

Hi Im Michael Shaw Coach, Lover, Warrior, Sovereign Leader, Magician, Adventurer and Creator. Here is a little bit about me, my History and the battles that I have fought along the way, that have lead me to where I am today.

I grew up in a broken home. My Parents were fighting since before I was born. By 9 months old my parents had divorced, leaving me to live with my mother. Money was always tight. There was a time where we ate baloney sandwiches three times a day. I know a little about what it means to be hungry growing up.

I when was about 5 years an older boy who was supposed to be watching me was repeatedly molesting me until age 6. When my father found out, he took me away from my mother. I was sent off to boarding school, that was supposed to help children with cognitive disabilities and developmental challenges. During this time I was exposed to corporal punishment. These wasn't just bare bottom spankings, we were beaten and humiliated for what were simple acts of childhood and slight misbehaving. However the abuse did not stop there. Punishments would lead into many sexual acts. The damage done to me during my 7 years there would follow me almost the rest of my life.

At age 9 I had already smoked weed and drank alcohol. By 14 this became a regular occurrence and means to escape. I moved often, got into trouble frequently and been arrested a handful of times. All these actions were a deeper cry for help; for the Love and Attention I never got growing up as a child.

Somewhere in my late 20's to early 30's I began to crash into what could be called deep depression. I started therapy and for the next 16 years I became, what I would call a test patient for various medications. Being in the public system about every six months I was assigned a new doctor, a new medication and new diagnosis. Each time I started over I had to relive my experiences and tell my story.

In 2009 I was seeking to continue with my mental health treatment in a new place. I found no one willing to take on a new patient or offer any kind of help. Getting the run around from the medical community and no one to support me, I attempted to kill myself. I constantly went on and off medications during this time leading to many mood swings and episodes. I was frustrated, angry and feeling hopeless about getting assistance, any real answers or being able to lead a normal life.

Then I decided not to see doctors anymore or rely on any form of medication. This was the best decision I had ever made. It wasn't because the same conditions and challenges no longer existed, but rather because I was no longer dealing with the highs and lows of going on and off medications and the emotional roller coaster that came with reliving my worst moments and traumatic experiences. I still suffered with these unexplained feelings of worthlessness as well as being unconscious to my limiting beliefs and self sabotaging behaviors. Years of therapy and medication management had not been working. I depended on pot quite a bit to get me through day to day and still rode the waves of depression, worthlessness and abandonment.

In 2016, when reaching another one of my lowest points and strongly feeling as if leaving the planet would be the best option, I decided to attend a festival. However this one was a little different in the fact that it was centered around holistic healing and alternative medicine. I asked God for guidance and was open to something new. Anything that would help me relieve the pain and suffering I had been experiencing for so long. This is where I had my first introduction to plant medicine. The experience was so profound that it assisted me in purging, what I would say was at least half of my dark energy and feelings of worthlessness.

Over the next 6 years I sat with various plant medicines diving deep into my traumas, childhood wounds and the shadows that damaged everything and everyone in my path. I always knew I had been molested but I had no idea what really happened to me or why I had developed these issues. I would often fly off the handle at the slightest reaction towards situations, circumstances and certain people and didn't really know why. Constantly turning to drugs and alcohol for relief.

As it would turn out all my reactions were just a result of repressed memories. From the ages of 7 to 14, while on summer school trips abroad we were not just being molested, we were being raped and sold or trafficked to older men to have sex with us. This explained my whole life of mistrust, drug and alcohol use and poor choices. I was subjected to trauma based mind control, relating punishment, abuse, pain and sexualization with the Love and Attention that children seek and need. We were often drugged, hypnotized and groomed to act inappropriate ways that no child or anyone should be subjected to.

In November of 2021, after discovering core the of these issues I came across Tony Robbins and I had this burning desire to hear him speak. When I arrived he was already an hour and a half behind schedule. I went into the room and joined a group of people to listen. Within minutes I was taking notes on my phone and participating in the activities. It felt as if Tony listening to the conversations I had been having with myself. The things he spoke of were things I has been saying to myself. Actions I knew I should be taking, but only following through with half-assed attempts and never really making any progress. Tony's words made a really impact on me, just with more clarity, more concise and better explained.

In January of 2022, Tony did a free event, Breakthrough 2022. At this time I was beginning to really up open, and was willing to receive the coaching that would take me to the Next Level. Coming to the understanding that I was never broken. There was nothing wrong with me, I didn't need fixing, medications or drugs. It was just a story I had been telling myself based on the experiences that I had growing up. The Story which had created my Model of the World, how I felt about myself, others and the world around me. That Story kept me in a loop of repetitive patterns causing me to repeat and revisit the same cycles over and over again.

Tony says *'Most people won't change unless circumstances force them to do something or their pain becomes so unbearable they Must Change'*. That was the case with me. I tried everything from developing a dependency on drug and alcohol to traditional therapy and medication management and everything in between and nothing worked. Until plant medicine cleared a way of my mental and emotional blocks.

The years of trauma I experienced as a child both as a victim and self imposed, layer by layer had been removed.

When Tony Robbins came into my life I was finally able to hear and understand what had caused me to act and think in certain ways. Tony helped to make sense of all these things. Understanding and putting into practice useful tools that would assist me in reprogramming my thinking, recognizing my patterns and the Story I had been telling myself which kept me in the cycle of pain and suffering, for most of my life. Finally I was able to break free of my traumas of the past, addictions and sub-conscious self sabotaging behaviors. A cycle that lasted over 38 years.

As I started to apply Tony's techniques to my life, things began to change radically for me. At one event, *'Date With Destiny'* which was really a date with myself; I uncovered my true talents and calling to become a coach. I realized during the event I was naturally coaching people most of my life. Caretaking others and advising them. Friends, family and even complete strangers would ask for my counsel or advise. That's when all the pieces fell into place. I realized my Mission on this planet; *'To Raise The Conscious Vibration Of The Planet One Person At A Time'*. Further defined, to assist in ending the suffering I saw in others and the world around me. The same kind of suffering I had experience throughout most of my life.

Now I am offering my skills and experience to serve others in assisting them to find their way back to their own center and self worth. Coming into alignment with themselves, for the first time in their lives in many cases. My Passion is to Lead

people towards themselves. Towards the best version of themselves they can be, without limitations of any kind. So that may have a life of Abundance and Unlimited Possibilities. This begins with the cleaning up our own home, our emotional home. Taking responsibility for ourselves and our actions; not for the ways in which others have treated us.

We are all Co-Creating this Human Experience together. Each person individually as well as collectively are making their contributions to the creation of our society. As Co-Creators of an ever Expanding Universe, there are Infinite Possibilities and Unlimited Potential for the Human Race. It is our Responsibility to steward a new way of life that isn't at the expense of others and in the interests of the Greater Good; instead of a select few.

The only way to get there is to start with ourselves. Understanding and Awakening the Collective Consciousness within. Where we can pave a future towards a Peaceful Existence and Life of Abundance. This what I have come to realize through all my suffering and jumping into every mud puddle along the way. We should be spiraling upwards to Enlightenment and a Higher Level of Consciousness. Life is not meant to be a repetitive cycle, repeating that same lessons over and over. We were meant to move through the different levels of Consciousness. This is what MindSet Transformational Coaching is all about. This is what has lead me to where I am today the reasons why I have chosen a Mission of a life serving others.

This is all part of the process of evolution, a part of Awakening. It is time to stop making excuses for our half-ass

behaviors, the things that have happened to us and reasons to continue the Wheel of Suffering. It is from this place of doing Our Own Work, that we end our personal suffering and the suffering of generations that follow.

It is the time to STEP UP, SET A NEW STANDARD and BE THAT CHANGE in the World we want to see. All You have to do, all You have to remember is that it starts with You. Doing Your Own Work. Asking Yourself better and better questions, until you find the correct answers. Holding Yourself accountable, until You realize what You Must Change for You and in doing so You Change those around You. All it takes is showing up everyday as the best version of Yourself, as You can be today. Striving a little more to become better and better with each day. Committed, to a path of 'Constant And Never Ending Improvement'. Remembering You Matter! You Are Worthy, of living a fulfilling life.

This is My Why, I have chosen, to take Responsibility for the suffering I see in myself and the world around me, to Coach, to Guide, to Teach; my Brothers and Sisters a better way. To hold space for them, to hold the Light for them, until they can hold the light for themselves. Walking everyone home, not to a physical home but to the home inside themselves, where they remember who they truly are. Where they Remember that we are Sovereign Beings living in an Ever Expanding Universe with Infinite Possibilities with Unlimited Potential.

The Only Question that remains is Are You Ready, Willing and Open to doing Your Work? The Work which will lead You to a place of total FREEDOM! A world You get a chance to Create whatever You can Imagine.

I am Michael Shaw and I am Looking Forward to being Your Coach on Your Journey back to Yourself, if You Choose.