



# *Sacred Depths* Certification

## Creating Awareness Skills Practicum

Hi, everybody it's good to see you all. Give everyone a moment to settle in. I know we only had one week off without live class, but it feels longer. To me, it feels like a while since I've seen you all, I'm happy. We're all together today.

01:01

Okay. So we've got our creating awareness practicum. Today, yay, I always love our practicums. As I've already shared with you, I get to talk less I get to hear, we get to hear more of you, and your brainstorming and your wisdom and your voice. And we'll get to more of that in a moment. Before we do, I wanted to just make sure I mentioned one housekeeping piece. So for those of you that are participating in the small group cohorts, we've had two calls so far within ball, which I hear have been wonderful. And also, from what invol has shared with me, it sounds like they've gotten off to not quite as smooth of a start as we had anticipated. And some people have missed some calls. And because we keep the group small, if somebody is missing, it can really impact the group. So first of all, if you've committed and you've missed calls, no judgment, I get it, we're living in extraordinary times. And there's a lot going on. We also had a time change here in the US. And I know that that threw off some people outside of the US. My intention, my deepest intention is I want everybody who is participating in the small group cohorts to get as much out of them as they possibly can. And so in Berlin, I brainstormed a little bit on this, and what we decided, I think this is gonna be great for everyone. I'm excited about this is we're gonna rejig some of the groups a little bit so that instead of three people in a group, there'll be more like four or five people in a group. That way, if somebody happens to miss, it will impact as much. So we'll do that before your next call, which is this Wednesday at 1245. Eastern and and you know, just to say we're truly just getting started, there's only been two cohort calls, there's still so much ahead of us. You know, sometimes like things and this is just a great lesson for all of us, right? Like sometimes things start and then we have to reset, and that's okay. The rejigging, I don't think is a big deal at all. And I know it's going to be easy for everybody to settle in to the shifts. My one request is that if you have committed to the small group cohorts, of course life happens. But just try your best to show up as much as possible. Any questions on that? No, okay. Great. I'm excited for all of you to connect in that way. Those of you that are going to on Wednesday. All right. So we today our purpose is to go deeper and integrate everything that

we've learned so far around creating awareness. We are going to have our practicum time Similar to our listening practicum. So in a few minutes, I will ask for a volunteer client.

05:10

And what I'm going to do is, I'm just going to ask our volunteer client, lots of questions, I'm not going to coach them. Sometimes it's gonna sound like coaching because I can't help myself, or it's just kind of what I need to do to extract information for us. But it's not coaching, what I'm going to be doing what I'm going to be doing, we can almost think of it as I'm going to be interviewing the client, so that everybody can use their deep listening skills and make notes on if you were coaching this client, what are some things that you would want to create awareness on? What are some things that you might want to reflect the truth? About? What are some things that you might want to mirror for the client? What are some things that you might want to acknowledge by way of honoring what is with this client? What are some things that you might want to celebrate create awareness by celebrating? What are some things that you might want to fact right, maybe there's a piece of wisdom that you have, that you that you want to share with a client, or what is something that you might want to normalize for the client. And then what we'll do is, after I'm done interviewing our volunteer client, we'll hear from all of you. And the idea will be if you want the invitation is as you share what you'd like to create awareness on for this client, to share it in the ways and with the words, you might do it in session. So it's not just practicing, oh, this is the thing I want to create awareness on. But what are the words I might use to create awareness? I know that you all know this. I shared this in our very first call. But it feels important to mention again, and thank you, Amy for mentioning it in the Facebook group. all voices are welcome here. all voices are welcome. I want to hear from all of you. So please, please share. So again, we're going to be listening for riff, we're going to want to be creating awareness of it by way of reflecting the truth, by way of mirroring. honoring what is celebrating factoring, which can be consulting normalizing. So for you're asking what we're listening for. So any of those things as if you'd be listening in a client session. David, the cohort call is at 1245. Eastern. Let's see Aiyana had a question too. Oh, about the cohorts. Ayanna Absolutely. You are very welcome. We want you there. And unless you let us know, otherwise, we're gonna factor you into the new configurations. Okay, before I call up a volunteer client, let's do a little practice creating awareness on our so even before we get to that, let me just ask as an open question. What's been read resonating for you around creating awareness? Or how has it been going in your practice sessions or your client sessions? What's been resonating for you? What have you been noticing or how has it been going? I'd love to hear a voice or two on this. Aiyana

09:34

Yeah, with creating awareness, what, what's mostly happened for me as I've become more and more aware of how I've, it's embarrassing to share, but I'm just gonna say it, how I have that one of the ways that I've dealt with pain in my life has been to be in the helping, giving role.

10:00

And

10:04

it isn't like I feel superior. But there is a specific control thing. And I've formed all my close relationships being people that I took care of. And then ended up in a situation where I couldn't take care of myself and was really screwed for quite a while, but didn't let other people and so when people who weren't, or it wouldn't be that kind of power dynamic, I didn't feel comfortable being close. And I wasn't aware I was doing that. And listening differently. And using these practices and listening to other people, I kept feeling something really uncomfortable inside myself. And as I sit with that, that's what was coming up. It's really uncomfortable. Because I've been doing this since I was a little kid. You know, just saving all the animals and taking care of other people and fighting for the underdog and not feeling better than that. Almost like not existing being like, I'm an angelic presence without a physical body without my own needs, without my own humanity. So that, so there still wasn't that relatedness and vulnerability. And so I'm going through this really discombobulated coming apartness around this, and not knowing how to be with people, you know, when I feel my body, you know, like getting in my body just feel so awkward and clumsy. And I had this whole way of being that I'd like mastered and had that down. And a whole collection of people that love that about me. And to change change, this is necessary, and I'm changing it, but it's very discombobulated. So I feel like my ability to coach has gone way down. And it's because I'm tearing everything apart and making a big mess, and then trying to figure out how to put it together.

12:08

Yes, yeah, I hear you. Thank you so much for sharing all of that. So first of all, I just really want to acknowledge her. Yeah. And you're getting a lot of love in the chat. Just my I thank you for being vulnerable, and sharing. And I just really want to first acknowledge you for being willing to see this dynamic. And then for being willing to do something about it. It's huge. And not every practitioner would necessarily do that. Was amazing that you are and tell me if I'm getting this right, as you were talking, I could feel that even though it is not uncut. It is not comfortable. In the greater reason why you're allowing this to happen, and why you're going through the discomfort. And I could

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use in my mind, because the participant Why am I doing this again? I'm going out there, but

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yeah, why are you doing it?

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It's like with rotating a group. Which for health reasons. I haven't, you know, been doing but it's, I'll be doing it again soon. And so people come in. And so I guess there's a question, as I'm going through this, like I wanted to have a place where I'm aiming or reforming. When people come in, it's like, I'm holding the container. So I'm setting the agreements, and I'm the one who, you know, would cut someone off if necessary, but wouldn't allow other people to do that and that sort of thing. I mean, that, you know, is how I did it. And people felt I've always said they felt really loved and really safe and could be incredibly

vulnerable. So I don't know, like how much of that still stays and how much because if everybody's on the same level, then it doesn't feel like a contained group moving forward. Almost we've all been in some big spiritual awakening. There's a

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difference. There's a difference between equal playing field and not having a leader. You can be in an equal playing field. With those in your group, not better, not worse, higher, not lower, not more whole and complete or less, while still leading and holding the space and the boundaries of the container. Does that land

15:01

I guess, I mean, as much as it anything can limb with the energetic experiencing. I mean, yeah, and

15:11

so that's what I was gonna say is if it if it's helpful, you can play around with what that energy feels like in your body outside, you know, before you get to the group, what it feels to be on equal ground and leader and holder, and practice finding that energetic place inside of you.

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I've been practicing not existing prolonged time, I loved working in the Alzheimer's unit where people didn't remember, I could do things that they wouldn't remotely remember what I did. And so this becoming a human is comfortable. So

16:00

I really salute you for work, it's huge. Thank you for sharing with us.

16:19

Hi, um, so what I've been noticing with the creating awareness, the and I'm not sure if it's impatience or in efficiency or seeking the answers faster than people are willing to find them themselves. But I do find myself sometimes with the question, as where do we stop asking the questions? Because there's a there's a space, there's an hour, and I sometimes go over. Or sometimes there's only a half an hour only finally start diving into those questions. And they're, like, where do I stop asking and leaving the space open for them to find their own awareness or become more clear on it? Without guiding it, to where I see the answer to be. And so this is where I have a I have a hard time of the dropping into consulting. And I can bring up awarenesses and be like, Okay, I can reflect this, I hear this. One thing I noticed I'm missing is the celebration of acknowledging their awareness of being like that, I want you to really, really listen to and celebrate what you just discovered, like that part there, I think would be additive. And I love that at the ready to stop asking the question. So you're going down this rabbit hole, whoo, there's a time limit. And there is they've asked for guidance on this, or this is what they're hoping to get out of this session. At some point, we need to wrap up and bring it together. So I don't even know how to do that. Where I'm not looking at the clock, or?

18:07

Yeah, it's such, it's such a great question. So first of all, just to backtrack for a second, because you said it, I really want to invite you because you know, seasoned practitioners, sometimes it's hard to like to break pattern, but you named it. So I want you to be conscious of adding more acknowledging and celebrating into the session. So that's one piece. The other piece, tell me if this is helpful, I don't think about the container of one session as okay, I'm asking questions. I'm asking questions. I'm asking questions you don't I'm leaving the space in the living space. And now it's time to turn to kind of nailing this, this, this and that. It's a it's a dance throughout the time, like you're 16 minutes. So I might ask a question and ask a question, you know, depending. And then I may pause there and create awareness by reflecting by mirroring or reflecting a truth or acknowledging any one of the ways that we shared and and then I might ask some more questions. And then I might pause and let that you know, create the awareness and let that seep in. If I feel that the client through their answers, they're not quite getting there through the questions. Sometimes that's because and we looked at this in our first creating awareness class, sometimes that's because there is actually something that we need to tell them right like question we want to ask a lot of questions, but sometimes we can see something or we have an awareness that they actually need to hear From the outside, so if that's happening, and I'm seeing questions aren't quite getting at their inner wisdom, or you know, whatever it is that we're talking about, I'll do, I'll use one of the reflecting the truth tools, I might say, you don't want to pause, I want to share with you what I'm hearing or what I'm sensing, or even like what I'm intuitively getting here. And this may not resonate for you, so let me know. But this, this is my sense of blah, blah, blah, whatever the thing is, right. So you so um, so then you can use that and see, okay, does that resonate? Does that not resonate? Does that spark a different idea for them? When you use those tools that we looked at? Or am I have, am I getting this right? Let me know if this resonates for you, then you're less leading them away from their inner wisdom, but more offering up based on your deep listening, and then leaving the space for their agency to see what resonates and what doesn't or where they want to go with it.

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So that's kind of like providing your insight, but in a subtle way of,

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okay, yeah, giving, letting them have their choice and their inner wisdom intact, as you share the insight in terms of how they want to receive it and take it or not take it.

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Okay. And I even just hearing you speak, there are so many of those pre-emptive sentences that you just automatically come through. And I feel like I need to document like all of the options, and just start practicing with them. And I'm just jotting them down as notes. But I'm like, Is there is there a list of all of these preemptively?

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If you go to the resource sheet for the our first creating awareness module, I have a lot of the language that I use in there.

21:58

Perfect. I haven't gone to that one yet. Thank you. Yeah, you're

22:01

welcome. Great, cute, awesome. Marianne.

22:07

Hey, I had a really interesting experience of creating awareness. So it's something that I'm pretty comfortable doing. But recently, I run for those of you who don't know, me, or what I do, I run to group programs for someone else, or in collaboration with someone else's practice. And so we've primarily run group calls. And recently, with a couple of the groups, we started doing a little bit more support. So we run Facebook groups. And I've been doing some of this by messenger, which has been really interesting. So we use messenger as part of our enrollment process. And there's some kind of coaching and questioning that goes in there. But recently, we've been there, I've been just doing extra support. So it's, it's this skill, but it's in this totally different format, which has been really interesting. And I've had a really couple of beautiful exchanges with clients. And we've actually gotten pretty deep even though it sounds weird, because we're just doing it over Facebook Messenger, but the same, same exact questions. And some of it, you know, didn't the coaching conversation didn't start on Facebook Messenger, you know, we've got a relationship with our clients. But it's been really interesting just to have a new awareness of how it is, and then you can really track it, because it's just their imprint the exchange before you but yeah, one person in particular really had some great breakthroughs, and just something really big and deep was dropping, and she's, um, she's someone who is creating a new business. And she's a cancer survivor. And so, the thing that I noticed was, she was having trouble with her business. And I questioned whether, like, her own experience was really a filter that she was having trouble seeing through. And we just had this really beautiful exchange around, she wasn't aware, I thought she might have some awareness around it, but she wasn't as aware as I thought. And it just led to this beautiful discussion of like, all the ways it could be showing up and she was super receptive. And of course, I asked permission, you know, at the beginning to, if I could share something and do the whole, you know, if this doesn't resonate with you, that's I could totally be wrong. So she's like, Okay, I agree to, like, let you know if you're wrong. But it was, it was a really fun exchange to have. And I don't know if any of you have the opportunity to do that, or for the conversation of like time running out a session, sometimes a little bit of back and forth and an email or, or messenger can, you know, bridge the gap, a little bit of what happens in your one on one or your group sessions. So it was just a really fun way to hadn't really applied it in that in that way before. So just sharing that it was really fun and it can be done and maybe it gives you some ideas for how you might use that somewhere in your life in practice.

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I love that. So first of all really nicely done just using your creating awareness skills, and it sounds like created a huge breakthrough for that particular client. And yes to what you're sharing. And this goes back to containers. So remember, we have the container of a session. But then we have also the full container of the work that we're doing with the client, whether it's three months, or six months or a year, however long it is. And that full container, we want to think about how in when are we connecting in between sessions? How are we using the in between session times, for me with some clients, sometimes we don't connect at all in between sessions, it's just not needed, that the container is the best way to say like, the container is tight. And, and it just flows into the next session. There are other times where you'll be in session with a client. And we'll get to all of this as we move through, but see, like, they might need some accountability. Or you may have looked at something in a session, and you're sometimes like, new awarenesses, or breakthroughs, their time release, like the client, is it like they're not ready to get the full thing right away, they kind of some of the awareness was created in the session. But you know, like two or three days later, if you check in, they're going to be ready for the next piece. So email, Emily's saying in the chat, Voxer, Facebook Messenger, those are sometimes great tools to use to continue to hold a tight container in between sessions. In

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this case to as you're talking, I realized it was also something that I didn't want to bring up in our group call, because I think she totally could have handled it with grace. But it was, it was such a deep issue for her. And the issue is she was really struggling with her pathway with us. And I could, I just was hesitant, and it gave me the opportunity to make it an Avon sacred container, just because it was a two of us in an exchange where there was that two, which, again, that's kind of interesting application of that I hadn't really, you know, thought intentionally of it as much as I'm gonna check my chance to nudge her along. But, you know, great thing to, you know, inbox her I'm saying, you know, a lot of people are using that now as a kind of supplemental way to connect. So,

27:19

yeah, and that's a great point about groups and what's appropriate in a group and then what can use a tighter container, you know, in a one on one, good. Alright, gonna take one, one word, share blada.

27:37

Hi, my Sara is actually a little bit around celebrations. And it's kind of a personal celebration for me in a way because celebrations are something that really never came up as something substantial in my personal practice. And in anything that I really lead, like in earnest, and this came up during a pretty difficult session with a one of my co workers, but she's not she's technically someone who works for me. And we really needed to tighten the container because it was definitely very leaky. And while going through through the process, or where things had, you know, had to be cleaned up. My, my colleague was sharing all these places of hurt, where she was disappointed in how things had not gone, right, how she, she had put so much of her own skills and to some part that she felt was not not seen and appreciated. And I totally recognize that she had right in that. But at the same time, I, I found that there was all these positive things that had been created in the process for which she she was to thank largely



thanks to her. Yeah, and it just occurred to me that I should ask her if there is anything positive that she wanted to, to, to reflect on, that was accomplished in the process and in her own like, if, if any satisfaction had come there from her, and actually I didn't even verbalize that last part. And she went in this long run rant of awesome things that She had experienced and how she was so satisfied as well. And I think it she, she, it was so far in her blind spot that it turned our entire dynamic upside down. It felt like things were so close yet once again to fall apart in a potentially potentially very like a blossoming collaboration that we in fact we are having. And it was coming to that Krux moment where, wow, oh my goodness, both for her. In her experiences. She's had many times where she just picked up after over investing, she would pick up everything and just leave

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Yeah, I'm so glad I want to celebrate you and your celebrate offering her opportunity to celebrate and I want to celebrate you in using the skill and having the wherewithal and holding the space and, you know, just supporting for that to happen in the container is amazing. It's so well done. Thank you,

31:15

thank you. It did feel miraculous. And I was like bow I had no idea how much positive change can happen from from something seemingly. So simple.

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Never underestimate celebrating, identifying resources, identifying strengths, honoring effort, etc. You know, all of the things that go under celebrations, really nicely done. And thank you for sharing my pleasure.

31:51

Thank you for bringing this to us.

31:56

Okay, no, there's a lot going on in the chat. I'm not keeping up with it, but I will read everything after class. Let's just quickly but I think this this will, I think it'll be valuable. I have a couple of creating awareness questions for you to practice on before we go into our practicum practicum. First thing is what's one thing that you'd like to celebrate? What's one thing that you'd like to really acknowledge and celebrate maybe something from the last week or two or not? What's something that you'd like to celebrate? If you were coaching you What would you celebrate right now

32:56

your resilience the relationship you're cultivating with a new yes these are great. Yes these are all wonderful. Okay, here's another creating awareness question. If you were coaching you What's something right now that you like to honor what is something that's hard right now for you? That you really want to honor right that's another way of creating awareness What is something that is really wanting to be honored? Maybe it's hard right now are tough



33:53

if you are coaching you what would you call her right now

34:14

reading these celebrations in the chat They're awesome. Such great stuff need to sleep slow down and stay in your body? Yes.

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Yeah, beautiful. Alright, two more questions for yourself. If you are coaching you, where's one place where you might reflect a hard truth to yourself? What's the hard truth that is wanting? Oh, where Ines are deeper awareness or deep deeper embracing or seeing this might be a harder question but just play with it like for me right now, if I were to reflect a hard truth to myself it's that I'm overworking the last week or two and I'm not doing myself any favors by not ending my work day when I need to that would that would be reflecting a hard truth for me right now Yeah, Sophie Michael and these are great yeah, yes

36:15

yeah

36:27

remember when you when you're reflecting hard truths, whether it's to others or to yourself, it's always with love, and compassion and hope. All right, last last, coach yourself question for right now. Another way of creating awareness we looked at is factoring. So factoring can be consulting sharing a piece of wisdom or normalizing something. What's one thing you'd like to fact or normalize for yourself?

37:39

I'm not alone in feeling that setting band boundaries with family is hard. Many mums find it hard to create a work life balance and stay healthy and fit. It's easy to forget all the growth from yesterday in the face of today. Living life life to the fullest. Yeah, these are all beautiful.

38:17

Great. So this might be a practice that you want to take on on a daily basis on a weekly basis, just an opportunity to create awareness for yourself and to practice some of these creating awareness skills. And then, of course, to the answer to any of these questions, you could do deeper journaling on as well, to take them in more deeply to be with them more deeply. Okay. All that being said, it is time to call a volunteer client. So who would like to be our volunteer client today so that we can practice creating awareness? Don't be shy. We need a volunteer

39:28

I'll do it. Joanna. Oh, we've got

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Oh, Carla, go ahead. You spoke first. So okay. Yeah, thanks. Aiyana also for raising your hand.

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Okay, I'm telling you right now, I don't want to do this twice. You're done. Don't but dude. Thank you for being such a gifted lurker. Okay.

40:04

Thank you for being willing and for being willing to be vulnerable. And I promise you that I will, and we all will hold you in this space. So, so as I said, I'm not going to coach you. And this is kind of be more of an interview, I might jump all over the place, this is an opportunity for us to draw out information to see what create what wants, what awareness wants to be created. But if for a moment, if this were a coaching session, what is it that you would want to receive? What would you be bringing today? What's a situation or something that you would like to receive support on?

40:56

Well, there is. Okay. So you're my coach. And the situation I'm bringing in, is my calendar has been empty of clients for two weeks. Just it's like, everybody dropped away after being fairly busy for a couple of months. And I'm kind of puzzled by that. And I wonder, you know, is there's Is it me? It my energy? Is it just some, I mean, what, what's going on? I would like to understand, and I also, the circumstance that it creates is one of like, how do I hold my center? I my intention through this is to hold my center, until things shift. And so I, I would like some new awareness about what's going on, and what the gift is, and what the remedy might be.

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I love that really beautifully said, and I'm gonna just reflect back to you to make sure that I'm getting it right. So it sounds like your calendar has kind of emptied out lately. And you don't want it to be like that. And what you'd really like to receive is to understand why that's happened, what the gift in it might be for you. And also, tell me if I'm getting this right to understand when this does happen, how you can really hold your center through it. My getting all of that, right.

43:01

Yes. And hold my center, my grounded center spiritually. And also not go into all of the freakout compensations like, let me throw up a huge special to get people to notice me, you know, I'm totally moving away from that tendency. It's it's not a solution. It's a desperate move.

43:38

Yep, I want to reflect and create awareness, but I'm not going to jump around and ask questions. Okay. Great. So if you were to take some guesses at why your calendar is looking a bit more MD, even if you didn't know for sure, what would some of those guesses be?

44:07

Well, I could ask myself have I actually been showing up with sales consistently. And I could ask myself, has this awareness that I referred to in the group of obviousness new thing I'm offering has brought up some of my own deeper stuff at a new a new level. It's been shoveling me out a little bit. So maybe that's creating a ripple in the vortex somehow.

44:52

I have a particular situation of a woman who says I'm going to sign up for your six month program in March and She hasn't. So I've been saying, How did I not create the container? How did I, I've been listening to the sales program. And so I'm looking and saying, Wow, I really kind of thought she was in and neglected some of you know, creating the container for her yes or no, but making it very clear. So I'm just kind of seeing all of these things just bouncing around saying, Well, what am I doing? What am I not doing? It is my energy. Another interesting thing, and I talked to some other people about this, we're looking at March and saying did March exist? Like we didn't? Were we really in? Did we kind of slipped through a time warp? And the reason I don't have clients is that I didn't do March at all. Yeah, yeah.

46:02

So tell me if I'm getting this right. I'm actually think I'm hearing that you actually know what's, you know, at least surface. There might be stuff underneath it, but you actually know why things have petered out a little bit. I'm hearing that March was for you like it was for many of us, the last month, there's a lot going on in the world, and energetically, I'm hearing that there are some sales containers that maybe you know, you could have tightened up and held a little bit differently. I'm hearing that maybe there wasn't as much and this you didn't say this exactly. I'm reading between the lines. So tell me if I'm getting this right, I'm hearing that maybe there wasn't as much outreach as there could have been. And some of that might have to do with some of that like the deeper stuff ripple in the vortex pieces that you were talking about homes?

47:08

Yes. And in the interest of it on the topic of outreach, another thing that I've been doing and I believe it's a response to I think everything that I'm talking about is a response to what we've been learning here and how that is impacting me from the inside out. Taco Well, I've been feeling for quite some time that the energy in my Facebook group needed to shift to that I am creating things in my mind that are not reflected in my actual the things that I have like the group the way I present the group what I post in the group, what I invite people how I invite people to show up so I began to express some of those changes and you know, I don't know that that is like a problem with anyone but it may recognize maybe it's like turning around the Queen Mary used to live in New York you know how the boats they're going and then they don't really ever stop you don't you don't turn a big boat around. So maybe I'm in a moment of turning something around. And it looks like nothing's happening. Talk about I decide it's gonna be back. Say that again? How about I decided that ah, I could choose it to be that maybe

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so if you did choose it to be that tell us more about that that turning of the ship

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Well, I think there's a I think that a lot of what has been driving me for a very long time has been hooked in to fear and the childhood stuff and I mean, fear is like a big catch all term for everything. But the way I was it was showing up in my journal is I've been letting my past make all the decisions and the future self which is not even the future self it is the now self needs to start making the decisions. And I think there's a part of me that is like, what what does that even look like? I am not sure um, it's not fully embodied yet or and maybe I'm still wrestling with who I might leave behind or is it really okay for me to step fully into power and create the things that I've been kind of carrying around with me in the brown paper sack for years. But let them come out and express the school of womb wisdom, the high level initiations and teacher trainings and just really instead of like, oh, come into this tiny little thing and heal this tiny little part of yourself or however I was thinking about it a place where I felt safe I am now really I just had this this urge an urge a I when I tune into the urge it's like who is that stranger? Well, it's you for sure. So I even you know because

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what Karla there for that question Who is that stranger Oh it's you tell us about that person

52:06

the first thing that pops in is she has no cash flow issues she the business is rolling along and the the money is coming in and the money is there and it's providing for the needs of the business and the needs of me and it's like oh what happened to the just in time or the barely making it you know the wait a minute there was money last month and this month there isn't well that that feels completely normal. So normalizing this new status of things are in flow things are and so that's one thing she has that part handled and I can really feel how strange that feels. That there's this is all of and the interesting thing is that for a couple of months this year, she had it handled Yeah, well then it's like Oh, are we sure that's who we really are. Yeah,

53:30

so it sounds like there's a whole part of you that knows this like you said this is your now self and there's like there's a little bit of a back and forth happening but there is a part of you that has full access to this.

53:47

Yeah, so that is the the kind of evidence part the results you know when but the other part is holding that space holding that container allowing and not right now. I'm having a little blank space in my words. So I'm think I'm merging into the unknown territory as I'm pondering the Who is she? Yeah, it's like will I let myself be her

54:25

take a moment and really be with that. Yeah. Let that settle in.

54:36

The interesting thing with things that come up is that I am surrounded by people in my personal life among my friends, even people who know me well. And the people who are my quote fans who only know me through What I show them on social media? And I am pretty sure they all know or think or believe that I am she. And it's just I'm the only one who says, Can I keep this up forever? Can I keep following them? Or I'm really not her. Yeah.

55:36

Take a moment and see yourself through their eyes

55:46

it's not comfortable.

55:48

Yeah, that's okay. Normalize discomfort right now right when change is happening Can You Feel into that a little bit?

56:13

Well, let's come coming is that it's not a pedestal I'm sitting on. It really is. I do not show up pretending to be anyone that I'm not. I really don't. Yeah. And yeah. And it's not in my business what people may or may not project. Yeah, they're, they're all they're getting is what you are getting right now?

56:46

Yes, yes. Beautiful. We've wavered a little bit too much into coaching. So I'm going to break pattern here. Sorry. I'm going to jump around a little bit. You mentioned before, Carla, that some of the fear of stepping into the future self you mentioned to fears who you might leave behind and is it okay to step into your power? How do those two fears relate to each other?

57:30

There is a there's, I feel like I'm somebody out on the sidewalk with a handbill saying, Okay, here's all this great stuff in there. And instead of being in there saying, come in here, welcome to the circle. Welcome to this space where you can emerge and grow. I'm out there saying extra extra read all about it. And that is not in my place of power. And it's very easy just to keep walking because the people who can hear the message or not looking for the little handbill. Yeah, I can't that's the analogy.

58:25

Yeah, beautiful. Okay, good. Then I jump around a little bit more good away. Just from the conversation that we're having, what are you seeing about holding center? What feels important about that? What

are you seeing ways? Well, I'm asking many questions. Let me pause and ask one question from the conversation. What are you learning about holding Center during this time?

59:01

I think there is a discipline to staying really connected to myself and my guidance and my divine instructions and and trusting having faith but that all the stuff around the edges are handled and that only I can sit in this center space, the sacred space and receive the instructions and then it was untold Yeah, yeah.

1:00:02

I'm just going to keep us moving. Last question, I think for now, based on everything that we've been talking about, what do you understand now about what's going on with bringing clients into your schedule?

1:00:30

I think it's it is the energetics to bring it back to some of our themes here. Trusting the energetics that I can sit in this uncomfortable place. And just stay here and listen. And it and my showing up will reflect that. And that's yeah, it's there is a discipline of staying in the center. Staying connected. And

1:01:30

when you're connected and in this place, what are actions that you might take?

1:01:42

Well, the inner I think there has to be a degree of honesty around the what is, you know, that the bank account, and there also has to be a degree of just affirming faith and going to the center and to my relationship with divine to say, what is it that I need to see here? Now, the showing up? I've got, I've got my things that are on schedule, you know, of showing up, and I'll keep doing that.

1:02:42

It's, I don't know that it would look any different from the outside. But there's a place in me that this test, put that route, right down and open up the channel.

1:02:55

Nice. Yeah. Beautiful. Nicely done. Thank you, for being so willing. So, so many places for us to create awareness around and acknowledge and I'm excited to hear what everybody has to share. And for you to be able to receive it, Carla. And of course, if you also want to put your practitioner hat on and look for what awareness could be created, you know, from all of that, you know, please do so I'd love to hear a voice to voice so not in the chat. I want to want to hear your voices. Again, thinking about celebrating, honoring what is mirroring reflecting truths. phakding What are some places if this were your client that you would want to create awareness on? And how would you want to create awareness? What are some of the words that you would want to use? Tina?

1:04:12

I would wonder I would ask, what exactly do you feel need shifting in the Facebook group? Because my sense is something went out of alignment there is my sense is there's a an inner growth with you, that has perhaps put you out of alignment with that group. And so I would want to I would ask you what change in the group what do you feel change? Do you feel it's something more that you can offer where you have up leveled your ability to help people and maybe it's a little bit of a mismatch now, or is it something more you could be doing for that group?

1:05:01

Nice. So it's interesting. I heard what Carla was saying, I think a little bit differently than you did. I thought she was saying that she had made changes. And this was part of the shift. But Carla, let us know, because I may not have heard you the right way.

1:05:19

I think that it's both. It's kind of, it's got a lot of little moving parts. Yeah. I think making it very clear that this group is like a courtyard and, and for me to show up and invite people to step up instead of just hanging out in the courtyard, where it's nice and comfortable. Nice. And nothing ever happens.

1:05:48

Yeah. Good, good. And great questions, you know, great creating awareness. Who else who wants to share what is something that you would want to create awareness on? If you were coaching this client? What would you want to celebrate this client for? What would you want to acknowledge? What would you want to mirror, there are different moments through threw out where I held back where I wanted to ask Carla to pause and I wanted to reflect back what she had said, For deeper awareness. Did Did y'all catch any of those moments? Sophie?

1:06:33

I want to reflect that you used this term, she quite several times, you said there you know, there's there is this sheet or I am this sheet. And I'm feeling it now. Every time you said that. I felt shivers in my body. And I wanted to mirror that back to you and reflect to you how much I could feel your power. And it was this very grounded. Peaceful, wise power. And I had lots of questions that came up around that she and yeah, I mean, I could go into some of those. But that's what I want. That's what I really felt them I wanted to reflect back.

1:07:20

Nicely done beautiful. So different from how Tina just created awareness so beautifully. She did it with a question. Sophie's creating awareness with a reflection and a celebration. And I love Sophie how in the not the celebration, you use the client's language obviously noted her power but also a beautiful flourish that I got chills right. I got I think you said shivers. I got shivers when you said she that's a that is a tool



for creating awareness for acknowledging for celebrating showing me as the practitioner was affected and impacted by the power of that moment. Nicely done, Kelly.

1:08:13

Hi, that was so beautiful. I kind of piggybacking on what Sophie said, I felt that place as well. And then I really got like the next level shivers when you said, it's not a pedestal I'm sitting on. I don't show it pretending to be anyone I'm not I really don't. And it's none of my business what people may or may not project, they just get what you're getting right now. And there was this place of such deep authenticity. And, and then you the imagery was so vivid, Carla, and it was really amazing to hear you speaking about the person on the on the sidewalk, sort of with what you say the handbill read all about it. And then the place of like standing in the center, and just like magnetizing people, and I felt that imagery so much in my body, and I think my one eye, I would have wanted to just honor and celebrate that because it felt like you really being embodying and just stepping into your power there. And then my next question would be what would you say from the center of the circle rather than in the handbill and just to invite you to really speak the words of like, what is it to stand there in this embodied place for your showing up? So real and then make the invitation so that's really

1:09:35

nicely done a beautiful things to create awareness on? And, uh, no, I know that like we're doing it kind of not in the fact you know, as it happens in the session, and there's your like, sharing a lot, which is great. And you probably you might do this in the session, but just kind of a note for everybody. Each one of the things that Kelly just said was so big, right? I, if I were reflected, if I were creating awareness on those pieces as they were coming up during the session, I would vary the tone of my voice, I would slow down the words, to allow the client to really hear and receive and take into their body, you some of those amazing things that you just reflected back to her. So just a note for everyone, sometimes when we are honoring what is or celebrating, in particular, the delivery of it, how we say it can take it from that cognitive level down into that body level, which is that deeper, deeper awareness. Nicely done. Thank you, Ayana.

1:10:58

So Kelly and Sophie actually said things that I had on top of my mind, you know, things are like really celebrating how Pearl already had this has this, knowing inside of her this power and the answers that she's seeking inside of her. The one other piece that I had a real pause for when you had her look at herself through the eyes of the people who saw her as already being like, like she'd said, Well, I let myself be her. And I said her energy really well when she said that. And the way her energy of when she said that didn't match when you had her look at herself in the eyes of other people seeing her as that the energy didn't match what she said when I let myself be her and when she talked about she. And so I was just as curious to know when to pause and spend a little time that I would want to say much more because I wouldn't want to make assumptions, I would just want to pause and tease out a little more. And where I would go from there would depend on her response to things and if she was even open or

wanting to go there. But I feel like she wasn't I was a possibility, possibly that she was seeing it was being on a pedestal rather than owning who she was, but I'm not sure. And I just was.

1:12:23

Yeah, beautiful, beautiful. So and in that case, an easy way to begin to create awareness is to simply share what you sense you're observing, which is, you know, it was so powerful. When you were speaking about she, I could feel that I forgot what you said, I added like that, that energy, right like the bigness of the energy. And I notice, tell me if I'm getting this right, that as you look at yourself through the eyes of others, that energy shifts for you, or you get taken out of that energy or you however you want to word it. How does that land for you? Right? And then that can open up a discussion around that. Thank you.

1:13:18

I really appreciate the way that you're very masterful at ordering things. Jolly

1:13:30

so first of all, thank you, Paula, that was a beautiful, beautiful stare. And so much of what you were saying. There were pieces there that I resonated with deeply. One thing that I noticed throughout was this. In this is reflecting I think what Ayana and others have already said but this it first hit me when you talked about the difference between a grounded center and versus the freakout special. You know, there was this real interesting dichotomy between I want the grounded center but it's almost like I my go to is the freakout special, I'm trying to stop that I'm trying to be so beautiful awareness that that dichotomy is there. I thought that was really, really wonderful. But then it was echoing throughout the questioning, there was this feeling of, you know, you mentioned, oh, I have this. I'm hooked into fear and childhood stuff. But then there's my present self. So I kept feeling this kind of back and forth, which I would have loved to have explored further. So sorry, I'm not putting it into multiple questions, but those were placed,

1:14:55

not necessarily questions viewed beautiful reflection. and creating awareness. And the only thing I would add to that is I, you know, if you were creating that awareness for the client, you might just ask, Does that resonate for you? Or does that ring true for you? Or, you know, am I getting that right? Or is it was it something else? So such beautiful creating awareness. And we also want to just allow the client to either be like, yes, yeah, that does and blabbity blah, blah, blah, or no, but what you're saying makes me see lovely, blabbity blah.

1:15:39

And then, can I ask? Can I just ask Carla, if if that was something that she if that did land at all? First of all, like I said, I just thought it was the grounded center versus freakout specialist, something that? I do. That's fine. That's why I really heard it. But Did you sense that there's this kind of back and forth? I'm just curious.

1:16:15

Yes, yes. And I've worked on it. I've worked on it last year. So the fact that it bubbles up, it's like, no, we. And yet, inside there is still that that wobble? Of? Yeah, inside there still a wobble. And being aware of something, it's probably always going to be a little bit of a wobble. So knowing like, Oh, here's where I belong.

1:16:53

And if I can just add what I thought was so beautiful was that metaphor that you use this the ship turning around? And how it's such a big shift? And when big ships turn around, they go so slowly, it's like, what, 138 degrees 138 point turn, right. You know, it's like turning around so slowly, that it looks you said, and I love this, it looks like nothing's happening. But it's something is happening. So I just wanted to reflect that back.

1:17:28

So let's, let's pause here to two important things. So first with the first piece. And then so right. And then we did have the opportunity to ask Carla, does that resonate? And we could see how powerful the asking is, right? Because it allowed Karla first of all to be seen in the work that she has done on this already. Right. And we would want to celebrate that and acknowledge that right? And then from there, we could ask a question of so you know, like, what is different now than when you started working on this a year ago that go deeper into that celebration and the cementing of like this, you are working on this, there is a different here? And then what's the next step on this, like back and forth for you from where you are now? Because it's gonna be different than it was right. And then also affirming the normalizing of like, yeah, there might always be a wobble like for all of us, right? The stuff we work on, it's never it's never done, we've never arrived. So. So I'm so glad that we were able to kind of see that play out play out of giving the client the space. Second piece, yes. 100%. I was holding myself back in the moment from the acknowledging, you know, like, making some space creating more awareness around this turning of the ship peace. When Carla's said that, as jolly just so, so beautifully shared, the client. And Karla, I don't even I would have wanted to like have you embody this more? Because I don't even think you realized, you know, like what you're saying like, the client was acknowledging that this is a big thing that's happening right now, this is no small thing. And it may be that some of the client sessions have fallen away, because she needs this space. To turn this ship this, the energy is shifting so much. And there is a pause in that, while there's also so much happening in terms so much happening internally. Can't see it from the outside. So that was a moment to pause. And remember sometimes creating awareness is just reflecting back to the client what they just said, to allow them to receive the fullness of the incredible thing that They just said, that makes sense. Great. Florida Oh, it before a lot other some. Lisa was sharing in the chat and just wanted to name it. My question is could you clarify what you mean by being in your center? Nice. Okay, good Florida.

1:20:25

Yeah, this was absolutely incredible. And I would love to reflect back to Karla that it was stunning to see how she started in this place of being anxious, sort of, on the surface, it looks like there was some

anxiousness around it. And then with such almost ease, she dipped into into this great wisdom and power that and just incredible the powerful metaphors that she had for all these processes. So it seems to me she's very deeply in the know of what's going on, as you pointed out. And all through this house like I wanted to ask her where she was where she felt this this other creature that was her alter ego. Where did she feel it in her body when she speaks of her? Could you stand it? Show me how, how do you feel her? Where is she? How does it really feel in your body to be her? Yeah. How would she? How would she smile? How would she? How was her voice like? Yes,

1:21:57

yeah, absolutely. So that's a coaching direction to go down, for sure, for sure. And then just to the the first thing that you said was another important piece, a piece of awareness that can be so powerful to create for a client. I'm going to say it just a little bit differently than you said it Florida. Carla said that she wanted to know how she can hold her center. That was one of her intentions in the beginning, right? The truth is she was able to lean into that, within moments that she has so much access to holding her Center. She was able to go there so easily and so quickly. Right that and that's something that I would reflect back.

1:22:49

Yes, absolutely. Yes. Yes. Very, very well. Yeah. You worded it very well. Absolutely.

1:22:55

I agree. Thank you, Florida. Now. Thank you, Carla.

1:23:06

I

1:23:07

have so many things, but um, no, she did mention that the new stuff she's offering has been bringing some stuff up. And then her metaphor like turning the ship so it seems like there's that there is this big shift happening. She mentioned not being quite sure and not embodied yet. And I'm wondering she also kind of brought up these feelings of like imposter syndrome and she mentioned like kind of the sales marketing that it's not really her place of inner place of power. So I was thinking kind of seasonality a little bit like she also said when she said like staying really connected to myself my guidance and divine instructions and trusting having faith that stuff around the edges are being handled she seemed like so in that place of center that I'm wondering if maybe those fears and the panic and the imposter syndrome The trouble with sales is because like maybe this is a season of like she needs to get have more trust and get more instruction and kind of ride that out a little without pushing outward yet you know, and that may be when she feels more of that connection and divine instruction and more centered in herself that the the outward sales and the marketing will come and you know, because she she you know she said I'm not an empire I'm not on a pedestal I don't show up to be anyone I'm not maybe it's this a little bit of stop ready yet internally.

1:24:51

That's why some of that kind of outward. Mm hmm.

1:24:56

So that would be a great piece to it. create awareness on and again ask, Does this resonate for you? Am I getting this right right and then see from there? For sure. Or to put it into an open ended question to as a way of well get to that in our in our questioning module. Nice good. Okay we have just a few minutes left a couple of pieces Carla want to come back to in a moment. A cut just a couple other quick notes that I made it may have been valuable to take some space to create deeper awareness again, obviously Carla has cognitive awareness of this she said it but it felt like a big a big piece to me to kind of take more into her body and create that deeper awareness that her future self is actually her now cell

1:26:12

I think we hit a lot of the other pieces in one way or another. Yep. Okay, so first of all, Carla, let's come back to you. Tell us just from the client point of view, obviously none of we weren't coaching we were just kind of sharing awarenesses What did you receive just simply from having others who are listening deeply share awarenesses with you

1:26:46

well, I did receive a ton of coaching I could go back and listen to this and pause and journal and absolutely full full coaching session and really powerful to allow myself to be witnessed to have all of you see and reflect back because it Yeah, it I can when I'm by myself I can think that I am hallucinating I don't think we were all elucidating so I was able to you know bring it into my body by speaking it and by having things reflected back and yeah, it's it's super, super powerful and deep this place of vulnerability. Because if I don't open my mouth, you all don't know what I'm scared of. Which means I'm proud. I'm not scared. So this is like, there's, I just feel like a whole lot has been released. And it's shifting and realigning. And you all felt something and saw something that I can now I can now take in an hour.

1:29:00

Yes, I get chills as you say that Carla. And I want to thank you because you made my point about creating awareness. Right one of the one of the biggest and most powerful pieces about these tools it supports our client, as you said to be witnessed to be seen and heard and validated and in what they know and feel that they it is real and they can be seen. So I'm so happy that you had that experience. I'm so happy that we were all able to experience that together. So grateful for everyone, whether we heard your voice or not just for your presence and thank you for holding the space with me and all that was shared. I know we're at time if you have to go more officially done if you can hang on and you want to share briefly what you're receiving. From this call, even if you have to go just make sure you make a note for yourself, what are you taking away? And I would just love to hear if anyone has the time one or two takeaways from our time together today, what are you taking away? Are you learning what's important?

1:30:23

Anyone want to share last words? I see some of you typing. And if anyone wants to share voice to voice please do. So much transformation can happen when you slow down and listen and reflect Yes, it's so simple, but so powerful or slow it all down. Yes. I'm learning so much wisdom each of us has inside us if we have space to hear it and share it is. Ayana, did you want to share? And then Jackie?

1:31:01

Yeah, it was just adding extra inspiration, the joy of helping lamb find their own answer and have their their that experience themselves rather than giving it to them.

1:31:16

I love that you're throwing that into the mix for us that it really is a joy. And I would add a privilege and an honor to be able to do it. Yeah. JACKIE?

1:31:32

Yeah, the thing that's is that's been really powerful on these practicum calls is just watching you too. And I guess and like separating out these skills, because I think in my mind, like, everything that I do in session is coaching. And it's been really, really neat to watch.

1:31:52

In, they've called us recognizing like, okay, we're shifting into this specific skill over here and not coaching and like just that separation, that they have their own different containers and like conscientiously moving through one phase versus the other versus the other and a really powerful takeaway. Yeah,

1:32:11

yeah, I would, I would say it's all coaching, although what we're learning here is like, coaching plus. Yes, and to be able to see those specific skills and name them can be so helpful for our practice. All right, everyone, sending you all lots of love, hope you have a wonderful week. If there's anything you need, please reach out. I'm always here. Always love to hear from you. I'll see you next week. Bye.