



Sacred Depths Certification

Breakthrough Questioning Skills Practicum

0:14

Hey, everybody

0:28

give everyone a moment to settle in

1:02

All right,

1:05

so,

1:06

welcome. We've not had class for two sessions. But it's been three weeks. I realized yesterday. It's a long time. I hope that you have all been using the time well and have had a really nice three weeks. And if you needed it for some catch up, I hope you've been using it. We're going to talk about that in a moment. But I'm so glad that we're here again, for our breakthrough questioning practicum. Before we jump in, I'd love to invite all of you to take a moment and think about what's something that you want to celebrate from the last three weeks inner or outer. Nothing is too big or too small, to separate to celebrate. What's something that you really want to celebrate? With something that you want to own? All to sing forgiveness. It's a big thing to celebrate. Yes. Yeah. And I'd love for you to share in the chat along with Alta What are you celebrating? projects coming to fruition, Amy awesome. Michael and had a breakthrough with Mary and being seen on video AJ, show showing up when it's hard. Yeah. So big. One of my daughter's schools, they have a theme every year. And this year, their school theme is do what's right, not what's easy. Coaching and creating a talk for the Federation of holistic therapists being aware of resistances so many beautiful celebrations. Okay, so before we jump in to our practicum, I wanted to mention a couple of logistical or housekeeping pieces. So the first is and I know I've mentioned this before, but I like to kind of continue to just remind and nudge you've got for those of you that have coaching partners for the program, you have your coaching partner, but you don't have to do. You don't have to only practice with that one coaching partner. There's so many opportunities for practice, and to practice with different people in the programs so if you're looking for more practice, or you're looking for practicing with folks with different experiences, or maybe you and your partner are having some ease in connecting and finding times but you're seeing like you may not hit the 18 together and you know, you you want to get those 18 sessions in invite other people in our group to practice with I know there's lots of takers in the group. You can use the Facebook group, you can use the chat for that etc. It's just great to get to know other people too, especially like minded people.

Second piece, we're at a point in the program, where some of you might be like, Oh, my gosh, I have a lot to catch up. If that is you, I just want to normalize the experience, it is totally normal. Like, there's so many different experiences, right. And one of them is like, I'm not caught up yet, I missed some sessions I'm behind, or I wanted to go back and review, you know, all of that. If this is you. First of all, I just want to remind yourself, remind you to approach yourself with love. It's all good. You've got the service.

6:00

And if you if you're ready to start catching up or continue make a plan, just make a plan with some baby steps of when you'll catch up, if you need support on that asked me as Caitlin ask invol, we're here to support. The reason there's many reasons why sacred deaths is 10 months, versus one month or two months. One is because like we need the time to catch up. And to integrate the other reason, which is related. And this is important for all of us and for all of us to know as practitioners and teachers, etc. Learning is cyclical, not linear, right? So when we have a course like this, we kind of we have to have a curriculum, like we're doing this first, you know, questioning, creating awareness, listening, et cetera, et cetera, et cetera. But I don't expect you to have mastered your listening skills. Now that we've moved from moved from that in the curriculum, you're going to keep on coming back to the listening skills and keep on coming back to the creating skill, creating awareness skills, and keep on coming back to the breakthrough questioning skills. This is this is a cyclical learning journey over 10 months, right? So allow yourself to be in that space. And then the last logistics piece that I wanted to mention today, I mentioned this on our first call, and I'm going to mention it again. Get what you need here. There are so many opportunities. I think you all know by now I am here for you, 100%. There's so many different resources, ask questions. If you have questions, use the Facebook group more if that's a place where you can get your needs met, be intentional about how you use all of the resources here and use this experience as a stretch into new ways to get what you need new ways of getting your needs met. There's so much here for you. Let me pause there any questions on partner coaching, catching up? getting what you need?

8:49

Okay,

8:52

I actually have a question. I'm doing this certification, and maybe this isn't the place to ask. But the the scheduling times don't work for me. How do I?

9:07

How do I work with that? Who were you? Which coach? Were you matched up with involved? Okay, let me check in with invol. I'll ask him well, to reach out to you and see if you can make your schedules meet up. If not, then, you know, Caitlin and Makita have other times available. So we'll we'll get that need met either way. But thanks for letting me know. And I'll ask involved to reach out.

9:36

All right. Thank you. Yeah.

9:40

See still is asking for a little reminder of the ways in which needs can be met. Yeah, great question. So first of all, asking questions in session. Asking questions in between sessions, ask in the Facebook group come to our mind. monthly q&a calls where you can ask anything that you need. If you are finding that you've got places of resistance, bring that to q&a calls, bring that to the Facebook group. Remember that you have a hole in the member center, tons of bonus trainings as well, right. And if there's any I can't promise, like, if there are other

things that you need, I can't absolutely promise that I will give that I'll be able to give them but if you're like, oh, there's something that's not here, but I kind of need it, shoot me a note. And I'll see I always will see what I can do.

10:48

Okay.

10:52

All right. So today, we have our breakthrough questioning practicum. So we're gonna continue to build the questioning muscle that we've been building over this module. And we'll do it the way we've done our listening practicum and our creating awareness practicum. So I'll call a volunteer, I'll ask questions. But really, it's not coaching what I'm going to be doing. It's really just to give all of you information to be able to practice crafting breakthrough questions, you'll have time and space to really craft some questions. This is like building the muscle, which is about the practicing of the crafting of the questions. For those of you that are seasoned practitioners, a reminder, don't rely on your old tricks. Use this practice space to go beyond kind of the the regular even if they're incredible questions, which I know you've got incredible questions in your stable, go beyond your regular questions, use this time to really stretch into new places, and build those questioning muscles. Before I ask for a volunteer, I'd love for you all to reflect for a moment and share. What have you been noticing and learning about questioning? In your practice sessions and your client sessions as you've been doing homework? What have you been learning and noticing about questioning what's been feeling important to you?

13:14

Michael Cohen

13:18

I'm noticing that I'm being much more intentional about my questioning. And I'm aware of the sequencing that you do. And so I love how you really take clients to a place like there's a journey with the questioning. Instead of just questioning in the moment, to go deeper, to go deeper to go deeper, like there's a process and a place that you're trying to get to whatever that might be like it's not predetermined, but you're trying to get somewhere. And in the like, being really aware of that and trying to integrate that, like I'm going back, you know, in my pacing and feeling a little clunky sometimes and having a little judgment about like, I used to know how to do this, but now I'm doing it differently. And spread awareness of the learner, learners mind and the process and trusting that it's all coming in. It's all integrating as it will. And being okay with sort of not doing it perfectly. But really accessing a deeper awareness and and process for the client. So really cool stuff.

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Yeah, so so much and what you just said so first of all, just big yay to all of it. And this I love what you're saying about how it's a journey, but it's not a predetermined journey. So you're really thinking about you're moving the client towards their desired goal for the session, step by step by step, but not necessarily knowing, you're using your listening skills to take each step and take each step. And that clunky thing that you're talking about. I know, you know, this, like, it's so normal, it's kind of like, you know, I'll use a personal experience like transitioning from having one kid to two kids. Like, I knew how to parent, one kid, I had all those skills down. But then at like, when you add something new there is that? I mean, not that my clunkiness in parenting. But you know, it's like that that transitional phase where you're adding the new and so what I hear is, you're being really intentional about it. And my sense, Michael in is that it may feel clunky internally as your you're being so intentional to integrate and learn. But from all that you've shared in the Facebook group the last few weeks, I don't think it's coming through to your clients. Thanks for all that all those shares.

16:08

Lien.

16:15

My question relates a little bit to what Angela's saying in the chat. I'm finding, I think the the four levels of learning model is so powerful. But I'm finding I'm struggling a little bit to put it into practice, in the context of my questions, I really tend to stay at the cognitive level. And I understand that it's important to get to the emotional, spiritual and somatic levels to really make sure that the client is integrating, but I'm, I'm struggling to get there in a way that feels natural.

16:51

Yeah, yeah, absolutely. So I, again, I want to normalize that it's a it's a new skill, and you're calm, you're more comfortable with the cognitive. And what I'd say is, first of all, just take pressure off of yourself to hit you know, all Ford, it has to be perfect. And all you know all the things, right? Keep it set, set it as an when you're with your clients, or practice partners, set it as like an intention, you know, let's see what happens here without locking in on it. And then after the session, lean, go back, and reflect on the session and say, Okay, what is a heart question I could have asked here. What is the spirit question? And by doing that, you'll build the muscle, and it will then you know, integrate more and more as you go into your sessions. And then today, we have this time. So, you know, drill down on it today to like as cognitive questions come to you write them down, but really set the intention today as you're listening, like, what is the spirit question I can ask what is a, you know, cognitive, etcetera? I mean, a body a heart? Yeah. And remember that learning is to click all you know, it's just, this is part of the process. Yeah. I'm glad you're bringing that forward.

18:26

Thank you. Thanks,

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Annalise.

18:30

So, last week, I said to you, Joanna, how incredibly was to connect the questions to this four dimension of being which I find? You know, it was just that missing bits. I also, you know, what really is resonating with me a lot in asking questions in being here in sacred depth. There are two things. And for me, those things are going beyond what I usually do. And the first one is actually ask all the questions with love and compassion. Sometimes, so, the energetics sometimes, you know, we need to check ourselves on the way, you know, we are asking the question, because we don't want the clients to feel that we are sort of like as a lawyer, you know, in my previous life, sometimes I may sort of like cross the line between a loving question and like an interrogatory question. Yeah. Yeah. And I need to be careful about that. But I don't think it's a prerogative of lawyers. Just I think it's a bit everyone. So just really sort of like coming from a place of, of love and compassion. And then the second thing which I absolutely Luckily love and I'm learning to do is to, to ask question on something embarrassing, like to name something like the client comes late or you know, there was some stuff which is very awkward and lovingly asked about that. So I've noticed you always come late or you know, I've noticed, you know, this thing's is that, you know, shall we just and to me it's quite difficult to do that because, but

20:37

it's great and I and what you're speaking to is not just questioning that you're stretching into working with resistance in a new way, which is really, really beautiful. And I hear both like some of the skill that's developing there as well as the energetics around that in place. So really well done. I know it takes courage. Really, really well done. Yeah, thank you. Yeah. There's some great things in the chat. Also. The more I relax into curiosity, the more I can hold their intention in mind and craft the next best question. Questions are can openers. Rhonda, saying I'm recognizing the resistance piece with others and trying to figure out how to move through that with breakthrough questioning. Yes, it's a stretch. Questions are great ways to break new ground. Yeah. Beautiful. Rachel saying the most important thing is the client's response and engagement with the questions. There's a shared responsibility that takes off the pressure to ask the question perfectly, yes, it doesn't have to be the perfect question at all. Okay. So as we go into the practicum, I want to invite you, for those of you that are going to be observers, we'll have one volunteer observers and questioners, I want to invite you to keep in mind, you know, I was about to say keep in mind all the things we learned about breakthrough questioning, that's not possible. But I'm gonna remind you of some of them to keep top of mind. First of all, use your listening skills and check your filters, right, the best questions come from deep listening and checking filters and listening to client and listening to sell. Ask questions where you're not attached to an outcome where a particular answer is, you know, a particular answer or outcome. Think about the principle of choice. Think about language. Think about connecting the dots questions, remember, also support our clients to connect the dots. Think about the four levels of learning and processing. And as a reminder, there's the cognitive level, the heart level, the spirit level, and the body level and involves shared with me a great question came out of the last small group cohort around this, which is, you know, what if your client doesn't believe in spirit, so then how do you ask a spirit level question? And so I want to remind everybody, that we can activate the spirit level with clients without ever using the word spirit. Spirit Level is about supporting the client to connect to something that's bigger than they are because that creates trust. So of course, if we happen to know that the term spirit resonates with a client, then great, we can use that in a question. But we can always use other terms, things that we know they do believe in whatever they trust in that's bigger than their ego, higher wisdom universe, the love that they have for their children, right. Like sometimes I might ask a spirit question that's, if I know someone has a child, you know, what would you want Theo to learn from this? You know, their kid? We can invoke their favorite movies star their author, right? And then of course, if we're not sure, we can always ask. Okay, so all that being said, I needed to get a piece of paper so I can take notes Hold on a second.

25:01

who'd like to be our volunteer our volunteer client for today who's got something that they would like some support on?

25:14

A Jana.

25:19

Hi. My heart's pounding inside of me is like, no, don't get attention right now.

25:29

Thank you for volunteering and for willing to be seen for yourself and in support of all of us and our learning.

25:40

Thank you for holding a safe space. No wiggly, and my heart is pounding hard. Test, we'll take a moment to breathe.

25:51

You want to take a moment? You want to maybe put a hand on your heart? Would that be okay, and we can all do this together. Just bring ourselves fully present all the parts coming back home to ourselves? Yeah, Rihanna. Yeah. Good. Yeah, you're welcome. So I'm gonna remind you, there are going to be moments where I'm gonna want to coach or reflect or honor or, you know, ask a deeper question. And it might slip out here and there, but I'm gonna do my best not to. So I don't want you to feel like oh my gosh, she's not seeing me or me, or she's leaving me hanging. My my purpose. And the questions I ask is for all of us to get a lot of information to be able to craft questions

27:01

I understand. And I've had something inside was telling me to raise my hand. And so I didn't think about it. And I just did it.

27:11

So if this were a session, what is it that you would want to receive?

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Clarity and returning to a sense of feeling connected to spirit, and a clear vision? Yeah.

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Can you share with us a little bit more about what's going on? That's having you feel unclear and disconnected there. Yeah.

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Just didn't come to this call. It was kind of like this constant, like curling tornado thing. And I kind of like reach through and like, Okay, I'm here. And I'm, I'm definitely not caught up. And I like to be a really good student. And I'm even come here. And I met with my coaching partner, but I couldn't even coach and I had a pain point last night, and I had to cancel. A lot of it has to do with my health. And I got test results last week that were and I have, I just came back yesterday from being with my mom, with her in the hospital, and then helped her get set up with hospice at home. And family dynamics are, have always been a nightmare. And having to deal with nightmare family dynamics. Well, my mom whom I love dearly, and this only reason that I would even be there around them. You know, she's just she's been sick for a long time with cancer. But even when it was fed her whole body, she was still teaching water robic classes and doing things and it's shifted now to where there's multiple places in her body where it's just a matter of any moment that any one of these squats could kill her. And she's not able to really walk on her own or just be an oxygen. And so it seems like it really is. And it's some of the tumors are in places that are really, really painful. So she's she's had a lot of pain for a long time. And I'm dealing with a situation where it's my own health It's been a matter of life and death. And there's just a lot of stuff going on in our home like repairs that need done and the medical expenses are still being covered by insurance and it's just extraordinary and it just feels like money. Yeah, it's just so needed and this feels like there's all these impossible situations. I keep feeling like giving up.

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Yeah. Yeah.

30:32

Sounds like it's a really hard time and I know it's not it's been going on for a while. Yeah.

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And I had some treatment and I was having when I started secret deaths I was having like level nine migraine most of the time and then having to take medication to bring it down to like a seven and and now it's like between five and seven levels. So it's that is a big improvement. And so I'm grateful that you know, the math in my own brain is getting smaller and treatments are working. But so it's all very like you know, with lots of ups and downs

31:16

when you say I think I think I know what you mean but can you put words to that

31:24

I'm just my own health stuff has felt completely overwhelming. Just the strength it takes to get out of bed every day feels completely overwhelming. And the pain of the treatments is overwhelming the pain of not having treatments is overwhelming the pain of trying to deal with regular life when just doing anything feels like a monumental effort is a lot and then the dynamics with my mother the love is in the complications it's a complicated relationship.

32:12

Yeah, yeah

32:19

yeah, this is like that mess and that complication and that overwhelm

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Yes. Yeah.

32:27

So when you say that you want clarity and a return to spirit can you pinpoint for us a little bit more what that means? What is it asked you first what what is it that you would like clarity on

32:46

yeah

32:59

yeah, like I don't even know anymore like you know, I had some visions at times of what I do with my life or why I'm here or why I'm going through all you know continuing going on and I don't feel connected to that like I don't you know, I mean much of my life I had this vision of feeling like I'm a cat thrown into the middle of the ocean in a storm kind of feeling that it feels like that feeling is kind of taken over even with you know, doing self care and trying to you know, manage things

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What did you I didn't hear I heard the storm but what what was it inside the storm that you didn't like? It was

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like a cat thrown in the middle of the ocean.

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I thought you said that.

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Like a drowning cat. Like a cat. Your cats don't like being on the water. Yeah, yeah. And I know that I also had really, really profoundly deep connection with spirit and nature. And I haven't been feeling that in a lot of that is like the toxicity of my family and the way they see me and the way they treat me and it kind of makes me feel like I'm shell shocked. Continuously. Shell Shocked.

34:28

Yeah. Okay.

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Let me just reflect back to make sure I'm getting it right. So with everything that's going on, there's so much going on and so many layers and it's complicated. Not just emotionally and not just cognitively you know, then all with all the physical like, there's so much going on. It sounds like this is a moment right now where you're disconnected from your bigger vision. And is that Your bigger vision for your life for your work, you know all of it.

35:05

Yeah, for everything, everything. I feel like disconnected from my partner. And I was really glad my son and I had a long talk last night because he and I were usually really close. And I realized, like, I didn't even feel connected to him. Something in me, yeah, something, like unplugged or something.

35:25

Yeah. So tell me if I'm getting this right. I think what I'm hearing from you is, what you know, is that even if you can't change all this, outside things that are happening, when you have that connection and clarity with your vision, when you have that connection to spirit in nature, when you have that connection to your loved ones. That, that you're not so much that there's maybe the storm is still happening. But you're not the drowning cat. Am I getting that? Right?

36:01

Yeah. And then I definitely felt in the the energy of being able to be the storm or be the whole universe, and all the things seemed smaller. And I haven't been feeling that I've been feeling like I'm, like the victim of everything. And then I'm also the trustee for my mom's stuff. And there's family members that have been stealing enormous amounts of money and doing other things. And I'm the one that responsible to take care of things. And the people that are been stealing, they would really like to have me dead. They don't call them out. And all this stuff that honestly just trying to like, I can't even make myself a sandwich. I mean, I can't even eat sandwiches. But if I mean, I mean, I'm like, I'm not. Like if I can wash one dish, if I can make it to this class, like, that's my level. And I'm really not at the level of dealing with a whole army of people like shooting you know? Yeah. And then I left even though my mom wants me there more than anybody. But I had to come to terms with you know, this is she's got a lot of dysfunction that she's created over a lifetime. And I've helped her a gazillion tons throughout her life, and I wouldn't be there for her so much. I would be there every moment if I could, but she has chosen this environment with these people.

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Yeah, yeah. Yeah.

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It would be there with her, even though that's really hard to just being with her in a situation. It's hard and painful, but it's also really rewarding. Yeah,

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I'm gonna I'm gonna pause you Ayana to kind of just ask a couple more questions.

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And thank you for that. Because I despair feedback. I could feel myself getting sucked into the place that I actually don't want to be in or I'm, like, lost in the storm. Yeah,

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I'm glad. I'm glad that you were able to see that, too. So okay, so if this were a session, you would want clarity again, on the vision connection to the vision, connection to spirit and nature, as you've been talking and sharing. Is there anything else that you want to add? Like, what is it that you really want to receive right now? Because you take all of this into consideration Honestly, I feel like

38:45

I would like a miracle from it. You know, like, my whole, what I'm going through is challenging that. Every year of my life has been at least this challenging or more. Sometimes, this isn't the hardest thing I've ever gone through. But I'm just more tired. I just need my life to be a little easier. And I try to add pleasure and joy and fun no matter what's happening, but I just am not feeling you know, going to the moves but I just can't seem to feel it. So you know one is impossible.

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I know I I wish we could ask you a question that would give you the miracle on the outside and we can't

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I go for a miracle on the inside. Okay,

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okay, great. And what would what would a miracle on the inside be?

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Well, I would love to be able to feel good about myself and connect it to myself even in the face. of whether it's being around family that are constantly attacking me, or choosing to not be around them and feel good about myself for that choice, and to still feel good about myself, even though I'm not able to do very much to feel good about myself, even though my life has been really hard and continues

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to be

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beautiful, thank you, I would

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like to be able to focus on more of the good in the beauty, which is something I've cultivated a lot. Yeah, there's just been this sense of the other things feel so urgent, it feels like I have to deal with that, you know, yeah, I can't solve. And I would like to

40:59

I guess that part that thinks that it has to just keep being focused on all the crap that, that I can't change, you know, that, that I could feel feel good about myself, while not looking at that stuff, instead of feeling. I mean, my family, like, there was such denial and not looking at, you know, like, sexual abuse, drug abuse, all that kind of stuff. So at some part that was like, I have to look at that, you know, but I'm like, this isn't the same as, like, you know, ignoring those kinds of things. Maybe, you know, this is something where, or I can take a breath and look at the beauty and or it's not the same as denying child abuse. Yes.

41:46

Do you do you notice the shift in your energy, just as you've been sharing this last minute or two about these internal miracles? I feel I feel more calm. And I also actually feel a lot of anger.

42:08

Yeah, yeah.

42:10

Okay, I'm gonna leave out your anger. I already fear I've done a little bit too much coaching. So I want to, I want to kind of leave the space open here. And a Jana, if you want. Now you can put your coaching hat on to or not, whatever feels right for you. I want to give, I'll give us three, four minutes. Hopefully, you've all been writing down questions as you've been listening, they'll give us another like three or four minutes to take some time to craft. Some more questions. Think about what are the awarenesses that you want to create for this client? Remember, that's always where we're going with questions is what are the awarenesses that you would like to create for this client? And take your time, in this practice space to think about words. And when we open the space, I'm gonna ask for shares, voice to voice and I want you to also think about your tone and your timing and your pacing. Right. We looked at all of that, as you ask the questions. So give us a couple of minutes right now. What questions would you ask this client take another minute or two.

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Okay so, I'd love to hear

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some more than some I'd love to hear all your shares what are the questions that you've come up with and as a reminder when you ask think about the tone and the pacing and the rhythm of your question, Cecil

47:32

Hi, i Anna so I want to say My heart is pounding now as well as I would like to ask you this question first I would like to to just reflect back a little bit saying that I hear that you feel like taken by a tornado and that you're overwhelmed by both the regular everyday life health issues family issues and your mother's transitioning. And I want to honor really all the things that are that are happening and that really there is a tornado around you. And at the same time within a tornado there is also a quiet place in the center, a place where things are the calmest and I'm wondering if it's possible for you to to sense that place

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beautiful so really beautiful reflections and and some consulting to on the middle of the tornado and then this question which is a very body love activating the body level question you know, finding that place in the middle so really beautifully done. One thing I'll share because you know, I'm like I'm just pushing everyone to either get I don't know what the what the word is. Anyway I may have missed it because I don't hear everything I Jana may have used also the metaphor of the tornado. I heard the metaphor of the storm. Did she also use a tornado at first you did? Okay, great. So that is all good. So I that was Yeah, I was gonna say if tornado wasn't used Do you want to stick with stick to but awesome. So Cecil, you heard something that I didn't there? Perfect. Great. Who else? Let's hear some more questions. What have you got? Don't be shy. A this is for all of our learning. Barbara

50:12

The Morning everybody. So, after some reflecting on on what I heard, what I what I was drawn to is asking, where in your body do you feel when you are connected to spirit? And how does that feel? So again, going, you know to ask about, because I said, you know that she has felt connected to spirit. So this is not an unusual thing. That, you know, she's never known this, this is a missing thing that she usually knows.

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And how does that feel? And my second question was, what is your heart telling you about yourself? And what you need?

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Beautiful, both of those really beautiful questions. So that first one, I'm bringing the client back to what they already know, which is that connection to spirit and a great body somatic question. Yeah. How does that feel? Or where in your body is that? And how does that feel? And then that second question, a beautiful heart opening question and that kind of like that inner wisdom. Question. Nicely, then.

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Any? Hi,

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I Ana, thank you so much for being so deep and sharing your truth with us and being so present to your your experience. My question was similar to Barbara's are one that I wanted to share, I have a few verses a little different. I, I said, Imagine the inner miracle has happened. And you now feel 100% good about yourself? What do you notice? If you can imagine that you've received that gift? What would change in your body? What would you notice in your body? And then another question I had is what what needs to be in place to feel good about yourself. I was really at that towards the end, there was so much about feeling good about myself feeling good about myself. And she repeated that many times. So I really hooked into that that language there then feel good about yourself.

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Yeah, yeah. Two really beautiful questions. And that second one, so simple, right? What needs to be in place in order to feel good about yourself, but just like using that deep listening, and then bringing it there? Beautiful. Sophie?

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Yeah. Thanks. Hi, Anna, thank you so much for everything you shared.

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I noticed that I sensed your power many times throughout the conversation. And there was one particular time where you took a you took an exhale on and you said it was something about being the storm. Like sometimes I can be the storm. And I found myself wanting to ask, tell me about a time in your life when you have been the storm.

53:43

Yeah, nicely done. First of all, just beautiful, honoring and celebrating that moment of power and reflecting that. And then again, similar to one of the questions asked earlier like we, I think by Barbara bringing the client back to the moment of connection or the moment of power and then building on that. Nicely done now.

54:16

Hi, thank you Ayana. Sending you love it does feel like there's a lot that you're dealing with right now. I you know, related to some of the other questions. It does sound like you have had feelings of being connected to spirit before connected to nature, connected to yourself. So I am curious, you know, when have you had those feelings when have you felt connected to yourself or connected to nature? You know, when in your life did you feel that way? Um, You know, is it going on a hike? Is it you know, I curious as to if you can pinpoint those feelings of connection, and then maybe inject a little bit more of that in places now. And then my other question is, is there any

55:25

limit there? So, okay, beautiful question. And I know it's like a little awkward because it's not in in the moment. So it's a beautiful question. But I just want to point out just in case, there were two questions in there, the first piece, and then the injections use, right. So in in the session, you'd let the client answer. And then what's the take a moment now? What's the actual question that you would ask around injecting pieces? How would you ask that question?

56:08

Where can you were say? How can you make sure that? Or how can you prioritize? Get the wording right. How can you Yeah, how can you and inject that into your life? Now? Where can you make space? To make sure that you're giving yourself the opportunities to have those moments of

56:48

connection? Yeah, beautiful. Yeah. Two great questions. Good. I know, put you on the spot. That was your second you said you had another one.

56:58

My second question is, it sounds like the family dynamic is complicated. But considering all you're going through health wise, is there anyone else that can help you with this? With you know, the stuff with your mother's estate, some of those things that feels like a lot to pile on top? Is there anybody else that is trustworthy? Or that can maybe take some of this off your plate? Or can

57:30

assist you?

57:32

Yeah. Nice. And they want to point out that's a yes or no question, which we know sometimes yes, or no questions, exactly what's needed in the moment sometimes, and I'm gonna put you on the spot again, for all. What's another way to ask that question? That's not yes or no. That could open up, open it up even more, who in your life

58:00

could be a source of support in any of these matters? That are feeling so overwhelming? Where can you go for some support? So you're not handling it all alone?

58:16

Yeah, yeah. Beautiful, really, really nicely done. One thing I want to point out about all of these incredible questions that everybody is asking, and I don't know if this is you're all doing it intentionally, like you've thought about this, or this is just intuitive, and masterful in the back of all of your minds. But all of the questions there, none of them are pulling the client back into the overwhelm back into, you know, if there's trauma, some of that trauma. All of the questions are supporting the client to move forward into solutions. Now, that doesn't mean that there isn't work to be done there, like in the storm in that way. But that's out of our scope, as coaches. So just really well done. Kelly

59:29

it's such interesting timing that you say that Joanna, because my pieces like actually wanting to go in a little bit more around, sort of deepening into some of the nervous system pieces that I was hearing coming up. So I'd love to talk through it and just get your feedback, but mine was actually touching into some of those places. So first, I just want to say that I'm offering you so much love and honoring for all that you're walking with and your capacity To keep holding your mom and being in this space with your son and your partner, and all of the things that you're doing and have clearly been doing for a really long time, and just hearing so much the you mentioned the victim archetype, but I'm also just hearing this incredible warrior archetype in you and a new your awareness about the energies and how they impact you both the hard energies and the difficult family dynamics as well as what it is to be in nature and what it is to connect deeply with your son and to connect with your mom. And, and I'm also hearing this place in you that keeps wanting to go to the place of I have to keep fighting, and I have to keep trying and working in spite of all the hard things, and when you mentioned the image of the cat in the ocean. And then I kept hearing you speaking of these pieces of having to go on, or it felt in my body, it was feeling like just struggling. And it was like that cat just like reaching for air. And then right at the end when you mentioned, I'm actually feeling calm, and I'm feeling anger. And I for me that really sparked and I was like, wow, what would it be? What would it be like? If you allowed yourself to feel that? And what would that look like and feel like and then in my work, what I would do is actually work some ritual into it and look at like, what do how do we work with anger? Because the the word that kept popping into my mind as I was hearing you like I wrote it down five times. And I was listening was permission to have these other feelings, rather than just climbing out of the ocean. And like, I've got to be good. I've got to try. I've got to hold up everything. And then I just kept hearing what if you just gave yourself permission to feel? And what would that be like? So that is going a little bit into the sort of harder parts. But

1:02:02

so I'm so glad you're asking this not we can go into the harder parts. And like all that you shared was so beautiful and appropriate, that we see what you weren't doing. And that is saying, feel what the Drowned cat feels like for like the that that is going back into your bring yourself back into those. Right like that, that kind of thing. You're, you're acknowledging and reflecting and honoring what is. And then you're asking a forward moving question.

Right. So we'll get to the question in a moment. So beautiful. To stretch you a little bit. Now I What is the question I want to know without context, what is based on everything you just said? What is one poignant question that you can ask?

1:03:01

I am curious what it would be like to give yourself permission to feel the feelings that are actually arising in you.

1:03:09

Yes. Yeah. Beautiful. Really, really nicely done.

1:03:14

Yeah.

1:03:15

Another way, cuz I noticed a question around what you're talking about to another way to kind of start to move into that could also be what power is available to you inside of your anger? Or what's the miracle to use her words that's available to you when you feel your anger? Right, so we can absolutely go to those places. Good. I'm so glad you brought that forward. Such great stuff. Who else? Don't be shy. What other cues have you got? Even if you're not sure it's just great learning for us to take a look see what's going on in the chat diva sharing, this is where I would want to drop into consoling noticing the difference here that is neither consulting or coaching. Good, good Deva. I'd want to offer healing compassion and the space to be with spirit her breath. Yeah. So and Deva, like that. So much of that nervous system work and bringing to grounding and then de was moving into the anger to what is the sound of your anger? What is the sound of the inner miracle also very, very nice. Yeah. Michael Lin is saying I would want to spend some time helping a Jana to see Simply regulate her nervous system. Yes. I mean, we're focusing on questions. But that's absolutely like a beautiful road to go down or one that you might want to go down first before asking questions if that felt important 100%. Maria is saying I wanted to ask about the wanting to give up a Jana mentioned and what that means to her. Would that be inappropriate and totally out of place? I don't think so. Well, Maria, are you willing to come on for a moment? voice to voice? Yes, no. Yes. Okay. Great. Thank you. What's the awareness that you would want to create with this question?

1:05:58

Well, actually, I just wanted to know if that would be close, when what I heard when she was saying it, it was if she was having a level of a tone, when she says, Give, to give up, it kind of lowered. And I just, I felt like, I wasn't sure what you meant with that. But would that be too painful? To to kind of grab that thought? Or you just leave it and you try to find another way to circle around it? But I felt that that was that was the end of what you know, what you wanted to? I can't I can't express what I mean.

1:07:04

It was just didn't want to make it if I was a coach, I didn't want to, to do a wrong. Action.

1:07:17

Yeah. So I think I think I'm getting what you're saying. I think what I'm hearing you say is you heard that when she said like, sometimes she has this feeling of giving up, you could feel you could feel you wanted to honor that, like that, that experience and acknowledge that? Yes. perience. So if there isn't an awareness that you want to create around it, other than honoring it, or you know, just say, you know, this, I see you, I hear you, then I would use, like more of an honoring technique, like, I hear how hard that is, or must be so hard to sometimes feel like you want to give up, you know, and allow the client to be seen and heard and that that there may not necessarily be

a question around it, unless there's a different awareness. Other than just you're being seen and heard in it that you want to create there.

1:08:16

Yeah. Does that make sense? Yes, totally.

1:08:19

Yeah. And I think that's a beautiful instinct to want to honor and, you know, see, have the client be seen and heard in that. Night. Thank you. It's good to see you on video to your your isa

1:08:40

Hey, Joanna. Hey, everyone. I had a couple of questions. And I wasn't sure if they would be appropriate, but I'll ask them. And I Anna, thank you so much for your sharing, I am sending you a big hug. And the question I am I was I had written down was, what would it be like to be be there for your mom and for yourself? And have it feel safe? And I asked that because I you know, there was a you meant i Anna mentioned that, you know, dysfunctional family and and just, you know, previous abuse and I My intention with what I was thinking of that question was to would be to present like, how is there a way to be able to be in this? The experience is really hard. It's really hard experiences and feel safe and not be you know, and forgive me if I'm interjecting my own projections, but you know, abuse or misconduct by other people. And so would that be an appropriate question to ask for him? Is that not okay?

1:10:01

I love where you're going with it. I think that moving it out of the yes or no, and then into some solutions could be helpful. So something like what would healthy boundaries look like with your family? Does that make sense why I'm suggesting because I think that that awareness that you want to create is a great instinct and can be really valuable. But you want to kind of open up the question a bit. Okay.

1:10:39

Thank you.

1:10:40

Yeah. Good. Did you have another one in there? You said you had a couple. Oh, um,

1:10:45

I combined two of them together. But let me see. Oh, another one I did have was how would you connect? Oh, I'm sorry. I can't read my own writing. How have you connected to spirit and vision in the past?

1:11:05

Nice. Yeah. Yeah, another one of those connecting back in. Good. So I'm just catching the corner with a corner of my eye. And I'll go back to some other things in the chat. Also, but Barbara saying my former education as a social worker has me looking at this is a potential red flag. How do you navigate that? Barbara, I just want to make sure I'm understanding your question. Can you come on for a sec? Because I feel like it's related to what we were just talking about before ESA.

1:11:45

Right? Well, the the giving up, sometimes I just want to give up. And you know, it taking in Iowa Hi, Anna and I are coaching partner. I am very happy to be working with her. And, and so some of this information is not new to

me. But just like when someone says give up, it doesn't always mean that but when I hear it in the context of what to me is off the charts, trauma and harm and physical, you know, challenges. And, you know, I mean, it's just this, like, you're still breathing is how I can, can feel and perceive it. So within that context, when I hear I feel like giving up, you know, it's like, do I go there? You know, like, there's that place of wanting to stay in the lane of coaching. And then there's a place of, oh, I don't care, I want somebody to be sick.

1:13:02

Exactly. And part of the lane of coaching is to create awareness, if other support is needed, that is in the lane of coaching, right? So there's a couple of things here. First of all, as you're saying, you know, just the term like I just want to give up always coach the what base the what, based on the who. So it's not it's not, you know, and you you know, knowing what you know, about the person, etc. So that's not always like, Oh, my gosh, I have to, you know, check in to that you want to be listening, you know, all around, if that internal red flag does go up, like, oh, my gosh, I don't feel like that was just an expression. I feel like, there's something more here, or even just if you see a client just there's a lot of trauma, you know, because life sucks sometimes, you know, then it's more than appropriate to say something like you. I hear you have so much going on. And this is this is big stuff, some of it. That's even outside of what our work together is. Have you can are you working with someone that can support you with this, or have you considered that? Well, you know, what would it look like? Right? So, sometimes you have to approach it a little tenderly, so as not to like trigger shame. You want to normalize it completely before you ask, but if you're feeling like this is a red flag then absolutely that is in the lane of coaching To open up awareness and to see what the resources are.

1:15:05

That's really helpful. Thank you. Because yeah. It like, what what stroke do you take? Keeping with that? Metaphor? Okay, what stroke Am I gonna use now? And yeah, so it can still be within lane without actually being fully my responsibility.

1:15:27

Exactly, exactly. Thank you there is a difference between being trauma informed and a trauma worker. Oh, yes. Right. And so trauma informed as to you know, you know, this right is like to open up awareness, like we've been saying about, you know, where it's about getting support, but not to give that trauma support container. Thank you. Sophie is asking, What if they don't have access to other resources? That's a good question. Sophie. I mean, you want to Yeah, exactly. That's what I was gonna say, Me too, like, you'd want to suggest free resources. Okay, Elaine?

1:16:23

I wanted to offer a reflection. And then and then a question. I found it so striking Aiyana, when you talked about how every year of your life has had enormous challenge has involved enormous challenge. And at the same time, it really came through that you are a person who is able to connect to spirit into nature, and you've done, it sounds like you've done so much work, to create these connections to things that, that feed you and that not only feed you but allow you to be of service. And I just think it's remarkable, in the context of all the challenges that you've been experiencing in your life that you have made so much effort and put in so much work to make these connections. And, and I, what also struck me so much about what you said was this image of the cat in the ocean in the storm, that is really staying with me and I, my question is, is there an image that might have equal power of something that is miraculous? Or something that that you connect to? In that natural realm or spiritual realm?

1:17:54

Too many words, just cut it. Before that last phrase, it was beautiful. Yes. Yeah, absolutely. 100% really well done. It's similar to a question that I wrote down. If the inner miracle were to happen, what would that cat transform into? Right? So beautiful, like going, making those connections? And then you could, from there, whatever image the client comes up with, you could ask more about it. Well, what are the beliefs? You know, maybe it's a dog? I don't know, whatever it is, right? Like, what is the dog believe? What does the dog know about themselves, et cetera, et cetera. So that could bring you down a whole line, nicely done. Jolly.

1:18:46

Nap. So that was going to be very similar to the question that I was going to ask, but I'll just word it slightly differently to see if that resonates at all. So first, I'd want to thank Ayana for being so open and vulnerable in your share. And you said so many things that I felt was really, you know, just opened up so many different portals, if you will. The one that really struck me, however, reminded me of something that came up in in my coaching session yesterday with the coaching buddies. It's this idea that imagination can hold contradictions. And then so for some reason, I am being called to just share that with you. And maybe that's not something I'm supposed to be doing. But from there, I was thinking about how you said, I just want an inner miracle. And I was thinking, were, first of all, I would like to explore how this you know, you're not calling on a miracle from the outside. There's calling for are a miracle from the inside, I just want the inner miracle. And I love that and I would want to explore that. But if I had to ask the question, it would be What? What? character from a story that you love with this inner miracle miracle? Like, for what mythological goddess? Or God? Would you identify with that inner miracle?

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100% really beautifully done. I love the using of the imagery and supporting the client to like to source that image of miracle from inside of themselves. Yeah, really nicely done. Tina.

1:20:51

I beat I was trying to unmute Joanna, actually have a question for you. Just listening to everyone's input and your answers. Is transformation still possible through the root of coaching? If trauma is at the root of the problem?

1:21:16

Oh, you're asking hard questions. I'm going to I'm going to share a truth but maybe not the truth. Because I'm sure that the scientists have lots of different things and different opinions on this. But it's such a good question. And it's one that you know, just first I'll say like, transparently, I don't, I don't know the ultimate answer to I just know, from my experience, and I think the research out there is you'll, you'll hear lots of things. If there's in my experience, if there's unprocessed trauma, you can work transformation around it, you can like goals can can, you know, be achieved, change can happen. But there's, there's just some pieces that in the coaching, you're not going to get to, unless there's other support there. So you don't have to I mean, every now and again, if you're working with a client, and there's a lot of unprocessed trauma, it's not appropriate to coach until they get supported. But there are many other times where it can be an in tandem thing, or where you choose the things that you can make the movement on. Does that answer your question?

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Yeah, I think maybe you're saying that it's dependent upon what other training the other person has, when it comes to trauma? And how to work around that? Is that what you're saying?

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Well, I'm saying they may, they may go and seek support from someone who can help them with that. And sometimes, every now, I'd say for the most part, this is not true. But every now and again, you may want to pause on the coaching so that the trauma can be resolved and then come back to the coaching. Other times the two can happen in tandem, and you can still be working on other pieces around it to support clients to meet their goals.

1:23:55

Okay. Yeah. Because my first instinct earlier my first question I wrote down when we were writing down question is where did she feel the storm in her body? Because that's like an automatic thing I do for myself actually is like, when I'm not feeling it, where am I feeling it? What you know, like, why is it there? And what's really connected to that on a cellular level to help unleash that so that they can create from a better place you know, if we can help them unleash the storm a bit, you know? Yeah,

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I'd say all again, always coach the what based on the who, you have to really hear into where a client is on a particular day. And sometimes that question is going to be phenomenal and super helpful and supportive. But then other days when, if a client's or other clients if the container isn't, if their container isn't solid enough. You're not gonna want to go into that. Question. Okay. Is that helpful? Yeah, got it in that way

1:25:06

as Thank you.

1:25:10

Okay.

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All right, Cecil.

1:25:18

I so I was having kind of an awareness about, I would like to ask you, Jana whether that would be an appropriate question to ask and how to do it. I was just seeing as the detour around possible suicidal. A possible suicidal situation was resonating with at some point I Anna said that there are people in my family that wants to kill me. And I was just seeing suddenly how that sensation of what the family might want to do somehow is being enacted in Ayana by not being connected to spirit. By Yeah, so that, that somehow, if it's such a situation of overwhelm, that she's ending up doing the things that are happening in the family on herself.

1:26:31

Hmm, I see what you're saying. That might be an awareness that you share with the client and ask if it resonates for them, if that feels important, in the conversation to get them to where they want to go. So in this case, a Jana wanted to feel connected to her vision connected to spirit in nature to feel good about herself. So if that's an awareness that you want to see resonates, you can ask for sure. If I'm understanding what you're saying correctly.

1:27:17

Yeah, it was that there was a sense of when when talking also about the anger at this, at the end, there was this sense of like pushing back on boundaries, but like pushing back on people that were trespassing boundaries, and

that sense of righteousness. I started feeling a sense of righteousness about, you know, get out, get out of my space, like,

1:27:41

so you'd want to ask a boundaries question like the one that I asked earlier? What would healthy boundaries look like with your family? Yeah. Or what are what are inner boundaries? Sometimes it's hard to set outer boundaries with pesky family members. So what would inner boundaries with your family look like?

1:28:00

Yeah, did it it could be that the dissents of justice would change some of the patterns.

1:28:11

Absolutely. And that's why there were some other questions that were asked around the anger. Your mind was, yeah. What's the power that's available to you in the ER, so for sure, picking up on that would be very helpful. Yeah, thank you. Yeah. You're welcome. So we've got two minutes left a Jana, we've been talking about you for like 40 minutes. Can you come back on? Can you talk again, I can't see you. I'm here. Oh, there you are. Did you come up with any questions for yourself?

1:28:58

I was absorbing what people were asking. I mean, the questions I would lean towards myself would be you know, where do I feel things in my body and how to connect with nature but I it's much more easy for me to connect with the anger. And I do feel like I am doing the things to connect with nature. And I think that not feeling my anger is making it so I'm not feeling that connection.

1:29:30

When can we just pause on that? That's so big. A Jana. I know you said that that's edgy. And so I just really want to honor you for like picking up on it and then speaking it out loud. That connection with Nietzsche. Of course. You want to keep on doing those practices. That's that's your comfort. I mean, not that we want you to be any more uncomfortable than you are right now. You have so much going on but that growth like I really hear that you're seeing there's something here for you. In your anger.

1:30:07

Yeah, yeah, there's, there's a lot of anger and to use that to find the inner boundary. So that instead of which goes back to what I was saying, I want to feel good about myself. But it has to do with the last person who spoke with that size or was all Yeah. Yeah, she was on to something in the sense of, you know, like we internalize toxic patriarchy or internally, you know, and in my family, there's a lot of internalizing, being demonized, and that and scapegoated and just talk that's gone on my entire life. And so there is, you know, being in a place where that's pointed at me, and to a large degree, and there's a lot of history around it. And a lot of people involved in it. They don't know what the heck they're doing, but that's just they're doing and they're doing with a lot of passion. I have. Yeah, I learned very young to take that on it. You know, it's always told it was my fault. And there's a part of me that took that on. And so that every time that I was abused, it was like, it was always my fault. So would that mean for worse? So if I could change that? Yeah, I want to do is change that part in sight so that no matter what is happening out here, that if inside, I could be on my own side, rather than going, Oh, yes. You know, even though you're acting crazy, and you're completely ridiculous, and I'm actually doing myself pretty damn well. And I come from a place of love and I'm actually doing like as right as I could possibly do and willing to grow in like, you're full of crap. So the part I'm saying right now, like I need to, like strengthen that can be like,

you know, screw you. I'm sorry, you're so mentally ill, but get the hell out of my get out of me can help get out me instead of you having empathy for them and, and turning against myself?

1:31:55

By not just what I observed, if you can tell me if that's true, is allowing yourself to go more into that anger just briefly right now. I felt a lifeforce inside of you. I felt part of your life force open.

1:32:12

It's hard though, because like I fell apart, and we felt good. And the other part goes more against myself. I want to like oh, no, you know, because I just want to take care of everybody, you know, and even the people that are hurting me, it's like, even as they're hurting, this party wants to take care of them.

1:32:27

So So So because we're at time, I'll leave you with a homework assignment on that, if it feels good. I want you from your to invite you from your highest wisdom to write a letter to that part of yourself that feels like you need to take care of everybody, even if it means sacrificing yourself.

1:32:51

So write a letter

1:32:53

from your highest wisdom to that part of you that feels like you just need to take care of everybody, even if it means sacrificing yourself. Thank you so much. First of all, a Jana, thank you for all of your sharing and being willing to be our guinea pig. Thank you to everybody for your incredible questions and your wisdom. And what I feel has been such an important conversation for so many reasons. You are all incredible. And not only am I blown away, but I'm just continued to just be so I don't know what the word is just with the integrity of the group and your commitment to the craft. So thank you. If you want to share takeaways from this call, please do in the Facebook group. I want to see what your takeaways are sending you all lots of love, and I'll see you next week.

1:33:56

Thank you, everyone. Bye. Thank you, bye

1:34:02

bye