritual growth - recognized as a foundation for *all* growth & having nothing to do with particular religious notions

amazing results

aka

quantum leaps

or

miracles...

...are not dependent on a person's station in life. Fun & stress relief in the body lead to the same in the soul & mind.

Every person mentioned how honored they were to be a part of this group & the unexpected ways they received acceptance, reassurance, & much more.

This says they were also learning how much they have to contribute – how vital they are to the whole! The group dynamic helped them to experience the value of community in a way that validates their individual worth. What they received, they were giving as well.

This holistic environment created healing for one another in ways & on levels that we don't even consciously perceive. How much more, then, when we go into this kind of experience *with that intention?!*

Confidence

If the *only* thing achieved is this, it is well worth the investment of time, effort, & funds because it changes one's approach to every circumstance in life. And that changes the whole game.

Self-Mastery

is not the austere tower that many believe it to be. Quantum leaps to higher levels of excellence & achievement must include self-pleasure & the desire to witness the pleasure of others.

Fun

Often seen as luxury, playtime is really a *necessity* to be scheduled. Fun & relaxation create stress relief & expansion beyond the confines of pressing problems. Genius released. Joy in the house.

Challenge

Getting outside of regular boundaries – our “comfort zone” - creates a shift in perspective. A path leading us beyond fear. This is all it takes to create the conditions for a quantum leap.

Community

Safety in the tribe – recognition of what kind of tribe is most desirable for ongoing support & ability to be actualized & self-sustaining.

The group affirms authentic connection.

Assurance • Acceptance

People want to feel more authentically connected in this high-tech age & it can *only* happen in real-time flesh-to-flesh experiences. Online communities & “networking” groups have a much lower ceiling on their ability to deliver true connection.

Surrounded by others who intentionally seek to be more loving, open, & caring *as they strive to achieve their own greatest potential*, we naturally rise to our highest levels of excellence & quality in our relationships.

We're more alike than we are different.

This understanding, alone, creates a quantum leap in consciousness & alleviates suffering in many ways.

It takes time to develop trust & rapport with others. An investment worth far more than can be seen on the surface or can be forecasted by any set agenda.

Quality of conversation matters. Invest the time. Be willing to be vulnerable & to go deep.

Conversations lead to new opportunities from unexpected areas.

Priceless in ***Value***.

Conversation

It proves itself to be
healing &
to have problem-solving
“magic”
in its own right.

On Problem-Solving:

Sometimes “facing up to it” (as one participant put it) is not the solution – it’s paralyzing.

The unconventional approach of engaging in an activity that may seem frivolous, or conversation that may seem irrelevant, is often where the missing puzzle piece is found & the quantum leap conceived.

The value of the natural world as a catalyst for affecting change, finding solutions, & creating life balance is highly underestimated & too often, completely ignored.

Getting in tune with nature is essential for
quantum leaping.



Picture yourself when
you have felt most

alive

Where are you?

What are you doing?

Why are you doing it?

How do you feel?

Focusing on a “problem” can not only blind us from seeing the solution, but can also prevent us from seeing that we are experiencing the same difficulties in multiple areas of our lives.

Playing with possibilities in a new context or seemingly unrelated area (skiing around the buoys) frees up energy within the whole, thereby solving the problem area without even working on it. Sweet!

Ignition

Conditions for a quantum leap – or miracle – are present at all times. It only requires the *courage, trust & faith* to step into them.

Our *thoughts* are often formed from *others'* ideas, agendas & life experience. Our *feelings* don't always agree.

Success is more about how we feel & *why* we want to feel that way than it is about our achievements.

Creating new frames of reference expands our potential for success.

The deeper you can drill down into your feelings about the truth of who you are, the closer you will come to realizing Success on your terms.

The world will tell you otherwise.

The question is whether you are living for your

Highest, Most Excellent Self
or for the world.

Reading this case study
will create a ***spark***.

It will take action, however,
to ***ignite*** your ***soul-fire***
&
sustained right action
to get ***lift-off***.

I hope you'll **BLAZE!**

Email kim@KimberlyCain.com to:

Get on the list for the next
Ignition Mastermind Intensive

- or -

book a custom program for your group

Hire me to speak
&
ignite the **soul-fire**
at your next event

Hire me for personal or business
consultation



Kimberly Cain ignites Creative Genius in leaders.

An award winning songwriter/performing artist, author, speaker, & producer, she uses music & media to entertain, challenge & transform, & is passionate about inspiring people into freedom from self-imposed boundaries.

Kimberly has opened shows for artists such as David Bowie & Sarah McLachlan (Lilith Fair), had her music featured on Dateline NBC, been a morning rock radio host & produced entertainment for Dallas Cowboys.

She has worked with Oprah & U2, & has been the voice of hundreds of companies such as Amtrak & Coca-Cola. She is expert at synthesizing the energies of the visible & unseen worlds into presentations that stretch perceived limits. Kimberly is author of the paradigm-shifting novel, *Heaven*, & founder of The REALM, , as well as RockIt!^U, - entertainment & educational entities creating world-evolving shifts in consciousness.

An intuitive since childhood, Kimberly's guidance has shifted many individuals & diverse audiences into the awareness of their true power.