



Sacred Depths Certification

Call for new and tentative practitioners

4:37

connect into your love connect into your passion, your desire and into all that you hold in your heart And from this place, honor your heart and yourself for showing up. Honor your heart and yourself for being committed on this journey that we're on together

5:34

and honor your heart for all that it holds inside. Together, we'll take a nice deep breath in and exhale everything out with a sigh. So breathing in

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if your eyes aren't open, slowly, allow them to open. And take a moment to see the other people that are here with us today, see everybody in our circle

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I always say I attract the most beautiful radiant people. It's so true. Take a moment to see and be seen. Okay, so I've really been looking forward to our time together today. I'm glad so many of you are here. We are going to be together for about three hours. May may end a little early, we'll see how it goes. And we'll also take a bio break about 90 minutes in the purpose of the session today is I used to not have this session in the program. And after a couple of years of moving through the different cycles of sacred depths, I realized that it would it there's a lot of value in coming together for those of us that want it around our concerns, our anxieties, our fears, around being practitioners, of course that comes up in many different ways throughout the program. But I know that for some of us, particularly for those folks that are either new coaches or practitioners or for you if you're a seasoned practitioner, but the tools that we're learning in sacred depths are new for you, they're a stretch for you. There may be different than what your community or your clients know you for etc. There can be some fear there can be some tentativeness, there can be some concern and anxiety. And so this space over these next couple of hours is here for us to be in it together. First and foremost, just to normalize it right. And as we've been learning in sacred depths, knowing that your fears and concerns or whatever your clients fears and concerns aren't, you know, across the board, like knowing or our experience, knowing that it's normal is so important, right? It's such a big piece that allows us to have the courage to move forward. So we're here to normalize all of it. We're here I'm going to share some of my experience with it. We're here to explore and do some inner work around it. And then we'll see where the time wants to take us. We can look at strategies for moving forward. I know there are oftentimes a lot of questions around getting started. We can maybe do a demo we'll kind of see where it wants to take us. It takes no matter if you're starting out, or you've been a practitioner for decades. I think it takes courage to be a transformational practitioner. i i need for myself no less courage now than I did on

day one. We put ourselves out there, we make ourselves vulnerable. We take on the sacred and really serious responsibility of holding space with others. It's a big deal. And as some of you I'm sure know, what I love about the word courage is baked into it is the French word for heart core. So it takes courage and it also takes our heart and our passion and our commitment. My intention for our time together is going it is that it's going to be interactive. I want to hear from you a lot that is part of the power of this call.

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So if you're here, you've self selected, there's a part of you even just with the brief description of what this call was about decided that this is something that you needed. And so I'd love to hear what brought you to this session today. And maybe even just take a moment in journal on that. Why are you here today? What brought you to this session? And then I'd love to hear in the chat. What brought you here today?

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Yeah, Aiyana saying

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I'm here today because I feel inadequate and scared to put myself out there as a practitioner. I know you're not alone in that Ayana. And this is exactly one of the reasons why we're here. So glad you're here. Barbara is saying when doing something new I always want to have as much knowledge as possible to bolster my confidence. I love that you're sharing that Barbara I'm the same way I'm like a fact gather in in for not knowledge gather. I like to have that as well. I'm glad you're here. There's a great place for that Mike lensing to deepen my coaching skills front and center and not as part of my modalities. I love that that's so perfect for you, Michael in the opportunity to learn more. Yeah, even if you're experienced, you'll learn a lot today. So he's saying to find my confidence as I transition from consultant to coach I feel the deep alignment of this role and it also feels frightening. Yeah, it's a big deal Sophie and just so much, just honoring of you making that shift that I know is in your heart. You've been working with clients so that you're used to a lot of things and you're in a new space. He is saying part of what brings me here is adding as much structure and connection to my days as I can yes in the lonely confusing business building days. I'm so glad you're bringing that into the conversation AJ it's it can be so lonely and confusing the entrepreneurial journey I feel it often as well and being in community and having a place to show up for and getting more knowledge can be so helpful. We have these are all great share is having doubts about first steps being tentative Yes. And Cecil is nervous excited stern decided fresh all at once. Lera Singh I have a general idea of how to incorporate a coaching practice into my current business. But I'm struggling to build the structure as well as feeling some anxiety and putting myself out there. Glad you're bringing that into the conversation, Laura. And we'll cover that. And if I don't directly address some of those pieces asked me about it, because I know you're not the only one that wants some more there

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and a saying, I've been wanting to launch my coaching offerings for a long time now. And I'm at a place where I feel that I have all the skills, but I keep holding myself back. Yeah. Well, look at that for sure.

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Okay,

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so all that being said. Let's go further. And, again, I just want to say that it is completely normal to feel not good enough, not expert enough. Oh, my gosh, I wish there was a roadmap to this. And just just like, if I just knew the steps 123 What to do, you know, then it would all be okay. It's completely normal. If you're moving from more of

a consulting to coaching to worry, oh, what if people won't want this deeper work? Or they just want me to tell them what to do? Or what if people think this is weird, what is my family gonna think about this, you know, all the things, I have heard it all, each one of them many, many times over the years. And I also when I first became a practitioner, I felt so many of those things. And again, just to normalize for you, even now, even after all of these years of coaching of being with clients of being with groups, you know, 1000s and 1000s of people and training practitioners, even now, I also still sometimes feel not good enough, not expert enough, et cetera. I share that with you not to bum you out like that's the I actually share it for the exact opposite reason that I don't want to say for everybody, I don't think this is the case for everybody. But what I've really found is that for people and practitioners who really care about what they do, who really care about quality work, who really care about integrity, and who really care about CO creating results with our clients. I think there always is an element of I want to improve, what can I do better? The work is to not let it take over and make you anxious all the time. Although again, I do sometimes slip into anxiousness around it. But most of the time at this point, I've really come to see it as a motivator isn't the right word. But like I'm on the right path, I haven't gotten so comfortable that I'm not also fully present to how I can show up better and better. So it's completely normal. All of that being said, sometimes when we're not navigating the fears or the anxiousness as well as we could be, they can really hold us back from either putting ourselves out there, creating more visibility, getting started in the first place, raising our rates, et cetera, et cetera, et cetera. So all that being said, let me ask you a couple of questions. First one, what are some of your fears errors and concerns about working with clients or fears or concerns about wherever you're at maybe it's transitioning you know that transitioning from consultant to coach or something else so what are your fears and current fears and concerns about working with clients

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and really give your space to list out all of them for some of you it might just be one and for others there might be a whole slew Let's list them out better to get them out and be with them and see them and work with them then have them kind of be lurking in the background creating more havoc

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Yeah, the question and I'll pop it in the chat too. What are your fears and concerns about working with clients right now?

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Take another moment with that I'm gonna ask you one more question to journal on you know, some people are starting to share in the chat we'll take a look at it I want to hear I want us to have a whole conversation about this I want to hear your voices as well on this but first one more question How have the fears and the concerns been impacting you both on the inner level and the outer level? How have the fears and the concerns been impacting you on the inner level and the outer level so what I mean by that is outer level might be holding yourself back from reaching out for clients or raising your rates whatever it is inner impacting you might be that you are you know every time you think about doing the work you get really anxious or something else. So how has the fear and concern been impacting you? Inner and outer?

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All right, I'd love to hear I know some of your sharing in the chat. I'll get to those too, but I'd love to hear some voices. Please raise your hand what are you seeing what's coming through so So far AJ First up,

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so I was just noticing that all of my fears and concerns share a common theme, which is about my so not showing up not keeping my end of the bargain not responding not being able to get a client to the finish line, if that is

even a thing. Once I said it, I laughed at myself. Not being able to scale and not being able to express or explain, like the teaching parts of my work. So it's, it's, it's based on my own concerns about me as a human as you know, as much as me as a coach, and then as far as where it's affecting me is like, being a keep looking at different career changes, like, like this week was training to be a pilot or an electrician

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I'm laughing with you. Because my go to place is all you know, when I when I get all the fears and the concerns is like, I just want to work in a supermarket and stack the aisles like that would just be such an easier job than this one. And we didn't have to worry about my performance or how I show up so I totally get a pilot or electrician I think is way more ambitious than my fantasies.

27:00

Like I'm smart. I could do something.

27:04

Yeah, so it as you're talking Ajay, it feels like there's something important in what you said around noticing that the fears and the concerns all have as much to do with you as a human being as much as a practitioner what's important about that, what are you seeing and that that's important it's it's

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all in how I want to show up in the world

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to talk more about that

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wanting I've like been on the verge on the edge of stepping into leadership as I mature and just not sticking with it not staying that you know, when I'm in the vortex when it feels like everything is right that's what I know. That's what my higher self knows is that

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I can be

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a very impactful leader not just on one to one but helping a lot of people and the other side of me is saying you know you're not really that good at talking and then there are so many people out there that do a better job of it I'm afraid to be on video I'm just being seen it's back to being seen. Yeah. Yeah.

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Tell me if I'm getting this right. It sounds like it's about being seen but there's a there's a flavor in there. of am I gonna show up?

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Absolutely.

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Where do you know this from from even before becoming a practitioner

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in I would say the last five years, six years or so I've been Like I experienced major depression for the first time in my life, I had, you know, very big experiences and that of actually not being able to show up. And, you know, being afraid of being unreliable, being a bad friend being a bad parent and partner. And the, you know, the very real anxiety with that, when it's actually true. Makes,

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like, makes you wonder

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whether the I can't think of the word that when you think you're a fraud, and imposter syndrome. Well, if I actually can't do this, then maybe I actually am. Fraud, and it's not just impostor syndrome. And then, you know, yeah, a recent bout of very, very dark depression when I just wasn't. Okay, and, you know, I had to shut down and take a leave of absence from everything.

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Yeah, yeah. So, first, thank you for sharing all of that. And I want to honor just what you've been through and have been going through. It's a lot, you know, and like you're saying it's very real, when the depression is there. And so of course, it makes sense that you're also bringing some of those concerns into your business, right? Like, how could you not? While I want to really honor and acknowledge and validate all of that, tell me if it's okay, to say this, or if this resonates, I also have a sense that even though there have been like, really shitty moments, there are ways that you learned how to navigate it, even if not in the moments of the Depression, there ways that you've learned how to, like, follow up afterwards or navigate it? Am I getting that right?

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I'm learning. Yeah, I'm learning and practice practicing. Really?

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What are some of the things that you've learned?

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I learned that I am not the only one with feelings. And being a naturally open and forgiving person, I think there are

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people who are

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you know, who stay in my realm are also going to have that for me.

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Beautiful, so let's just even pause on that can you bring that learning into your feelings about being a practitioner and your business? What would that look like there

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Yeah, that when when people come to me, you know, my, my people come to me to be you know, it's not just to know where their money is. It's to be seen and and and heard and you know, some of those places it doesn't it's okay if there's like, some rest and integration in

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there.

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And that, you know, when we are together, we are absolutely together. If they have we're not, you know, they are the ones that are scheduling calls. And so when they do, I'm there, and if they don't, they're probably having fever. Things like I am. And it's not all on me to.

35:06

It's not all my hiding or failing. The reason that we're not together. Beautiful. That was that was good.

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Tell us briefly what was good about that.

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I never thought that before intelligent.

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Yeah, good. Yeah. So you know, obviously, there's more to do here. But I feel like we kind of got something important going here for you. And you have the recording. And as we move through the rest of the day and do your own work, I want you to come back to this beautiful wisdom and knowing and ideas around your business that are coming through and who you call in and what you're there for. I was about to say it. Because you get to choose in every season of your life, who your ideal client is, and how you show up and how you you know how you interact. So long as there's clarity in that container, the right people are going to want that. And I

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very much felt that with

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the people that I do end up working with.

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Beautiful, good. Thank you so much. Thank you.

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Thanks, everyone to

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Annalise, what are you seeing?

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Sorry, maybe, because my husband is I'll come back to you. Yeah, thank you, again.

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Everyone. Oh, so a lot of what AJ was sharing resonates with me also in the, in the sense that I feel like a lot of my fears come from, or stemming from this need to be seen in order to offer what I do. And I think part of that I, you know, in the last several years, I've had a transition and that I had a spiritual awakening that changed the way that I saw a lot of things that had me leave a lot of things in my life. And I received a lot of judgment from the people who knew me around those choices. And so I think part of it is, anytime I put out a message feeling like it's only one small part of who I am, and people will make such assumptions or judgments about that. And feeling like I'm different. And nobody, nobody really wants that. And nobody will want to work with me. Or some of the fears that were surfacing and how that impacts me. Part of it is just inaction. Like I'll have these really inconsistent moments of inspiration, where I'll be like, Ooh, what's this offering? And I feel really excited about that. But then I don't move forward with it. And then I'm like, Well, maybe it's not this, maybe it's this and it kind of just like goes in this like seesaw. And I just consistently feel like I end up sitting in exactly the same place. And then internally, I just have this like sense of, of dread. And feel really, really discouraged that the things that I want for myself just maybe aren't possible, and none of it will ever change. Yeah.

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First of all, what you're sharing I think is also so helpful. Just for everyone here. I'm guessing a lot of people resonate deeply with what you're sharing. So thank you. And one of the things there's so much and what you just shared but one of the things that really strikes me is this feeling different? Tell me if I'm getting this right, this feeling different and feeling like you're going to be rejected because of being different. Am I getting that right?

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Yes,

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definitely. Yeah. Where else do you know that from in your life? I'm guessing this isn't just from your business.

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I feel like this is like age old. And so much of my journey in the last several years like post awakening and really reconnecting with myself was this realization that I like absented myself from my life to fit in with other people.

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Or to do

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something supposed to belong.

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Yeah, yeah. So this is, this is old and, like related but not related even to your business? How old is this part of you? When did you first start doing this?

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I honestly don't know if there's ever a time where I didn't do this. Like, I can think of examples from my childhood and being a middle child, and always just being really sensitive to other people and other people's emotions that when I could see or sense it, like, I could fix it. And one of the things that actually this may be tangential, but feels really related, like one of the things that initially drew me to you and its program, Joanna was I was on a talk where you shared about your family's history and the Holocaust and how that impacted the

family dynamic, and also your ability to be seen. And that also feels very true for me and my family history and how that's I'm like, hiding is so normal and not confronting things for people. It's like, the way that you love them. And I've had been, I don't know, I guess I haven't been able to, like separate myself from that.

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Yeah, yeah. I Well, as you know, I resonate deeply. And I'm sure many others do. What do you know now as an adult, that that little one that I mean, really, it's a survival mechanism. Tell me if I'm getting that right. You know, what I'm hearing is like, in order to survive, you just hit what is your adult self? No. And what resources does your adult self have? That your little kid in?

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About all of this?

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I feel like one resources, me and not like my own integrity and feeling.

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Oh, I just lost you. Can you hear me? Anna? You just froze?

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Out? Am I back? Yeah, you're back. Okay.

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Where did you lose?

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Just start from the beginning.

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So I was saying I think one of the biggest resources is like having me like to have my own back and the importance of being in integrity and honoring what's true for me and my heart in terms of how I show up in the world, instead of like wanting approval from anyone else. So yeah, I think that's a really big one. And I think kind of being in this place. I, like so deeply know the value of even being able to like access that wisdom for myself, like what is true for me to even be able to have that connection and know that and, like, the journey to this place has not it wasn't like flowers and roses. And so I think to be like, enrolling people into doing this work, knowing how deeply challenging and painful it can be. There's also some like conflict and me around that too. Hmm, huh?

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What's the conflict?

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I like to make people feel good.

44:04

Okay, so there's, let's pause here, because there's,

44:07

well, sorry. And one other thing about that, too, is like, what am I I don't want what I'm offering or what I'm saying I can do to be very different from like, the reality of the experience. Yeah.

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Good. So there's a there's a couple of threads here that I want to pull on. And I'll let you sit with and we're gonna like well, we'll keep on going deeper with them. I'm glad that you're bringing up because these are all such important big pieces. So first, one of the things that I'm hearing Anna is that your adult self knows some things that your child self didn't know. And that your adult self knows and tell me if I'm getting this right. That like you Have you that there's so much value and importance in being your authentic self? Am I getting that right?

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Yeah.

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Yeah, I think there's this like so much of what I was taught was around like achievement and intellectual pursuit and like being really smart and being validated for that, and kind of returning back to this place of like, my heart was always the best thing about me.

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Was let's pause about that. Yeah, take that in what you just said, Your heart was always the best thing about you. Can you feel that Anna? Where do you feel that truth in your body?

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My whole chest.

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That to yourself be with that for a moment. Your heart was always the best thing about you.

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Let yourself have what I want for everyone, you know, to be able to access that club.

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So that yes, yes. So that's the place that I want you to continue to lean on today. And in the following weeks. That truth, that feeling right from that place journal from that place? Yeah. Yes. Be with that.

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Beautiful, yeah, thank you. And then I know I'm telling me if I'm moving too quickly, because I'm going to move to another topic just for the purpose of our call, because I want to pull I want to look at another piece that you said that is also important for all of us. Is that okay? To move on? A little bit? Yeah, okay, good. So, raise, just raise your hand on the screen? Or let me know in the chat. If when Anna said that. She said two things. One of her fears is that she knows that it's not going to all be fun. And roses if she takes her clients through the journey, and there's a fear there. And then she also spoke about the fear of like, and what if it doesn't work? Right? What if it? What if she can't do it, just, I'll raise my hand, right? Raise your hand, a part of you resonates with that some time. So again, I want to normalize that. It is just because first of all, just because you have this fear or any of these other fears doesn't mean that you can't, or that you won't, or that it's not going to be amazing. That's number one. Number two. What I have learned, and thank goodness I learned this early on, is that it is so important, both in terms of integrity, as well as so that you don't stay up at night like stressing out and obsessing

over things, to be very honest, in your marketing materials, about the experience and the journey. I do not shy away in my sales pages and sales conversations, etc. From saying this is hard work. This is not once and done work. This is a process, it takes time. These are the results I think we can achieve. But it's about you know, there's so many factors here and it's about me and it's about you showing up and it's about what happens in your life. And what you're ready for. This is going to take work on your part. There's going to be resistance at times, et cetera, et cetera, et cetera. I always say to folks, and I'll share it and I'm going to repeat this again in the coming weeks and our trainings. But I always say to folks and sales conversations if you're looking for the coach that's going to like launch you to the moon and back in a day I am not that person. That's not how this works. In doing all of this, not only does it let me be fully in integrity with the process and the depth of the work and in my marketing promises, but it also calls forward the right ideal clients to me the people that want to do the work that understand that this is a process and it also helps me have a shared agreement of expectations with my clients

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I want to pause here because we've already like so much has come through already through ages share, and Anna's share. I know there are their hands raised and I want to get to them. But first I want to hear just so far, what are you seeing from what from AJ share from Anna share for or from what I just shared around expectations? What's feeling important, and you know, let me just write down in the order that the current hands are up. So Barbara, Sophie, Kelly, Annalise Vlada. I'm gonna get back to each of you for your original shares. If you can just put your hands down for a moment and then raise it again, if you want to answer the question I just asked. But I want to hear just what's coming together so far for you from these pieces that we're talking about so much richness here, Kelly?

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Sorry, are you

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I was that your hand raise from I was asking if you want to share anything, just from what I just shared around expectations. Or anything that's come up through Anna and AJ so far, if not, I'll get back to your raise your original raised hand.

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I'm deciding like soaking so much in I would love to come back later. Okay. Thanks,

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Jana.

52:04

Yeah, I really appreciate what you shared about expectations. Being so clear, but what I'm really getting over these last few shares. I want to apologize like, my head is pounding and I'm really nauseous. And as I talk, it's hurting more. So I'm going to pause for one sec.

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Take your time. We're here with you.

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Close my eyes. It makes it easier. Yeah. Yes, I so appreciate women sharing and Greg is sharing too. So thank you, Greg. The women that have spoken I related to each share. And so I got from that that some things that to me feel that, like disqualify me. When I hear other women sharing it, I don't feel like they just are disqualified at all. I feel like it's part of the rich, I can see it's for the richness that they have to offer.

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Or their gift.

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So much and what's been shared, but to me that was the piece that's really describable in my heart.

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I got chills when you just said that the things that I thought disqualify me are actually part of the richness.

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Yeah, although it myself, I'm not going. But I feel like I'm such a mess. It's a little hard for me. Sometimes I can an abstract way translate that to myself. But when it comes to the physical reality, I get a little stuck there. I'll keep opening to that. Because that definitely I feel an energy.

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Yeah, yeah, you have been through so much Ayana. And, like with love, I know things are messy, like we're all messy. But I know things are like very messy sometimes. And I just want to reflect back to I know that it's hard. And also I know that that messiness is part of the richness like you say of who you are as a practitioner, that allows you to understand your clients in such unique and important ways. Yeah, it's

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challenging work. I was yesterday on the same thing, I was with the same team. I was having a flash of, okay. I'm in severe pain, and I'm finding ways and moments to really enjoy life and really participate in life. What I want to be showing people is how to not be in pain and not have health stuff and not have all this others. But I thought well Maybe I don't want to give up on that I will be healed. But I thought, maybe rather than waiting to share until I'm healed, and then show that like, maybe start showing people, okay, like there's all this intense pain and challenge. And I don't always find ways to enjoy it, and sometimes I'll enjoy it and then crash down even worse. And yeah, I am making a quite a lot of magic in my life still. And I would love to be able to have other people who have a lot of suffering, be able to also have a lot of magic.

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Again, chills, it's so important. So many people need to hear that we can't just find the magic when we're perfectly healthy and not in pain that is just not real life. So I'm so happy all of this is coming through. Thank you for sharing.

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Thank you for the shares here and the way you reflect.

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Jackie, thank you.

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I completely agree with everything that Ayana just shared. Beautiful, beautiful insights. But as I was pondering about her share, I realized that I think what's what's happening for me and listening to everybody else's downloads that I super super resonate with, with, you know, not being able to show up and all the things I'm realizing that for me, it was like my truth, I think that's emerging, right in this moment, is that this this message, this, I call it a calling, right, like this divine urge to continually show up and help support people through this coaching practice that I am striving to create. It like I have to learn how to hold be in a space that honors my mess, because I always will have a mess, but yet, continually honor the side of me that is that whole and complete side that does know how to tap into those answers, get in the game again, and serve and love and lift other people with the gifts and talents that I've been blessed with. And I guess the truth that's emerging, right? It's like learning how to find that sweet spot between it's a paradox, right? Like that. That messy? Yeah, and, and like, because I think I've like leaned into either too much on either side of that paradox, right of like, oh, gosh, like, I'm such a mess. And that brings so much struggle in all in my life. And it sounds like in all of our lives, and then like honoring it like Joanne, you're so good at doing like, brings me back into that space of like, oh, wait, but I am whole and complete and like this mess is okay. Like I'm okay, you know, and that empowers me to be able to move forward and show up to serve and serve my people. Does it still require courage? Absolutely. You still have to like you know, take a deep breath and put on your big girl panties and do the things but anyway, that's that's the truth that's emerging through me right now.

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Beautiful, so beautifully done and it got chills when you were speaking as well This mess is okay. And I am whole and complete. Thank you

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Florida

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I had a big aha moment when everybody was speaking and it had to do with the truth coming forth that we I had to protect ourselves that's a that's a protection mechanism that that we've developed and

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I'm

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I do it and other others do it and it can feel very hurtful to me when when it's happening. And it's something that triggers me and and I'm sure I'm triggering for other people as well but just helped me to get the first glimpse. This is not personally when I experience it as Something that comes towards me, I take it personally, and I shouldn't. It's not about me. It's, it is something for that person in that moment, the same way as when I have to withdraw, it is something that I need that I've needed to do this moment for myself. And trying to find the wisdom of like, how can how can I come quicker to the realization that this is not personal and not to be triggered by by to find, to find better ways to deal with it faster, so it doesn't linger. So it doesn't create this vacuum of great misunderstanding that deepens things and the hurt more rather than bringing, bringing, bringing, understanding and healing. Yeah,

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I'm so glad that's coming through. And now that I think it's more in the forefront of your awareness. That's one way that you'll be able to notice it more quickly. Another, I'll give you this as a homework assignment. If you want to take it on blada vata over the next week, at the end of each day, think back on the day and say, okay, when

when did I get triggered, right? Just know, like, the actual times, you know, what a little bit what happened. If you start tracking, at the end of the day, what you'll notice is, after a while, you're gonna start noticing in the middle of the day, and then noticing when it does happen, so so it's in your consciousness, this now bring it even more into your consciousness as you move through your day. Thank good. Kelly,

1:01:56

I just needed a minute. I'm resonating some with so much with what's being said. And I think the big piece for me that's kind of soaking in or integrating right now is that, you know, part of why I wanted to show up today is because I love being in this space. And I think it's a really amazing group of people and you and I love witnessing you. And it's so powerful to see people that I am holding in such high regard and who are clearly really powerful and have capacity to go deep and are just super skilled. To just see our humanity in this space. And I think I was I was speaking last week with this group of people who do work in child protective services and who are out there like really defending children and families and and, you know, talking about sort of healing the healer, and I'm just I'm just aware of like these, these themes crossover everywhere and anyone who's wanting to be of service, it's the I think Michael Lin said at one point like this is not for sissies, right? When we do when we do our own work and we want to go deep, like it requires a level of depth and hard work within us and and then that can become our beautiful medicine. Like that journey is what become this our our depth of medicine and I'm still finding words for that. But I like to point just this idea of yeah, I've spent so much time helping people to like get better but sometimes it's actually just being it's being it's being able to show up and view who we are in spite of the pain or the trauma or the hurt or the despair that we're seeing around us and and then I was just thinking like sort of macro from here like we're looking at this group but then looking at the world right now it's messy. And yet I really want to be in it I'm totally gonna cry. But I just I just want to be here and be of service and

1:03:59

I feel that and I see that incredible commitment in you and that passion and you Kelly and it's really beautiful to see ya. And so beautifully said as many of you have like we are all but that but that really that is as Jana was saying and others like that is part of the richness, right? It doesn't have to be the thing that disqualifies us looking at the chat there's a lot in the chat so please if I don't share something that you've said it's it's not has nothing to do with what you've actually said in the chat just because I'm moving through it quickly. But a couple of things. So Cecil said take away from AJ and and Anna. The container can be created in accordance So with reality of the life of a coach, and not a perfect ideal about being able capable, yes 100% Michael and saying it's coming to me even more clearly that there really is nothing new in the world, it's so important to bring our own personal journey into our work. Our path informs how we can connect with our clients. We each have a beautiful story, and it needs to be shared. Yes. 100%. Greg is saying I definitely resonate Aiyana with yes, that not enough?

1:05:39

Yes.

1:05:44

Okay. Barbara, I know you had your hand raised before, we'd love to hear what's coming through for you.

1:05:56

Well, thank you, everyone, for these beautiful shares. And very heart touching, where I have written down about my fears and concerns. There's some places where it segues with what others have said, in places were like, Oh, I see I'm kind of, in a maybe a bit different of a trajectory. So kind of echoing like finding the right clients for me, and being able to create transformation for them. That was kind of what was coming up of my fears and being able to grow with them so that I can continue to serve them. And I'm kind of like, the, this really valuable shares

about, you know, being in our mouths and knowing we still have things to offer others. I, for myself, it's like, yeah, I have plenty of messes. And I feel like I can. I don't know, honestly, if I'm like to spiritually bypassing things, or if I can move through things quickly. So then it's hard for me to see the mess that I had, that I saw, I can relate it to clients. And so they can relate to me. Like when I was saying about, you know, like finding, you know, when I was thinking about my fear about finding clients who are right for me, yeah. I guess how I think about that is I want to work with those who are, have already done some of their own work and have already made some progress. So I'm not, you know, just a metaphor, I'm not, I'm not talking to the kindergarteners, you know, maybe I don't have to be at the masters level, but, you know, and, you know, I'm trying to like, see, where's this balance between, you know, am I like I said, spiritually bypassing Am I intellectualizing things and moving into that place, too quickly, for people to be able to relate to me, I have always been that different person. And I've really been, what, really okay with it for a long time, it means that I don't have you know, the same kind of rapport as my wife does with people who are, you know, quick, like, instantly like her, and they relate to her. But I'm, I'm been very comfortable showing up as myself and like, who likes me who light is who likes me? And who doesn't, who doesn't, and, you know, it just doesn't impact me the way it used to. So, you know, so it's kind of like, it's kind of like, thinking about the shares and about how I'm seeing the coaching industry, in general is that there are a lot of people who are like, here, I'm struggling with this thing that I look at and think of. Not to be dismissive, but like that it's at a basic level. And I'm past that and so I don't really want to be there in trying to help people with that. So

1:09:26

this is great. I'm so glad that you're sharing. I love it for so many reasons. And that exact same thing that you've learned in your personal life that whoever likes you is gonna like you and they're the people for you and whoever isn't, isn't and that's okay. I want to invite you to bring that feeling and that lens into your business. Number one, you don't have to appeal to everybody. And I hear that there's this question of like, am I spiritual bypass? But I actually don't think it's a question. Tell me hangings, I think you know that you're not. You've been through certain things. And also, this is your process, right? So the work isn't to try to fit yourself into another thing so that those people like you, the work is to get really targeted in who you're calling in and speaking to that person and sharing your process. It's about the marketing. Yeah, there are plenty of other people, right? Like, we're each here to serve who we're meant to serve in the ways that we're meant to serve the people that need the other thing. There's plenty of other practitioners. Right? Or that, right? I want you that, does that resonate

1:11:04

for you? Yeah. And I think it's kind of like, I kind of want don't want to mess around with, you know, serving others who are, you know, who I'm sure they'd benefit, but they're just not like the right fit,

1:11:20

that they're, those aren't your people, right. And so I want you to own that I want you to own it fully. With full love and respect for whoever is not your person, right? They're not better or worse or anything. They're just not your person, just like in your personal life. You're those people, you know, whoever's not your person, your they're your wife's person, or whatever it is, right? And fully own, who your people are, and then share it in the marketing. Okay. Thank you. Sophie.

1:11:59

Yeah, I, I've noticed something come up, which has come up several times, as a, as a really core fear, which is this fear that I'm going to harm someone that something I say, or do or don't say, is going to hurt someone in a really bad way. And it's helped everything that you've shared, but it's a it's a, it's a deep irrational fear. And I, I know the memory that it's coming from. I don't know what to do with that.

1:12:39

Is you feel comfortable sharing the memory that it comes from?

1:12:45

Yeah. Is is tender, is Yeah, feel any vulnerable about it? And it's quite big.

1:12:57

It's up to you, if you don't want to share, it's okay.

1:13:01

Let's, let's see. I mean, I'll see if I can summarize it. I was about 10 years ago, I was a yoga teacher, but in a school that was very had terrible boundaries, and has now been closed down because of so many complaints around sexual abuse. And it was, it was a cult really, it was a kind of tantric yoga cult. And in my 20s, I got really, just in my spiritual honeymoon, was wowed by it and got really sucked into it. And I was a teacher there. And one of the students was essentially, you know, I see now, quite, his mental health was really strict. He was having real mental health struggles, but there was no kind of container for that. And he was one of my students, and he eventually ended up committing suicide. And although I know, from a rational place that that wasn't my fault. We also had a deep friendship. He, yeah, part of what he shared before he ended up taking his life was that the oldest one had really hurt him. And I can see how because it really hurt me. And it was a really Yeah, it was it was it was a bad place run by people who are very wounded, blah, blah, blah. And so yeah, I I just thought I just wouldn't ever want to cause anyone harm and I find it hard to trust that. I'm coming from a completely different place and all the rational thoughts, there's just yeah, there's just this deep, deep grief for him. Yeah.

1:14:53

Are both sorry that you had that experience. It is really big. Get it, it makes perfect sense why this fear would be coming up now. And I hear you that you, you know, all of the rational, you know things and and still, it's there for you. And I think it's all tell me if I'm getting this right I think it's also there for you just because you are a human being have integrity and deep care for other than you just really want to honor that. I heard you say that there's a lot of grief there. And of course, you know, grief isn't something to get rid of, you know, it just the grief is. But one thing I'm wondering, tell me if you intuitively, if this feels right, and wonder if, as you are moving now into consults from consulting to coaching, and it's bringing some more of this up, if you're maybe ready for another round of just intentionally feeling your grief and being with Do you sense that that's something that would be valuable or needed?

1:16:18

Yeah, yeah, I, I really do. I can see how this has been keeping me on the surface with people in this safe place of well, I will give you a marketing plan, and then everything will be fine. And what I what I see they need and what I want to be with them in is let's go into the depths, which is why I joined this program. Yeah, and so I can feel you're not only the grief, but the guilt, the the the stories I've got around him, I feel like all of it could do with some love and some attention. Yeah,

1:16:55

yeah, I really want to I know your life is busy. And you have a little one and all the things. Excuse me, but I want to invite you, you know, to find some pockets of time to be with it, like you're saying with the grief, with the stories, you know, even just writing it out as the story, right? Like this is this is one of the stories I have about the song and write it out at not as the truth. But as the story just even doing some of that. Again, I don't want to say

like and then it's going to be done and right because it was a big deal. What happened. But just even speaking about it today, I think is helpful just to like give a little more space. So it's not like this. Yeah. Yeah, thank you. Thank you for sharing. And there was another piece that I just wanted to that I lost that I just want to say to you and everybody Oh, I remember now some of you aren't going to like this. This work is not without risk. No work is without risk. And I know I draw to people because I am the same way with such high integrity, and with such commitment to not harm. And so I know it's a it's like concern, and we want to be trauma informed, which is why everything that we look at in sacred depths is through a trauma informed lens. And even with that, I cannot guarantee or promise to any of you that it is without risk. Because human beings are, like we've been talking about are messy. I don't say that to scare you at all. But it's It's part and parcel when you're working with a human being whatever working with that human being is. You know, there is and so we want to create as safe containers as we possibly can. We want to use all of the trauma informed tools and perspectives that we can and then we want to really be clear on what's my responsibility and what's not my responsibility. And I'll share with you all just a short story on this. Because I think it will be helpful years and years and years ago. I facilitated a ritual at a festival, a women's festival. There were hundreds and hundreds of women there I was co facilitating with my first business partner, and the topic was the maid in which you like we were taking this approach of like, the meeting and the fun and the curiosity and seeing things with new eyes and just like laughing and giggling, and we created this whole ritual around it. And part of the ritual was kind of like this. Going through this different line of like going under a limbo stick and, you know, birthday blowers, or I can't think of the words and just like having getting into that energy of having fun. Not particularly deep work. But wouldn't you know it, one of the women of those hundreds of women that were there, just because of the excitement, and the noise, the loud noise, and all of that got triggered and old trauma got triggered for her. And we handled it and there were people there as well as us to know how to, to handle that. But I always like to share that story to say it's like, you can do all the things and also not even be going into too deep territory. And humans are humans. And that's part of the risk of what we do. Anybody else want to share on this particular topic? Before we move on?

1:21:29

I have a question. How did you handle it? Yeah,

1:21:33

so because it's, it was a festival with so many hundreds of people, it wasn't just me and my co facilitator, there were other people in the group who were there specifically, to watch just to see that everybody was okay. And when we saw that this particular woman was triggered and having a problem. We took her and not me personally, but they took her outside of the space that was so loud, and grounded, her so brought her back into, you know, feeling the ground and, um, being able to be with herself and her body. And, you know, and she was fine for the rest of the festival. But I always say like, when you're facilitating, even if it's a small group, if somebody says something like, I can't feel my feet, or I don't feel like I'm in my body, you want to bring them back to just feeling their body feeling the ground beneath their feet. Yeah, you're welcome, AJ.

1:22:43

Um, yeah, I wanted to say this was a big fear of doing harm to my clients that I did some some major avoidance around. Again, can't possibly help people with this or with that, or with telling them things or not telling them things. And I always had that in my head that first do no harm the Hippocratic Oath. And it turns out that that line is not in the Hippocratic oath, and that there's, there's, you know, different translations and and further knowing, saying that if, if a doctor's primary objective was to first do no harm, nobody would have surgery, nobody would go through some life saving or possibly treatments. So I'm going to just put in the chat here, something that makes sense to me on this as as one of the lines with this. I will follow that system of regimen

which according to my ability and judgment, I consider for the benefit of my patients clients as you will and abstain from whatever is deleterious and mischievous.

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I love that. Yeah, thanks for sharing that. And, you know, piece of what I'm hearing and that is like, and there is sometimes risk

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10 There is sometimes risk. And if I am working from my heart and the best that I know where I am today, in my mess and my path and my experience and my integrity, it's not

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The risk is very different.

1:25:05

Yeah, absolutely. Absolutely. And again, this is why we also start sacred deaths with containers, and how are we setting containers, because it's such a big piece of it, too. Thank you for all of that. Michael, in

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really appreciate this conversation and Joanna, for you saying that there is risk. I had a client last week who went into an app reaction, and I've trained for years to avoid that very thing. And, and it happened, and I recognize what's happening. And I brought her out of it and grounded her, just as you said, and she learned a lot from that process. And, and I learned a lot from that process, too, because it kind of sent me into inquiry, you know, did I do harm? Is this my fault? Could I have done it differently as a whole over responsibility theme that showed up for me. And after tapping on it myself, I came to the realization that we show up, I showed up for her. And she was asking, and not that she was asking for that to happen in particular, but but just remembered, like a clients are asking for help. And we're meeting them, it's not all us. That line of where they are asking him where we're offering, it seems movable for me. And I'm I'm trying to find a comfortable place for it. And I don't think there is one set place. It just having you say and acknowledge there is risk in this work. It just feels like a huge truth. So I just thank you. Thank you for saying that.

1:26:58

Yeah, you're welcome. And thanks for sharing that. And what I want to also just point out for you and for everybody, is that you continued to show up for your client, even when that happened, and that that presents, you know, Brenda's asking in the chat is there a specific training in grounding, I don't, I don't know that I could even fill an hour in of content in that brand, I will think about, you know, maybe giving some pointers. But what I will say is like, first of all, I just want everyone know, it's very, very, very rare that it's even going to happen, just please just know that. But if it does, it's about staying present. It's about breaking pattern to Right. Like if they're in a park thinking or talking about a particular thing, not invalidate it, but bring them into a different kind of space, a different position. Just be present with them, don't go deeper into what you were doing, have them feel their body feel their ground beneath them, they may want to get up and walk, it's gonna be different for everybody. Just stay present with them, and hold the space with them. Kelly,

1:28:32

just one quick piece that I keep reflecting on as we're having this conversation, which I'm really, really appreciating and Sophie so appreciate you bringing your story forward. But I think that over responsibility piece resonates whether we have like a really big triggering or activating event or we, we just hold a lot of

responsibility. And I just was reflecting on how it can be so easy to kind of go for the superficial because it feels safer. And like, oh, we might not touch into these hard things. But if we actually create the space in the container within ourselves to be able to hold bigger, wider spaces that have some level of risk, or a greater level of risk, even though it's small, for someone to get really activated or something big to happen. We're actually showing up to meet a need and the more of us who can go deep and again, like I just always think about like the state of the world right now. There's a lot that's really activated and people really need support. And if we stick with superficial because it feels safer, and there's scary things out there, instead of like courageously moving into being able to, you know, creating the capacity to hold the container. It's actually keeping that from those who need it. And I just was reflecting on how reflecting.

1:29:57

Yeah, I love that. There's so much of what you just said it. And also piece of it reminds me of what Michael Ian said about how it was learning, right? So it's like it happened in the Content Trigger happens. And we know trigger happens out in the world, I get triggered out there all the time. trigger happens in the container. Michael in stayed present, the client learned it just like it's not that they just got past that in the session, the client learned something about herself and her nervous system that she could take back out into the world of many triggers. Yeah. Yeah. And Mike Lim, thanks for bringing the polyvagal theory piece. And there's so much great information out there around poly vagal, nerve polyvagal theory that is really awesome. Okay, I think this is a good moment, we've still got a lot more that we're going to do together. I'm just also just want to, again, acknowledge everybody's shares and everything that you're bringing forward. Thank you. It's such an it just makes it so rich. So we still have a lot to do. But let's take a break. Let's take till 1245 Eastern, so a little bit less than 15 minutes. And then we'll come back, we'll go a little bit deeper. And then look at some other pieces. So I'll hang out for a minute if anybody needs anything, but if not, we'll officially be back at 1245.

1:31:44

All right, welcome back, everybody. So I see in the chat, just in continuation of what we were talking about. Before that there are some suggestions. I haven't heard of Irene Lyon before, but I'm actually going to make a note for myself too. Sounds like a bunch of you have studied with her read her stuff. And I also want to put another recommendation in Thank you, Barbara, and others who shared about Resona Manasse gums, my grandmother's hands. It's an incredible book. And an important book. As Barbara is saying, not just around regulation, and nervous system, but around racialized trauma, it's I think it's a must read for everybody. It's such an important book.

1:32:59

Okay, so

1:33:04

we've

1:33:05

got about an hour and 15 minutes left, I'm chuckling at myself that I said in the beginning, we may not take all of the time, of course, we're gonna take. We're gonna we're gonna go a little bit deeper with what we started in the first part of the session. And then we're going to switch gears. And look at some, I mean, we've already been looking at some logistical pieces, but we'll look at some more logistical pieces, as well. And Kelly and Annalise and blada, I know that you originally had your hands up before I said, take them down. And so please, like we're going to do a little exercise and then please raise your hands again. And you can just add on to what you wanted to share originally, because we're going to build on that. So hopefully, things are already starting to move and

loosen up a little bit and shift and let's see if we can't kind of move towards loosening them up a little bit more. I want to invite everybody just from the kind of original journaling questions I asked earlier around the fears and the concerns. Want to invite everybody to pick one that feels the most important or impactful to you right now. Which of the fears or concerns that you noted? Feels the biggest or the most impactful? We're gonna work with that one a little bit more. Alta are you asking about the journaling questions? Okay, yeah let me put them in the chat again

1:35:23

so it was what are your fears and concerns about working with clients and then what's the impact

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alright so pick everybody pick one that you want to work with a little bit more and just let me know let us know in the chat which fear you're working with just briefly say the fear of or the concern about

1:36:12

yeah great

1:36:47

so Cecil for yours what's the fear underneath that is it the fear that you are not able to be accountable or is there another that you you know, I think for this exercise, see if you can kind of named the fear that's underneath that or one of the fears in there

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So Marianne, what's the fear is it that you won't be able to have a practice that's in alignment?

1:37:48

Okay,

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okay, great. So let's try this.

1:37:54

Yeah, thanks for all great great, okay.

1:38:08

So whatever the fear is for you I want to invite you if it's okay to close your eyes, close your eyes if not keep them open go into some inner space whatever the fear that you named is I want to invite you to sense into it and hold space for this fear, I want to invite you to hold loving space for this fear. So first sense into it maybe you can feel it inside of you or right outside of you wherever it is. sense into it. And then as if it were a client that you cared for deeply, be with it. Be with this fear. Respect it. Love it. Just hold loving, respectful space for this fear as if it were a client that you cared for deeply. Just really be with it. Let it know that you're there. You're holding space with it.

1:39:49

You see it

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love on it. As much as as possible live on it. Be friendly to it and I'm going to invite you to ask this fear a question

1:40:13
and then

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the fear is going to answer it through writing so you're going to channel from the voice of the fear in writing and the question I want to invite you to ask this fear that you're holding space for is from your highest wisdom from your highest wisdom what is it that you want me to know? And let it right through you let it write a note to you let's keep on writing so from its highest wisdom, what does it want you to know I'm gonna give you about two minutes.

1:42:06
Take another minute see what else wants to come through just ask it one more time from its from your highest wisdom, what is it that you want me to know?

1:43:38
And then when you're done, take a moment and read over what you've written. With practitioner eyes on see what feels important what new awarenesses have come through

1:44:22
see, some of you have started sharing in the chat I actually want to give you about give you all about six minutes, I'm going to put you into breakout rooms to share what came through and what you're seeing. And to get some reflections. So actually, we'll be more than six minutes. So it'll be about there'll be three of you in each breakout room. And you'll each have three minutes and so my recommendation is to spend about two minutes sharing and then if you'd like some reflections of you know about a minute getting reflections is on your share so it is probably go by pretty quick got about three minutes each and then we'll all come back so I'm going to open all the rooms and I'll send you a little notes in between enjoy

1:45:44
Melissa looks like you're still here Did you click on the screen to go into the room there Yeah. Barbara Hey, welcome

1:57:02
back. I have a feeling I may not have given you enough time, am I right? I'm sorry about that. Hopefully everybody had a chance to share a little bit. I'd love to hear a couple of takeaways so far, what came through? What are you seeing? What do you want to share what's feeling important? Who'd like to share? My claim

1:57:49
not really related to what I shared, but how it came to me. And thank you, Wendy, for the recognition of my channeling capacity, because I do it all the time. But I don't speak to it a lot. And it is a huge part of my work and what I do. So I'm just acknowledging it publicly in front of all of you that I do that.

1:58:16
Own it. Yes. Yes, such a gift for you. And for your clients, I'm sure. Anna.

1:58:30

I think that my, the takeaway that I'm taking is not specifically related to what came through in my journal, but also the reflection that I was receiving from the beautiful mirrors and my group, which is, sometimes it's this like, expectation that we should be further along, or that things should be different that actually cause the fear or the suffering or the inability to feel at peace with where we are right now. And so for me to kind of just remove that idea that, okay, it's taken this long or whatever, in the past, or where I want to be to stop me from just being really grateful for where I'm at right now.

1:59:19

I love that. Yes. So beautifully said I'm so glad it's coming that's coming through arrival is a myth. It is just such a myth. Brenda,

1:59:36

mine is very similar to that it was just that how important sharing the struggle is, with making ourselves relatable to a client that that we don't have to be perfect. It's probably better if we aren't much more relatable that way.

1:59:52

100% so beautifully said, normalizing. As I said in the beginning, I'm going to say it again. I feel like normalizing struggle, messiness, fear all of it, it is a superpower, especially in our, let's call it capitalist culture that, you know, values, perfection and and like neatness and you have to be a certain way and it has to look a certain way and, you know, just strict productivity, right, we could go on and on and on. And that is not real life. And so that's exactly why we're here today. And that's exactly one of the greatest gifts that we can give our clients is to unpack those messages that have seeped into us about what it means to be a successful human or you know, whatever it is, and be with real life, and what that actually is an own. Thank you. Also saying in the chat, I love how my fear showed up as a flamboyant Frenchman. That brought an airiness to what I was fearing really bringing me back to the focus that it's not about me just I'm just an energetic conduit that's beautiful. That that that fear showed up that way.

2:01:31

Marianne wants to meet altos we're gonna talk. Yeah, and we're going to, when we look at Miss of perfection will also look even more MSW arrival to Alright, anyone else want to share what you're seeing what's feeling important, what you're taking away, so far. Annalise

2:02:02

I may be repetitive here, but I was sharing with the lovely Sophie and Deva, the, my fear of sort of, like not kind of being a great professional, like, was successful professional coach after all these years, and, you know, being a great mom, and, you know, having a great sort of, like, couple life and, you know, friends and all the rest, and I just, it's just the expectations of all these things, it's pretty overwhelming. And it really also reflects a lot on the coaching because you think, Oh, I haven't got that sorted. How can I be, you know, this amazing coach that has issues in a relationship, or, you know, I'm screaming at my kids like a lunatic. And I just, if someone sees me from outside, she thinks that she needs serious work. She looks like a crazy woman. And, and then, you know, like, I receive a review from my clients saying that, you know, I was very skeptical about coaching, and I'm like, it's just all messy. It's just a mess. It's just a mess.

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So, yeah,

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I'm not contributing to any original thoughts here. But I just

2:03:39

know, it's yeah, it's, it's important to share and express Was there some was higher wisdom that came through the fear that was helpful. Yeah,

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it was, like, you know, first of all, just being here, and just normalizing imperfection, and messiness of life, and the share human condition, because again, I know it mentally, it's like, everyone has got issues and blah, blah, blah, and we go through this and that and, and I see it, you know, with my personal life, and I see it with my friends, and I see it with my clients. But first of all, I think the fears like what you're fearing is normal. So how's that? You know, like, no, like, the higher fears say, I'm actually normal. I'm a very normal fear. Hi. Hello. And they're very much about maybe you should just go with with the flow of life and just making you know, like, the journey and just doing your best you know, Yeah, at the end of the day, my grandmother said, said, Remember, no one is getting out of here alive

2:05:17

you know, thinking about to be honest with you sometimes thinking about death, and I have been close to it in the past. And sometimes I forget about it. And then I have to remind myself, it really sort of like think, Oh, I mean, I think someone said earlier, I think it was. Oh, it was, you know, someone said it was maybe, Oh, Sophie, I can't remember who it was. But he said, I just want to, in any case, yes, he's messy and everything, but I just want to just be in it. Because, you know, it's,

2:05:57

yeah. Beautifully said. Thank you. Greg, I'm glad you're asking. Because I caught during the break, when you guys were in the breakout rooms, something that you shared in the chat, and I was wondering if you were confused, so. So and I'm sorry, if I wasn't clear, it was I was asking to connect in with the higher wisdom of the fear. So that could be your higher the higher self as well of the fear, but not like the low level concern. But really, what its highest wisdom is blada.

2:06:45

Um, wow, what Annalise just said that no one comes out of here alive. Went straight directly to what my fear was about. And when I was first writing about it, and it I was actually channeling and, but it felt it felt like it was it was collect calm and collected, I was listening to what was coming through. And I could, and then when I had to share with my lovely counter ladies in in the breakout room, when I was reading it, I started crying, or I mean, my my eyes were were almost like the tears were almost rolling. And the fear was, will we come out on the other side of the mess. And the very first thing that came through was, as I was channeling, and I was even a little bit self conscious. I was like really, but it said that others have died in the process and never made it out. That was where the beginning was, like, wow, there is I mean, I've never some I realized that there was some awareness of something that like it's in the back far, far farther behind me that I don't know what this relates to. And I came my higher wisdom on the fear brought me out of it. And very positive place and walking forward. And the ladies were very supportive. That whatever that is, I can still move forward. It was amazing how just the not only the channeling, brought the awareness, but then eventually when I bought it into through my Groys the whole other level of feeling into it

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came forward. So yeah, so first of all, I'm so glad all of that came through it feels I can feel how important it was. And as a practitioner note, thinking about the four levels of learning and processing, writing definitely. When we channel you know, right, like it definitely does activate the body level for sure. But then when we can speak out loud what we've written it goes deeper or to activate that body level and that connection and the taking it deeper. So I'm glad that you're pointing that out. Yeah, definitely. Definitely. Thank you so much, Laura.

2:09:37

Okay, I will see if I can sum this up. Because I feel like it's kind of all been flooded in just like two minutes. But what I found really useful about the breakout rooms, similar to bladder status, you write it down, but then you share it and hearing yourself vocalize that is really helpful. But my fear my fear was around being judged, and feeling like through that, and sort of relating back to childhood middle school where you feel like you don't fit in and you want to you want it to be like everybody else. And, and as I, as we were discussing it, and it being like a really helpful discussion to hear that everybody else is feeling the same thing. But it wasn't until we came back to the group and people started sharing that I realized that the higher wisdom didn't come until after the journaling in the conversation and that higher wisdom was that the judgment is something that I grew up listening to my parents were healers, spiritual healers of sorts, and I grew up listening to them pass judgment on medical doctors. And so I grew up thinking, oh, all medical doctors are wrong. And that is a farce. But you know, it's made, of course, made me feel very isolated. But then, now that I realize, from that, from that higher wisdom is that people are always going to judge you. But it doesn't mean that they're right. And it most likely is coming from their own fear of places their own fear. But it shouldn't impact me and keep me from doing what I believe is right, what is true. That that was my higher wisdom. Took me a while

2:11:21

it was sometimes it does, right? It's a process. I am so glad, I'm so glad that that came through that feels so important and so big. for so many reasons, not just your practice, I'd really encourage you to do more journaling starting from that place, and that piece of wisdom, and what wants to come through. It's helpful for everybody, I also just want to share again, that I have so many of these fears myself. And in fact, I'll just share this as a practice in case it resonates. For some of you. This even just happened two days ago, I went for a run in my neighborhood. And then when I was done with the running part, I was kind of speed walking afterwards, not even with so much speed. And I had all of there's like, you know, just some of these anxieties and triggers and all the things and people in my neighborhood may have. I don't know what they thought of me because I started talking out loud to myself. And so much of what Larry just said, Actually, I was like Joanna, I want to remind you again, not everybody's gonna like you. There's some of you that are gonna like you, and there's some people that are Aren't there some people that are gonna think you're amazing, and some people that are just gonna think that it's shitty. And that is as it should be. And you are okay, no, and you're so just picturing me. I'm like walking outside, talking out loud, all the things. But it will yet again, because I do this sometimes it's so helpful, right? Like, that's the higher wisdom. And I need to keep on hearing it. And I need to keep on hearing it. And I need to keep on hearing it. And then it's really good for a while and then something happens that triggers me. And I need to hear it again. And I need to hear it again. Right. And so sometimes I journal it out. Sometimes I speak it out. Sometimes I ask a friend or John to just tell me that I'm amazing. And it's okay if some people hate me because other people don't. Right. It's like, I just I need it in different ways. And so I come back to those practices. More Melissa street self talk are too good. I'm glad I'm not alone. Okay. With our time left, let's switch gears a little bit. I mean, we can definitely continue if there's more shares that want to come through. But I also want to shift gears into any questions that you want to ask. Maybe you're a little shy. In the group, you're like, Oh, that's too elementary. Like, when can I start taking on clients? Or how long should a session be or what can I hope to cover in a session or how do I get started? Like, whatever. I just want this to be an open space for like any and all questions that have been moving through you before today or through this session. What have you got, Charley?

2:14:47

Thanks to Anna I, okay. So your question just spoke to me so loudly, because in my offerings, I offer astrology I offer Reiki. And then I guess about a year ago, I had an offering called inner life coaching. Because a lot of what I found in my astrology in Reiki work is that I was doing what I thought was kind of like inner life coaching. But I've not trained formally as a coach before. And so that was a huge reason why I wanted to come on to this course, I wanted to be more structured in my thinking and understanding of what it is that I'm actually, you know, sharing and collaborate, collaborating in with my clients. So, but, you know, there's, my struggle is around inaction and procrastination. And I know someone earlier said, like, I get these great ideas, and then the momentum to implement them, like, fades away. And I'm like, Yeah, okay, so moving on. And I'm just wondering is I get really worried around calling myself a coach without formal coaching certification. But then I hear horror stories of people who are formally certified. They don't know how to hold a container, they don't take the time to like, you know, read up about the client, or I don't know all the things that I do, they don't do and so I'm wondering if you can speak to that, please. Yeah, yeah,

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it's such a great question. And, again, like normal, you know, consider your concerns are so normal. What I usually suggest for new even though you're an old practitioner, in terms of Reiki and astrology, newer practitioner as a coach, what I usually suggest for newer practitioners and sacred deaths is wait until we get through, and we're almost there, the strategizing and the visioning module. And then there's another session after that, where we kind of just look at contracts and logistics and that kind of thing. Once we get through that, my invitation is to start taking on either paid clients or volunteer clients for coaching. Don't unless you've got a big reason, don't wait. When we get through that you'll have gotten through all of the foundational skills that coaches have, everything that we go on from there is just deeper, more nuanced pieces that use all of the foundational skills, it's like each each of the things after that are using each of the foundational skills together. So is that an adequate answer for you? Is that helpful to think about? Yeah, no, that is totally helpful thing that you will have, especially if you're doing the practice, you're showing up for all the classes you're doing the homework, you will have the skills obviously we're still always working on our skills but you will have what you need to be in integrity and work with clients in that kind of coaching container.

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Thank you. I really appreciate it. Yeah,

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so glad you asked the question Jackie you know Jackie I can't hear you if you're talking I can't see you either. Jackie, I'm gonna come back to you. I don't know.

2:19:16

I don't know what's going on. Can anybody else hear Jackie or is it just me? Oh, there you are. Now I see you. Did you want to ask the question Jackie? No. He there. Yo, Jackie, are you trying to talk or no? I'm gonna come back to you Deva.

2:19:49

Hi, I'm, I have a question about pricing. I did the rice Business Academy and one of the reasons I'm in sacred day Up to this because they would be like, Okay, you need to have programs three and six month programs and coaching. And I felt like what the charging prices for the programs felt pretty high to me. And yet, you know, I'm, I want to offer, I also want to be doing something that feels like a win win with my time because I notice if I charge

too little I get resentful of like, oh my god, I have to do this session, and I'm only making x. But yet I don't want it to be cost prohibitive. And I feel like I get really squirrely around pricing and like wanting to raise rates? And do I give certain people just counts? And it's one of the one of my most challenging parts is what to charge and what feels appropriate. And I'm just curious what your thoughts are on that?

2:21:02

Yeah, it's such a great question. I'm glad you're bringing it up. And so this is, what I want to say is what I'm about to answer is not the truth with a capital T, nothing that I ever answer is the truth with a capital T, I'm just going to share my perspective on it. And it's just one of many very viable and very valuable perspectives. For myself, I'll just speak from my own experience, I learned pretty early on to stop listening to what other people were telling me to charge. Because it didn't. It wasn't aligned for me. And I remember early on, in my business, I had a coach that said, you're like your coaching is so amazing, you're providing so much value, you need to triple your rates right away. And I listened to that. I tripled my rates, because she told me to do that. And I didn't bring on a single new client with those tripled rates. It's not that the work wasn't worth the money. It's that I was not whatever we want to call it in the energetic place to be charging that and be open to be taking in those rates, I was not ready for that. And what I really learned from that experience is number one, not to just blindly listen, to tell me or to just raise my rates. But number two, that the best rates for me are ones where, like you said, I don't feel resentful, I feel good about what I'm receiving. And if it feels like a good energetic exchange for me. So there's no number attached to that it's going to be different. For each one of us. I did eventually reached that triple number and far surpassed it. But I needed to work to it. So like for me, the way that looked was every new client that I took on, I raised my rates, and then I felt good and confident in that and I raised my rates again. Anyway, I'm not giving you an answer, but maybe more of a lens. And you can tell me, you know if that lens resonates or what you're seeing, or if it sparks something completely different for you.

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Yeah, that's really helpful. I think. I think that the support, I think my main thing is that I do have like really high end paying clients. And if I'm doing like, singing bowls, and a live kind of session, then I'm like charging 350 for an hour for two people or 500 for an hour and a half for two people. But there's a different container of having all of the equipment and the bowls and and then I love doing it. So sometimes I'm like, you know, if I have friends, I want to make it more accessible to them. And I think I just need to really kind of hone in and get a structure and have it be more consistent.

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Yeah, but yeah, so you want to take all of that into consideration, you know, and if you're putting forward more energy and you want to take that into consideration, again, as you said, you don't want to feel resentful for me. One of the reasons why I have groups is to accom To date for good, because that's not as much as private coaching. Right. So that's one thing. And then the other piece is I knew I can only do this now that I am able to have more programming. And then that's why I have sometimes smaller programs too, so that people can sort of find where it makes the most sense for them. Thank you. Yeah, great question, Cecil.

2:25:39

Yeah, I think I'm unmuted now. Thank you. So, okay, I sense I'm looking for affirmation, in what I'm thinking how I'm going to proceed. And also a bit for feedback, but not too critical, yet. I just because I'm still early in the process. So what has come up now is that I have written like, a draft for my first newsletter. So I'm like, I'm gonna start quite. From scratch with building a practice, I do have, like clients, but it's within the educational system. So what I'm thinking to do is this newslite letter describing my process into coaching, like briefly how I landed there, the the sort of what I can offer, what they can expect, you know, different things around this, I have created, like

packages of 369 and 12 months, I don't know if that's a bit crazy, but it just seemed like that was what came up, I found a price for them. That seems like a fine and reduced rates until I'm certified. And then I was thinking that it could be so because I'm in this uncertain situation of when I can fully commit timewise to, to the business, that it would begin from September, and they could sign up by first of August. So then I also know a bit how many I will have and how it's going to work out. And then I don't have a webpage yet, because I simply cannot have find the time. Like I wouldn't know how to do that before I start. So somehow it has to be part of what I'm communicating cating that, that this is now for the training. This is to get started. I'm eager. I'm like, excited. And I want to get started. And this is where I'm at. And if you want to join jump in, and then let's see where we're going kind of thing. Yeah,

2:28:00

yeah. So first of all, so well done, you've taken so much action. And you know, it sounds like you're preparing and you're in it's so great. Excuse me to hear, you don't need, you do not need a web site or a web page to start bringing on clients. Sometimes it can be a distraction. In the very beginning. It's this thing that we like, want to perfect. And you know, we just keep on working on the website, versus just reaching out to people we know that could be helped by the work to see if they they want to work with us. So I think it's what you're doing is great. Wait for the right time to create the website. Better Way anyway. Because you want to work with a number of people first, as you refine, like who is it that I love to help? And how am I helping them right? So why do the work of the website twice, you are gonna want something written, you know, to build but just start by reaching out asking people you're telling them what the work is about how you could help them, see if they want to hop on the phone with you. You have in the member center, a full way of how to hold space for an enrollment conversation. And then the only other thing I'd say still is sometimes when people have too many options, they pick no option there, their brain just excuse my language does a brain fart. It's like too many things. So nothing. So my recommendation would be you can have those four different packages in your back pocket. But maybe based on the conversation that you have with each prospect, offer two of those options at a time. The two that makes the most sense for that person.

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So not to mention in the

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in the email, it's too much information. The email is really just about getting people excited about what the possibilities is about working together what results you could possibly co create? And seeing if you can get them on the phone.

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Okay. Yeah, I hadn't thought about the enrollment conversation. So yeah, that's great. Okay, great. Okay, so thank you.

2:30:16

Thank you, Jackie.

2:30:20

Yeah, thanks. Sorry, earlier was having some technical difficulties. So, I think my question is around marketing. And I'm not asking for like marketing advice, necessarily. But I've actually wondered this, I wanted to ask you this Joanna for quite a while. Because I know that you've mentioned that you've been in the coaching industry for a long time, like 20 years pre internet, right? All the things and like, I'm healer, at my heart, you know, like healers

tend to just really struggle with that self promoting and all the things and like, I started going through the marketing bonus materials in the in the program, I've been through many other programs that have taught different law loads of different marketing strategies. So this isn't my first go around with marketing. But the implementation has been a really, really massive struggle for me. But with that, in context, I'd actually really love to hear like your journey about some of the things that you've gone through and like, maybe like the transformational things that were required for you and your journey to get to the point where you're at, because it really just admire how you mark it. Like it's so aligned, it's so heart centered. And that's what I strive for, you know, so it doesn't feel yucky and pushy, and all those things. And anyway, I'm just curious about your journey.

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Yeah, thank you for asking. So in order to not keep us here, for many hours, I will take a couple of pieces for now. Um, and if people want to hear more about it, too, maybe we can do a separate session on it. But you hit when you were talking, you hit on the head, one of the biggest pieces, which is around authenticity, and heart. And so when I first became an entrepreneur, I thought I had to be very entrepreneurial, and marketing speak and, you know, not really be myself and be what I thought professional was and what I thought people wanted to hear. And that did not work at all, at all. Excuse me. And so that was one really big shift for me, which took courage, right, which we're all talking about today. But to just really be myself with, with all of my stuff and my quirks in my marketing and how I presented myself, but I'd say the other piece that was part and parcel of that is realizing that at the end of the day marketing, whether it's one to one, or one to 1000s is about creating relationships. Marketing is about creating relationships. And when I was able to move into that frame of mind, things got easier because it wasn't like, oh, I have to send out this email to build it or do the social media post. It was no, I'm connecting, I'm writing an article so that I can connect and create a relationship. I'm writing a post so that I can connect and create a relationship, I'm having this enrollment conversation, so that I can connect and create a relationship. And to this day, when I go to write a newsletter article or a promotion, or whatever it is, one of the things that I do is I take a moment I come back into myself, my heart, my authenticity, and I set the intention through the writing to connect to the hearts of the people that are ready to hear it and hope that I create some relationships through that. So that was a really big piece that shifted, so so much for me. And the other piece I'll just speak to right now, which was maybe not a transformation because I am a Virgo and so I've always been like this but I just it feels important in this discussion for everybody to hear is that even if we're super spiritual and stew, super flowy and going with the flow structure, I have really come to learn that structure promotes flow. So, for example, every month when we have our Are q&a calls the reason why I take 30 minutes of that precious q&a call every month to hold space for everybody to create a blueprint is because that structure of the blueprint of knowing these are my goals for this month, these aren't let me break down to the smaller action steps, let me know when I'm taking them. That's what creates the flow. If I didn't have that, I would be like in a sea of, you know, I would, there would be no traction made ever. So even if you are a flow person, which I really, really appreciate, we all want flow structure really does. Yes, he's still saying in the chat, it's the banks of the river. And the persistence and the consistence to I mean, big shocker to me the first time I did a launch and like, nobody responded, and I wanted to go hide under a rock. And I was just like, oh, it failed, and it's always gonna fail. And it's never gonna work. Like, no, that was the first seeds that I planted, they need to be watered, and they need to be watered again. And what went well, and what didn't go well. And let me force myself even if it feels painful to come back to the plate, and to come back and take the next action and come back and take the next action. So anyway, lots more, but does that Does that satisfy some of the questions?

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I'm sure there's loads more to ask. But that was great. That really hit on a couple of things that I'm really struggling with, that I need to lean into. So thank you.

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Yeah, thank you, Laura.

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So I have a question about, as I'm just getting started and getting the word out and wanting to get some of the, you know, the practice in in terms of who I reach out to I, when I think about who to reach out to I know you, I've learned from other courses with you that you reach out individually, and you let them know how specifically you can help them. But there's a part of me that says, Oh, I don't want to reach out to my friend. Like, it's like too close. Like, is that in my is that like fear speaking? Or is that like, no, that's my own wisdom? I'm trying to figure that out.

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My guess is that it's your own wisdom. Like, it's not necessarily friends or close friends that I mean, sometimes, yeah, that there are a couple in there. And that's great. But at first, you before you have more of a community for your business, it might be more not a friend, but maybe somebody that you know, a little more like less intimately from the PTA or from temple or church or, you know, that's not, we're not going to ask our most of the time, our close friends, where you may want to consider asking close friends as if they know of anybody that would be a good fit. And when I first started out one of the things that so you know, I'll just share a couple of things, first of all, and this was when I was 20 years younger. And so I had a bit more energy and time and I lived in New York City, I was like woman about town, I was like hustling, going to networking meetings, you know, like really pounding the pavement being out there as much as I could meeting new people sharing about the work. So when you're first starting out, you know, it's like, for those of us here that have birthed a baby, there's like extra special push effort that you need to get the baby out. Not that there isn't a ton of work afterwards. But that's more like marathon work. First, you need that like hustle, push work. It's kind of the same in the beginning of a business, you know, you want to be in different places, connect with different people see where your people are at. So that's, that's one thing to think about. And then the other thing I'll say is like, one of the things that on top of that was really helpful for me was, I knew and I believe that this is true of anybody that's attracted to sacred depths or to work with me, I think it's probably true of you too. I know that if I can get people in a room with me to have an experience to learn from me, or whatever it is, that they're gonna want more some of the people there's just no inevitably some of the people in the room are going to want more. And so for me, one of the things and this is one of the ways I did use my friends early on, was that I would have a workshop and this could be online or in person that was free 90 Min. Nuts. And I say to my friends like, Hey, we're gonna be work this topic, you might love this topic, but also, you know, I'm starting a business, can you bring two or three people that you know who you think would love this topic, too. And then people would show up some people that I knew some people that I didn't because they were friends and I do my thing. And then I'd make an invitation for people to have conversations with me if they wanted to work. And that was a great strategy. So it was like using my friends but not asking them to do to coach with me. So hopefully, that stirs some things for you.

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Yeah, yeah, definitely. Thanks.

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Okay, we're almost at two AGL. Take your question, and then we'll start to move to close ha. Okay,

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it's a terminology question. That just came to me about coaching. I know, people have brought up not feeling comfortable calling

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themselves a coach,

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this was part of why I'm in the program. But that the term Coach, what is a coach life coach does not feel right to me at all. You know, money doula, but I'm not really a money coach.

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How? How

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do you see people navigating that? And? Yeah, that's my, that's my question is probably bigger than two minutes.

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Yeah, it's such a great question. I always love it when people ask this because I resonate so deeply. And also, I don't have answers. Sorry. So I'll just speak. From personal experience. I don't have a title I because I mean, I am a coach, but that doesn't feel like a resonant title for me. And still, after all these years, I haven't found one. That's like, oh, that's the thing. I use the word coach, I use the word transformational practitioner a lot, because in a way for the training, because, like sacred depths is so much more than just coaching. But then within the marketing, I'll use coach just because it's recognizable as well. So all of this to say, I, I don't have a great answer. But what I can tell you is that I've built a highly successful business out having a title. I don't know maybe that's something to think about. And if anybody has thoughts, please share in the chat or in the Facebook group. Thank you for forming that. You're welcome. Okay, um, so we have just a few minutes left. This has been so wonderful. Thank you to everybody. I want to invite you to take a moment and jot down hopefully you're taking a lot of things from our time together today. What's the biggest thing that you're taking from our time today?

2:43:42

Yeah, Maryann, I love what you're you're one of our marketing people. I love what you're sharing in the chat about speaking to results so what are you taking? And please share in the chat I honest thing to be where I'm at to start where I am I love that. Charlie's saying I'm where I need to be at the pace that's right for me so happy Sophie's saying that I can be a ground of love and safety for my clients and that we're all beautifully massively human together. I love it so much wisdom and all of these Brenda's saying how important is to share authentically how similar our struggles are. Yes. Michael and saying there's so much power and healing and just naming are common fears and questions. Yes. Barbara is taking authenticity as own it also is taking that the ball will fall in that's okay. I can hold space for that too. It's not about me. Yes. I love that the ball is gonna fall sometimes. And it is okay and we can hold it we can learn so much from what's underneath our Fears. Yeah, as Marianne saying, clarity will unfold at the right time. And until then you get to keep taking steps towards the path. I love that it's like you can still move forward without the full clarity. Showing up with compassion versus others and myself, Yes, always look for the higher wisdom in our fear. Yeah, as Jackie saying, taking simple action steps with what I do have access to will help to water the seeds that I've planted. I love that. Yes. Melissa saying to let go of the programming of what a coach is supposed to look like? Or be like, Oh, I'm so glad you're taking that too. Yeah, is a lot of saying I want to be in the mess with others. That's amazing. He is saying that each of us is in our own maths. I just lost it, which will not end does not have to go away in order to serve and be successful practitioners. Yes. It's time to Yes. Thank you to all of you. Thanks for sharing the time today. And for being here.

Hopefully, we've just, we've just planted seeds today, the work that we've done will continue to grow and evolve. Please keep me posted. Keep us all posted. Let me know what you need. And I will see all of you very soon. Not next week, we're off. But the week after that. I'll hang on for another minute if anybody needs anything, if not enjoy the rest of your day. Anybody need anything?

2:46:51

When I just wanted to say how much this session really touched me? I bought it

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um, so so glad I'm so so happy that it was helpful. Yeah, and I'm excited to see what's gonna come for you through all of this. Anyone else want to say anything before we wrap up?

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John, I want to say one thing. I've done a lot of coaching program. And I've worked with very high level coaches. And I was saying to my husband, and I didn't want to do any course this year. I've done so many. And I just said to my husband, that is no comparison. Joanna, thank you

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for taking that in. I'm taking all of it in. Thank you for that reflection. Coming into my spring break, feeling full. Thank you. Thank you. Well, and of course it all happens, but not just because of me. But all of us in the container. Yeah,

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of course. I've I think everyone because obviously is the quality of the people but you attract these people. So

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I'm very lucky that way. All right. I'm sending all of you lots of love. And I will see you soon. Bye. Thank you. You're welcome.