

**THE**  
**CATALYST**  
**FACTOR™**

*The Pathway from  
Extraordinary Transformation  
to Evolutionary Leadership*

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**Bestselling Author**

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## Praise for Dr. Kimble Greene

*Before [The Catalyst Factor and] The Monarch Method™, life was like living inside a pin-ball machine: everything seemed random and reactive, there was lots of bouncing around in the hopes of eventually finding my way to some unknown destination. The Monarch Method™ is a game changer. I no longer want or choose to play old fashioned pin-ball. I'd really rather skip all the crashing, bouncing around and noise (e.g. drama) and focus instead on a smooth journey of my own design. The Monarch Method™ gives you the tools to choose your own game and paradigm and set course on a smooth, deliberate (proactive) and more pleasure-filled life. Life without The Monarch Method™ is like trying to piece together someone else's puzzle without even having the picture. The Monarch Method™ allows you to create your OWN picture AND gives you the tools and strategies to create it from the inside out. You can be the artist and author of your own life.*

~Dr. Amalia Punzo, MD

*As a child, sick had become safe. Nothing bad could happen in sickbed solitude. While this belief worked well for me as a child, as a grown adult it became an unnecessary obstacle. Sick was no longer safe and, with Kimble's guidance, I reframed, redeveloped, and transformed this core belief and its attached coping mechanisms. I found the [The Monarch Method™] process to be so gentle, that multiple beliefs were brought to the surface in a short amount of time – each shifting with little effort. Each person is different, and the ease of transformation likewise. I believe that it [The Monarch Method™] is the missing link. Lives will be changed.*

~Jennifer, Client & Entrepreneur

## **The Catalyst Factor**<sup>™</sup>

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The *Catalyst Factor* is grounded in the abundance of research (i.e. Epigenetics), including my own, underscoring we are primarily beings of energy and belief, rather than merely bodies of matter and cognition. It blends the wisdom of psychology, neuroscience and spirituality into an approach that emphasizes the significance of our beliefs in establishing the evolution of our lives. This groundbreaking research has transformed the way we view and manage mental health along with each person's ability to create and sustain change. Your core beliefs are the catalyst for every thought, feeling and behavior. Renew your outdated core beliefs and you will create the exact thoughts, feelings and behaviors that will transform your life!

The premise of this approach is based on research signifying your subconscious core beliefs create the energy which drives your daily experience and your perceptions, both of yourself and the world. In fact, studies have proven over 90% of who you are is subconscious, leaving only a mere 10% or less of consciousness from which to think, feel and act.

Every behavior, feeling and thought is generated by a subconscious core belief. Therefore, your beliefs are the catalyst for your entire life experience – physically, mentally, emotionally and spiritually. In order to create change, which is a conscious process, your subconscious beliefs must align with your conscious efforts. If they are not aligned, your subconscious beliefs and patterns will continually undermine your conscious efforts at change and moving forward.

With this science and research in mind, I created *The Monarch Method*<sup>™</sup> to support my clients in solving problems and achieving goals. It's a straightforward 3-step process for identifying and shifting the outdated beliefs blocking you so you can move forward with your life. This method empowers you to successfully manage basic struggles independently, with or without the resources and support systems you already have or want to put into place.

Once you learn the pathway to revealing your subconscious material along with the 3-step formula, you can reuse it for whatever comes up, whether its struggles or goals, for the rest for your life.

## **The Monarch Method™**

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*The Monarch Method™* is the internationally acclaimed approach for taking charge of your transformation and goal achievement. It is a straightforward, self-guided process for identifying and shifting the issues which create barriers to achieving and sustaining overall well-being and success. It focuses on transforming your core beliefs thereby creating organic shifts in your thoughts, feelings and behaviors. When these shifts occur, you experience the creation of harmony throughout your whole being – your mind, body, emotions, and spirit - leading to the empowerment and influence on your goals and life.

*The Monarch Method™* is:

- ★ Personalized and Self-guided
- ★ Long-lasting and Sustainable
- ★ Validating and Fortifying
- ★ Empowering and Clarifying
- ★ Interdisciplinary and Integrative
- ★ Positive and Affirming – based on the view you are and always have been unbrOKen.

*The Catalyst Factor™* encapsulates the philosophical underpinnings of *The Monarch Method™*. An ideal blend of science and spirituality, *The Monarch Method™* gives you the strategies and practices to heal, grow and succeed. First, it lays out the strategies to identify and move past what's blocking you. Second, it provides the steps for personal transformation, at the various stages, circumstances and goals throughout your life. And third, it is the platform for evolutionary leadership.

*The Monarch Method™* is not a replacement therapy, treatment or cure. It's a foundation-building tool which aligns personal choices with who you are today, making your goals achievable. It takes something potentially complicated and overwhelming (i.e. resolving struggles, moving past blocks, achieving goals) and makes it simple and straightforward.

The Science: The science formulating *The Monarch Method™* is *The Catalyst Factor*. It employs cognitive, behavioral and neurological constructs. Cognitive psychology is the study of mental processes such as attention, language use,

memory, perception, problem solving, creativity and thinking (Wikipedia, 2017). Behavioral psychology is a theory of learning based on the idea all behaviors are acquired through conditioning (Wikipedia 2017). Together, they form a neuropsychological approach that seeks to understand and influence how these two areas of psychological functioning affect who we are and what we do.

As a result, the processes, steps and practices in *The Monarch Method*<sup>™</sup> are essential for long-lasting, deep change. As spiritual beings, we are enriched by the 'ah-ha' moments, the newly discovered clarity and the spiritual understanding. There's no doubt these are important first steps. Consequently, following through with the scientific piece (the practices) is essential for moving forward and creating permanent change.

The Spirituality: "That is such an amazingly profound and affirming experience!" one client stated upon identifying an outdated core belief after years of struggling with the same issue. The spiritual aspects of who you are at your core are often profound and exciting to reveal. When you can look within without fear and understand who you really are – a powerful being of wisdom and purpose – along with why and how you've made your choices along the way, life as you know it changes.

We are dual beings – spiritual and human. It is the intersection of both these aspects that determines how we live and evolve. The combination of spiritual and scientific approaches in *The Monarch Method*<sup>™</sup> are what make it successful for whole being evolution.

Many people ask how the name was chosen. The word *Monarch* embodies the essence and purpose of this method in two distinct ways:

- ***Monarch Ruler*** – A monarch has sole rule over, without interference from outside sources; the monarch has the power to govern oneself.
- ***Monarch Butterfly*** – This extraordinary creature represents the energies of transformation and joy. It is a symbol of the soul, and it embodies evolution, change and growth. The Monarch Butterfly honors each stage of life from chrysalis (conception) to caterpillar to cocoon to butterfly. This cycle of transformation repeats itself infinitely.

*The Monarch Method*<sup>™</sup> highlights the importance of embracing change and transformation, inside and out, throughout your life. As the Monarch Ruler, you have autonomous self-direction with the ability to self-manage. *The Monarch Method*<sup>™</sup> honors your personal power as an essential component in creating change and achieving success. Like both the Monarch Butterfly and Monarch Ruler, everything of who you are already exists inside you, including your personal power and your innate ability to endlessly transform.

*The Monarch Method*<sup>™</sup> is not about changing you. It's about honoring and empowering who you already are at your core. It brings into focus the beliefs that support you in the present. It is, very simply, a guide on how to get and stay well on all levels – mind, body, emotion and spirit. Within these pages, I have employed science, spirituality, theory, research, personal experience and – perhaps most essential – other users' perceptions and accounts of how this method is best utilized and applied. You are encouraged to form your own opinions, create your own unique applications, and make your own rules when it comes to using *The Monarch Method*<sup>™</sup> for your personal evolution. You are both the self-empowered Monarch Ruler and the ever-transforming Monarch Butterfly.

### **Who and What are The Catalyst Factor and Monarch Method for?**

These approaches are designed to apply across genders, cultures, age groups, and lifestyles. They are applicable to:

- ✓ past experiences
- ✓ current circumstances
- ✓ goals achievement
- ✓ unexpected events
- ✓ anticipated transitions

The manual has been written in sections designed to guide you through the transformative process in a clear and concise manner. Section I describes the philosophies and science underlying *The Catalyst Factor*<sup>™</sup>. It explains and defines the fundamental scientific concepts and the importance of core beliefs in your growth and transition. It speaks to your spiritual essence, creating a platform for

your soul to spread its wings and soar to new heights. It's laid out by chapter to address various facets of your life, with practices in each chapter designed to enhance that particular area of your life, with affirmations and visualizations to support your transformation. The affirmations assist with the cognitive and perceptive restructuring of your thought patterns (the science). The visualizations support you in imagining and creating the perceptual shifts you desire (the spirit). These practices will get you started with making the changes you desire.

Section II is *The Monarch Method*<sup>™</sup>. This section takes you through the 3-step process in detail. This is where your transformation begins – identifying and shifting blocks then creating the change you desire. Section III wraps up your learning and clarifies options and opportunities moving forward. It shines a light on the path ahead with follow-up stories and insights moving forward.

Included are *The Monarch Method*<sup>™</sup> *Personal Journal* and *The Monarch Method*<sup>™</sup> *Oracle Cards* (see descriptions below).

The strategies herein can and are meant to be used in conjunction with other resources in your life. For example, it works well with coaching, counseling, prescription medication, alternative medicine, conventional health care, holistic health, group work, self-help practices, and more.

*The Monarch Method*<sup>™</sup> is designed as a foundation building resource which supports, enhances and makes more effective all the internal sources you already have and all the external resources you choose to use.

Basically, this provides you with a comprehensive map to personal healing and growth, belief shifting, leadership development, self-awareness, and above all, the rediscovery and liberation of your incredibly special, very valuable, and extraordinarily lovable Self!

## **Related Resources**

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The *Core Instincts Quiz* and the *Leadership Core Instincts Quiz* help you establish a baseline for your present state of being while identifying those areas of change and growth on which to focus. It's an interesting and eye-opening way toward the discovery of how you operate, consciously and subconsciously. *The Monarch*

*Method™ Personal Journal* is designed to provide you with the space for both writing and creating in your work with *The Monarch Method™*, as well as for your inspired thoughts and ideas whenever and wherever they may arise.

The task of writing by hand is a crucial aspect of development and will be discussed in more detail throughout this book. When you write down your musings and discoveries, in addition to accessing a part of your subconscious previously unrevealed to you, you've also established a written record of your process to which to refer moving forward.

An inspired afterthought to *The Monarch Method™* process, *The Monarch Method™ Oracle Card Deck* is a reminder of the value of fun, the importance of symbols, the limitlessness of creativity and the wisdom of the Universe. At first, this deck seemed superfluous in comparison to the method. Oh, how wrong I was to dismiss so easily the value of joy, symbolism, and creative expression! It wasn't long before I realized the essential role this deck plays in the core belief transformation process.

*The Monarch Method™ Oracle Card Deck*, these cards are designed specifically to facilitate your process of core belief identification, an essential step leading to your personal transformation. They provide over 130 examples of core beliefs, how they support you, and how they can work against you. It also includes colors, numbers, winged creatures, and more, adding to the symbolism and creativity that are such vital aspects to self-discovery and growth.

Welcome to your journey of discovery, transformation and the breakthrough of a lifetime!

[www.themonarchmethod.com](http://www.themonarchmethod.com)

[www.drkimblegreene.com](http://www.drkimblegreene.com)

☺ *Warning: When you work with *The Monarch Method™*, it is likely you will experience heightened clarity, creativity, passion, health, success, abundance, balance, harmony, joy, and a newfound love for yourself and life. Proceed with wild abandon, a free spirit, and an open heart. Chances are you will become the YOU you cannot live without.*