



# Sacred Depths Certification

## Befriend Your Fear - Part 1

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Hello everybody give everyone another moment to get settled Okay, welcome. So glad to be with all of you today. Later this afternoon, a new cycle of sacred depths is starting. And I was just thinking about how quickly the time has gone already. Since we all started together, I can't believe we're already more than halfway through the program. So today is the first of three sessions on befriending your fear. And really, in some ways, it's a continuation of so much of what we started last week as well with resist looking at resistance and the resistance archetypes. And I'd love to hear what's been resonating for you since last week. How have you been playing with the resistance archetypes for yourself or with clients? What have you been noticing what's been percolating around resistance? AJ?

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Hi. I know I left it really rough last week, and I was having a lot of feelings. And I talked to a couple of people, I brought it to therapy and, and really just wanted to come on and say thank you for that space. And the, like the care around it, it felt you know, in retrospect, it

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felt felt very easy thing. Even you know, in the moment, it was, it was hard stuff. Yeah, yeah. So

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thank you, of course, and thank you for all that you brought forward. And, you know, I told you privately, I could feel that discomfort. And as from a practitioner point of view, it's like you for those of us that are loving and caring, you know, maybe we're like, oh, I don't want her to feel uncomfortable or, but the truth is, is that the discomfort, the right amount of tension and safety is what can create new awarenesses and new directions. And tell me how I'm getting this right. AJ, I could feel that's where you're at, like, you know, we both wanted you to maybe move through the discomfort more quickly than you were but the truth is that my intuitive sense. Was that like something important was happening there

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for Yeah, absolutely. And I needed to sit with it. I wasn't ready to move through it.

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And if, like, if I had, it would have been pretend and it would have been like heightening and locking in that Judge versus you know, digging a little bit about what was actually going on.

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What was coming up there. Yes, I really want to acknowledge you for not skating over it for not pretending or just like quick. Let me move on and for sitting with it and being with it. It's it's a big deal to be able to do that and I'm so glad that you did. Thank you. Thank you, Sophie.

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Hey, one thing that was kept coming up for me as I was listening to the resistance I He types, because I listened to the recording, it was amazing. But one thing that kept coming up for me was, wow, I'd have to be really bold to ask these.

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Up, we just lost you or I just lost you. Did your sound go off?

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Sorry, I think I, I switched my screen and it muted me. Sorry. Yeah, I'd have to be very bold, very courageous, very kind of strong and centered in myself, to ask the kinds of questions that you were modeling. As in, like, if the judge was in a client situation, and I could feel it coming at me, the amount of holding I'll have to do with myself to be able to bring, like, I can't even think right now of the question of some of the examples, because I guess it's just quite far away from the usual kind of bold energy I bring to my sessions, which is sort of helping them see maybe blind spots in their marketing, and it stays very cerebral and isn't focused so much on the inner work. And I can just feel that it's a really big growth edge for me to have the courage to see something speak to it. It's yeah, so I thought I'd learned that in case other people in the group are thinking that and, yeah, it's just, it's, I get a bit shaky when I think about,

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yeah, yeah,

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I'm so glad that you're naming that. And the courage piece. And if this is helpful, a couple pieces with a reframe. So I heard you say once or twice, like has it, you said it has to take a lot of work or has to take a lot of energy. And what I want to open up is that there's a difference between courage, and it's taking a lot out of me. My experience is that the a lot of work that it takes is actually that in or not in that moment, although of course, it does take a certain holding, but it's more the continually coming back to the equal playing field. I am whole and complete, my client is whole and complete. We are not at odds with each other. They're right, it's just resistance is coming up. This is natural, and normal. And when I can continue to come back to that, and most importantly, know that I'm okay, and my client is okay. And then bring love for all of it in and the heart of the word that you used, or the root of the word that you used. Courage comes from the French word for heart. Right? So, so much of for me, at least in my experience, that courage comes from the softening of my heart in that moment, both to myself, and to my clan.

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Yeah. How does that maybe feel that? Yeah, that feels great. And to every time you said, normalize it, this is normal resistance is part of growth. I was like, oh, yeah, of course it is. Of course it is. It's part of my growth, it's gonna be part of their growth. I guess it put the spotlight on my people pleaser. I just don't want to make anyone uncomfortable ever. And I know I'm not making them uncomfortable. But yeah, it's that. It's, it helped me see that. That's something for me to work on to make progress as a coach.

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Good. Good. Yeah. And again, and I've said it a few times. And I'll find also some kind of easy reading on this, if anybody is interested in going further. But neuro biology research shows us that growth happens when there is some discomfort and tension within a safe container or a safe enough container. Thank you. Thank you. All right.

Wow. So we're going to take all of that from last week. And we're going to bring it into our work for today, which is starting to look at fear itself. And as a reminder, we want to look at this entire kind of bigger overarching module as a whole, which started last week really started with energetics to the week before we want to kind of look at it all of this as a whole all the pieces fitting together. So for example last week When we looked at the resistance archetypes, we looked at the types of obstacles that can bring the coaching itself to a halt. Last week's class was about supporting your client to move out of the unconscious hold of the archetype that need to sabotage the forward movement, but not thinking, not realizing that that's what's going on. And what we looked at last week, was really about moving all of that towards compassion and love and understanding for it for the client. And for ourselves. Last week was about how to start to get the green light to even look at the fear that is wrapped, you know, that is kind of underneath the resistance. And then once you've poked holes in the resistance, you can look at the fear. And so that's what we're really going to be looking at over these next weeks. Ways, techniques for supporting ourselves and our clients to befriend our fears, going deeper into dismantling that fear that the resistance archetype was trying so desperately to hide. And you can do this either by befriending the fear directly, or by befriending the resistance archetype. Because as you befriend more the resistance archetype, it, you'll befriend the fear along with it. So we're going to be learning how to do all of that over the next couple of sessions. All that being said, sometimes the process doesn't even end there. Sometimes, once we befriend the fear, we find that there are unhelpful thought patterns that are underneath the fear or hanging out with the fear. And so that's why after this module, we're going to look at rewiring negative thought patterns. We can be supporting our clients to be taking outer action along the way as we peel the layers. So it's not like all the inner work has to be done and complete, because I don't know about you my inner work. It's still not complete, we can be strategizing and taking action along the way. And the idea with all of this. Well, there are a couple of pieces and pieces that we've touched on before in this program. But again, just to like highlight them underscore them. Number one processes, a change is a process. Most of the time, even when it doesn't look like it's a process, even when there's like a big aha moment. And then like massive action is taken after that. Usually there was a series of awarenesses you know, either undercover or not that we're like making their way to get that, you know, domino effect. Um, but you know, all that being said, as we know, change is a process. It's not a once and done, it's not linear, it can be cyclical, as well. And what is helpful for me is to think about supporting myself supporting clients, to do the inner work to create the breakthroughs to create the awareness is enough of an opening, that there's inspiration permission to take next steps, but that doesn't mean that we're also going to come back to do the next level of inner work as needed. Alright, so that's where we're going with all of this.

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Okay, so

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we're going to be looking at what I call befriending your fear. Today, we're going to get the foundational principles behind this kind of look at the human nature behind this. And then in our next session, I'll take you through the process. And then in our next session. After that, we'll have some modeling and demos with the process. So I developed the term befriend your fear many, many, many years ago. Oh, after many encounters and experiences with both my own fear as well as that of my clients, and this idea, this concept of the friending your fear is not only my own, I've listened to then seen it in lots in many different ways, which I love. It's like, you know, like ideas come in waves and in different ways. But this concept is, for sure, 15 years ago was very different than how most people were talking about fear. And I would say, even today, it's still pretty different than most of what we see both in the industry as well as in culture in general, around fear, we tend to get the messages that we tend to get about fear, tend to be conquer your fear, slay your fear, destroy your fear. Or even let your fears go, and befriending your fear is actually not about even letting your fears go. This is about becoming friends. It's a totally different concept than slaying, conquering, destroying, or even letting go, or even overcoming in a way that would like we could also look at his overcoming. We want to befriend our fears, because if we ignore, avoid, criticize, hate on fight, or tried to destroy the fears, most of the time, they become stronger and bigger, not smaller and more workable. So I always love to share the story of this little story that I watched a lot of Sesame

Street when I was little. And one of the little cartoons that they had on Sesame Street. And I still remember this from when I was probably four or five years old, was the parable of the sun and the wind. And in this parable, the sun and the wind were hanging out. And they saw a man with a big trench coat and a hat, walking down the street. And the wind says to the Son, Hey, son, I bet you I'm stronger and more powerful than you are. I bet you I can get that coat and that hat off the man way quicker than you can. And the son says I'm up for the challenge. I'm game here, it's on. Let's see. And the wind goes first. And the wind blows and blows and blows and uses its force to try to get that coat and that hat off of the man. But what happens? The coat and the hat don't fly off the man from the force of the wind from the pushing of the wind. The opposite happens the man clings tightly onto his coat and his hat, holding on to it clinging to it. So that it's the sun's turn to go. And the sun

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doesn't use force. The sun just shines lovingly on the man and just shines lovingly on the man and brings its heat and it's more to just shine lovingly on the man and the man on his own avail gets warm enough that he decides to take his hat and his coat off.

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To me this is such a beautiful parable or metaphor for so many different things and I think especially when it comes to fear and resistance, when we try to push it off when we try to shame it off when we try to fight it off, when we try to Hell yeah, it off. Usually we end up clinging more tightly. But when we shine, love, and warmth and friendship on to it, then more choices show up. So let me pause there. I see some of you in the chat were Sesame Street watchers as well. Anything that you want to just share or add to this idea of befriending versus conquering, destroying or slaying or anything that's feeling important that wants to be shared around that. Melissa saying I wish my parents had seen this episode Aiyana. Yeah, I just want to say that in meditation this

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morning, I was feeling really distracted by thoughts. And so I decided to, I'd read years ago that in Tantra, one of the things they do is they take the distraction and make that part of the practice. And I remember that so I did that. And it was so much easier than

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fighting it and trying to make it go away.

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I love that make the distraction part of the meditation embrace it, embrace it. Thanks for sharing that. That's great. Marianne, did you want to share something?

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Yeah, I'm, I'm noticing how list of words you use for like conquer it, slant, destroy it. And then there were a few less kind of vehement ones, like let it go or overcome it. But there's so like, masculine to that, that like, like aggressive. And I noticed this culturally, if you some of you may have noticed this as well, I'm always noticing words that we use, even as coaches like the word trigger, or blow things up. There's so many like war mongering type of things in the American vernacular that are actually kind of shocking and disturbing if you're really starting to notice it. But it was interesting that a bunch of those words of how that's kind of how we're conditioned to approach things, right. Like, if you're gonna quit something, people are like, you have to go cold turkey or going on like extreme diet, everything's so extreme and harsh. But I love this idea of just flipping it because, you know, it just, it's just a whole different energy of like receiving the message that your fear maybe has to give you or being in community with your fear. When I think of the word befriend, I'm thinking like, How can I commune with this fear and learn something? Or how could? How could I translate that into the glass being half full, somehow, instead of having it be like an arduous, uphill, like struggle, it sort of takes the struggle piece out of it. And it's such a beautiful, and I love the sun and the wind? It is a really beautiful metaphor kind of have

something similar? Are you gonna, like effort really hard and create more struggle and create a downward spiral? Or do you want to just like, take a breath, like, feel the need to take my hat off? Now? You know, it's a beautiful contrast. And I think, just talking it through, it's evident that you now as a coach, I can sit back and like, look at a concept like this. But when I look at, like, what happens in our culture and life in general, it's, it's the opposite of what works. It's our knee jerk reaction.

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Yeah, 100%, I was getting chills when you were talking about language a big, big yes to everything that you just said, and then kind of, to pull on one of the big part of the spirit of what you just said, this work, and also so much of what we're gonna continue to be looking at, in sacred deaths. Part of it is undoing the messaging, of patriarchal culture like that. To me, that's actually one of the roles of a coach or a practitioner. I mean, one of the many roles or purposes is that so many of these messages that you just so beautifully shared, they have seeped into us, the language has seeped into us that those concepts have seeped into us. We don't even realize that we've taken them on as this is truth, and the creating awareness around that and then offering different choices around that messaging and it's doesn't have to be truth, I think is a big piece of the work that we do. Thanks for sharing all that.

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Yeah, totally agree. Kelly.

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Yeah, just to piggyback on what Marianne was saying. And I was thinking that as well about the languaging, just being so violent and aggressive. I was also thinking that, especially in this industry, that it's a way that people work a lot. And they might actually get immediate results. But they aren't necessarily lasting results. And so and I've had that experience myself being like, yeah, I can push through, and I can conquer this and overcome that. And I've done it. And then I like the retraction can be worse than where I was before. And I've, I've witnessed that in other people as well. And often with very masculine presences in the front of the room. And I was just reflecting even just with AJ at the end of the call last week, where I think a lot of us were sitting in discomfort like that, it was hard. I was like, I want it to be okay for her, I want you to make it okay, I want to be okay. And you didn't try to fix it, like you sat with her. And like refriended, her stuff that was coming up. And clearly we're sitting with your own too. And I was I was just reflecting on like, how powerful it is to model those two things, because you could have done it really differently. And he might have been felt pressured to be like, Yeah, sure. Okay, I'm all right. And then she wouldn't have been maybe, instead of the last week, she would have actually had to kind of recover from that experience. It's like not it's also not very trauma informed. So all of these pieces about like, what are the results that we actually want to help create? So, yes,

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yes to all of it. And, you know, life is full of paradox. And I'll also say, at least for me, there are right moments every now and again to push through, like sometimes it is, okay, this is I'm just pushing through because I want to get that thing done. And but if I, if I'm doing it consciously and with intention, understanding the full picture, too, right? So moments for everything. Okay, good. All right. So let's keep on going. What I'm going to say next is not going to be surprising, but it's just important to keep on bringing it to the forefront. One of the foundational pieces that we want to keep on coming back to when we're working with fear with ourselves with our clients is that fear is normal. It is normal, it is 100%, common, normal, and almost expected that fear of some sort is gonna show up when you're about to step into something bigger, or different or stretchy for yourself. Fear is for human beings, much of the time, part of the process of expansion and growth. And there is nothing wrong with fear. If you experience fear, when you are going after something that you want, or thinking about something that you are thinking about going after something that you want. If you experience fear, it doesn't mean that you can't have the thing that you want. It doesn't mean that there is anything wrong with you. It just means that there's fear and you are in the middle of a human process. The reason why I keep on coming back to this and

highlighting this is because again, cultural messaging. Fear has been stigmatized and even pathologized in our culture, and oftentimes even in the transformational industry. But it is normal and healthy. It is healthy, to experience fear. Sometimes. That's because our fear is there to protect us. Why does fear come up? It comes up to protect us that's another foundational print Simple to write down, the fear comes up. Because either in that very moment, there is a real threat, or because at some point in our life, there was a real threat. Even if not in this moment, there it is. And so the fear is a mechanism to protect us. In this way, I see fear as something to be respected. Because it's kind of like a smoke detector, right, we want to respect our smoke detectors, because they let us know, when we need to get out of the house. It's just that what can happen in a growth process is that the smoke detector needs to get more fine tune or it's a little bit overly fine tuned, we can say. And the smoke detector kind of goes off when it's just like some smoke from over cooking dinner, versus a dangerous fire in the house that you need to get out of.

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Does that make sense? So part of our work is to support our clients to know when the smoke detector is going off, because there's an actual fire in the house versus when the smoke detector is a little bit over vigilant. And it's just the overcooked dinner. Fear isn't something to be fixed. It's not something to be fixed. Instead, it is something to be assessed. Is this helpful? Fear? Or is this fear not helpful in this moment? Or in what ways? Is this helpful? And in what ways is this fear not helpful, and then make proper adjustments and reorientation around our decisions based on that assessment? Again, this is why we want to befriend fear versus destroy it. We don't want to take the smoke detector out and not have one in the house. That wouldn't be a very good idea. And for what it's worth, this is at least my experience, I think I said it earlier. I'm not really sure that fear ever goes away. And I'm not sure that it's supposed to I think it's about continuing to deepen the relationship so that it can become more and more helpful versus being unhelpful.

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So let

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me ask you a couple of questions. Based on everything that we've been looking at so far, how have you up until now been approaching fear? Have you been seeing it as a problem? Have you you know, how have you been approaching it and what have you been believing up until this moment about fear? Take a moment with that. list out all the different ways you've been approaching it. All the things you've been believing about it either in yourself or in your clients.

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Think about cultural messaging that seeped in for you parental messaging that seeped in for you around fear, coaching industry, messaging that seeped in for you around fear, how have you been approaching? What have you been believing?

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I'd love to hear some shares, what is coming through? What are you seeing what's feeling important? Around this discussion? Tina.

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For many years now, I've been a protein fear from more of the inner child perspective. And in when it when it comes up for different reasons, I kind of just look at it from the perspective of Well, as far as the threat is concerned, that feels threatening in the moment. Is it true? Is it true that I'm being threatened? And even if and when it's not, and I'm still feeling that, you know, that anxiety or whatever that piece is that feels so out of whack? I just tried to think of the last time I felt that way. And maybe it does go back to childhood, which it has



and oftentimes does. And I kind of nurtured the belief of that part of my child that believed that, yes, and it's like this whole process that I do in my head, but I also do it for my clients.

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Yeah, so beautifully said, I'm so glad you shared. And so this is another foundational piece that's really helpful to remember about fear, as I was saying earlier, sometimes the smoke detector goes off, because there's a real threat, sometimes the smoke detector goes off, because in the past, there was a real threat. And whatever is happening in the present, is kind of bringing up that feeling from the past. And so as Tina saying, it can be so helpful to support our clients to create awareness around which part of themselves is feeling the fear right now, is it their present day, adult self? Is it their nine year old self? Is it their 20, you know, whatever it is, where, which part is feeling the fear, and then to go further with that, and support the clients to see the difference between the resources they have in the present moment, versus the resources they had in the past? Because that can support the client in saying, Oh, that actually like I can, I can deal with that fear, I can stretch through this fear. I have resources now that I didn't have, then. Thanks, Tina. Angela.

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Hi, Joanna. So I, let's see if I can put this expressed that.

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So when you use said about fear is not something to be fixed. I had a situation where I asked someone to be with their fear and feel that and what I wanted to use that say the message of that fear was, and it came, okay, want to be safe. And there was an idea of what it means to be safe, in terms of everything was perfect and beautiful. So completely different from what you're saying about. There's nothing to be fixed here. So I don't know if I have a question on that. But I don't know how to support in this way. And yeah, so any idea?

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Yeah, in a couple minutes. We're actually going to talk about safety a little bit more. And I think that will help. And then and then if there's still questions, let me know because we're going to kind of unpack some ideas around safety. To good. Who else? What else is feeling important? What else are you seeing? Oh wants to be shared. Sophie saying in the chat, when I meet fear in others, I find it so much easier to go slow. Stay calm and hold space with love. Yeah. As opposed to yourself. Here you, me saying my deepest fear in my life has been death. So I try to get friendly with death. Yeah, that's a biggie. And EGS Aj is saying that she feels the opposite of Sophie, with others. And it is also saying I think I've also been projecting to my children the idea of healthy fear, which feels really super limiting to them. I don't know. Can you share more on that? I know. I don't think I'm getting it fully from the chat. But I feel like there's something important in there. Yeah, like I'm

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wishing a little fear on them.

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Like, why aren't you scared of this? Or

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now? I got it. Now. I got it. Right. Right. Yeah, it's right. It's an interesting thing. Because like I said earlier, fear is to be respected, like it is there to protect us. So having, like, you're saying, now I get it, like having healthy fear? I mean, it's such an interesting question, right? Because we do want to have healthy fear. But then how do you do it with kids or adults in ways that it doesn't feel limiting and depressing? And scary.

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Annalise?

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So Joanna, it's quite a good coincidence that I just got a new client, and she is a partner in an American law firm here in London. And she's very young. She's a mother of two. Absolutely. Focus on a career very, I had a little bit of a projection, but thank God, I sort of like worked on that. And she wants to succeed when it's in a she's in a male dominated environment. And, and she works crazy hours. And a fear is that if she doesn't do that, she'll be find out. Sorry, there is a helicopter on my head. So basically, imposter syndrome. So how do we sort of like unravel when the fear is about? us not being? Yeah, being find out? Not being what we think we are other people think we are? Yeah.

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I'll give you a quick answer now. But then we'll take the next three sessions to really learn it, the quick answer is to make friends with the part of yourself that is scared of being seen as an imposter. So there are different ways and we'll learn a technique we'll learn cognitive technique, as well as a somatic technique on how to do that. But the answer is to actually lean in to that fear. lean in to that part of herself that is scared of being seen that way. understand it more, make better friends with it, and through the process that I'm going to teach when we get there. When we do this somatically when we can hold space and be with and lean into the part that feels scared. One of the things that we're doing in that process is creating resiliency and regulation with that part, so that our system and the container of our bodies and our nervous system can actually sit right next to the fear be with the fear, and feel more regulated with that. And that's when we can then make better decisions, even with it there. Okay, thank you. Thank you, Barbara.

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I'm just finding this also very interesting. And the conversation that in the chat about anxiety versus fear. And I'm thinking back to a childhood experience that I had, I was anxious in school a lot. And I remember I had this one dress that had really long lapels, and it would suck on the Pell because I didn't suck my thumb in school, but I did when I wasn't in school. So I was anxious. But I also was leading the school play in second grade, and had all kids lines memorized and told them what to say, you know, I'm telling them if they didn't remember, you know, what their lines were, because they were so afraid. So it's very interesting thing, because I know, like, public speaking is like a very high fear for a lot of people. I mean, probably most people, and it just, it just never just seemed that big of a deal to me, and not like, you know, if I'm on the stage, of course, I get anxious. But it's not that, you know, public speaking is often more of a fear for people than death, right. So it's this, this is a very interesting thing to kind of reflect on my anxiety, because I can definitely turn up kind of high, and still not be like, afraid. And in and, and we were, you know, in the chat, we're talking about how there can be that feedback loop of anxiety leading to fear or feeling, you know, which way does it go. And so it's just, it's really interesting to see it. Also, having these two separate experiences that so I feel like my fears are a bit more unique, you know, like, like the imposter syndrome. That's super common. And like, No, this is just me. You know? It's just very interesting to like, notice these differences. And that I don't know, I feel like, since that's not an issue for me, it's easy for me to hold space for people around that. Because it's just like, Yeah, I can I can see you as who you are, you know, and I don't see you being fake. You're you. You know, I don't know. It's just it's really interesting to, to. Yeah, experienced this. So thank you.

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Yeah, yeah, you're welcome. I love what you're sharing. And I don't know if this is exactly what you're sharing. But one of the kind of thoughts that sparked for me, as you were just speaking, which feels important to just share for everybody is that we can also be high achieving, and, and have the fear at the same time to like, for some of us, the fear stops us in our tracks for other of us, the fear of not accomplishing it, maybe bigger than the fear of the thing. So we're getting it done. People are high achievers, but there's the fear is still in play inside of us. Marianne,



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I noticed the thing that came to mind, and we were talking in the chat here about like societal pressures and fear being something that's kind of vulnerable that we don't want to admit like, so I hate driving over really tall bridges. I have a fear of heights and like huge overpasses, or especially skinny bridges that don't have much of an edge. And I used to describe it to people I'd say like I have an irrational fear of heights and then I had an experience that somehow just flipped the switch for me and I was like, to the point of like your lizard brain like fear has a purpose. It's totally rational to be afraid of heights. It's totally rational to be 500 feet up on a tiny little bridge going over a canyon or whatever it's completely rational and so that really helped me just put a stake in the ground and claim it like I'm okay not being okay with that. And sometimes if I'm like road tripping with a friend or something I'm I know that like my parameters like I'm more comfortable if I'm the one driving you know, and there's certain places that I just avoid places I would frequent any anyway but but it did help to like take the stuffing out of it a little bit. I still have the fear you No, I don't have to feel like I have shame around it or anything. And I think a lot of that, you know, there's a lot of that, like, why why are we hiding things that really are just super rational? Yes, fears, coming out with a lot going on in the world today. That's, you know, there's there's a little fear now that we should let it drive the bus necessarily, you know, but I mean, there's something about claiming it, and, and seeing how it serves you

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Yes, completely. And what you're speaking to, you'll see is, it's part of the process was a when when we work, when we befriend fear, the end point, the result, as we'll see, is not to support our client necessarily to take a different action, that might be a result that comes from the befriending process. But the real ultimate result is to create this different kind of relationship and understanding like the one that you're talking about, so that then the client can make a conscious and empowered decision about what they want to do next. And that decision can be, yes, I want to cross the bridge, or that decision can be, you know, what, I don't want to cross the bridge, but I feel good and empowered about that decision, that is not a risk that I am willing to take. And in the end crossing the bridge or doesn't cross it not crossing the bridge. That's not what what matters. It's that how we make the decision, and the energy with which we make it and like you're saying not feeling the shame, but feeling power meant in it.

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Yeah, and the other thing that's striking me as you're saying that making that empowered decision to maybe not across the bridge and go another way, it kind of goes, it kind of goes flying in the face of the destroy your conquer your fear all that because all those things, take the choice out of it and make the assumption that either you're wrong to be afraid, you have to feel the fear and do it anyway. Which and sometimes it is the right choice, right? But it's that the pushing through takes that element out. It takes the empowerment out. It's like you have to do this in you have to feel small about it, or you have to, you know, feel unsafe.

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Yes. And you're not good enough to actions, right. Like you're wrong. If you don't do it enough, or you're I see it a lot in business coaching, like you're being that CEO is if you do it, but that like you're saying that takes away so many other options and agency. Yeah, yeah. Good. Okay, good. Let's keep on going. Um, so, next concept that's important, I think, for us to understand when we're working with fear. There's always something to risk. There's always something to risk. When we create goals for ourselves, or when we desire to step into a new place for ourselves, a play or a different habit, or whatever it is. There's always some thing that is at risk, to change status to from one place to next to another. There is always some relationship or held belief, or value, or actual object or idea about yourself. That is at risk. You can think of it kind of like if you're at the edge of a cliff and you want to get to the there's a chasm and you want to get to the other side. You have to risk being where you are now in order to get to where you're going

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and you have to take that risk of it. I may not I mean we're not going to like fall and die right but I may not get there I may not get there

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so for example, if you want to grow your business There are multiple of things that might be at risk for you maybe your current schedule is at risk for you. Maybe your identity, as someone who doesn't have a bigger business is at risk for you. Maybe the type of relationship that you have with a partner or with your children feel at risk for you. Now, that doesn't mean that you're not going to get to have the same schedule, you might or it doesn't necessarily mean that your relationship with your children is going to change, it might stay exactly the same. But the fear coming up is the feeling of something or more than one thing is at risk. Does that make sense? Okay,

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so

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with this understanding, one cognitive way to approach fear is through risk assessment, supporting clients to create awareness around the risk, asking a question like, What is the actual risk of taking this action? On a scale of one to 10? How big does that risk feel? And also to explore is this a risk that they feel is worth taking you now with this new awareness? Is this a risk that they feel is worth taking, you could use a stretch risk or die type of exercise. Just this kind of creating awareness or doing this kind of risk assessment brings the fear from this like kind of blobby? Like I just, I feel the fear, I don't know what it is to Okay, let's actually get clear on what's what is the thing that we're scared of letting go of or risking here? What is the probability that that will actually change etc, etc. Let me pause there any thoughts? On this piece? There's always something to risk. Barbara,

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so I guess I have a question about this, in terms of like, I was just thinking about risk before you started talking about it. And sometimes I perceive other people's fears as, like, irrational risks. And so, you know, like that, you know, getting up on stage, everybody will see me and then they'll hate me, because I forgot what I was going to say, or whatever it is, you know, I'm just making something up. But, you know, how do you help? So like these? Is that where you start to navigate? Are these rational? Risk, you know, is your risk assessment rational here? Or is it? You know, are you? I don't know, it'd be like you laying more of your fear out there. And just like, you know, just making this big barrier with it without, you know, like saying, oh, yeah, that really, that's not going to happen. So I don't know, it just kind of was like, it just seems like a lot of fears that people express there's a certain amount of irrational risks that they perceive. So, yes, I'll be bucket. Yeah,

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yes. So a couple of things on that. So first of all, the more that we can kind of be with them in it, look at it, befriend it. And a lot of times use the somatic process to just kind of be and get more comfortable with it. It can help with that. But even when I was just saying like on the cognitive, cognitive level, sometimes it helps for just mental understanding of like, okay, let's lay this out. So what's at risk for you? If you were to get on the stage and speak what is the relationship value part of your identity, you know, etc. Okay, well, people will hate me, right? Like, I'm just using what you just said. So the the risk is having people like you, right? Okay, so on a scale scale of one to 10? What's the what's the likelihood that that will actually happen? Or first you can take it a step further. So if these people in the audience will hate you, then what? What does that mean? Well, I'll be all alone. Okay, so on a scale of one to 10 If you get on that stage, how likely is it that you're going to end up all alone in life? Right, so sometimes just like the just that cognitive awareness before we get to somatic or anything else, it can help put it in perspective for the client. It can be I think someone mentioned in the chat, I saw the corner of my eye at some point umur it can almost like be universal, you're not going to be alone, right it so it can kind of start to poke those holes and then you could even as I was saying, from there say Okay, so, what is the stretch when it

comes to public speaking what is the risk and what is the dye and the dye is like, I would never ever do that. But the stretch is speaking in front of 10 people at a book club meeting the risk is going in, you know, trying to get these talk right and then they can decide based on stretch risk or die but so you're giving kind of this cognitive awareness versus just being in the blind spot of this big blob of discomfort and fear is it helpful to think about it in that way good Tina, saying in the chat, I believe what seems irrational is very real to the person experiencing the fear Yes. Anything else that wants to be said or shared around this piece of there's there's always something at risk?

1:02:14

Okay. Okay, so then that leads us to the next concept, which I think we also all know that it's important to be reminded. Our egos like to be comfortable. Our egos like to be comfortable.

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So

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there is a part of ourselves or a big part of ourselves that would rather feel be in the comfort versus be in this stretch, or the risk. Now, if it's true that there's always something to risk. And if we want to get to a new place, we have to in some way or another give up the place that we are right now. It means inevitably, there is going to be some discomfort in that growth or change process. And the ego is going to fight against that. Like crazy. Even when the comfort is not a place like a likable place, even if you so dislike your current career, or your current situation, whatever it is, the ego is gonna Trump comfort over dislike much of the time. It's, it's pretty amazing, actually.

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But you kind of can't have both, right? It's kind of like if you're sitting on the couch, and you're thinking, Oh, I really want something from the refrigerator. But I'm really comfortable on the couch, but I'm hungry right now, but I'm really comfortable on the couch. At a certain point you're gonna have to either choose the comfort or to actually get up not be so comfort right like that, and get to the refrigerator to get the thing that you actually want So your ego wants to stay in the safety zone, because the safety zone may not be what feels great. But at least you know what it is, at least you know, at least you're familiar with it, you're settled in there, you know what to expect. But let's kind of look at this a little bit deep more deeply, for a moment. The belief that we can do anything in life, to remain fully safe and secure, is kind of a lie that we tell ourselves, the belief that we can do anything in life in order to remain fully safe. And secure, is kind of a lie that we tell ourselves. Because the truth is that life is always changing. And there is always the possibility that we might lose our home or get hurt, or the business will fall apart, or the relationship may not work out. Whatever, whatever it is, that is life, there is no guarantee of security. In order to be alive, we're always moving and changing and growing. Yes, we can root down like the trees, we can find our connection and our groundedness. But that being said, we're still also always in the mystery, there's no guarantee of what comes next. Not about health, not about anything, there are no guarantees. And that's part of the beauty and the risk of being alive. Anything can happen. We're just so amazing. And also so scary. So I like to think about the cycle of risk or change or safety and security in terms of the cycles of the Earth, because I think of so much in terms of the cycles of the earth. And I like to think about the trees in the autumn, and how in the autumn, the trees have these beautiful, colorful leaves. But in order to for the next birth, in order for the spring, for the for the tree to grow again in the spring. At some point in the autumn, the tree has to be willing to risk that safety, that security, that comfort of the beautiful leaves in order to do what it needs to do through the winter, and then get to the next place in the spring. All right. I know that's a bit, many big thoughts and what I just shared. I'd love to hear what's landing or what's sparking for you, in what I just shared. The ego wants to stay comfortable and safe. But there's no actually in real life. There's no guarantee. Tina,

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I'm just resonating with everything you're saying today, Joanna this. I have had so much experience of there's no guarantee and with the best of intentions, and following all the rules and it didn't matter. There was just no guarantee of all the horrible things that could happen anywhere. And you know, it's almost like for so many years when I owned a spa and yoga studio. You know, like I said, I followed all the rules at all good intentions for my clients, for the employees, everybody. But then life happens you know things happen that you have no control over. But there's still Always a gift within that, and I found my gifts when other than that, and it's usually the work that has to happen within. But it's true. And it's very easy after even experiencing very traumatic things that happened. So want to hide, and I still, you know want to hide sometimes. And it's harder to to go into that trade and transition sometimes for me to that next higher level because of what's at risk. And but there's always something at risk, whether I, I can stay stagnant. And that's a risk to so

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yeah, yeah, absolutely, absolutely. Yes. Emily's,

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I think I had I mean, there was a sentence that rationally, I knew very well, that is, if you don't change, change will be, you know, occurring upon you. And I always rationally knew that. But now, you know, when you were talking, it just hit me physically. If, you know, nothing is certain in life, and something is going to happen. So what you risk by not facing the fear is going to happen in a direction, it's going to make you worse than if you do you face the fear. Because when you face the fear, you're going towards what you want. Whereas if you just stay where you are, something is going to change because you're going to lose your comfort, but in a direction where you don't want. And that as hit me massively personally, and for my client as well.

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Yeah, yeah. Beautiful. So true. And I love that that quote. And, you know, one of the reasons why we're looking at this, is because I think sometimes on an energetic level as practitioners, we want to keep our clients safe, right. So it's like we want them, we want them to stay safe. And so we might also be buying into some of these ideas that there's some way to just always stay safe. Now, again, we assess the situation, we befriend the fear, we create a different relationship with it. And then the outcome might be a very empowered decision. Like we were saying, with Marianne to not cross the bridge, like not take that risk. To stay safe in this way. Like that does make sense. But then it's empowered. But we don't want to unwittingly, energetically approach situations or join with our clients in this idea that there's some way to always stay see. Thank you. Who else? Kelly?

1:13:11

I'm loving this so much, as many are saying in the chat. And I also feel like I am walking this so much right now personally. And last week, I you know, I by courageously and effortlessly said, Well, I'm making this cross country move, and I'm ready. And then two days later, no, I think the day later, I got some more information that was just going to make it a little more, a lot more than I thought financially and some other pieces and a lot is coming like this decision has been a long time in coming. But now it needs to happen in a month because I need to get there in time for my kid to be in school. So I had this moment of a saying like, Oh my god, I just told all these people in secret depths that I'm moving, and this is a really bad idea. And I and there is like one piece of information I'm still waiting on but we're like, 99.9% sure we have a place to arrive to. And, and anyway, I just did all of this soul searching and I feel like I have been walking through all these different pieces and really looking at, if I don't do this, then I'm staying in the place that I've been and that doesn't mean it's better than like, the hardship that's going to be the or that could be the next month of getting ready and making this happen. And I really want to be there not here. And it's going to be hard. And I'm just but the thought of like, staying in a place that I've been one foot in one foot out for years. Like just didn't make sense anymore. And and it's been Yeah, it's just been looking at so many of these pieces. And now I'm like in this place of Yeah, we're gonna do this. It's completely nuts. We're gonna do this. But it's definitely I just feel like I'm walking with it so much and it's it is making me

work. My courage and it's also helping me so much to be able to speak from a place of authenticity with Michael clients who are coming in with their own concerns and fears and what have you. So, yeah,

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not so, so much to what you just said. And one of the many pieces that I'm hearing and what you just shared Kelly is that in a way, you've done that risk assessment. And you have made a conscious decision that you're willing to go through the discomfort of the next month, that it's worth that risk to get to the other side, it would be just as valiant if you would make the other decision, right. But so long as like you're saying, like, you've sat with it, you're looking at it, you're being with it. And this is the Empowered decision, you're clear on what you're risking. And you're clear that you're willing to sit through that discomfort. Beautiful, thank you, Lada.

1:16:05

I wanted to to acknowledge how, how well, the comparison with the tree changing leaves sat with me. I think I've been in the, in the fear of being seen in the naked state without leaves. After, after experiencing this great period of feeling so beautiful in my car for a tire with the leaves. I was like, wow. But it's inevitable. And this the cycle of life is inevitable to these leaves will fall. You want it or not? They

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will fall right? We get to decide if they go gracefully or like clean and then they fall away. For sure.

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But yeah, the feeling of feeling naked and see being seen in that nakedness after you have achieved a certain level of success. And now you have to reveal yourself as a baby so to speak. huge challenge. Not even sure which fear is probably a conglomeration.

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In a minute, we're going to actually look at some of the most common fears. So there might be one or a number there. And what I would just say, as a like reflection for you to kind of if I'll just toss this and if it is for you to think about is beware of black and white thinking to and beware, yeah, beware of black and white thinking in this. Yes. We, you know, like the paradox, like there's new and and there's so much resource and experience that you're bringing through. So that is

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true. Actually, it came to mind, just as I was saying this because I imagined the next cycle of Wi Fi imagine spraying and in fact, one of my favorite times of year and visually, something that always fascinated me is the the buds of the new leaves just ready to burst open. And to me they always look like I even wrote a poem, but that they look like the nipples of a woman that is aroused with desire or ready to be ravished. And it's just yeah, there is a reason i guess i i love this time. And it's it's a great time in in the creative process as well.

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Yes, yes. I love that analogy. And as a reminder for everybody we looked at this way back earlier in sacred depths. But that bud, that vlog was talking about that new life that could not grow there. If there was already the old flower that hadn't fallen off or the old leaf that hadn't fallen off, there wouldn't be space for Absolutely. Absolutely.

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And people love nakedness for reasoning.

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Yes, it's so true. Thank you. Okay, so last thing for today, is I want to briefly go through this is not an exhaustive list at all. But I want to go through some of the most common fears that I see come up for folks. Just because it's I think it's always helpful as a practitioner to have as much understanding about human nature and human reactions as possible. It kind of can help us spot things as we're listening to clients and create awareness. So again, this is not a list of all fears at all. But these are some that I like to share because they, they tend to be more common. And it's good to look for it can be really helpful to look for them. None of them will come is great, well, maybe a couple will come great surprise to you. But most probably not. So first one fear of failure, right? And that can sound something like I'm simply not going to be able to make this happen, I'm gonna fail, etcetera, like just fear of failing at what they're gonna do. Here's the thing that I always like to point out to practitioners about the fear of failure. Almost always, the fear of failing at one task, like I'm going to fail at this launch, I'm going to do the online dating and then not it's not gonna work, almost always for individuals, the fear of failing at one task. without them even realizing gets conflated. With the fear of failure of being a human being like, the whole thing is a big fail. It's like whatever happens in this one scenario, is gonna foretell the whole future, like the whole value and worth of me as a human being and the whole future. Another fear that is pretty common, we've already heard it today is the fear of not being good enough, right? They can sound something like not smart enough, not savvy enough, not a good enough coach. Really just the fear around anything not being good enough, I have yet to meet a person that doesn't have this fear, in one way or another.

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Another common fear is the fear of success. So fear of failure are pretty obvious. But for some folks, and some can have both at the same time. Fear of success, so check this one out for yourself, do you have any preconceived negative notions of what it means to be successful? Are their judgments around what kind of person a successful person is or what they have to do to get there? If if some of that is rotating, you know, around, there might be a fear of success for a client. Fear of being seen or fear of being visible. You know, if I'm more seen, I'll get criticized, I'll be more open to criticism, I'm going to have to stand up for my values, or you know, for this, this thing that I just said, the fear of being seen and being visible sometimes can relate it to Who do you think you are, can be related to the fear of not good enough also.

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Here's another fear that can sometimes be underlying, for folks. That fear of losing connection with self or loved ones. This is one of them that may not be obvious right away. But for example, oftentimes there can be a fear that if you achieve what you want to achieve, or take the time to achieve what you want to achieve, that you'll become so busy, or get so carried away or get so lost in the work that you won't have, you won't stay connected to others, where you won't stay connected to yourself another kind of version of this. I see this a lot with people that have a lot of artists archetype in them. If I make it big, then I'm going to lose connection with my values. That I lose connection with myself and my identity. And what I really know I'm going to become that kind of person. That's not me. Another one that can sometimes come up And Aiyana saying in the chat, sometimes it's a very real thing that a person's family or community will cut them off emotionally. And I go back to there's always some yes, there's always something to risk. So any I'm not saying any of these fears won't come to pass. Again, we want to kind of, but we want to get clear, do risk assessment, see what we become better friends with it and then make more empowered choices. Fear of not deserving what you want. For some folks, what can sometimes rise to the surface, as you start to look more deeply is that they feel like they just don't deserve to have a great relationship or to get a book published, or to live in their dream home. And then, of course, there are fears of others getting angry at you fears of not being liked. That one's a biggie for me that I continuously work through. Fear of getting hurt. One that I've seen, I didn't see in my first year is but as I've worked more and more with practitioners, another one that I see sometimes is fear of hurting others.

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And then, similar to the fear of losing connection with others, but a little bit different. Another one that I often spot is fear of surpassing loved ones. So this fear revolves around a parent, or parental figure or a sibling, friend,



a mentor, an employer, who you who you might feel incredibly loyal to. And there's a part of you that fears if you achieve what you really want, you're kind of going to break the code, like you'll surpass them or break the family code, or the rule between the two of you of how you relate. So instead, you hold yourself back, you don't allow yourself to achieve the thing. Because that's more comfortable than the pain of surpassing this loved one and what goes along with it. All right. You'll get a sheet I know I went through those quickly, you'll get a sheet with all of those. And a couple more. We've got just a couple of minutes left. And this is all to be continued again, today was just kind of the backdrop of foundational pieces. We're going to move into techniques over our next two sessions. But for today, I'd love for you to take a moment and write down what is it that you're taking from our time together today? What's the big takeaway? I know there's a lot that came through but for you like what's really your biggest takeaway from our time today? And I'd love for one or two of you to have the last word for today on that who'd like to share what are you taking away? Marianne?

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I think the broad there's so many good things that come out of this discussion today. But I think the broader thing. Oh, I just had this

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Maryann, we're kind of losing you. I think your

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contrast between kind of the old ways and near me, I know my connections.

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Yeah. Can you say that again?

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Yeah, just the overarching theme of like the old ways or like the societal ways that we typically are conditioned to like address fears like avoid them, hide them being shame, pushing through powering through all that masculine kind of patriarchal energy in the in the contraction around fear versus breathe into it, lean into it, what is it telling you like the peaceful approach a more feminine way of like, receive some information, you know, receive your growth opportunity and just like a massive reframe about the entire scenario. I think, as a conversation went forward, I was continually able to put things in my like each category of like old lay in the new weigh in. It's really kind of a powerful, ongoing thread for me. So Thanks. And thanks, everyone when lovely, lovely, just beautiful. Thank you and love

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all of these takeaways in the chat as well. I'm going to hang on and read them. But I, we are done for today. We're not going to meet next week. Pretty sure. We're going to meet in two weeks and we'll get into the process and the techniques. So I'll turn off the recording I'll hang on if anybody has