



Sacred Depths Certification

Befriend Your Fear - Part 2

Speaker 1: Hi. Okay, here we go. All right. Well, I'm excited to be with all of you today. I hope you're doing well and that your week has gotten off to a good start so far. We're in the home stretch of the year for those of you in Coaching Mastery Circle. I shared this last week, but I'll share it again here, just because we're in the home stretch of the year doesn't mean that a lot of magic still can't happen the last couple of weeks of the year. Don't just phone it in and say, it's done, and hopefully you're taking off for the holidays. I know I am, but sometimes December can be like a throwaway month, like it's done, but there's still so much that can happen, right? There's still so much opportunity. There's still actions to take. So count December in.

We're in the middle of our Befriend Your Fear module. This is our second of three classes on Befriend Your Fear. Last week, our first class in the module, we looked at foundational principles around fear. You have things that you really want to understand around fear and human reaction versus response to fear. Just things that you want to understand in terms of a practitioner, as you know in this certification, in this program, a big piece here, we have the skills and we have the inner work, but a big piece of it is also our understanding of human nature. The more that as practitioners we can understand how human beings tick, the more we're going to be able to take the skills and then our whole life wisdom and expertise and all of that, and really put it to incredible use with our clients.

Last week we looked at foundational principles of fear, human response, and reaction to fear. We also looked at this idea of the underlying fears. It's like our clients and us have our obstacles, stalling on putting a preview presentation together, the surface layer sabotage, putting the dating profile up, whatever the things are. The other piece we looked at last week is like, and then their fears underneath those things. For one person's sabotage on a sales call, the underlying

fear might be different than another person's sabotage on a sales call. For some people, it might be the fear of surpassing loved ones, for another person it might be the fear of visibility, for another person it might be the fear of success, whatever it is. We looked at some of the most common underlying fears, because again, as practitioners, it's good for us to have those in our toolbox as we work with our clients to support them, to create awareness around what's going on for them. That's what we did last week.

Today, we're going to do a lot today. I'm going to take you step-by-step. First, I'm just going to teach you the Befriend Your Fear process, kind of the main parts and the main pieces of it, the steps that you want to go through, and then I'm going to demonstrate it. We're going to do a lot of inner work. We'll go through as a group, the Befriend Your Fear process. The BYF, I call it the BYF process, Befriend Your Fear process as a group looks a little different than how you'll do it one-on-one. We'll do it as a group this week. You'll get to do the inner work. You'll also get to see the different steps in action.

Then next week, what I'll do is I'll be demoing the process in a one-on-one with one of you. And then we'll pull apart all the pieces again, as well as any of the coaching and transformational skills that we use. So that's kind of where we've been and where we're going.

Before we jump in, any questions or anything that anyone wants to share around what's been resonating for you since last week when we started to look at fear and the foundational principles and the underlying fears, or any questions that you guys have? Anything that you want to share? Or any cues that you guys have before we jump into the process today? You can just raise your hand on the- Yeah, [inaudible 00:05:25].

Speaker 2: I noticed that I draw clients to me that reflect my own fears.

Speaker 1: That's not uncommon. I'm sure you've heard this said before, it's like what we're here to teach others is also what we're here to learn. So we may be a couple steps ahead of our client, or more than a couple, but we're on our own journey, and I find that to be true over and over in my life. What I teach is also what is the medicine that I need, as well.

Speaker 2: Thank you. That's very enlightening.

Speaker 1: The other piece just like from a practitioner point of view is it's so helpful, because it allows us to understand, put ourselves in our client's shoes, which is, remember, an important listening skill to really be able to see through our client's eyes and understand and validate, normalize the experience so that we can help them move forward. Good. Penney.

Penney: Hi. I think that the work that we've been doing and especially last week sort of triggered, got a lot of stuff going in me, and so I've been doing a lot of inner work with it, kind of somatic doing my own sort of befriending process. It's been bringing the befriending piece, particularly the compassion and the love, and then the really not moving into minimizing what my inner child was reacting to, has been huge this week. It's created a big opening and a breakthrough. So I just wanted to say, thank you for that.

Speaker 1: You're so welcome. I'm so happy to hear it. I can't wait to see what comes from it too, but I'm so happy to hear it. And yeah, it's amazing actually, nothing fancy or this and that, but just when we can, like you said so beautifully, not minimize, make friends and have compassion for those parts of ourselves and for the fears themselves, which are associated with parts of ourselves; just that alone can loosen up so much. Beautiful. Thank you. [inaudible 00:07:59].

Speaker 3: Going back to what [inaudible] was kind of saying, I think for me, it's, that has been one of the things that's been holding me back is like finding the clients that are dealing with the same stuff that I am and feeling like how much further the idea of perfection or the myth of like I need to be so much further ahead in order to help them. So I definitely resonate with that. And another thing that I've noticed in doing the exercise is I think just kind of using different language has been helpful. Instead of thinking of finding clients, I'm like, no, how can I just offer this as someone that I can help in going, the mindset of like client, to just someone who needs help, that to me has been huge.

Speaker 1: I love that. Both the things you're saying are so important and we can work backwards. So it feels to me like a couple things with this last thing, even the semantics and the language, the difference between finding the client versus, I would even say like sharing with and attracting people that need the support. So number one is I can see that you're already moving out of some fear places in that, because the finding has this like energy here, like all of that. And the shift in language that you use, it almost feels like you're sitting more firmly, like you were

more grounded and it's emanating from you to attract those people that need support. And that's always a better energy to market with, like the clawing energy versus the come to me energy right now, there's still action involved in that a hundred percent, but such a beautiful shift.

Then the first piece that you mentioned, I hear it all the time, and so I'm glad you're vocalizing it for all of us. We do not need to be, nor should we ever expect ourselves to be perfect or even near perfect specimen. I am so utterly imperfect, it is not even funny. I [inaudible] with the perfection, we don't need to have it all figured out to support our clients masterfully and effectively, and to be the best person to support our clients. What we do need is, number one, to be a couple steps ahead, and then number two, to have done our own work like that we are continuing to do here, not to be triggered, like all the energetics and all of that. And to know how to hold the space, to have the skills for the questioning and the listening, all the things. When we have that, that's what's required, not perfection in any given day. [inaudible] bringing that up.

Speaker 3: It's just like on an intellectual level, we can understand that, but energetically it's like, wait, like I'm still kind of feeling some resistance there, but you know, just hearing you restate that is always helpful. Thank you.

Speaker 1: Good. I'm so glad. Yeah. And it's like any transformational process, including the Befriend Your Fear process. It's like first we need to get it intellectually, and then it's not a once-and-done. We practice, like you're farther ahead on this than you were a week ago, two months ago, and you'll continue to move forward. Beautiful. All right, you guys. Hold on. Let me just turn my dings off. I forgot to turn my email off here.

I want to lay out first the step-by-step process, the big pieces that you want to make sure that you hit when you're supporting a client to befriend their fear. And then, like I said, we'll do a group demo on it. You'll get to do your own work, and you'll get to see each of the pieces in action in a group setting.

Step one, because you guys are all smarty pants, and also because you've been in Sacred Depths for this long, you probably could have already guessed what step one is. Step one is supporting your client to become aware of their fear. Supporting your client to become aware of their fear. What this means is that oftentimes, I mean, sometimes a client will just come and say "I'm scared of X."

"I'm scared of being seen." "I'm scared of doing this video." "I'm scared of dating," or whatever it is, but more often your client will show up and say, "I said I was going to put the dating profile up, and I didn't yet again for the third week in a row." Or "I got to that sales conversation, and even though I was so ready to name my price, I named something 50% lower, and I don't know why."

Or they may have a sense that they got scared or whatever it is, but they're not going to be able to articulate, "I had a fear of visibility and so..." whatever it is. So the first step is to support your clients to see what's going on underneath the action. What's the fear that's going on underneath the action? Because as we started to look at last week, the more that you can support your clients to become clear on what their fears are, just that creating awareness, just that creating the clarity like, oh, it's this fear. We're bringing the fear out of the blind spot where it usually likes to hang out. Fears like to hang out in the blind spot, not to be fully seen, not to be fully understood, because that's where they think they can protect you the most. Really, that's where they can do the most harm in a way, but according to the fear, that's where they can protect you the most. So by supporting clients to become aware, we're just starting to bring it out of the blind spot. We're starting to shed light on it.

[inaudible 00:14:52]'s asking what if they are aware and name a fear, but you feel that there is something else beneath the fear, the fear beneath the fear. Great question. [inaudible 00:15:04], I know you know the answer based on everything we've already learned in Sacred Depths. So I'm going to put you on the spot. What do you think you should do?

Speaker 3: Wow. I wanted you to give me the answer.

Speaker 1: I will if you need me to, but I actually think you've got it.

Speaker 3: I think probably the first thing is actually to just acknowledge the fear that they've named, like not sort of try to pass over it and be like, "Oh, well actually I know that you have a fear. I know that fear," but I guess honor where they're at, where they are, and then maybe try to bring awareness to the fact that there might be a fear under that fear, either through questioning or through it's like some kind of, I don't want to say leading, but some kind of like... I'm forgetting yeah.

Speaker 1: Reflecting?

Speaker 3: Yeah, reflecting.

Speaker 1: Exactly. So it can either be through questioning or just straight-up reflecting the truth. So it makes perfect sense that that fear is there, and I'm also wondering, I may not be right, only you know, but I even have a feeling that there's a fear underneath the fear. If there was an even deeper fear here, what would it be? That's one example of how to get at it.

Speaker 3: I wanted your example, Joanna, because they're so eloquent and graceful. I needed it [inaudible 00:00:16:28].

Speaker 1: And I'll just say that's one example. So sometimes depending like it might be without a context, right? It might be more direct and focused. Just what's the fear underneath that fear? Or what's the bigger issue at play here? So it, again, depends on the situation.

Speaker 3: Thank you.

Speaker 1: You're welcome. So for this step one, there's many ways to support clients to become aware of the fear. You can just simply ask, okay, you're talking about not doing the online dating profile, so you can just simply ask, what are you scared of? If there was a fear here, what would it be? We looked at some of these in our questioning module. I'm not going to go through all the things that you could say, because you have a whole list about like what to ask when a fear comes up there. But I also just want to remind you of one of my favorite questions for this kind of scenario, which is the what's at risk question. What would be at risk for you if you were to name your full rate? So that's step number one, just beginning to shine a light on the fear or the fear underneath the fear.

Step number two is starting to support the client to lightly understand the fear. Now this part of the process, what I mean by understanding the fear, means, and this is still on the intellectual level, because once we get to the heart of the BYF process, we're going to get into the somatic level, but this still is probably in conversation, more on the intellectual level. What I mean by that, starting to understand the fear is supporting the client to really see how the fear works in their life, how the fear shows up in their life, what reactions they have when that fear is present, what behaviors the fear causes them to act out.

For example, if it's a fear of visibility that's holding someone back from their online dating profile, it can be really helpful to create awareness of where else in your life does this fear of visibility show up. How is it showing up in your work? How is it showing up in your friendships? How does the fear manifest in terms of action and inactions? In terms of your thoughts and your emotions? Historically, what are some of the ways that you've held yourself back because of this fear?

Another good question to ask in this step two of just starting to understand the impact of the fears and the way the fear functions in their life. If you were to continue to cling so strongly to this fear, what will it hold you back from in the future? This step two serves a couple of different purposes: number one, it's a deepening of creating awareness, of starting to shed that light so that the client can really see the fear the more that it's out, like I said earlier, the more that it's out of the blind spot, the more it's going to start to loosen up. So that's one purpose.

The other purpose is for the client to begin to see the bigger picture impact that this fear has had, not just on the one topic at hand, like I didn't write the newsletter article, but to see how this is actually much bigger than just the newsletter article. The reason why this is important is because it will support your client to become more invested in befriending the fear, in working through the fear, and then seeing the process through, because as I keep on saying, it's not a once-and-done. So that's step number two.

Step number three is where we can begin to start working on the somatic level, on the body level, going really deeper. And step three is honoring, engaging, and holding space for the fear. Honoring, engaging, and holding space for the fear. This is really the heart of the befriending. So in step three and, again, I'll model this for you, how you could do it with a group, and then we'll get even more specific next week when I model it one-on-one. This is where you really support your client to have a dialogue with their fear in their body. So we're going into the body here to find the fear and then have a conversation with it.

By dialoguing with the fear in the body, and it can also be outside of the body, but generally we look for it in the body, number one, it just continues to pull that fear even more out of the blind spot into the light, but-

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Speaker 1: ... Into the light, but this is where, again, like I said, it's the heart of making friends with it. Remember back to last week, the wind versus the sun, right? The more that we can make friends with that fear, the more that we can bring it compassion, the more that we can honor it, the more that we can hold space for it, number one, the more information it's going to give us on what it needs, and how to move forward, and what its rightful place in our life is.

But number two, and I'm not going to get too much into understanding somatic pieces. That's more for Advanced Sacred Depths, but I'll just say this for now, number two, on the body level, when we start to dialogue with our body and a fear in our body in this way, it does a couple of things.

Number one, it naturally... All right, how am I going to explain this without going too much into it? Number one, it naturally takes us out of the fight or flight and survival instinct that the fear thinks it has to be in all the time.

It naturally calms the body down, not just for that moment, but then the association with the fear isn't so put us into fight or flight all the time. If that makes sense.

And number two, as you already probably know, your fear is in the mind, but it's also stored in the body. So this is a way of really working with both of those levels to unwind the fear.

The other piece here is that oftentimes, and [Penny] spoke to this so beautifully, oftentimes the fear just really wants to be seen and be given loving attention. Once it does, it doesn't feel like it needs to be in your face as much, or so sneaky, or tricky, that kind of thing.

So that's step number three. [Gloria] is asking, are we going to be looking at different fear responses today? Like fight or flight? We're not. We don't really get into that here, but if you have any specific questions on that, Gloria, definitely ask and I'll answer anything that you've got.

Okay. So that's step three. We're dialoguing with the fear, we're shining more of a light on it. We're getting information from it. And you'll see what I mean by that as we go through.

The next step is holding the space for your client to make a choice. Holding the space for your client to make a choice. So what does this mean? Once we have pulled the fear out of the blind spot and we've had a dialogue with it, and we've heard it out, and we've received information from it, we have so much more awareness, number one, of why it's there, what's going on, where it came from, how it serves, all the things. We have so much more information on it.

And number two, as I said earlier, because we've sort of calmed down the nervous system around it, we're also in a much better place to see things clearly about it. And so with those two things together, with more information and then our nervous systems being in a better place to actually respond versus react, we can then make a more empowered choice around how we want to move forward.

Nine times out of 10, at that point, the choice that your client is going to make is to take the action, to stop doing the self sabotage, to stand for their rights, or whatever it is, they're going to decide that's what they want to do, even if it is uncomfortable, right?

Because remember, we haven't vanished the fear. We haven't slayed the fear, right? The fear is still there. But we're in a better choice to be like, "You know what? I'm willing to be uncomfortable. This isn't like when I was six years old, and literally I needed to not do this in order to survive. I have at my adult resources and maybe it feels uncomfortable, but I'm willing to be uncomfortable and stand for my rights," or whatever it is.

So nine times out of 10, when at this step in the process, the client will choose to take the action anyway, but here's what's important. Every now and again, the client will be like, "You know what? I've done the dialogue, I've made friends, and I don't think that that risk is worth it. I choose not to."

That is not a bad or wrong choice. It's different than where the client was before the process, because they are consciously making an empowered choice to wait on something, or not do something. And again, they're making that choice from a place of more agency, more information, and response versus reaction in their bodies.

That makes sense? So it's not about like, "Okay, now we're going to blah," right? The plan may change then at that point. It may not be right, but it's from a more empowered place. And that's what's important here.

The other reason why there's more choice after you've done the befriending dialoguing process is before you do the dialoguing process, it feels to the client as if the fear is their whole entire being. They're not separate from it.

When we can find the place in the body, and pinpoint it, and have a dialogue with it, we can see that the fear is a piece of us, but not all of us. We are actually separate from it. It is not all of us. And that also puts us in a better place to make a choice about how to move forward. And it kind of depletes the fear a little bit.

Then the last step in the process, and you guys will get this because you have heard me say versions of this many times over, is supporting your client to commit, and recommit, and recommit to whatever the new path is that they're taking. Right?

It's like up until this point, we're in breakthrough mode, which is amazing, but we need to pull it into transformation mode. And committing, and recommitting, and recommitting might mean continuing to hold the space for them to come back to the baby steps. Right?

It might be mean them doing homework to continue dialoguing with the fear, or tracking the fear. I'll give you guys a fear tracker. Or making a collage about the fear and what it represents, right? So it's possibly continuing to come back to the inner pieces, as well as the outer pieces.

There's a famous quote by someone named John Assaraf, A-S-S-A-R-A-F, that says, "When you're interested in something, you'll do what's convenient. When you're committed to something, you'll do what it takes."

So this commitment is not about just doing what's convenient. You know, oftentimes it's easy to not do the uncomfortable things, right? And part of our job as coaches and practitioners is to hold space for the not convenient to happen.

Okay. So that's the process step-by-step, I'm going to lead you through it in a moment, but I want to take a pause here, and hear, number one, what are you

hearing? What are you seeing? What's landing for you? What's resonating for you? What are you noticing about this process? What's clicking? Penny?

Penny: Hey. Part of one of the processes I've been doing, and a piece that was interesting what you think of this part, but after you kind of know what it is, I find then the fears come in with the voices, the critic, comes in heavy.

And so for me, I need to put that part aside, and tell it it needs to be quiet for right now. I'll come back to it if necessary, but I'm going down into the body, because if I let the voice keep going, the body just doesn't get there.

Speaker 1: It's not going to let you in. Yeah. I'm so glad you're sharing that. It's such a great and important point is, sometimes we may not let ourselves because of the critic. And it really, not always, but oftentimes can be as simple, again, befriending the critic.

"Critic. I see you. Thank you for showing up. I need you to just step aside for this. Are you willing? What do you need from me in order to do that?" Kind of thing, right?

Penny: Yep. Yep. Good. That's it. Thanks.

Speaker 1: Thank you. Who else? What else are you seeing? What do you want to share? What do you want to ask? What's important here for you? Yeah, [Rose 00:00:34:09].

Rose: Yeah. What I feel is when I see fears with my clients and I want to go deeper, but I feel scared myself to go deeper. And I don't know what's a good moment, so...

Speaker 1: What's the fear?

Rose: To make the client uncomfortable, and myself as well, maybe. And also a fear of not experienced enough. Maybe I go to a place where the client is not yet ready for. So I maybe have to believe that I'm not experienced enough to go that deep.

Speaker 1: Right. Yeah. Beautiful. So I think that there's two pieces in here. I mean, they're related, but they're two pieces, and let's kind of look at them separately.

So first that the "not experienced enough." First, I just want to normalize that. It's so common, right? And there may be this deeper fear around the "not enough"

that's important for you to look at. But I do just want to say, that's also why you're here, right?

Because if we haven't done this work before we need to learn and have the practice space to do the deeper work. So my hope is the more you have these tools, the more you get to practice it, some of that "I'm not experienced enough," will go away.

But there may also be some of the "not experienced enough," or a version of that is "not good enough," that's a deeper global fear for you that shows up in other parts of your life. And so that would be a really great thing to look at, possibly, as I take us through the process today, and see what wants to come up there.

Or the other thing to look at is the first fear that you shared, and I don't know if it's a fear, or a thought pattern, sometimes they're related too, of making people uncomfortable is a bad thing.

And I'm glad you're bringing it up because let's just speak to it now. And some of you may recoil in horror at what I was about to say, or not. I actually believe that if we are practitioners that go deep, sometimes it's our loving duty to hold safe space for our clients to be uncomfortable.

It is our loving duty to hold safe space for our clients to feel uncomfortable. And for those of you that are parents, you may see this also in parenting, you know as a parent, it's not my job to save my children from discomfort, because discomfort is going to happen. It's out in the world. It's part of the human condition, the human experience.

My job is to support them, to learn how to deal with it and build resilience so that they can meet uncomfortable moments, and also get what they need. Right? Some uncomfortable moments are necessary. That's the same philosophy that I really bring into holding space for clients, right? Is that we want to do it with love and care, but there are moments that are about being uncomfortable.

There are moments of challenge. There are moments of being up in our clients' faces, and stretching them too. If it's done with love, if it's done with mutual respect and honor, if it's done with equal playing field in terms of power, if there's a tight container, it can be magical.

So that was my little rant. But let me ask you, Rose, what are you hearing in there that feels important for you around this?

Rose: Yeah, that it's good to make the client uncomfortable in a loving way, and it's supporting for them. And it helps them to accept the fear and to move forward at the end. So it's important.

Speaker 1: Yeah, absolutely.

Rose: And do you recommend telling them in advance, "Maybe it's uncomfortable for you, but..." Is that something you? Or just go there?

Speaker 1: Yeah. Beautiful. So you can always pre contextualize, "What we're about to do may be uncomfortable. I promise you, I'm going to hold space for it. I'm going to walk you through it. Is that something you're willing to do?" So that's number one.

And also number two, you may even choose to pre contextualize, even at the beginning of the coaching relationship, "There are moments that are going to be hard in our work together. There are moments where you may be uncomfortable. That's part of the work of growth," is number one. "Is that something that you're up for?" And also number two, "How would you like for me to hold you through those moments of discomfort?" So you can also set that up as well.

Rose: Thank you.

Speaker 1: Yeah. You're welcome. Great question. [Autumn] is saying one of her teachers always said that if you're not uncomfortable, then you're not growing. Yes. So true. [Swati's] asking how can I support myself and my clients in taking those actions after a commitment has been made? When we get to our call on accountability, Swati, we'll look at the continued commitment. There are different accountability strategies we can use.

[Katie's] saying, "I'm known with my clients for the loving acknowledgement, 'The burning means it's working.'" I love that. Yes. It's so great. I think I'm going to steal that from you, if that's okay? Gloria?

Gloria: Hi. I just wanted to speak to what Rose was saying too, with an example of, I don't know if I had shared it earlier, but I had worked with a client and we were

looking at fear and I had tried after some mental processing, I had tried to do a body-based fear, sort of meditation experience.

And she just stopped midway and she said, "I'm not ready yet." And I said, "Okay, great. Thanks for letting me know." And we adapted and we changed. So, I mean, there was a lot of learning for me in that, in terms of more pre-framing and mentioning that it might be uncomfortable. And that if it's not working, that's okay.

Yeah. So I had taken a lot from that. And then I'm still working with this client and it's been four months and only now she's come to see that this is so layered. And we had a lot of breakthroughs in the beginning, and sort of powerful stuff for her, but sort of surface level. And now she's only coming into more of the spiritual level of processing, and physical level of processing.

And it makes me wonder, because I think one of my fears is that the people that I work with won't, right from the start, get on board with those deeper levels of learning. Because I just attract, also, people that are really in their heads, and highly ambitious, and creative, et cetera.

And so I wonder, and I'm still playing with this, but doing more pre-framing around the levels of learning, that spoke to me. That concept that you had shared. And sharing that with them, that we might be going into all of these different places.

Speaker 1: For sure. So I think a couple of things. Number one, I don't think it's going to be the norm. It just so happened you had that experience, but I don't think that's going to be global, but yes. So number one, some people just may need more pre-framing, and that's great. And they'll learn so much just from the pre-framing, and then that can open up a conversation too if there are fears, or whatever it is. So that's one piece, there's something else I wanted to share.

Two things. So we never, ever want to power over clients, or make them do anything they don't want. But I did just want to say sometimes when a client says, "I don't know if I can do this," they actually can. Right? And so we want to really check our filters and not take power over, but say, "I totally honor that, and of course, but I just want to make sure..."

And if you have the language of stretch risk or die, you can ask that too. "Is this a die, or is this a stretch?" Because sometimes we perceive stretches as dies, but if we are faced with the question, we can see the difference between the two.

And then the third thing I was going to say is you can still do this process and you'll see, I think, through today and next week, if someone really just can't visualize, or doesn't want to go in, you can actually do it as journaling or even conversation with them, with their eyes open and not specifically in the body. And sometimes that is better for people too.

Or just as a regular conversation also if need be. It won't be as fun and juicy most of the times, but there's still so much that can come through with it. Great question. Okay. [Kathy] is saying she finds, unless she approaches the fear, the client won't be able to hear what needs to be said, and you go around in circles. Yeah.

Okay, good. So all that being said, let's do a little bit of inner work and also move through these steps that I just laid out. So first we're just going to start with journaling. This is the journaling we're going to do is really going to cover steps one and two of the process.

So first question, what's a goal that you're wanting to achieve right now that is in arrested development? What's a goal that you're wanting to achieve right now that's in arrested, or s-

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Joanna: ... goal that you're wanting to achieve right now that's in arrested or semi arrested development. Right? So something that you want to do. It can be any area of your life, where you're just like ... It's not happening and it's not just because it's fate, you know it's not because of fate, or truly it's not the right time, but you have a sense something else is going on there for you. So something that's either in arrested development or it is happening, but it's not happening the way you would like for it to.

Now I'm giving you this background question because we're not in a coaching session where a block has come up. Right? So this question is really just to kind of ... You wouldn't use anything like this in a one-on-one session, but since we're

doing this as a group, we're looking to see where there might be fear for you. All right, next question. What would be at risk for you if you were to really go after or achieve this goal? What relationship or sense of self or habit or pattern or idea or object would be at risk for you if you were to fully, 100%, go after this goal or achieve this goal? What would be at risk for you?

(silence)

Take a few more moments with that.

What would be at risk?

(silence)

Next question, and this dovetails with the question I just asked, but you might get some other pieces here. I want you to take a moment and write down all of the fears that come up when you think about taking action towards this goal or achieving this goal. Again, this isn't necessarily what you would do in a one-on-one, but this is still step one and two. Right? Really seeing the fear, becoming aware of the fear and understanding it. And you can think about the underlying fears that we looked at last week, too. Right? So write down the fears that come up when you think about taking action towards this goal or achieving this goal.

(silence)

Okay. Give you another half minute with that one, and then we've got two other questions.

All right. So the next question is, I want you to think about the impact ... Well, let's do this. All the fears that you just wrote down, circle the one that feels the most important right now to take a look at. Which one feels the most important right now?

Let's circle it and whatever that fear is, what has been the impact so far of that fear on your life? So in other words, how has it manifested? What has it held you back from? How has it made you feel? What's been the impact?

(silence)

Then one last question for now, journaling lives. If you don't create right relationship with this fear, what will it hold you back from moving forward? What will its impact be moving forward?

(silence)

Take another few moments with that. We'll pause here, and I'd love to hear a couple of shares from you. What are you seeing so far? What's coming forward so far? [Sharmet 00:10:02].

Sharmet: I raised my hand and then I was like, "Oh, please don't call on me," and then you did. I'm having a lot of fear come up around asking for help with the summit, and I'm realizing that the last time I had help, I was betrayed quite badly. That was a few years ago and I just realized it in this moment when I was journaling. So thank you for that. But I know that I need to befriend this fear and be discerning about who I have helped me, like actually learn from my experience a few years ago and really interviewing and really doing my due diligence about who I do have help me because this means a lot to me.

So I know I need to learn from what happened to me from a few years ago, but also not be paralyzed because I do need help and it will negatively impact my personal and my professional life if I do not really befriend this and surrender and know that I do need help. But yeah, this is a really big one, so perfect timing.

Joanna: I'm so glad. Right? And it just speaks so much to just what can come through just by starting to explore.

Sharmet: Yeah, thank you. Perfect timing.

Joanna: Good. Gloria.

Gloria: Hi, again. The goal that came up for me is the most present one in my life is what my life is surrounded by right now is writing my book memoir that I'm writing. I'll preface this by saying that [Tal] has been an amazing coach buddy and has really supported all of what has come up for me, but I wanted to run it through these questions. I kind of giggled at some of the fears that came up when I was thinking.

Joanna: I saw you giggling while you were writing. Like, "I wonder what's going on there."

Gloria: The ones that I circled that I was like, "Okay, these feel like the big ones," is that it won't be good and that I don't know how to write it because I'm at a place right now where it's not just linear narrative. I need to actually bring my heart and soul into it and that feels scary. But the other ones were like, "It'll be boring to read," or, "People won't get me," or that I won't finish it because I'm in this loop of ... it feels like I'm in this loop of overthinking sometimes.

The impact that it's had on my life is for a while anxious and pressure and avoidance, and while I think I'm a little bit above the line now with how much attention I've put on it, I still wonder if ... I think what's coming up for me is the toss between fear and sometimes just the natural rhythm of creating, and I guess the reality that those two things can co-exist too, and how do we not make ourselves miserable in the time between those plateaus and rhythms of when we're doing scary work?

Joanna: Yeah, yeah, absolutely. So I'm so glad all that came through and I'll just toss this ... It's a little related to fear, what you're asking, but a little off topic. So I'll just toss it for you to think on for now. But I think the way to kind of navigate that is to actually lean in and trust the rhythms more and more. For those of you that have been through sacred rhythms, and we learn it here too, right? We need the winter as much as we need the spring and the summer. The spring actually can't happen, the flowers can't fruit and grow and all of that unless we also have the lull moments. And as it turns out, and we'll look at this more later on in the program, but actually the most creativity is happening when it seems like it's not happening. So the more that you can come back to that and lean into that and see that in nature and an honor that, then I think the easier it's going to be to navigate it.

Gloria: Thank you.

Joanna: Yeah, you're welcome. Good. Katie.

Katie: So at first the thing that I picked I thought was a little bit surface, it's that I haven't been in business for six years and I don't have a website. I have no presence whatsoever online. My entire business has been referral based. So as I was kind of looking into it, it's like there's this really, really intense fear of ... So the things that came up were sort of like the fraud stuff and the ... I'm already doing the work. I've been doing the work for years now, but it's somehow that

putting it out there or defining it or naming it somehow makes me suddenly vulnerable to some kind of judgment about my competence. Then I was like, "From who?" Sort of trying to ... and I can't ... Yeah, it's interesting. It's like there's some kind of sense of hiding in ... there's this real sort of tension around the desire to really step into it, which is really just mostly like ... Or at least it's partially just naming what I'm already doing, but I don't know. It was really interesting, strange tension in there. Yeah.

Joanna: I'm glad that that's coming through and we'll see as we go deeper in a little bit what more comes through, but I just want to reflect back what I'm hearing in case it helps for right now, and also as we go deeper. What I'm hearing is there's a fear or something that happens for you, or a belief. Also could be That as soon as you claim something for yourself, it either gets taken away or rejected. That's what I heard as you were talking. There's something in a claiming or a naming. That's the danger.

Katie: Yeah. As soon as you said that, I was just like total ... Yeah. I know exactly. I can connect with that immediately.

Joanna: Okay. Good.

Katie: There it is. I'm like, "Wow. Joanna, that's fairly accurate." Yeah. [crosstalk] Thank you.

Joanna: Yeah. Good, good, and we'll go a little deeper with it now too. Beautiful. Okay. So we're going to step into step three of the process, which is the honoring and the engaging and the holding space. As a group, I don't want to say we're not going to go as deep as if it's one-on-one, but you'll see next week we can really tailor it when we're one-on-one. So you guys are going to have to do a little bit more work here, right? Because we're going to do this as a group, but you're all amazing practitioners and smarty pants, so you'll get exactly what you need as we go through this next step. So we'll close our eyes and do a visualization. So I invite you to close your eyes. Take a moment, take a few moments, find your body, get settled in your body, with each breath in, connecting a little bit more deeply with yourself. With each exhale, letting that sink in. Inhaling and connecting, exhaling and letting that sink in.

I invite you to find the place today where you're holding, whatever fear you circled, whatever fear you identified, to find where you're holding it in your body

today. No need to overthink this. Usually first instinct is where you want to go and just find that place where the fear is living in your body today. There's no wrong answers here. Wherever it is in your body, whether it's your neck, your shoulders, your belly, your head, wherever it is, usually we want to run away from the fear. But instead I invite you to be within, to connect with it, to hold space for it, to see it.

As you hold space for this fear, wherever it is in your body, I invite you to look in there almost like you're going into your body with a magnifying glass and a flashlight to wherever the fear is being held today, and see what this fear looks like in your body. See what this fear looks like in your body. It might be an object. It might be a color of energy or something else. You might see it clearly in detail, or it might be fuzzy. Again, there's no wrong here. Just let it be what it is. Use your flashlight, get up close and really take in the details of the fear as it lives in your body.

Notice what colors it has. Notice shapes. Can put your hands on it. Notice the texture. Notice what it feels like. If it's hot or cold, you can smell it. Take it in with all five senses. It has a sound. Let's really be with this fear as it's showing up in your body and take it in with all five senses. Let it know that you're there holding space for it, having compassion for it. I want to invite you to ask it, "What is the event or series of events that brought you into being? What is the event or series of events that brought you into being?" You may hear the answer or see it or sense it. "What is the event or series of events that brought you into being?" Ask it. Continuing to breathe and connect deeply with the fear, ask it what does it want you to know about that event or series of events? What does it want you to know?

PART 3 OF 4 ENDS [01:09:04]

Joanna: What does it want you to know about that event or series of events? It may have lots to say, it may have very little and there's no wrong [inaudible] here. And then continuing to connect with the fear, hold space for it, ask it, "What purpose do you serve in my life?" What purpose? You can even say, "What higher purpose do you serve in my life?"

Continuing to be with it and ask it from its highest wisdom, what else does it want you to know right now? From its highest wisdom, what else does it want you

to know right now? You guys are doing great. Just continue to be with it for a little bit longer. Really breathe in and connect with it and ask it from its highest wisdom what would it like for you to do? From its highest wisdom and its highest purpose, what would it like for you to do?

And then, finally, wherever this fear is in your body, if it's available to you, put your loving hand over that part of your body. Bring some warmth, continue to focus on the image of the fear, bring some more loving energy and just watch the fear in your body. And it may continue to look exactly as it did when you first engaged it or it may want to shift a little bit. Again, there's no wrong way here. Let's continue to give it some loving attention and just watch it. And just watch it and just love it like that sun, right? Just watch it.

And just see if there's anything else it wants you to know today. It might be talkative today or it might not have anything else. All is well, no matter what. And then when you're ready, you can thank it. Give it gratitude for showing up today, for showing you what you need to know. And when you're ready, you can open your eyes. And take a minute to just journal, jot down any notes that you might want to jot down from that experience.

I'd love to hear a share or two came through. What did you see? What's important? Who wants to share what's coming through? Don't be shy.

Kathy: Hi, Kathy.

Joanna: Great.

Speaker 4: All right, mine's a little complicated, but what I did through this process, thank you, is that I uncovered that the fear I thought I had wasn't the real fear.

Joanna: Mm-hmm (affirmative).

Kathy: And it started out, I have to move at the end of January and moving in New York City is a nightmare and I hate moving. I have a history of hating to move and being forced to move, even though we fought it in court. And I hate that whole process anyway. So I've been putting off doing programs because I thought, "I have to move at this particular time. I'm going to be too stressed out to deal with it." And I haven't been doing what I need to do in my business. I've just been succumbing to the fear of moving, but through the visualization, I saw these two,

getting bigger and then moving, are the two fears, right? And they're impacting each other.

Joanna: Yes.

Kathy: And then in the visualization I saw the fear of being bigger and being in my business, and I'm at a crucial time of being bigger, was butterflies in my throat. A pack of butterflies almost choking me, but then not. And then the fear of moving was in my root chakra as a wise old man and there was no fear there. And my old man had unleashed the butterflies and to bring me to the fact that I've been going through a lot of changes in the last year on all levels, just around my spirituality, around my spiritual path, particularly. And it brought a lot of growth and a lot of me stepping into more of who I am and it's upsetting my patterns and bad behaviors and bad habits. And that's why I was laughing before, because the bad habits are being exposed. But then it touches on being exposed, the bigger fear of that.

Joanna: Yes.

Kathy: So it's a lot of stuff all wound up together, but that was really beautiful. So, thank you.

Joanna: Yeah, it is. But I love that. It's layered, and I can tell that it has meaning. You're seeing what's important for you to see in the through line. And so let me ask you now having seen all of this and having all this been brought to awareness here we get to the choice part of the process, right? Because you can choose with this awareness to still put off your programs, but from this place of knowledge, or you can choose to start to move forward maybe with some of the business pieces. So knowing what you know now and seeing all of this, what's the next right choice for you?

Kathy: Well, I had already made the choice to proceed with making changes on my website and writing about the packages that I want to do and doing all the prep work, and now I'm reaffirmed in committing to doing that and picking one program that I've already run before that is really easy for me to do that I have written everything for.

Joanna: [crosstalk] Yes, that will make the wise old man happy because he does have a point. You don't want to do a million things during this time of moving, right? So

that's beautiful. So well done. Thank you. Thank you for sharing your process with us.

Great, [inaudible 01:19:29].

Speaker 4: Well, I had a fire in my belly and it was burning really bright but in a really good way, like stepping into my power and burning away the past of what no longer serves and like a clearing so that there can be new growth. And I know now I've got all these interviews coming up this week and through that process, I was able to clarify what I want, what I don't want, what I need. And having an agreement on paper, very clear, it's like have it signed and sealed.

Joanna: Always, [inaudible 01:20:22]. Always, always. Yes.

Speaker 4: Yeah. And that felt really, really good. A lot of clarity came through that. So I'm excited.

Joanna: Oh good. So beautifully done.

Speaker 4: Yeah. And really embracing that fear and learning from it.

Joanna: Exactly.

Speaker 4: It's there for a reason.

Joanna: Yeah. Beautiful. Good. I'd love to hear from one other person. We still have a little bit of work to do together, but I'd love to hear one more share before we get there. [inaudible]

Speaker 5: Hey. Kathy helped me find this fear last week. It is the fear of my own power. And at first it was this giant rock and I could tell it was a water rock. It had water and wind and all those elements were there. And then as I was trying to pay attention to it, it turned into this little girl and there was this thing that happened when I was young that I had worked through, I thought, many times, but she said the reason I got hurt was because I was shining my light and they liked my light so much. And so then I was just talking with her some and I was just telling her, "You were a little girl. You were four. Now I'm way, way older than that," and all these things that we could do if anything like that ever happened again, and she didn't need to be afraid. And she finally said to me,

"Well, why don't you just put me in your back pocket and go do that powerful thing anyway, and I'll come with you." That was pretty cool.

Joanna: Oh, I love that. I get chills when you share it so, so beautifully done. So beautifully done. And you know what you're sharing, we usually don't look at this here, we look at this as one of the pieces in advanced and there are different things we can do with it, but I'll just pull it out a little bit more since you mentioned it because it's just good for all of us to know. Oftentimes when a fear comes up, it's not our adult fear, right? We probably all know this. It's not our adult fear, it's our child's fear. Whatever the age of that event or series of events. And what happens is that our adults actually have way more resource than our child's does. For our child, it made sense to have that fear. Whatever happened was a survival response.

And when we get into the more advanced versions of this process, we can really support our clients to see that difference and that they have the resources as the adult that their child didn't and to assure their child that they have got that. And it sounds like you just went there beautifully and naturally on your own. Really well done.

Good. Okay. We've got a couple minutes left. I want to finish out the process and then open up for questions and all of that. So next part of the process, I already started asking some of the people that shared with all that you're seeing now through the visualization, you have new choice. Even if it's to do the same thing that you were doing before but make the choice. And hopefully your fear told you some things from its highest self that it wants you to do. So next question is what's your next step? How do you want to move forward? Knowing however it is is an incredible choice so long as you feel good about it and empowered in it.

What's your next step? How do you want to move forward seeing now what you've seen coming more from a place of responding and than reacting? And then next question, this is a version of step number six, what would you like to put in place so that you can commit to whatever the next steps are? Could be coming back, and I'm going to actually give you guys this for homework and continuing to dialogue with the fear through journaling. You can ask it questions or just write a letter from it to you. I do that regularly. It can be so helpful, right? Or is it about writing down in your calendar whatever action step you're going to take, putting

that in your calendar? How would you like to start committing and recommitting to the new path?

Whatever you come up with for these last two questions, I'd love for you to share it in the chat. Good for you to affirm it, but also so we can see different examples. And I know we've only got two minutes left, so I want you to share it in the chat, but also I'd love to hear what you're seeing, what's coming up for you, what are you taking away either for yourself or from a practitioner point of view from this call? What questions do you have? Your homework is to practice this with your partners. You'll have two weeks. Because it'll take a little time, you could do one partner this week, one partner next week. You'll also get a fear tracker in your member center so that you can cognitively start to track when the fear comes up. But that can be really helpful in creating awareness.

PART 4 OF 4 ENDS [01:29:01]

