



# *Sacred Depths* Certification

## Resistance Archetypes

0:20

No

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I love your glasses Thank you. You're welcome Hey everybody welcome welcome give everyone a moment to settle in Where is everybody today? I wonder if the post July 4 long session is impacting things I did not even think about the long weekend this year I for one of my other programs, we had a day long retreat all day Friday. And it wasn't until the day before that I was like Oh, I wonder if people were wanting to go away for a week well anyway, well trust that exactly. Who ever needs to be here live today is here live and whoever needs to listen to the recording will catch the recording

2:05

baby and Elaine are excited. I'm excited to service diesel, the app today's it's gonna be really juicy stuff. All right, I think we should get started and just allow whoever is gonna come in, we'll come in. I know for some west coasters in the US, it's also a little early. So might take a couple of minutes. Okay, so we are here for three hours today for navigating client resistance and resistance archetypes. I'm so so excited. Just so you know, because I know I always like to know, we will take a bathroom break at some point will probably take 10 or 15 minutes, probably at around 1230 Eastern. But give me a little leeway in there. So to come into our time together today, let's take a moment and get grounded. And so I invite you wherever you are to close your eyes if that feels comfortable, or if not keep your eyes open but allow yourself to go inwards. Feeling your feet on the ground or the connection that you're making with the seat beneath you

3:55

and give yourself the gift of becoming present to this moment of bringing all of yourself here as you breathe remember your body and call yourself home. Call all the parts of you back to you so that you can be here so that you have your full resource all of you

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notice what it feels like to be in your body today

5:37

with without judgment, just noticing and then placing a hand on your heart, I invite you to connect in with your heart

6:07

connected with your love connect in with your passion. And with all that you hold in your heart and ask your heart to give you some wisdom for the day, what is it that you need to know today and together, we'll take a nice

deep breath in. And exhale everything out with a sigh and then allow your eyes if they're not already open to flutter open. And take a moment to see some of the other beautiful people in our circle today. Take a moment to really see and allow yourself to be seen. Hey,

7:44

so one quick housekeeping piece before we jump in today, which is hopefully you've all seen we sent out an email, we added a couple of optional coaching practice sessions that involve is going to lead. We added one a month for the next three months. And we've done this before, they're really really nice sessions, they are there for you if you want extra coaching practice. So whether you're working with a coaching practice partner or not, if you'd like some practice of the skills that we're learning. If you need some extra hours also towards certification, if you want to just have you know, practice with somebody different. Those sessions are an opportunity for you to do that. So, you know, just generally what happens on those sessions is that he'll show up invol will divide you into groups of two, there's sometimes one group of three, depending on how many people show up groups of three can be really, really valuable to to have that extra witness. And then it will basically run like it would a coaching partner session. First one partner will have the opportunity to coach and then there'll be feedback and reflection time. And then you'll flip so it's really just opportunity to get more practice in or get more of your, your certification hours if you need them. Any questions on those sessions? No. Okay. All right. So, navigating client risk stents. So first let me like just kind of big picture. We're beginning a new module for the next couple of months. And this new module is kind of a big section of the program of sacred depths, that encompasses resistance, befriending fear, rewiring, negative thought patterns, wheel of self sabotage myth of perfection, creating accountability structures. So this whole section, the second section of the program, I think of the program in three sections. So this is the second one is basically giving you lots of different strategies, techniques, entryways into supporting your clients with obstacles into supporting your clients with any obstacles that come up for them. Of course, as we, in all the material that we already looked at, we've looked at different, you know, ways of questioning, you know, visioning, strategizing, et cetera, in terms of obstacles, but now is like, when we're really gonna dial in on how do you help a client that's come up against something, right. And what I want for you is to have a number of different tools in your toolbox that you can pick and choose and mix and match. Whenever you need them, you're not just to have one because it not, there's no one size fits all right. And as we've been saying, all along, this type of work is an art not a science, we always want to coach the what based on the who, and so want you to have different techniques at your fingertips that you know, you can use, no matter what comes up. The work that we're going to be looking at today, and in this whole bigger section is both inner and outer work. And you've heard me say this many, many times.

12:26

But I want to kind of say it again and drill it in, both for you as a practitioner. But also because as we move through this section, this is a really good moment for you to go deeper with your own obstacles. And for you, if it's the right time for you to start taking even more focused action in your own business and kind of move through the stretchy parts, right. That's, that's where we're moving into right now. And so both for you and your clients, when we move, when we kind of get into the stretchy pieces, and the overcoming obstacles and all of that. We always want to think about inner and outer work inner and outer action. The breakthroughs that come through sessions with all of the techniques that you're going to learn are amazing and powerful in and of themselves. And if you did nothing with the breakthroughs, except have them, let's say, over time, you would see some shifts for sure, because they work they work on you, you know, when you have them, they work on you energetically. But that being said, we want to move breakthroughs into transformations that is the most likely way for real shifts to happen is to not let the breakthrough happen in a session and gather dust and not do anything with it. But to come back to it on the inner and outer levels and apply it persistently and consistently. So what that means again, so applying it on the inner level consistently is whatever breakthroughs come up for you whatever breakthroughs come up for clients, coming back to them journaling on those breakthroughs, working with those different parts that we're going to look at creating a collage that represents it, doing a dance that represents the new belief or the new feeling, right whatever, whatever that is on the inner level coming back to

it continuously lighting a candle to the new way of thinking, you know, whatever it is and that outer consistent action is what can I do on the practical level now that this inspiration has opened up now that this break, you know, I've had this breakthrough now that I have this new way of seeing this? What can I do immediately? or semi immediately? And then what can I do after that? And what can I do after that? Can I? Am I ready to finally make that video? Am I willing to write the first paragraph of my homepage? Am I willing to make that list of people that I could reach out to to ask for referrals? Right, and then what's the next action after that? What's the next action after that? I cannot promise you that you will feel zero discomfort, after having breakthroughs, in taking the outer actions, there most likely will be a little discomfort. But just because there's discomfort, does it mean that you're not meant to take the action or that you're not able to take the action or that it's not aligned for you to take the action, it just means that growth is uncomfortable. The hope is that the breakthroughs create inspiration that will be a little stronger, maybe than the discomfort so that you're willing to be in the discomfort and be in the stretch. I can't emphasize this enough. This the work is magical. But it's it's magical with effort and intention.

16:44

Even like, for me, I shouldn't say even for me to you know, after all these years, it's like, the breakthroughs are good. But they are better when I am really committing to taking the next steps afterwards. This also relates to the four levels of learning and processing. Because remember, the body level, one of the ways to activate the body level of learning and processing is to practice new things and to take new actions. So we have the ideas on the cognitive level, we might get excited on the heart level, we might get really great information and trust that we should move forward on the spirit level, then the body part of that body level is the taking of that action. That's what starts to seal all of it in. And then as a kind of a little bit of a plug for all of this. Remember, we have our monthly blueprinting and q&a calls for you to come to and ask questions. They're a little bit of a container for you for taking action. And for just getting questions answered so that you can move forward on the business front. Let me pause there anything that wants to be said on any of that, before we move forward. They just I cannot emphasize it enough. And over and over again for us and our clients. But anything that wants to be shared on that or spoken on that. Okay. Okay, so there are lots of different ways to understand and to define resistance. For the purpose of Wait, there's a queue in the chat, do you have access to the blueprint sessions once? No, those are good cecl once a month through the end of the training. Okay, so there's lots of different ways to understand and define resistance. And for our purposes, for our our session today, and the ways that I want us to look at resistance, I'm going to use it in a very particular way. So when we're talking about resistance in sacred deaths, we're talking about it in this way. You're supporting your client to reach their goals. And then an obstacle comes up for your client in such a way that you as the practitioner on the outset, feel that you don't have the green light to work on the obstacle at first, so the resistance that I'm talking about is sneakier. Then I'm gonna put this in quotes simple fear, like fear, whatever we want to call it sneakier than when a client just comes and says, I can't make that video because I'm scared of being visible. When a client comes and says I'm scared of making the video because I'm scared of being visible, or I can't put myself on the dating website, because I'm scared, I'm going to be rejected. There is a consciousness there that that fear is present. And that's why they're not taking the action. And because the consciousness is there, that the fear is present, we as the practitioner, I mean, we want to ask our clients permission, but then we have the green light, to look at the fear to look at the limiting belief. Will we'll talk about how to work with all of that when we get to befriend or fear and other sessions. But the resistance that I'm talking about is sneakier. The resistance that I'm talking about is almost like a reasonable reason, reasonable reason that your client comes up with on why they can't move forward. And the resistance almost comes out as resistance to the actual work with you, the practitioner.

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So the way that I like to think about it, and I'll give you a couple of examples in a moment, but the way that I like to think about it is for some people, there is a core fear. And they're conscious of the fear when they're not taking actions. And you can talk about the fear, and look at it and figure it out. Resistance is when the core fear like fear of visibility, fear of being betrayed, whatever it is, is kind of sneakier that it doesn't want to be seen. And

so resistance wraps itself around the core fear and distracts from the fear I'll never be able to do it because I just don't know the right people. I can't mark it because marketing is just flying. i It doesn't matter how much help I get on this, I still don't understand it's so confusing to me. It's so the resistance becomes a distraction from the fear. It's kind of like the egos very smart and tricky way of moving attention away from looking at what's at the core of it. So again, I want to be clear, what we're looking at today is different than a client saying I'm scared of doing X or I'm scared of doing y or I have a belief that if I do x, I will betray my family or, you know, whatever it is, we're going to get to how to work with all of that later. What we're looking at today is when it comes up as something else and our work first when it comes up as someone else's, we need to get the green light to kind of let let this outer layer of resistance kind of poke at it a bit and dissolve so we can actually see the fear that's underneath that. And then once we see the fear that's underneath it, then we can use a friend or fear technique or rewiring technique or a myth of perfection technique, which we'll be learning all in the next months. Okay, so there are lots of nearly endless ways that resistance can manifest and I'm going to share some of the most common and as I share them know if these show up for you or for clients or for anyone else that you know. So, not showing up on time for a session. I'm not talking about like, oh, you know, like one time something happened and I had to go pick up the kids and I show up a few minutes late, but that consistent showing up late could be a sign of resistance canceling sessions at the last minute could be a sign of resistance right with a reasonable reason Oh, I just can't do it. You know our session is in five minutes. I just can't do it because this other really big important thing is happening right? Could be resistance to the work or not showing up at all and not cancelling could be resistant It's not doing the homework getting mad at you the practitioner because they're not getting the results that they want. Getting stuck in confusion getting stuck in overwhelm I just can't stop procrastinating. I don't know why, but I just can't stop procrastinating. That can be a sign of resistance. I knew exactly how I how to do it or what to do, but I messed it up anyway. And I have no idea why it just didn't work for me. Sometimes things like, I don't need to do that I already know that it's nothing new. I already know it's it's not going to work that can be resistance.

26:07

This is all too hard for me, everything is harder for me and then other people. That can be a resistance. Now, as a important side note, remember back to our listening skills module. We always want to check our filters. Because sometimes, like if we don't check our filters, we might think something is resistance. When it's actually that we have a privilege that our client doesn't have and there's a there's a legitimate reason for them to feel the Woe is me. Or the I can't or whatever it is. Yeah, Amy is saying in the chat. An example of that would be neuro divergence for sure. Right? So these examples that I'm giving it's not that they're resistance every single time. We want to check our filters first on that alright think about your current goals. What are some of the ways that resistance is manifesting for you right now? Brenda saying constant overwhelm fatigue Lena saying jolly saying filling out my coaching homework at the last minute What else Kelly saying overwhelmed thinking of a big thing ahead of me keep it keeps me from doing smaller things. me seeing so many classes that I keep not offering. Yeah, so putting it off. Marian saying what Kelly said never enough time. Yeah. Is the saying overwhelm is not sure how to show up to all the goals and then taking on too much. taking on too much they are saying to naysaying not asking colleagues to help me promote my offerings. Distract distraction have so much work to do in everyday life. Yeah. Yeah. Wanting to be done straight away. Yes. See. So that's another way that it can show up. Also, with clients, we're not moving quickly enough. This isn't happening quickly enough. Having so many ideas of what to create and not deciding, yeah, so staying in that kind of not doing anything and just that idea generation place. Offering the low price thing and not offering the big deep work. I need a virtual assistant. I can't manage all of this. Yeah. And again, so we want you as practitioners, we don't want to go straight to resistance, right? It could be that Amy does need some support. We so we want to use our listening skills. We want to use our questioning skills to get there and see. Okay,

30:05

Here's what I want to share next, before we get into how to navigate and all the pieces, even the best practitioners out there are going to encounter clients who step into resistance, it is not a sign that you're not

doing a good job if a client steps into resistance, and that's because when a human is in a process of growth, fear can also fear can come up, we'll look at that a lot more when we get to befriend your fear. And as we just looked at a few minutes ago, resistance is a symptom of fear. So it is a very normal thing, it means that you're in a growth process, when resistance comes up. Now, luckily, most of the time, your clients with the tools that you're going to learn you, your clients will be willing to look at their fears more directly, and put themselves on a productive coaching path. And also, with the resistance tools you learn, you'll be able to get on kind of do that outer layer of resistance. But here's the thing, every now and again, there's gonna be a situation where you're not going to be able in that moment, to navigate your client through resistance. Every now and again, even with all the tools, it may come up, that you're just not in that moment, it's not going to happen. And that's not because you're not a good enough practitioner or communicator or good enough at questioning. It's simply because sometimes every now and again, the resistance is so D that your client just isn't no matter what you do, or how you approach it, your client isn't going to be willing to look at it. Sometimes for good reason, right? It's not safe yet, right? Because the resistance is a survival mechanism in a way, and sometimes the fear isn't ready to be revealed and looked at. Now, that doesn't mean that you shouldn't look at or work with resistance, because most again, most of the time with the tools, you're going to be able to support your client to move forward with it. But just a reminder that we're not magicians, we don't have magic pills that we can give human beings are still humans, sometimes someone just isn't ready. And we can't make anyone be ready. And we can't make anyone be willing. They have to be willing in order for it to work. And as you get a step forward, we run the risk of shaming our clients. When we get too attached to they have to get through this resistance right now. Sometimes the exact support that they need from us is to honor them and respect them in their choice to be in the resistance. That can actually be an empowering place sometimes. So let me ask you take a moment to think for yourself. When was a time when you simply weren't ready or willing to move past your own resistance either because it wasn't the right time? Well, because it wasn't the right time. When was a time that you simply weren't ready or willing to move past your own resistance

35:00

Hi What were the judgments criticisms or beliefs that you create it created about yourself because of your resistance so what were the judgments criticisms or beliefs that you created about yourself because of your resistance and because of not because of not being able to move past it yeah there's some great shares in the chat

36:50

yeah

36:56

so this is important we want these awarenesses for ourselves and also that this is you know this could be happening for our clients as well yeah

37:16

here's one more question when was a time that either as a coach or a partner or friend or a parent that you tried to push someone else past their resistance when they weren't ready? When was a time that you in whatever hat you were wearing or role you were playing? That you tried to push somebody past their resistance when they weren't ready? And then what were the results

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what were the results for them and what were the results for you? Alright, so let's pause here. I'd love to hear one or two of your voices What are you seeing so far? What's feeling important? So far here Jana

39:01

Yeah, it's interesting and and I used to kind of as a way to be push people past resistance because as I was pushing myself, past resistance, and I think I thought that was love. And I wrote some stuff in on Facebook, and he responded, like, I finished my mom's video last night. But I only finished that because of a friend that was really helping me. And I got into days where I just can't function physically, like physical stuff comes up. And even on the top days, it's a limited amount. And so this day of like, nothing, but he was like, here's how it is like, I'm here to help you. And I took the day off work. And I was like, Well, I can't I can't do anything. I can't function. But he pushed me but he did it in a way of almost kind of dancing with me and laughing with me and then being willing to like look I'll take the lead, and then you're the co pilot. And, and we got through it. And I thought, well, nobody has ever done that with anything like that with me before the place that I was in. Anyone else have ever been with his, like, rasp? Like, oh my god, this is terrible, like she's had, like what's happening to a robot, you know, and has pulled away and you need to rest you need to quit and you shouldn't even be trying, you know. And when he was at first pushing me, I was like, what, you know, but I really wanted the results, you know, and it did not seem possible. I mean, it seemed absolutely am possible. But I still want to study a little bit more like what he did and how that you know, because I'm like, I want to replicate this because it's the first time in years that I'm like, somehow something worked for like, something that's beyond what I could do. Got done.

40:56

Yeah, I love it's, it's such a great, thank you for sharing the story. And it's such a great example, I think of many things. But one of the things that I'm hearing is it's such a great example of and we'll talk about this more in a minute of why energetics are so key when navigating resistance, you know, energetics again, encompass like your attitude towards your client, we can say you're the client and this right like your beliefs about your client, and then the energy that you bring to the exchange. And it feels like all of that is part of what really supported you to honor the fatigue, but then move forward in whatever ways did make sense for you. So I love that. Thank you for sharing that. Kelly,

42:01

yeah, I've been reflecting this one is about my situation as well. And I have been I'm planning this cross country move right now, which is so massive. And I'm super excited. But literally for five years, I have been wanting to do this and not feeling ready. And my friends are like, but you know, you want to move back East. And you know, you want to do these things. And I have, it's like such a palpable difference right now, because I've done the work that I needed to do to be in a state of preparedness that I as the only parent can like, move my kid across the country and do this. But I knew he wasn't steady enough, I knew I wasn't steady enough, I knew I didn't have enough pull towards where I actually wanted to be. And I didn't have the clarity in myself. And I knew that it would result in disaster if I did it sooner. And I And people were like what's going and they just kept pushing, and I could feel myself the resistance, but it was also like deep wisdom that it was not the right timing. And now I'm like this is gonna be completely exhausting, and really intense, and a lot of work. And I have the tools and the skills and the capacity, and my kid is in a steady enough place that he's ready as well. And it is it's like such an amazing lesson for me and in supporting others and being able to do things in the right timing. So

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yeah, thank you for sharing that. So first of all, I'm excited for you that you are now ready and just really want to honor your knowing yourself and your inner wisdom and listening to it. And this example is such a great example for what we're talking about, and why our listening skills and our questioning skills are just so vital as practitioners because we don't want to be you know, I call it the hell yeah right like the Hell yeah, practitioner like you had this idea to move and let's go let's do it. Like, you know, it's just fear and you can overcome it and right like of course there are moments for that after careful listening or you know, whatever it is and it makes sense but we want to make sure that we're that we're not pushing someone when when it's truly they're not ready.

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Can I just add one more thing to that too. And that's just the the amount of spiritual bypassing but I got in it like, Kelly, the universe has got your back like you were supported, you're held and like, I am not okay to do this. And I could really feel it. And if I don't believe the universe has my back, or I've got too many other things that I'm spinning, like, it's like the universe has my back to be here right now. And this is or up until now. That's what I needed to do. And I had some important things to do here as well. So I just think too, there's so much in this coaching world of like, it's not just the rah rah, go do it, but also like just trust and some Sometimes that works, but sometimes it's really toxic. Yes,

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yes, 100% I'm so glad you're bringing that in. It's so true, we don't want to use like any of the spiritual bypassing. And I'll just add, and we'll see when we get this when we get to our befriend your fear module, sometimes again, because everybody's different because there might be someone else that presents at first in Kelly's situation, but it is just a fear that they can work through, right. So we may in a situation like that end up doing a friend or fear process. But the idea is not to be attached in the end. So now the client is going to take the action or not take the action. The idea is to use the process to support the client to have full awareness of their situation, so that they can make an aligned next decision for themselves take action, not take action, whatever it is, but that it can be empowered. Good. All right. I'll take one more share for now. Janae. And then Tina, I'll answer your question. Sorry, I meant to answer it before from the chat.

46:07

I'm really sorry, I can't be on video right now. I don't have the internet capacity. One thing that's coming up, for me, that's challenging is I'm highly intuitive. And sometimes I have this like, inexplicable. Is it resistance? Am I stopping myself even? Because of fear? Or is it because there is something that is coming, or I just, usually I have a sense of like, No, this or that, or I've sensed this or that, but but sometimes it comes in like a slow fog, you know, instead of this boom, clarity. And I, I also really encourage my clients to listen to that, you know, quiet inner voice or loud, inner voice as well. And so how do you navigate that is, is one thing that I really am curious about?

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And is the question how do you, when you have that intuitive hit, and you're working with a client, I just want to make sure I'm answering the right question,

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I'm sure. Yeah. Or even with ourselves to you know, like, this is all applicable to ourselves as well. Yeah.

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Yeah. It might be slightly. Yeah, actually, the answer that I'm about to give, I think we can apply to ourselves as well. So this all goes back to everything that we learned in our creating awareness module. So you can treat an intuitive hit the same way you can treat like that. You might be sensing something right as thing. But then you want to use all of the skills that we learned around reflecting truths that allow for your client or yourself if you're if you're asking yourself to have full agency in taking in what the intuitive hit is, but then inspecting it for themselves to see what their truth.

48:21

Yeah, so

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and that's so important, right? The client's inner wisdom is always gonna trump your intuitive hit, right? You just shouldn't share it, but you want to share it in a way that allows for their agency and their empowerment and their choice. And then I did for yourself, same thing, you know, in your journaling, conversation with yourself. You

can say, I have this intuitive hit that velocity, blah, blah, blah. How does that land for me, right, and then you can do some journaling on that, and then have some more of the pieces come through so that you can see a fuller picture for yourself?

49:05

Okay, yeah. Thank you.

49:08

Good question. And Tina is asking in the chat, what's the best way or most dignified and empowering way to honor and respect a client's choice of not being ready to move forward in their resistance? Such a great question. And again, back to our creating awareness module, when we looked at the really important skill of honoring what is of honoring what is right and so I won't go through all of the pieces we learned there, but just for now, I'll say, you know, as an example, it might sound something like this. I know that you really want to move forward with writing your book, and also based on our conversation And what you're sharing with me, I also hear that right now, you're making the decision that, you know, X is more important than the book or whatever came through, you're making the decision. It just feels too scary. And it's it's doesn't feel safe enough right now. Right? Whatever the reason is that they've made their decision not to move forward. And then you say, I honor that. And I really honor you for taking the time to look at the situation for getting clear on what your yeses and what your know is, and for honoring yourself in that. Right. And so you just want to honor that, you know, in a way like that, and there can also be a follow up question in there maybe always depends on the situation of is there a time that you want me to check back in on this to see if something has changed? Or with this decision? How do we want to move forward with X, Y, or Z? Right, whatever you're talking about? Where do we want to table that for now? So you can also get like other ways of inching forward or more than inching forward? Even with the no on whatever that the action is? Still is asking, what are some signs that a practitioner might be pushing a client all that there's so many great answers to that in the chat, Cecil, when I asked what were the results of what what's happened, when you've tried to push all of those were great examples. Okay. So before we get to say this, or do that or ask this question, when resistance comes up, the first piece that is really step one, is energetics. energetics are huge when it comes to being able to support our clients through resistance. And there are a couple of energetics pieces that I want us to be especially aware of when it comes to resistance. So number one, as I said earlier, resistance is normal. You haven't done anything wrong, if resistance comes up, your client hasn't done anything wrong is if resistance comes up, it is not bad. It is not wrong. Resistance is not the enemy. Sometimes a client has resistance, and we can either make the resistance or the client, the enemy, you know that right? Like, no, it's just that your client, is it a growth process. And there's a particularly prickly fear in there, right. So the moment that you pathologize resistance, or see it as the enemy or see it as something has gone wrong, is the moment that it becomes much harder to navigate for your clients as well as when it comes up for your cell. Because again, remember, energy follows energy. If you see resistance as a problem, your client is much more likely to see resistance as a problem versus just a normal part of the process. If you see resistance as a sign that your client is working on growth, and that it's normal, then your client is much more likely to see that resistance means that they're in a growth process.

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Also, if you see resistance as a problem, you as the practitioner are much more likely to go into your own fears. I'm not good enough. I'm not good enough to help this client and then you go into your own resistance tactics. Think about for a moment energetically think about that energetic difference between approaching resistance with fear or dread or hating on it versus approaching resistance with an energy of this is normal and Okay, and we're in this together. And maybe you can even take a moment and feel that in your body that difference, what it feels like to approach resistance as this is normal and Okay. And now let's take it a step further feel into your body what it feels like to not only approach resistance as normal and okay, but to approach it with love. Notice what that feels like to approach the resistance with love. Hate me saying sexy? What do you notice what else, I'd love to hear a voice on this?



56:12

Any I mean, I really did say sexy because I had a kind of a sensual response to it. And it's kind of like flirting with the enemy or something like that, where all of a sudden, the thing that seemed so dangerous or terrible, all of a sudden becomes your ally and your friend, and you're curious about it, getting closer to it. So I really did have a somatic kind of sensual, more sensual than sexy, but sensual response. Yeah. I love that. I love that. And tell me if you agree me, like when I hear you say that, to me. That's a better relationship. That's a relationship that then you can work with. Yeah, definitely. Good, Barbara.

57:00

Not having heard this before. But is this really interesting, this is something I use with coaching partner and like to approach it with love. And like, like, the idea just popped up to me to do that. And, excuse me. And I, like my experience of it is just kind of fell into this massive container of like curiosity and wisdom and lack of judgment. And like, just like this field of honoring what is, is just Yeah, and so it just it felt really like, just powerful to me to experience it for them. And it just there was like a energetic lifting. To do that,

57:52

that gets filled. When you speak, I could like feel that, that energetic shift that you're speaking to, and you use the word curiosity and Amy use the word curiosity, which is another important energetic piece in here too. Because when we then when we approach this as normal, and we can love on it, then we can get curious about it, we can see it in different ways we can create more awareness around it with that without that judgment that you were talking about. And that's when that when I'm talking about like we can start to poke holes at the resistance and soften it that's when that starts to happen. Good. Imagine if we could approach our own resistance in this way as well. So instead of judging ourselves for not doing this or getting stuck on that or whatever it is to approach our own resistance with love and curiosity. And all this is normal. I'm in a growth process. Let me look at this in this way. change so much.

59:10

Okay, so energetics not to be underestimated. Anything else that anyone wants to say on the energetics piece that we're looking at right now because it is so important. It is the key to everything that comes next. See what's happening in the chat. A Jana saying it makes sense that love is the best medicine because we form these fears and resistance from not having unconditional love to begin with you. That is true sometimes. Yeah, yes. Kelly.

59:50

I was just thinking of this from the nervous system lens and I think of it so often is this place of or like the person I teach her about growing her capacity within the nervous system, and that if we and if the resistance is actually that we don't have the capacity to do the big thing, or we haven't grown the capacity and done the steps, it can result in a level of short circuiting, that can be like a huge backtracking or that's not the right return. But like you can end up taking us back instead of forward. And when we can befriend, befriended or just an immediate with love, I just kept having this vision and someone else said it in the chat. I think since, which is like if we meet with love, that place of resistance, and maybe walls going up that have been formed as a result of, you know, trauma or hard things early on, like it's actually giving the space to grow the capacity in a different way. So you're nodding, so I'm hoping that they can, that's a

1:00:55

good percent, that is the other. And we'll look at this also with the boyfriend or fear or process. That that is it is such an important component, it it another way of saying it is like it creates regulation around the issue that then creates that resilience that you're talking about just being able to tolerate. Oh, I'm in resistance right now. Versus I'm in resistance right now. And to like to it just creates a whole different kind of pattern energetic pattern in the

nervous system around it. You froze there, Kelly, but hopefully, oh, there you are. Yeah, I'm so glad you're bringing that into the conversation. Thank you, Jolly.

1:01:46

Bear with me, I don't know if this is going to make sense at all. But one thing I've noticed when encountering resistance in people I work with, I feel like, and I don't know if the client is seeing this, but this is what I think is happening with me, I almost feel like I go into exists exist your mode. And I'm just a little bit concerned. I mean, I guess this is something I can journal on. But I'm just a little bit concerned that it comes across as patronizing is too strong of a word. But it's that idea that, you know, all you've got this resistance, it's okay, you know, we're gonna work with it. Or we can just be with it, you know, and I'm just worried that it's not. I don't know, maybe it's it's like not the equal playing field, the level playing field. It's like it's big sister energy. I don't know if that makes any sense. It makes

1:02:45

so much sense. And that's why we looked at last week's topic right before this one because it plays into those family dynamics and projections we were talking about, versus that ideal sister energy. Right? So okay, so what is the ideal sister energy that you want to bring to a situation like that you set equal playing field, but let's talk and feel more into that in your body? What does that feel like in your body? The ideal sister energy?

1:03:19

I think it's yeah, that idea that you are with someone who can really see you, who knows you so well, and can give you honest feedback. without it feeling like we're jostling for a parent's attention or anything, anything like that, like I of course, I'm thinking because I've got a younger sister and a younger brother. And so yeah, it's interesting. I'm so glad you reminded me of that. It's that, that separation from stop thinking about it in terms of my own family? In other words, the sister energies, okay, but just separate it from the family dynamics that you have yourself?

1:04:05

Yeah, absolutely. And then I heard some of what I heard you saying is kind of this beautiful, a different way of saying equal playing field, but I want to come back to your words, because I think they're resonant for you. I trust you. So I'm holding space for you. And I trust you. I'm not here. Music words that you didn't use, but I'm not here to rescue you. Here to hold the space. And you've got this. Yeah, that I

1:04:42

think that helps a lot, because I think that's the energy that I'm bringing, but I worry that it's not, but having you say it that way I can feel like no, that is actually the energy I'm bringing. So we're all good.

1:04:56

Thank you. Yeah, you're welcome. Rhonda

1:05:01

I guess the situation I come up with with resistance is, and I'm needing help on this is, when a resistance piece comes up, it's either one of two things, someone who's like repeating a pattern is like, Oh, I just keep doing this to myself, I just keep doing this. So I don't know why I just keep doing it. And they kind of just sit in that dark hole of, like shame. The other one that comes up is a very, like, an anger almost, when it's called on. That just makes me real back really quickly. And I know those are both normal responses, but those are the two main ones that I just really need assistance on navigating through that and I'm hoping to get, so I thought I would bring that up.

1:05:44

I'm gonna, we're gonna get into like step by step instruction on all of the pieces. So both of those questions are going to be answered by the time we're done at two, also with some specific language as well. But the very like step one for both of those is your energetics. So you're not getting scared I can even see like when you were talking you were like recoiling faster. A little bit. Right. So step one for you. And I don't I don't want you to skip over this piece because I you know, based on everything that you've shared, I know this is such a growth place for you Aranda is to not see like, not feel like you're being attacked, not feel like, this is a terrible thing not feel like something awful has happened. But for you to just, I guess we're coat I guess this is coaching, a coaching process. And to love on your client, to love on their resistance, like to really feel that in your heart and to love on yourself. That's step one, and then we'll get to the words from there.

1:07:01

Okay, thank you. You're welcome.

1:07:08

Okay, Carlos asking, Can you work with resistance without naming it? Or let the client name it? That's such a great question. So when we get into the step by step, we're going to look more at that. Not always, because everybody is different. But most of the time, we do want to name it or ask questions for our client to be able to name it. When we name it, that's when we can see it and work with it. That's when it's kind of out of the blind spot. So we do want to, we do want to name it in one way or another. Okay. Okay, so let's keep on going. When people kind of step into that type of resistance that we're talking about.

1:08:21

They're not what we would call in. I don't know, I don't even like using this language. But for the sake of the conversation, they're not in their highest self. When they've stepped into resistance. It's when they've stepped into resistance. It's almost as if they've stepped into an energy. That is I don't want to say it, they've stepped into an energy. That is how it's like their MO for responding to a situation that scares them. And that energy isn't all of them. It is a part of them, or an aspect of them. It's just that when they react to the fear, they're reflexively stepping into this energy or stepping into this archetype. We can call it or putting this mask on that they don't even realize they're putting on. That's not fully them. So I'll give you an example. Have this from my personal life sometimes when I go into a, like a deeper fear place, if I get really worried about one of my children or I go into my, I don't have my Jewish background, I just have like a lot of like, general like fears of, you know, it's the end of the world kind of thing. When I'm not aware, when I step into the, to my resistance archetype around this, it's like, I take on this energy that you don't normally see from me, I become super negative, I become super defeated. I just, it's like this, woe is me, there's nothing, there's no good possibility that's ever going to come out of everything, we are doomed. It is like, it is the worst thing ever. And I do this less when I'm on my own step into this energy. But if I'm like, with my husband, there's something about that where like, he becomes this foil of positivity, and I can just get so negative, and so doomed and so woe is me, to the point where now that I am so much more aware of it, and I can catch it more quickly and all the things it's like, I can be saying these things to him and be like, Who is that woman? Who was so negative? Who was that person? Oh, yeah, it's me. Because I've been my fear right now. It's almost like this vortex of energy like I you get caught up in it in a way you're not in your fullest self. Here's another example my first business I had a business partner and when she would go into fear and you could feel it palpably she was like she's one of the smartest people that I know. But when she would go into fear about something that we were planning she would almost like stumble into this energy of confusion where she was just get confused about things and it was almost like a fog this like energetic vortex or fog so take a moment for yourself how do you react when you get triggered or going to your defenses most of the time hopefully you're responding from that I know we could call it that more grounded self that more aware self but when you kind of step into this other energy what is that for you?

1:13:38

Yeah Barbara is saying that energetic vortex of confusion and our lack of clarity and then that leads to inertia  
Yeah, exactly. Freeze Yep. Confusion blank out my and Alyssa saying hopeless. A blend of confusion and scarcity.  
Yep. So that confusion and that worry Yeah.

1:14:05

The reason why I find it really helpful to think about resistance archetypically or energetically is because it helps us not label our clients or ourselves. It helps us see the resistance as a part of who we are, are a part of who our client is. But not all of who they are. So instead of feeling oh, I'm so helpless. When we look at it. archetypally we can see oh, there's a part of me that's feeling helpless right now. But it's not all of me, or instead of a client if their archetype is to go into judgment, instead of us feeling as their practitioner, oh God, that client is so judgmental. This allows us to say, Oh, my client has stepped into an energy of judgment right now. When something is a part of you, or an energy that you've taken on or stepped into, you can work with it. Versus this is just who I am. Does that make sense? Anything that anybody wants to say on that piece before we start to look at the different resistance archetypes?

1:16:10

Right and AJ saying one way I see it is that I go into I'm lazy and not smart. And that's when the shame and the defensiveness comes up. Versus Oh, there is a part of me that's confused right now. Versus I'm not smart. Right? It that is an enter a shift in energetics right there.

1:16:35

Isa, Hey,

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everyone, I've loved what you said about the going from, like, for example, she was so judgmental to she stepped into an energy of judgment. You know, from an energetic perspective. It's like, it's very, you know, energy is kind of contagious, like we take on, you know, we're all magical beings. Those of us are here, but everyone is a magical being everyone is attuned to energy. And so, you know, like, I think I go on Facebook, and there's all this energy of stuff, and, you know, political outrage and fear and grief and anger. And I'm not even in a room with other people. But I, you know, that energy triggers the energy I'm holding regarding fear, anger and grief. And it becomes like this Rip Tide, they just carry you out. And you're like, and so I'd love it because it is like, it is calling in the instead of making, you know, a judgment call about somebody else saying that they're somehow defective or deficient, because they're in this energetic vortex. It's like, no, they're just kind of in a position right now where they're caught up in this energy that exists around us persistently, and it's like, I don't know, I feel like it I'm kind of navigating these these little whirlwinds of energy. Some of them are really beautiful and feel good. others not so much.

1:18:08

Yes, absolutely. Absolutely. So the phenomena that you're describing, the way I often see it is when as practitioners, or even when we're not being a practitioner, just interacting with others, when we're not aware of our energetics and our resistance. A client's resistance can then trigger our resistance, and then we do the resistance archetype dance, like, oh my god, she's being so judgmental, and that triggers my victimhood. Oh, she's oppressing me. And then it makes the judge more judgmental and right, like, on we go, like, for me and John, my husband, in the scenario, when I go into my negativity, when we're not aware, he goes into his eye rolling judge and like, ah, you know, and then that makes me even more firmly, like feel so negative. And then we're like in that dance, versus that awareness, the bringing the love the bringing the normalization, the seeing is, Oh, this isn't this whole person. This is just part of them, and that energy. Good, thank you. Thank you. Angela. I have

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this archetype permission from me, the way that you said is very new about the idea that you step into that. I love because for me, I had a different concept and I love the definition that you put. My question is, when we are working with clients, do we bring this awareness and also the definition about that? And how do we do that?

1:20:02

That's what we're gonna spend the rest of our time. Yeah, I promise we're getting to the step by step. But always, you know, like I always say, these foundational principles First are so important for our understanding and our energetics. And we're gonna we're just about to get to all of that. Thank you. Yeah, you're welcome. Randa had asked in the chat is it almost like a trigger response, it can be for sure, right? Like, we get triggered or we go into our defensive whether it's by somebody else, or because we're scared to take an action. And then that's kind of our Mo how we how we handle ourselves in those situations.

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Marianna saying I've found that sometimes when clients go very deep into taking on these kinds of qualities, no much help no matter how much you love, normalize, et cetera, they continue to double down. And we're going to talk exactly what to do next after that. So the loving the normalizing the understanding that it's energy, that's all like, before, we're there's lots that we're going to say and do and like places, we're going to direct our clients, but I just I cannot emphasize enough our energetics and this. Okay, so let's go into then what do you do from there, and each resistance archetype has its own. They each have a similar formula, more or less, but each one has its own kind of little flourishes to it. So I'm going to go through, we're going to look at each archetype. And there's, let me say this, we're going to look at some of the most common archetypes, there are endless resistance archetypes, but we're going to look at some of the most common, and then you'll kind of get the hang of what the formula is from there, what the different options are that you can apply. By using your questioning skills, you're creating awareness skills, your listening skills, etc, that you can apply to any type of resistance that comes up. So let's look at the victim first, since the victim is my favorite most go to our and again, this is an archetype. This is a part it's not we don't ever want to see the client as the label of this, right. So some of the things, examples, you might hear from the victim. I went on vacation, and then my best friend visited and then all this stuff happened. And I just like I couldn't get it done. And I just don't know that I'm ever gonna get it done. Right, like woe is me, or the first three people that I invited into my new offerings said no, and so I'm never going to fill this program, it was not going to happen. I may as well give up right now. I'm just not the kind of person that can do that. Nobody in my family is. I'm never going to be able to get even though I really want to do a meditation practice, I'm never going to be able to get it going, I have too much work to do. My kids are too chaotic. I'm too overwhelmed. I'm never going to have the space. Facebook just keeps on changing their algorithms. So I just can't get social media, right. So I may as well give up. It doesn't matter what I do, I just don't know the right people to stay i It's against me, I just can't make it happen. So when a client has stepped into the victim, archetype or energy, everyone and everything is against them. They can never move forward, because there's always something that's out of their control that's messing them up or standing in their way. They feel powerless to the circumstances in their life. And they will blame anything outside of themselves for what they are not doing or achieving. And because they blame things outside of themselves, they kind of always have an excuse for not taking responsibility. They just feel like they don't have a choice in the matter. Now, again, just back to what I shared before, we want to always check our filters of privilege here because if we have a privilege that a client doesn't have, it may be that they actually don't have have the same choices that we do in that situation or there is something that they're powerless about right. All right, does but that aside, does the archetypical victim ever show up for you? With this slight Yeah, I'm seeing some shaking some of you know this one well okay. So what can you do when you sense that a client is showing up in the victim energy

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number one, you want to support. So first of all you for yourself want to identify that this is going on that the victim is showing up. So ways that you can identify, listen for excessive excuses or blaming of others. No mention of next steps or problem solving. A sense of no choice resignation that the situation is never going to change.

Listen for catastrophic negativity, maybe. Or a commitment to helplessness or disempowerment. So first, you want to identify it for yourself. Second, remember, energetics we've already spoken about that. And then the next thing, and by the way, you have in your member center a full sheet with all of this to just so you know. Next thing loving Li create awareness, lovingly create awareness. So how do you lovingly create awareness because we also want to create awareness without triggering, right without creating shame when we create the awareness. So the first part of loving Li creating awareness for the victim is to first acknowledge, acknowledge all that they're feeling, right? I know. So here's an example. I know that it can feel really hard when you outreach to potential clients and nobody bites at first, acknowledge that, or you've got a lot on your plate with work and kids. Right. So firstly, acknowledging supports the client to be seen, heard and loved, it lets your client know that you're with them. Right? We've learned all of this and are acknowledging it enforces a sense of safety in the container. And that safety allows the client to be brave, and stretch for what's next. Right? So first, we want to acknowledge the difficulty. And then from there, we want to create attention, create awareness by bringing attention to the catastrophic or extreme thinking. So we want to create awareness. Well, my take step back, there's different ways that we can create awareness neck. So one way is we can bring attention to the catastrophic thinking. So it might sound like this. It sounds like you're saying that you'll never be able to do it, because you'll never have enough time. Am I getting that right? So in this way, your point blank calling out? Am I getting it right? That you're just never going to finish your dissertation? Because you don't have the time? By reflecting it in this way, the client can be like, Oh, wait, hold on a second, that doesn't sound right that this is never going to happen. And it starts to poke holes in that story. Here's another way that you can create awareness for the victim, you can create awareness of the mismatch between who the client is and how they're acting or the energy that they've stepped into. So for example, I'm curious because what I hear you saying doesn't match up with what I know about you. I hear you saying that no one is ever going to hire you. But I know you as a smart and resourceful woman who can get hired. So what's actually going on here so Sometimes when we create awareness by pointing out the mismatch between who they are, versus the mask that they've put on the archetypal energy, we're reminding them of who they really are under the mask, and that can start to poke holes in that resistance layer. Here's another way you can create awareness for the victim.

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Explore the pattern. So an example, here's some examples of that. I noticed that every time you resolve to try a new axe, right, whatever x is, I noticed that every time you resolve to try a new marketing technique, or a new yoga pose, on our next session, there's always an outside force that's getting in your way. What do you sense is happening for you? Or here's another example of exploring the pattern, I really hear that situation after situation is stopping you from achieving that goal. What other places in your life has this happened, where it just feels like it's out of your power to get things done. So again, this, this type of creating awareness for that victim archetypes helps them see the pattern. Or you could go another route, by creating awareness by directly reflecting a hard truth. Now, if you remember back to reflecting hard truths, we only want to do them in situations that you we know the client can, you know, take it in and that it's going to be helpful for them. So one example here might be I don't believe that you need to be a victim in this situation, how does that land for you? Right, so only if the container is tight, and the client isn't a place to appreciate that kind of directness, but it can be very powerful. So we're always starting by acknowledging the difficulty. And then we've got lots of different options for creating awareness that acknowledging the difficulty, helps soften things helps the client know that you're with them, you're acknowledging them. And then you can create awareness. After you've created awareness, and this is going to be the same for all the archetypes after you've created awareness, you want to normalize that the resistance and sometimes it doesn't come after sometimes it comes with but I'm separating it out as its own step just so that you can see it. So I can hear different examples of normalizing the situation and the resistance, I can completely understand why you would be feeling this way. Because it is a lot. I know that this can sometimes happen when people are moving forward. It makes total sense that you'd be feeling this way because XYZ validation, again is so important.

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Okay, so we want to identify first for ourselves, we want to listen for identify the resistance archetype. In this case, we're talking about the victim, we want to have all of our energetics that we've spoken about in check. We want to acknowledge normalize, and then we want to create awareness in one way or another for the client around what's happening. Sometimes, much of the time, that alone is going to be enough to poke those holes to soften so that the resistance isn't so strong anymore. Other times we're gonna want to take the poking the holes a step further and do a somatic process. And it's a similar somatic process that we'll learn in, befriend your fear so we'll get to that. But for our purposes today, once we create awareness once we normalize once we love on it once we help our clients see what's going on for them. We've in essence, we've already kind of, in big ways zapped the resistance archetype, because we've brought it out of the blind spot, it's not this automatic reflexive, being in this vortex responding to the trigger, and now the client is in their full self, to be able to see what's going on and make different decisions. From there, we want to strategize and CO create solutions. Because the client is able to see the bigger picture and what's going on for them and step out of that vortex a bit or a lot. So, for the victim archetype. When we go to strategize and CO create solutions, I sometimes find it helpful to first think of it this way for us to know an antidote to the archetypal energy of the victim is you are empowered, and you have agency and choice in your life. You are empowered and you have agency and choice in your life. Now. It's not that we're necessarily saying these words to our client, but the questions that we are gonna craft to help this client co create solutions come from this understanding. So for example, maybe the next question is, how can you take more ownership of this situation, right? So it addresses it this you are empowered, and you have agency in your life? This question addresses that, how can you take more ownership? Or here's another example. And by the way, no, I'm going fast with these examples, you're going to have all of this in a race. So it's like an 11 Page resource sheet, you'll have all of it. If you were to feel fully empowered here, what would you do differently? Or here's another example of CO creating a solution. What else could you do here? I hear that you tried three times and it didn't quite work. And I hear that you're feeling like there are no prospects. But if there was something else that you could do, what would it be? Here's another example. What if you have more power in this situation, then you think you do?

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What if the world was actually conspiring to support you around this situation?

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Okay, so let me pause here. And by the way, in a few minutes, we'll take a break. I know that was a lot. So we're going to kind of look at this same model for each of the resistance archetypes that we'll look at. First for yourself, identify what what resistance archetype you think is going on, set your energetics. acknowledge and honor, create awareness, while normalizing all of it. And then once those holes are poked, so that there's greater awareness so that it's out of their blind spots, so they're not fully stepped into that vortex of energy, then you have the ability to strategize and CO create solutions. So let me pause here. What are you seeing so far? That's feeling important. What's coming together? What are you noticing? Who wants to share? See, so?

1:39:16

Yeah, so I'm having a realization that I'd like to, to voice and see what the response will be. So the victim archetype has to do with feeling powerless, and cannot be that the reaction to not wanting to feel the powerlessness is the can can then tap into another archetype. That would be the sort of the, I don't know if that's an archetype but the power over. So, yeah, I'm just seeing here how that's so much a pattern in in my family. And then I'm realizing that if there are resistance archetypes that are sort of like overpowering it Whether we might have to do some layered work, or I was just Yeah,

1:40:04

yeah. So there's a couple of pieces on what you're saying sometimes one will lead one resistance archetype will lead to another for sure. And we just want to have patience and know that that's normal. So yes to that, but just to the other piece that you're talking about, the we're not going to get into shadow. So much in sacred depths,

except to say that the resistance archetypes are a form of shadow. And anytime we're working with shadow, there's two extremes. So with a victim, there's power under, I'm so helpless. And then there's that fear of power over right. So one of the questions of the questions that I didn't mention, that is another possibility for the CO creating solutions is what would be at risk for you if you were to feel fully powerful here, right. And so then some of those fears around the power piece can come up, and then you can work with befriending those fears, again, that helps to soften that our outer layer, and then you have the green light to to look more at some of the core fears. So yeah, really perceptive. And I'm so glad you brought that in. Marianne.

1:41:17

I was just noticing that, and I know you've talked about it before, but I love this idea of like poking holes, because I think, you know, sometimes my instinct and I haven't done it, I have done the poking holes. But I think there's this urge as the coach like you see it all, you see how the blind spots and you just want to open and like clear it out and like move them on and snip, snip, snap, there's, there's something to that, especially if they're they're working with you to get, you know, as a business coach, a lot of people are working on money, goals and stuff. So you want to move them along. And sometimes there's an urgency there for them. But I love that idea of just poking little holes and partly as a way to check my instincts. And again, I do do that I haven't really had a frame for that in the same way. So it's kind of a relief in a sort of a big yellow traffic sign to just slow down in a way, which is refreshing. And for both of us. And just to know, obviously, I think most of us know when you see resistance popping up for a client, it is going to slow down a little bit. And that's why we're here. But it's just a nice reminder

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for how to do that, and some of these steps of kind of the order of operations in which to go is really helpful to good. Yeah, I'm so glad I'm excited for you to experiment with it too, because you have the energetics piece down. So now these are the next Yeah, they're me to Tina.

1:42:43

I love the poking holes process too, because it's kind of like peeling out those layers slowly, in case we're about to go into something that would otherwise have been very traumatic for the client. So it's a good way of investigating what we're really dealing with here slowly. And at their level. Yeah,

1:43:03

absolutely, absolutely. It doesn't, it's not like a pushing in. And like Marian was saying like a swoop. The other thing is, and again, every situation is different. Sometimes bringing a little like, it doesn't have to be so heavy also like bringing a little bit of a lightness, a sense of humor, particularly if you've, if you've already before explored a little bit, right? So, you know, if I have a client that has stepped, let's say into the victim archetype, particularly if we've spoken about it before, I can bring with it with depending on the client and where they're at that day, I can bring a lightness like, oh, it's not the victim coming in again, right? Like then we like it doesn't always have to be like this, and you're powerless. And it's like that the sometimes the light energetics in the right moment can help poke more of those holes too. Because whenever we can lovingly laugh at ourselves versus judge ourselves, it's going to soften all the defenses. Okay, let's take a break. We still have a lot to look at. We're gonna it'll be a quickie, but make it count. We'll come back at 1255. Eastern and we'll take a look at some more archetypes. So see you all in about 10 minutes 1255 Eastern. And if anybody needs anything, before I take a bathroom break, just let me know. Okay, I'll see y'all at 1255 Okay, so Angela has a question in the chat. She's saying do you say clearly that this is an archetype of resistance and explain what it is as you described it. For us, you don't have to. So if it's a client that you sense, you know, that kind of consulting or factoring or giving more of that context would be helpful for, for sure. Because it'll be helpful. But you can just, as you saw, like, in the steps that I gave, I didn't, you don't have to break it apart, this is an archetype. This is an energy this is, you know, now, when you're normalizing, you know, you can say it's so normal to, you know, feel like the world is against you, when you're

going after something so big for yourself, or it's, you know, so that can you can bring in pieces of the normalizing, again, it just depends on the client, and what's going to land for them.

1:45:57

All right, before we look at the next archetype, anything that anybody wants to share around what's percolating for you, what are you seeing, AJ?

1:46:11

Just related with that, what Angela was saying, and your response, it made me feel like, for me, and for a lot of us, I think, going into going into this, it can feel like you call it an archetype. It's minimizing the personal nature of it and could cause more resistance. So like, that might make me feel less seen less. Light, like, you know, you really don't get my problems. Like, I know, everybody's been through this and comes out on the other side, but for me, it's different. I am going to be pregnant forever and ever.

1:47:07

Right, yeah, so especially if somebody doesn't know the language of archetype, you know, it's it, does it? It would kind of be like a break the process. It just depends on the client and how you know, the moment Yeah, and the moment where they're at. Exactly, exactly. Yeah. Good. I'm glad you're bringing that in. All right, let's look at some more of the archetypes I'm going to try. I don't know if I'll happen, I'm going to try to move a little bit quick more quickly, because you'll start to see they each have the similar steps to them. It just they each have their own taste and flavor. And again, this isn't like I don't want you to go and memorize all of the different pieces for each archetype. I want you to take the foundational pieces, understand the overarching steps, and then use all of your listening, questioning and creating awareness skills for whatever comes up. As Cecil was saying earlier, and you know, as mentioning, like, there's so many different types of resistance archetypes that come up, we don't need to know about all of them beforehand. It's the these foundational principles and steps and then using our skills will help us meet whatever the moment is, or whatever combination of archetype shows up. All right. The judge so the judge can sometimes be related to the to the victim. Oftentimes, my judge and my victim come out at the same time, like, oh, woe is me, everybody's against me. And here's what's wrong with all of them. So there can sometimes be a crossover. So when a client steps into the archetypal energy of the judge, they're always judging usually pretty harshly, either themselves. So that might sound like I suck, I'm not flexible enough. I'm a terrible writer, whatever it is, or they're judging pretty aggressively. Other people, other people are always doing something wrong. For example, there's no way I can market my business because all of those coaches out there who market are so salesy and so self centered, or I'm absolutely not putting myself on that dating app, all of the people on those apps are just totally desperate. And then sometimes even trickier. Sometimes when a client steps into the archetypal energy of the judge, they can judge that practitioner. For example, I couldn't do that because you didn't explain it well enough. Or you're just wrong for suggesting that that's just like, I'm never going to do that. That's just like, terrible suggestion. Now, to be clear, they're always you always want to check filters, you always want to have an open conversation, because you may have made a misstep as the practitioner, right? Like, we are not infallible. But not always. But oftentimes, a good way to know the difference between legitimately a mistake has been made versus it's the client being in this vortex of judgmental energy is that you feel it energetically. So again, remember, these are energies. So if you like feel that like got punched in the stomach, or it's like a directed at you. Sometimes that can be an indicator. You can only identify that though, if you've got a level playing field. So if you feel good enough, if you trust yourself, then you'll be able to suss out, the judge versus Oh, legit, something has wrong here that we need to look at. Or else you're just you'll always take the judgment as this is true. I've done this wrong. So identifying sources, again, first step again, identify the energy for ourselves. So if we're hearing excessive criticism, of others of self of us, if we're hearing feeling that energy of bitterness or passive aggressiveness, that might be an indicator.

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If we see that a client is looking for a way out of taking action on their goals by making judgments, that's an indicator. If we sense a demand for perfection, either in themselves or in others or in this situation do you ever step into the archetypal energy of the judge just notice for yourself? I do.

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So, again, next step, no matter what the resistance archetype is love on it, love on it, love on it, love on it, love on it and love on yourself. Right, we all that energetic piece is so important. And then from there. We want to lovingly create awareness for the client blitt bring it out of their blind spot. And again, that first step of lovingly creating awareness is acknowledging the concern, in this case, the concern related to the judgment. So for example, I know what you mean, I kind of get the heebie jeebies when I see marketing out there that's super salesy, also, or I get how it can be frustrating when you feel like you're not as flexible as the rest of the team. Right? So, first, we want to acknowledge, honor, what is and then from there, create awareness and just like I gave for the victim, there's different ways of creating awareness for the judge so you can bring attention to the extreme thinking. For example, it sounds to me like you're saying all marketing all the time is salesy. Am I getting that right? Or it sounds to me like you're saying only really desperate people put themselves on dating apps? Am I getting that right? Another way to create awareness is by pointing out the mismatch between what they're judging and what they actually know. So for example, I'm curious because what I hear you saying doesn't match up with what I know about you. I hear you saying that anyone who puts themselves on a dating app is desperate. But I know you mentioned your cousin did it and met the love of Is life. So what's actually going on? Here? Right that creating awareness is kind of like we want to kind of make that first puncture into that bubble. We can create awareness around the judge by exploring action, exploring patterns. I noticed that when I make suggestions that really stretch you, you sometimes get critical. Do you know this response from other areas in your life? Or I noticed that whenever we start to strategize a really exciting marketing plan, you get really down on marketing. What do you think that pattern is about?

1:56:04

Sometimes we can create awareness by reflecting a hard truth, if it's the right moment, right? It sounds to me like you're being really hard on yourself right now. Do you notice that? Or what do you notice about the tone of your voice right now? Or what do you notice about your energy towards me in the conversation right now. So again, we want to create awareness so that the client can see the bigger picture, we start to puncture it, so they're not fully in that vortex of energy. As we do it, we want to validate and normalize.

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And then, sometimes, and we'll get into the somatic work and the boyfriend or fear module, you know, from there, there's enough openness and they might want to go deeper energetically into it. But oftentimes, the creating awareness is enough and we can go to co creating next steps. So I sometimes like to think, just know for myself that the antidote, one of the antidotes for the archetypal energy of the judge is the ability to love and celebrate and accept oneself and others. So some examples of CO creating next steps once there is this awareness once you've brought the energy out of the blind spot, what is your highest self know about marketing with integrity?

1:58:01

What would it look like to market without being salesy? So you can't ask the question, what would it look like to market without being salesy until you poke holes into that energy because they're so stuck in the like, it's just all salesy. It's just so out of integrity. But once you poke the holes, then there's the opening for these types of questions. Now, that's not in every situation, that's just when the person is in the resistance archetype. Here's another example. If we were to take judgment totally out of the picture for a moment, how would you feel about this marketing strategy?

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When you're critical of others, what feeling or thought, is it distracting you from?

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What would be at risk for you? If you were to suspend judgment here? That starts to get at the core, those last two will start to get at the core fear more.

1:59:19

All right, let's pause here. Any thoughts or questions and Maryann? Let me know if what I just laid out is helpful for you just from what you're sharing in the chat around thinking about the judge?

1:59:40

Yeah, yeah. So again, you know these questions once. Once there is more awareness, we can kind of ask these questions that can either lead to next outer solutions or Okay, now let's go into the fear. Last two questions. And again, these are all on resource sheets. When you're critical of others what feelings are thought? Is it distracting you from? What would be at risk for you if you were to suspend judgment here?

2:00:21

Anything that anyone wants to say before we go on to another archetype? Yeah, Angela, I, you'll have them in the member center by later today. I'm sorry, they're not there. I realized last night that an old version was in there. And so the team will have them up probably within the next few hours. For those of you that have been a little quiet, I'd love to hear from you. What are you seeing what's coming together?

2:01:07

Maryann, that's a great question. Can you come on voice to voice for a moment? Yeah, sure. So from what we're learning what I want and see if you can answer that question.

2:01:31

I feel like when I've seen this happen, it's when it's in that same thing where a client is doubling down. And they're not always you can do all the right things, but they're just not receptive to the little holes that you want to poke or the, the normalising, or they might say, yes, yes, yes. And you think they're on board, I've had that happen, too. And then the next thing, you know, they come back, and I feel like they're finding ways to blame. The container, the process, the practitioner, for actions is a little bit like the victim, like looking for any excuse to not take responsibility for their actions. And I feel like there's a little bit of that when I've seen the judge come up. When I've seen it happen, I feel like they're already kind of going down a kind of slippery slope a little bit. And I'm not sure how to how to.

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So thinking about this two step, way of creating awareness first by acknowledging, and then by creating awareness, let's start there, what some language that you can put to those two steps. Because again, remember, we want to bring the pattern out of the blind spot.

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I'm trying to think of a specific example. So I've no like what to say in response kind of

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help you in a moment. But

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yeah, if you, I think the example for me might be the kind of what I think I put it in the chat, sort of, well, you talked about you said to do this, and I did it and it didn't work. Yeah. So therefore, like, they're kind of projecting,

like this didn't work. And it's your fault, not understanding there's a vast array of variables that factor into whether or not something didn't work. And they might oftentimes, like they haven't given something time to work. And it's not this black and white, it worked or didn't, they're just still in the process. Yeah, really good.

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So in a situation like that, first, we want to acknowledge so that they feel seen or heard, right, so depending on the client, you know, it might sound something like, I totally normalized to it, I totally get why you're frustrated. I know, you want it to be further along with this strategy. At this point. It makes so much sense. And I've been there before, right? So first, acknowledge and strategize. And then from there, there's just one example, you know, based on what you're saying, saying something like, you know, tell me if I'm getting this right, I notice that every time we create a marketing strategy in session, you get really excited about it. And you see the possibilities in it when we're in session. And then it's almost like something happens in between the session where maybe you try to do it or you know, sometimes a little bit more, sometimes a little bit less, but then you come back the next time and it's like the whole thing is wrong. And I know that you also know these strata Geez take time. And so I'm wondering what do you sense is going on for you here? I'm wondering where else in your life do you know this from this getting really excited? And then it didn't quite work the first time and then feeling completely? Like it sucks or dejected about it. Right. So what are you seeing? And even if it's not those words, what are you seeing what I'm modeling for you, Maryann?

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Yeah, that's really helpful. Helping them kind of see a the pattern, like when you said, when the times we've talked about X, this is you get really excited. And then this happens. I like calling that out gently as a pattern. So they can see that and I really like the I think in this case, relating it to where else would this happen in your life where you're getting really frustrated, and you feel like everything's going wrong, that kind of catastrophizing, to have them step out of this particular situation. And potentially even lead to them like feeling it in their body or shifting out of the mental. The mental wall that they're pulling putting up, that feels like a good place to go with them.

2:06:14

Yeah, nice. So a couple things. You've just said yes. So yes, exactly like it, that helps them see those patterns. And then, and we'll get to this in the fight your fear, then if it's if we feel like it's necessary, we can go a step further, and bring it out of the cognitive too, right? So for example, and we'll get instruction on all of this. Let's talk to your catastrophize. Er, I wonder like, what's really, you know, what that catastrophize? Er is really scared of? Or is there a way that the catastrophize er can actually be helpful for you versus standing in your way? Let's kind of connect Where are you holding that in your body? What does that one have to say? Right? So that then we're poking even more holes, we're becoming better friends with it, we're starting to shift that energy even more, if needed to work with it, and then we can move on to Okay, so now that we've seen that, which parts of the strategy do you want to try again, this week, right, we get to that CO creating solutions again, but we want to pull out those patterns in one way or another for the client. Because if they're not seeing the pattern, they're gonna stay stuck. Again, the best way I can describe it is in this like vortex of energy or weird mask, that's not really them. And then is what tends to happen. And I think we've worked with a couple clients, one in particular, who really had a hard time and she was

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just like, No, I don't have resistance. No, there's nothing going on underneath the surface here. And then she just kept. And looking back, I'm not sure if there was a easier or different way we could have handled that. I think we we did approach it. And it wasn't just me, you know, my team is pretty, pretty stellar. But yeah, I like this idea of, instead of almost feel like there's sometimes a focus to like get them through it and stay in the head around it. And you can't, you have to get them out of their head, right to do it. And I think there were ways that we tried to do that, or hope to do that. But the client just wasn't wasn't going there with us. So there wasn't a lot we could



do. But I like this, I think number one for me is and I've tend to be like, I was super empathic, but I'm also very in my head. So I'm doing business coaching, it's easy for me to like stay in that comfort zone of staying in my head and keeping in sometimes I need to bring clients more into their head, right? They need to understand the strategy before they know how it works or before they know why this is going to take more time than you think it does or why this means you're going to iterate on something, I just get it done in one shot. So sometimes I do need to do that. But this is a great way to get them. Get them out of their head for the resistance piece that's in the way. So that's really good discernment for me to carry forward. Yeah, good. Good.

2:08:59

Yeah. Thanks for asking the question. Thank you so much. That was helpful. Yeah. And also, the other thing to say is, it's back to how I started us off today. You know, once we poke holes, we're, hopefully maybe we go to the energetic piece, maybe we don't. And then we can co create a next action step. But that being said, I also want us to remember that it's not a once and done a breakthrough is different than a transformation. We want to support our clients to continue to work with this pattern, so it doesn't bite them in the butt. You know, I mean, it will still bite them in the back because we're all human beings. But, for example, a piece of homework that might come out of a session like this, in addition to what's the next action step is I want you to track and see when the judge or this judgmental part of you comes up during the week. Notice what situation Shouldn't that comes up in how you're feeling, what things you're scared of in the, you know, when it comes up, you might notice it in the moment when it comes up. Or maybe when you reflect, at the end of the day, Oh, hold on, I gotta move. So we want to, you know, because it's, it takes time to fully poke at these guys and work with them, and shift them a breakthrough in a session could be enough to get the next action steps. But we want the longer we want the shifts in for the longer haul.

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Love that distinguish distinction between the breakthrough and the transformation to and like, you're right, like there is going to be a client here and there who can take the breakthrough and carry it forward and have the self awareness and have done enough of the work already on themselves or whatever it is. But most of the time, it's, we're circling back to kind of like we talked about earlier, if you find a way to call out the victim archetype, or the judge archetype, and have it in conversation, we do a lot of that like trying to pre frame the resistance and the mindset hurdles that people are going to see. So when they come up, we've already set a tone, to call it out and speak to it. But these are very, very nuanced. And these are, I think, are the ones that run the deepest that are kind of the hardest to get through. But I love that idea. And, you know, maybe even helping clients understand that the breakthrough is the awareness and kind of the first big step to it. But the transformation is being able to take the breakthrough and learn to embody it and learn to carry it forward and how you are being not just like the intellect, it's, you know, the intellectual awareness is that, first of all, that's the breakthrough, or maybe even some emotional breakthrough. The transformation is you're being differently now as a result. So that's really powerful. Thank you.

2:11:55

Yeah, you're welcome. Absolutely. With no, no myth of perfection in there, like I've, I've worked out been aware of and worked on my victim archetype for decades, and I still catch but but I catch myself in it now is the difference. And then I can work with it in the moment versus I went into full victim mode, I never saw solution and it just sucked for however long after that. As asking in the chat, is it possible to be dealing with more than one archetype at once? It is, and but in saying that, don't they'll usually morph into one once you start working with them or like as each is ready, it'll make itself known. So don't don't concern. Don't be too concerned with it, you know, you might have the victim and the judge together or, and you'll get to part of it, but not all of it. I wouldn't try to like think ahead or worry about dealing with more than one at a time. The if, even if it's more than one the poking hole at one is going to create some openings for the next forward movement. And then you can go from there

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okay

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let's talk about what I call the disconnected one. And for the disconnected one, the disconnected one can show up in different ways. So can sometimes show up as the confused one. So if somebody if someone if their MO when they go into fear or get defensive is to disconnect, sometimes it can show up as being confused. Sometimes it can show up as flaking out. And sometimes it can show up as procrastinating or sometimes it can show up as all three together. So the confused one is someone who normally is really, really smart. But when it comes to this thing that is so important to them, they just don't get it or they they show up as disorganized. It's like their fear of moving forward is getting in the way of them retaining the information that they need to move forward. The flake shows up when someone who is oftentimes very responsible, acts irresponsibly, in a situation where they're scared or triggered. They may not show up for the session. Maybe they're not bringing themselves fully to the session, they're only kind of half present. They go missing for a few weeks at a time, and then you hear from them again. Sometimes the flake can also look like, I was so excited about this project, and now I'm just not excited about it anymore. Now sometimes it's legit like it just was misaligned. But if it's this chronic, I'm so excited. And then no, that wasn't the thing for me. And I'm so now I'm so excited about this. But no, no, that wasn't it. Let's move on to something else that can show up here. Sometimes the disconnection can show up as a migraine or a headache that just totally takes you out from the action and then the procrastinator procrastinates. So you can identify the archetypal energy of the disconnected one. If there's excessive confusion, there's irresponsibility, if there's procrastination, if there's disorganization, or if there's chronic loss of excitement or passion for a project so similar to all the others that we've looked at, first your energetics love on your client in that moment love on their disconnected one, like really have compassion and love without pathologizing it right without being like, Oh, it's so sad, right? But like that empowered love and compassion for the client for the disconnected one. Barbara saying in the chat, some of these are very common with people who have ADD ADHD. And that's why again, as I keep on saying, always want to check your filters, these signs aren't always going to be resistance. So we definitely want to check filters all the time. Yeah, and Kelly, that's what I met from, like the loss of excitement or passion. So jumping from one to the next. Can I elaborate more on procrastination, it can be freeze mode, it can just be like, Oh, even though I really wanted to get this newsletter done, Netflix sounds really awesome. Right now, or?

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i This is this is how I procrastinate. It's a sneaky way of procrastinating, I might have this big project that's important that it's like I just need to get going on it. But instead I'm like, No, I have to answer all of the emails in my inbox first. Those have to take those always have to take top priority, right. And so I'm working. It's such a great excuse because I am working. Those emails do need to be answered. But then by the time I'm done with the emails, there's not time for the bigger project like for me right now it's I'm I want to make up some reels for Instagram. I just really want to experiment and see if that can work for me. But it's, I never have the time because there's always emails to respond to. So those are ways of procrastinating. All right, lovingly, create awareness. And again, first, it might be helpful to acknowledge the difficulty related to the disconnection. So for example, gosh, it must have been so frustrating to have felt like you knew what to do. And then you got in front of the computer and you went totally blank. I've been there before myself. Right? I'm acknowledging I'm normalizing. Or another example. It's so hard when you're super excited by an idea and then it seems to fall flat. Right. So first, we're acknowledging so the client feels seen and heard, so they know that we are with them. And then from there, we want to create awareness around the situation so we can do it in lots of different ways. For example, by bringing attention to the energy. When we finished our session last week, you were 110% clear on what to do. It almost feels like an energy of confusion overcame you when you gotten front of the computer, me getting that right. So again that separates it out from all of these can be all of you client is confused to here's the thing that happened when you got in front of the computer. Or I know you had said you were going to get a babysitter so that you would have time to x, right? Whatever the thing they wanted to do. What happened? How

come that didn't happen? Right? So if they flaked out, right, so I know there was a solution here for the time, how come that didn't happen? What would be scary about fully comprehending this situation? You can create awareness by exploring patterns, I noticed that whenever you get really excited about a stretchy goal, when we have our next session, it seems like distractions got in the way. Am I getting that right? Or I might be getting this wrong. So let me know. But I think that the last three times you went to apply for that scholarship, you ended up getting a really terrible headache. And is there any coincidence there? Or creating awareness of the mismatch between how they're acting and who you know them to be? I'm curious, because I know you to be super responsible and responsive. So what's actually going on here?

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So we want to create awareness. And with any of these ways of creating awareness, there's gonna be more discussion around it, it's probably not going to just be that one question awarenesses will come through, you know, you'll coach through them. You can bring some of the somatic pieces in again, we'll go deeper into that soon. But again, like dialoguing with that part of themselves, feeling noticing the energy of that part of themselves versus their energy when they're in all of themselves. And then you want to co create next steps. So for some people that step into the energy of the disconnected one, and to do is being able to stay present, even when there's discomfort, being able to stay present, even when there's discomfort. What would be at risk for you, if you were to show up fully present for the school?

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What would it look like to stretch beyond your comfort level here? Sometimes for the disconnected one, it's really helpful, too, because they can feel overwhelm with all the things and that's why they disconnect. Sometimes it can be really helpful to break things down into smaller action steps. So instead of I'm going to write my whole home page, and then I get to the computer and I just feel confused and like not and overwhelmed and not know what to do or I keep on putting it off to write the whole home page. Let's talk about the first paragraph of your homepage. What is it that you would really like for this paragraph to say, what's the message here? That's the homework for this week.

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So again, whatever the archetype is, then, you know, I'll go very quickly through the next couple, but we want to kind of use this step by step of acknowledging, creating awareness. And then once you've poked holes, looking at next steps

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Every now and again, someone can step into the resistance energy of the needy one. So the needy one is someone who is generally very self sufficient. But when they are in fear, they feel like they can't do anything on their own. And they need constant support. So this kind of client might constantly ask for more feedback or more time from you, this client may want you to hold their hand, for every step that they take, they may show up with an excessive need for validation.

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When a client is in the archetype of the needy one, what you want to acknowledge, before you create awareness around the energy is that you are there for your client. You want to acknowledge that first. Or else, the energy, the needy energy can get even more triggered. Because you're not just giving them what they're asking for. So for example, I love that you ask for support when you need it. It's always a privilege, and an honor to be able to help you. In the moments where you really need extra hand holding, I always love to show up for you in that way. I'm here for you. I'm in this with you. But then from there, you do want to create awareness. So once you let, or sometimes the kind of letting your client know that you're there for them is going to come with the creating awareness as well. But so for example, I all I love that you ask for support when you need it. And I'm always there for you when you need it. And I also know you to be a self sufficient person, and someone who can absolutely

respond to that email from your client. Without extra help from me, what do you think is going on for you right now. Or another way of saying that is I'm absolutely happy to help you with that response, as I always am. And I have a feeling that you actually know what to do here. Why do you think you're feeling like you can't? Right now.

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So, again, I'm moving a little bit more quickly. I like to think of the antidote for the needy one is for them to know that they're supported, that they absolutely are supported and can ask for help. And that they're also self sufficient. Again, because these resistance archetypes are form of shadows, and there can be too extreme with shadows, we know if we lay on the like you're just totally self sufficient. It might feel like there's not the support there. And so we want them to feel that aligned place of where they are for them and also there that there for them as well. I always like to mention another archetype that can sometimes come up it's a form of the judge is the spiritual one. This can happen a lot with business coaching, that's just not spiritual enough for me. Or I don't want to look at that fear. That's just it's too negative to look at the fear. look at why I'm upset about that. So anyone that is either overly love and light or using it's not spiritual enough as an excuse, I just like to keep things positive, that can be a form of resistance. And then, sometimes another one that can come up is a I like to call them the jokester. So they're just kind of laughing at the whole, they're not taking it seriously. You know, they're kind of making jokes excessively not like being light hearted, because it's helpful. But then that jokester, Kelly?

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Yeah, just when you're speaking about the peace of the antidote for the needy one, it was really, it was really moving to me, I think I have a lot of these really self sufficient types in my practice, and then they do have this needy piece that can come up in resistance. And, and I was just thinking about how it's kind of the antidote, or the healing around it, because so often that self sufficiency is, is born of not being not getting what they need, and having no one hand holding, and then to say, Hey, I'm here, and those moments needed is so powerful, and so nourishing in a way that they may not have gotten. And so it's like, it gives them permission to be that so that they can step into their strong self. And so I just wanted that was really striking me is such a beautiful thing. And I also just have the question of when you have a client who is so so self sufficient, and identifies as such, and they, and they have a lot of knowledge and have done lots of personal development work and what have you, and they keep pushing through. But that needy one actually is the one that needs attention. And it's almost like they don't give themselves permission to be needy. And it's causing this this like reaction of I've got it. So it's almost like the resistance is the opposite of that. It's like I'm gonna push through, I'm gonna push through, but it's not actually getting them what they need. So I'm just curious how you see that and my approach

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that? Yeah, absolutely. That can be another form of resistance. So based on what we've been learning today, how would you handle that? Oh, goodness.

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So acknowledging that part, and really honoring like, this is, this is such an important part of you, and it's born of your experience, and it's gotten us so far. And it seems like, you know, you're you're starting to neat with how it's not working for you anymore. And there are parts of you there actually really need to lean in and like allow yourself to have your handheld or for you to like lean in be held or and then, you know, to look at like what, what might be there for them in opening up to feeling, feeling support or receiving support?

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Yeah, absolutely. Just only tweak I'd make is leaving some more agency for a client to respond, yes or no in that, right. So that first part in helping me like you are so just like you said, you were so self sufficient it like it blows me away, how you're such a get it done on your own gal, it is just like amazing. And clearly, it has worked for you in so many ways, right? And then from there moving into the creating awareness. So, you know, to riff off and again, every situation will be different, but and tell me if I'm getting this right, I notice from some of the things

that you've shared lately, that your self sufficiency is helping you get things done, but it's also leaving you tired, or it's leaving you isolated, or it's leaving you feeling so much pressure and anxiety all of the time. And I'm wondering if maybe, sometimes it's a little too much self sufficiency, and what it would feel like if you were to allow some support, let me know if any of this is resonating, or what's sparking for you as I share this. Great, thank you. Yeah, great question. Thank you. Angela.

2:34:05

So I was when you're talking about the disconnected one, and I was just thinking about, so my, my I know is that family relationship, but I was thinking, how I would quote a person like, so my brother is like, so you're talking to him, and then he's on the phone with somebody from the company, and so on and then goes like that. And then I said, do you talk to because so maybe it was just because it was me talking to him? And I thought how I would coach a person. Do you talk to people like that when you are managing that? Yeah. So I was thinking how you as a coach, like get a person that's very high in business and is always busy with everything three phones, talking to you at the same time. Any, how do you make them to listen, when they are in into that situation that they're so disconnected? And he says, I do 10 things at the same time and never listen. I'm not present. So I don't know, I just think if I had somebody like that,

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yeah, so same thing as we've been looking at. So you would start by first creating awareness around the situation, right? I noticed that, whenever you come to our sessions, at least my experience is that you're not fully present with me. I know that you sometimes check emails, and tell me if I'm getting this, right. But every time you check an email, or every time you get distracted, it blocks the flow of the conversation. And then it takes so much more time to become present again, for us, you know, whatever it is that the pattern is happening is, right. And then you can ask the client, if that resonates, and then from there, you want to go deeper, ask another question. So once they're, they're saying, okay, so they bought into this with you, right? You've poked some holes, you can ask a question like, What would be at risk for you, if you were to be fully present to our conversation? And, you know, who knows what the client might answer they, they might answer, what what would be at risk for me is that I would miss 10 emails, and then the whole business would fall apart, and blah, blah, blah, right? And so then, but now we have the fear exposed, and we can work with that fear of I have to be there every single moment, or else everything is gonna fall apart. Or maybe the person answers, oh, well, if I were fully present, I'd have to feel my feelings because it I don't want to feel like right, so then that fear is exposed, we can use it befriend your fear, and we'll learn how to do befriend your ego. But so. So do you see how it's take, again, taking that outside layer of resistance, poking holes at it, and then exposing sometimes it's enough to then just take the next action? Okay, you're right, I'm not going to, you know, check email anymore during sessions, but then you still might want to say to them, how does this happen in your everyday life? How does this happen with your kids? Or how does this happen when you're supposed to be working on a big project, right? Or you can go deeper into the fear at that, you know, in that session, if it makes sense for that session?

2:37:39

Wonderful. I even made a note when you made that question about what would be the risk. Yeah. Good. Very powerful lesson. Thank you so much.

2:37:48

Yeah, thank you. We've got one more piece that I want to take a look at today. Two more pieces. But before I do anything else, he says asking a question, if there's time, can I speak more about when client develops physical symptoms when resistance appears? Yeah, can you come on is for a moment. Yeah, so

2:38:21

I am really curious about this, because I know it happens to me a lot. That's the one way my resistance comes up a lot with physical symptoms, but I also have chronic chronic health issues. And so I have my own theory as to

why it happens to me, but I would love to hear your thoughts in regards to as from a coaching perspective, how to address it with a client.

2:38:51

Yeah, yeah, absolutely. So as with everything else, we've been looking at always check filters, it's so easy for a coach who you know, doesn't have an autoimmune or doesn't, you know, get migraines or you know, whatever it is to be like, Oh, that's just your resistance and let's just look right and, and it can also be like you're saying in part from something bigger that's going on physiologically, and also resistance at the same time. But so first thing is we always want to check our filters. We don't want to make assumptions. We never ever, ever want to shame for anything. Whether it's a physical symptom or any of these expressions. We never ever want to shame a client. Make them feel disempowered in it, make them feel blamed or judged. We always want to approach it with love and tenderness and respect and you are whole and complete exactly as you are right. So all of those pieces in tact And then from there, you know, we might say something like, I might be getting this wrong, because I know that you also have x going on whatever it is physiologically, but I do sometimes it the timing, sometimes of the migraine, I'd notice corresponds specifically, with when you're taking marketing actions. I'm wondering if you've noticed that as well. Right. So that's a way of not saying, You're This is why the migraine is happening, or you're right, but it's a way of opening up the awareness. And then, if the client agrees with that, and they can see that, then you can have a bigger conversation about what's in their control with the migraines, what's not in their control with the migraines. What they can do to feel more grounded or regulated, before they are rested or hydrated or whatever it is, before they go to take the marketing actions so that they're already in a maybe in a better position, or you know what, whatever it is for them that you can then strategize with them around that or look at the fear inside of why the migraine specifically happened with the marketing, etc. Does that answer the question?

2:41:29

I mean, helps. Yes, thank you. Yeah, I was thinking, I know for myself, I this is just a recent discovery since I started the sacred depths and do my own work. But um, you know, so I'm not somebody that really emotes my emotions, I, you know, I can be like, oh, yeah, I'm feeling kind of off, but takes me a while to be like, I'm feeling sad, or I'm feeling fearful. But what happens is, my body expresses it very profoundly. So I'm always having like, aches and pains. And like, I was always a kid that always had like, these weird symptoms that nobody could find a cause from. And it was I realizing, it's like, oh, well, I get headaches that caused me to miss calls or procrastinate on something, it's usually like my nervous system has gone into some sort of dysregulation, and created a domino effect. It's not like I'm be like, Oh, I'm scared, or I'm triggered, or I somehow have

2:42:31

salutely. Absolutely. So if that's the case, for a client, like through the conversation, you can sort of create co create awareness around that. And then from there, and it's such a beautiful and powerful thing to create awareness on that. Because then you can strategize on tools for helping the client in the moment like then the migraine almost becomes like this incredible indicator that the client can use that something is going on for them, right? And you can look at, okay, so the next time this happens as you move through your week, and you can strategize together, what they want to do pop, maybe they say, I want to pause what I'm doing, I want to connect into what I'm feeling I want to, you know, ask myself, Is there a fear right now? Or what is it that's actually coming up for me? What Why is this, right? So it can become this, not only help them reach their goal, but this incredible life tool for this pattern that they have. And particularly with physical things, though, we could apply it to everything. The goal is not to get rid of the expression. This is important. So the goal is not for the client to be migraine free forever, because that it can end up creating blame and shame. If that doesn't happen. The goal is to come into better relationship with whatever the thing is the migraine, the procrastinating, et cetera, to be in better relationship with it. Because the truth is the migraine the procrastinating the judgment, the feeling, pad, all the things that we're looking at. It's important information. There's so much important



information. So we don't want it to stop us in our tracks anymore. But the goal isn't to like get rid of it forever, either.

2:44:38

Thank you.

2:44:40

Yeah. Thank you. Thanks for bringing that forward. All right. A couple of other small pieces I wanted to take a look at but I think with our time left, I'll save them for next time. And with our time left I'd love well first of all, a question for all of you based on everything that we've been looking at today, what is one next step that you would like to take to work with your own resistance inner or outer step? What is one next step that you would like to take to work with your own resistance?

2:45:51

Nice friend is saying normalize it and love on it. Yes, Cecil is saying acknowledgement and if you remember to apply the antidote, nice. Yeah, I will talk about how to work with your coaching partner to good. Explore the fear beneath it nice. Baby steps Yes. feeling okay with taking tiny steps. Yes, good. Good. A piece of homework that can be really helpful is to pick an archetype that you know, is a strong one for you, it can be one that I mentioned today. Or you're like I said, there's so many whatever one you want to name that's really kind of shows up big time. And I want to invite you, so here's the process. Whatever the archetype is, let's say it's the judge. First energetics, I want you to take a moment and love on the judge, and honor it, and respect it, and hold space for it. And then from there, the invitation is to invite the judge from its highest wisdom to write a letter to you

2:47:26

to let you know what it wants you to know. And see what wants to come through bonus points for doing it more than once this week.

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So this is about, again, we don't want to get rid of any of these things, they serve a purpose. And we're going to look even more next week at that, which is about creating a different relationship with them one that is actually helpful.

2:48:02

In one of the worksheets, you'll get you'll have opportunity also to some of you already put this in the chat to track your resistance over this next week, that can be very powerful, just to start to notice when that energy is there is poking holes in it. If you're working with clients, it could be helpful to make a list of your clients or you can do this with family and friends too. And which archetype they are most prone to fall into. And why you sense that that can just be helpful information. So and then in terms of coaching partners, it's hard to manufacture resistance on the spot. Because you may not be having resistance in that moment. But you can take everything that we've looked at today and whatever new awarenesses and breakthroughs that came through and set you know, think about an intention for yourself around it and then coach more deeply on that. I know we've been through a lot today in these three hours I know that the information and the work is going to continue to work on you and through you. But before we wrap for now, I'd love to hear a couple of takeaways and last words, what are you taking for yourself from our time together today?

2:49:28

You're so welcome Kelly. I'd love to hear one voice to voice I don't want my voice to be the last one today. Who'd like to share what are you taking away? Are y'all having resistance to share? Ha

2:49:56

I am feeling maybe resistance maybe feeling like

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wandering or I don't, I don't know, I was feeling kind of

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attacked and invalidated on some of this stuff and really not able to see

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if it is resistance if it is you know, physical and physiological, I can't see a way to honor and make a different relationship with migraines, and I can't see the difference between you know, characteristics or tendencies and the confused archetype Yeah,

2:51:19

I'm having a hard time with that.

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Yeah, I'm glad that you're bringing that forward. And I'm glad that you're aware of the resistance and not just like, running away from it. And so it sounds like you've stepped a little bit into the confused 1am I getting that right. No,

2:51:45

it's more of a judge.

2:51:47

Okay, good. Okay. So we know that if you've stepped in, like from what we've learned today, we know that if you've stepped into an archetype there's something important here for you. So first, let's just honor that even if we don't know what it is yet. And then from there, can you see if you can right now even if it's just a little bit AJ Can you love on your judge? Can you hold just hold space for the judge?

2:52:46

Yes,

2:52:48

yes and

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yeah. Okay, so you don't need to do any more than that for is it okay for us to just take an extra couple of moments with us okay. Would it be okay for you to close your eyes? Were in your body are you feeling the judge

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show up right now? In my throat

2:53:09

Okay, good. You're doing really well. The invitation is to just love

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on your cell

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and on the judge just honor it it's there for a reason it's been there to protect you for a really long time. It doesn't need to tell you anything in this moment or do anything i My invitation to you is just to hold space for it and love on it and see if you can love on it a little bit more

2:53:56

I am

2:53:57

feeling that is making it deeper like you're loving on it is is connecting with it Uh huh.

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Ask it why it doesn't want you to connect with it

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in it does it wants to take over

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and so why? Well, how will loving it Stop it it's

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pretty stuck right now. It's in my, it's in my throat, it needs to say something and it's not ready to come towards.

2:55:18

Yeah. So that's okay. I want to invite you to honor it exactly where it is right now there's no need to change it or make it do anything. Just be aware of it and hold space for it just hold space for it what do you notice

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I am able to settle a little to

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let go of some other body tension

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and so just lean into that and be with that, all the while just accepting all of it.

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And being with all of it

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take one more moment with it right now. That's for time say. So that's the practice, right? Sometimes, you know, when a resistance archetype, like sometimes a resistance archetype is gonna let us kind of poke pretty quickly and other times not and it's okay. And the practice is just being with it. And just holding space for it. Right, and, and it would have been totally fine if things didn't start to feel a little settled. But they did a little right. And so there's movement there. And that's how would that feel as a practice for you to just be with it? Yeah, it's,

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it's a piece that I don't that I don't like that I don't feel serves me. No, no. Yeah, I

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get it. And, and so it's a process, which, for as much as you don't like it, tell me if I'm getting this right. I think that you're also open to it, or else you wouldn't have been willing right now. And there wouldn't have been a little bit of settling

2:58:54

the more that you judge the judge, the stronger it's gonna cling on. And so what I saw just happen a little bit, is that kind of like he were able to pop out of it enough to not also judge the judge, but to hold space have a different energetic posture for that part of you. Does that land and so that's a practice How would it feel over this so we, too, before you have your judge write a letter to you. See if you can play with writing a letter to your judge. And don't profess anything that doesn't feel true. Like don't tell your judge that you love it. If that does Don't feel authentic. But see if you can come from a non judgmental place towards your judge and write a letter from that place. Thank you.

3:00:20

Thank you, Anna. So this is just I think your original question was what was surfacing for us. So there's actually something I'm really appreciating about this approach is, I kind of see it as, like, layered. So there's the resistance itself. And then there's our relationship to the resistance and meeting the resistance with resistance, just like compounds that energy. And so I'm really appreciating this lens of not just acceptance, but actually curiosity about the value that whatever it is that usually brings some like negative energy into one field can actually, like be transformed through Latin, and acceptance. And yeah, and excited to hear like, I literally think I have all of them. But you know, whatever wisdom they all have to share with me, I appreciate that shift in the relationships. So thank you.

3:01:34

You're so welcome. Yeah. And just to underscore what you're saying, again, they they are they all have value, it's just how we're using them or interacting with them. Florida I

3:01:57

think the huge takeaway for me today is actually the fact that you can love and just hold and accept your resistance. Coming through is just now the work that you did with AJ just stated to me, I'm always in battle with, I'm always pushing back. So there is it just gets stronger, just as you were saying, and the more you judge, the judge, for me, it's the disconnected, quite often one of the strongest, one of the strongest ones, and I can see that I attract some of that in response, or a lot of it. So it becomes this very frustrating pattern. And my earlier question, I wonder if we should leave it for next time was how to deal with, with these energies when they come up in situations that are not necessarily in a coaching container. But they definitely come up and can be very destructive, as well. Like some of it could be co creative work. where it needs to be addressed. And sometimes it's very subtle and sometimes it's very strong and sometimes it just unleashes out of seemingly nowhere can be explosive, or like a slow currently very undermining.

3:03:51

Yeah, yeah, there's a couple pieces there are one of the pieces we'll look at next time, which is we didn't, which we didn't get to today is pre framing in whether it's a coaching container or any container, a team, you know, relationship marriage, or you know, whatever it is pre framing around resistance, so that before it even shows up, there is an awareness that it could show up that it's normal for it to show up. This is how it might look like if it shows up. And this is how we like we and we're here to address it. Right? Like whether it's your team or you know, whatever it is so, pre framing, we'll look more at that in the coaching context next week. But that can just be a really helpful kind of tool for then when it does show up like there's already awareness or there's already something to refer to. It's already been baked into The normalization of whatever the container is coaching or otherwise. But if you're in a container right now that it hasn't been pre framed, you can like, like the ways that we're talking about create awareness around it. And I get that you have some relationships like I could, I couldn't

create awareness around resistance with my parents, that just would never happen. So I have to, for me, my strategy there is deciding on my boundaries, right? So I get that there's some you know, like, specifically in coaching, we can prepare, we can look at all this other personal relationships, that may not be the case, but for the ones that it can be addressed. You can create awareness in similar ways that we've looked at today.

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Yeah, so deciphering where some of it can actually be useful and done and figuring out okay, this is actually not going to be a situation where it's appropriate to delve further and just set a boundary. Yeah, yeah.

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You're welcome.

3:06:17

I want to acknowledge that it's 215. And it goes without saying, you'll all get this in the recording, you know, people are hopping off if they need to hop off, I am going to stay and answer Jenny's question before we wrap today.

3:06:35

Thank you for taking my question. I am curious. It seems to me that the type Could your your type could be either modal, or situational, or even seasonal? Or even just kind of dependent upon the characteristic archetype that you are holding at the moment or in that season. I'm curious your thoughts on that, though? And let me know if you need clarification.

3:07:23

Well, my general thought is yes, but ask me more specifically. So I mean, we most of us have a part like and one that we lean on more, or in different situations, ones that we lean on more. But that being said, different things can like my latest, I never thought I had much of the disconnected one. In me, like in a particular way. And over the last year, the New York Times crossword has been like a great strategy for just the disconnected one that I never knew was there, you know, to avoid certain things, right. So definitely different ones can pop

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up. Okay, great.

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Thank you. Yeah, that the whole question, or did you want to ask? Yeah,

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it was just, you know, it's because I do recognize within myself, depending upon what state I'm in, whether I'm in, you know, a state of expansion, contraction, or dissolution, or the season in which I'm living that my, maybe my needs or archetype could be quite different, you know, would be quite different. So it's interesting, and it's valuable to see that because then you can show that mirror that possibility, introduce that possibility to your clients, because she may feel that, you know, it doesn't fit, but depending on her state, right, it could. Yeah, yeah. Thank you.

3:09:21

Yeah. Thank you. Good. All right, everyone. I'm really excited for what's going to continue to come through on all of this. Again, the invitation track your resistance, be with it, hold space for it. If you do nothing else, just that just watch it, be with it. And notice what comes through with that. Sending you all lots of love, and I'm around if you need anything