



Sacred Depths Certification

Next Steps Strategies + Ritual as a Coaching Tool

0:24

Everybody

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give us a minute to get here. I know that for those of us in the US, it's a busy week. And there's travel and for folks in preparation, I don't think I realized that when I scheduled this day as our last call. So I am hoping, hoping, hoping that many of us will be here today, if not a big hello to anyone listening to the recording, as well give us another moment.

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Right.

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So as we start our work today, for our very last class, to set our very first class candidate just be our very first class. We start our work today. For our very last class. I wanted to share a little story, you'll see why I'm sharing it by the time I get to the end of it. So some of you, I think, saw I posted on Facebook that I led last week, one of the first ever, not one of the first ever, sacred depths, alumni retreats, I had been wanting to do it for a really long time to just know, we're all whether you've met each other, you haven't met each other everyone that's been through sacred depths, I really believe deeply is connected. We've all been through a sacred journey. And you all now have knowledge and wisdom, and connection to self that is just unique. And we're all really connected. And anyway, for a long time, I had been wanting to gather alumni. And I know a lot of you saw it and wanted to be there and I promise you, we will do another one. It was an epic. It was just an epic day. I shared a transformational technique. We came together it was really deep. It was beautiful. And all almost 90 graduates were there, which just made my heart so happy. But so a couple of days before the retreat, I just got it in my head that I really wanted to start the retreat by offering a song, which I often times do for retreats. And but I was just like, I didn't know what the right song was all the songs that I usually sing. It didn't seem quite right. And I was thinking the song that's on the other anyway, I still didn't know the retreat started at 11 at 930 That morning, I still was unsure and I pulled out songs from one of my mentors. Her name is Elisa Starkweather. To see maybe this one maybe that one and I'm singing her songs out loud. And I kid you not as I was singing one of her songs, she texted me that moment and I don't we text maybe five times a year max six times a year. And literally she texted me at that moment. back two hours like you're not gonna believe this, but I was literally just singing one of your songs out loud. I really tried leaving this, you know, retreat with alumni in this that and the other thing anyway. She ended up sending me a voice recording of a new song that she had learned. And it turned out that it was perfect for the retreat. It was just magical. The whole thing was so magical. And synchronistic. And anyway, I'm sharing this with all of you because I feel like it's your song too, and I want to share it with you. So my voice isn't that warmed up this morning. But I offer you this song that Elisa Starkweather taught me last week, and it was taught to her by someone named Kido. And it was taught to her by someone named Phoenix. And I think it, it fits with everything we're going to be looking at today. Put your roots down, put your feet on the

ground, you can hear what she says if you're listening. Put your roots down, put your feet on the ground, you can hear what she says if you're listening. It's the same sound is the river as it moves across the stones. It's the same sound as the blood in your body as it moves across your bones. Are you listening? Are you listening? But your roots down, put your feet on the ground, you can hear what she says if you're listening, put your roots down, put your feet on the ground, you can hear what she says if you're listening, it's the same sound is the river as it moves across the stones. It's the same sound as the blood in your body as it moves across your bones. Are you listening? Are you listening? Are you listening? Ah. Well, my friends, we are stepping into our last session together. And I'm so excited. And it's also bittersweet. We have journeyed through so much together since last February. And my deep hope is that over these three hours, not only will you learn a lot, I still have a lot to teach by the time that we are complete. But my hope is also that this time together will be a beautiful honoring of this journey that we have all committed to over these 10 months. It's going to be a double session. And you'll see we're going to weave magically all the pieces together by the time that we're complete. Before we jump in just a couple of logistics pieces. First of all, I know I've mentioned this before, but there have been some questions in to the info line. So I figured I may as well just share it again, you have all of the recordings and all of the materials for Sacred depths for life, like so long as I have a business and I can support the member center. It is there for you. And I hope that you will continue to go back and use all of the resources that are there for you. The second piece that I wanted to mention, I may have mentioned this last week, I can't remember now mention it again, please mark your calendars. The art of client transformation is happening March 2, third and fourth. And you all have a gift ticket to it. I'll be sending information out about that in December. If you have participated in art of client transformation before it is meant to be participated in more than once. You'll go deeper each time. You'll also each get I think a bring a friend for free ticket as well. So be on the lookout for that. The other thing that I wanted to invite you to put on your calendar if you want is yeah, it's March 2, third and fourth. So it's three days it's really two and a half days. The fourth is a half day. The other day to put on your calendar is on December 15, from three to 430. And I'll send an email out about this as well. I mentioned this to you a few weeks ago, Karen Jones is She is a graduate of sacred depths and advanced staff and into the depths and she is a force. Some of you may know her. And she does really powerful work on helping soul lead entrepreneurs bring their stories out to be able to share in your work, and in your marketing. And she's going to be doing a bonus class workshop for us, then, so mark your calendars for that. I mentioned last week, and I'll just briefly mention again, I'm going to send out requests for testimonials that can be written they can be video from my heart, if you are willing, it would just mean so much to me. If you are willing to write a testimonial or video, a testimonial, I will give you instructions on it. Not only does it is it just for me personally, I really I take them in deeply. But for people that are considering this journey.

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It is just so helpful to hear about your experience and to hear it in your words. Brenda's asking about the bonus day and time again, it's December 15, from three to 430.

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Okay. All right. So

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let's talk about ritual. already. So with so many topics that we've covered in sacred depths, we've been off the beaten path of traditional coaching. And ritual definitely is off the beaten path. But that being said, it's something that has actually been embedded in our work together from day one of sacred deaths. Before I was a coach, I was a ritualist. It informs everything that I do and everything that I teach, we're going to spend some time today, we're just going to toe dip into it. I think it's one of the most powerful tools that you can have for yourself and for your clients. We could spend many, many months just on ritual and ceremony alone. So it's going to be a total dip today, although some of you are going to be with me for into the depths where we're going to get much deeper into all of this. Okay, when you use ritual with your client, it allows you to tap into the mental, emotional, spirit, and body levels of learning all at once. This is a tool that activates all four levels of

learning and processing in just such a beautiful way. And you'll you'll see what I mean by this as we get deeper into it. You can either do ritual in session with a client in real time with them and hold the Space either on the spur of the moment, or maybe the two of you have prepared and spoken about it before. And then you hold the space with them. Or you can also support a client. You'll create a co create a ritual together and then have them do it in between sessions as a solo thing. You can do it either way, just depending on the situation. Let's start here. What is ritual? What is it even and I'm gonna give some simple definitions and ideas for now. There's so much to it. But I think these are what I'm about to answer in terms of what is ritual, I think are some of the most important pieces. So one way to think about ritual is that you're taking an act Action, you're actually taking an action to make that intangible, tangible. Ritual is about making intangible ideas, visions, beliefs, fears, energies that are just rolling around inside of us is thoughts or feelings, it is a way to make them tangible. And by making the intangible tangible, it is a signal to the psyche, to change to shift to evolve based on what that ritual action. Another way that's related to what I just shared, that I like to think of ritual is it's in my very first ritual mentor said this, her name is Susan Mary Heller, she always said ritual is sacred play. Ritual is sacred play. And the way that I think about it is that when we do ritual, when we create new things, when we burn things, when we initiate things like whatever we're doing, we are playing ourselves into our next evolution of being we are literally playing ourselves into who we're becoming. Just like when little kids play, they play doctor, they play library, right? They're playing themselves into being, this is what we are doing in ritual, and in ceremony.

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Ritual is also an opportunity to be in sacred space. And it's my belief that we need more of those opportunities and more of those spaces, they help regulate us. They help connect us to ourselves and our souls, and our deepest being, like even forget about the action, the ritual actions alone, just having that sacred space the same way. You know, sessions coaching sessions are sacred space and containers. Right. In addition to just like the content that we do, we've spoken about this, there's always more than one thing happening at once. So this opportunity that like in our busy daily, modern lives, we're going and going and going and going and when we do a ritual, even if it's just 10 minutes, we are carving out sacred space. We are delineating between the sacred and the mundane. And there's so much benefit to that. Ritual is also often an opportunity to connect with nature, the natural world and the seasons and the cycles.

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We are parts of nature but we often forget that we are in our modern world, we are part of the natural world. And there are so many mirrors in nature, that actually do what I said before that make that intangible tangible for us. For example, when we see leaves literally falling from the trees. It is making this a feeling of release or loss or letting go tangible we can see it we can feel it we can pick up the leaf. When we see new growth. In spring, it mirrors who we are as humans making an intangible feeling of newness of new growth, tangible we can feel those new flowers in our hands, we can see that

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ritual is also an opportunity to mark important moments and transitions, making transitions tangible, Too often our transitions, especially in modern society, they just go without being marked or honored or acknowledged or worked through. Like, becoming a parent, like graduating from a program, like moving into menopause, et cetera, et cetera. We do have some markers of transitions in culture, weddings, graduations a little bit funerals. But rituals are really an opportunity to mark important moments and acknowledge and work through transitions. And this can be personal things, birthdays, divorce, and then communal things, as well. When we look at the holidays of most religions, many of them are based and the rites of most traditions, many of them are based on transitions, either in nature, or in life cycle of that. I believe and maybe you do to take this on for yourself and see that we don't have enough rituals in our lives. And in our culture, culture has become a bit devoid of ritual. And when we lack ritual, in our culture, we tend to also lack meaning. And also lack deeper connection to self to Spirit, and to community. We're not going to get today into creating rituals for community that's more of them. We look at it into the depths we're gonna look at more solo ritual right now. But I do want to say that both are

really important solo ritual and then doing ritual, right, any shared experience like we've had here and sacred depths to there's so much power to it. I often say before therapy, there was religion. And before religion, there was ritual. Ritual really was used as a way to process to work through things personally and communally to confront fears to confront grief to confront sorrow, to confront anger, to activate joy, to set intentions in the community, etcetera, etcetera, etcetera. Alright, I'm gonna pause there because that was a lot and I'd love to hear what is resonating for you so far. What is feeling important so far? What are you seeing so far? Who wants to share my Glen thank you for all

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that. Joanna. I just as you're speaking about ritual and the power of it, I recognize it in a just a deep physical level. I recognize the power of it and there's this this like yearning it's like all my coaching all my work, all my leadership, training, everything is about that. And I don't know what I don't know. But I, I feel this pull to like lead ritual. I'm so excited for into the depths for that. But I just love that sort of universal pull toward what we've moved away from.

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Yes, I love what you're sharing and use the word longing. thing and Paul and I think there is there's like a starving in our culture for that deeper meaning and so many people long for it without even realize that they're longing for it. And so that's why it's so I think this is so important for us to be holding and sharing with our communities and our clients. Barbara

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Good morning, that's so beautiful. I wanted to share a couple of things. One, for me, I'm thinking about the tool, how I can reframe some habits that I would like to duplicate and continue doing. If I, you know, if I think of them as ritual and kind of honor them, they're less annoying. They're, you know, there's, there's value in repetition. And in my brain, there's also I'm just like, oh, repetition act. So if I think of it in terms of ritual, it's, there's just this much more rewarding aspect to it. And, and the other thing I want to say, when I was in Crete, and is a pilgrimage, and I learned about the pattern of communal dancing, and that everyone came and participated, the all the answer was very simple and easy to do, no matter how old you were. And, you know, and of course, you learn this for, you know, decades. And so it's, you know, you have very strong muscle memory for it. And it, it's, you know, it's a ritual, and it's communal, it's, you know, brings joy brings connection. So I like, it made me think of that pattern and how we can expand, you know, sometimes I think we think rituals, just, you know, I'm gonna pray or something like that. And you know, it can be so much more. So it's just, it just felt so juicy to think about that as ritual.

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I love Yeah, yeah. And I'm so glad you're bringing it to the conversation. We're not going to talk too much today. Although if questions come up, he's asked about like, habits as ritual. But absolutely, I just love what you're sharing, if we can think of certain repetitive habits or new habits that we're trying, if we bring this feeling and energy of ritual to that this is a sacred space, right? It can kind of take out that, like you said, like the annoyance of it and elevate it to from this mundane to the sacred. Good. Se.

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Yeah, I feel so lucky because I close one or two years ago, and I've experienced her talk about ritual and seasonal living and cycles, so much. So I feel like I've had it from her the year before I did this, and then listening to you. And I've just used it so much in our learning community over the last year, where things have been really jangly at different points where people have left and it's been really painful. And we've just been like, oh, how do we go forward, we've done a beautiful ritual just to sort of transition into a new phase and given people time to speak, how they feel, etc. And it's almost like, they can just take the moment and process all that grief, and move into a new space in an entirely different ways really potent, which then sort of really encouraged me to just do more

and more of that. And then just hearing your thoughts. Now I just thought, ah, bringing it into my client's lives and in the work that we do together is just going to be really incredible just to mark those really beautiful moments and help them move through. So yes, I'm super grateful for this conversation.

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So glad Yeah, we're gonna talk a lot more about how to bring it in with clients. I'm going to take Randa and Kelly and Annalise and then we're going to keep on going Randa.

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I'm just even taking these moments to say those words honoring the pause and the presence just reminded me of the like the speed of life and how things just happen and you just sometimes just have to keep going and doing and going and doing and the we've talked about like let's pause to celebrate each other. Let's pause it celebrator So are our you know, but things we've done, but I find that sometimes life just gets carried on with like, okay, must do the next thing. And the idea of how it takes us away from community connection. When we don't do that, or even family connection and just even bringing it back to like, we have one thing that we do together as a family, and it's sacred, It's six o'clock, it's dinner, and we all sit down together, we asked a few questions to get started. But that wasn't even me starting it, it was my husband who I would never have thought that would be a thing. But when thinking about it as a ritual, it's like, no, this is this is sacred. And this is the time. And yeah, I'm looking forward to listening to more ways of doing that, because it's just speaking about, it's like, yeah, it's so missing in this society. It's so needed, really, as

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Yes. And when you mentioned your dinners, I immediately got chills, I could feel that that's something just so beautiful and powerful for your family. Thank you for sharing that. Kelly.

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I love so much this topic of Ritual, and it's something I definitely weave in with my clients. And one thing that I have noticed is just reflecting on as you're speaking to an AI is just how the simplest of things can be so powerful and meaningful. And, you know, I do a completion ceremony always with clients and do different things for them. And I've just had people say like, Oh, that was amazing. Like, I never even thought to take the space to do this. And, you know, just to like, honor all that's been and it is that place of like slowing down and pausing for the transition. And then two other thoughts. One is just that I find that especially for really Brainiac, people, it's so helpful to move out of getting stuck in in like really cognitive, Thinking Blocks and what have you and just get them more in their bodies and to release. And I love that piece of it. And then as you were speaking the whole time, I just kept having this memory. And I just share this one because I feel like grief rituals are so important and so forgotten. And when I lived in West Africa and Ghana, I remembered like walking around, and suddenly seeing all the people dressed in the same colors. They were all in like brown and black, and just hearing people howling and dancing and wailing. And they will do this for funerals. And at first I was like what's going on. And then I remember just like watching them through the trees, and being like, that's amazing. And it was so powerful to witness people grieving so out loud, and so in their bodies and in collective. And then to go and celebrate and have, you know, have a big meal together. And it was like this big release. And I actually have a whole newsletter about this I want to send off. It's like we've forgotten how to grieve like it just gets stuck in our brains and in our bodies. And so I love Yeah, I love sounds.

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Yeah, absolutely. This I mean, we could speak hours, just so you're talking about I'm glad you're you're bringing it into the conversation. Yeah, I mean, the just the topic alone of grieving and communal grieving. We have lost so much in our society, and we lose out because of it. And we get stuck in not healthy grief patterns, because we haven't normalized this as a society and do this together. Annalise.

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I think it's,

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it's having an effect on me at the moment that I didn't think it was going to have, I just feel just by talking about rituals, extremely connected with myself and with all of you. So that sort of like brings me to the fact that possibly through rituals, we have an equal level of connection with the self and the others. And it doesn't happen in many things. Sometimes we're more connected to the self and I mean, you do need to connect to the self to connect to others and ritual is one of those things I believe that reaches that especially on a sort of like more kind of group level and community level and the fact that is so ancient, you know, like nature is part of it gives me a feeling of actually going a layer deeper. You know, as I can't remember who was saying, beyond the cognitive level, but even beyond the emotional level, and you were mentioning the four levels, and it really has the four of them together. I think that's the connection with the with the group and yeah,

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the self. Yes. Yeah. 100%. Good. All right, let's keep on going so much. Here. I wanted to, I wanted to just share very briefly a little bit, just some of the ways that ritual has played a role in my own life. So I think it's helpful. So first of all, some of you may know that I grew up in a pretty traditional Jewish household that was rich. One of the things I love about Jewish tradition is it's just rich with ritual. And, and so I grew up already with you know, lighting candles every Friday night to separate the sacred from the mundane and come into Sacred Family and spirit time together. Jewish religion, you know, on the beginning of the year, Rosh HaShana, when we, one of the things is we let go of the the sins I won't get into contracts about sins. But for now we'll just say like we let go of Sins of the year past in order to move into the year that's coming. And we take bread crumbs, and we put them in our pockets and we go to flowing water. And each bread crumb is a sin that we let go into the water. So I already just like the my basis, so much of making the intangible tangible connecting with Spirit and with community and with self through it. And then I'm in my 20s I was living in New York. And there's this place some of you might know if you're new yorkers is called the open center that has lots of different workshops and classes and things like that. And I was kind of going through the open center catalog. And I saw this short blurb for a six week class that was called a woman ritual. And I don't remember any more what the blurb said. But I remember reading it and remembering something that I had knew when I was a little girl, but had totally forgotten until that moment, which is that the world is a magical place. And I'm part of that magic. And that ended up taking that class and apprenticing for years and a women's circle and working with the divine feminine and working with ritual. It just took me on a journey that changed my life. I became a celebrant, I did lots of weddings in the city and funerals and baby blessings and and all of that became a ritual list to lead women's groups. And ever since then it's just been even more deeply all of it interwoven in my life. At my wedding, we did the ceremony and a circle. We added lots of just beautiful ritual elements. I'll just share one again because they think it will like give different ideas. Before the wedding we asked our closest one of the things we did is we asked our closest friends and family to give us a word of what their blessing was for us for our marriage. laughter, communication, whatever it is, and we had those words that we had an artist, those words in English and Hebrew on the wedding canopy and we got married underneath all of those blessings. And I share one more thing that is very personal, but again, I think it will be helpful. Before I got pregnant with Nina, I had a miscarriage and I it was a very, very tough moment. And the biggest thing I think that got me through that was that I did ritual around the miscarriage. I caught some of the blood and ultimately ended up going to a beautiful spot But I loved in the mountains and burying it and honoring it. And I needed that right for myself, in order to be willing to conceive again. So there's just so much beauty that can come from all of this. And, you know, I was saying that we don't have rituals and culture in our culture, but at the same time we do we blow out birthday candles, that's a ritual make a wish, right, we have graduation ceremonies were handed the diploma we like change the tassel, right? Those that's making the intangible tangible, we make a wish at a foundation, and we throw the penny in, that's making the intangible tangible, there's a little bit of spirit sometimes in that moment, but it's probably two seconds of sacred space, right? So so we're actually like, we are kind of doing lots of rituals, we just don't know

that we are and we can go deeper with them and make so much more meaning from that. As a side note, we're not going to discuss it here. But I will put resources for this in the member center, with people who have written on this that can speak to this much more eloquently than I can, but it's important just to share here. As we go through and look at different rituals, I just want everybody to be aware of cultural appropriation and really not taking from other cultures, rituals without properly honoring and without knowing if you can, and so again, I don't want to open up the discussion here, because I don't feel qualified to get into the nuances of it. But I will put resources on that in the member center for you. Okay, so, in the short time that we have today to look at rituals, the where I wanted to go next was to just speak to kind of, because I think this is what's going to be most helpful for you in your client work is to look at some ideas of different types of rituals. And then like we did last week with the case studies with the journaling, I'm going to give us some case studies and use your creativity and kind of come up with some rituals. So, um, you know, I like to categorize things. So I'm going to kind of categorize and different types of rituals. One is releasing, and you can mix and match these different types all in one ritual as well. But when, when it's time to release something, whether it's releasing a relationship, releasing an old belief, releasing what needs to be released from the year before. You know, ritual can be so helpful, and we can ritually release things I'm just going to name some ways by writing them down on a piece of paper and burning them by having some thing tangible like a rock and burying it or burying an object. ripping things up can be a way of releasing if you can't get outside flushing things down the toilet way of releasing things shaking shaking it out of our body is can be a ritual release and a lot of traditions there are cutting of cords or pulling out of cords to just get not just cut it but get the roots out any ways of destroying letting go using nature to to using the different elements to let something go putting it salt into water is another one Carmen is saying bathing yes washing it off. Absolutely. Honoring rituals so the next category that I'm gonna Oh Michael and Sing sing Let It Go from Frozen. Yes, absolutely. Um, so the next kind of category that I'll mention And is I call them honoring rituals, owning rituals or celebrating rituals, I'm kind of clumping them all between. So ways of honoring things, owning things inside of ourselves and celebrating things.

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lots of different ways to do this. So for example, I once worked with a client. And it was really time. I mean, she, we did so much work. And it was amazing her progress in terms of moving forward in her business. And really, she was at a place where she finally was owning her brilliance, and owning her experience and her mastery. And so we created a queen ritual for her to really own her queen cell to own her mastery. And there are lots of different components to the ritual, actually, a bath was one of them, which was in part to let go of any residual, not good enough pieces, and also to just ritually prepare her for the rest of the ritual. But one of the things that she did in that ritual that was so meaningful for her is we identified four or five different like specific things that she was really ready to own. And then she had oil, like scented oil to anoint herself queen. And she one of the things she did in her third eye, and one of the things she anointed into her throat and into her heart and into her belly, and really, this idea of like anointing and like really this thing that she was ready to own putting it inside of herself through the oil. Another part of that ritual, we did a crowning as well, where she got a crown, it was just, it was really beautiful.

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And

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creating a drawing or writing, what you're ready to honor her own or celebrate on a really beautiful piece of paper, taking the time to make that thing tangible. And then, you know, really kind of IOC, like bring the paper to your heart, like really take it in. Eating things intentionally, eating or tasting things can also be a ritual. So for example, using honey, as owning the sweetness in your life and naming the different things that are sweet and

then just taking like a credible taste of that honey. We can also use eating as a way of honoring, not so good things. So, for example, in Jewish tradition and the Passover Seder, we eat bitter herbs, as a way of honoring grief and sorrow and all all of the toughness, right? It's just like a really beautiful. I mean, we've learned here so much about the importance of honoring what is and you can do that ritually, as well. These are, there's so many I mean, I'm really just skimming the surface here to activate your creativity This is not comprehensive at all. But just to give you some different thoughts on things, I'll talk about one more type of ritual intention ritual. So if a client is ready to start a new habit, or really pave the pathway of a new belief or a new project, you can they can do a ritual to set that new intention. You can do candle carving, so taking a candle and carving I like to use like skewers you know for the the barbecue carving symbols and words into that candle of what the new intention is. You can then anointed with oil and then light the candle then you can have the candle on your desk and light it every time you're working on the project or working on the new habit or the the new belief planting seeds. Such a beautiful ritual metaphor for new projects, new intentions, new ways of being and then watering those seeds. You can get really like beautiful metallic markers and draw intentions on rocks. And then you can put the rock out under the sunlight or the moonlight to let it soak in all of that energy as well. making any kind of object as as an intention reading something sewing something cutting and pasting something. The Making of things, a carving of candles that eating, I just want to remind everybody that is activating the body level, we're doing something with our body, and we're making a body memory of what this metaphoric thing is, it's helping us connect to spirit, right? It's doing so much if it's held in sacred space. Oh, wait, I did have one more category for us. The cleansing rituals, which were also mentioned, so cleansing things away, similar to releasing but not exactly what any kind of water bathing, dusting, I've done rituals where we've taken brooms and dust, you know, or dusters and dusted things off of ourselves. Cleaning out a house can be a bigger cleansing ritual as well. Alright, so again, this is not comprehensive at all, but just to like, get the get the juices flowing on this and that creative ideas flowing on this first solo rituals. In a moment, we're going to do some brainstorming on case studies. But before that, just really briefly, I wanted to talk about setting containers for rituals, just like we've spoken so much about setting containers for client sessions and for client work, like throughout the cycle of working with them. It's really important, I think it's very important that when we do ritual, we set the container again to distinguish from the sacred and the mundane. That's one of the reasons why I offered a song, one of the many reasons why I offered a song at the beginning of this class. And so we're looking at ritual, right? Just that's the singing. It brings a focal point of attention, it brings us all together. I mean, I'm not the best singer in the world. But hopefully it started to like activate spirit, right and your higher self and bring you fully forward are setting that container, we want to create elevated space for ritual so that it doesn't, it's not in the same pacing, and the same feeling and energy is our everyday lives. So that it is a signal to our psyche, that something important is happening here. I so you know breathing grounding exercises can be a way of setting containers, lighting, candles can be a way of setting containers. When I do ritual for myself, it's not outside. Similar to what we were talking about journaling last week, I think I mentioned this, like, I have a special place where I do ritual that's kind of contained. It's like I sit on the floor, My bed is there and it's high. And then like the walls are close there. I feel that cocoon like containers that like in the middle of a big room where things can slow it out. I'm being held by the space and contained by it. Let me pause there before we go into some brainstorming. I know there's so much that can be added to this conversation. But I'll take one or two shares. What is feeling important? What are you seeing? What do you want to add?

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Anyone want to share? If not, we'll go straight into our brainstorming. Okay, so I'll give you a few minutes to take some notes and see what wants to come through. For scenario. Let's say you're working with a client and their birthday is coming up and it's a it's a big birthday for them. And they've done a lot of growth work over this last year. And it may be it's also been a little bit of a hard year to What is a birthday ritual that you might know obviously you're going to always co create with the client and their particular situations, we're talking a little generally here, what is a birthday ritual that you might create for or with your client take a few minutes to think on that and then we'll have some shares

55:32

that might be a powerful first day ritual. give y'all another minute or two and then we'll take some shares

56:54

there's some stuff in the chat on singing, I want to add another piece about singing. When people sing together, they entrain so their heartbeats actually start beating at the at the same pace when they start singing together. It's like the ultimate connection to others.

57:18

Alright, Charlie, what are we got? Can you guys hear me? Yeah. Okay. So I just thought I would share something that I do in my astrology sessions, particularly around birthdays, and that is if we find the moment of the solar return. So that is exactly when the sun comes back to where it was in your chart, the moment you were born, and sometimes that can fall the day before or the day after, even. So the solar return marks, you know, that moment where the sun is back to where it was when you were born. And so what I will tell my clients is that, you know, here's the date of your solar, here's the date and time of your solar return. And I want you to write a list of what you're ready to let go of what you have, okay, I've had enough of depression this year. I'm ready to let that go. And kind of put it for the you know, the cosmic garbage removal and, and then make a list of what you would like to welcome in. Then we build a ritual around the moment of the solar return for them to you know, whether they put those lists in what one thing I've done in the past is to put that list in a piece of bread and then bring that bread to Sweetwater and, and let it go there. Or you can obviously, you know, safely burn it over a candle and usually we'll pick a color but anyway, I hope that all makes sense because this

59:12

does really, really beautiful. I love it. I love that you're just getting that astrology point of view as well. Thank you, Deva.

59:27

And yeah, I'm I'm actually curious about this one. Because I've done it sometimes in meditation of that I was thinking for the birthday of just sitting in a comfortable seat and inhaling one calling in the first year destroying yourself back to that time of birth, and then the second third and just doing the number of breaths up until the number that you're celebrating of the solar return. My question is, though, If you know if there was a year where there was maybe a lot of trauma or how to be trauma informed around that, because I realized that could also trigger things certain years. So I'm curious what your thoughts might be.

1:00:17

Yeah, absolutely. And so I think it's important to just pre always contextualize and share that ahead of time, you know, you may have certain years where really hard things have come up, or really traumatic things have come up. This is a moment, you know, if it feels right to acknowledge those, but not we're not going deeply into those. We're naming that as a way of acknowledging and just honoring what you went through, right. So you can and you can speak more to that to have like, where, you know, just say like this, what the purpose is not to, like, activate, you know, whatever that client needs, but you just speak to it beforehand, right? If you know that there happens to have been a trauma that is just doesn't make sense. You can say like, and I know that when you were 12, such and such happened. And before you go into there, she'll say like, we're just like, we can honor it now. But you don't have to dip into that at all, as we go. Right? So you can like put the girl on that.

1:01:28

And calling yourself fully home and celebrating each year that each of those solar returns.

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Okay, love that. Yeah, that's beautiful.

1:01:40

Marianne, A,

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one thing I would do is some sort of celebration and honoring of whatever the previous year has held, whether it's been a tough year, and recognizing the bright spots, or the learnings, or how the tough things helps you move forward and be more all those things. But the fun thing that I've done for myself, and I've done it for clients in the past, especially when it's about holding a frequency that you want, or setting an attention for a year or for your business or for something that you have, as I and I'm super sensitive to sound we were talking about singing in the chat, I realized that I'm I'm extremely sensitive to audio stuff. And one of the things I'll often do is just listen to music to shift my energy. It could be anything, it could be like yoga type music, it could be like I'm rocking out. But I've learned the power of that. And so what I'll have my clients do is make a playlist. And so it'll be anything they want that list of songs or music that like calls in the energy of what they want to step into for the coming year. And it's a lot of fun. And then they have it like all year long. And when they it's a tool they can always use. I mean, you can. It's not like meditation, where you can only do it when you're sitting or whatever you couldn't like, listen to your playlist in the car, or it's just always a fun way to reset. And it's quite uplifting thing. So I encourage y'all to try it for yourselves or try it for clients, it can be really fun. And it's a fun thing that lasts and it's quite easy. Yes, I love it having a playlist for the year or the next project. And not just having the playlist but again, back to ritual and how it's in your body. It's not just through the music, but the actual making of the playlist, you is a way of paving that energy as well. And for me, it's usually something that I will sing along with at some point, you know, and that's another like layer of that. And oftentimes, I will just dance around for an hour. It's like I sat on my chair all day because I was working and I need to move my body but it's a way to also just somebody that can typically for me, I'm using music that is joyful. You know, for me on my own path. Once in a while it might be like releasing anger and you might have like what I call like angry girl music or something, but that has its value too. But either way like you there are ways to like bringing the vibration into your body and bringing movement along with it. So it's a tool that kind of operates on a lot of levels depending on that so yeah, absolutely awesome. Fun. So much fun. Yeah, and it is it is also a great like I have my my angry music is PJ Harvey when I know I need to, like Express me in my anger and express right? It's like it's so powerful. Good. Tina and then Cecil, and then we're going to look at another scenario. I haven't done birthday rituals with my clients. But if I were to consider considering to do that, the first thing that came to my mind was reflecting on the last year as a rite of passage. back into the upcoming year, and taking that wisdom from that year, and understanding the possibilities that are now available to them in the upcoming year, something to that effect. And bringing light to that that's into my mind for that. Yes. Yeah, absolutely. And Marian spoke to this a little bit as well. This idea of like honoring all that has happened in the year and seeing what were the resources in that that you want to bring into the next year? Absolutely.

1:05:42

Cecil. Neither, Cecil Yes, sorry about that. And

1:05:59

I just internet hopped off for a moment. Now. I was just

1:06:07

Oh, we lost to you. Listening to?

1:06:09

Yeah.

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I going, I think you're okay, now.

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Yeah. So this came

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intuitively just from listening to this client, having had a kind of a tough year, but also having achieved what she wanted. That was how I hear heard it.

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So. So kind of a kind

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of subtle, rich ritual in the sense of like, two days before releasing the day before birthing. And then on the day, having prepared some really nice clothes, so that she could be wrapped in this new how you say her throughout the day as her own little secret I was feeling like, and then just to marinate in being in this new place. So in a way, quite simple. But I think the thing about dressing up different colors, like that whole thing is also something that just could be in fun to throw into the mix dancing.

1:07:07

Yeah, absolutely. I love it. And then it's similar to the playlist it's like then that helped fit carries that energy of the newness and throughout the year if the client puts that outfit on. It's like reactivating that energy. Yeah. catching some things in the chat here me saying a birthday cake with a symbol of the new I love that. So fun and balloons with symbolic words. Yes. Now let's sing make a collage with colors, words, images to represent what you want to bring in for the year. Yeah. I'll just add a little bit to what's been sharing. So I do a birthday ritual every single year on my birthday. It's my sacred time for myself. And it includes a lot of the elements that have already been shared. I want to add a couple of nuances if it resonates so. One of the things that I do I always start with celebrations, what do I want to celebrate from this last year like Right? Always start with strength and resource etc. And first I make a list and then ritually, I'll sometimes carve that on to a candle or I'll put it all onto a pretty piece of paper, anoint myself, however it is that I'm feeling but I like to always start with celebrations, kind of in the transition. And then from there, as some of you have mentioned, I and I always first do this, I make a list and write it and then ritually release, I write what's been really hard, you know, just like to really acknowledge what's been hard and what I'm ready to release. And sometimes I'm not ready to release all the things that have been hard, or what I've endured. But I take the time to do that. Because I often say this in ritual. Before we release something, kind of psychologically, it's an psychically, it's really important to honor it first. Before we go to release something, it's really important to honor it first. If we don't honor the thing that we are ready to release, no matter like how shitty it is. It is much harder to actually release it. Because the psyche says this was for nothing. I'm right like this was just like, so when we can honor it or at least see a lesson in it, then it is easier for us to not cling on and to let go. And then from there and my birthday ritual, I often go into my visions for the year, sometimes I do a vision board like was shared. Other times, I'll create some other things, Annalise

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as we were talking about honoring, in order to release, what happens if you have if you can't, if you can't release if you still

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even if you

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practice the rituals, and you see the lessons and but you still sort of like feel pain in your heart

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and

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and you just think you are upset? Because you let it happen.

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Yeah, so there are it's such a good question. So there are there are a couple of pieces there to think about. So another thing that is not always but often really important before releasing something is grieving it.

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Grieving

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the sadness, grieving, the loss, grieving what could have been, but what isn't grieving, the hurt, grieving the disappointment, right, like whatever it is, but sometimes that can be within the ritual, or that's work that you're working on to get to the ritual, too. So that's one thing to think about. And then the other thing that I often say with releasing rituals is that I was just sharing this, I think, in curriculum lab yesterday, for those of you that were there, sometimes when we ritually release, it's like, we release it, and it's done, and it's gone. And that's pretty magical. But most of the time, when we release something ritual, it's we're initiating the process and it's a longer process or we're, we're doubling down on the process that we've already started, but that is just as important, right? Because human beings change through process not usually like that, even when it looks like it's released. There's a whole like things have happened before that moment to actually get to that fuller release. Is that helpful?

1:12:51

Very helpful. So the ritual is in it's not the end, but it's in the process.

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That's right. That's right. Yeah.

1:13:05

Okay, I'll give you guys another one to brainstorm on. What about a divorce What if you are working with a client and they're getting a divorce or have gotten a divorce and it is feels like an important transition. Tamar what are some ritual ideas that would be really meaningful and make the intangible tangible and really support evolution when it comes to divorce? All right, who's got some thoughts they want to share on this are some creative ideas. What might you do for divorce or ending a relationship any

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if there were rings involved in a marriage, you could bury the rings or reform them into something else for yourself, like get them made into something different like a pendant. And also, I think it's really nice to honor the gifts that you received from the relationship and maybe kind of vision what the highest level of the relationship can be moving forward, what's, what's the new form of the relationship, if it's a friendship, or even just a letting go?

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Yes, yeah, absolutely. Another beautiful example of honoring in order to release and looking forward, and then I love this idea of taking the rings and making something else out of that. Kelly.

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Um, the first thought I had was, it depends if it were in couple or, or if it were someone individually, because sometimes it's

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different. Yeah, it can be good, it can be not so good.

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Yes, sometimes it's really celebratory. And it feels like, oh, cool, what's this new thing we're creating. And sometimes it's really ugly. And there's a lot of hurt and loss there. I love using fire. And so it could be with fire. But I use candles to symbolize the fire as well. But like, as has been said, in many different ways, but just like having something to symbolize. And if we were at fire, it would be a stick like something they can blow into that symbolizes the what has been and then as Amy said, you know, what have been the gifts I think that piece is really important to honor is, I mean, always, no matter what, like whether it's ugly or beautiful. To really honor the gifts, because that's an important piece to walk with and then honor what's being released, or what has been released to step in, in this moment. And then in for each of these having like a different stick or if we're using a candle like a toothpick. But then I love to have like something it's like putting into the sacred circle, what what is the space for creation now like what gets to be made of this, of this mulching work? And so everything that's been put down now, what do we create? And that's both? What do we create within ourselves as individuals, if there's a continuing relationship, like between the two of them, but then also, what opens up in terms of who we're becoming on the other side of this so

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beautiful? Yes, I love all of those ideas. And I want to pull on one piece that you mentioned, because there's a question about it in the chat of like, well, what if it ends badly. And Kelly was saying, I forget the word you use if it was gifts, or lessons no matter how it ends. But that's an important piece that I think is so it like to create awareness with if you're working with a client for yourself. If it's just like, that just released shouldn't ship which was so shitty, and like all the things and they were terrible. It's like, okay, so even if there's nothing in that, that you can say like was good or positive or to honor, then the next question is, what have you learned? That is so important for you through those experiences? What parts of yourself? Have you found? Or are you seeing that you have that you didn't know before? Because you've endured those experiences right there there is we always still want to find what can we honor

1:19:00

here? It's really important. Good.

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Yeah. And I love that you're talking about the burning too. And like for some some of you may have heard of this, like less kind of sacred ritual, but still, I think it's cool. There's been written out there like burning the marital mattress, right? That's, that is ritual just like so metaphoric. Like, just setting that on fire. Aiyana

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Yeah, this is great. I, I love what everybody's saying, and I really appreciate what Amy and Kelly were saying. I have done a closure ritual with with clients, which the best is if it can be the couple, and their community, which I've only gotten to do once, and it's almost always just one person that comes in and not the two of them, but that I haven't, you know, marketed it in a way that maybe would be more inviting, but I had them say things to each other in the steps and a ritual and if the, if it just one person, I'll have my partner or another person like stand in, in like a gestalt kind of thing. But it's I'm loving the idea of because I love using nature and ritual of adding actual ritual with it because one of the things I'll just share one step, where you look to the person who say I release you, because it'd be so important to be like, I release you from being the one I come to with this I

release you from being the one I share finances with, I release you from the one that I have sex with, I release it, you know, and then the community reverse bow

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is it's all I got chills when you said that. Yes,

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steps and it'd be and then I would say I, you are released, you know, and then if the person is out, they say you are released. But since it hasn't been happening with community, I thought, wow, like to be able to say that and include, you know, burning something, especially when people are doing it alone. But yeah, I do kind of it kind of like a release valve of like for the person to think about like, what are the things that I was counting on this person for? And then I've been in, entwined and enmeshed with them, because you can separate that still be holding on to those things and carry that with you.

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Yeah, absolutely. I love that. Beautiful,

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good Carla. Something like

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divorce is so complicated and has so many moving parts and can take a long time, especially if you're still raising children together. So what I'm loving is I'm seeing that supporting someone to be to be adept or available to have many rituals throughout the process. The one that I did, and it was before I knew anything about ritual, I was just spontaneously, I was in a store one day, I brought myself a magic garment with a simply had a dragon on it. So I went that's one of the things I would offer to a client, if it seemed in service would be to either have them go out and find just like you'll know it when you see it or have them do some work about deciding what is the symbol, what is the animal, what is the color, and it would need to be worn. So it could be either jewelry or some garment, mine was a sarong. And I danced in it for years, until it was time to give it away to I don't remember who. So that's my contribution.

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Yeah, yes to all of that. And I want to just also pull that what you said in the beginning but fast but I think it's important is it doesn't have to just be one ritual, it can be rituals through the process as the client is ready for this piece. And then as the client is ready for this piece, and then let's come back to this piece. So it doesn't have to be a once and done all

1:23:19

endeavor. Um,

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yeah, I have done a lot of spiritual bathing down in Central and South America. And I find that that act of water to heal and cleanse especially to bring in flowers and plants. And there's also the ritual of doing a plant limpia where maybe you have like big pieces of rosemary, or just any other sacred herbs and you can wash and brush the skin while you're singing or saying prayers and releasing that with the water. You can take a bowl of water you could leave it out under the moon to activate moonlight in it. And then maybe put roses for softening and helping to bring the beauty through lavender for calming, Rosemary is really good for remembering and then you break all the herbs up in the water. And then if the you know since we do so much virtually now if you're there in person, you can bathe your client you know have a wear a swimsuit or an a bathtub or if you know depending upon the time of year and the weather you can be inside or outside. Or if they're on their own that they can

make that bath and then just wash it over. Traditionally in the plant limpias you're like throwing it up and letting the sun cascade rainbow water droplets over you so it's a really good Beautiful and purifying way of releasing the relationship or just any really any trauma, any heavy energy that I've found really helpful.

1:25:14

Thank you so powerful. Yes, I love all the range of different ideas. I mean, honestly, there are endless amounts of creative ideas for ritual. And, and when you're working with a client, you can really personalize it, you know, work with them, personalize it, with them, every wedding, you know, like, in this official way, like every wedding that I officiated, every single one was different, based on the couple and what their needs were and what they wanted, from their union and from their marriage and how to start their marriage. Like it's just they're really sky's the limit on their creativity. We are the examples that I gave us to look at are kind of bigger examples like birthday divorce. But I just also want to remind everyone that we can do rituals for you know, quote, unquote, smaller things, like, if a client is ready to release a certain kind of ideal client that they've been working with, and, and move into a new ideal client, changing of rates. I mean, really, a ritual can be done for, for anything, or anything. Now that we're gonna, if we do that, like all the time, all the time, all the time, maybe it doesn't feel as sacred anymore, but like, we can create sacred space for the for the things that feel important. And then just these opportunities to go deeper and send signals to the psyche, and of all. All right, like I said, we could do months on this, there's so much but we're, I'm gonna I feel that we've gotten enough on ritual for now for whether you're new to it, or whether you've been working with it for decades that you have some new places to go. We're going to take just a short break until 1235. Eastern, and then we're going to come back and we still have a lot to do. We're going to look at next steps, calls with clients. And then I hope, I hope I hope we're going to have enough time at the end. We're going to actually weave all of it together, do ritual and honoring, and our own, just like like end everything and then I have just a special gift from my heart to yours at the very end. And so, let's take a quick bathroom break and I'll see you all at 1235 Eastern

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All right, let's come back together okay, good. Looks like we're mostly back here. Okay. So, we're gonna switch gears a little bit, but you'll see we're gonna kind of like bring it all together in the end, but we are going to switch gears a little bit right now. And take a look at how to and your work or a cycle of work with a client as well as how to invite them How to continue with you if it feels appropriate for them to continue how you and is just as important as how you begin, right we at the beginning of sacred depths, we looked at setting containers and for sessions and like setting all of that, and that is so important. And this is a ritual thing, actually, by the way, is containers, right, because container isn't only how you start something, it's how you end something in ritual. And in ceremony, we set containers, but we also do very specific things and ritual and ceremony to close containers. And same goes in our one on one work, we want to be very intentional around how we end and how we close containers. Even if a client is going to continue with us, we don't want one never ending on going container. It's actually not good for the client work, we actually want clarity and delineation on this container has happened and it's ended. And of course, we're bringing things from it into the next one. But now we're starting the new one. That's a way to maintain and build energy, energy can kind of like flop out just like out of a container if you're just ongoing because I have clients that I've worked with for years, like into decades, you know, and why this is such an important piece we don't do run on we don't do run on. We want to be really intentional. And the closing containers are about so many things. Number one, about honoring and integrating all of the work that you've done. So important, just like at the end of a coaching session, we do some things to honor and integrate the work of the session, there are specific things we want to do at the end of a coaching cycle, to honor and integrate the work. The other reason why it's really helpful to do this is because if you do want to continue working with a client, and it feels right to work with them, having the process that I'm going to lay out for you right now will powerfully if it's aligned for them to continue it will powerfully poised them to continue. And also, if you are raising rates or changing up offerings, it will powerfully poised them to be ready to step into that as well. I'm going to take you through step by step. I like to have a separate call separate from our sessions. That's like a bonus gift call from me to my client. And I usually call it a celebration and next steps call

can call it whatever you want. If possible, it doesn't always work out this way. But if possible, I try to schedule that call. Not after all of the calls are done. So not after our last call, either between the penultimate call and the last call of the cycle or like a call or two before that. And the reason is because it's kind of weird to like, get to the end the last coaching session and not know if you're gonna continue or not it leave, right so it's nice to have it before that. I will oftentimes just schedule it that last call the next steps and celebration call via email, though you can also schedule it voice to voice you know, at the end of a session. I am very clear and you'll get a template of the email that I send. I am very clear on the purpose of the call when I make the invitation to it. So I let the client know that this is an opportunity for us to really honor and celebrate all of the work that we've done together an opportunity to point you towards the future. If it's a client that I would like to continue working with that I think is valuable for them to to continue working, I will also say it's also an opportunity for us to take a look at what you're wanting next. And to see if I might be able to support you in that in continued work, right? Like we're not pulling a fast one, when we get to that call, if we want to continue with the client, we're letting them know, when we set it up. Be purposeful. In deciding whether or not to continue working with a client, don't just blindly continue. Really be clear. First for yourself, if this is someone that you want to continue with, and if they will get value, out of the continued work, if you don't feel that, I know sometimes it's hard not to make the invitation. But I really want to invite you not to continue. I know it's also by the way hard to make the invitation sometimes it's harder to make the invitation to a continuing client than to someone you've never met before. Like all this stuff can come up, do they really want to continue working with me? Like all the things. And so you'll see, I think as we go through the process of what the call is, it will really help you with that. Because this invitation is like very trauma informed and honoring and not aggressive at all. But I do just want to remind you, if you've done good work with a client, it is a value to that, for you to meet the invitation to continue. It really is. Okay, so you're going to set it beforehand, you're going to schedule the call, they'll be clear on what the call what why you're doing the call. So then what do you do when you get to the celebrations and next steps call its there are a couple of really important sections to this call. And I want to lay out each of the pieces and the pillars of it. I also want to say it's so aside from whether or not the client is going to continue with you. And also, even in addition to like the honoring of all the work you've done together, this call is really a coaching call that is full of value for your client. And you'll see as we move through it, it's just so incredible. It creates many awarenesses and honors, it was just it does so much. Okay, so as with everything you want to start by setting intentions. And I always at the beginning of this call, I always start with my intention first. And then I ask the client what their intention is. And similar to sales conversations, the reason why I start with my intention is again, even though they know my intention, when I made the invitation, I want to be clear again. So it doesn't feel like weird when it comes time to invite them to continue working with me. So I'll really start the call by saying, you know, my intention for this call is for us to connect. And to connect deeply and to have this beautiful time and space to really celebrate and honor all of the work, you've done so much work, there have been so many shifts on the inner and outer levels for us to honor that for us to also take a look at what didn't get complete. And why. And take a look at how

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you know, I might say something like how to continue to work on that moving forward. And then this is also a time for us to get clear on what you want next, right for your business for your relationship, whatever you're working on your client with. And then I'll say and I say this and then if it makes sense. I'll share with you how you and I can work together moving forward in order to achieve that for you to achieve that for yourself. Right. So I'm being really clear on the purpose. Now if I if I know I'm not going to invite them to continue I won't say that last part in the intention. And then I asked my client, what their intention for our time together as and I reflect back and validate. From there next section is celebrations And I want to really encourage you to not skim on the celebrations section, it is an opportunity to really spend 1015 minutes or so in celebration of the client, hold on, Amy's asking a question in the chat. What about when client wants to keep working together? But you don't get to come back round to that question, Amy, it's a great question we're gonna get there.

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Okay, so

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you want to really spend time celebrating, we've learned already in sacred depths why this is important. But just a couple of reminders. Right now, as human beings, we tend to under celebrate ourselves, and not really see all that we've accomplished on the inner and outer levels, we tend not to really see all the ways that we've evolved, or remember that we saw it in a previous session, right? Like and or we don't honor it, we tend to make things smaller when they're really big wins. Or, or we also can forget, because we've already integrated the shift. And now it just feels normal that we forgot that it was like not like that when we started working with our coach. Right? So we want to use this time to really have the client review. And I have them write down each thing as they share it with me. And I'll just ask, like, think back to when we started six months ago, you know, whatever. Just think about where you were in your life and your business, but thoughts you had feelings, fears, where things were at. And then think about where you're now what has changed for you. Like, let's listen. And sometimes I'll say we may not have time. Usually it's more than 1015 minutes of things, right. So because we I tried to keep the call to an hour also, we may not get to all the pieces, but let's get to a lot of them. And everything they write down, they share with me and they write down. I will ask what else. And what else because there is always more. And of course, as they share with me, I will validate and celebrate and reflect and all of that. And in evidently, I will also add things that they don't name themselves again, because they've forgotten or they're not thinking of it as a win or whatever it is. So inevitably, I will always add a couple of inner or outer pieces of growth or accomplishment that I've witnessed, that they haven't mentioned. And it really it is a moment to just honor all of it. If you have a client that hasn't achieved some of the big goals that they set, when they started working with you. Even with all of the progress that they've made, it is a good practice to just acknowledge that before asking them what they want to celebrate. So you can say for example, can know that when we started you wanted to find meat and find and start dating the love of your life and I want to acknowledge that that hasn't happened yet. And you've also made so much progress on the inner and outer towards that goal. And I'd love for us to really take some time to honor and celebrate that that progress and see where you're at now. If you don't acknowledge that in the first place, they're just gonna go into like what they haven't accomplished right? So we want to honor what is and name it and acknowledge it and then open up the space to really celebrate the movement Alright, let me pause there there's more sections to the call, but any thoughts or questions on setting intentions or celebrating

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Randa? Either Aranda, Did you raise your hand?

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Sorry, I needed to attach my headset? Can you hear me? Yeah. Okay. Um, I've had one where I send out a questionnaire beforehand. Like, where have you grown? Expanded? What have you learned those kinds of things? Is that, like an I have found that valuable for myself. But as you're saying here bringing up things on the call, I think that might be like bringing up different things for them, like fresher approach.

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Yeah, it's such a great question. So I also in the past have sometimes done like pre homework for that call and ask the questions. And it can work really beautifully. But then you still want to kind of review that and add more and go deeper on the call itself. I, the last couple of years I don't do it is often the pre work, I just kind of do it in the call itself. Unless I know I have a client that is gonna like really need to think about it a lot beforehand. But I think it's a beautiful thing to do. And then you just kind of like use it and go deeper with it in the call.

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And the other question is, if you tell the client like way at the beginning, when they sign on with you, hey, we're going to have this extra call coming up just so they're prepared for it? Or do you kind of just bring it up and

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I kind of spring it as like a surprise gift call when it's time to like schedule it for a couple of weeks later. But I have like seen people that just have it integrated in like, there's also this call, I like to do it separate because then it feels like an extra gift that they're getting that they didn't know they were you know, in time, they didn't know they were getting in the first place. But you can do it either way. Okay, thanks. Yeah, good questions, Kelly. Yeah,

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I might be jumping ahead here. But I am curious what you do for the final session. Currently, what I do is something along these lines, even though I know I haven't heard all of it. But I do this as part of a completion ceremony. So I'm wondering one, what you do for your final session with them? If this is what you're doing before? And then 202?

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What was 204? Your longtime clients do continue to do this as well. So because I know you said you'd like to spring it as a surprise. But when you've mentioned people you've worked with for years or decades,

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yeah, I'll answer backwards. So yes to that, because it's just it's an, it really is an important kind of completion thing. And also, when I work with clients for years, we have a very specific first session to every time we start and they fill out a welcome questionnaire. Again, I will alter the questions usually. But we're closing containers and opening containers and closing containers and opening containers. Or else it just it loses its energy. It really does. That's part of what a container does this hold that energy? So in terms of the first question, it depends on the placement of the next steps call, like if it's really the pen becomes the Pen Ultimate call, I'll usually do most of the, like completion on that call. And then just a little bit on the last regular session. But on the last session itself, a lot of times clients are going to just use it like they still have things going on, right that they want support on. So we'll generally use like, a 45 minute session will generally use 35 minutes of just regular coaching. And then I'll reserve the last 10 minutes. For with some clients, it will be like a little bit more ritual with some clients. It'll be like excitement about what's next. It kind of depends client to client. Okay. Laura?

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Yeah, I have a question about I mean, I, I have a client actually, I only just started working with clients like two months ago, so very new. And what I did was I, I kind of threw out an introductory offer. So four sessions. I didn't want to go any longer just because I'm new to it. They were new to me. And so, but I have one of the clients that I started working with First, we're nearing our fourth session. In fact, he hasn't scheduled this fourth session. So I was like, huh, as I was listening to you, I was like, oh, maybe there's there's something there. But I guess my bigger question is I Minutes. If we do it after three sessions, there's obviously going to be more work to do. I tried to keep the results, you know, manageable and doable within four sessions. But I'm just wondering what your thoughts are in terms of, you know, I'm in this situation, because I felt like I was new, and I didn't want to overcome it. But then what, what do I do next?

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Do this but in short form, I absolutely want to encourage you to have a set up a separate call. And, you know, obviously, four sessions is not going to be the same as six months, or a year's worth of work, but I would still follow this exact same thing. And if you're gonna make an invitation, I wouldn't do it for longer than four sessions. So the next one, three months or six months, and however many sessions in there. So I love that this is coming up. Yes. And just as a reminder, not everybody likes to do this. But we learned this in a very, very beginning. I really like to pre schedule out at the beginning all of the sessions, because resistance and life and all the things so then you're not like, well, when is that fourth session happening? It's, it's scheduled?

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Yeah, and I definitely tried to do that. I've encouraged that with every single one. But no one has actually done that. So I don't know if you have any thoughts on like, maybe I need to be more like give more evidence or, you know, be more.

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I think if the introductory thing is going to be four sessions, you can literally do four sessions on the phone together, like when they say yes, be like, great. And let's get our calendars out and schedule those. Now. Of course, we can reschedule you know if something comes up in your life or mine, but let's know that we've got this going on, you know, and do it that way. Okay, thanks. Okay. All right, let's keep on going. So after you celebrate, then the next section of the call is looking forward into what the client now so it's like, okay, we've just celebrated and now the client is like sitting on all of the beauty and the gifts and the power, and the resources of what has been created and what has shifted and what they do have now, right? So it's like, okay, from this place of like holding all of this, what is it that you want next. And I will often say like in a year from now, but you can do six months if you want to. And again, don't skimp on this part of the call, give it a good 1015 minutes. Really support your client to activate their vision we've learned all about visioning, right. So celebrate, act, help them to activate their next step vision, give them the space to really outline for themselves, whatever it is that they want that it is such a gift to give someone the space to vision, what they want.

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It's also a key piece of reenrollment to have that vision because it is hard for someone to invest in moving forward if they don't have a like what they're moving forward towards.

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In order for people to buy anything for the first time or the second time or the 10th time, there's a couple things that need to be in the mix. I'm just going to mention two right now. One is something a goal that they really want, right like a change or a shift or a new place that they really want to be at. So whether it's a next steps call or a first enrollment call, we want to like set the time and the space for them to activate that vision. But here's another thing that human beings need in order to invest in something whether it's the first time they're investing with you or the 20th time they're investing with you. They need to believe that they have it inside of themselves with your support but that they have it inside of themselves to actually achieve this vision.

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If

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we don't believe that we have the ability and the resource to get to the goal. That's when the coaching feels too expensive. Because it's not worth spending the money on something that we don't believe is actually going to happen. So, in in this template that I'm sharing with you right now, the celebrations is actually part of the building the belief or continuing to build, you've done it through all of your coaching with them so far. But for them to see that they actually have the resources and the brilliance to now get to the next vision to get to the next place, they're already standing on so much that they can draw from

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similar to celebrating, just kind of like how we under celebrate. Sometimes a client will under vision. So what I mean by that is, when they look towards what they want to create next, they might not everyone, but this can just sometimes happen. They underestimate the power that they have at that point to create what's new, and then they may not vision big enough. And you know, you've heard my whole spiel on visioning, we don't want to do things that are too unrealistic, or overnight, or at least I'm not suggesting any of that. But sometimes, like, I know, like, I have a client and they they've accomplished so much. And they really are ready to accomplish so

much more. And they'll like they'll talk about like the next piece. And so through this part of the conversation, I'll expand that out with them and see what lands and share why think they're ready for, right. And this is the beautiful thing about this conversation, which is different than an initial enrollment conversation where you don't know the person is, you know, this human being so well, you know, their strengths. So well, you know, what they're capable of, so Well, you know, what their Achilles are so well. And you can like really bring it into this conversation and just like a very beautiful and honest way, right? So I'll sometimes say to clients, like, because you now know how to XYZ and you've built this and you're no longer scared of that. i If it feels aligned for you, I actually think in the next year, you're gonna be able to blah, right, and then we'll talk about and see if that feels aligned and right for them. It's an opportunity also to show your client, again, you've been doing this throughout your work with him, like how deeply you see them and honor them, and see all of who they are. So you'll work together to create a vision that is stretchy and doable and exciting. So at this point in the conversation, you've laid out where they are right now, with celebrations. And then you've laid out where they want to be next. The next piece of the conversation is to talk about how they're going to get from where they are now

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to where they want to be. If

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and Amy, I'm gonna get to your question of if you don't want to continue with them. But if you do want to continue with them. This portion of the conversation is about laying out how in your next set of work together step by step by step, what you'll be working on and how you'll be working on together to get them to where they want to be. This is also and this is important when I'm going to say next, this is also the part of the conversation, where as you lay out the step by steps of how you're going to work together, that you're also going to speak lovingly, and truthfully, and compassionately

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to

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the places where if you continue to work together, you're going to be calling your client to a higher level of commitment, then in the last cycle. So I'll give you an example of what I mean by that. If I'm laying out a bridge to continue with a client, they've accomplished a lot. But in the last six months, I'm trying to think of an example, in the last six months that we've worked together, they've wanted to put together a meditation practice, but they never really committed to it. And we both know that that meditation practice is actually really important to them being able to manage their energy in their business. In this part of the conversation, I'll say, Now I know that you've been wanting to put a meditation practice together, and that didn't quite happen. And I know we both know that you're, you're totally capable of it, and it's ready for you. And we both know that this is so needed in order for you to X, Y, and Z. If we continue together, one of like, my deep requests for you, is that we go deeper to really solidify this practice for you. Like that is something that I think is going to be really important together. Or I might be laying out a piece and I'll say, so this piece is going to require you making videos. And I know you weren't, like ready to make videos over the last year, and I know it's scary. If we continue to work together, and we work on this, I need to know that I have your permission to hold a tighter container around that and really meat lovingly, like kick your tush a bit to make those videos, right. So I'm gonna, like I'm naming the things, it is so powerful if a client is aligned to continue, because it's like you're gathering like stuff, because things are always gonna like fall through a little bit, right, and you're gathering those pieces and you're talking about how you're bringing them into the next level of work

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together if

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you know that you don't want to continue working with the client. And it can be particularly tough if you sense or you know that the client wants to work with you. When you look at certain pieces of where they are now where they're going to be like what they need, if it's not aligned for you to continue it's not aligned because you can't provide them those bridge pieces, right that's why it's not aligned you can't provide them those bridge pieces either because you can't or because they're not ready for it. And so you can lay out those pieces, but you but you say I know like I want so much for you to reach this goal. And I know for these next pieces I am not the person the right person to support you with this or I know I can support you with these pieces but in order for you to be ready for these pieces first you need to get support on X right something that's out of the scope or whatever it is or it's important for you to grieve why and then we can do this right so that's a way of still honoring and honoring the process but also just being like honest in an empowering way about not continuing right now okay let me pause there there's still more to the call any questions or thoughts on this bridge P vision piece and then rich peace

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Randa go ahead Randa either for me, yeah. Okay.

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So for the visioning part of things. I like what you're saying about starting and completing because I have had some where I've continued on we just kind of extended and it does feel watery at the end. The visioning piece I have had some clients really struggle with, like, it's not like they want a new relationship, they want this, they just, there's something that needs to change within them to make them lighter or brighter or move through their days better. And it's a bit of an intangible piece, too. You know, I can see it, but are they feeling it? It's It's so soft and not like, it's not a hard line that they've crossed. So with that visioning piece, I struggle a little bit with how to say, Hey, what's your next vision? Is there a way that I could guide them into a an answer or a clarity on that?

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Yeah, absolutely. So because a vision can also be an inner peace, it's not just like an outer, this is the goal, right? So again, like context can always help you've, you've just done celebrations at that point, right? So then you can say, like, you know, based on what came up, okay, so over the last six months, you know, when you started, you were just totally closed off to having a relationship, you believe that you could never find the partner. that's right for you, you blah, blah, blah, blah, blah. And now it's so beautiful, like, you're in this place of that you feel hope? And you feel like there is possibility? And so what are the next energetic shifts, and the next places where you want to be with your beliefs and feelings? When it comes to relationships?

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Do you mind repeating those words while I write them down? Because they're there? They're gold?

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What did I just said, What are your energetic chef, and set of beliefs that you want to be in, say, three months from now, six months from now? When it comes to relationships, right. And again, like what I was saying, with vision, we can add to that, because we know them, right? So we can say, you know, I've seen you build confidence in your hope over the last six months. But one of the things I really think you're ready for now is to feel completely confident in your love of law, right? Where like, whatever the nasty, or, you know, you've been able to do this, this and this, but tell me if I'm getting this right, I feel like it hasn't. Like there hasn't been an energy of fun in it. Like where I want you to go next, when it comes to looking for a relationship is also to bring fun into it and pleasure and enjoy yourself. Or, you know, we've worked on this fear and this fear. But tell me if I'm getting it right. I feel like the one of the fears you're ready to work on next is the fear of what What if you get into a relationship, and then two months later, you get rejected? You know, so you can you can lean into those

and share what you're seeing as well in in that vision a? Okay. Hey, thanks. You're welcome. Good question. Ken. Michael, interesting in the chat. I do have clients who continue on with me for years on an as needed basis, during crises or for sporadic check ins for grounding and realignment. I like this kind of work and don't want to stop doing that. Do I need to close out the container in this way? Or can I keep doing what's working for me? Yeah, such a great question. So here's what I'll say my friend, like, if it ain't broke, don't fix it. That's number one. That being said, this doesn't have to be with each of those clients. But for some of them, you might want to think about like a yearly check in. Because you might, I mean, I hate to put it in money terms, but I'm just going to put it in money terms for a second, you might be leaving money on the table, because you've just been going on in this sporadic as needed way. But something maybe has actually shifted for them, and they're ready, they're ready for regular work again. So and especially if you sense it, I would have call like this at some point, and then take a law. You know, and you can let them know, again, like full transparency going into it. You know, we've been doing the sporadic thing for a while I know it's been really helpful. And I'd love to have a check in on it just to kind of like review where we've been over the last year and where you're going next. And also, you know, this may not come to pass as we explore this, but I am wondering if you're actually ready for your next level of consistent growth and how we might work on that together so we can take a look at that in the call as well.

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Good, good question. Okay, so

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celebrations, Vision bridging the two. At this point. If you are planning on inviting them to continue to work together, this is where you meet. That's, this is the moment. And I always, because this is true and authentic to me, and if it is for you, I offer this to Hugo, like I always say, Nothing would make me because if I'm going to invite someone to continue, this really is the truth, nothing would make me happier than for us to continue to work together. It's been such an honor and a privilege to hold space for you over these months. And I'm so excited about where you're going next. And if it feels right for you, you know, based on everything that we've looked at today, I'd love to invite you to continue working together. Right. And so I just like heartfelt on that. If I'm if it's the same rates as the previous year, and same container, I'll just say, you know, it's nothing has changed you it. This is these are the rates. If something has changed, either, well, let's take it piece by piece. So sometimes I will change a container because knowing the client, knowing what they've been through and knowing what they need next. I feel like they might need a different container. They might need more calls, or they might need less calls. Or they might need some longer calls or a day long, intensive and then calls or I don't know, whatever it is, right. So sometimes I'll know what that is going into the next steps call other times, what comes through the next steps call inform will inform that. And if I'm not sure, I'll say, you know, I want to switch things up also, first before I even get there. If so I'll say that what I just said to the client, it would be an honor, blah, blah, this that and the other thing, and then I'll say, is that something that you'd like to explore? Right? If they say yes, I'm not, and I'm not changing rates also not changing, or it's exactly right. Or if I do want to change something, that's when I'll say I might say, you know, I want to like really think about what kind of container would really serve you best if I don't know, yeah, you give me a couple of days, and I'll send you some details. Or I might say, if I know I'll say you know this, that and the other thing. If I know that I'm raising my rates, I will say to them, you know, again, just full honesty, I have raised my rates for 2023. And I always give a discount for continuing clients. So I'm not going to give them the new this is just me, this is not like truth with a capital T I'm not gonna give them like the new 2023 rates. But I will still raise their rate and I'll let them know you will get a special rate. But I just want you to know, when I send you the information on this, the numbers are gonna look a little bit differently than they did this last year. And this is about me really honoring all of the time and the energy and the holding that I put into working with my client. Right. And if they're aligned, you're not going to have to qualify it any more than that. I mean, it might not be right for them. They might not be able to write whatever it is, but I just like it's the truth when you raise your rates, that is why

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um and then.

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So if I know it's just a yes, and I'm not changing my rates, or even I am changing my rates and I know it's going to be a yes, right then in there on the call, I will ask them, give them the numbers. And I'll just say, Do you want to continue? If I feel like they're going to need some time and space, I do it the way I do regular enrollment conversations. I will send it the details in writing and I will give them homework questions. And then we'll set up a second call

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and see

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you know, if they want to continue or not the homework questions I usually they're based on what the client needs. So like, could be like, what are some of the beliefs that you're really ready to move into why you said Do you want to do this, that or the other thing, do some journaling on why this is so important to you. So just give them a little bit of homework with that. And then as always, and the call to ask for takeaways. And if you're going to have a second call, make sure you schedule it before the end of the first. Randa is asking, would you tell them what the rates are? Either way? It depends if I feel like they're a yes. And they're going to be a yes or close to Yes, with the higher rates, I will say on the call. If I feel like they need to go through a process with homework and thinking about it, I'll tell them, I'm going to send it to them in the next day or two over email, and I send them all the numbers there with the homework. Mariana is saying I really love the direct approach to putting the truth on the table, especially regarding where the client hasn't, yeah, committed or achieve the results. I'm curious if this sort of performance check in could be used in an earlier stage of working with the client in the event, they're circling around their goals? It's such a good question Marian. So some times, and I do this very rarely. But you know, it's coached a lot based on the who, every now and again, I will do a version of this call either halfway through a program, particularly if it's a longer program, like a year long with a client so that we have a check in or I'll like schedule a pop up one. If I feel obviously we're not going to talk about next, like working continuing working together on these calls. But if I feel like they need this sort of check in assessment, come to Jesus moment a little bit. Randa?

2:21:56

Do you ever give options, like we could continue for three months, we could continue for six months? That sort of thing.

2:22:05

I actually often give two options. Almost all the time, I give two options. And you know, every conversation and client is unique, like every now and again, I'll say to a client, like what's your sense of what our container should be? Going forward? You know, like, how often do you think like not like this, is that right? But like sometimes every now and again? Like it's also just like co creative and collaborative as well? If I'm not sure, right? I'll just say like, what what do you sense would be ideal for you. I have some ideas, but I'd love to hear from you. First, I'm all about tailoring for someone. Some coaches are gonna say don't do that. You just have your two standard things or your one standard thing. And that's that, but I'm about tailoring and really making it work as best as possible. Okay, cool. Carmen is saying in the chat, this all feels so in integrity and non manipulative and honest, I'm glad you're naming that I feel the same way. That's why I share it with all of you helps you feel better about offering your work again, good. I'd love to hear one or two voice to voice what you're just takeaways on what your what is really coming together for you. And thanks for getting us started Carmen on this, but what's really coming together for you? What are you seeing in this process that I've just laid out for you? Who wants to share? Kelly, I kind of

2:23:55

said this in the chat. But I'm I'm just aware that this approach of being so transparent and honest. And that mean it feels like an extension of the discovery call training, which was really, really awesome, like another version of that, but it's just like so honoring of what has been and what's possible for what's next. And and so authentic. And as I'm imagining myself having these like engaging in this way with clients and with a range of people, right, the people I've been with for like almost a decade or people that are newer and people who are really showing up and other people who are showing up less that where I'm feeling a little like I'm not sure if I want to continue with them. It not only asked them to step into a higher level of themselves but ask us to as well. So it's like really owning the role are like stepping fully into this role and a bigger and bigger version of it not bigger, but like a more refined and more On a skilled version of it, as we ask them to go into the next space, and ask us, as we're, I guess I'm asking, I'm asking myself, like, what would I need to do to be able to call them to a higher level? I'm like, oh, yeah, well, I need to, I get to be more more firm about accountability. And I get to be, you know, all the things. So I love this is how relational it is.

2:25:26

Yeah, it is, I'm so glad. And I want to just add another piece, something that you just said reminded me of something, I'll talk about what I'm gonna do differently to, right, if there's something that I need to shift and how I've been, that's part of the conversation as well, like, it's just such a collaborative, open, honest, like, this is what is possible in the next round. And these are, this is what is required for that,

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and love that. And it gives space to where, like, I'll just say, for me, like, I may have been too soft around scheduling or thing or whatever the things are

2:26:06

Bakley, exactly, if that's the moment to just like lovingly name all of it. Or sometimes I'll also be like, you know, I'll say, you know, you didn't really use the container in between sessions, and I really feel like in this next round, that's gonna become more important. I want to be able to take a look at this or that I want to be able to, like, just whatever the things are, I'm going to need that. I love that. Thank you. Good. I want to make sure that we have 30 minutes to like, also do our proper ending for the whole program. So I'm going to take Lada hopefully, short question, and then know that our Facebook group is still open for a bit. And also I'll hang on at the very end of our call for for if anyone wants to hang on and ask any other questions. But I do just want to make sure we have a good 30 minutes for our closing,

2:27:05

Lada? Thank you. I'm not sure if my question is great, but I'll ask it. So I put it into the chat. And what would you recommend? If you're not exactly sure if this is a right fit for someone to continue to work with? I'm currently in a situation with a collaborator. And I am I have been in the leadership position. And I believe I can do a much better job at I stayed in the container and setting forth what is required and not come from a sense of scarcity. Oh, I need this person to come along. Yes. So yeah, we're not sure we fully aware they need to do a lot of a lot of a lot of healing around around the work that we're doing. Yeah, absolutely.

2:28:08

So this process that I laid out today allows for that. So like once you've laid out that this is where we are, and this is where we want to go. And so here are the pieces that I think we need, right? And then if you're still not sure, again, transparency, you say, I am not sure if it's a good fit for us to continue or or if it's going to be best for you. Like if it's a client for a week for us to continue. Here are the reasons why I'm seeing it could really work. And you name all of the things and then you say, and then here are the places where I have questions where I feel, you know, want to hear from you. Do you sense that you're going to be able to commit to these things? Or how are we going to work differently on these things? Right, and just like full honesty on that with love and compassion

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and perhaps have a time to revisit?

2:29:11

Yeah, and you may not get to that answer then in that conversation. Yeah, I think the question you're asking is like a special case because of collaboration that's not going to for everyone else, like that's not going to come up very often at all with continuing clients.

2:29:32

Okay. All right. So

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we're moving into our homes stretch and into our opportunity for sacred space to really sell embrace, and honor all that we have experienced and shifted and grown and move forward,

2:30:10

together.

2:30:12

And so

2:30:16

with that,

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I want to first just take a moment to bring us even to some more held space. And if it feels right, I invite you to close your eyes. If not keep your eyes open.

2:30:38

Come into yourself

2:30:46

connect with your breath.

2:30:51

I really invite you to bring all of yourself fully present for our last 30 minutes. And I invite you to place a hand on your heart to connect in to your heart

2:31:15

and your love

2:31:19

and your compassion. And as you connect in with your heart, I invite you to honor your heart and your cell. First and foremost, just for being you.

2:31:48

And I invite you also to honor yourself for committing to and going on this 10 month journey is not for everyone. Take a moment and honor the time and energy and focus and attention that you've brought over this last year.

2:32:20

And then from this place, I invite you to lightly bring yourself back to last February, February 2022 When we first began and to just start to remember what was going on for you. When we first began. What was happening if you had a business and your business, what was happening in your client work if you had client or what was happening if you were really wanting to start doing client work, what were you believing? How were you feeling?

2:33:04

Where was your confidence

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level? What were some of those attitudes? What were some of the obstacles just start to remember really where you were

2:33:19

a year ago

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what was happening in your life? And now bring yourself to where you are now November 2022. What has changed on the inner and outer levels in your life?

2:33:51

In your work? What has changed

2:34:01

just start to notice it start to feel it start to release see it or not start I know so many of you have really let it come up what has changed about who you are as a practitioner, what's changed about who you are as a leader, what's changed about who you are as a human and as an entrepreneur or as a parent or as a partner. And let yourself feel some of that. I see it on some of your faces already that we've self feel some of that.

2:34:46

And

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with all of that I'm going to ask you some questions to journal on. The first question is

2:34:56

what do you want to celebrate? At out who

2:35:00

you are now as a practitioner. So first on the inner level and your energetics and your beliefs and your attitudes what is it that you really want to acknowledge and honor and celebrate about who you are as a practitioner and as a

2:35:20

leader

2:35:22

and as a human right what has changed on an inner level

2:35:28

take some time write it down. Deeper

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there is more nothing is too big or too small. What do you want to celebrate about who you are now as a practitioner and a leader and a human?

2:37:38

Take another minute with this one and feel free to share in the chat. Also, what is it that you want to celebrate? About who you are now as a practitioner a leader a human?

2:38:27

Iana is more deeply honest with yourself about what you really need and want. And you're also asking for support at an unprecedented level. That's huge. paradigm shift. Michael is saying in my bones, I have everything I need. Now I can flow with the moment because I'm not an impostor. Yes, you're absolutely not an impostor. Annalisa say saying I've worked a lot on boundaries as a practitioner, but also in my relationships. It feels so grounding and self affirming and liberating. Yes, I have witnessed you do that Annalise and are so beautiful and really life changing to shift your boundary. Amy is saying I'm more settled in myself and feel grounded in my sessions. I've slowed down and now I trust myself. Yes, I'm so happy to hear it. Yes. Jolly is feeling more grounded and centered and who you are and what you can offer. You're feeling your worth in the work that you've done to create your offerings and you're no longer doubting that your work has positive and beneficial impact on others. Yes, yes. Yes. Yes. So beautiful. These are all Amazing Mary and has become better at recognizing and honoring your own needs. Yes, like moving across the country? Because that's what you need it. Yeah. And it's still a growth that gee, yes.

2:40:13

These are all beautiful.

2:40:19

Yeah. Right, let's keep on going.

2:40:29

What is it that

2:40:30

you want to celebrate by way of skills and we would need like two hours for you to list all of the things because you've all learned so many skills, but just for now? What is it that you want to celebrate? By way of skills? Are your listening? Do you want to celebrate your listening skills? Checking your filters, being more curious? Do you want to celebrate? How you're able to honor what is with clients or reflect hard truth? You want to celebrate that you've gotten so much better at crafting breakthrough questions, or that your visioning skills are just incredible now so much better than they were? Maybe you want to celebrate how you're able to strategize with your clients or befriend fear maybe that the friend or fear processes like a huge celebration for you, or working with negative thought patterns? And maybe you want to celebrate how you're supporting clients to work with the myth of perfection? Or to be in the mystery or understand their self sabotage? What are some of the skills that you have now that you really want to honor and acknowledge and celebrate

2:41:49

are really important for you? Angela is celebrating

2:42:30

that you have that skill of understanding the dynamics of the transformational process? Yes, it is huge. I know it informs everything that you do with clients and probably with yourself you know? What are the skills that you want to really celebrate and acknowledge you all have so many since when we started in February nothing is too big or too small for this is saying clients comment how they appreciate your reflecting skills? Yes. And that doing so makes them feel seen and heard? Yeah, yes. Barbara is owning being much better deep listening and reflecting and honoring what is and much better intuitive question asking yes.

2:43:37

Alta celebrating your ability to hold a strong sacred energetic container. Yes, yes. Unless consulting. is Amy's gotten so much out of taking notes after each session. Yes.

2:43:58

Cecil's

2:43:59

clients are commenting on Container whole thing and trust building, feeling understood. Yeah, these are all so powerful.

2:44:17

Go deeper,

2:44:19

you each have at least one or two more things when it comes to skills that you haven't yet written down. It really if I if we were to take the time and go through each piece of what we've covered, there's so much that you each

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have. Holding a

2:44:47

tight container, yes, by asking to set intentions and then closure and yes, yes off skillful

2:44:58

pausing. Yes.

2:45:03

So let's add to the celebrations. What is it around your business? Or your personal life? We've already have mentioned I've seen them in the comments. But what is it? Maybe you're getting more referrals now or clients that resign or you've been able to raise your rates? Or you're working with your first clients and you never thought that you actually could? Or would. Maybe you're used to do one off sessions and now you're working with people for periods of time. Maybe you're not taking over responsibility and going later in your sessions anymore. What is What do you want to honor and celebrate professionally about the business about your personal lay?

2:46:03

Maryann's gone from being completely uncomfortable in your physical body to being deeply embodied paradigm shift? I mean, I get chills from every one of these. Yeah. Remembering that your client is whole and complete, and so are you

2:46:23

Yes. You don't have

2:46:35

to perform, you just have to be present. Yeah, that's

2:46:44

right, take one more moment

2:46:47

with writing down celebrations. And I want to invite you to look over all of the celebrations that you wrote, and maybe star or circle or underline the one or two that feel, I mean, they're all life changing, but star circle like the one or two that feel the most important to you, the most meaningful to you,

2:47:21

right now. And then

2:47:41

based on what you're seeing and what you're choosing, I want to invite you to claim some things for yourself

2:47:57

what is it?

2:47:59

Based on all that you've acquired and move forward and grown and celebrating? What are you ready to really claim for yourself? Are you ready to claim that you are an incredible practitioner? Are you ready to claim your confidence? Are you ready to claim that you're transformational?

2:48:24

And I want to invite you to just write the simple simple is better and more powerful I claim. And then what is a simple thing that has meaning to you that you know you are ready

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to claim. What are you ready to claim? Because you've earned it. You've worked for

2:48:51

it's already there and now you're ready to claim it. Give you another half minute for this. What are you ready to claim? And write down I claim and what is it? Rhonda says I claim that I'm masterful at holding sacred space for women. Yes. A Jana says I claim that I am a powerful creator. Yes. Our Amy says I claim my role as a transformational practitioner. Yes. Jackie says I claim that I do deep transformational work with clients yes to us. Carla says I play my authority as a crow Niehaus jolly, I want to invite you, I want to reflect to that you are ready to claim that you help coach people feel and hold their center point.

2:50:20

Yeah. Michael Ian

2:50:25

says I claim my own body of knowledge and body of work. Yes. Aaron says I claim that I am a coach of experience, value and transformation. Yes, yes, these are all not only so beautiful but so true. For each of you. Carmen says, I claim that I am a loving, compassionate and strong leader with an honest offering that can genuinely support women in changing their lives. Yeah, yes. Okay, so here's what I want to invite you to do. I asked you all to bring an object, a piece of jewelry or a scar. Hopefully, you got that in the email the prep email

for today. If you don't have it, it's okay to you can just use yourself and your body for what we're going to do next. So I if you have an object that you've brought, we're going to infuse this claiming whatever you've just claimed into the object. If you don't have an object, if you're wearing something that you feel like you want that to hold the energy of it can be that could be something on your desk, or it could just be your heart, your cell. So I'll give you all a moment to get your thing. And if it feels right, I want to invite you to hold your object or with yourself to stand up. You can stay seated if you want, but if it feels right, I want to invite you to stand up. And whatever the object is, it can be also like a rock right whatever it is or yourself your heart. Take a moment and infuse the object or the part of your body that you want to infuse with the thing that you are claiming and owning.

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You can infuse it by just holding it by breathing onto it by putting it to your heart your belly. So really infuse that object with what you are claiming

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and with each breath of infusing the object feel more in your body the embodiment of the claiming and then I invite you if you can to speak out loud, your eye claim sentence say it out loud and with intention and honor yourself as you do. Taking one more moment with that

2:54:12

and then

2:54:13

from this place giving yourself a moment to feel the gratitude for all that we have experienced together to feel the gratitude for this journey for this community. For particular connections you may have gratitude towards yourself and then from this place

2:54:58

what you

2:55:00

Is your sacred promise to yourself moving What is your sacred promise to yourself moving forward from all of this and as you're ready I had asked you all to break up pretty piece of paper but it can be on a regular piece of paper I invite you to write down that sacred promise. And when you have time later I invite you to put it on a pretty piece of paper, get out crayons and markers and ritually make that vow to yourself. So what is your sacred promise? We're gonna go about two or three minutes over I hope it's okay

2:56:22

I want to start to bring us to close by sharing with you a piece of writing that I wrote many many years ago. And I wrote it at the time for myself then I wrote it for Nina who had just been starting to cry alright, I wrote it for Nina who had just been born and I wrote it for my clients. And I wrote it for like all of you even before even meeting you. So this is my my last gift in this container to you.

2:57:03

You

2:57:05

are a child of the Earth,

2:57:08

a lover, an artist, an incredible human.

2:57:18

You are complete, all ready. Whole unto yourself. Your heart is the barometer for what is right in your life. You have choice. Choice is freedom. At any moment, you can choose to step into the flow, step into your flow and move with the energy. honor yourself. Love yourself. Know that you were put on this planet to do amazing things with your love. Open, open, open more you are ready. Always ever unfolding. You are trust, knowing knowing knowing no matter what you are here and that is all that counts. You are magic. without effort. You are magic. And you are so important.

2:58:32

You are seen

2:58:34

you can't hide any longer because you and your gifts are so needed right now. You are you in all of your beauty and love and wisdom and anger and grief. You are you in all your perfect imperfection. You are you and you are so important. You are sacred holy and you are called. You hear the calling. Even if you don't understand it yet. You recognize it and somewhere inside. You know you must follow you matter. You have always mattered.

2:59:27

You

2:59:29

are the one that you've been waiting for. I adore each of you so much. And it has been just such an honor for me to hold the space for you over this last 10 months you have all contributed so much to Me and it has been a privilege like a complete and utter honor and privilege to share this work and this experience with you and didn't so saying the work of this circle is done but really only just begun. May you return to your ordinary lives. extra ordinary humans may you walk with the knowing in your hearts that you matter and you have everything that you need. May you know that you can always come home to you. Mary Meet Mary part and Mary meet again. So many hugs hugs hugs all around so we're officially done and we're time we did it with only going over two minutes. I'm here I'm going to turn the recording off if anybody needs anything let me know I can hang out for a little bit. If not just so much love. I know I will. Whether you are continuing right now or not. I know that we're going to see each other we are connected and we are connected.

3:01:44

And that will be