



# *Sacred Depths* Certification

## Re-Wire Negative Thought Patterns 1 & 2

Unknown Speaker 0:14

Hey, Brenda

Unknown Speaker 0:25

Joanna, how was your vacation?

Unknown Speaker 0:27

It was really awesome. Thank you for asking. Yeah, it was exactly what I needed and no need to be that. Happy to have you back. It's good to see you. It's good to see everyone. Happy birthday, Joanna. Oh, thank you. Thank you birthday today. No, it's my birthday on Sunday. So I'm still in the energy of it.

Unknown Speaker 0:57

We celebrate birthday weeks, which extend to birthday months. And just recently, my family has decided that it's my birthday year, I should guess.

Unknown Speaker 1:08

I should get a special thing. I love it. Yes, just we just need one birthday year after. I love it. I love it. Well, I will just side note for everyone, because this is what has happened in my life. If you ever decide to get married, don't get married the day before your birthday, because then it kind of like all wraps to the anniversary and the birthday all wraps together and there's not as much fun.

Unknown Speaker 1:40

On December 24, right. It's like people super whose birthday is December 24. Yeah. Well,

Unknown Speaker 1:48

it's so good to be here with all of you. I always feel like a little bit of a dork. Because even though I love to have time off, I also always miss in community with and holding space for. And I really, I really did miss this space and all of you. And so I'm so so excited for us to be together today. And we have a little bit of a longer class today, which I'm also really excited about. Usually we do this class in 90 minutes, which is too short. So I'm so glad that we weren't doing it in two hours that we have this time and space for it. I'm always someone who likes to know if there's going to be a bathroom break. And so yes, there will be a bathroom break probably at around one Eastern but it'll be a quickie, we'll just kind of like break and then come back after a few minutes. Before we jump in to the to our curriculum for today. First, I just want to mention, we just dropped a bonus recording in your member center that wasn't it's kind of an extra that wasn't I didn't kind of promote on the sales page. It's a class that one of our sacred depths alumni did last year as a presentation and I just got permission from them to post the recording I'm really excited about it's on gender and inclusion in general and in coaching. And it's just it's a fantastic call. And it's really valuable. And I really recommend listening to it when you get a chance. I know

there's so much material. And some of you may have catch up. So I you know, whenever I add anything bonus, it's not to add more to your list and more pressure. It's like when you get to it great. But that's there for you. And I'm really excited to be able to share that with you. The other piece before we dive in is I'd love for you to take a moment. We were together last week for those of you that were able to be there with Makita. But in terms of my teaching, it's been a couple of weeks. And so I'd love for you to take a moment and think about August. And what's something that you want to celebrate from the last few weeks. It's always good to come back to celebrations. Even when life is hard and messy. You What's something that you'd really like to celebrate

Unknown Speaker 5:04  
from this last month?

Unknown Speaker 5:14

Amy's got a huge inflow of clients. Yay. I know you're saying that they came out of nowhere, but I have a feeling there were at least some energetics involved in that. So you know, all of the inner work that you're doing, I'm so excited. Yay. Sara dropped her son off at college and you're seeing that he's happy. There are what a what a great feeling. In Yiddish, there is a word called Nasik that you say knock this and I don't think there's a word like knotless. in English. What it means is the particular joy that you receive from seeing your children thriving. So it sounds like you've got some Naka Sarah, I'm happy to hear it. Who else What are you celebrating? So you had four resigns from her first time working with coaching clients? That's awesome. You go se so well done. Tina is having fun and just loving summer. Yes, that summer is for I'm so so happy. Nell is going to go pick up her son early from his first session at sleepaway camp because he was homesick. He had him try it out a little longer. And then he still wanted to come home and you handled it. Well. It sounds like it was a parenting when you know and it's not about the whether he stayed or left. It really is about how you handled it and help the space for him. Sounds like you did some good mama coaching there. Nicely done. That is a celebration. Cecil is getting a new office on Thursday and and moving into a new house. Congratulations. It's incredible. A Jana has had wonderful people wanting to work with her partner and her and is making some wonderful connections. And the healings have gone really well. So so happy to hear it. Jana. Yay. He is taking a real vacation. Yes. It's so important. I'm so so happy you're able to do that. And you're carrying the vacation feels into daily life. Oh, that's so big. It's so great. I got to meet Barbara in person that just makes my heart so so happy when people in the community connect offline and online. Yeah, I'm so happy about that. Lera Lera celebrating great opportunities to practice coaching and that's building your confidence. Yes. And you're about to begin recruiting actual clients. Yay. So you are ready. Awesome celebrations. I'm so so happy to hear it. So let's dive in. Our topic for today is rewiring negative thought patterns. And I love its this material is a great companion to the befriend your fear material. There's some crossover and similarities as you'll see. And then also some differences. This whole module that we're in looking at energetics to when we looked at projections, looking at resistance archetypes, looking at fear, looking at thought patterns. All of these are and and more we'll look at self sabotage. It's like I want you to have as many different tools in your toolbox that you can pick and choose from as different issues and obstacles come up in your client work. You can work each of these tools separately or you can really work them together as you become more familiar with them.

Unknown Speaker 9:48

All right. So when you're experiencing negative thought patterns, that very persistent voice inside out of your head, whether you notice that it's active or not, wants to tell you that maybe what you're doing isn't enough, or that you're not enough or that you can't, or that you're not doing it the right way. Or that whatever limiting factor, there is an a situation that that's the strongest factor. And that's the factor that's going to win out, you're not going to be able to do the thing, you know, on and on. And when you tell those types of messages to yourself, you I know you already know this, that's when you're usually more prone to give up, or to overwork. Or to make a decision that isn't really aligned for you. Or to be in more of a state of anxiousness. And worry.

Unknown Speaker 11:03

In other words, even though your negative thoughts are in your head, they have a huge impact on your actions, and on how you feel as you move throughout your day. Your thoughts have an effect on your success on your well being. I'm sure most of you have heard the saying thoughts become things, Thoughts become things. And that's exactly why as a practitioner, it's so important to understand how thoughts work. And that's why we're giving this attention to it today.

Unknown Speaker 12:01

Amy saying in the chat, you are what you eat? Yes, exactly. Sometimes I just want to point out as we go in, often, our negative thoughts can be similar to our fears themselves, they can be really related. So you might find as we work through all of this today that some of the things that come up as we do the inner work may or may not be similar to what came up as we were looking at fears. And that's awesome, that's great. If it does, it's just a different entry point and way of working with those things. Okay, so let's define what I mean when I say negative thoughts or negative thinking patterns, because there's a lot of different ways that we can define negative thoughts or negative thinking patterns. And for the sake of today's training, we're gonna define them as follows. Thoughts or internal recordings and messaging, that persistently or semi persistently run through your mind and hurt you in some way. That's a mouthful, so I'm going to put it in the chat, and then I'm going to repeat it as well.

Unknown Speaker 13:36

So there it is, in the chat.

Unknown Speaker 13:40

Negative thoughts or thinking patterns are thoughts or recordings, or messaging, that persistently or semi persistently run through your mind and hurt you in some way. Now, negative self talk isn't necessarily and I'm putting air quotes around this good or bad, it's not necessarily good or bad, whatever the thought is, we don't want to look at this as Oh, it's good to have these particular thoughts, and it's bad to have those particular thoughts. Instead, what I want to invite you to ask whether it's for yourself or with a client is, are these thoughts helpful to me? Are these thoughts helpful to me, either in general or in this moment or the situation, etcetera? Are they helpful? Are they unhelpful? If they're unhelpful if they stop you from taking action or cause you to do something that is misaligned, or they create anxiousness or they initiate self sabotage, then you want to work with them. Another way to think about negative thinking or thought patterns, because this is how they often show up, is as catastrophic thinking. So they don't always show up as catastrophic thinking, but sometimes they do. It's like, we think the worst, I'll never be able to do this, that will never happen. I'm always going to XYZ, oh, we'll talk more about catastrophic thinking later in today's class. But just for right now, take a moment and ask yourself, are you sort of prone to catastrophic thinking? Do you in your mind tend to jump to the worst case possible scenario. And, by the way, no judgment whatsoever, if you do, just so that, you know, for me from when I was very young, I was trained as the most catastrophic thinker, you've probably ever been that it can happen to the best of us, I still go there sometime. And it can also be worked with over time. I have found not, in all cases, but in many cases, that catastrophic thinking usually runs in families or in cultures. Now, here's one of the tricky things about negative thought patterns. As human beings who are constantly thinking, you know, our minds are having many thoughts, and particularly very smart human beings, which everybody here is, you know, we think fast. And as a culture that is, is just moving faster and faster. And there's more and more thoughts and, you know, more and more ideas fast, fast. We've really placed so much focus on our minds and mental thoughts. And we again, like we tend to think very quickly, especially if we're smart. Those negative thoughts, I can't, I'll never be able to, they don't like me, I'm this I'm that they snap off. And they fire really, really quickly for many of us, sometimes so quickly, that they're not even in complete sentences, sometimes so quickly, that the thought has negative impact, or an unhelpful impact before our wisdom even gets to detect the thought that's been fired off. That makes sense.

Unknown Speaker 18:22

And so then it makes it sometimes tough to even notice unhelpful thoughts or negative thoughts to even be consciously aware of them, because it's just, it's happening so quickly. Um, and then what happens is, we then think it over and over again, and we don't catch it. And then we don't catch it. And we keep on thinking it. And eventually we just begin to accept that thought, as a truth. So again, if you're a smarty pants, which I think we all are here, I have found that the negative thought patterns can tend to impact smarty pants people more because of how quickly we're firing off those thoughts. Yeah, Barbara saying I don't hear a lot of it in my mind, but they're operating in the background. Yes.

Unknown Speaker 19:30

A lot of negative self talk, and in fact, much of it is inaccurate. The thoughts are simply not true. So let me give you an example. Let's say that you've sent out a resume for a job and you didn't get called for the interview.

Unknown Speaker 19:56

Your negative thought patterning or your negative self talk might go like this, oh, great, See, I knew it, I'm not gonna get this job, and I'm never gonna get any job that really excites me. I may as well just quit now, except that I'm stuck in my current meaningless career, nothing's going to change. Right. So that's also a little bit of catastrophic thinking that I was talking about earlier. But I want to point out the importance of distinguishing between what's true here, and then what story or inaccurate because again, what often happens with negative thoughts is that we make up stories. And then all of a sudden, we believe those stories. So what's true in the scenario that I just shared, is that a resume was sent out. And you didn't get called for the job? That is what's true. Everything else is story. That makes sense. All right. I've been talking a bit let's pause here. And I'd love to hear one or two thoughts like what's sparking for you so far? What are you seeing so far? What's feeling important? Who'd like to share? Jana?

Unknown Speaker 21:35

Yeah, I love it that we're talking about this. I've been practicing, I mean, not like full time, but practicing being more more aware of this for many years. And my awareness has been growing more and more. And I've been under like, notice, when the like avalanches of negativity is before. I'm even aware of the thought. So sit within see, Okay, where did this intensity come from, and look and see them. And then I'll start to test it. Okay, this is what my mind is telling me. And then just breathe, and don't react and just hold it as, okay, that's there, and then look and test it and see, like, well, this person didn't call back or didn't respond. So it means I did something I don't know I did. Or they decided they hated me or wanting to do crazy stuff on and on and on and on and test it. And it's, it's always wrong. I mean, there might be a teeny little bit of truth at times. But when I test it, I mean, it's never true enough, and often is completely, absolutely, well, absolutely might be just trying to reward but it is just wrong. It's just flat out wrong. But if I don't pay attention, it feels true. Because our intelligence when we imagine something, you know, imagine sucking a lemon. Imagine it and then it feels real. And then we've had for me and us and I've had the emotional experience, and it gets the steamroller going. So it's just that, noticing it, and just pausing and going, Okay, here's this whole package, let's just take a breath, not have the emotional reaction. And when I do that, then I'm able to much better see what's actually real.

Unknown Speaker 23:24

I love all of that. Thank you for sharing that there's so much so many nuggets and wisdom in what you just shared this first just committing to being aware of the thoughts and you it sounds like you know it, because when you start to feel that kind of like negative feeling like up, there's some negative thoughts going here, and then creating the space around it, to name it and understand that it's just a thought, right, it may not be true, and then testing it out. Such a such a beautiful process. Thank you. Thanks for sharing that jolly.

Unknown Speaker 24:07

I, I have question which maybe you have answered this, and I'm just I need it to be reiterated to me. But what happens when you have someone who so I'm thinking of someone in particular, has really great ideas, but then

thinks them through so logically that it gets to a point where it's like so this will never work, right? Because here are all the pitfalls. And while the pitfalls sound reasonable and may seem logical. There's almost this feeling of then the idea is never get any lift off. There's never any chance because you're being too logical. Yeah. And I love Spock, but you know, that's not cutting it for me. How do you how do you deal with that?

Unknown Speaker 25:00

Yeah, it's such a great question. There's a couple of pieces to it. So one is, at some point, you might want to work with those thoughts themselves. And that's what we're going to look at on the call today. But even before getting to that, there's other there's some other things that we've covered so far and sacred depths, that could be really applicable here. So number one is it sounds like this, like getting really logical, and going through all the pieces, there's a little bit of a resistance archetype in there, like, it's such a beautiful, sophisticated protection mechanism because of a fear to never let the vision get off the ground. Right? So you could use with this client, some of the resistance archetype techniques to help them see this kind of dynamic inside of themselves. And if you do remember, like, always also validate like this is your client has this superpower of logic, which they want that you want them to use, and you want to honor that. But it's like, at what point is the logic? Not

Unknown Speaker 26:16

helpful? Anything? serving them? Any? Yes,

Unknown Speaker 26:18

exactly. So you can use all of that, you know, so I think about what we looked at with resistance archetypes, and even kind of, you can dialogue with that lot Uber logical one, to see where the fears are, and how it's kind of manipulate, you know, and kind of get into all of that. The other thing that I want to remind you of which we looked at in our visioning module is that we definitely want the cognitive when we're visioning. But we also really want to emphasize the heart and the spirit levels of activate those levels, when we're visioning to balance out all of the the thoughts and the cognitive as well. So supporting the client, I think, probably want to do the resistance work first. And then if they're open to it, like supporting them to feel into the heart of the and the love of the vision and the excitement and bring that into their body can really help. And also kind of just mixed in with all of that I forget which module I spoke to this, it may have been in the visioning one too. I always like to remind people, this has to do with resistance also, like our our, our egos always want to go to how for most, and the how is important and the steps and how's this actually going to work. But with a new vision, before we get to the how, like really creating that sacred container of just honoring the vision and the potential and the building of excitement for that

Unknown Speaker 28:06

can be so helpful.

Unknown Speaker 28:08

I love that last piece in particular, the the idea that, you know, if you're getting these visions, I almost imagine it's like, well, I have so many ideas. How do I know which one is the real one? How do I know which one is the the one that is meant for me, let's say? But it's bringing in that that somatic? Well, do you feel it? Where do you feel it and all of that, and then just honoring the fact that it's popped into your head in the first place?

Unknown Speaker 28:39

Yeah, yeah. So what's that there's a seed there, you know, and we thank you. That's brilliant. Thank you. Yeah, you're welcome. You saw and then we're going to continue going. So.

Unknown Speaker 28:52

So I was wondering how to distinguish between catastrophic thinking, and then being conditioned for it. And thinking about the example with the job application that we do know that from name or gender or whatever the

people who read the application will believe the person is or Stanford, there might be a rejection just already there, which can build up experience. I'm thinking there's a fine line there, I guess, where also one would have to be curious about on filters. And, yeah,

Unknown Speaker 29:39

I want to make sure I think I understand the question, but I want to make sure so tell me if I'm getting it right. I see what you're asking. So like in that example of the resume, there might be some bias built in when someone when an employer receives a resume and it might be harder for some people to get an interview. than others, or there's just sort of some, you know, life doesn't always kind of, you know, give us the cards that we want to give or, you know, so how do you distinguish between? Well, this is a true, you know, or, and oh, this is catastrophic thinking or This is Story. Am I getting that right?

Unknown Speaker 30:27

Yes. Because it's not always that we can know whether it's true or not that one was rejected because of gender, let's say, Yes, or a surname that doesn't fit into the cultural norms of the place or,

Unknown Speaker 30:40

you know, apps. Absolutely. So, in that case, we'll get to a piece and that's like, well, I'll kind of talk more to it in a few minutes. But just for now, to say, the reason one of the reasons why we want to work on the thoughts is because sometimes we can't change a particular outer situation, but we can change how we respond to that situation. Yes. And our thoughts are instrumental in that. Yes. And that can lead to different actions and possibly outcomes. So sometimes we can't change that out there. But the but the thoughts no matter what, how we respond, are so important. And then sometimes we need to do some more research to see like, is this actually true? What parts of this are true? Is if it is true, what can I do to change that? etc? So absolutely.

Unknown Speaker 31:41

Yeah, makes sense to help to navigate circumstance rather than change circumstance. I mean, also at what you want to change the structures that this group needs certain people. And first step to figure out how to align with it oneself.

Unknown Speaker 31:58

Yes. All beautifully said. Yes. Thank you. Yeah, thank you. Great question.

Unknown Speaker 32:06

Okay.

Unknown Speaker 32:09

So another way that negative thoughts or thought patterns can function is that we can do in them, we can get stuck repeating them over and over. And then they keep us in a holding pattern when we're just kind of stewing in them. And it almost becomes easier than to stew in them instead of brainstorming solutions on how to move through a problem. Etc. negative thought patterns also can sometimes support a person in staying frustrated, either at themselves or others. And that can sometimes be a really good protective mechanism to from actually solving a problem. It's kind of an easier or more comfortable when it's just easier to kind of be blame yourself or blame someone else or strafe stay frustrated, rather than actually strategizing on whatever's in front of you. So if that resonates for you, I know I go there sometimes myself. You know, whether it's that you stew in the holding patterns or in the blaming yourself, or others. I want to recommend a book. It's a couple of years old now. But I think it's still really relevant. It's called the New Earth by Eckhart Tolle and all thing it's in your resource sheets, but I'm gonna put that in the chat.

Unknown Speaker 34:13



Also,

Unknown Speaker 34:16

one of the things that totally talks about in this book is what he calls the pain body, the pain body. And the pain body the way he describes it is your ego. And what he says your ego essentially is is your thoughts. And what totally says is that your pain body or your thoughts or your ego, are addicted to being in pain. Your pain body will do whatever it takes to remain in the energy of pain. When I first read this over a decade ago, it stopped me in my tracks, it resonated really deeply. For me personally, and I recognize this in others as well. Your pain body will do whatever it takes to remain in the energy of pain. Now, sometimes this is because of trauma, for sure. And sometimes this is because this is learned or model, that we tend to gravitate more towards pain than pleasure. And oftentimes, the way that we tend to gravitate more towards pain is through our negative thoughts, and continuing to run through those negative thoughts. So check this out for yourself. Have you ever gotten stuck in a negative thought pattern where you're just doing it and stewing in it and stewing in it, and then maybe a friend, or a partner or family member says, oh, it's really not so bad, you could look at it this way instead, and kind of a little bit more of a positive way. Or maybe someone says, oh, you know, things feel sucky. But you could do this to get out of your problem. Or maybe a coach offers you a next steps action, but you're so deep in your pain body as totally calls it that you just ended up getting angry at the other person for even mentioning that there might be a different way to look at it or there could be a solution that ever happened for you by the way that's why it's so important. As we looked at much earlier in the program to always honor what is with a client and acknowledge and validate first

Unknown Speaker 37:20

on a scale of one to 10 How active

Unknown Speaker 37:29

would you say your pain body? Is this getting? You've stewing in the negative thoughts?

Unknown Speaker 37:36

How active is it for you? On a scale of one to 10 How often do you get angry or frustrated at others offering to shift you out of it?

Unknown Speaker 38:14

And did anyone in your family model this way of being for you

Unknown Speaker 38:25

know Ajay Singh a year ago it would have been attend with a pain body and now it's closer to a for nice. Depends on the day. Yeah. Depends on the moment. Yeah.

Unknown Speaker 38:43

depends on factors. Yeah, we're going to talk about that too. Barbara Yes. How much sleep okay.

Unknown Speaker 39:03

So each of these pieces that we're talking about, I should have mentioned the beginning. These are first, you know, as I always do, just kind of sharing different foundational principles or ideas around negative thoughts and then we will I promise eventually get to techniques and skills. But I always want you to have different ways of thinking about things.

Unknown Speaker 39:33

So the next piece we already spoke about with Cecil's question

Unknown Speaker 39:42

around the fact that we can't sometimes change certain circumstances in our life. Our clients sometimes can't change certain circumstances. But we can change how we think or perceive those circumstances and that It's a big part of as practitioners that we can really support our clients. So, in A Course of Miracles, which I haven't read, but I've read about a lot over the years, it says that a miracle is a shift in perception. A miracle is a shift in perception. So, in other words, a miracle isn't necessarily when your outside circumstances change, it's when you're able to change your thoughts about the circumstance. When you can change your thoughts about something as we as we were talking about with Cecil, you can understand it differently, you can maybe change your response to it, you can maybe have a different outlook on it. You can maybe feel better as you move through the day.

Unknown Speaker 41:09

Take a moment and think about of time where you've had a shift of perception. And it's actually been miraculous for you. It's changed your experience of a situation and maybe even changed, maybe even change the outcome of a situation.

Unknown Speaker 41:42

So often when clients come to us, and part of our work is to help them change their situations, but because life is what it is, sometimes, a situation can't be changed. But again, what we can really support our clients with is how they think about a situation, how they perceive a situation, and how they use and leverage a situation.

Unknown Speaker 42:19

All right, let me pause here. Anything that wants to be shared around

Unknown Speaker 42:28

a shift miracle is a shift in perception around the pain body, P sees

Unknown Speaker 42:38

the stewing what's coming through what's feeling important? Ha.

Unknown Speaker 42:47

This is feeling so relevant and resonant with this work that I been doing with my coaching buddy, just these these couple of weeks and the stuff that's come up from noticing what happens on vacation. Right, when when we're able to sort of step away and reset and notice so much goodness. And, and this spark of recognition that I wanted to bring this into my life. And there were, I think, three situations that I could name off the top of my head within the last week, which has been very big and challenging. That kind of able to notice, remind myself of that,

Unknown Speaker 43:47

that goal of that

Unknown Speaker 43:50

vacation feels in real life and really feel a different outcome than than I expected or, you know, have in my in my experience in my in my pain body.

Unknown Speaker 44:09

I love that I got chills when you shared that last piece. It's I mean, that really is what you're describing to me is a merit like that is the miracle right? It's like this the situations are still going to come up because they're going to come up because it's like right, but what I really hear is that similar to what Jana shared before, you really are are setting this intention to notice what your responses are, what your thoughts are and then you're creating space



to actively for you to be able to leverage the thoughts instead of the thoughts leveraging you and you're seeing such a such a change because of that for yourself.

Unknown Speaker 44:58

Yeah, absolutely. It does feel miraculous.

Unknown Speaker 45:01

Yeah. Really, really nicely done. Thanks for sharing. Jana.

Unknown Speaker 45:10

Yeah, I know, I only shared once. But I just had a few days ago, really miraculous for me shift around all of this. That was my partner and I were giving a sound healing at Harbin hot springs. And I got to meet someone there that I'd never met in person, but I've known for years. And he does this water dancing and dolphin dance where you hold someone like underwater. And I'd never had anything like that. And they put a nose plug on it. And I really, really wanted to shift and so I completely gave myself over to it. And I went along bits of times without breathing, where he was just as long as he'd like, bring me almost up to the surface, I think I'm gonna get to breathe. And then he'd bring me on the surface and then back down. And inside the impulse was to freak out. What I noticed is that if I had a thought, like, if I had a thought, like, Oh, my arm just touched someplace, it shouldn't have touched or, oh, I need to do this afterwards. Or oh, that thing, or what if someone's watching or is any thought like that. If I held on to it for more than it just passing through that then the feeling of panic and needing to breathe, would overwhelm me, and I'd have to come up. But when I really like to let the fifth but that still come, I let him just pass on through and just be present in the moment, I was able to just let go and let him move in. He actually said that I was of all the people he's done, I got to a place with only three sessions of the top letting go that he'd ever experienced. And I like I surrendered fully where I was okay, if I never breathed again, on some part, it was okay, obviously. You know what I mean? And so now I'm, like, you know, life is like, feels like it's slamming one massive challenge after another like the, like, Sucker Punch me over and over. And like, Okay, can I respond to that the same way of instead of my mind going to breathe and be present and feel some of you know this and find a way to have this and then take it into also dealing with the, you know, so I haven't yet figured that out, like the part like, okay, so I got that feeling for the first time of like rueful surrender, fully letting go. But I'm like, that's great. But then how do I merge that with? All right, well, life is coming up, like major stuff that I actually have to deal with, in reality, and I haven't, I haven't got that dance yet. Just experience

Unknown Speaker 47:54

it sounds like you're getting there. It's, like really beautiful. I love what you're describing. And it does sound like you're getting there. And I'll just toss this if it if it's helpful. You may want to two things first, like energetically visualize the flow and whatever the action is for you like structure or like see if you can find that in your body how the two live together not I mean, you can in this moment but on your on your own.

Unknown Speaker 48:30

Not in this moment, but I want to start

Unknown Speaker 48:33

and then maybe just right from that place of like what what do you know what is the wisdom that you know from that place where you can kind of hold both and see that immediately?

Unknown Speaker 48:42

Sick tears thank you to felt like they can't coincide. Thank you.

Unknown Speaker 48:51

Thank you, Carla. Hi,

Unknown Speaker 48:57

I had a shift in perception this this weekend on a it was something of a Virgo New Moon retreat. So it was a very Virgo shift

Unknown Speaker 49:12

I just okay, I have to speak about it in terms of astrology, metaphors, because that's where it came in. Sixth house is the house of daily routines, the body, you know, the boring stuff. I just don't even look at six house because that shit is boring. But I love the 12th house, the opposite side of the wheel because I'm a 12th house person. And I got the shift of perception of, well, nothing happens without the sixth house. You can world travel you can astral project. You can have all the sex and orgasms in the world. But if you don't have the sixth house, you're not getting nothing done.

Unknown Speaker 50:00

Yes, I love it. It was such a beautiful,

Unknown Speaker 50:03

I love the sixth house and I'm just diving in cleaned up my office

Unknown Speaker 50:08

lead to action to such a thank you. It's such a beautiful example of a shift in perception right of catching a thought and shifting it. And then what comes from it, I love it. I love that that happened. I love that it happened on the Virgo New Moon. And I just have to say, as a Virgo birthday, thank you. I'm Dane is sacred, the mundane six out sacred person.

Unknown Speaker 50:37

And I would know that and I would teach it. But in myself was I living it and believing it? No, not

Unknown Speaker 50:48

in a different way. Thank you. Okay, let's keep on going. So probably many of you know what I'm about to share. Next. But it's important to note, let's talk about the brain for a moment, because understanding how the brain and by the way, I'm not a very scientific person. So we're going to talk about science in a very simple way. But what we're gonna get what's important from it. Understanding how the brain works, is really, it can be so helpful when it comes to working with negative thoughts for ourselves for our clients. Over the last decade or two neuroscientists have really made some amazing discoveries about how our thoughts physically shape our minds. So our thoughts physically shape our minds. In other words, when you think something when you have a thought, any thought, for example, I can't do it. I'm not good at this, or I'm great at this, whatever the thought is, your brain literally creates a physical groove in it. And almost like a fast track inside it with this particular thought. The more you think this thought, the more the brain grooves the Fast Track of the thought. And your brain literally changes, you know, grooves deeper each time you think it. And then what happens is because our brains are lazy, yes, it is true. Neuroscientists have also discovered that our brains want to be efficient, so they're lazy. What happens is that when there's a thought that has been thought, think a couple of times, and it creates that deeper groove in our brain, our brain doesn't really want to go to the trouble to create a new groove or idea. Unless unless we take the time to think something else, the brain doesn't want to think a different thought at that time, even if a different thought would be more useful to you. In that moment, the brain is much more prone to go down the already paved neural pathway that's been grooved. So when we talk about rewiring negative thought patterns, literally what we mean is supporting our clients to rewire those neural pathways in their brain. That makes sense.

Unknown Speaker 53:51

Okay. The other piece along with this that I want to mention, and acknowledge Oh, Barbara, did you want to share something? Yeah, I

Unknown Speaker 54:05

just wanted to share. I worked with mostly kids with a DD ADHD in a cognitive training situation. So it wasn't tutoring it was really helping them to rewire their brains. And I would really try to reinforce for them that it wasn't them being lazy. It was their brains. It was they weren't, you know, so I was trying to help them make the choice by making things fun to rewire that pattern. Because I mean, so much of the time we just, you know, we aren't thinking about our thinking most of the time, right? It's just happening. So if we can't get in there to think about our thinking before that pattern gets hold your brains just like yeah, here we go. This is how we are right and it just doesn't it doesn't think about a different way to do it. So it can be really tricky to, to shift that. So I'm really excited to hear what's next.

Unknown Speaker 55:08

Yes, I thank you for sharing that. And again, like that, I think this is one of the many beautiful purposes that we have as practitioners is kind of we're a little bit the intervention in that we're the ones that can create space in that to support our clients to feel and think something different. Good jollies sharing in the chat. This is why walking on the sand is so good for us, the brain cannot predict how your feet will fall. And so it makes your brain have to work. On the go. I love that. I love that. New situations can do that too, which is one of the many reasons in addition to space while going on vacation or being in a different environment like it allows it kind of is a new thing that makes our brain work differently. And then we can see through some of those patterns. Okay, the other thing that I wanted to mention about the brain or the mind is just really to acknowledge how incredibly, incredibly powerful Our minds are. And I'm sure we've all heard of different stories of the placebo effect. But I wanted to share a couple of examples because I to me, at least it really it's just such a reminder of how powerful our minds are. It feels important to say that plus placebo effect research, it's an illustration of the potential of our minds, but not a replacement for validated medical interventions. I used to not share that in the class and then there were some miscommunication. So it feels important to share that. Okay, so here are just a couple of examples of 1000s and 1000s. And nine double blind studies comparing placebos to aspirin, placebos proved to be 54%, as effective as as the aspirin itself. From this one might expect that placebos would be even less effective when compared to something much stronger, a stronger painkiller like morphine. But that's not true. In six double blind studies, placebos were found to be 56% as effective as morphine in relieving pain. Think about that for a moment. Here's another example. A recent study of a new kind of chemotherapy 30% of the individuals in the control group, the group given the placebos lost their hair.

Unknown Speaker 58:06

Just think about the power of the mind for a moment.

Unknown Speaker 58:11

I'll give you one more. In a recent study, the research team told participants is my favorite one. They told participants that sniffing a special odor would boost their creativity, even though it was just a placebo smell. After sniffing the scent, participants demonstrated greater creativity. All right, so let's think about these examples for a moment. To me. They're pretty amazing. They show us how that our thoughts are so past so powerful, that they can dictate our actions, as well as our experiences of particular events or our lives in general, they can even sometimes dictate how our body functions. To me, that's just incredible. So if this stuff on the mind, and the brain fascinates you, I I'm going to recommend another book. It's called the brain that changes itself by Norman Doidge. And even if you're not a science person, it's really very readable. And I thought, it's been a couple of years now, but I thought very easy to get through.

Unknown Speaker 59:40

Dave is asking to put those in the chat. Yeah, I'll put those studies in the chat Okay, All right,

Unknown Speaker 1:00:03

I think this is a good moment to take a bathroom break and then we're going to come back. Now that we've got all of our foundational information around thought patterns down, we're going to come back and look at coaching applications and techniques for it. So it'll be a quickie. Let's take, let's just take five minutes, and we'll come back at five after one. And we'll continue going. So I'll see you in five minutes. Alright, let's come back together. Kelly, I'm glad you're here.

Unknown Speaker 1:05:14

All right. So

Unknown Speaker 1:05:18

before we jump into the next part of the call, I'd love to hear from one or two of you just from the before we even get to like the techniques and what to do. From everything that we've looked at together so far, how are you seeing this can be helpful in your client work? What's sparking for you in terms of supporting clients around negative thoughts and negative thought patterns? Who'd like to share? What's working for you so far? How? What are you seeing is important? Yep. Ha.

Unknown Speaker 1:06:19

I'm coming back to this importance of creating awareness. And how that is at play here, if we're kind of coming at it from a perspective of once the awareness is there, and the client wants to change this pattern?

Unknown Speaker 1:06:47

Yes, yeah, absolutely. That awareness piece is first. And it's so key, and it can go so far. Not only because of what you're saying, because then it gives us the green light to work on it, you know, once that awareness is there, and the client says, Yes, this is important, but also simply, in an even simpler way, just because that awareness, once we're aware that this is a thought, even if we don't do anything else in the coaching session with it, then it's not all of us, it's not necessarily a truth. It is a thought.

Unknown Speaker 1:07:31

And, and that can start to impact good,

Unknown Speaker 1:07:35

the more like when they come forward and say, I want to change this is when these techniques are most powerful?

Unknown Speaker 1:07:50

That's a good question. I don't know, I don't know if that's true. I mean, I'm gonna think on that one, I'll give you my like, initial response. And you can take it, you know, not as the truth with a capital T, but just as a toss. Most sometimes with clients that are very self aware, or because we've been working together for a while, they'll come in and be like, I have this thought, and I want to change it, because it's not helpful to me. That's great. But most of the time, it's, it's more subtle. And I first as the practitioner, you even have to be checking my filters. Sometimes it's a glaring, and we'll talk about different types of negative thoughts in a few minutes. Sometimes it's glaring, but other times, it's really subtle. And so first, I even just have to detect it as a thought. And then from there. create that awareness with the client, you know, and almost always, it's an aha moment. And, and they may not actually say, Okay, I want to work on you know, I might ask, do you want to work on it, but I think it's, it's the first piece is us to even notice it, because our clients thoughts are firing so quickly. And then to create that awareness. So I'll give an example of this. It's one that it took me a moment in a session to catch. So I had a client. She's was going on maternity leave in a couple of months. And she came into the session. And her intention was this for the session was in the three months that I have left I want to figure out how to optimize my

income because I'm going to need to optimize my income for when I'm on maternity leave. Sounds good enough, right? Like, that's a great intention to work on, on maternity leave, things are gonna get slower. So I'm gonna have to optimize my income. Now, let's create a strategy for that in this session, I almost went with it. Until I realized that there was a thought there, that may not actually be true, it might be true, but it might not be true. And the thought was that you have to optimize your income before you go on maternity leave. For this particular client, what she wanted more than anything was spaciousness. She was already making more than enough money. It may have turned out that it's true that it was true, you know, once we looked at it, and she's like, knowing I want to make sure I make this money and have it in place before I go. But it wasn't necessarily true. And as it turned out, I challenged that notion. And it turned out it was an unhelpful thought for her, because it was placing undue pressure on that last trimester of pregnancy, when really what was best for her was to not optimize anything, make sure her systems were in place, and have a beautiful three months before the baby came up. Is that helpful?

Unknown Speaker 1:11:37

Yeah, it is. And that that spotting, like, probably that questioning and then going deeper, and then creating that awareness. Maybe even with with that questioning, yeah.

Unknown Speaker 1:11:55

Yeah, absolutely. And it kind of turned out that she was like, No, I'm going for it. Like, this is what I want, you know, like, I'm going all out the next three months, and then we would have created the strategy. Great. So

Unknown Speaker 1:12:09

thank you. Thanks for all that. Yeah,

Unknown Speaker 1:12:11

thank you.

Unknown Speaker 1:12:15

Okay. So let's get into it, I'm gonna lay out,

Unknown Speaker 1:12:27

I'm going to lay out this process as if similar to what I said in befriender fear, I'm going to lay out this process as five steps in a linear way. But it's, it's only because I can only lay it out in a linear way, when you're working with clients, it's good to jump around a little bit. And so it's more cyclical than linear sometimes. And also, you don't necessarily have to hit each of the pieces that I'm gonna go through every time. I just, I just want to like, for our sake, we're gonna go through each of them in this linear way. The other thing I want to say, as we get into it, is that there's going to be a hint in some of this, you'll see a hint of what so many of us know, in the transformational industry. Well, you know, let me take it back. In the transformational industry, a lot of times, it's taught that if you have a negative thought, you just come up with a positive mantra, and you repeat that mantra over and over again. And then magic, you're not gonna, you won't have that unhelpful thought anymore. You probably know that, that doesn't work. That doesn't actually work. There has been research done. And the reason why Hindu mantras have been scientifically proven to be effective, has nothing to do with this is really interesting. It actually has nothing to do with finding new words and repeating them. But it has everything to do with the tunes and the rhythms and the singing of the mantra and then how that affects the body and then how that effect on the body affects the mind. So this kind of idea of like, just have a like, I will be rich, I will be rich, I will be you know, you know like and I will meet the love of my life. I will meet the love of you know, whatever that is like just kind of repeating that it, it's not going to take you very far, you want this to be a process that is integrative. And that activates, if not all four levels of learning and processing more than just the repeat the cognitive repeating of the mantra. That's how you can make shifts.

Unknown Speaker 1:15:29

So all that being said, first step is to identify, be able to identify the negative or unhelpful thought. So as

Unknown Speaker 1:15:45

we looked at earlier, oftentimes, the negative thoughts happen so quickly or so persistently that we don't even notice that we're having a negative thought, we just think that it's the truth or that it's the way things have always been and will always be, et cetera. And so that's why it's important, first and foremost, as so many of you have already shared today, to become aware of when that negative or unhelpful thought has popped up, and to be able to identify it as such. And, of course, it's helpful for us as practice, you know, our clients may or may not see it. And so as practitioners, we kind of want to be looking for it. In the book, the feeling good handbook, I don't know that name always makes me laugh, the feeling good handbook. It's called, it's by someone named David Burns. He talks about common cognitive distortions. So these are thought distortions that can fuel catastrophic or semi catastrophic thinking, I want to go through a couple of them right now. Because I just find as a practitioner, it's kind of it's good to be aware, when we're listening of these, that when we're listening to these when we're listening to our clients. So one of the cognitive distortions that Byrnes talks about is all or nothing, thinking, all or nothing. And we're going to look at that a lot when we get to myth of perfection. But for now, all or nothing thinking is when we evaluate a person or a situation, an extreme black or white term is, for example, since I didn't get this job, I will never be able to get a job that is fulfilling. So we want to be on the lookout when we're listening to our clients for all or nothing thinking.

Unknown Speaker 1:18:04

Another one that he talks about, he calls mental filtering, mental filtering.

Unknown Speaker 1:18:15

So what that is, is letting a single negative experience negatively color the whole situation, letting a single negative experience, negatively color the whole situation. So for example, you're preparing lunch for some friends, and then you realize that you forgot to buy the most important ingredient for the lunch. And then because of that, all you can think about is how the whole lunch is going to be ruined. Instead of remembering that there's going to be amazing connection among your friends, no matter what the meal is, or maybe that the side dish is gonna be really good. Right? So you're letting a single negative experience negatively color the whole situation, mental filtering, another cognitive common distortion that he talks about. He calls disqualifying the positive. I've never just qualified. Just kidding. I have to remind myself not to disqualify the positive actively. That's when we take a neutral or even a positive experience and turn it into a negative one. For example, a friend comes over to visit and tells you that you look great and your immediate thought is, I don't feel great. She doesn't understand or she's just saying that because I didn't look good last week. What whatever that is, you're taking something positive and you're making it negative. You did a great job on something but one thing Didn't quite go as planned. And you can only see what didn't go, well disqualifying the positive. Another one he talks about is jumping to conclusions, jumping to conclusions so quickly jumping to a negative conclusion that isn't justified by the facts of the situation. So one way of jumping to conclusions is what David Burns calls mind reading. You assume you know why someone else does what they do, but you didn't bother to check it out. So for example, you pass a co worker in the hallway and you say, Hello. And if that co worker doesn't respond, then you think, Oh, they must be upset with me, what did I do wrong? Right. But if you take the time to check it out, you might find that the co worker was preoccupied with whatever is going on. And that's why they didn't say hello, right. So that's mind reading. So one way of jumping to a negative conclusion. Another way of jumping to a negative conclusion is fortune telling. That's when you just quote unquote, know that things are gonna turn out badly. So for example, if you wake up with a headache, and then you say, now my whole day is ruined, because I have this headache. That's fortune telling. I'm going through these quickly, but you have all of these in a resource sheet as well.

Unknown Speaker 1:21:52



Name a couple more labeling. So labeling is when you identify a mistake or a negative quality, and then describe the entire situation in terms of that quality. So for example, instead of seeing yourself as a person who's working through difficulties and balancing all of the things in your life, you might find yourself saying I'm I'm defective, I can't get it together. Right? That's labeling lazy.

Unknown Speaker 1:22:33

One more, David Burns, calls personalization, personalization. This is taking responsible for a negative event, when you know that the circumstances are beyond your control. So for example, you and your partner are going out to eat at a restaurant. But maybe the food isn't good or something, the service is poor, or whatever it is. And then you find yourself feeling responsible for making a bad choice and feeling like you've ruined the evening, you're taking responsibility for a negative event.

Unknown Speaker 1:23:21

So do you tend to kind of lean into some of these more than others or fall into some of these more than others, which ones really stand out to you just take note for yourself, or for clients, you know, is as I went through, those are like, Oh, I have a client, a particular client that really does that one, a lot.

Unknown Speaker 1:23:48

So it's good to be aware of these they can really,

Unknown Speaker 1:23:54

if we're kind of listening for them as practitioners, it can help us identify with a client and then support to create awareness, one that's maybe more subtle in there. Okay, so with all of that in mind, and all of those different cognitive distortions in mind, I want to invite you to make a list right now, probably we could spend 20 minutes on this list, but we'll spend one minute on this list on your 234 negative thoughts that are kind of like your top negative thoughts, ones that you tend to fall into the most. So maybe for you, it's I'm never going to be able to build my business or maybe for you, it's unify if I can really do what it takes to build a business, I'm not going to have time left over for pleasure. Or I have to always live near my parents. Whatever it is for you, I'll give you a minute, a minute and a half what are what are some of the big keys for you that come up anything that has to do with your work your well being your relationships?

Unknown Speaker 1:26:14

If you're having trouble, you can think about maybe a goal that you're wanting to achieve right now. And what's a persistent thought that is holding you back from achieving it or for not enjoying the process?

Unknown Speaker 1:26:40

Yeah, and please share in the chat, the more it's great to hear different examples. So Dave is saying I'm not wanted. I'm never going to be good enough or to be loved. I'm more of a hassle than I'm worth having. I'm in trouble. Lisa saying can I really make a living doing work I love Amy is one of Amy's is I do too many things, but none of them thoroughly enough. Also saying everyone is going to judge me. I'm gonna mess up and be ridiculed. And

Unknown Speaker 1:27:29

for example, Alta with those, what's the next thought after those? So everybody is going to judge me? And what what is the thought? What are you associating with that, and then I'm gonna fall apart. Are everyone is going to judge me? And then I'm not going to be strong enough to take it. Or I'm going to mess up and be ridiculed and what? And then I'm going to be all alone. I'll never be good enough.

Unknown Speaker 1:28:11

I'll have to sacrifice connection if I want to be successful. Yep. So great examples.

Unknown Speaker 1:28:22

I'm not as great as I think I am. I have that one. I don't think that's a funny one. Amy, I I get that one sometimes too.

Unknown Speaker 1:28:37

Okay, so we're here together, not in a coaching session. And so I just kind of, you know, in order to help you identify, I asked you to make a list. But when you're in a session with a client, you know, a situation will come up that they're having trouble with, you know, that they can't access that they can't move forward on whatever it is. And so when that happens, in order to do this step one of identifying the negative thoughts you can do one of two things, number one, ask questions to help them identify the the thought. So for example, what's the belief that's holding you back right now? In whatever situation you're looking at?

Unknown Speaker 1:29:34

What's the story that you're telling yourself right now about this situation?

Unknown Speaker 1:29:47

What's the thought that stopping you in your tracks right now? Right? So those are just some examples, but you can really, you know, ask any kind of question that helps a client identify Find the unhelpful thought. Or you can use your creating awareness skills, reflecting truths, right, any of the ones that we looked at in the creating awareness module. So, tell me if I'm getting this right, but it sounds like right and then share what you're hearing, you can be more direct, right? Like the bold and beautiful, I want to challenge the notion that you need to optimize bringing in money before your maternity leave. So you can use any of the creating awareness techniques in order to identify the negative thought.

Unknown Speaker 1:30:45

Let me pause here. Anything that wants anything that wants to be shared, that's sparking for you around identifying the thought the cognitive distortions.

Unknown Speaker 1:31:08

Okay, so usually, after identifying the thought, seeing if a client wants to go deeper with it, usually the next thing is to explore the thought, to explore the thought.

Unknown Speaker 1:31:35

And this part of the process is, in many ways, similar to or it's a version of befriend your fear. Where we looked at exploring the fears, right, we want to and also befriending it, in some ways, you want to befriend the thought, as well. Exploring befriending helps you have a deeper awareness of it, it helps you gain insight into it. It also by exploring it, it creates more distance, so, so that it's being brought out even more out of the where the client can't see it, where it's just all of them into like having that separation. Oh, this is thought. So when you work with a client, you can explore the thought in a bunch of different ways. Either just by asking exploratory questions.

Unknown Speaker 1:32:43

Or you can also do it through visualization. For me, it's like, depending on, you know, how much time do we have in the session, if I'm going to do the visualization, or ask questions the client?

Unknown Speaker 1:33:05

Do they like to do visualization, etc. but I generally like to at least do a little bit of visualization, because it can help activate more than just the cognitive level. And so we'll do a visualization together on this. of the different thoughts that you wrote down that are doozies for you. Pick one to work with right now, which is one that is wanting to be worked with a little bit

Unknown Speaker 1:33:48

just circle it, know what you're going to be working with.

Unknown Speaker 1:33:53

I'm gonna gonna lead us through a short visualization. If you are someone who has trouble visualizing, you don't have to see you can just feel into the energy. So as I lead through, it's okay. You can feel into the energy and you know, as a practitioner, no, I can't remember if we spoke about this in the befriend your fear module. Not until like a year or two ago that I learned that some people are not able to see things in their mind's eye. It's called a Fantasia a p HANTASIA. And so over the last few years, like since I've learned that, before just moving into a visualization, I asked, I will ask the client, you know, are you able to visualize in your mind's eye if not, I'll keep it more energetic and sensory versus seeing details and both work beautifully.

Unknown Speaker 1:34:58

Okay, so

Unknown Speaker 1:35:01

If it's we're going we'll go into visualization for a few minutes or meditation if you can't visualize

Unknown Speaker 1:35:11

and if it's comfortable for you I invite you to close your eyes if not, keep your eyes open but kind of metaphorically close the shades on your eyes and go inward take a moment find your grounding come present give yourself permission to go inwards give yourself permission to be with you and if you aren't able to visualize I want to invite you to take that negative thought that you identified and imagine it showing up in front of you in human form imagine it showing up that thought showing up in front of you in human form if you're not able to visualize just sense that it has become present in front of you in human form

Unknown Speaker 1:37:00

what is this thought in front of you look like?

Unknown Speaker 1:37:15

What does it wear what is how does this thought hold its body what is the expression on this one's face I invite you if you can to see it. But if not what's most important is to sense into it to connect with it to be with it and to hold space for it without pushing it away to hold space with compassion and love and I invite you to ask this negative thought how long it's been with you

Unknown Speaker 1:38:26

How long has it been with you? You may see the answer you may hear me speak

Unknown Speaker 1:38:43

continue to hold space for this thought be present to it and ask it where it comes from? Where does this thought come from?

Unknown Speaker 1:38:59

Was there an event or did somebody model it for you? Where does this thought come from? Continue to be with it hold space for it with compassion and ask this thought how it functions in your life. How does it express itself? What are the actions that you take because of it? What are the feelings that you feel because of it? How does it function in your life? Skin continue to be with it as if you were exploring a story

Unknown Speaker 1:40:30

connect with that and ask this thought what it's protecting you from what is it protecting you from take another few moments with the thought and ask it from its highest wisdom What else does it want you to know right now from its highest wisdom what does it want you to know right now

Unknown Speaker 1:41:47

take a moment and thank the thought for its presence and for sharing information with you whatever information is shared

Unknown Speaker 1:42:05

and then let it go let it disappear into the distance and take a breath or two and when you're ready you can open your eyes bringing yourself fully present now give you a minute to jot down anything you want to jot down that came through the visualization.

Unknown Speaker 1:43:31

And I'd love to hear one maybe two shares what are you seeing what are you noticing what came through that's feeling important. Who wants to share Florida

Unknown Speaker 1:43:59

what appeared for me was an ancient war warrior. Warrior or warrior warrior warrior full armor like with the front shield completely down and completely like almost like those statues that you've seen castles and if I knew it was incredibly thick, and it was standing in front of me and you told me about all the tightness that I've been carrying in my body hiding in that inner inner cavity of this shield and not showing myself Not being vulnerable not being seen for fear of just not being loved. And it's been there all my life I've been, I've gotten there. From the tightness of my mom's womb, which was, she was very shameful. She felt shame for while being pregnant, she felt shame. Because it was obvious to everyone that she had been. She had been intimate with, with a man. So it's just incredible to see this. This, this warrior. And earlier, about a year ago, I had a visualization that came a similar view as a student that came through through a writing course. And it was at the time that my entire upper body was covered in this armor. And there was only a little part of me that was actually flesh that started eventually to grow, like little vines that were coming out. And they started to blossom.

Unknown Speaker 1:46:31

sound sounds like it was really powerful. What if there was one, like most important piece or takeaway from this? What would it be?

Unknown Speaker 1:46:56

without, without peeking out and coming out and showing and showing myself without actually exposing myself to the danger of being vulnerable, there wouldn't be a real love. That wouldn't be genuine, real. So it's a self fulfilling prophecy.

Unknown Speaker 1:47:18

Yeah, feels like a real beautiful piece of higher wisdom came out of that. Yeah. Good. Thank you for sharing that. And

Unknown Speaker 1:47:35

finding the higher wisdom is part of the process. I'm pulling it out. I didn't ask the question in the visualization, just for all of us can pull it out as a separate piece. But oftentimes, if you're doing a visualization, you can ask, you know, what is that higher wisdom. Thank you, Florida. All right. I'm gonna take one more share just because of time and I see there some a yawn, I'm also going to answer your cue in the chat. But Deva.

Unknown Speaker 1:48:19

For me, I felt like the thought really started. And I've worked with this thought, I'm never going to be good enough to be loved, and I'll be alone. And that it started as like this small little monster when I was little, it was smaller than me. But then as I grew, it became bigger and bigger until now, it was like this big foot. And it was sloppy and unkempt and towering over me. And just kind of the soccer just really kind of ominous energy. And when I really looked inside and asked, Who are you and where did you come from? I felt like my father was inside. It was like the Wizard of Oz when at the end, so the big monster and it's just that guy underneath I've forget the whole scene, but and you know that toto pulls the curtain out. And it's like, and then I saw my father of just being this like, scared little boy, who's scared of also carrying this thought form, that he's not going to be loved and that he's going to be alone if he doesn't, you know, save face, basically. And I think what I really took away from that was that how much we inherit thought forms just like we inherit genes and how much of a vibration of what we're living in, in the field of our home or upbringing. We carry until we really are aware and clear it.

Unknown Speaker 1:49:58

Yeah, yeah. Beautiful. fool. And as you move through your days, now that you've done this exploration, when the thought of I'm not good enough comes up, you can remember back to all that you just shared, and you can stop that neural pathway. And you can say, Wait,

Unknown Speaker 1:50:22

this is a thought that I've inherited, it's not necessarily true, right, and then start supporting a different neural pathway through that awareness.

Unknown Speaker 1:50:37

I'm curious, because you mentioned, like, not just doing mantras is, you know, repeating, but

Unknown Speaker 1:50:45

so we're gonna get there, we may not get there by 2pm. Eastern, and then I'll record the rest of it. But I'm going to try to get as close as I can like to Eastern. So, Brenda, and Barbara, yes, there should be a handout. In the member center with these questions. One thing that's important to know, you know, I was kind of just doing for a group. So I picked particular questions. But when you're one on one with someone, you're going to get the feedback of the answer similar to the befriender fear process, and then use all of your questioning and creating awareness skills. So you'll have the suggestion of all of the questions, but you want to be active with the client and tailor it to what you're hearing and what's coming through. I Jana didn't receive answers, but you got really hot and uncomfortable and sweaty and sad and an angry and then you wanted to go to sleep. I hear you but no answers. So if that does happen, so first of all, you'll know it in the one on one, right, you're going to be getting that feedback as you're going through. So, you know, I don't know what you were working with Aiyana you know, whatever it is, but you can then kind of modulate some questions. To help with that, right, there might be a fear that comes up or resistance that comes up. And then we've also got other tools for that. So that's one piece is know that if somebody gets tired or sad or angry, or spacey, it's it's a fear that's coming up, which is great, right? Then you can go and lean into that. The other thing is, if no answers are coming through, and this goes, by the way for whether you're just having a just regular conversation with a client, right, and an answer might not come through or if it's a visualization. The most important thing to remember is it's all good. Like, every experience is exactly as right and there's gold from that. So the we don't want to make it wrong as practitioners if we ask a question and no visualization or otherwise, and a client doesn't, or I don't know what the higher wisdom is, or I don't know where it came from, it's normalize it, right? Because the moment it's, we may get a problem, then it becomes more of a problem. So that's one thing to remember. And then the other piece I'm not sure if this is what happened also for you uh, Jana, but I'm just kind of like guessing and a little bit through your comment is Eddie any time whether it's a visualization or conversation, if a client gets tired, or spacey, we can ask them to just like pat their body to you know, open their eyes, see some things in the room bring back to a cognitive question. So we can also sort of shift that energy as well.

Unknown Speaker 1:54:22

Okay, so in this step two of exploring the thought, like I said, you can do it via visualization, but you can also do it just conversation and you can ask any of the questions that I asked in the visualization. You know, so for example, how long have you been having this thought, you know, when when how far back do you remember having this thought? Did somebody model this thought for you? Were you how does this thought how has this thought serving you? Right? So you can ask any of those questions in conversation? And in one of the handouts, I also have some other extra questions. For example, it might be appropriate to ask, who would you be betraying? If you would, were to have a different thought, Here, sometimes that can be a huge aha moment. Who or what part of yourself Would you need to forgive? If you were to have a different thought.

Unknown Speaker 1:55:35

So for this step, to, again, in session visualization, or conversation, but again, the purpose is, to understand more about it, to see it as a thought, uh, to create that separation to maybe get some information from it. And then, what I want to encourage all of you to do when you think about this, also with clients, is to continue to explore the thought, over the week or in between this client session between then and the next session. There's more to this process, we won't get to it today. But just to say, like the exploration, it's great to continue. So sometimes I'll invite a client to on their own draw, like, what would this thought look like, you know, draw it out, give it, give it a name. You know, ask it to give you a message and write it out, get to know it, well track it throughout the week, similar to the fears, when does this thought tend to come up? You Barbara said earlier in the call, oh, she knows, like when she's tired, these things come up. Or maybe when just after you've gotten off a conversation with your mother, these things come up or right, whatever it is right before a big presentation, it tends to come up. So starting to track it is is another way of exploring it. And then if you can kind of drop the invitation like I did with LADA with a client, you know, as you track it, remember back to this conversation or remember back to that visualization, right. So then these are ways of starting to kind of override those neural pathways that are just the grooving right of just the thoughts happening over and over again. In the two minutes we have left, I'm going to share briefly what the last three steps are, because I think you'll be able to get them and then I'll create a recording where I go through them. But I don't want to leave you all hanging. So and again, remember, these are I'm laying them out linearly, but they may not necessarily be linear. So after you've explored a thought with a client, then you can ask them is the thought true? Right, then you can it's kind of like, okay, we've looked at it, we've seen where it come from, you've seen where it functions. Is it possible that it's not true? This can happen in the visualization itself, you can work it in, but I'm just pulling it out now like this is when because we've created that space, we can support a client and see like, oh, this may be just a story that I've been believing. Right? So sometimes having that moment of the yes or no question. Is this thought true? Or on a scale of one to 10? How true is this thought that has been dictating all of these actions and all of these feelings, you know, that's been with you throughout the day on a scale of one to 10? How true is the thought? From there, and again, it's not really from there because you can also work this into the visualization or the exploration as I shared. But the next step you want to think about is what's the higher wisdom of the thought, what's the higher wisdom of the thought? This higher wisdom is always activating a spirit level, something that's bigger than us and we can ask the negative thought itself from your highest wisdom. What is it that you want me to know? But we can also ask in conversation the client. For example, what would spirit want you to believe about the soul All

Unknown Speaker 2:00:02

right. So, one way or another, we want to get to that higher wisdom, that wisdom from spirit. And then finally real quick, because I know it's too and again, I'll lay this out more deeply. Then once we have the higher wisdom, we want to start creating the new neural pathway and thinking the new thoughts. And we want to do that, not just by repeating the mantra, but by feeling it How does the new thought feel and my body by embodying it by moving with it by dancing with it by taking actions that are based on that thought, that's another way of going beyond the cognitive, if I were to really believe this thought was one thing I would do next, right and taking that. Okay, I know the last few minutes were whirlwind, you'll get a longer version of it. If you have to hop off, hop off,



I know, we've been on for two hours. But if you can hang on for a minute or two, I'd love for you to just write down what you're taking away. And I'd love to hear one or two last words or shares or questions before we wrap. Cecil?

Unknown Speaker 2:01:32

Yeah, thank you. So I I'm a bit activated after the visualization. And I think I need a bit to sort of like, when embodied wisdom off what I came to, because my nervous system is,

Unknown Speaker 2:01:57

yeah, thanks for bringing that up. I know I rushed through the end. So I'm glad that you're that you're bringing it forward. What is the embodied wisdom? What is the wisdom that came forward?

Unknown Speaker 2:02:08

So the wisdom that came forward is that basically I'm afraid that I get punished if things are good. Because of my brother's jealousy, and his lack of feeling love. So me staying small is out of the out is, is a response to him. His lack of feeling loved. So in a way, it's so that's not my thought, or I mean, it belongs to him. Yet his reaction is, has been and has been also recently in one way or the other to punish me. So I'm sensing that I am expanding yet. I am looking out in alert on the way and their wisdom was your your power and your joy is your medicine.

Unknown Speaker 2:03:15

It's beautiful. Really, really nicely done. Okay.

Unknown Speaker 2:03:21

Doesn't seem like that. Yeah,

Unknown Speaker 2:03:23

it's new. Right? Like this is really new. This is really new. So you so is it you asked for embodied? Is it okay to go with it? Can we go with Yeah, I just

Unknown Speaker 2:03:35

like to be able to fall asleep. I saw him with a knife, you know, like in the kind of rage joy just ready to you know, tear me apart. So I just, I need to.

Unknown Speaker 2:03:47

Yeah, yeah. So, even in the face of that. What came through was say it again. Your your joy and your wisdom is your medicine. I forgot the power. It's your power and your wisdom. Is your medicine. Yeah. Is it okay?

Unknown Speaker 2:04:12

To close your eyes for a moment? Yes. Were in your body, even if it's just a teeny tiny part of your body? Do you know this to be true? Your power and your wisdom are your medicine

Unknown Speaker 2:04:39

it's here and throughout.

Unknown Speaker 2:04:43

What is that? Truth feel like in your throat, your power and your wisdom or your medicine?

Unknown Speaker 2:04:53

It's it's Wallman and itself. And it's working according to its own own system or something? Logic, or? Yeah,

Unknown Speaker 2:05:21

yeah. And if you could use one word to say how that feels that knowing feels that truth feels your power and your wisdom or your medicine, how does that feel in your throat beautiful, you're doing really well. Lean into that feeling of balance in your throat let that feeling of balance in your throat, take up the space that it wants to take up. Just be with it. As you embody this feeling of balance and this knowing that your power and your wisdom or your medicine can you feel that?

Unknown Speaker 2:06:40

Yeah. Beautiful.

Unknown Speaker 2:06:42

Okay, when you're ready, you can open your eyes what's feeling important from all of this? What are you really taking away for yourself around this personally

Unknown Speaker 2:07:06

that it's a quiet, calm, protected space from which to speak, that has its own power that does not need to be scared of. In a way,

Unknown Speaker 2:07:22

it repels.

Unknown Speaker 2:07:25

What comes next, so it was kind of like bacon also beaming out and next to it. That was the sort of like the invoice that was the thing. I can't I can't, I can't. So yeah, yeah, yeah.

Unknown Speaker 2:07:45

Yeah. Beautiful. So I love that you came to that feeling and that piece and that knowing. And also, I love that you notice, right, like there, and then there's that other that voice? That little voice in there, too. Right. And so a great way to continue to go deeper and continue to explore would be to? Well, I would suggest two things, let me know if these resonate. So one is to kind of talk to the I can't voice and you can do this through writing and just say, Hey, I can't thanks for showing you you haven't been so helpful. lately. Can you talk to me from your highest wisdom around what you want from me? And just journal from the I can't based on that question, right in almost a playful way. Okay. But you haven't been helpful, like helped me out here a little bit.

Unknown Speaker 2:08:55

So that's one thing.

Unknown Speaker 2:08:57

And then, actually, I've got two more things for you. Another thing that you could do that I think would be valuable is to do some freeform journaling, and just start with that beautiful sentence of, of my power and my wisdom or my medicine, and just continue to write from that energy. Groove some of those neural pathways.

Unknown Speaker 2:09:23

Yeah, make sense.

Unknown Speaker 2:09:26

And then the third piece that you know, I'll mention I think it's important for you and all of that like we're not looking to get rid of the ICANN it's not that I can't isn't the enemy unless we make it the enemy or if it's just a piece of information, right? Like, I do know that I have this medicine and sometimes there's this I can't I can't I can't I can't, like is there can my ecosystem can my ecosystem allow for that where I can just win that I can't just

showing up. I look at it. I see is that speaking truth right now or not? You know, and then I continue on based on that. So yeah, it's it's not about getting rid of the I can't it's about holding it in a different way. Yeah.

Unknown Speaker 2:10:18

Awesome. Thank you. Thank you.

Unknown Speaker 2:10:24

All right, everyone, sending you lots of love. If there are more questions or pieces that come up or anything that you need, let me know I'm around. I'm excited for you to play with all of this over the coming weeks. Have a wonderful rest of your day. Bye. Bye. Thank you