



Sacred Depths Certification

Being in the Mystery

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Hello see everybody give everyone a moment all right. So before we jump into our training for today, which is all about being in the mystery and letting go a couple of logistical pieces. So the first is as we're getting closer and closer to the end of sacred depths, which is like so bittersweet to say, I know that, for some of you who are going for certification, some of you who are going for certification, you're like, I got everything covered, it's all good. And then for some of you that are going for certification, and you're like, oh, my gosh, it's time to start biting my nails. I don't know, if I have all of my coaching partner hours, and this done and that done and all the things and so I if that is you, I am here to tell you, I promise like Pinky promise that all is well, you will make it happen. And the good news is that you don't need to make it happen by the time we're done with the program. Because I know that for most of you, that is not like in the realm of possibility you need time to get everything in order. So that's number one, I just want to reassure you that you have time and space. And even though my team doesn't like it, when I say this, I'm gonna like say it anyway, even if you don't get all your stuff in by the official date, we will still take your certification materials, when ever you are ready to submit them. Okay, like just know that like you have an extension. That being said, don't use it as an excuse to not get it. So yeah, Angela is asking when is the official date. And just as I started speaking, I was like, I probably should have in my mind what the official date is, I believe it is January 1 or January 15. And I'll I'll look it up, and I'll post it in the group. But again, I know that life is busy. And I just like full transparency, every cohort. There are some folks that get it in on time. And then there are some folks that need more time. And we will do everything that we can to accommodate you, and I want you to be successful. And if you want the certification weren't going to like support you in every way to make that happen. There is less that needs to happen than maybe seeing. Go back to the certification page in your member center and review. You don't have to submit all of your worksheets that you've done, for example, you just have to that's on your system, you just have to check off that you've done it that you've come to the classes. You hopefully have most of your coaching partner hours done at this point. If not, create a plan with your partner to see how you can get them done. If you can't get them done with your coaching partner. Reach out to other people in the group post in the Facebook group. It's great as you've heard me say many times before, it's great to have different experiences with different folks anyway and then you get to connect with other people. All in the program, and everybody here is so amazing. And you get a different kind of style of coaching when you get coached by them. So you have so much resource here to be able to complete your coaching partner hours. For those of you that have showed up for the

5:22

coaching practice, practice that invol has hosted those each count as an hour for you as well. In terms of the additional 18 practice hours on top of that, I want to remind you that that doesn't have to be with paid clients that can be with volunteer clients. I think the biggest thing is the recording. And honestly, the biggest thing about that is just getting it on the calendar, and doing just the inner work to kind of get you over the hump to be like, I just gotta do it, right. But you've done this already for the mid program reviews. So it's like it's created the neural pathways to be able to create the recordings. Caitlin and invol have, you know, just with so much love, reviewed

those recordings and giving you reflections and feedback, I have no doubt in my mind based on what they've shared with me that you've got this for the final recording, no doubt at all. I've said this before, and I'll just share one more time. Sometimes people don't pass on their first submission. And I'm just sharing that now. So that if that happens, you don't go into any kind of self judgment place. It is because I am a Virgo. And I am nitpicky and I know that you are here. Because you want high standards for yourself. And so if the first pass doesn't quite make it through, we'll give you very, very specific instructions on what to tweak for the next pass. And I can pretty much guarantee almost 100% that it will happen on the next pass. All good. Anybody have any questions on certification right now? No. Okay, if any come up, you can reach out to me, you can reach out to Caitlin. We're here to answer your questions. Yeah, Randy, I was saying earlier, I should have come to this call knowing the dates of what's due. It's there in the member center for you. I believe it's January 15. Now you should have received feedback unless you submitted it late. You should have received it by now. Let me make a note to check in on that. January 5, SC thank you for looking that up. How does the exam happen? Great question. It's open book. So you'll get the final exam. It's I think 60 or 70% of the questions on the final exam are questions that were already asked in each of the module quizzes and then there are some new ones and you get to use all your notes and all the transcripts and all the worksheets and everything to answer those questions and it's Pass Fail. Are there different requirements for the final recording than the midterm one great question. No, you're gonna get different feedback on the final than on the midterm the midterm you got more specific feedback the the final you'll get pass fail on it. Unless there are some things to tweak. Randa, we usually drop the final exam within a couple of days of the end of the program

9:55

and how long until it's too Yeah, so I don't you maybe you came A couple of days late, a couple of days late, late ratanda. What I was saying is everything is due on January 5. However, there are some people that are going to submit after January 5, and we will accommodate that if you need an extension, I want you to be successful in this, I want you to get certified if you want to. So we will accommodate if you need more time, but try to get it in by the fifth. Okay, great. The other piece I wanted to quickly mention is that um, so so just my heart is so full that a number of you have already stepped into advanced a number of you have stepped into into the depths. If it is right for you to continue our work together. It just makes me so happy. And we've had a couple of the same questions on some things when it comes to advanced, and so just wanted to quickly answer them. So number one, what I offered and shared with you for advanced death includes integration of sacred depths. So it's optional, if you choose, you get to come live to all of the second half of sacred deaths, all of the classes, starting again in January, if that's something and I know for some of you that it feels like something you really want that you get to move through the material live again, or some of the material live, you can pick and choose, be there to process it again to ask more questions, etc. That is there for you. In addition to that, in the advanced retreats, we're learning new techniques, but everything that we learn, we're going back also to the skills and sacred deaths, and then building on them. So it just advanced in and of itself is a deeper integration of everything that we're learning in sacred depths. You don't need to have gone for certification or submitted certification materials in order to step into advanced at all. I said this on the call last week, but I really want to say it again. You're not stepping in from a place of not enough. You are enough through sacred depths, you've received so much, you are so good to be out in the world and working with clients. If you step into it vanced, it's from a place of I want more, I want more for my clients. And I want more for my own personal evolution. We do a lot of personal work and advanced and then a lot of deeper, you learn a lot of deeper techniques for your client work. It's more of a spacious program than sacred deaths. So first of all, there's space between now and June when the program officially begins, and also the way that the program is set up because I know that we're all busy. And the because you have the strong foundation from Sacred deaths, we get to have more spaciousness when we go deeper. So it's about every 10 weeks, we meet for an intensive amount of time. And then you get to integrate it in those 10 weeks in between. I designed it on purpose that way, because I know our lives are busy. And I know that after the 10 months of this kind of intense almost every week of sacred depths, we need kind of more space in between. A couple of you have asked about what you get business wise and advanced. So just as a review, you

continue to get the monthly business q&a calls and instead of just for the year of advanced, I'm giving you 18 months of it.

14:49

You get additional business trainings and recordings to go deeper with your marketing and how you're moving forward. With your business, and a couple of you have asked like, can we all in an intimate group, just the people from this cohort come together for a business day. And I think that's a fantastic idea. If enough of you want that, I'm more than happy for us to just to add that in as like a day of business support, seeing some hands raised and planning and all of that. So let me know. I love that idea so much. The special pricing is good until Friday. Special person is good until Friday, if you want to do the payment plan again, just the deposit now and then if you want to wait until February for the monthly to start or if you need a little bit of a different plan around that. Very happy to do that. If you're thinking about it, but you feel like you still have questions set up a time to talk with Kaitlyn or involved or if you want to talk to me personally, I know a lot of times people want that I'm happy to talk to you personally as well. Okay, some questions in the chat. First about certification Florida, how about if we decide to work on certification retro? Yes, we can figure that out Florida for sure. If you want to do that. Or the photo bio and website included a certification submission requirements, you can add you can submit that whenever you're ready. If you don't feel ready, when you submit the certification, the other certification requirements, you can wait on that. We'll get it up there for you as soon as you're ready. Yeah, Angela, I hear you so we can set let's set up a time to talk or Caitlyn are involved, if you want some support with that. And of course, you all know, we're I'm not attached at all like I want me and Caitlin and involved, I want to support you to make the right decision for you. Yeah, the business day would be just for people it as another bonus for people advanced.

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Okay.

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All that being said, let's jump into being in the mystery and letting go. And this session today also marks the third unit in sacred depth. So our first unit was all foundational skills. Our second unit was all different tools and techniques and ways of supporting clients through obstacles. And our third unit is like still supporting clients through obstacles for sure. But we're kind of where we're moving in this unit is into places that you're not going to find. I mean, so much of what we've covered already, you're not going to find in other coach training programs. But like this last unit, in particular, it's kind of a combination of coaching, philosophy, spiritual work, added bonus items, I would call it in our work today, around being in the mystery and letting go it is such it is a topic with such depth, and so many layers all at the same time. We're going to skim the surface today but also just skimming the surface on this topic is so deep, and it will help you so much in your own process and with clients.

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So

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a lot of times are most of the time in coaching, especially like kind of the call it standard coaching out there. You'll see that there's so much talk about creating, and we talk here about creating a lot to and visioning and all of that. There's so much talk about creating, but there's very rarely conversation about not doing and definitely not conversation about destroying. We speak so often about having more, but we rarely speak about the benefits of less and also of loss. And that's really what we're going to be looking at today because the true Truth is that life, real life, not like the glossy, like, coaching, you know, like create, you know all of that the truth is like real life, which is what sacred depths coaching is all about is about both. It's about creating, and it's about the right time for destroying, it's about the right moments for manifesting and the right moments for letting go. It's

about the right moments for more, and also that there's right moments for last. And it's also about the fact that there are the right moments for clarity. And then there's also aligned moments for fogginess for not so much clarity. And because this is real life, the holding, and the Navigating of both of these truths, the fact is that your clients are going to encounter moments. For the other one, the one that doesn't get really talked about so much in the coaching industry. And it's going to be important for you to be able to hold that space with them and help them navigate it right. So for example, there are going to be moments where it's time for a client to leave a marriage, or leave a partner or they'll experience the loss of a partner in one way or another, there's going to be moments where it's time for a partner to leave a home. Or maybe they'll lose a job or it's time for them to leave a job. There are going to be if you're working with entrepreneurs, there's going to be a moment where it's actually right for your client, to let go of some of their clients or some of their programs, or to stop taking on more clients. There's going to be times when a client is going to experience illness. And because of that, it's going to be a moment for doing much less, instead of pushing to do more.

22:25

They're going to be moments where there are death of loved ones, or for whatever reason, needing space versus taking a lot of action. And if we had all day, I could tell you many, many stories in my own life where it, it has been the right moment for less, instead of more for letting go instead of creating. And I'll just share one of those moments right now. Because I think it it will be helpful. I lead a program called entrepreneurial happiness and abundance for many years. And it was a kind of a very intimate and high level business coaching program. And the people in this program were like a dream, a dream just for me as a practitioner, we did such incredible work together. And it was such a beautiful and tight container. That if that basically everybody resigned over and over and over again. And so it was pretty much the same group of women for seven years. Like they were so dedicated and committed. And I was so dedicated and committed to them. And just incredible. Anyway, somewhere about a third of the way into our seven theater together. The year was going incredibly people were moving forward. It was wonderful, wonderful, wonderful. But I started to feel inside of me that it was the last year. And at first I tried to ignore it. I didn't want to pay attention. Not only because it was such an incredible program, but it was such easy money. Honestly, it was such easy money for me. I didn't have to mark it, you know, and I knew that they would just continue on as long as I offered it. But I started to just get this feeling that at the end of the seventh year that it was time for our RAS After that, it was time for a close. And over a couple of months, I started to really understand that more first I was like, Oh, it's my attachment issues. I feel like they've had enough of me or all the stuff in but as I like inspected it more and more, it was just so clear like, No, this is a truth. We have traveled as a community so deeply together, we have gone so far together. And now it is time for these women to know that they can do this without this particular container of support. And I just knew in my heart that if we continued into the eighth year, if I offered it, they would all say yes, but it would be, I'm gonna say to their detriment, but it wouldn't be fully aligned, I knew that a couple of them it was meant that we would continue privately. But as a group, I felt it. And yet I was so scared. And it made no business sense whatsoever. But I still decided that that was it was time for a close. And I'm so grateful that I had the courage to do that. Because not only was it the right choice, not only do I still keep in touch with every single one of those women, and they're so dear to me, but it was the right choice for the community. And as it turns out, it was the right choice for my business. Because in letting that program go, it allowed me to expand into some of some other places that I never would have, if I would have continued with it. So as practitioners, I think it's just so important for us to understand that letting go sometimes is important. Even when there's hard decisions attached to it. And it's not just letting go. But it's understanding that being in the mystery can have a lot of value. And when I say being in the mystery, I mean being in the unknown. In our culture today, we're such clarity chasers, that we've become a little bit scared of not knowing we feel like we always need to know what's next. What's next in my business, what's next and my relationship with whatever it is, and there are moments of that for sure. So I love visioning. But there can be so much power in not knowing and being in the in between. Sometimes

28:03

if as practitioners, we don't honor this, then we become what I call push coaches, always pushing and prodding clients forward, instead of supporting clients to find the aligned and organic pace that they're meant to be in in any given moment. When we are push coaches, we also end up bypassing feelings that need to be felt synchronicities, that are ready to be experienced, and potential opportunities that would be missed if the pushing continued to happen. You all with me so far, on the Okay. I think a lot of harm is done sometimes in certain coaching communities when there's a push mentality and a more more more mentality. Okay, so let's take a step back for a moment and just briefly, tell touch upon cycles. So probably all of you have heard me share this before and so many of you probably also just know this from your own knowing and experience and wisdom. But if we look to nature, if we look to the earth, if we look to the cycle of the Wheel of the Year, if we look to the cycle of the moon, if we look to a human beings life cycle, or animal life cycle. Basically everything goes in cycles. And if we look closer, there are four phases to the cycle. So there's a phase of and we can compare this to the spring, there is a phase of initiating planting, starting something new, new moon phase morning, you know, if we look at a day, a cycle of a day, it's the morning after initiation phase, there's a growth phase akin to the summer, akin to high noon, approaching the full moon, all about whatever we've initiated, to persistently and consistently work at, to show up to water the plants to make sure they're getting enough sunlight to grow the projects that we've initiated. After that, there's always a phase of harvest autumn time. I, in a daytime cycle, this is like when it's still daylight, but you're, you're not working anymore, you're just appreciating that you've gotten to the end of the day, harvesting is all about enjoying the fruits of your labor, plucking the fruits off the trees to enjoy the fruits and also save some for the long winter. We so so seldomly in our culture, give ourselves the joy of the harvest, we're in that phase right now. And then after autumn and harvest, is winter is night time is the Dark Of The Moon is the mystery of the law night, the letting go of the day, the rest, and the letting things be. A percentage of the work that I often do with clients when we first start working together is supporting them to heal from being misaligned with the rhythms because they've been stuck mostly in spring and summer on and on and on and on and on, without arrest and without an allowing things to settle. And a big part of that work is supporting clients to be able to step into and embody what I call a winter phase.

32:56

A winter phase can be a sabbatical or winter phase can be a space a time where you intentionally create more spaciousness more time for rest. A winter phase can be a time where you release something, you let something die, you let it go. A winter phase can be dedicated time for grieving a loss. And when I say winter phase, it doesn't have to happen during the winter. It doesn't have to last for you know, three months of a season. Some people are winter phase is two weeks, three weeks a month. Some people are winter phase is a year. So obvious what I'm going to say next is obvious, but I'll just say it anyway. Why is it important to honor when it's time to let go? When it's time to have more space, when it's time to do less? Why is it important to consciously step into a winter phase when it's the right time? Well, there's many reasons. So number one, and maybe you've experienced this for yourself. When we're just go go go go go and we don't honor when it's time for more space or to let something go. It can create misalignment in our lives. We end up choosing things that are actually not aligned for what we need. It's also important to consciously step into a winter phase when it's time because we're also we end up doing too much. We can get exhausted. We can get sick from that it's important Sometimes to step into a winter phase to break pattern, so that we can create space and creativity and inspiration for the next things to come. It's important to create a winter phase so that we don't bypass the time that we need to heal from an illness, or a trauma, or a major life change. Or for grieving. Angela's asking in the chat, a question, this mentality of pushing is somehow expected by the client. Yep, the coaching industry and the cult capitalist culture at large, has trained all of us to be in that mentality. And some even seek the help of a coach to get coached at a coach to get pushed. Absolutely. Have you ever experienced the client wanting to be pushed? And how you said it was time for the mystery? Yes, yes, yes. And yes. So? Absolutely. Like, often, I'd say more often than not, it's not like the client is like, Joanna helped me figure out how to let things go and slow things down, because I don't want usually it's not every now and again, right. But usually, if it's unaligned time for winter, a part of it is me creating awareness, co creating awareness with the clients on the importance of all of this. And that's why I'm kind of giving this foundation for all of us, because it is

36:49

it is a different mentality than a lot of clients initially have. And we also don't want to push someone into right push someone into a winter phase, if they're like, until they are ready to take that initiative themselves. Sometimes it happens in an instant, you know, I'll create awareness, and sometimes I'll share about the cycles, or I'll share a personal experience, right? And then ask a question. And then like, in an instant, the client is like, oh, that's yes. Right. And because I've shared a personal experience it normalizes and gives more permission. They're like, Oh, Joanna can take a sabbatical. I, you know, so sometimes it's that sometimes we have to do some befriending fear around it. And again, I'll never push if a client is like, no, that's not for me. I'm not gonna go there. But if a client is like, Oh, I think there's something in that but I'm, I'm really scared or I have these, you know, beliefs or whatever, we'll do a rewiring process, we'll do a befriend your fear process, etc. Angela, I, at the end of this call, I'm also going to go through other ways to support clients in this. So hang on, we'll get some more. But is that is that answering your question for now? Good. Yeah, great question. Okay, and I think that what I want to share next is great. Angela's question was a great segue into it, which is that, okay, so, you know, I just described all of these beautiful reasons, simplicity space, like the time to grieve the time to rest, like, of course, let's like go into a winter phase, right. But we know that it's not so easy to do that right, even for myself. And I've, I'm a student of the cycles for decades now. And I teach this for decades now. And even for myself, I always have resistance, initially when it's time, right? So why is it so hard? Why is it so hard to step into a winter phase? Well, a couple of reasons. Number one, again, just because culture has trained us to not honor the rhythms by the way, that's why we overwork the earth to we're just constantly like expecting the earth to yield more and yield more and yield more from us without giving it a sabbatical. And that's, that's like I just want to say like it's just a parallel with what we have to learn as humans we have to learn this for the earth as well. So why is it so hard to step into a winter phase the fear of missing out the fear of scarcity the addiction to more the fear of change? With the addiction to clarity and always needing to know. For some people there, it's hard to step into a winter phase because they have a fear of open space and time. And what might come up for them with more spaciousness. For some people, it's a fear of grieving. For some people, it's a fear of letting others down. Who will I let down if I let this thing go, right, that came up for me in that program I was talking about, who will I let down if I create more space for myself or whatever it is. Last year, I took a sabbatical from my private practice. And it was overdue. Honestly, I was in resistance. Like I knew a year earlier that it was already time and I wasn't willing. And the reason why was because I was scared of letting my clients down. You know, I didn't want to tell them, I'm taking this time off.

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Of course, it was exactly what everybody needed. But but it can feel scary, right? If I wouldn't have taken the sabbatical off from private clients last year, I would have crashed and burned like I am. So certain of that I was doing too much. It was going too fast. I could feel I was having trouble grounding in my nervous system, I could feel like starting to just like feeling a little not enjoying my work. And like my biggest. So aside from children, like my biggest joy is my work. And I wasn't feeling that in the same way. It was scary to do. But it was so important. And I also want to say, I understand that for some people, it's not like I'm coming from a privileged place of what I've, you know, where my business is at, to have been able to take that time off from private clients. And so I want to make sure that I acknowledge that to like, sometimes, some sabbaticals, or spaciousness is gonna be going to look different for some people or some clients and for others. In earlier phases of my business, the sabbatical has looked like three weeks off in August, which I always take three or four weeks off or not working on Fridays, or whatever I've been able to do. All right. Let's pause here. I am hoping that some different things are being stirred in the cauldron right now. And so to start to like ground some of it and go deeper with it, I'm gonna ask you some journaling questions. First question, what is your relationship with letting things go? What is your relationship with letting things go? Take another moment with that And then next question what's your relationship with scarcity or always needing to accumulate more? Or to do or to be more What's your relationship with scarcity or your relationship to always needing to accumulate more or do more or be more?

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Take another half minute on that one still have a bunch of questions

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right next question, what's your relationship with surrender? Or not knowing or being in the mystery? What's your relationship with surrender or not knowing or being in the mystery?

48:10

Okay

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what's the one thing in your life right now that you know is ready to die or be let go of, but you've been clinging on to it. So this can be a relationship, a habit a way of being a client anything what is one thing in your life that you know is ready to die right now. But you've been clinging on to it?

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Gonna share just one other quick personal thing just to kind of give some other examples. Some of you might know I am very, very close with my parents. And you might I probably have mentioned here before my mother is very ill and has been for much of my life. She has multiple sclerosis. And over the last, you know 15 or so years it's it's been really good. Just the most extreme ms that there is pretty much or close to it anyway. Because of my devotion as a daughter, and probably just because of some of my Jewish immigrant upbringing, where it's like you stay with the parents always, when I, when John and I got engaged, I was like, I said to him, I was like, Look, before we get married, I want for us to go to a couple's counselor for a couple sessions, because you need to understand that I'm never going to leave the New York New Jersey area, like that's part of the deal of marrying me is we, we have staying near my parents, and he was totally fine with it anyway. But he, he was like, Sure, we can also do some sessions if you want. And we did some sessions all fine and good. And we got married. And we were married for a couple of years, and we had our first kid. And then when you know it, a major opportunity came up for him in North Carolina professionally. And without getting I will tell any of you the longer story at some point, if you want to know but quick like without getting into the details. I knew this was something that John would never tell me. Because he just loves and wants me to be happy. Like he would never say I really want to move, but I knew that it was something that he needed. And I knew that it was going to be important for our relationship. And I also knew that it was time to leave. Even though I didn't want to admit it. Even though my mother is so sick. Even though it went against every single belief that I was raised with of what it means to be a good daughter. And somehow I don't know how but because I just believed that this is what John and I was important for me and John and Penina at the time, yeah, I wasn't around. I decided that we should move here. And it was the hardest literally the hardest harder decision than decide to get married to become an entrepreneur to have kids it was the hardest decision I've ever made in my whole entire life to leave where I had grown up to leave being close to my parents to let go of the way that that relationship was and I don't want to say that it's been a happy ending just in terms of like my parents 10 years later still haven't fully forgiven me just think Jewish guilt but anyway like they like still all this time. They haven't fully forgiven me and yet that letting go for me that being willing was so vital, not just to all the things that I mentioned but to me going deeper and like individuating and becoming more of who I am

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okay, whatever you identified have that thing in your life that you know is ready to be let go of but you've been clinging on why have you been clinging on? Why have you been clinging on what's the fear? What are you scared?

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All right, let's pause here. We've looked at a lot so far together and I'd love to hear a couple of your voices what is really feeling important to you so far. What are you starting to see? That's really resonating or that's feeling really important for you here who'd like to share? Michael Lin

55:00

Oh, my gosh, the list could be long. But I did focus in on two things. The first one was just clutter. And if you looked at my house, you wouldn't say it's cluttered. But I'm really aware of my attic, and my laundry room. And the scrapbook supplies that aren't quite finished. And, and, and, and I want to go through it all, and I want to clean it up, and I really want to get clean. And all this stuff I've been storing for so long. And I realized that I want to be the heart and home for my kids, even though two of them are out of the house. Now, one of them's two years away, I want to be that critical mass place that place where home resides, and getting rid of the stuff might loosen their need to come home. And I really the flip side of that is I really want to learn to just trust that what they're connected to, is their relationship with me and with my husband and not with

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so much. Yes, that and you just you actually segwayed into a question I was going to ask, which is what would you need to believe in order to not click on right? And that's it at the heart of it the long right that that knowing that their relationship with you and your husband is solid? This stuff is the stuff that's actually not what the relationship is. Beautiful, thank you, Cecil. I,

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so I am just sort of beaming with happiness. Because I feel like this is my superpower as a coach. And I hadn't understood in a way what life has presented to me how that has prepped me for this in this way. And, and it's not that it's easy to let go of things for me. And it's just like, easy peasy. But it's very easy for me to accept that other people have to do so. And to facilitate it. And to Yeah, and yeah, I don't know, it just it feels like a confirmation of what it is that I can after quite a long while. Looking for that? Yes. I'm

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so glad I can see it on your face. And I'm so so happy that you're having that experience of knowing that this is your superpower. Yeah. Thank you. Thank you, Jackie. I find

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some pretty vulnerable things showed up for me as I was journaling on those last few questions but and I just I felt like I needed to either express this or share this. So here we are. So as I journaled on on the last last question like What am I scared scared, I'm Why have I been clinging on this, this essence the sense showed up for me of being terrified and scared of being like standing on my own to emotional feet? And I had no awareness around this. But then the answer came that I'm scared of feeling raped, specific, emotionally raped, like the violence and the attacking that comes from being out in the world for being visible from being seen. And and it really is about, like the individuation process, right? And like learning how to find that confidence within myself. That's something I've struggled with for so long, which is what I've been really weirdly holding on to. But apparently, that is really, I've never been like physically, you know, violated in those ways. And so that was was really interesting that showed up was very, very intense.

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I know it's not fun or comfortable when these pieces come up. And I'm also so glad that they are so that you can kind of really have this important awareness. And I may not be right so tell me if this lands for you. But I have a sense, Jackie that one of the reasons why it felt important to share is because it's ready to shift. Yeah. Thank you Yeah, thank you Lera

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I think what's coming up for me is the difference between intellectually letting go of something, and emotionally letting go. Because I think I, for my entire life, I was kind of a survivor and just moving forward, and let's take action, boom, boom, boom. And I can intellectualize till the cows come home. I mean, there really is, everything has a reason I learned something. But I didn't take the time to think about like, no, actually, that really hurt. And so I would continue to relive these experiences, because they hadn't fully been able to deal with the emotional impact.

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Yeah, that such a astute awareness coming through that feels just so important to recognize it's like on the outer, you're really good. Get over that and right, but then how, how are you supporting yourself emotionally, and somatically, to actually embody the loss in ways that are really aligned and healthy for you? Good, thank you for sharing. And you know, that just from a practitioner point of view, also, I'm so glad you're sharing, because we may have clients like that, too, that they present as like, oh, yeah, they no problem, right. But then what's happening on the inner level around it? And how can we hold that container to support them? Good. And one more share for now Florida.

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I acutely see the connection between not letting go and wanting to have more. And and some speak a little louder? Oh, okay. I'm saying that I actually realized that it's letting go is a difficulty but also wanting to have more. So being an easy to, to, to not have enough. So having subscribing to more courses, getting more things just because maybe I will need it. And sometimes we do. So and all of that creating actually overwhelm and some kind of clutter, just as Mike Lane was saying. And sometimes it's mental clutter, sometimes it's also filled physical clutter, and I guess they are the same thing. In the end. So and in certain ways, being very comfortable to be in the mystery, and going to places that feel uneasy and somewhat anxiety provoking of not knowing. And in sometimes, sometimes lingering there too long, just because what if I don't know enough if I'm ready to step into the knowing? So that boundary has been has been difficult? We're going into that.

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Yeah, yeah, a little bit, a little bit. And what you're saying is something, I'm glad that you're bringing it up, because that can happen to is like, getting a little bit getting stuck in the winter, which is why some people are scared of stepping into the winter. And as practitioners, it's like, we hold this space and really have to help our clients walk this line of knowing, know, either like, yes, it's still time for more space, it's still marinating, and then when to say you know what, I'm ready to take that next step over. And sometimes the work is about like nothing has to be final to write like, spring, which we're not going to be talking about here. But we do a lot of it and into the depths actually on the cycles. But just for everyone like spring is about being willing to be the fool and take risks and be that maiden. Even when we don't fully know. Spring starts when it's still halfway dark. Spring Equinox is half dark, half light. We don't have full clarity. We have to be willing to kind of take our chances in a way to start anything new yeah

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be part we're still in the mystery but actually started bouncing. Yeah. Good

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Okay, all right let's keep on going How do you know if a client is ready to step in to open Durfee is or is ready to let go of something? Because very rarely they're going to be like, You know what? I'm ready to let go of this thing. Or you know what? I, like we said earlier, I'm ready to take a rest. Every now and again they will. But how do you know when they might be ready? Angeles saying when he's about to break down. Good. What else share in the chat? What are what are some clues? If you're using your listening skills and less listening all around what are some ways you might know still is saying New New juice in their body and their expressions and their ideas? Yes, that can be an indicator too for sure. Good. What else?

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When they're tired, burned out or emotional? Yes, Aranda. Absolutely. When they're confused onto which path to take, absolutely. That can be thick. Sometimes it can be fear resistance, that confusion, right? So we want to kind of use all the tools to see if it's resistance or fear or if it there needs to be that mystery time. Absolutely. Anyone else want to share house? Do you know? What are some other clues?

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Restlessness that can be assigned for sure. Lack of grounding. When they're no longer aligned and need to find a new why or a new path? Yeah, when they can't be led to saying same thing when they can't connect to their why when they aren't following through with action steps though. Again, the action steps could go either way. Yeah. When everything in their lives is breaking down. Yep, lack of passion and enthusiasm. Good. Okay, so in a little bit, we're gonna get to some more like coaching strategies. But before we do, I said that this class was kind of a little spirit, a little spiritual or philosophical, if you will. And I would just want to share briefly, some pieces of wisdom that can be helpful for you as the practitioner to remember and CO create awareness with with your clients, when they are ready to step in or have stepped in and try these on for yourself nothing I share His truth with a capital T. See if these land for you. Because remember, part of creating awareness is sometimes factoring or consulting and sharing offering wisdom that a client might really find helpful. So here are a couple of pieces of wisdom around all of this. In order most of the time in order for rebirth or new birth to happen, a letting go or a death needs to happen first spring can't happen without winter, we can't jump from autumn to spring, we need the winter. Here's another piece of wisdom that can be helpful sometimes. I think I've shared this with all of you before. Trees grow the most in the winter. Trees grow the most in the winter. We think that trees are dead when we look at them in the winter because there's no leaves, but it's when they're their roots underground are being nourished the most. And in fact, they need to stop the production of the leaves. I mean most of the trees in order to have the energy in the space to strengthen their roots underground. Here's another piece of wisdom. Sometimes, the greatest visioning happens in the mystery. Sometimes the greatest visioning happens in the mystery and we're in that season now. For those of you that are in the same hemisphere as I am, we're approaching Halloween. It's the it's the moment of letting go of the earth. It's the witches New Year is Halloween and it's like, why is it the witches New Year, and like when we're about to go into the darkest time of the year. And it's because where do we dream, we dream in the dark where there are no boundaries, where we don't have to set to the rules of the light where anything can happen. That's when alchemy and transmutation happens in the dark in the mystery here's another piece of wisdom that might resonate. When things are full, the universe doesn't see a place in order to give more. So if you're filling if your schedule is filled up, if you're filled up with all of these clients, if you're filled up with all of these activities, with all of this stuff in your house, or whatever it is for you, but you're really wanting like something new for your home or a new thing for your business or a new habit in your schedule, it's hard for a new thing to drop in, when everything is already so packed, and full. Here's another piece of wisdom that might be helpful for you or your client. The spring always comes even in the middle of the winter, when we think it won't, it always comes

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better to have less, but have it be aligned than to have more and have it be misaligned. Again in this culture of more more more more, more, more more and more isn't always the aligned things it's better to have less in an aligned way then more in a misaligned way. A couple of others I mean I could go on for days but just a couple of others for now. For us as practitioners so important for us to remember that my client is whole and complete and able to let go and withstand that. The moment that we forget that our clients are whole and complete are the moments that we're going to be scared that our clients aren't able to withstand loss that's necessary and then we're going to hold back in our support of them in it. Likewise, not only is important energetically for us to believe this about our clients but it's important for us to know that we are able and strong enough to hold space for loss ingredients

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couple others sometimes it's easier for some people to think about letting go is giving up to spirit versus letting it go completely. So for some people just kind of a reframe around giving it up to spirit or source or whatever it is can be helpful versus just like I'm letting it go when it's done

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and then I'll just share this last one for now. And this is maybe the most important thing that I've said so far in this whole class health and well being above all else I say that with like such like it's so important, right? health and well being above all else alright, so for you as we went through these, which one of these do you kind of want to like start circle underline and remember for yourself or is there another one there's many that I haven't mentioned or is there another one that you want to like write down in Star circle underlined for yourself? When it comes to A wisdom in the winter Cecil saying the fine line between surrender and collapse, I love that.

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Okay, so all of this to get to how can we support our clients to make those hard decisions to release or let go or create space or move into a winter phase? How can we help our clients with this? Number one, no attachment to outcome. This is so important. You know, we've looked at this one in other contexts for practitioners energetics. But this is so important. With this in particular, if I, for example, if I'm supporting a client with their business, and I am attached to them, whatever making X amount of money in the next six months, and it becomes apparent that what they actually need is space and a winter phase, if I'm attached and know they need to make this by this amount of time, it's going to be so hard for me to hold the space for our client to make an online decision for themselves. So no attachment to outcome. Number two, remembering just for yourself that there's always more than one way to reach a goal that can help with not being attached to an outcome, there's always more than one way to reach a goal. And then one other kind of practitioner energetic piece for helping our clients make hard decisions. Again, taking a stand for their well being. I have had clients who are get it done gals, they know how to source the adrenaline they've created created and they've been like ready to do more. But I have like through conversation I've seen that is not good for their well being in that moment. And I have had to like do the courageous work of taking a stand for their well being never pushing them in to taking a break, but being willing to challenge them on the pace that they're going at. All right, like I said earlier, creating awareness. This is huge, creating awareness alone on any of the things that we spoke about today, either through like consulting and facting, sharing the wisdom either through some of the questions that I asked you or asking other, you have all of your questioning skills as a way of CO creating awareness, reflecting hard truths, honoring, acknowledging what you everything we learned around creating awareness. So huge with this, oftentimes our clients don't even have the awareness that it is a possibility to slot stop, that it's a possibility to slow down that it's a possibility to let go of something that it's a possibility to not know and be in the mystery, creating that awareness, normalizing this experience of winter allows for permission in it. And the you've heard me say this before, normalizing is the opposite of shame, of shaming, right? There can sometimes be so much shame around, I need to take a break, or I can't do as much right now. Or it's time to let this thing go. Or whatever it is, right. So creating awareness and normalizing supporting clients and that awareness. Huge, huge, huge, huge, huge, huge.

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Honoring before releasing, honoring before releasing, so this is where some of my ritualist pieces are coming into our our session. I mean, there's throughout all of sacred depths, but kind of like more specifically in our session today. It's really hard to let go of something whether it's like a physical thing or a habit or a schedule or whatever it is. It's really hard. Word or relationship, it's really hard to let go of something if it hasn't first been honored. Even if it's like so no longer aligned. Honoring, honor, that's why the harvest comes before the release. When we have an opportunity to acknowledge how this thing has served, why this thing has been so important in our lives up until now, and really like give it the honor that it deserves. This is why we eulogize when people pass away, not that we're releasing those folks, but like the relationship in the way that we've had it, right. So

honoring before releasing can be so huge and supporting someone to let go or to slow down or whatever it is. Yeah, or to let go of a place absolutely. Holding space for grief. Sometimes grief is kind of come up as a client considers letting go. Or being in the mystery, or, like, sometimes it won't come up at all, sometimes it'll come up before they do it. Sometimes it'll come up when they're in the middle of it. So being willing to hold the space with our clients, for them to experience screen for them to feel the sadness. And to give them the gift of that space.

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In into the depths, we look very specifically at how to hold space for grief

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challenging cultural and patriarchal norms. And not just the ones that we've spoken about today and in myth of perfection, because that the myth of perfection stuff plays into what we're talking about today as well. But also, for example, challenging meritocracy, right, like you need in order to be valuable, you need to continue to achieve. That's something and especially as like the child of immigrants that has been like pounded into me, that I have to keep on coming back to and working on are also just like be an energizer bunny, on and on and on and on.

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Supporting clients to define for themselves. Terms like abundance, success, happiness, meaningful life, authentic living, right, whatever is going to be for that client. But so often, the culture just like has already defined and packaged that definition for us and we take it as a truth but taking the time to support a client, for them to define that for themselves can often help give permission for space. Does that make sense? What I'm saying? Yeah. Okay, good. Coming back to clarifying priorities and values, what they really want from life similar to what I was just saying before, but coming back to their values, like I guarantee Well, I'm gonna guarantee 100% But I can say like most people, their value isn't going to be more and more and more and more, you know, many many right like that, yes, they may want some of that but like what are the values and then that can you can help them make decisions from that place of value.

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Supporting clients to cultivate trust. This is where the Spirit spirit level of learning and processing can be so useful. I mean, in many ways, it is an act of trust to step into the winter I think about the trees. You know, with the wet consciousness the trees have like there is a trust and letting go of the leaves and knowing that the spring is going to come

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So coming back to higher level spiritual beliefs and embodying them, not not attached to religion, necessarily, because sometimes it has confused the opposite. I'm going to share, we have just a few minutes left, okay, so here's another thing that I like to do. And I do this for myself all the time. And I do this with clients too. I play this game with myself what I know, it's time to create more space, and then all the fears come up of the scarcity. And I'm not going to have and all the things, I play this game where I make a list, or I'll invite a client to make a list of everything that I have, that nobody can take away from me, no matter what things like my wisdom, my intuition, the love that I have inside, you know, all of the experience of the years or whatever it is, like, even if so the exercise is like, even if everything were to fall apart, because I've taken this space, or I've let this thing go, Well, what is a list of things that I have that I know nobody can take away with me that I know those are resources that I can use to rebuild? That makes sense? It's, it's, try it for yourself, it's such a powerful exercise to know, I can always rebuild, like, these are the things that I have no matter what, no matter if everything else falls apart, these are the resources that I have.

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And then, our next module is about time, another tool. So we'll get deep into it. But another tool is to support clients to learn how to make space in like actual time space in their lives. So we'll do a lot of looking at that next. Okay, I don't want to have the last word I want to hear from a couple of you, what are you taking, and like I said, there's so much more here, we're scratching the surface. And also it's deep, but I want you to continue going with this. Let me give you quick homework and then I want to hear from a couple of you what you're taking. Give yourself one or two or three journaling questions based on what came through for you today. And then journal on them. So what are three questions if you were the coach, which you are of yourself? What are three questions that you would want to ask us your questioning skills and drift along them? An invitation next piece of homework if you want to take this on an invitation to dialogue with the mystery. Close your eyes connect into the energy of the mystery and ask the mystery what it wants you to know. Kind of like a byo F, but with the mystery. Make a list of your clients and were in their lives. They're ready for a winter phase. So it doesn't have to be like everything gets let go of right. But look, think of your different clients. If you're working with some. Where do you sense they're ready for a winter phase? Yeah, so the journaling question again is based on whatever's come through for you today. Craft one or two or three questions for you to journal for yourself on. Basically coach yourself. All right, before we wrap I'd love to hear one or two of your voices. What are you taking from our time together today? What are your takeaways you'd like to share jolly

1:29:20

Can you hear me okay? Yeah. Okay. Brilliant. It this was it was so heartwarming to have this class today. We lived in Japan for 20 years in total, but 16 years before I moved here to the UK, and I didn't want to leave I didn't want to leave, but I knew we had to. So this was really good to understand why I was feeling

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so glad. So perfect timing. Thank you for sharing. Michael Cohen

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My takeaway is that I often don't want to look at letting go because it just feels like loss and frightening somehow to me. But I have this sense that's been really growing throughout this call today that if I can do that, and be brave enough to really look at it, that there's some really cool stuff underneath that that's waiting to come in. So I'm ready to do that in a way that feels good to me. So thank you for this call today. It's been really great.

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Yeah, you're so welcome. I can feel just like a shift of perspective around all of this over the last hour and a half. Thank you. And Kelly.

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Yeah, thank you so much for this call. Just amazing. And I'm feeling very witnessed both by you, like all the shares in the chat. I mean, when it's in mirrored, I think I should say, but I'm realizing that I have been in this space of doing so much letting go with this big move. And there's been a lot of letting go of stuff. Like two years ago, I said, I'm getting rid of a third of my stuff. And I think I did, and it was just like a year and a half journey. And then before we moved, it was even more. And then there's all the things that we don't want to release that are I mean, there's the stuff things that I wanted to didn't want to, but then it's like the people and then coming into a space and what do I need to release and let go of to come into this space now. And just recognizing that there is a level of grief and loss but I'm, I'm feeling having done a really big transition. And, and then my other thing was I just did this ceremony with a client this morning. And she's someone that I've worked with for years and years. And we've done a lot of work on she she has bipolar and I've done a lot of work over the years, and I've seen her in many different phases and moments and seasons. And we started working without before I sort of tapped into this idea of the seasons, years ago with this idea of like really understanding she persists in the seasons that are really, really market in our life. And we just did this ceremony of honoring all of them. And, and it's actually like

the tenure, she said, we're coming up on 10 years together and, and on and off. And it was just like everything that you've been speaking I just feel like was kind of all laid out in our ceremony this morning. And so it's just beautiful to give it form and concept in the way that you so beautifully do and, and also just to honor all the parts because all of them have medicine and duty that they bring us. So thank you.

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Yeah, absolutely. And I'm so glad. It feels like a deeper recognition I think you already knew, but I feel like there's a deeper recognition that it's like you've been letting go of all these things, but you haven't created the space to grieve, the letting go and that feels important. Next. Good. Thank you. Thank you, everyone, for your presence, and just all that you brought to this really, really important call says a lot. It just says a lot that you're this is important to you. And I just really want to acknowledge everyone for that. I'm sending lots of love, and I'm around if you need anything, and I'll see you all very

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soon. Bye