



Sacred Depths Certification

Being in the Mystery Resource Sheet

“ *Be a practitioner who can support powerful manifestation
AND also powerful letting go and being in mystery.* ”

If you don't commit to supporting your clients with being in the mystery, you run the risk of becoming a “push” coach. A coach who is always pushing and prodding clients forward instead of finding the organic, aligned flow they are meant to be in.

We also run the risk of bypassing. Bypassing feelings that need to be felt, bypassing synchronicity, natural rhythms and golden opportunities that come out of mystery, confusion, and release.

Understanding Cycles

- It's important to understand and honor the natural cycle of any life span, relationship, project, etc.
- Nature helps us understand how cycles work. There is a 4-Part Cycle to anything

Spring

*New seeds, new beginnings.
Planting the seeds of a new
project, relationship, etc. or
a new phase.*

SPRING



Planting

SUMMER



Growth

Summer

*Persistent and consistent
growth. Being persistent to
grow something; watering
and giving sunlight to
facilitate growth*

Autumn

*All about the harvest.
Enjoying the fruits of your
labor. Celebrating, taking a
pause to acknowledge what
was accomplished*

AUTUMN



Harvesting

WINTER



Releasing

Winter

*Letting go, not knowing.
Take a long rest until the
next thing.*

Winter Phase

- At one point or another, your clients are going to go through a winter phase.
- For some a winter phase may be a moment in time. It may be a week, a few weeks, or a number of months where the priority is rest/self-care over everything else.
- The mystery is scary because when we slow down, when we let something go, we don't yet know what's on the other side.
- If we already knew what was on the other side, it would be much easier to let things go but we also would not get the deeper learning from it.

Importance of supporting Winter Phase

- When we don't let go of what needs to be let go, or when we don't step into a winter phase that we are ready and ripe for, things feel out of alignment.
- If don't step into a winter phase, we can end up over working and doing too much, then feeling exhausted and like we don't have enough space in our lives.
- Sometimes we need to let things go, in order to make room for what's coming next.
- A client may need to consciously step into a winter phase because they need to heal from an illness, a trauma, or a big life transition. As the practitioner you want to support them to make this step.
- If a client has been settling for something instead of receiving whatever is ideal, it might be time for them to step into a winter phase. To make space for what they really want, they need to break a pattern of the status quo.
- When we are going, going, going, not letting things go, avoiding winter, there is often a deep need to grieve but we can't until we let go.

Why is it hard to be in the mystery?

Fear is the primary reason clients resist being in the mystery

These are fears clients might face when letting go of something AND you, as the practitioner, need to check yourself too. If you have the same fears, it will be difficult to hold the space for your client to let go.

1. FOMO – fear of missing out
2. Fear of change
3. Fear of open space and time
4. Fear of letting others down
5. Fear of death itself

Journaling/Deeper Dive

- What is your relationship to letting go?
- What's your relationship to winter?
- What's your relationship to scarcity and/or always needing to accumulate or do more?
- What's your relationship with not knowing? Or being in the mystery?
- What's something in life you know is ready to die but you've been clinging on to it? Why have you been clinging on? What are you afraid of?