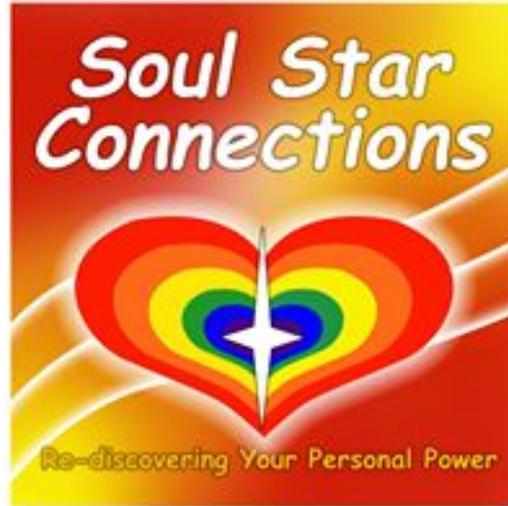


SHIFTING GEARS® ASCENSION Program

INVITATION

CHERYL UEDING
*Spiritual Healer/Teacher,
Workshop Facilitator,
Course Developer & Presenter*





SHIFTING GEARS®

ASCENSION Program

If you are **someone who wants change in your life...** who wants to live consciously, in your power, so you can be in control of your life and life's circumstances (perhaps even remove long-standing health issues); if you want to rise above ordinary thinking and ordinary living and leave the mundane behind, then I would like to invite you to join me in my exciting new program.

If you are not getting the answers you need regarding your health, your life, or are drowning with no resolutions in your relationships; if you are ready to step outside of the system; if you are ready to take control of your life, your health and your relationships; if you are ready to **just take the first step towards reclaiming these things**, then the **Shifting Gears® Ascension Program** is for you.

It can be hard and lonely while trying to make these changes on your own. Often you can be feeling like you are drowning in a sea of negativity... or living in cycle of no hope with no answers, and it is easy to start believing that. It can be easy to start believing that you are not worth the effort, that there is no hope to change things (especially if you are sick, or on a low income, or you are suffering in a one-sided relationship) and it can be easy to get overwhelmed if there is conflict within you... particularly when you can't see a way out.

I believe there are 2 ways to overcome your hardships.

One is a **Slow Way** where you do what the doctors say (and that doesn't mean you don't listen and heed and accept the help physically to manage your symptoms) but never getting to the root cause of the problem... unfortunately, this way often leads to management of illness and never ultimately overcoming it. Or, you live with your life circumstances and never get beyond them because it just gets worse and worse and worse, the problems intensify (faces might change but your problem still remains) until it is just plain too hard to negotiate a way out; or you never get to experience and fulfil your dreams because you are consumed in survival mode.

The other is a **Smart Way**. This is a way that will guide you out of your mess, keep you on track and catch you should you fall. You have expert guidance to start unravelling your tangled mess, you have specific exercises in a workbook to do in the privacy of your home, and you have personal access to professional expertise and also in a group situation. **You are not alone**. You have expertise to get to the root cause of an issue, are guided how to change this and how to heal yourself, and you are given the tools to do it all.

This is the role of the **SHIFTING GEARS® ASCENSION PROGRAM**. It will short cut your path to living consciously, powerfully, and in control of your life. It will guide you to overcoming your problems not managing them. You will then be able to take the time needed to enjoy your life fully, live your dreams, and not look back.

The **SHIFTING GEARS® ASCENSION PROGRAM** is a six (6) month program, designed to include the best support after 15 years of coaching people just like you.

A MESSAGE FROM YOUR MENTOR...

Hello Sacred Heart...

If you're ready to step forward and live consciously... in your power... so you can be in control of your life and life's circumstances, then I'm so pleased you are here.

You see, I believe in passing on knowledge. I believe we need to understand the bigger picture of ourselves and our role in this thing we call Life on Earth. I want to help ease the pain and suffering that exists here, I want to help people restore their health and their lives and get out of the sickness industry that is consuming our communities physically and financially. And... I want to help people re-find their purpose in living. I believe this is the best way for us to find stability, joy and happiness globally.

I measure my success, and the success of this program, by how many people have been able to change their life's circumstances, improve their health and expand their wealth... and by what these people give back to their communities. By how many mothers and fathers become greater parents, by how many people who no longer have weekly/monthly visits to their doctor, by how many people no longer have to live with prescription medication, by how many people are no longer depressed.

After more than 15 years of coaching hundreds of people through my programs - and many thousands freely through my shop - I know what support you need to create success with permanence. I know what challenges will come up as you start to make improvements in your life, and I know when you will need extra help in the form of an Emotional Rescue®, so I have designed this program to encompass it all and you will not be left behind, your blockages will not be unresolved.

There will be times when you will not want to face certain emotions, but I promise you the sun is shining and waiting to shine on you... and, when you feel that sun, you will bask in a way that you never have before.

I'm truly looking forward to helping you to empower yourself, heal yourself and live on purpose in a vibration of love and joy.



SHIFTING GEARS®
ASCENSION Program



Thanks Cheryl... You are one of the most inspiring people I have ever met... Your love is palpable and so many are touched by your generous soul... I bless the day I met you xx

Christine Starkey, Kapunda, SA

Why the SHIFTING GEARS® ASCENSION Program works...

Personal Coaching with Cheryl

(many other programs do not have close mentorship with the company founder)

One:One Coaching

- One **private Coaching Call** (1-hr) to use for an **Emotional Rescue®** so you can shift a deep block **fast** and free yourself to shift gears faster
- Two **private Coaching Calls** (30-mins) for personalised mentoring in your life or business – for when you need that extra help most
- **Get to Know You Questionnaire** which means I can get an overview of where you are at in your life and the major issues you are dealing with so I can guide you in depth right from the start

Staying on Track / Accountability

- Fortnightly **small group coaching calls** with Cheryl for as you move through the Workbooks and exercises where you get my personal help and assistance with any questions, concerns or blocks
- Be part of a **small like-minded peer group**
- Balance of Q&A, teaching and accountability
- **Private FB group** for daily support, feedback and answers

Shifting Gears® and

Be Your Own Healer... Be Your Own Life Coach Programs

- See next page for details



SHIFTING GEARS® ASCENSION Program

“ The work I have done with Cheryl has catapulted me into a world of possibilities.

It has been a journey that has required some tough work, bringing up a lot of emotional baggage that I now realise was holding me back.

The power of the work Cheryl does is nothing like anything that is available mainstream including our medical system, professionals such as psychologists, counsellors and the like, and the education system, and I clearly see the need for the healing process that Cheryl is able to provide and teach, in almost daily interactions with others.

Once we get back to the basics and connect with our inner-selves everything makes basic, perfect sense. ”

Brenda Burford, Renmark, South Australia

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SHIFTING GEARS® ASCENSION Program

Core to this program are the step-by-step modules in the **Shifting Gears®** and the **Be Your Own Healer... Be Your Own Life Coach** (previously known as *Living Authentically*) home study programs with their **32 guided meditations**. Each module builds on the previous one and, in this way, your transformation will literally unfold.

- You will get immediate access to the entire program and guidance through the fortnightly group coaching calls and FB group.
- Each module is specifically designed with guided audios/video, worksheets, and scripts so you can get to the root cause in your subconscious programming to reveal past traumas, blockages or patterning unique to you and which may be restricting you.
- You can work through the program at your own pace, which means the live fortnightly catch-ups can be used for blocks and asking questions specific to your life and the modules that you are working in, rather than attending 'topic classes'. **I am all about you getting personal help and shifting your vibration fast in your time.**
- By the end of the program you will have mastered your personality's nuances, given purpose to your being, and forged a new direction - one that will lead you to a healthy, satisfying and prosperous life.
- You will have all the material including the divinely inspired 32 guided meditations to refer to... *for a lifetime!*

The programs are specifically designed to systematically guide you to your break-throughs and give you the skills to become a confident self-healer, a powerful and intuitive leader of your own life, and a clear channel for moving forward in life and business.

You will become the LEADER and MASTER of YOUR OWN LIFE



SHIFTING GEARS® ASCENSION Program

“ This course encompassed so much more than I was expecting!

I thought that I was embarking on just a journey of self discovery, which is certainly what I experienced, but I also learned so much more along the way about life, different perspectives on just about everything and also about others. Instead of just being about me, I was shown how to listen to myself and to others and be in a position to feel more and therefore experience more of the good things that life has to offer.

I can certainly say that I have changed or been awakened in many ways, including how I deal with everyday occurrences, how I make choices that affect my life and also how I treat others as well as looking to the future with enthusiasm instead of trepidation.

Cheryl, you are a wonderful teacher and I thank you for sharing your experiences and knowledge with me... your strength of character and the joy and encouragement you engender in people is truly inspiring.”

Christine Starkey, Kapunda, South Australia

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VIP BONUSES...

In addition to the **Be Your Own Healer... Be Your Own Life Coach Home Study Program** (which consists of **12 Modules** and **22 Audios/ DVD**) you will have the following FREE bonuses:

FREE Access to:

SHIFTING GEARS® Home Study Program (valued at \$997)

- **Workbook and 11 Audios** to systematically guide you through your subconscious patterning to give you breakthroughs and tools to create and forge a new life – one designed by you

CELLULAR MEMORY DISCOVERY JOURNAL (valued at \$30)

- **Workbook** to help you get to the roots of a health issue

SHOW ME THE MONEY Home Study (valued at \$497)

- **Workbook and Audios** for you to clear your sub-conscious programming that may be holding you apart from the prosperity you want in your life. Available when you pay your deposit within one week of registering for the program.

That's **OVER 35 GUIDED MEDITATIONS** (valued at \$1,750 alone)... so you have access to all the material which you can use and refer to... *for a lifetime!*

Only for the *Fast Movers* Bonus:

SHIFTING GEARS 2 day Workshop LIVE* free ticket

- **2 unforgettable and deeply rewarding days** shifting and clearing emotional baggage (once and for all) preparing you for your future and making your journey ahead of your so much stronger and more exciting

(*valued at \$997 and only for those paying in full prior to start)



SHIFTING GEARS®
ASCENSION Program

When I was at the bottom of my pit, the doctors said they “couldn’t help me anymore”. There was very little medication that could be used to help my allergies and their consequent infections.

There came a time when I had very little will to live and I had no knowledge on how to turn things around... and nowhere to turn to.

I was a walking time-bomb wanting out.

If you are at that point in life where you want to:

- Take control of your life
- Live your life purpose
- Toss your health issues once and for all
- Make sense of and give meaning to your life
- Be the one pulling your own strings

I would like to show you how to unlock this.

You see... this is your life, your health, and it is your journey... and you have all the keys inside of you.

Cheryl

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WHO IS THIS PROGRAM FOR?

This course is for you if:

- You are a spiritual seeker or someone who would aspire to become the best version of yourself possible... so someone who has started (or wants to start) an internal journey of discovery within him/herself and wants to rise above ordinary thinking and living
- You want to live consciously, in power, take control of your life's circumstances and find the root cause of any health issues you may have
- You take personal responsibility for your life... this means you want to end blaming other people for your life circumstances and want to be free from the past and/or past trauma and damaging relationships
- You feel you may have come to a standstill in life and know intrinsically that there is more... more to life than just living the days out
- You focus on bettering yourself and want to rise above ordinary life but, at the same time, you know that you are part of a community, that you can add value to the world and could even be of service to others... this means you would feel great satisfaction in being a peacemaker or a light-worker
- You understand that life is never a straight path and embrace your personal growth that comes from evolving as a soul with all its highs and lows
- You are generous with your compassion and encouragement of others in the program
- You are coachable... which means you are curious to learn, humble enough to admit that you don't already have all the answers, and can show leadership by sharing experiences with your peers



SHIFTING GEARS® ASCENSION Program

“ The 12 week (*Living Authentically*) course was inspiring, comprehensive, uplifting and opened up my awareness.

I feel like I am now on the path to living my soul's desires and releasing baggage that I have previously let hold me back.

The opportunity to become in touch with my higher self and practice healings, as well as have my own healings, has had an immeasurable impact on my life. I am now open to a world and consciousness that I previously didn't realise was there. The knowledge and information given within the course was amazing and has changed my life.

I previously suffered from depression and I have learnt of the reason for this and why I have been holding back from truly living.

I cannot thank you enough for the wonderful gift of partaking in such a fantastic learning experience. Challenging, confronting, enlightening and absolutely uplifting. Thank you so much.”

Sally Tapscott, Gawler, South Australia

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WHO IS THIS PROGRAM NOT FOR?

This course is **not** for you if...

- You are looking for a quick fix (although you may experience that at times when you have a quantum shift in your consciousness)
- You want someone else to solve your relationship or cure your disease... or if you want someone else to pay for those changes. This course is not about the *management* of a health problem, life issue or a difficult relationship... it is for people who want to be **free** of these things
- You do not take personal responsibility for your life, if you desperately need to blame other people or your life circumstances for your current predicament... it will require you to *own* your health issue, your intolerable relationship and your life's circumstances
- You are not compassionate... *that's a non-negotiable!*
- You are not coachable... this means you know everything already and are not willing to embrace new ideas, new concepts or change existing ones
- Joining this program will cause you financial hardship... this will only add to the level of fear and mistrust that exists in you already and will prevent you from rising above them



SHIFTING GEARS®
ASCENSION Program

“ A lot has happened since the course finished and I feel I have been able to deal with all that has come my way in a ‘complete’ way... ie I have felt the emotion, processed the thoughts and been able to make peace with myself.

For me, the course was a way to heal myself first and I feel I have come a long way in that. I have learnt to recognise my soul connection too.

I have had times when spirit has spoken to me and I have recognised that and listened. I have felt my spiritual connectedness physically and it was an awesome experience.

I write nearly every day to practice and reinforce what the course taught. I also find myself naturally following some of the teachings, thinking and speaking them as a normal part of my life.

Thank you Cheryl for giving/sharing the course, providing the awareness and skills I need to continue my journey.”

Jodie Collins, Angaston, South Australia

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HOW THE PROGRAM WORKS

On joining the program, you will receive the **“Get to Know You”** Questionnaire to fill out and return to give me an overview the challenges you are facing at present and what you particularly would like resolved through the course (if anything).

Commencing: 2019

People who pay their deposit within one week of registering for the program will receive, as a bonus, the **Show Me the Money** coaching.

People who have paid for the course in full prior to start will be eligible to attend a **Shifting Gears® 2 day live event** .

The **Shifting Gears® Ascension Program** is designed to be worked on at your own pace. I will be available for you throughout the course and I will do this in 2 ways... through the Group Coaching calls and your Personal Coaching calls. You will have six (6) months access to both the group coaching and personal coaching calls.

One:One Personal / Private Coaching

- Your one-hour personal and private coaching call is best reserved for when you need to delve deeper into something and can be reserved for an **Emotional Rescue® session** with Cheryl (who can advise you when that may be necessary).
- Your two 30-minute coaching calls can be used at any stage of the program for when you feel there is a block, need direction, or you need some private coaching - for whatever you feel.

Group Coaching

Held very 2nd Tuesday at 8am Adelaide time (this time allows greatest flexibility with numerous time zones). These coaching calls will provide a balance of teaching, Q&A, and accountability... and they will help to keep you on track! You will also be part of a private FB group for daily support.



SHIFTING GEARS®
ASCENSION Program

Things to remember:

- **Knowledge** can never be taken from you... you will understand yourself and learn skills that you will use for the rest of your life
- You **don't need more tablets** and more potions... in fact, you will find yourself moving away from these things in your own time
- **You will love being in control...** you will love the independence it gives you and you will love the freedom to get on with the good things in life

The Shifting Gears® Ascension Program is a step-by-step program that puts YOU in the driving seat of YOUR life!

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HOW TO GET STARTED

1/ Phone Meeting

If you have not yet had a phone meeting with Cheryl to assess if the program is right for you, email her at cheryl@soulstarconnections.com.au and she will contact you to make a time to get on the phone to discuss your goals, your challenges at the moment and determine if the program is right for you.

2/ Investment

The price is not listed here because the first people to join will be offered a Founders Members' discount.

AFTER YOU JOIN

As soon as you join I send you the 'Get to Know You' Questionnaire, the links to your course and bonus training(s), introduce you to others in the program

and... indulge in a happy dance... it's time to celebrate your new future. 😊



SHIFTING GEARS®
ASCENSION Program

“ This (*Living Authentically*) course and it’s benefits are beyond money.

I didn’t even consider the cost excessive before the course started. I could never have said, felt, displayed the emotions I had anywhere other than at this course. It has meant more to me than I can ever adequately express. You will forever be my saviour elf who enabled me to look in the mirror and see the truth. Thank you.”

Jodie Collins, Angaston, South Australia

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