



# Sacred Depths Certification

## Energetics of the Coaching Relationship 2

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Hi, everybody. Sweet a moment for us to get here. So I'm having one of those work at home moments where I have no doors on my office, and there's a lot of noise in my front yard. So I've come to kind of hide in the middle of the house, but at some point, there's gonna be noise in my backyard. So I just like, I'll quickly move back to my desk. So I'm sorry about that. Unexpected. Okay. Get my notes. All right. So today's call, I mean, all of our calls are juicy. This one I think, is a particularly juicy session. It's the second part of coaching energetics. And of course, we've been looking at energetics, you know, throughout the program. But today, we're gonna focus specifically on energetics again, in a more advanced way. Some of the things you know, as I said before, our first energetics call, some of the things that we're going to look at today, at first glance may sound really simple. But they're really what we're looking at today is so important, and so layered. So before we get there, I'd love to hear from some of you. What have you been seeing and noticing and learning about energetics? How, since we've started our program, how has your understanding of energetics? How have you seen that impact your coaching your life, yourself? What have you been seeing and noticing what's been feeling important about energetics? To you? Who wants to share I'd love to hear a voice or two on this. And this is where it's getting loud in the back. Now. Let me just quickly, you get a little view of of my house. All right, Jolly.

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Can you hear me? Okay, I've got my air pods on. I don't know if you can hear me. Okay, cool. Yeah, I think one, this is a really weird example. But I found that when my daughter gets up really early, and she has to get up very early in the morning to go to school, because she catches the bus and it takes a good 45 minutes. And so if I get up with her, my husband gets up at six and makes her breakfast and then takes her to the bus stop. And if I'm there, she seems to, you know, throughout that process of eating breakfast, getting ready for school lead, you know, going out the door, then she seems to have a more centered day of school. Whereas if I disappear, it's like, oh, good morning, and go off and do my own thing. And like don't really make that contact with her. She'll come home and she'll be like, Oh, this person's driving me crazy. And I have a really awful day. And it's just really interesting how attracted now. And there's absolutely a difference to me being there versus me not being there. I don't know if that makes sense.

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It makes so much sense. And I love that you're using the example of your daughter because it's so true in so many of our relationships, and I often compare coaching clients, to parenting children, but what you're you know what I really hear Are you speaking to is like you're seeing the presence and the setting of the container. You know, for her for her day, like your presence, and you're showing up, and you're paying attention at the beginning of the day is that book No, that really supports your daughter to have that container that holds her through the day. And it's so true with our clients, as well, whether we take those few minutes at the beginning of

a session to do an actual grounding or visualization or, you know, breathing or even if we don't, but we just set that intention to be fully present to hold the space. It makes such a difference. Beautiful. Thank you. I love that you've been tracking that too, with your daughter. It's awesome.

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It's been fun, actually. Thanks,

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Sophie Jane.

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Yeah, I've had such a journey with this whole and complete piece, right from the beginning. I thought, hang on, I don't come from this place where those around me are whole incomplete. And I thought that was because I knew better. As I've worked with it myself, through this program, I realized that I was coming to all my relationships, including my client relationships with the sense of, I know what you're about, or just these subtle judgments of like, call I get what kind of person you are, this is the kind of consulting I need to bring. And it's like, wow, once I've removed that, between me and my husband, between me and all the people I relate with, between the clients, it's like, oh, you're human in front of me, just like I'm a human in front of you. And we've both got our stuff. And I've got some stuff to support you, you've got some stuff to support me we're relating together. And not only is it really helped my man marriage, because I think we're talking from in a completely different way that I am seeing him more. But this program that I'm running at the moment, people keep saying, I feel so seen, thank you for seeing me, and I feel so understood, I'm like, cheese, this is huge. And it's so it's just it's Matt, it's life changing, it's fantastic. Loving it.

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I love that I love that so much. And this idea that is so related to energetics. And the whole incomplete piece of you know, when we, when we just kind of quickly pigeonhole people, or quickly decide, they're this, that or the other thing, we limit, all of them coming through we, you know, limit we limit them having access to all of their resources and all the parts of themselves and to change to changing expression as well. And we do that to ourselves as well. We decide I'm this kind of person or that kind of person. And then we there's so much limiting that happens there. And what I'm really hearing in your sharing is the coming at your client with curiosity, with understanding that in an initial meeting, they expressed certain parts, but not all parts, that that there's that there's more of a fullness there. It not only gives space for more of that to come forward, it gives you more presents, it gives you opportunity to bring more of yourself forward and to find those different points of connection and points of support.

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And it makes me judge myself less.

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Yes. Yes. Helpful. Yeah. Really nice. Thank you, AJ.

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Yeah, where I'm really noticing is that I've been really good with energetics in session. I am super connected and people are very open and vulnerable with me and I value that so much and where I'm not as strong as outside of that closed moment. So the energetics that I'm bringing to working on the business that I'm bringing to those in between times. You know, when I get stuck in my head or when I get lose focus or lose confidence on my role in my business,

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I'm so glad you're bringing this forward, I know you're not alone, as I'm listening to, I'm shaking my head because two different degrees, I, you know, absolutely Same here. And what I think is really powerful and really exciting is that you can see those energetics shift and change with your business as well. And like awareness is first piece here. And also moving from celebration and resource knowing that you completely have it in you to have the types of energetics that can support your business because you show up that way and your client sessions so beautifully. So the next pieces here are now the practice, right. And like any practice, meditation, practice, exercise, practice, you know, taking vitamins, everyday practice, whatever, whatever it is, it takes commitment and intention. I'm wondering what it might be like for you, AJ, to think about the time that you're working on your business as containers, like here's a hour long container or two hour long container that's about my relationship with my marketing, right. And then to take a few moments or minutes at the beginning of that time to set the container, just like you would set the container for a client session. And to set your energetics, just like you would set it in a client session. And then during that hour, two hours, you might get triggered like you might during a client session. And then just reset the end be aware like you would in a client session later you would and reset the energetics from there. How does

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I'm smiling because this is almost exactly what Wendy suggested yesterday. Oh, no. Almost. Exactly. And it really hit it really. I have no doubts about it. And yeah, about like having a sort of an opening ritual to that time, which is, you know, making that container strong. Yeah, that's, that's awesome. And and thank you for for honoring that. This is not my sole struggle. My solo struggle often not my sole struggle.

13:12

Yeah, neither. Absolutely. Absolutely. I love that. You heard it now twice. It sounds like in two days. That's something to pay attention to. For sure. Thank you. Thank you, Amanda.

13:30

The energetics in that sacred container is just because it keeps coming back to every single thing that I feel like I'm doing more and more as I'm working with clients. And I hosted a retreat in the spring, which was very different than the way I would have hosted it in the fall. And creating space and holding space for women is one of my strongest, I don't know, whether it's gifts or talents, but expanding it to creating that container. There was so much really amazing feedback from that by starting it from the beginning, continually checking in and then giving everyone permission to either like the invitation even that's kind of speech or you're invited to connect with someone during this exercise or you're also able to choose to do something differently. And I've just been finding that it's it's it's all and all the work and the stuff about the contracts and stuff and I know that that's like I need to totally switch how I'm doing now because it's been too loosey goosey and that container feels leaky. And it has only shown up recently as being a place where it feels unsafe for either me or my client. And even just the idea of safety and each person. A lot of my clients have come to me recently who just don't feel safe anywhere never have in their up Bringing. So I mean, I'm calling you to nest now like everyone needs that sacred container. And so if I can create that for them, and then if they can figure out how to create that in different parts of their lives, then just, it's, yeah, it's everything. So even though the conversation the beginning was like, oh, yeah, we got this, all the added layers and bits and pieces and application of it, it's like this is this is the basis of everything.

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So it's been, I agree, and I got chills as you were speaking both about the retreat and what unfolded there. And then this idea of the nest and how we all need these containers in our lives can really feel also the shifts for you. And it really nicely done.

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Thank you. Thank you for all these pieces being put together slowly over time. So welcome,

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Michael in saying in the chat, it's always in the background. But now it's more conscious and deliberate. I can say check energetics that I know it that we write you know, it's like you know, you actually know it. That means now. I Ana's saying about 20 years ago, when I first learned Reiki I practice setting the container everyday. For years this has made it so that I can hold space for others. At first, it took about 20 minutes a day or more. And eventually, I could set the space of the room in a moment. Yep, I'm seeing in this moment that practicing on setting my own internal energy every day. Yes, beautiful. Okay, great.

16:43

So

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let's go deeper. And what we're going to take a look at today, for a couple of you tuned into the endless reading client series that I did a couple of weeks ago, we touched in one of those sessions, we touched on some of the pieces that we're going to be looking at today. But we're going to be looking at it in a much deeper way in this call today. So even if you've heard some of it a couple of weeks ago, open your ears to hear the nuances for yourself. So I'm going to say this, and then I'm going to pop it in the chat. If left unguided what happens in the coaching container, is a microcosm of what happens out of the coaching container in the real world. And pop that in the chat. And I'm gonna say that again.

18:08

If left unguided what happens in the coaching container, is a microcosm of what happens out of the coaching container in the real world. So what I mean by this statement, is that if a client is unsure of herself, out in the world, if left unguided, she's going to just show up for coaching, feeling unsure of herself. If out in the world, a client tends to anger easily at others. If left unguided when they show up in the coaching container, they will likely have the tendency to get angry easily at you or at themselves. If outside of the coaching container in the real world, a client tends to compare themselves to other people a lot. If left unguided in the coaching container, that client will probably either without realizing it or without realizing it tend to compare themselves either with you or with your other clients. If they have unrealistic, unrealistic expectations outside of the container if left unguided, they're gonna have unrealistic expectations inside that container if they're harder on themselves outside that right you get the picture. I could go on and on here. In other words there's a good chance that at some point in the coaching relationship If your client will unconsciously bring their own family and social dynamics and patterns into the relationship with you, they'll bring the helpful dynamics into the relationship with you, as well as the not so helpful dynamics into the relationship with you. So, the more conscious that your client can be, the more aware that your client can be of the family dynamics or family projections that she brings, the more and the more conscious that you can be of them, then the more together the two of you can use it for your clients growth and for your clients transfer transformation, in instead of those dynamics and projections working against them in the container. That makes sense so far. Now, if Well,

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before I say that say that another way that you can also look at this is that you want to as a practitioner, be aware, if your client is projecting parent, mother, father, brother, sister, authority, figure, et cetera, on to you, you want to be aware if your client is projecting any of those on to you, we're gonna talk more about that in a little bit. But here's what I want to say next, there is nothing wrong at all, if this happens, if the client projects in this way, or brings these dynamics in this way, so long as you as the practitioner know how to navigate it, it doesn't mean that you've done anything wrong as a practitioner, because it's natural for this to happen. And it's sometimes even more natural for these projections and dynamics to happen. If the coaching space is a safe or safer space for someone, because there's that sense of comfort for them, right, that they may have in those other place those relationships that they're projecting onto you in their lives, right. And by the way, this isn't the coaching container isn't the only place this happens. When left unchecked, I project a ton of stuff on to John,

from my parents and my sister, you know, and all the things. So this can happen in lots of relationships, particularly comfortable ones, usually ones that are not as comfortable or safe. We're like on our best behavior in a way right and and those reductions may not happen. Exactly. So there's nothing wrong if it happens. But that being said, as the practitioner, you want to be aware, and you want to support your client to be aware and you want to work with the dynamics, you actually want to leverage the awareness and leverage what's happening. It can become when when you're able to leverage it, it can become like pure gold for your client. So I want to repeat again, what I said before, what happens in the coaching container is a microcosm of what happens out of the container in the real world. If this is true, if the statement that I just shared is true, then check this out, then I think what I'm about to say next is also true, that if you the practitioner, direct things in a certain way. The coaching relationship can become a transformative opportunity for clients. Not just in terms of their relationship with you but around their own family dynamics, and other relationships. If you the practitioner, direct things in a certain way the coaching relationship can then become a transformative I'm always hesitant to say here Lay the word healing but transferred I really think a healing opportunity to for clients around their family dynamics. I think I've mentioned this before I really see this, as part of the work that we do is sacred depths practitioners, there's always like two levels of work happening in the container. There's the one level of work of the like, these are the goals that the clients wants to achieve. And we're helping them with their fears and their obstacles and their visioning. And they're strategizing, and we're helping them towards their goals. But then there's a whole other level of work that I think is also always happening in the container. And that's about the relationship between you and your client, and how that relationship is transformative, and teaches new dynamics and teaches new skills and teaches new patterns to the client. Annalise, do you have a question? Yes, John, I

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have a question. Obviously, I'm perfectly aware this happens. However, you said that when we are not that familiar with someone, we tend to put our best behavior. And so we check this projection in a way. And I wonder how this happens in that because you said, you know, with my husband, or maybe others that are very close to me, I just project my sister, my, you know, but when you are in a sort of like, therapeutic coaching relationship? Can a client be checking themselves? And so be like, because they don't, even if it's a safe container, but we're still someone that, you know, they're not that familiar with so that there are other cases in which they actually hold on?

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Yeah, absolutely. For sure. And I mean, there's right, like, it's sometimes when we're more comfortable sometimes when we're left out, you know, it's not, it's not number one, just one thing, but absolutely. What I have noticed, not always, but much of the time, is that there's certain projections that can happen from the get go, like, does she like me? Am I good enough, you know, all of those. And then, as the relationship kind of deepens, and becomes more familiar, if we're not on top of it, and creating awareness, then some of those other more comfortable dynamics can come into play. That's not true. 100% of the time that that's, that's what I've noticed, you know, a lot of the time sounds like that rings true for you. Yeah, thank you. Thank you. You're welcome. Good question. Okay, so anything else that anybody wants to say so far? What are you seeing so far hearing so far, that feels important, or that's like ringing a bell here for you? Michael in

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I'm sure, sorry. I'm a little confused about the difference between, see a client is full and complete, seeing myself as whole and complete. I can be in that space and see each person as like a whole unit within themselves. And the thing that the client wants to change the thing that they're here for, that they come to coaching for, and how is that related to being wholly complete, if there's something that they've identified that they don't like, or that isn't serving them that they do want to change?

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Yeah, it's such a great question. And I'm wondering what belief is underlying for you. That's having you get stuck here on that.

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Well

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that if there's something in me that I'm wanting to change, then there is something in me that is not bowling complete that there is that there? They're mutually exclusive. Yeah, yeah. So help me with this. John, I was with Caitlin this morning coaching about the room. She was coaching me about this. It's like, what am I missing here? What am I not getting?

30:07  
Yeah. So what if it was possible that you could be holding and complete? And also have things that you want to change? Why? Why I'm curious as to why and where you got this idea that if there are parts that want to shift, or transform, or grow or change, that they can't also be whole and complete. And it might be semantics, but I have a sense, there's something else there for you.

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I'm not totally sure. But I know that there's this relentless drive in me to continue to grow and fix and change and make correct. And it's gotten me to amazing places in my life. And yet, this like not good enough piece not quite right piece that gets in my way. I can't totally see it. I know what you're asking. But I'm seeing what I'm not seeing I'm seeing a block.

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Tell me if I'm hearing you correctly, it almost feels like there's this feeling of if it's not perfect, then it can't be whole and complete.

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As soon as I have a sense of it, like that thing that I want to change or fix. Like everything goes out the window about tough love and boom, on air we

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got there. We just hit it right there. We just hit it right there. Right? So there can there's what's happens for you. As soon as there's something you said, fix, right? Even that is telling, right versus change. Then the self love goes out the window, the self compassion goes out the window, it's this. The sense I got is like this is robotic, like we must change this now. And what is here is not okay, we must change this. And the invitation is to move to something I want to change. And here's something that could improve. And here's something that I'd like to achieve, or here's something that maybe I don't have right now. And I love myself not only just later when that happens, and I love myself and I am okay now what's feeling important here for you?

33:48  
It's an invitation. You've issued an invitation. I accept the invitation. And I don't know what I don't know. And there's something about this that like, I totally get it. And, and yet, and there's a part of me that doesn't get it.

34:09  
Yeah, yeah. And I think it's because of that, that dynamic that you're talking about. This has to be fixed and it can't love myself till it's fixed. So based on that, what's a journaling? Question? One more question that you want to give yourself



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just a really wish.

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Wish into that space of what is lovable about something that I'm aware of that I want to change? Huh?

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I love that. Yeah, All right, I want to hear how that goes and what comes of that Ayana, you know, you have your hand up, I want to make sure we get through a little more of the curriculum, and then I'll, I'll come back and I'll open up. And I wanted to also just Lane's said in the chat, leveraging client projection sounds lovely in theory, but it feels like it's moving into the territory of therapy. And I do not feel qualified to be working with people as a therapist, 100% Lane, so you're gonna see what we look at today is in the scope of coaching, not in the scope of therapy, we're not going into the past to unpack deeply these projections and dynamics with clients. But that being said, there are coaching strategies that we can use and apply to the here and now that we actually oftentimes need to on this topic in order for clients not to get stuck and to help them move forward in the coaching. So hopefully that will become more clear as we go through. But if you have more questions on that, afterwards, definitely ask. Thank you. You're welcome. Okay, so I already gave some examples of projections and dynamics that a client can bring into the container I'm going to share a couple more. So you're going to judge me right you coach you're going to judge me. You don't like me? You don't like me as much as your other clients. Sometimes what can be brought into the container is you're making me do this you coach or making me take these action steps or, you know, achieving this goal? You know, you'll punish me in one way or another there'll be a consequence if I don't get it right. You don't approve of me you're not really here to support me when I need you you won't be here to support me. You don't really have my best interests in mind. You need to save me you practitioner needs to save me or I need to save you I need to take care of you practitioner you don't really see me you don't really understand me that's a biggie that I have to watch myself for when I am a client because I felt so not seen and understood in so many of my relationships for a long time that I noticed I was noticing you know when I first started working with coaches, that I was just assuming that they weren't really seeing me or understanding me when that wasn't the case at all. You don't really believe in me that might be one you don't think I'm good enough you think I'm annoying? So what are some of the unhelpful dynamics that you've had with your primary caretakers? What are some of the unhelpful dynamics that you've had with your primary caretakers?

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I'm gonna get through some journaling questions and then I'll take some raised hands Yeah, also saying in the chat, I need to be perfect to chin up hair done dressed in order to be worthy of the life that I had yeah yeah give everyone else another minute with this one what are some of the unhelpful dynamics or patterns that you've had with your primary caretakers?

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Sara's saying I think I felt like they were threatened if I was different, or if I was separate my needs were not important. Randy you're struggling with this question. See, you know, see if any of these other shares kind of open up something for you. If not, there's some other questions that I'm going to ask that might open some things for you. I never did it right or it wasn't good enough. Brenda's saying Sophie Jane is saying my mom told me to be quiet and stop talking often Yeah. That I'm not special enough to feel seen. My cat died I be like my siblings and my peers my spiritual work is not good. Yeah. Right. It's not okay to be spiritual to bring your spiritual self. Yeah, a lot of great shares in the chat

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Okay, here's another question. What are some of the unhelpful patterns or dynamics that you've had with siblings if you have siblings or close cousins or any Stanton's you know close friends what are some of the unhelpful dynamics and patterns that you've had with siblings are standings for siblings?

42:45

Competitiveness analysts are saying I was always the strong one and he was the weak one. Yeah. So to fend for myself for competition Yeah. Me physical needs not being met Yeah.

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All right, next question. What are some of the unhelpful dynamics and patterns that you've had with teachers and authority or authority figures? What are some of the unhelpful dynamics and patterns that you've had with teachers or authority figures?

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Yeah, a lot of

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important examples in the chat so as always, As you know, these inner inquiries are for you and yourself and your own learning and your evolution as well as so that you have just lots of a whole range of what your clients might be bringing to the container without realizing it

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right here's another question. Considering all of this all that we've looked at so far when you've been a client how are you seeing that you've brought your own fine family dynamics or patterns or projections into the relationship? It can be with a coach it can be really with any kind of practitioner or massage therapist, acupuncturist what you know, whatever it is therapist so as a as a client, how are you seeing that you've brought family dynamics or patterns or projections into the relationship? Need to be seen and validated

47:25

yes

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I love that you broke that those projections. Randa. That's beautiful. guarded. Yeah. Over explaining myself yeah. All right. And then one more question for now. How does this show up? For you as coach or practitioner? What?

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Unchecked or checked family patterns and dynamics? Not so helpful ones do you bring to the relationship. And I'll give you one example that I realized early on when I was coaching it just and when I realized it, it just, gosh, it hit me so hard and so deep. So the beginning of my career as a coach, I was anxious all the time. When I wouldn't hear from clients in between sessions was like, if I didn't get an email from a client in between sessions, I'd be like, Oh my gosh, they're not really engaged anymore. They don't like me. They're not doing the work. They don't want to work together anymore. And it would just and then I would, I would reach out to clients but not like not in a Oh, that's a nice way like it was totally but you know, it wasn't helpful for them. It was just to feed my own need to make sure that we were still connected. In between sessions. I like I needed that constant contact. And then one day it hit me. Cuz that's how it was always with my mother. Like if she didn't hear from me every day when I went away to college or whatever, you know, she would make me feel like we don't have a relationship anymore. And I don't love her anymore. I got all the Jewish guilt and Jewish guilt going on, you know, like, all the things and I was bringing that straight into my client containers. So Oh as a practitioner where maybe some some places and things that you might be bringing into your containers



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yeah so the question again is as the coach as the practitioner what are some of some unchecked family patterns or dynamics that you might be bringing to your client containers

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they need that you need to be there help their helper their dependent anxious about being good enough me saying I stressed when the energetics are off and have a hard time bringing it up. Let's me let's look at that I want to look at that question together maybe at the end when we open up because I think that will just be a really helpful conversation Okay, so now we've had so many great shares in the chat. I'd love to hear one or two voices on this what are you seeing what's feeling important here? So far? What are you noticing who wants to share Barbara? You there Barbara. Get on mute. All right.

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So who we are here is who we are there and who we are. We're then is who we are now. Unless we're kind of unpacking it, you know, that it's it's like, the the patterns that I have from my childhood, even even when I'm aware of them, they unless I'm just like, paying attention to how I behaved then and you know, is it kind of infiltrating into today? It you know, it's just I don't know, it's just kind of like on autopilot sometimes. So yeah, this is this is really helpful because it's like, oh, wait a minute, that pattern.

53:08

Oh, that's Oh,

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that's there. You just, I'm just seeing it on, rinse and repeat. And one of the things I wanted to say I noticed is that the dynamics of my relationships with my parents affected the dynamics of my relationships with my siblings, and that's something I noticed but I just wanted to kind of make sure that's in the container too that these are you know, they're not independent. They all happen in context with each other so you know, just kinda yeah that's what I'm noticing. Thank you.

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Yeah, yeah, absolutely. I love that last point and I also love the language of the autopilot I think it's perfect perfectly said like we're we do we're like on autopilot with these things. Unless we have awareness on it and then it doesn't have to be autopilot anymore Carla

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Okay, I'm gonna go direct then. Okay, hi. Oops, I'm not hearing you. Are you hearing me?

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Can you hear me?

54:23

Oh, just moment little volume work. There we go. Okay, all I want to say is the not enough not good enough. Make you know you better like me. I hope you like me. I hope you tell me I'm good enough. I'm doing a good job. Needing approval, both from coaches I work with and clients I work with. But the thing that came up that is out of balance is the money. Money was a big part of my anxiety growing up asking For money are asking for what I need or being okay with receiving, even if it was given freely. So that dynamic is really sticky with me around clients. I don't seem to have any problem investing and paying other people. But that's so I feel like the fact that that's out of that, that's two different ways to my awareness is probably something useful for me to look at. Why am I okay paying people? And I'm not okay, asking people to pay me.

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Yes, I'm so glad that that's coming forward. And my guess is that if you look more deeply, it is also related to those dynamics around giving and taking that you may have had for a long time, like it's okay for me to give. But not take and receive so I think there's some some right exploration there for that.

56:07

Thank you.

56:08

Thank you, Lada. Hello, everyone,

56:19

and video so um, I realized that growing up in a very patriarchy ik still society. And still pretty much during communism until I reached my 20s. There was this general attitude of like, we know best, we know what's good for you. And you definitely don't have a voice. And that was definitely reinforced also, by the dynamics in my, in my family and being primarily raised up by my grandparents. So I realize I'm carrying something like that over into at least some of my coaching situations like where I'm perceived as the leader, the one in the know, who could be even the consultant, because for one reason or another, I hold more knowledge. And that's as much as I'm striving to be a more of a democratically set environment. And to have. And, and to acknowledge the value that everybody brings to the container, that dynamics still comes in. Somewhere underneath I'm still Yes, but I still know more than you. And it's true. I do have I do hold more knowledge in certain areas, but I don't it's hard to separate those things, the energetic part from the actual knowledge that you hold in certain areas.

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Yeah, absolutely. You, you may hold some more knowledge than others that you lead. And that's okay. Right? There's nothing wrong with that at all. And with that, there can still be a shared power of balance of power, no hierarchy, et cetera. You may hold more wisdom, but everybody has their own resources in the group that they have something they have more of, if we want to look at it as more right so there there's a way that that can all work together. It has

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to be when you said the word power something in me reacted it must be about power. So feeling like my power is not is not is not acknowledged, and it's some thing that I guess needs to come from within me. I acknowledged my power so I'm not threatened by other people having power in the situation.

59:21

That's right.

59:21

That's it. Exactly that right. What you did right there. blada was just a very beautiful simple owning of shadow move, right there. You get you get to own your power, knowing that that power doesn't take away anybody else's power. Right. And then it will help you owning and leaning into that can really help some of this, you know, but it's feels really threatening. Oh, wow. Yeah, yeah. And now That's exactly why so many of us don't want to own our power or want to own our power, but don't want to own our power, because there's a lot, there's a lot to it, and especially looking at the cultural structures that you've come from. So it might be I mean that we could do so much with this. But you know, for just the sake of right now, how would it feel for you to do some homework and some journaling on? What is aligned power look like? What could aligned power look like? What could shared power look like? Randa

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this whole exercise has been pretty triggering for me. So I try to hold it together, I'm going up, there is yet a lot of drama, a lot of trauma. And so my role as the middle child was to keep the peace and be quiet and mediate. And as long as that happened, then it was more peaceful at home. And so I just pulled myself back and just did my own thing. And I didn't like acknowledgement, because it provided jealousy. So I chose my own path. And then later on 20 years later, my sister and brother like, wow, you're actually kind of smart, I should do this kind of thing. Because I was just kind of, in this little like, nobody knew me, because it was easier that way. And then, seven years ago, I had a brain injury and had to rebuild everything. And all around me, my sister was like, Oh, that's okay. That's all you can do, you can just teach yoga classes or something, and I just got brushed off. So it's been really hard, even at home with the perceived value of energy healing work. And that's how my husband would put it. To be able to own this as a valuable service. And to own my choice in moving this forward. And so it's constantly feel like I bring in looking for validation from clients, any bits and pieces of wording that is supportive to the fact that I've helped shift or change someone's life. Those are hugely needed as a part of my building block at the part of the building blocks to be validated, I guess. So I like you. Before I was like, Oh, my God, someone hasn't contacted me in a while, I'm going to reduce the rate. And I'm gonna be like, Oh, my God, I'm so sorry, I charge you this much. I'll give you an extra session, and the person was like, on vacation, and they were just like, couldn't give a shit. So it's just really owning that. And then the monetary part, they're putting a monetary value, where if someone who's the like, what you're charging that much per session, like is that like, so then that value piece as well. So it's been a lot of work over the last few years. And this course has been super helpful in just not having to provide answers for everyone and slowing things down. And that's okay, that's good, that my holding the space for them, to allow them to feel safe, because I didn't necessarily feel like that was safe for me at home. That that is huge. And so even just with some of my clients, now, I'm seeing in them that they're proof of it, the more they can do, that's how they value themselves. But the essence of being and just the presence of self is way less valuable because it's not as tangible. So that's a big shift that's going on within me as well as carrying that forward into the work here too. So, yeah, I was frozen in the beginning, but there's clarity here.

1:04:10

Yeah, yeah, I'm hearing that clarity comes through and I just really want to honor you for all the work that you've been doing. And all of the awareness and all of that. Just all that's coming through. And I love this last piece that you said because what I wanted to reflect to you is just one thing I noticed in your share is that even though when you started sharing, you said you were triggered as you were talking I could feel you owning your deeper truths more and more and I saw like more regulation I saw the trigger kind of move away and like more regulation calm and more owning coming and so it feels like it's so accessible for you to like the change is palpable to me. Does that Really?

1:05:00

Yeah, no, it does. And thank you, for all the wonderful commentary in there, I just I feel like it has been a very alone process of having to really come to terms with, okay, it's this is not just the only thing I can do to fuck it, I'm really good at this. And this is what I want to do. And so that in itself without those support systems around to really support that, and just get brushed off with being small, doesn't feel good. So even a group such as this is just the constant being drawn in to have more connection with people who are in the same similar situations or who see the value of this work and are just interested in connecting more deeply with self is just amazing.

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Thank you, thank you for all of that.

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Thank you for holding the space for that.

1:06:00

Let me check the chat here for a moment. And we still have a bit to go through today. Cecil is saying sing. I'm wondering if clients and practitioners both bring in dynamics and patterns and also trigger them in one another, I sense a bit of shaming about bringing stuff in as if one has to not make noise because that means one has not done the work. I think sometimes chat is a little hard to understand Cecil. But if I'm understanding what you're sharing correctly, a couple of pieces here. So first of all, none of the things that we ever look at are the questions that I asked for self awareness are about self judgment, or shame at all it is it is for awareness. So that we can choose to shift if we want it to. And yes, the like on dial dynamics that are unaware, it can kind of be a dance between the client and the practitioner. And so the more that we can be aware of that and create the awareness, then you know that it will, one will trigger the other. Angela's asking how do we balance the giving and taking situation? That's a great question. And that's also a very, that's a big question. Let me get through some pieces. And then Angela, I want to make sure I also like answer, you know, help you specifically with what you need there. So if you're willing to, you don't love to come out and talk but if you're willing to that way I can kind of more specifically help you there

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okay. All right, I want to share a couple of pieces. Now that we have this awareness, I want to share a couple of pieces of what we can do when we see that our clients are bringing projections and dynamics into the container. And then we'll open up for more q&a. And I know that we've like stirred the cauldron here. And there's a lot of thoughts and pieces coming up, which is great. And so, you know, I think more will also come over the next week. So what can we do when clients are bringing dynamics and projections? Well, first of all, as we keep on coming back to over and over again, and we keep on coming back to today. Awareness is huge. Awareness is huge. And when I say awareness, there's awareness of the practitioner and then awareness for the client to be aware. So let's start with awareness of our awareness first, as practitioners. One of the most important things when a client is bringing a projection into the containers for us to be aware that it's likely a projection and not about us. It's not about us as the practitioner It's such a simple thing, what I'm saying. But it's so important, because the moment that we think that it's about us, is the moment where we don't have as much of our grounding in terms of our own energetics. But if we can have the awareness that if a client is, you know, bringing anger or you know, comparison or whatever it is that it's not about us, it's just like, like Barbara said before, it's just their autopilot that that they're bringing in, then we can have that more solid energetics, we can hold that container in ways that are going to be as supportive as possible for the client. So to Cecil's point, sometimes a client can bring a dynamic or a projection in and then it can trigger our own family dynamics as practitioners, right. And that's when we start to think we think it's about us, and then it projects our thing. And, you know, that's where the dance comes in. So we want like, all of this awareness that we're looking at today, creating today, first and foremost, so that we know that it's not about us, except every now and again, when it is actually about us. So that's an important piece to see to like, if a client, you know, brings anger to the container, we don't just want to blindly be like, Oh, that's their family for injections, I didn't do anything wrong. Like, there's nothing for me to look at here, right. So we always want to check our filters, we always want to listen deeply, you know, and, and be able to discern, right, so our awareness is so important. And then the other way that we can really support our clients, when they bring in family projections, or dynamics is to help them to support awareness around it, just their awareness alone, is can open up so much, right? Like, as just the way we created awareness today, right? Just that alone, can open up so much. We're not looking to eliminate the projection, the patterns, the dynamics, like we're not looking to just like make them go away. We're looking to be able to check them to be aware of them to notice them so that we can, then you know, course correct, and then they might come up again. But if our client has that awareness, then it can can like course, correct again, right? So we want to use all of our creating awareness skills that we've learned

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so far in this program. And Amy, to your point about like feeling weird about bringing it up, you know, there might be some answers here for you in this right. So we want to think about those creating awareness skills that we've learned and apply those creating awareness skills to this situation. So sometimes it might be with, you

know, a question, sometimes it might be with reflecting the truth. So I'll model you know, one example of reflecting using the reflecting the truth technique here or skill here. If we see that a client might be bringing something in, we might say something as follows you sometimes we can bring our family or early life patterns into the coaching relationship. It's totally normal. I've done that myself as a client before as well. And I'm wondering if some of that might be happening right now. I'm sensing that sometimes you worry that I don't approve of you. Which by the way, is so far from the truth. But I wonder if that comes up for you. And if that resonates for you and if so, this you know constant worrying about approval, what relationship in your life does it remind you? Right, so just reflecting the truth, allowing for the clients wisdom, there, but bringing it forward to create awareness So we want to have our own awareness so that we can hold tight and solid containers. And then we want to also create awareness for our clients. And then once we create that initial awareness for our clients, as I said a few minutes ago, it comes up again, you know, we can address it on the spot we can, once the awareness is created, clients will really start checking it for themselves, you know, if it's if it makes an impact if there's value for them there. And then we also if it like comes up later on, you know, we can kind of bring that up. Again. There's another tool that we can also use. And one that's really powerful. And it relates to what I was sharing before that, if it's true, that what happens in the coaching container is kind of a microcosm of what happens out of the container. And then it's also true that depending on how we direct things and navigate things, the coaching container and relationship can become a transformative opportunity for our clients.

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So

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the way that I like to think about this is that I am as the practitioner, always pre emptive ly bringing helpful dynamics into the container. As the practitioner, I am always bringing pre emptive ly helpful dynamics into the container. So for me, what that means is that one of my primary one of my goals as a practitioner, is to bring in the archetypal energies of ideal mother, ideal father, ideal parent, ideal sister, as best I can. So I'm gonna use gendered mother or father here because that's relation that that's language that I relate to, but if the gendered language doesn't work for you, you can just think of parent but for example, bringing in the energy of the ideal mother for me, I am bringing an energy I'm not and by the way, this isn't standing for mother this is bringing in the archetypal energy of a zeal mother into the container. So as that I bring in the energy of nurturing, of all accepting of all loving, validating of being consistent for the client. When I bring in when I channel the energy of ideal father, I allow for mistakes to happen and for to be more than an okay, I motivate in positive ways. I hold structure and boundary, but in warm ways. I see the highest potential of my clients, I let them know I see their highest potential and everything that I see in them. I am lovingly confrontational, when it's appropriate. And then when I bring in when I channel the energy of ideal sister, ideal sibling, I don't put myself on a pedestal. I hold an energy of there's enough success to go around for everyone. I'm aware of my own competition issues and check them. I create an environment of full acceptance I show that I enjoy my clients company, that I genuinely enjoy them and enjoy being around them. And then I also channel ideal leader because unfortunately, you know, as we all know, out there in the industry, there's a lot of not so ideal leadership going on. And that can create, you know, certain patterns and projections. And so I know we're kind of almost at 2pm today, but I want to tell a quick story about that, and then share a little bit more. So, years and years ago, I was leading in one of my trainings, it's called into the depths I was, it's a facilitator training, it's an in person facilitator and ritual training. And I was leading this, this training with a group of incredible people. And we were doing this beautiful ceremony one night, we were calling in our ancestors and connecting with our ancestors.

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Just really beautiful and really powerful. And I closed out, we finished the circle. And everybody went to their rooms to go to bed for the evening. And we were still meeting the next day. And I went home, and I was like, something isn't right. I don't know what it is. But something isn't right. And I'm like, in bed. I'm like, what, what is it right? And then I realized that we have called in, we have called in the ancestors, but at the end of that circle at

the end of that ceremony, I didn't release the ancestors. And as soon as I realized this, I was just like, oh, no, because I was teaching them out into ritual. It was a training on ritual, and I had made a mistake. So anyway, actually, I'm not remembering the story, right? I don't think I realized it that night, I realized it the next morning and circle because the next morning, we were in circle, and I was doing a check in and everybody was going around, just chat. You know, I was doing like, you know, how are you feeling everybody had a few minutes to check in. And as a woman by woman was going one woman was like, I last night's ceremony was so powerful, but the night was really rough. Because I felt like my grandmother, Betty was in the room with me. You know, another woman was like, he was a white light, I swear, it was like a ghost. I couldn't sleep at all, like, what's going on with these women? And that's when I realized the mistake that I had made. And I was like, oh, no, you know, and like, the shame and all the things. And I had a choice in leadership at that point, right, I could have just let everybody share and do their thing. And just be like, nuts. That's how I was right, whatever. Or I could put my big girl leadership panties on, and be transparent and share what I knew. And it was so hard to do. However, when everybody was done with their sharing, I took a deep breath. And I explained to them what happened, and why all of that was going on. And then I explained to them just just with the noting with the releasing, you know, released and they're gone, and you know that that was all being needed. And I was terrified, like I was shaking, you know that they would all want their money back. It would just be like coming out with the pitchforks and all that. But I knew I had to do it. And I did it. I was terrified. I was shaking. Let me tell you, my sharing of that my bringing in the energy of the ideal leader into that circle, ended up being a healing experience for a number of people in that circle. They shared that that was the first time ever. That's someone in a position of authority noted that they had done something wrong and took responsibility for it and apologized for it. And that very fact right there shifted so much for them. So don't underestimate the power or of energetically bringing in these ideal archetypes into that container it can do so much. So how do we show up as ideal parent, ideal sibling, ideal space holder, ideal leader, etc. Continue to check and be aware of our own projections and our own dynamics. keep on coming back to the equal playing field remain unattached. Remember, it's not about us keep our egos out of it, we stay present. Continue to love ourselves and our clients no matter what comes up.

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Stake, right, grounded, right take care of our bodies. Our our bodies are like our containers when I'm more grounded, when I've eaten well, when I've slept well, when I've done my own practices to help me regulate, that's when I'm better able to hold a more solid container for my clients and bring those aligned energetics and practice are creating awareness skills, all of that. Okay. I know that I just set a lot in a short period of time, we have two minutes left officially. I'd love to hear shares, takeaways questions, I'll hang on for an extra couple of minutes. And then if there's, you know, a lot that wants to be shared or moved through, we can also, you know, revisit this as well or, you know, continue with this. I don't want to anyway, stop talking wants to share, what are you seeing what's important? What's coming up for you? And what questions do you have? And if you asked a question before in the chat, and I said I would come back to it. Now is a great moment for that as well. Angela?

1:27:24

So my question was about how we balanced the giving and receiving because Carla mentioned about how she's very good at honoring other practitioners and paying for it. But like an on her financial receiving is not and I have the same. So where is the missing link in that we are able to honor that, but other practitioners but not us.

1:27:55

Yeah. Yeah, it's such a great question. And I think it's different for each of us, you know, in their ears. I'll do a little bit of coaching right now, but it probably is. I love you've got something behind you. I will do a little bit of coaching now. And maybe leave you with some questions to work on yourself. And let's see how it evolves. So for you, you know, because for each person, it's different for you, Angela, what is the belief that stands in your way of being able to receive

1:28:34



not good enough, maybe? Yeah,

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yeah. So

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I'm not good enough. Therefore, what

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is a four I don't like allowed to receive what? What I think it will. Yeah,

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yeah. So first, let's just pause there. So we can see that this holding back from receiving is like every time you don't feel good enough that it's hard to receive or it's hard to ask for payment or it's hard to name rates or whatever it is. Am I getting all of that right? So far? Yeah. So put your coaching hat on for a moment. So seeing that where would be some good places for you to explore? And luck? Maybe

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writing down what I mean, on my merits,

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I love that. I love that as as a piece of this. Yes, I would love for you way to do that to write down your merits your brilliance is the value that you bring. Don't leave anything off the list, nothing is too big or too small. For this list, if you are a good listener, right? Sometimes the things that we're best at, we don't even realize are our merits that give value, right? If you're a good listener, put that on the list. If you are kind hearted, and your clients feel a sense of love in your presence, put that on the list, you know, whatever it is all the things, I want you to really give that focus and attention, because all of those pieces are added value. And then let's see what wants to come out, you know, do that and then let us know and we'll see what wants to come from there. How does that feel? Thank you very much. You're welcome. Good, who else? What else? Are you seeing what else wants to be shared? What are you taking away? As we wrap for today? Or what questions do you have? I'd love to hear another voice or to let me know what you're taking away what's feeling important here? Cecil? Hi,

1:31:37

thank you. So for a long while, I've had the sense that I had to, for a period of time go no contact with my mother while I'm translating into opening this kind of coaching business situation. Because the energy is confusing for me. And and I've read written a draft, I've done several things instead of like warmed up for it. And I just had a moment checked out and I send it right now during this session like feeling okay. I now it's the time. So I'm, I'm honoring that in the sense of it's yeah, it's really showing how much I want to keep the the energy field clean, for me to be present with what it is that I'm initiating. So I can get off the ground in a good way. And then once I have my grounds, set, she can come back in and I can handle it. Yeah,

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I really want to honor that, Cecil, I know that. It's not always easy to set a boundary like that. And I've really see you in your strength. And as you said, in your commitment to really getting this off the ground and making this happen. And I just honor you for knowing what your needs are and how you need to protect yourself and this business that you're creating in order to get it off the ground. So just so beautifully done. Yeah. Thank you. Thank you.

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All right. I feel like there's one more share in the field. I just want to give one more opportunity before we wrap for today. Brenda,

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and in their questions, there was the question about where do we get the behavior of those ideal character archetypes?

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Is it in the head? Is it not in the handouts?

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I don't know. Maybe it isn't. I

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haven't. Let me double check. I feel like they are in the handouts. But if not, I make a note here.

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Um, is it is but the leadership one wasn't so.

1:34:27

Okay. Yeah, I pry that out, because that's more for groups, but I'll put that one in. Also. Thank you for letting me know Tina. So the ideal leader isn't in there. Awesome. I'll add that. Thank you. All right, everyone, sending you all a lot of love, and I'm excited to see what happens in each of your cauldrons as you continue to engage with this and bring this away. Jeunesse more and more to the surface and I will talk to you soon have a great rest of your day