

SPARK EXPANSION

EVOLVE BEYOND BELIEF

**Interview with John Maciel-
CKWR FM (Kitchener Ontario)**



Session 23 December 2015- 7.20pm Eastern, 4.20 Pacific

Name of Guest: Kindi Gill from *Spark Expansion*
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Background on Kindi: Kindi, married and a mother of 3, is a Family Coach, Inward Leadership Catalyst and Professional Speaker. A former CEO of a private company, responsible for 3000 people nationally in the UK, she has more than 30 years of experience in leadership. Kindi is trained as a Chartered Accountant, and is a member of the Canadian Association of Professional Speakers (The upcoming 2016 Treasurer for the Vancouver Chapter).

Kindi is an Intuitive Healer, and is trained in Reiki. Most importantly, is one of a small group of 11 worldwide, qualified to be a facilitator of the revolutionary Self Healing Dalian Method.

Kindi assists to alter your behavior in a positive way, like the base metal of your old psyche changing into loving gold- Kindi calls this Inward Leadership. It guarantees phenomenal results by helping to drop your emotional struggle, and find true serenity.

Chosen Hook: Why Affirmations Make Things Worse

Ultimate Goal For This Segment: Draw attention to an idea- the idea of “Inward Leadership”. This will help people save time and money in their lives.

□ **Why will the audience care about this topic?**

I want to help the audience to get past feelings of:

Insecurity

Anger

Judgment

Stress

Fears about relationships, money, and more

This segment will help people to know which way to look for lasting and greater happiness. It will avoid them spending long periods of time invested in affirmations, thinking their life might improve, when in fact, they will just keep the inner anxiety strong.

□ **Key Message #1: We are all filled with love, joy and creativity, though it's not often apparent to us. Imagine that the love, joy and creativity looks like a decadent chocolate cake, but the catch is, that it is all locked behind a shut door.**

Talking Point: The inner critic inside our head at times can be negative- this is the equivalent of the door, blocking us from getting to that chocolate cake, and the positive aspects of our behavior.

Talking Point: Obviously every door has a key, one that we can use to open it, so that we can get to the chocolate cake, and those feelings of love, joy and creativity. We just need to find that key, and open the door, or break it down.

□ **Key Message #2: Affirmations are like trying to create a new chocolate cake outside the door- finding the ingredients, getting the right dosages of everything and needing a lot of labor and effort. You're going to have to work really hard.**

Talking Point: The trouble is, that the door is still there. The inner critic has not gone away. It is just being used as a backdrop like a canvas to paint a new picture, and if pushed by an adverse eventuality, we will still end up facing the inner critic. Through all of that, nothing has changed in our personality. We will still get angry if pushed. We will still be judgmental of others and ourselves. We will still carry guilt and shame. The positive affirmations have only temporarily masked what is being said by the inner critic.

Talking Point: Now the affirmations are actually stopping us from getting to that real chocolate cake that we could have accessed, on the other side of the door. That cake is unlimited in quantity. And is already totally pure, compassionate, loving, heart centered, grateful, forgiving, and a genius that is able to create interesting new ideas, that are way beyond anything we could create for ourselves outside the door.

□ **Key Message #3: So the key to the door is what we need to find, because this key silences the power of the inner voice and its critical nature- this is called self-awareness. This is like finding the real treasure, the real gifts and thus our behavior changes- The door is being broken down piece by piece, because the new behavior overflows and is so excited to be shared.**

Talking Point: We become less angry, less tearful, less revengeful, and more forgiving, more understanding, more compassionate. We feel these changes all happen from inside of us. It all happens so effortlessly. Because layer, by layer we have transformed the old, all fears transform into love.

Talking Point: We get to discover the lessons in our lives; why we had the rough and difficult relationships, why the difficulty with money etc. And as we learn our lessons the challenges stop happening, and our reality improves dramatically.

▫ **Audience Take-Away:**

~How does this information benefit the audience~

Audience's attention will move towards breaking down the door of inner critic from within.

Call this inner leadership, rather than effort driven by the mind- like affirmations.

Can use active meditations to help quiet the mind (very useful in every family life). Dancing, jumping, chanting, and laughing are a few of many exercises that can exhaust the mind, to open windows to the real chocolate cake, the one that sits on the inside of the door.

Self Healing Dalian Method- a brand new system, but wisdom that is ancient in its origins created by a modern day mystic, Eliza Mada Dalian. This method is a jet speedway to break down that door.

Classes are available via Skype or in person, as well as the opportunity to participate in a 5-week program online, that practice with all these tools.

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