



# Sacred Depths Certification

## Bonus 3-hour Circle for New & Tentative Coaches

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Hi, Asma. Hi, Doris. Julie. Hi, Lisa. Hi, Kim. I quote me. Hi, Carmen. So good to see everybody. Hi, Jana. All right. Hey, Caroline. Hey, Wendy. Hi, Kelsey. It's so good to see everyone. So I don't know how many of us will be here today since we're a little off schedule. Thanks, Carmen, my hair dirty. So it's, we're a little, we're not on our regular Tuesdays, and we have a special three hours today, we might take the full three hours, we may. It's a, it's kind of up to you like where we go. Today. This is one of their all one of my favorite classes. I feel like I probably said that, because we've started each class. In many ways, this is one of my favorites. Because we get to really come together. This is really about you, it's hopefully more even more interactive than our other training calls, it's an opportunity for you to do inner work, it's an opportunity for us to really together, normalize the fact that it can be really scary to be a transformational practitioner. And by normalizing the concerns and anxieties, just even the normalizing itself helps to poke holes in the fears and the anxieties. So this is an opportunity for us to really name those concerns, the anxieties, the, I'm scared, I'm not going to be good enough. You know, whatever it is for you, we'll we'll take a look for you to have that awareness in a deeper way, we're gonna go deeper with those pieces. And then, you know, we'll see where we want to go with all of it, I, we can look at some strategy also, in terms of if you're new to coaching, some pieces on that, maybe we'll do some demoing or kind of see where it goes. It takes I think I just want to start by saying it takes courage to be a practitioner, it takes courage to hold space for another human being, to be with themselves, and to look at themselves, and to name what it is that they really want. And so I just really honor everybody here for having that courage. You. Probably many of you know that the root of the word courage comes from the French word for heart. There's so much of our hearts in a. And I think the other thing I want to say just as we kind of step in, is that my purpose here is not to make the fear of not being good enough or not knowing how or you know, whatever it is for you is not to make it go away forever. That's that's not the point here I will share with you that for me even after all of these years of being a practitioner and even after all of these years of teaching others and training others on how to be a practitioner. The not good enough that I'm not expert enough that I didn't do it right. I could have done it better or the fear the what do they think all of that it's still sometimes comes up for me. And the point is not for it not to come up? Because it will.

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The point is, what do you do with it? When it does come up? How do you respond versus react to it? In some ways, it on my best, I'll put it this way, on my best days, my not good enough comes up just enough for me to really be at the top of my game, if I can respond to it with love and compassion and awareness. But when I don't have that awareness, it can really bite me in the butt. Alright, so this session is for folks who've self selected into it, it wasn't a requirement. So if you're here, you've self selected into this call. What brought you here today? Take a moment and make a note on that. Why did you show up today?

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I'm sorry for the noise outside. And Lisa, yes, this is being recorded. So stay for as long as you can. And then you'll get the recording in your member center. So a couple of you have just joined us. And I was just asking what

brought you to this call if you're here you're self selected. We just showed up for reasons specifically for today. So why are you here and I'd love to see some shares in the chat. Caroline's saying I want to learn everything that I can from you. Great. Who else? Why is you self selecting Heather saying my perfectionist self told me to attend. But really, I just don't want to miss any nuggets of wisdom, good. Lauren is saying to normalize the struggle that I'm in and then to walk away feeling more confident, good. Courtney is saying I'm here because I want I need to learn better skills for supporting people and moving through the juiciness of endless processing so that they can actually make progress toward their goals. I love that Courtney, there's it's important to process in order to create awareness, you know, for all of the reasons and then there is a moment and this is how coaching is maybe different than some other transformational work but there there is then a moment for strategizing like taking the processing and the openings and the breakthroughs and the new ideas and the new feelings and the new awarenesses from the processing and then moving into action. So I'm glad you're bringing that up and also to say like we're we'll do a full module also on strategizing but any questions like this is a free for all when we get to q&a so if you're like I really good at the processing part but it's then it's hard to move people towards action. Like that's a great question to ask later today too. So so all of that is available here today. Wendy's saying I choose to learn all that I can. Curiosity, Melanie's melody is saying beautiful okay. So As I said earlier, it's totally normal to have to feel tentative to feel like am I good enough? Am I going to be able to do this? Do I know enough? Am I expert enough? If you've already been coaching, there might be tentativeness around Well, I've always kind of kept it surface is it okay to go deeper? What will my people think if I bring a somatic exercise in that feels scary or right, you know, whatever it is, or maybe for you know, the fear and the concern is, well, what if I do harm? What if I overstep and then I infringe on my clients agency you know, maybe for some of you the fear or the concern or the anxiety is what if I share too much and I consult too much and I insert my opinion and right so there there are so many kinds of different anxieties fears, concerns that can come up

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maybe for you you're transitioning from one modality to another maybe you've been doing mostly a massage and you feel really comfortable working transformational Lee that way, but you're shifting into coaching or a combination of massage and coaching maybe for you, you're tentativeness right now is charging for your services or charging more right so what is it for you right now? What are your current fears? Or concerns about working with clients for wherever you're at? What are your current fears? Or concerns?

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What are your current fears or concerns about working with clients maybe you want to transition into working with a new type of ideal client and that's bringing up some fear for you.

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Maybe you feel comfortable working with clients once like selling a one off session but there's fear about bringing clients into ongoing work was just kind of get it all out what are what are the fears and the concerns about working with clients right now

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maybe you're working with corporate and you're scared you're not corporate enough? And then how have the fears or the concerns been impacting you? How have the fears and the concerns been impacting you both on the outer level as well as the inner level so outer level? Is it you're not putting yourself out there? You know, whatever it is. Getting really nervous during a session inner level might be berating yourself for it feeling stuck. So how have the fears and the concerns been impacting you? Whatever fears and concerns you named All right, there's a lot of great shares in the chat. They'd love to hear a voice to voice from you. So what are you seeing what's coming up what's coming through Carmen.

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I'm so grateful to be here. I stepping into believing in myself believing that I am this whole thing of wisdom practices, disciplines, that is not one. And I've been hiding under the umbrella of yoga facilitator. That is separate thing. So if you need some therapy, I'll help you. If you need relationship advice, it lands if you need healing for your body, it lands. And I'm ready to start speaking of my truth, as I take my next step forward. And I was having a conversation with a friend a few days, a few days ago, which was saying, like, gosh, you can do anything? And I'm like, Yes. And I'm starting to believe it. So it's that piece of growth that I can see, but I don't know how to speak about it. I don't know how to sell it. I don't know how to move from my intuitive offering into a strategy. There are no goals in my offerings. So I do feel that potential, and I do want to step into it and grow into it. And I just know that I'm in the right place.

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Yes. So first step is really want to honor and acknowledge this new belief that is coming forward, right, that you're not just this modality. And tell me if I'm getting this right, what I'm actually here, I think I'm hearing Carmine is that you're starting to really see that you're not just a collection of modalities, either. That there's there's something bigger and deeper there that the modalities support and help you with.

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Yes, exactly. Yeah.

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Beautiful. And so a piece of that, you know, you're talking about how do you present it, I just want to toss for now, we won't get too much into business pieces in this moment. But a miss, call it a mistake, but insert whatever word there's something that sometimes entrepreneurs practitioners do that doesn't serve so well, is to lead with our modalities. We but the truth is, and you started speaking to this, Carmen, are we want to lead with what can I help you prospect with the modalities are there to support that help? They might be steps on the road, to get them to where they want to be. But what we want to lead with is what are the goals? Some people don't like the word goals? You know, what, what are the results? What is it that my ideal client would like to end up at both on the outer and inner level? Where do they what do they want on the outer level? And then how do they want to feel and to lead with that? And then further down, wherever the further down is, your marketing, to speak to how the modalities bridge that gap between mean where they are now and where they'd like to be. Not only is that usually a good marketing practice, but then it helps us as practitioners reclaim the wholeness of what we offer, as opposed to it's just my modalities that I stand on. What's important in that for you, Carmen? What are you hearing that feels important?

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I'm aware of this. And I am still hiding under yoga. Yeah. And that is it is hiding. It is. It is not an opening. It is a hiding from fear of being labeled wishy washy, or I don't know, I don't even I cannot even put words there is just that fear of not even be given the chance, you know? And so when I just say, Yes, I do this, and this is how I can help you. And I use yoga for that. I just washed my hands. And I don't have to say anything more. But I know that I am cutting myself short. By Yes. Just yoga. Yeah.

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Good. Good. So in a little bit, we're gonna be going deeper. And you may want to work with this fear of being wishy washy or being seen as wishing. Good. Thank you, Heather.

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Yes, I think one of my biggest fears in my line of work with the women who are incarcerated is some of them have really long sentences, and like, I build friendships with them, I have other relationships. So like, how to keep the coaching portion clearly defined?

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is a big fear of mine.

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Yeah. Yeah. And that makes so much sense. And you're not the first person that I've heard this from. And just so that I'm understanding, do you have relationships outside of the coaching relationship with

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people? Yeah. Yeah.

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So I'm so glad that you're aware of this and taking a look at it, because it can get really, really messy, if it's not named, and there isn't clarity there. And so I'll toss a couple of pieces. And if anybody else, you know, wants to share on this too, please do. Sometimes we have outside really different we wear different hats with different folks. There a friendship may develop, which as coaches were allowed to do. I have coached folks who have sometimes also worked part time for me, right? Like there's we sometimes wear different hats. That's okay, so long as we're clear. So what I will do in this situation is I'll say I'll actually name it, I'll say, you know, I will, I want to just acknowledge that we wear different hats with each other, sometimes, right? Like it, there are moments where we're in coaching session, and I am your coach, there are moments where we're not in session, and I'm the team leader, or I've had, you know, friends, not close friends, but acquaintances in the past have wanted to coach with me, and I'll be very, I'm very careful, you know, in who, yes, and who knows, depending on our dynamic and our friendship and how close we are for too close. For me personally, that doesn't feel right. But if it's more of an acquaintance, but even then, with an acquaintance, as I'm talking to someone, and we're about to step into the relationship, I'll say, you know, I want to acknowledge that we have this friendship, and that our coaching agreements are going to look different than our friendship agreements. Right. And then from there is to just have clarity together. On what are the agreements when we're wearing one hat versus what are the agreements when we're wearing another hat? So for example, you know, an acquaintance may say to me, you know, when we're in session then ask me any questions you want. But when we're out of sessions Do not be coachy with me at all, just like me, right? Like, I just need a shoulder to cry or whatever it is, you know. So having that clarity is everything pre framing, I don't know where the saying comes from. But I love the saying I use it all the time, an ounce of pre framing is worth a pound of reframing an ounce of pre framing is worth a pound of reframing. What that basically means is, the more clear you can be at the start of an agreement at the start of a relationship, the less you're going to have to backtrack afterwards, to get clear on what that container is.

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I'd say most often, you know, it's when I have that coaching relationship, there's the expectation that I'm the coach all the time, and they can, you know, approach me anytime. And it's like, I'm not wearing that hat right now.

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Yeah, so getting clear on that right ahead of time. And then also, then if it comes up when if someone approaches you, you can just say like, Hey, I just want you to, I want you to I want to help you with this. I'm not wearing my coaching hat right now. So I can respond as Heather, your friend, or we can save it for our next session. Right? And you can even tell them beforehand that that's what you'll do. You know, so that it's not this like weird, oh, she doesn't want or whatever. It's like, it's just baked in like this. This. These are the agreements. This is the expectations of the container. Great. Thank you. Yeah, thank you. Good, Caroline.

27:10

For me, what's coming up is I feel like I'm venturing into this area of trust, that feels very new. And I'm and it's that scary and exciting, and kind of everything in between. But that's, that's where I am right now. And that feels like yeah, scary and exciting. And all of that stuff.

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Yes. Yeah. And when you say are venturing into the area of trust, trusting what

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I see myself, trusting myself and I think that I was watching the chat and all the people that are you know, a number of people said,

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going into strategy versus intuition. I'm the opposite. I'm like, all about the analytics. Give me a spreadsheet, give me the formula. I'm totally fine. But like, trusting that I can go Yeah, I trust myself to follow my intuition to not follow a script. That's totally or the equation or anything like that. That's that's totally new territory for

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me. Yes. Yeah. I'm so glad that you're naming this. That's so important. And in a little bit, we'll go deeper with fears. And so my invitation to you is to go deeper with this, this fear of not trusting it trusting the script, but not trusting your intuition, because I would be willing to bet that your coaching practice is not the first place where this has popped up for you that so long as you're following the study guide or following the instructions, you know, you know, you're competent. But when it's like following the inner guidance or inner guidance in companion with that, that's where the fear is, am I getting that right?

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Yeah, feels like Yeah, it feels like there's something more there. Yeah. Yeah. Good

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luck. Good. Thank you. Thank you. Gaia.

29:50

Hi, hi.

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Can you hear me? Yeah, I

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can see you and I can hear you Oh,

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okay, so I just, I had my camera up, I just came back, I had a little surgery. So I literally just got home and I, but I didn't want to miss the class today. So I'm speaking funny. And I'm, I might look funny. You are

30:16

welcome. Exactly as you are you okay?

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I'm glad I came on just now because this is something I wanted to ask you. And that is, I do have a fear. And I did discuss it with my partner who is excellent. And I've gotten some help with her. But my fear is that I wrote it down is that I've been doing something called emotional release bodywork for many, many years. And typically,

my sessions are one session. And then I don't see you for another year or two or three. But I'm really, really good at what I do. So I guess I do a great job, you don't need to come back. And so one of the reasons I wanted to do the coaching course is I really wanted to learn new ways of being able to work with a client and to maintain that, that sort of client relationship with helping them and I wanted to also

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Yeah, I just, I just, I feel like I'm, you know, the bald and beautiful type, I just go in there, get it done. But to go slow, and steady and easy is a little bit more challenging for me, because I see the issue, I know what to go in there and just do that. But no, I want to go slower. I want to have the client. So I've determined I could do maybe five sessions, keep the client and I'm going to be honest, to monetize also, on this gift that I have. And I have to I want to not have to but I really want to learn how to. So that is my fear is that I want to go from a one time session to more and I fit with Carmen when she said about strategy and goals. It's not so much part of my my work. I mean, I know about it, but I don't use that emotional release. bodywork. It's very specific. But I know it can you know what I mean?

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Yeah, absolutely. So what's the actual fear around having people come for five session?

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Okay, good. The fear is that it's, it's like, I won't have enough stuff, to have the last five sessions because I can fix you right away, not fixed. I don't even use that word. But I can get right away to what the issue is. And then then you can go and see a therapist to do the talking and figure it out. I just want you to release what you're sitting on emotionally. For years or a week or a day I can do is emotionally is bodywork, but I really feel I am capable, very much of holding space with you too. I guess I just My fear is that I don't know enough about strategies and goals, you know, to set them and I'm still learning how to do that for myself. So I guess that's my fear. You know, how do I make it make you last for five sessions? Yeah, I don't want to do bullshit. You know what I mean? I want to just really, truly help someone. But I know that I just know that I have it in me to hold space for you. And to help you over time to see and to, you know, come up with some plans and things.

34:03

Yeah, yes. Beautiful. Okay, a couple pieces here. So first on the inner peace, when we go deeper and a little bit to look at the fears. Tell me if this resonates for you, because it might not I hear that there are a number of parts of you that knows you have it in you to hold space over time. And I think I'm also hearing there's maybe one or two parts of you that are scared that you don't have it in you to like have enough material. You know, whatever it is. So let's when we when we kind of go deep, when we go deeper into the inner let's look at that. Look at that more closely for yourself. And then in terms of the outer I want to share some things I think it's important for you and for all of us. So oftentimes practitioners can get a little stuck with a one off versus a series of sessions because it feels like, like you said, Well, I, it's because I want to monetize, right? And it's because I need this for me. And what are we going to do? And why is it important, and I did this first I can do this session, and they can release so much, or they can learn so much or have so much breakthrough, right. And then we kind of hold ourselves back from offering a longer container, it's so normal to have those concerns and just want to like, consult a little bit on this for a moment. I don't want to say this is true all of the time. So everybody take this and check this out for yourself. But what I have seen in my experience over and over and over again, and you've all actually heard me say this a number of times already, is that there's a difference between a breakthrough and a transformation. There is a difference between a breakthrough, which is a new idea, a new understanding, a new belief, a new feeling, a new awareness, a new vision, whatever it is, and transformation, which is outer results, and longer lasting change. Really good practitioners can support clients to create breakthroughs in a session. But it is near impossible to create a transformation in one session, I don't care how good you are. Right? Like, again, maybe there's like a couple of exceptions to the rule. But I am not that good. Because it's not really a thing. Because the way to get from a breakthrough to transformation, real change. And result is to take the

breakthrough that comes and then hold space and a container around it over time to persistently and consistently pave the new neural pathways, pave the new body memories and take out our actions towards the transformation. We are almost always doing our clients a disservice by offering just one session because they walk out with a beautiful breakthrough or series of breakthroughs. But they do not have that container to come back persistently and consistently over sessions to actually do something with the breakthrough to yield the transformation. And that is why I believe so deeply that having containers with multiple sessions is actually worth so much more than one session. Gaya how does that land for you? And that doesn't have to be your truth. By the way, I just spoke a mouthful and it's not a truth with a capital T.

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I thought that was I thought that was excellent. And I really listened and tune in and and I think that it is true. And I think that I think that I've been very clear about what I do all these years. It's a strictly emotional release bodywork, it's not coaching your for your life. So yeah, I do create these breakthroughs powerfully. And then I usually almost recommend them to go and see a therapist. Or if they're already in therapy, and the therapist can't get through to them. Usually therapists even sent me clients, they say, I don't know where it's weak, I can't get through to this. And then so I get in there. It's like I excavate, and I just get it out, like the guy that did my Tuesday thinking. So I get it out, and then they can go back to their therapist. So that's why I wanted to do this course. So I can take clients a little bit, work with them a little bit longer with the breakthrough that we just had. So yes, you're absolutely right on the money. And so I needed new, new techniques, and I followed my soul my I follow their sense of it's not just monetize, but I wanted to be honest and say that's on the list too. But I followed something where I would like to be with you a little bit longer, you know, to you know what I mean? But yes, yeah, and I do create amazing closure. So when you leave I know it stands you back safely but now you have to go into the The rest of the work, but maybe you can do the rest of the work with me. Yes, yes. Maybe

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you want some work with that? Absolutely. So the scope of coaching is different than the scope of therapy are not going to follow up with therapy or follow up. And our after our questioning module, the very next module is visioning, visioning and strategizing. And so that's so much about what are the goals and the results that our clients ultimately want? And if, if, once you learn how to do that visioning, then the follow through after the release, you're gonna have plenty of material, right? Because like, what do you then what do you want to do with the release? What are the new goals that you have in your life now that there is this release? You know, how do you want to follow up? There's so much so. So there's more than five sessions

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in it's very exciting. Yeah. And I've already I thought, Oh, my God, I've already learned stuff. I thought, Oh, I could do that about, there's like, 10 different ways to, I forget my notes and my brain, but to listen and to hold space. I've learned quite a few techniques that I absolutely love. So I see. There's, but that's was my that's is my only real big fear right now. So thank you. Yeah,

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thank you. I'm so glad you brought it forward. And I want to stick with this topic for all of us for another moment or two, I Nina and Osman Courtney, I want to get to your shares also. But if this is important, this breakthrough to transformation, this feeling more comfortable with a series of sessions. And so Julius saying in the chat, I feel like exactly what you're describing here really speaks to what I've been challenged to articulate and helping people to recognize the value and importance of being willing to commit to a longer package of sessions for support around the desire transformation. I think the consistency and persistence is so critical for building not only trust, but deeper clarity and insight that will support the transformation. Yeah, beautifully said, Julie, and now you have the words for it. Right and in our without getting too deep into it right now. But when we have enrollment conversations with prospects, we want them to see this bigger picture, part of that enrollment conversation is for them to see what is that goal and for us to talk about how we're going to support them

persistently and consistently to get there. As a reminder, for all of you, I know, five hours is a long time, but you all have a five hour training bonus training in your member center on authentic enrollment conversations that I highly recommend listening to. But I do really highly recommend it it is trauma informed, it is like an in integrity way to support the clients who are ready and aligned to be able to invest in that bigger vision for themselves. Any before Thank you, Gaia. Um, before I go on to a Nina, anybody else want to say anything on this topic that we're talking about right now the breakthrough to the transformation, the longer package versus the one off? Now, yeah, Julie, are you raising your hand in response to that?

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Yeah, I just, I'm really glad we're talking about this and that you asked this question, I'll try to make it quick. I feel like I really want to see people sign on with me for longer packages. And I think it's my own, you know, probably fears and lack of confidence as a coach that that has prevented me from effectively articulating, like I was saying in my chat piece. I just feel like I'm a better coach when I have that span of time to really build upon what comes up in each from one session to the next and, and that I can demonstrate the thread the through line from where we started to where we're going and it's hard to do that for me with just in just an isolated. Yeah.

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Absolutely. And I want to encourage you when it makes sense to actually share that what you just shared with prospects in your enrollment conversations. I regularly in conversations share Like, for me enrollment conversations is always sharing the truth as I see it, and tossing it to the prospect to see if it if that resonates for them. So I am like incredibly honest, in enrollment sessions, you know, I regularly say, if you're looking for the coach who's going to shoot you to the moon and back a day or two, I'm not that person. The work that I do with my clients is about real change. And even though I wish real change could happen in a week or two, it takes time, you know, like I share those things. And then if somebody asks, because usually I'm working with someone six months or a year, but if someone then says like, but can we just work for eight weeks or whatever? If it makes sense, usually, I will say no, but if it makes sense for a person, I'll say we can but I want to tell you, what I think we can accomplish in these eight weeks. It's not this, this, this and this, I think we can maybe accomplish this. And that's not like a sales gimmick at all. I am not attached. But I feel like it is so important for me to be in integrity around what I'm selling.

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I think that makes so much sense hearing you just say it that way with regard to the way you work, Joanna, because the name of your business, and this training is all about depth. Right. So I that's what I want, with my clients, my prospective clients is to go deep. Yeah, yeah, that's where I shine.

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Yeah. So stay in integrity with that, you know, and see if you can and will some fears that like in those enrollment conversations, come back to this idea of like this is to do the deep work. It takes time. And stay in the integrity of that. Yeah. Yeah. Thank you. Carmen. Is your hand raised on this topic? Yes.

47:06

My heart and my mind I just exploding. I'm realizing I don't have a problem selling the long sessions. But I'm selling the long session to get you to handstands. I'm not selling the longer sessions to heal your relationships and heal your heart. And that is the real fear.

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Yeah, good. Good. Work with that. Oh, glad coming up. Okay, Nina.

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Hi. My name is very related to one about this topic. And like I was sharing was resonating a lot about the result. And actually today, in our coach buddy session, I came to the conclusion that okay, my, my worth, and the fulfillment of my sole purpose doesn't depend on the results that the client is getting, but the energy that I am transmitting and being fully the version that I came here to be and we wait

48:26

before you go on, I'm sorry, I want to pause on that. Because all of us, right, we all want to take this in and take my value and were is not dependent on my clients results. So important, so key, and so well done that you're getting to this place and starting to embody that good Oh, sorry. Keep on going but that was just so important. Such hang on that for a moment. Good.

49:02

Thank you. Yeah. Yeah, but then then comes the question of like, How can I how can I then frame the results for example, my message in for the clients I don't I feel like I don't really know what are the are okay, I feel like the core is about like how to how to set the goals or the results from the current moment while being very much in the current moment person loving, embracing, accepting everything that is now which I feel like it's very much the energy that I want to bring into my work. And while still having having these goals, so it's like I don't know I feel like it's so hard to to talk about like to help you to reach your goal. It doesn't like feel somehow All right, and then like, I find it hard to message what I'm offering and being like, that's the core issue.

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Yeah, yeah, I'm so glad you're bringing that up. And that also is, you know, a common thing. So when we go into our visioning module will look a lot because visioning is related to goals and results. So we'll look a lot at that. But tell me if this is on target. For now, what I think I'm hearing, in part is a little bit of a concern around marketing promises. Like, how can I be in integrity and make these marketing promises that may or may not come to be? Am I am i I just want to make sure I'm hearing that right.

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Yeah, exactly. And even the example that you were sharing, I was thinking like, whoa, but how can you know what you can reach in eight weeks?

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Absolutely. So it's never like we can definitely. But it's, here's what I think is possible. And I think that's really, and again, I mean, I come from a very particular perspective on marketing, and I get on my soapbox about the industry with all of these, like, insane, crazy promises, is just, you know, and so for me a lot, it may marketing sales pages, and when I'm talking to clients, it's not like we can absolutely, it's this is what I sense as possible. And this is how I think these are the pieces that we'll work on in order to get there. And also, this is about us coming together in partnership like this, this is what is also required of you client, in order for us to meet these goals. And being clear on that back to agreements. And then the other pieces, this understanding that life is messy. And that like this is where we're going towards, and we're gonna, we're gonna make progress there and hopefully hit it. And also, sometimes it takes longer. And that's okay, that is as it needs to be for this person's process or this person's process. So being upfront, and honest about all of that. I know for me, helps me sleep well at night, knowing that I'm not making any marketing promises that I can't stand behind. Is that helpful?

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In a way, yes.

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Tell me how it isn't.

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Like, yeah, it feels like something that I kind of know, in my mind, but it's still so hard to, to put into words. What are the and I think it's also related to like, how to actually know who I want to work with. I think there is like so much confusion and not so much clarity on Who do I work with? And what are the results. So it's, it's so hard to start offering my services when I don't know these questions, like, I know that I'm good at what I do. And yeah,

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I'm so glad you're bringing so that's key. I'm so glad you're bringing that in. This is so good. So here is a homework assignment for you. So number one, and no myth of perfection, this can be molded and changed, right? But number one, what are the types of results that you would really love to work on with your clients? What's number one? What are the types of results that you would really love to work on with your clients? Once you answer that question, then the next question I want you to answer and to really think about is what are the inner and outer characteristics of the type of person that I can help with these achieve these results? So what is Who is this person that I can help from what you know you're not going to know everything and you're going to learn more as you work with clients, but from what you learn now, what resources does this person already have? What kind of person is this that you can help with these results? What are the what are the types of things that this person desires? What is this person already know? Just as as much as you can answer the question of like, Who is this person that I sense, I can help with these results. And I'm happy to also take a look at it once you come through that. And then again, no myth of perfection, you'll move forward with it, hopefully, you'll move forward with it. And then you'll work with a client or two, and you'll say, ah, and this thing also about that ideal client, or that thing wasn't exactly so right. And you'll shift from there. And that's part of the process. Yeah, thank you. You're welcome. Good. Asthma. I think you're on mute ESMA. We can't hear you.

55:59

Can you hear me now? Yes. Well, so nice to meet you here. I'm so so grateful for everything that you're sharing with us each day. It's so much of learning. And I mean, it. Actually, I have got a, you know, slightly different questions. And I've got so many answers to the questions which were there in my mind.

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So

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I just wanted to know, is there any age factor related to transformation?

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Is there any age factor related to transformation? Is that the question? Yeah, I love that question. I will only answer from what I know, this isn't the definitive, you know, truth with a capital T. But just from my experience, I don't even know if there's like scientific evidence based research on this. But from what I've seen, no,

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no, you can go for coaching for a young kid of 10 years as well. And this is what

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there are coaches that coach children, I think that they're different. But all of the skills that we learn and sacred daps are skills that you want to apply with kids. And that being said, there are probably some other pieces that are important there. I don't know all of those pieces. So if you want to be coaching kids, it would probably be helpful to just seek out you because they're so first just on the legal end and agreements, you know, what are the agreements with the parents? What is the confidentiality? What are the things that are you're working on, you know, there, there would be some pieces that would apply to kids that wouldn't apply to adults that I'd want you to do some research on. But in terms of creating self awareness, which is so much of what we do in coaching, in

terms of age appropriate setting goals, and then learning skills to reach those goals. My guess is that wonderful. It's

58:18

wonderful. My Another question is something like, since I, I belong to a country where we have totally different set of values, different in the sense that we practice differently, we have a different approach towards life. And people here since I've been practicing my Reiki healing. I'd been doing it personally for many, many years, but we simply like about three years back, I started with my group of friends and whom I know. But again, what I'm trying to say is that people they don't want transformation. When you ask someone to help, like, I'd normally say, okay, I can help you out in this thing, but they're not ready, number one. Number two, like suppose if they are ready, what about the families, you know, which they live in? How do you cope with that with a person where a person is going through a lot of trauma, and the family is supporting but they're not willing to change the one that person to be changed? Yeah, yeah. It'll be it's kind of challenges I have with me and I personally, you know, feel that I was a lot of fear myself, asking and learning and doing things, you know, when I joined this program, and now I'm confident enough to say that yes, I have less fear of saying, Okay, I have this thing and I have that thing and I can do this and I can do that. Things like that. But still, you know, I need to learn a lot of skills, a lot of skills where I could say, Yes, I am. And I'm competent enough to be taken up as a coach, which is as good serving somewhere else in the world, you know, I want to have that kind of skills with me. So I have my this, like you said, what I have in my, you know, this thing, container, I feel like this is what I want from this is what I want to take it from here. And as far as my own self is concerned, I personally feel that transformation gives you a lot of joy and peace. So this is, this is something which I feel it from inside. And I believe that when you are at peace, and you're when you are in a state of joy, you share love. So this this is again, something which is very, you know, uncommon here.

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Yeah, yeah, I hear you. I mean, it's, first of all, I've said this to you before, just extraordinary what you've been able to do, you know, just just extraordinary. And sometimes, you know, one of the first things I learned in marketing, which I still always remember is when we're when we're sharing with others who might be our work might be valuable for them, we want to always remember that people are always in their heads, asking what's in it for me, wi I fm what's in it for me, and if we can find the words, to share, to communicate to a prospect on what's in it for them, then we're on our way. So I think for you as you share, you know, with people in your communities, about the work, it's about what's the language that you're using, you know, based on what they know, and their beliefs that they can see, ah, there's something in it here for me. And I'm happy you know, as you as you put that together, if you want me to take a look at it, I'm more than happy to do that.

1:02:22

Okay, thank you so much wonderful

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things, asthma.

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I hope I'm I'm trying to learn something from you all, you know, it's always been, how should I explain it to me, a learning which is, beyond my expectations, I was telling this to my husband, there is so much I have to do so much I have to learn so much time I need to you know, learn those skills. Because it's for me, it's something I have to put in much extra effort in learning all those skills, and then applying them also, I'm really grateful to my co partner. And I'm very happy the way she you know, and we both, you know, take over the sessions, which are also upgrade help.

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I'm so glad. Oh, thank you.

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Thank you so much. Thank you once again to all of you. Thank you,

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Courtney.

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I think strana. So the work that I do is part coaching, part teaching part consulting. And the fear that I have is that I let me back up a little bit. So I work with people who are writing, either writing their memoirs, or who are writing hybrid nonfiction books that are that are deeply informed by their lived experience in their their personal narrative. And it's work that a lot of times people either come to us really already very clearly seeking transformation. Or they come to us with this idea that like, they just want to write their book, and then they discover that it's going to be this really deeply transformative process, right? What you said about the difference between breakthrough and transformation is like mind blowing, because that illuminates so much of where a certain type of client is getting stuck. So thank you so much for that. That's super, super helpful. Because of course, like, breakthrough feels really affirming and it really feels empowering, and all of that. And it's and it's very tempting to just want to stay in the place of breakthrough. Yes, more than to move into what's really hard, which is been doing something with it. You know,

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it's so less sexy,

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but so well, yeah, totally, totally. My fear though, is that, you know, of course, part of the nature of this work is that people's trauma gets cracked open and it's like it can it It is powerful, and it's beautiful when they are able to, to move into it, and we always, always, always, are very clear, you know, to remind people constantly you need to be well resourced outside of this work and you need to be have a therapist to go to when you get your traumas triggered and all of this stuff. So we're not taking it all on right. And yet, I'm holding space for people who are sometimes really in some very charged stuff. And that part comes really naturally to me, I'm, I'm, I'm a nurturer. I have skills around that. It's why I'm in this training, though, is to have more clearly defined skills and tools around being trauma informed. But I also to deliver what these people are coming for and what they're paying for and what we've promised and what they're expecting, I need to get them through to the other side as well, I need to help them not just have that, those breakthroughs, but also, you know, have the transformation and get to the completion and, and write a book and finish a project. Right. So I have to be like, super nurturing on one side and also taskmaster on the other. And my fear is that I don't know how to be both of those things at once in a way that's safe for people who are dealing with trauma. You know, and so I don't know how to like. I guess part of it is about that in that liminal like nuanced space of knowing, like where does someone need to be pushed? And where do they need to not be pushed right now?

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Yeah, yeah, it's so good. I'm so glad you're bringing this forward. So Well, I'll say a couple things. I'll do like some consulting and then we'll go from there. So first, back to pre framing, pre do just never underestimate the power of pre framing, right. So if you're not already, at the very, very beginning, having you do both having people get clear on the inner and outer intention. So people are pretty clear on their, like you said on their outer intention when they come to our book, at the end of this, right. But I think helping them to get clear on what their inner intention is, as well. You know, and for each person, it's going to be different, it's the need to come to more peace, with my story to have resilience, as I share my story and look more deeply at it to be willing to be vulnerable, you know, whatever it is, but so that first piece of so that so people just understand going in, this is

an inner and an outer process, going through, yeah, second piece of pre framing. I think what you just shared here with all of us, is such a beautiful thing with some maybe altered words to share, like I to share to share with your client that you're starting with, I am here to hold so much for you, I am here to help hold a counter of account of a container of accountability, so that you move forward step by step. And also I know because I've been doing this work for long enough that they're teep pieces that are going to come up that that are going to require more space and deep nurturing, and I'm going to hold that for you as well. But I'm never going to lose track of what the outer goal here is, which is to move you forward. And those two things can work in tandem, if we have good agreements around it. And then I would ask the question, How would you like for me to hold both for you? Let's get clear now. And you can make some suggestions, as well. But I think bringing it out into the open pre framing it creating awareness around creating awareness that there's going to be some stuck moments to like there's going to be a week where you're not going to get writing done because you're processing this thing that came about, you know, whatever it is and like and then coming to agreements, you know, I often will ask clients in a welcome packet. How would you like for me to hold accountability for you? Or how would you like for me to call you out on things right, like, so it does a couple of things, it pre frames that I'm going to be calling you out on things. And then it also creates starts to create some agreements on how we're going to do this together. Yeah, how does all of that land for you,

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it's super helpful, super helpful for one on one client work, I need to sort of sit with it and think about how to translate that into group work because our because what we do is is a hybrid, it's it's people are in cohorts and then also working one on one with us as well. So

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yeah, and if you after you think on that, if you want to share some of that, I'm happy to look at it with you. And then the other thing that I wanted to talk just for you and for all everyone here like while we're on the topic of trauma and being trauma informed so much to say on this but just like the one piece for now because I think you probably know this Courtney, but sometimes hearing it said can like help it you know just do more our scope and what I think is anyway just the most helpful practice is to support our clients to resource from the here and now versus then there and then so part of our work in coaching is creating awareness between what's happening in the here and now versus that there and then but it's not in our scope nor is it usually very helpful anyway to hang out in there and then too much beyond creating those threads of awareness. We wanted then as like, as that comes up, we want to support our clients in our different ways to find the resource that they have now to move forward. Sometimes just kind of remembering that can help with that second piece that you're talking about of like Okay, now let's take some action.

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Yeah, yeah, great. Thank you so much. Yeah,

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thank you. Okay, good. I didn't mention at the beginning of our call we will be taking a bathroom break because I know that's important. But before we do anyone else we have time for one more share around concerns and fears Anyone else want to share for now

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what are you I'd love to hear from a couple of you what's feeling important so far from everything that we've been looking at today? What are you really so far taking for you? That's important. Who wants to share

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I thought it was absolutely brilliant like off the charts brilliant when you said that about you're not responsible for your worth and your Africa the way you said it it was so

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I Nina said it she said her value and her worth are not dependent on her clients

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resolve oh my god that was priceless. Yeah,

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so important. And it just so allows for aligned energetics with our clients when we when we and aligned energetics with our marketing right with our relationship with our marketing as well. Yeah, it was so beautiful. Thank you. Who else? Someone who hasn't spoken today? What what's feeling important so far? What are you taking so far for you? Angie? Um, well, I'm

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really I'm recognizing how quiet I'm being. And which tells me that I think that there's a lot more tentativeness and fear than I think because for me, this transition is more from corporate, like I've been in the corporate landscape for 10 years, and I'm completely transitioning into something much more interpersonal, talking with people about, you know, kind of pleasure, desire, also a return to like who they are at their, like inner essence, and it just feels like I don't know when I'm going to feel ready. And are you ever ready to like claim that you can walk people through this no matter how many people you've done it informally for for years, you know, so I'm recognizing a lot of that for myself. And I just really love hearing everything that's been coming forward for others and just, you know, that that we have so much within us already that is, you know, kind of ready to come forward in this frame. This isn't a framework but this program, these conversations that we're having all of it is just really helping us like hone our tools and there's there's no amount of all of those tools that are going to actually help me feel ready to like jump off the bridge. And, and so anyway, just kind of recognizing that in myself as I even acknowledged that I've started talking to people who want to become clients and still feeling major impostor syndrome over here, and,

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you know, figuring out all the little nuts and bolts, I'm just recognizing how much resistance happening inside of me. I'm so glad. I mean, I always like to say, I don't want you to be uncomfortable, but I'm happy that it's coming up because, right, like, now you can see it and work with it. It's, I'm so glad that the resistance is there, but not so strong that you're just like, I don't need to be here. We. So that's great. And I'm wondering, as you're talking, is this more of like, because you just have a pattern when you do new things of not feeling ready? Or is it specific to this topic of pleasure?

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It is, no, I have a pattern of wanting everything to be perfect before launch, you know. And so it is the idea that iteration is going to happen, and I'll be learning along the way and that it won't be, you know, it, nothing will be one size fits, all right, it will be individual container based on who you are. I'm coming from the background of like law and HR executive work. And there is a lot of formula there. Even though I've been doing this work for 1015 years from my heart, and from an intuitive space, there's still a rubric. And this to me is that it is really like us together in a container. And that creates everything, and there is no script to start from. And there is no, so no, this is common for me, this theme of perfect, like wanting perfection before I can actually step into it. But then because this is such a very different realm, you know, kind of stepping into things from a much more intuitive and spiritual space, but also, you know, kind of within sexuality and sensuality, wanting to be sure that I'm doing it right from like trauma perspectives and all of that, like, it's all in my awareness.

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Yeah, yeah. Good. Okay, good. So if you think it's helpful, I would actually write down and name each of the pieces that you just said, just so that they're not swirling, like the power of naming and the clarity on this is a concern. And this is a concern. And this is a concern, number one, number two, we'll work with one of them after the break, but then you can work with the others as well. And then there was a third thing that I was gonna say. Yeah, and I want to invite you over the next week to also challenge some of those beliefs. I feel like there's like strong beliefs that are there's a part of you that really believes them. And then there's another part of you that's like that, that's actually kind of BS. So yeah, to be aware of when they come up and be challenging them.

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Okay. Good. Good.

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Who else? Anyone else want to share? What are you seeing? Sarah? I? Well,

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a lot of things are swirling. Yes. And it's in the level of breakthroughs and how do you have it become more a part of our own transformation as a coach? I wanted to just plant a question and then be open to having you answer it later. Which is that I think I signed up for this because I had kind of a traumatic experience with a client last year, where that I felt underprepared for. And I didn't feel like I served her. And although we've been in support groups together, and there's been a gentleness there, I've never gone back and really said, hey, you know, really kind of healed it. And I don't know if I'm supposed to do that. So if there's a point,

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yeah, I think now would be a great I mean, if you want to share a little bit more, give a little give a little more context. Yeah.

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Okay. Yeah. And pardon my breathiness. I'm a little nervous. It's my first time sharing in this group. I have been coaching for about three and a half years. And I coach parents of teens and young adults with mental health and behavioral issues and sometimes developmental, so classic, teenage years onset of mental health issues. And a client was referred to me and I took her on and I'm another thing I'm interested in is better screening. For whom, who's a good fit for me and it, she began to describe a kind of an interaction that she would have with her adolescent daughter. And she was very well informed about what was going on and really talked about wanting to change, you know, make some transformations and changes. And the experience I had as a coach was like, hmm, this is interesting. We keep coming to, how can we work in that zone or that area, and setting up action items, and there's not a lot of follow through. And every time we're meeting, there's a new explanation of a new blow up. So what happened is, during one of those periods, where I wasn't I mean, now I sort of have a different pre frame at the beginning of the session. This the same type of blow up that she had been describing, where she'd get very, very, very angry with people happened within our session with me. Yeah, I was like, Whoa, is this. And what I knew was, Oh, yeah. Intuitively, I knew that this was this was going to happen. And I knew it back from the very beginning. Yeah, so you know, I kind of did my best, I actually paused us and tried to kind of, you know, locate us in our bodies. And I think we, we sort of ended peacefully, but we never worked together again. And I never cleared it up with her. And I really honestly didn't know how

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that was the last session that you had. Yes.

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And I don't I what I recognize is that I don't have enough mentors. And so that's partly why I came to this group. It's like there was, there was one person I could have reached out to, but I think I actually went into shame. Like,

who am I to be doing this, and then I've got this, you know, person who's really with so much shame and embarrassment, describing a repeated pattern. And once again, somebody has failed her. I wasn't ready for her. But actually, what I can see is that I'm I'm in a almost amoeba like, process myself where I feel like, I'm learning, learning, learning. And then every once in a while, like, I stand up like this, and I dance and then I'm back to the amoeba. It's kind of it's almost like a Tai Chi dance of, of insight that doesn't even feel like it's my own recognition, intuition. And then skill. Do I have the skill level? So that's why I'm here. Yeah. And I still feel like should I? I don't know. Should I go back and say, Hey, I just want to let you know that I recognize that something happened between us. I mean, I haven't even know what know what to say. Yeah. Yeah. And I, I'm glad you're still in groups sometimes.

1:23:09

Yeah. Yeah.

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So first of all, Sarah, I just want to honor you for being so aware, and for caring so much, that this is still on your mind. And your wonder it says just says so much about who you are and who you are, as a practitioner. So, like so much honor there. I know what it's like to have a situation like that. It's hard. And it can bring up a lot. Yeah. It's like you want to be part of some kind of

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bigger pool of healing.

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And sometimes that's happening, and sometimes it's not.

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Well, and what I would say is if we as practitioners bring awareness and holding to it, it is. Yeah, that again, yeah. If we as practitioners bring holding and awareness to it it to it, it is part of that bigger pool of healing. So you didn't do anything wrong, that that anger came up. Not a single thing. In our resistance archetypes module, we go deep into that, and that's one of the things like that that's going to happen because people have patterns and we sometimes can't stop that from happening. But what we can do is when it does you use it for learning and awareness and for new patterns and moving forward, right, so, but the very first thing to know is that you didn't do anything wrong

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Okay. Well, I think I might have though.

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Okay. But I, before I said that, I want you to know that that message really did go deep into me. So thank you. And earlier as you every time you asked, or said, you know, I bet they're somewhere else. I'm wondering if there's somewhere else this has come into your life? Like, oh, yes, it's been the summer of some of my sisters, you know, and that they've been angry. And I've, you know, feels like sort of landmines a lot. Yeah. So is it okay, if I share the very small thing that I don't think it was so small, but small is big, right. She was beginning to tell a story I had sort of tried a couple of times to bring us back to and what could we work on? You know? Which, by the way, I think I was using it as a lifesaver for myself, quite honestly. Yeah,

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I don't, I don't want to be in these uncomfortable feelings. Like the anger is coming. What can we work?

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Let's go back to what we're really supposed to be doing, which is like, present, you know, to future whatever, oh, but she was describing a situation in school where her daughter was placed. And really, it sounded like she was kind of in a meeting with administrators, all these power power people. And that they might, they might kind of have Miss stepped. And, you know, like, called her daughter in, you know, she was expecting they would let her know, but you know, I've been an educator, that's how schools work. So I think what happened was, because I recognize this pattern, and her where she would go so quickly to blaming everyone. And then it was sort of it was like, it was creating a disturbance. And she couldn't get to any self awareness, or, you know, it was really hard. And there was every single week, a new one, right, so we could never really unpack. And I'm not a therapist, she is actually. So I think what happened is I framed the question, and there was a hidden agenda in it. And she went, like, switch guy. What was something along the lines of when when the Vice Principals said that? Do you think that he said it from this place? Or that place? And I think what she heard was that I was actually splitting, bifurcating and saying, This is the blaming view. This is that person really is evil. And we also have, you know, you know, power white male all sorts of backward framings. And then, and then it was like, or could it have meant, I'm kind of, I'm scared here too, and I didn't really know what to do. And so she got very, very angry with me. And so, I am worried that that is kind of a way that I think and frame things.

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Yeah, okay. Okay, good, beautiful. There's so much here. I want to go into like a whole explanation of how to work with resistance archetypes, but we're not going to do that now. But we're gonna I'm gonna pull a couple of things that okay, that you're saying. So number one, great self awareness on that question and what your agenda was in that question. And I want to point to some language that you used when you share that question, that can be a really good indicator. So you said when bla bla bla bla, do you think it's this or that? Okay? Remember, we just learned about yes or no questions? Yes, that's a yes or no question. Every now and again, there's a moment for it. But it sounds to me like when you're trying to lead someone with an agenda you're gonna bring out do you think that this or that right, so that you can easily and you can still create awareness around what you're sensing is going on? But if you open it up, like make it more of an open question versus that yes or no, it's not it's not going to be so leading it's going to carry a different kind of energy there and allow for the client to come up with an answer for themselves. Okay, so that's just like a questioning skill to be working on as well as a good indicator for you that like some fear is coming up right. So that's that's one. Okay.

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Yeah, my own fears coming up. Yes.

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Good. And then another piece for you, you know, to be and you can work on this. After the break is like, what was the fear in that moment? What were you actually scared of in that? Do you know?

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Yes,

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I do. What

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my Mother and father are therapists. And my father was quite like this. And my mother once told me that she had a professor who said in the same way in this at a different time, or in the same time, the same thing will happen to you. So I believe every session, I was walking on eggshells, waiting for this to happen.

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Yeah. So that fear right there, and then fear of your father angry or, you know, whatever that is you were putting into the air. Alright, so we can go deeper with that after the break. But that that would be a really good thing to work on today and to, you know, do some follow up on and then answer the question of, well, should you do anything now that it's a year later? What would the purpose be? So what was your intention?

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Yes, that's why I haven't done anything, because it's, and I hadn't really even thought about it till today. Yeah. I think the reason I didn't do it originally was that my purpose would be to make myself feel better as a coach. Male, but don't worry, we have a response for Epic fail on your stuff. Reach out loving me. And then I thought, wow, that's for you, Sarah.

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So it's really an Integra? Hold off, right. Because though held off till today? Yes. So it's very different intention that's coming through or not? Because if it's still the same intention, then it's still hold off? Or is that?

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Yeah, actually, when I said about the amoeba and feeling sad that I hadn't tapped into sort of more of a, I don't even know what to describe it as, because it was just a real, vivid, almost psychedelic image that came up of the the all is one would be either to not do it. Because she hasn't asked for it. You know,

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say that again? I don't think I Okay.

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I could not I could reach out and say, Hey, that hat. But I see I don't really want to process anything. So I don't really know. I don't know. I no longer have an agenda around it. I just wanted to come here. Yeah. And find some arrows to healing myself a little bit. Yeah. And then kind of trust that. She also has wisdom and strength, when she's helping other people too. And that will get there. If all is really one that it's not about me. Yeah, I guess that's. So I don't really know. Yeah. The should i is what I think, oh, it's reflexive. Should I be a good girl? Joanna? Is there a good girl chatbox I'm missing.

1:33:05

So that's great. Calling yourself out again, right? Because we never want to do something from that good girl plague. That's not genuine. And it's not authentic. And so it sounds like for tell me if I'm getting this right. For now and possibly forever, not that there shouldn't be any other reason than this. Right? If you were to reach out, it would be more for you for you to feel like you're doing that. Right. Yeah, that's not I heard you say that's not, you know, a reason. Yeah. If that shifts, we can look again and see, you know, but until that moment, if it's for you, you do your work. Okay. Thank you. Yeah. Thank you. Great question. All right, I think now's a good time for us to take a break. Let's take 15 minutes and come back at 1250 Eastern, and then we'll do a little more work. So I'll see you all at 1250 Eastern and I'll put that in the chat as well.

1:34:39

Okay, welcome back. I hope you had a good break. I'd love to hear from one or two more of you. What are you seeing so far? What's feeling important, Lauren? So

1:35:00

Well, I just on break, had this awareness come through. So I've been struggling because I'm newer at coaching. I'm newer it herbalism. And, you know, I'm coming from a place of really feeling like I was masterful as a massage therapist after 15 years. And it's been really hard to kind of come back to being a newbie, again, sort of feeling like, I'm a little bit more than a newbie now, but maybe not quite intermediate yet in both of those areas. And I

realized in coaching in particular that my ideal client has shifted, I really love working with business owners, but I haven't really like I've named it a little bit in my outreach, but I haven't really like nailed down how I actually help people like I don't really know yet. But I just had this awareness come through that there's a piece of me who's really afraid of niching down, because I'm afraid I'm gonna get bored again, and want to shift and do something else. And I know, like, I know, cognitively that that's okay. But I think there's this fear of one feeling a little bit trapped and feeling bored in my work and too afraid of kind of being seen as a flake.

1:36:19

Yeah, yeah. Good. I'm so glad that that's coming through such important pieces, you can work with either one of those. When we go into the process, I think there's two sin both but I'm just I'm glad that those are you can see them now and know that that's part of what's been holding you back. Outreach. Thank you. Yeah. Good. Thank you. Who else? I'd love to hear from one other voice that we haven't heard voice to voice yet. Who wants to share what's feeling important? What are you seeing? Kelsey,

1:37:03

thanks. Yeah, I have a lot. So I've kind of been waiting a little bit for clarity maybe to come in. But I've done a little bit of coaching. And when I started my business last year, I was not working. And I had created a situation where I thought there was going to be a lot more freedom, and there was some time freedom. But there was a lot of financial restriction, I decided to kind of leave my nine to five and I think a little bit prematurely in terms of having a good foundation to feel solid in financially. And so later last year, I went back to work at the same position, same job, I've actually been there for a year now. And in that year, I've really done nothing for my business at all. And I've been in a process of, you know, what, what do I really want here? What feels really Oh, wide and authentic? And also like, you know, funnily enough after that, it's like, okay, well, what do I actually need right now. Because I feel that there's, you know, one thing that really attracted me to join this program was, it felt different from a lot of the business coaching out there, where it's very, you know, it's Dr. Bass, it's very much about like, pushing and, you know, getting to the result, and the results being so high and like, to me feeling like, something I don't even understand or fathom, like, you know, I I would love I mean, the thing I want if I'm going to do coaching is I want to feel like I have the time and space and freedom to not only coach well, but to be able to mark it well, and to not have it feel like such a pressure project. And I don't know when or if I'm going to be able to create that kind of circumstance that's gonna feel and you know, the other things that are going on underneath that is, you know, dealing with my own stuff still coming up, which I recognize is always going to be there. But yeah, there's, there's like layers. It's like, do I even really want to do this? And if I do, like, how, and when is now really the time for me to push out a business or do I just need to kind of lay low and just maybe work on my interpersonal skills and like apply some of the things we're learning in a more casual way and still kind of hone but I just don't know if I'm really ready to show up for. I mean, I could handle one maybe two clients, but that's not really a thing. gotta create enough revenue to have a business. So, yeah, I mean, a lot of I would say uncertainty and also just like one other thing I want to drop in is, we talk a lot about resistance. And I've done a lot of resistance work. And I wonder, I'm starting to realize, like, sometimes resistance actually feels more like an embodied like, hey, actually, it's time to pause here. You know, it's not always something you're supposed to push through.

1:40:31

That's exactly, yes. 100% That was actually the first, the first thing I was gonna say is, you know, I call it being in the mystery, right? And there, there are moments for moving forward. And then, I mean, we're always moving forward. But there's moments for, you know, like, big outer action. And there's moments for being in the mystery, there's actually sacred moments for being in the unknown, and not getting to the clarity right away and sitting in the muck, you know, with it like that. There is sacredness and purpose in that, and what I wanted to reflect to see if it resonates for you. And I mean, you just said, but I'll reflect anyways, it doesn't sound to me, like you're stuck right now, or that there is resistance. It sounds to me like you're in a period of time, you're still

marinating on it, it's still in the mystery. And so if that's the case, what is it? What's most important for you, as you sit in this period of being in the mystery, what's most important for you?

1:41:59

I mean, what comes to mind is really strengthening relationships, strengthening my relationship with myself and with my daughter, and with the people close. And ideally, like, I would like to have more of a close network, I don't, I feel that I've had been in the city where I'm at for about six years, and I've been very much in the like, transitioning into separation from a partner, and then you're doing like shared parenting, and then 5050. And I think it's like, even though I'm very self aware, and I know like, okay, these things have been challenging, I don't really feel that I've let myself slow down enough to really integrate everything. And I think I need, I want to be in a process of integrating and moving into more closeness and relationship with myself and others. And just, that's where I say these skills, you know, can still translate and be applied. And like, there's so much value here, but I don't necessarily need to put this in a business right now. Yeah, beautiful. So

1:43:05

that you answered that. I mean, if that feels clear to me, about what this next phase, however long it will be is about for you. And then let's, I'm going to ask this question we'll see. As you create those deeper relationships, and as you integrate all of those lessons that you've just been talking about, and all of those pieces, how will that help you for when you're ready to move more into your business?

1:43:42

I think it'll help tremendously. Because one thing I'm really aware of, is there's a lack, there's an integrity piece, a gap in integrity, where I feel like if I try to show up for someone, as a coach, there's things that I it's almost like feels necessary for me to bypass the stuff that I want to be working on. And I kind of like in the in the little bit of coaching I've done you know, it was almost like putting all that away, I was in a very difficult I was like on unemployment, you know, like I had, I had gotten a con like a I was doing customer service for another coach that I had worked with. And then I lost that security and it was just, I think I just, you know, I had clients so I had to show up and I kind of pushed my stuff to the side and I want to be able to move through that and then use you know, use what I learned through my own integration process. It's like this is not going to be the first time I've done an integration process had really taken a pause in my life and like, dealt with the things but I know when you know through doing that work, you really come to a more clarity and understanding about how to hold space for somebody else. And the other piece is like, the thing I really do want to be working on that feels more like a project aligned for me is my music. And when I first started exploring, being a coach, I was like, I want to be a coach for musicians and help people through the process of like, feeling like they are good enough to, you know, go out there and do what they want with it. And it's like, I haven't, I haven't given myself the time to, to hold myself through that process. And that feels like something like, what a gift that I could choose to do that for myself. Yes. And whether I apply it later on? I don't know. But I definitely feel like it's possible that I could apply that later on.

1:45:48

I love that. Yes, yes to all of that. So, in so many ways. What I'm hearing is that by focusing on your relationships by focusing on integration by having this pause, you actually are working on your business. It's just a little bit of a different way.

1:46:11

Yeah, for sure.

1:46:14

Thank you, sir.

1:46:15

Thank you about that forward.

1:46:18

I also just you're talking about this pressure piece and the marketing and I just want to clarify. I sometimes feel pressure, I don't want anyone to think that I don't sometimes feel pressure around marketing because I do sometimes, like there are hustle moments in my business for sure. Not always if it's always that's for me, that's not sustainable. But there there are more activated moments. And then for me, it's always about okay, there's this work that has to get done, but what are what are my anxieties, those pieces I can work on, you know, where am I not feeling enough? Where am I feeling like I have to produce more, whatever it is, and that takes away some of the pressure even though some have got getting stuff done. A lot of getting done can still be there in those moments. I don't want to pretend like it's all just like fun, no beautiful, okay, good. So, we're already going deep, but let's go a little bit deeper. And I'm gonna just take us through a short process to see what else is wants to come through right now. And to help us become more comfortable with the discomfort of the fear. Speaking of marketing promises, I will never make a promise that your fears will go away. As I said earlier, I still have all of my fears. But what I can support you and when we get to our befriend your fear module we'll go much deeper into all of this but just for now I'll say what I can promise is that there is a way to become more comfortable and regulated with the fear present so that you can respond versus react

1:48:34

Okay, so all that being said pick fear or it might have come shown itself today in the form of like a limiting belief that's not really serving you pick a fear or a belief that's been coming up as we've been exploring today that you would like to go deeper with pick one so if a bunch of come up pick one

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and if anyone is unsure so let me say you can't pick a wrong one that they will all lead you to exactly what you need right now. So if you're having trouble Should I pick this or that I promise you either one. But Is anyone just not have a fear or an unhelpful beliefs at all? Carmen I do but I'm having a very hard time articulating it. Okay, share what are the words that are on your mind?

1:49:52

So there is that partial? Believe where people are not committed to the growth. Therefore, I can only help them in the physical body. And there is that other part where my speaking of my offering as a whole is too wishy washy or intimidating. But I feel that to come from the same place. And where do I just return? articulating that route?

1:50:36

Yeah, yeah. So in some ways we don't need to it will I think it will come through, but I'll offer a little piece of what I think I'm hearing, it may not be it for you. So so check it out. What one of the similarities I'm hearing and both is a little bit of a lack of trust in others. So yeah, like, I can maybe do this or that, but the client, the other isn't going to be able to, and then because of that, it's going to fall apart. Does that land? Usually? Yeah. Yeah. Yeah. So. So maybe work with this fear of, you know, the other person just is not trustworthy, or the other person just isn't going to live up to their side? Or you tell me what are the right words? Because this isn't just from your business. This is, you know, a pattern. So what it's okay if you don't even get the words exactly right. But for now, what are what are the words that are coming up?

1:51:52

What is coming up with that is that I don't trust, they will take care of themselves. And to me to do the work for them. And I know that I can't even go there.

1:52:08

Yeah, okay. So this fear that others aren't going to take care of themselves, and make responsible and then I'm going to be in trouble or whatever it is. Really, really good. Thank you. Thank you. All right, Angie's giving away all right, so I'm gonna, if it's comfortable for you, I'm going to invite you to close your eyes. But if it's not comfortable for you, you can do this with your eyes open and go inward. So I invite you whether your eyes are open or closed to go and word. And let's to connect in with the present moment. To connect in with yourself to connect in with your body give yourself some moments to settle in maybe it's helpful to notice the breath without manipulating it. Just noticing the breath as a way of bringing yourself present. Noticing your body and then begin to become aware of where you're holding the fear that you identified. Where are you holding it in your body today? No need to overthink. That's fine. Find where where is this fear today? Where are you holding it inside of you today? Maybe it's your belly, your heart, your back whatever it is.

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And wherever you're holding this fear, I invite you to be with it. I invite you to hold space for the fear as if you were holding space lovingly for a client. Just hold space and be with the fear See if you can maybe even bring it some love and compassion and be with it and hold space for whatever the fear is and if you're a visual person some people are if you're a visual person notice what the fear looks like wherever you're holding it maybe it has a shape or a color if you can notice that and see that please do and without judgment just notice what is the shape what is the color of this fear? How is it showing up? Is it hot? Is it cold? Whatever you can notice about it

1:56:08

and as you continue to connect with this fear and hold space for it I invite you to ask it what purpose it serves in your life ask it what purpose does it serve in your life?

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Continue to be with it and hold space for it and just be with it and ask it what event or series of events brought it into being what event or series of events brought it into being? Just continue to be with it and hold space for it as if you were holding space for a client connect with it and then ask the fear from its highest wisdom from its highest wisdom what is it that it wants you to know from its highest wisdom what is it that it wants you to know?

1:59:13

And then just continue to hold space for it and continue to hold space compassionate space. An ask it if there's anything that it needs from you from its highest wisdom is there anything that it needs from you? Or would like for you to do so that the two of you can work better together? Is there anything from its highest wisdom that it knows it needs from you or would like for you to do so so that you can work better together

2:00:24

take one more moment, thank it for showing up for being present for sharing. And then for now, you can just let it go honoring yourself for your holding and your presence and then take a minute or two to jot down any notes that you want to jot down what's feeling important. What are you seeing here that's important for you?

2:02:26

What's coming through what are you seeing what's feeling important? Who wants to share? Angie.

2:02:41

So the fear that I chose is that, that my intuition isn't developed enough and won't show up for me regularly in sessions because a lot of the work that I am going to be doing is more intuition based. And it was really interesting, I don't know how many people have done like read parenting work and things like that. I'm sure there's a lot of us in this group who have done that type of thing. But it was really interesting, because the fear that showed up was my little girl like, right, my inner child crawling up into my lap. And she had on like, I have this picture of myself as a kid with pigtails and these like this cute little like pink terrycloth romper, and she was

wearing that. And that she she says that she's there to keep me safe and protect me from not following the rules, because that's what gets you loved and accepted. And that if I step too far outside the lines that I won't be loved or taken care of. And that doing things based on intuition and in these arenas of sexuality and shamanism are just too far outside of the comfort zone. And corporate work is tried and tested and like staying there is safe. And that she wants me to know that like she loves me and she wants to be safe and happy with me and taking care of and that from like what she would need from me in order to go away is to know that I'm strong enough and capable of taking over so that she doesn't have to do that anymore. And it's it's not like this has never come up but it's interesting that it's still like it's still there. Yeah,

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yeah, it's I always say like, you know, we have certain rocks in our lives that we're just working on our whole lives, right. So you've done a lot of beautiful work on this and this is the next phase of it. So really, really beautifully done and G and also just to say like she doesn't have to go away right I heard you say so she can go away but she actually didn't she can let go. Yeah. And so what? What do you want her to know from your adult self that maybe no other adult ever told her before? Like what is it that you really want? This little one who's scared of breaking the rules and not being safe? If she doesn't follow the rules? What is it that you know that you want her to know?

2:05:28

That she showed up in the world perfect just as she is and that all of these parts of her that that wanted to be expressed her value and are here for a reason and that you don't need to change your inner essence to to be loved and accepted because you are whole as you are.

2:05:52

Is it okay to close your eyes and let her really take that in? Let's let that land for her. Can she take it and a little?

2:06:07

She's really bashful. Yeah.

2:06:13

Yeah, so just be with her. Let's hold that for her. And really let her know. And let if it feels right, you know, let her know what she asked you too. She asked you to hold strong for her. If it feels right to let her know that you will let her know that too. Yeah. What are you noticing? She's hugging me. Yeah, feel the hug. And then go into your little one's body and have her feel the love back the hug back from you? What is it feel like? Safe? Yes. Yes. Feel that. D and that strongness in your little girl body? That someone is there? Holding that and that so you can have that? He'll that? Do? Yeah, beautiful. Really, really well done. Take one more moment with that. And then when you're ready, you can open your eyes

2:07:48

they're full of tears.

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Yeah, you did. Beautiful work and my invitation. Like if there's any homework that you're going to do like bringing the breakthrough to the transformation, my invitation would be to come back to that feeling of feeling the hug, and continuing to pave that body memory and those neural pathways to feel it and to feel it. And to talk to her. Yeah. Thank you. Yeah, thank you. Beautifully done. Who else wants to share? What are you seeing what's feeling important? Courtney?

2:08:37

Oh, yeah, so I worked with that fear that I talked about earlier about being able to sort of the fear that I can't offer the sort of nurturing support that people need, while also holding boundaries and structure. And I was really surprised and also not at all surprised that like, instantly, when we started going into the, you know, what, events or whatever brought this into being and all of that, like, it was totally about family of origin, early childhood stuff, and like that the fear is there. Like on the surface, the fear is I'm not gonna be able to keep people safe. But underneath that, what the fear is really like, and therefore I'm not safe. And it's a really profound thing about this exercise is that you know, the piece at the end about what does the fear have to offer me right now? What does it need me to know right now? And it's so simple, which is like, I'm not responsible for making anyone Okay. Obviously, we all know this intellectually, you know, feel it. Yeah. But then like the practical solution is I need to stop working with clients who haven't already done At least a good amount of healing work around their trauma

2:10:02

yeah that's right that's right

2:10:07

which then brings up the other fear like the scarcity fear around money and like you know all of that stuff but that's that's you know a separate piece

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yeah and I think you also know there's plenty there's literally a total supply of the

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top and then that's just a diversion to like get me hooked back into you know,

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yeah. Is it okay to just take like do a little bit more here is it okay to close your eyes feel I want to invite you to feel where in your body you know this truth that you are not responsible for anyone else doing Where are you feeling that where do you know that I'm

2:10:57

feeling at like all across chest and shoulders like heart but like more than heart to

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Yeah, yeah good you're doing really well what does that feel like in your heart and across your chest this knowing that you're not responsible

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it feels like almost like an energetic armor but not in a way that's cutting me off from anything of my own resourcing it's more like just feeling really grounded and solid and boundary

2:11:40

Yeah, yeah. Like not a cutting off armor or boundary but a solid boundary. Yeah. Yeah. Continue to be with that lean into that feeling. Make a body memory of that you don't have to be responsible for other things and that you're safe. Even when you're not responsible for others. You get to have that boundary. And as you continue to lean into that, Courtney, ask your heart and your chest What is it want you to know if there is there anything else that wants you to know right now?

2:12:33

Saying that I already have this within me but that it's okay. It was like when I forget it. Sometimes I need to go searching for it again that it's like it's okay to not be perfect about it and to let myself just be in, in relationship with it in a dynamic way rather than having to be this like perfection that I have achieved.

2:13:00

Yes, yes. Beautiful. So let that drop in. No perfection here. Just relationship. Not just right. Yeah.

2:13:13

Good. Take one more moment with that. And then when you're ready, you can open your eyes and thanks so much. Yeah, thank you really nicely done. That's okay.

2:13:41

Is it okay if I share without my camera?

2:13:45

Absolutely. I understand. Sometimes we just can't put our cameras on.

2:13:51

So this was really it was so good. Joanna. i My fear that I was that I chose was that I I get? I'm the fear is I don't know, this is superficial, but it's not. I don't know who my ideal client. Right? So I don't choose to I don't do anything for my marketing. So I don't all of those and what I when I went to the prop that I started to see. First Blair was rejection from always being of service to people without getting paid. Right. Like, as a child to, you know, all my life always wanting to support help in just generously trying to offer and support and help and, and being rejected, because it wasn't, it wasn't invited. Right? It was like, of course everybody just wants to grow right? Like they're like me, right? Like this idea of like the model of the world is of course we're just here to grow and help each other, you know, and so, so much rejection. And then, and then it went into the fear as a child, and no, we think that we can grow out of these, you know, so many times that it was really fear of rejection. Yeah. And the perfection, right? Protection. Perfect, perfect. And realizing that fear, when I asked her what it was, what it was doing, it was really, me keeping me safe from being abducted. And, and then when you had to remember watching the process that you had now, but you had to go back and a little girl. And so I did the process with her. And I realized that what was what I didn't I never still in that the one that needed to reflect back to me. My, like, believe in me see me, that didn't happen with my mom, or with my father. And that it's really response to that. And so I so I realized that fears that it would go away. If I would take over keeping my inner child say, and believing her. So then I did the process where I saw I did not I saw going into baby, but you never feeling me believing in my inner child. And wow, I have not done that process like that before. That was amazing.

2:17:07

Yeah, I'm so glad. Yeah, you feels like you move through it so beautifully. And you get to come back to that and come back to that, and come back to that. That's the difference between the breakthrough and the transformation come back to letting her know from your adults. All the things that it's so vitally important to be spoken and heard, right.

2:17:33

And I also am aware that what I desire, and have always desired to offer and share and give to others, as I see, once great, I see the gods sparkling that my Steve beauty. And it was, it's like, until I completely embody that, instead of thinking my partner was gonna do that, or, you know, and I think it's a balance because we are in relationship. Relationship. Promise needs to be healed inside of relationship. But I see this, my ability to believe it by now is going to empower me so much more to be able to actually actualize and support other women to see.

2:18:17

Yeah, you cut out a little bit there. But I think I got the gist of it. Yes. And I just want to say heard the word before him body, you said fully embody. And I want to just poke a hole that it doesn't have no myth of perfection doesn't have to be fully right you're in. Good. If I'm going to toss this to VESA, if it feels like a worthy thing to do, or a helpful thing to do, I'd like to invite you to even though you don't know exactly who the ideal client is, I'd like to invite you to write a letter from your heart to your ideal client sharing this that you said one phrase like I know that they have the spark of God like so whatever, whatever it is, from your heart that you want your ideal client to know about themselves, and who they are and what is possible for them. And like to invite you to write that letter.

2:19:20

Yes. And And what's so funny is that I do know who my ideal client is, Joanne I just seem to not I keep telling myself I don't write like, you know what I mean?

2:19:34

So I just heard it, we all heard it. besuchen knows who her ideal client is. Piece of homework, I want you to write down who that is. And then if it if you want write that letter to that person. Yeah, really beautifully done. Thank you Anita

2:20:00

So, thank you for the coaching guys, it's so good also to witness others I received so much. So my fear was, I'm just gonna read it, that I can't work on my body of work as a writer, as a blogger, and as a coach at the same time, and have a life and the profitable in business. Like, there's mud and lost time for it all. And, when I went, when we went deeper into that, into this fear, and where, how it came in to being, it's like, I, it's how I observed my parents, my family members who live and and this fear wants me to not forget what is important. And when I ask it, what is important is also living the live. And it's, I actually choose to work like, on the things that give me live and that I love to work on. What's still, it's like, there's part of me who that does not allow me to go for the internet, because I'm kind of afraid of outgrowing my family. Like, who am I like, the way some called better or to, like, kind of prove them wrong, or, like their way of being was not good enough. And when I'm thinking because then I asked like are there have their ways where I already outgrown my family? And they're, of course are and I'm still here I still live and

2:22:22

still have a relationship with them?

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Yes. At least with some of them. Yes, but my life is better. Thanks. It's

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let's wait let's pause on that. Right you answered a question that I wanted to ask which is what is your higher wisdom know about all of this? And what I heard you say is that actually you have outgrown some of your family and you're still here and your life is better?

2:22:56

Yes because I have chills when you are reflecting this back to me like around my heart throat this fear was ah

2:23:05

yeah, so that is the new neural pathway the new belief to keep on coming back to to feel that the truth of that in your body and if it if it's helpful I need I would journal on that a couple of times over the next week or two start

with when I outgrow my family and aligned ways my life is better for it and then see what what more wants to come from Ah thank you. You're so welcome. Beautiful and

2:23:52

I also want to share that one of the things that I thought of like how I already outgrew my family is like doing the work that we are doing here and joining programs like this one and my life is so much better things this one's that we have together here so thank you and all the other participants

2:24:20

okay

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that's an aside for everyone. Are you noticed just because we just wrapped up our creating awareness module Have you been noticing as I've been coaching each person how I've been using some creating awareness, skills to reflecting back honoring let is lots of different pieces. Carmen Thank you.

2:24:56

This has been so huge because the fee Your transfrom transformed from I don't trust, others will take care of themselves and they will hold me responsible. And I'll get in trouble too. If I don't take care of anyone, I don't exist. And I have been in a fight in the last few years with most of the people around me, because I have to take care of everyone. And I don't want to. And when I don't, there is guilt. And, but what was surprising is was is, is that the feeling of, if I don't take care of everyone is not like I'm not going to be loved is not like, I'm not going to be validated. It's like, just, I don't exist at all. And the process of moving from there to feel in my body and trusting myself. And trust, I can model self care is what is the right is what I feel is. There is so much pain underneath it and so much weight, like lineage weight? Yeah, yes. It's so big. It's,

2:26:55

and there's so much there. And I can feel the weight of it. As you're sharing. I just want to honor all all of that, that. You know, this, this has been a lot on you. And, as I said earlier, I know it's not comfortable for it to come up. But I'm glad that it's coming through so you can see it. And what I want to ask you, Carmine is what is one thing that you know right now, about all of this from the here and now. What is the one thing that you know? That is so important for you to remember?

2:27:50

That is something that I learned from humans, that is not a divine truth.

2:27:59

That's not right. That's right. That's something you've learned from humans, but that's not a divine true. Yeah. And let me ask you this with this knowing that that is not a divine truth, that you do exist, no matter if you take responsibility for others or not. That's the divine truth that you exist.

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What is one thing that you can do? Do Differently? Starting this week, one little stretch around this, that is going to be important for you? Do what feels

2:29:05

right?

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Do what feels right.

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My heart would feel in alignment with that in my head conditioning

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is that something that you'd like to do? Is Yeah, beautiful. So I want to invite you to track that over this next week, right every day at the end of you can remind yourself in the beginning of the day to move with your heart for students right and your heart. And then you can review the day and see how it went. Anything else? I know there's so much that's come up Been come through and you'll you'll be processing for a while. I know you know how to also. But anything else that's important for right now to say, what else is it that you know?

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I am loved with all my pieces.

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Where do you feel that in your body? Where do you know that truth? You're loved with all of your pieces. You just everywhere from my toes to my hair? Yes, yes, I feel that you get to have that at any moment that you need it thank you. Yeah, thank you, you so much. Lauren

2:31:11

I just want to start by thanking you, Carmen for your share, it really, really resonates a lot with a lot of the things that I'm looking at. So I started out with this fear around boredom, and niching down, and I found that it actually goes a little bit deeper than that, and that I'm really afraid of feeling trapped. That's like, that word holds a lot of energy for me. I remember using a lot when I was like, in the last several years of my massage career, really feeling trapped in the treatment room, knowing that I was burned out, trying to figure out ways to move forward. And I had been looking for space, I was seeing clients in my one bedroom apartment. So in my living room and had to have like, everything was show level all the time. And there was like no space for me in my life ever. And I was constantly looking for an office space. And I finally found one, which was amazing. And then six months later, COVID hit. And I had to keep paying rent for a while and a space that I couldn't use and then rent was gonna go up after the year. And so I decided to let it go. So there's like, there's so much here, right? There's a there's some pieces around like feeling a little bit like a victim to COVID. And like, I've been working with that for a while. And I know that like a lot of the choices I made were in fact choices. And in some ways, it felt like my hands were tied, but I think there's what's what's more resonant right now is like this fear of if I'm successful, it's gonna get taken away. Yeah. Yeah.

2:33:16

It's hard because you can like, find evidence to say and now this is going to be true forever. Hey, because there has been some of that experience. So I really get that and it's so I understand like it's so hard to reach that level of success. And then it not be there. What is your higher truth know about this?

2:33:56

I'm a little disconnected from it right now. Yeah. I feel like my mind is creating a response. Yeah, go do that. Don't be a good student Why,

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what's the part of you that is scared to not have this fear?

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Think it feels like it's going to take so much energy to get there. Yeah. I feel like I don't have

2:34:43

Yeah. Yeah. So that's a really good reason to not really find the higher wisdom around. If it feels like oh my gosh, it's gonna take a lot to get there. and you don't know if I have the energy. So better just believe that let's not go for the success because it'll be taken away. Is that landing? Yeah. Can we go just a little bit or deeper for right now might go fully through but just to kind of get you on the next place. So I have a feeling you know, that part of you pretty well the one that is just like, I know, it's going to take too much effort, it's going to take too much energy. I don't know if I have this right now. First, let's just honor that part of yourself. Was it okay to do that? And that one serves a big purpose for you. What's the purpose that that one serves?

2:36:07

keeping me safe.

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Yeah. Pick time. Right. Yeah. So first, let's just love on that part of you for keeping you safe. Probably that one has knows how to correct some overdoing that has happened at some points. Yeah. Sure. Yeah.

2:36:43

Is there anything that you know that that part of you doesn't know? That you would like for that part of you to know?

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What's coming up is a little bit of overdoing is okay. Because it's not going to hurt your hands like it used to.

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I just got chills when you said that. And I tell me, because this might be my agenda, not yours. I'm wanting to change the word overdoing to doing more. Does that resonate?

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It does for sure. So a little

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bit of doing more isn't going to hurt you.

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Or your hands for you?

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Can you feel that truth somewhere in your body that a little bit of doing more? isn't gonna hurt you?

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Yeah, I feel that in my heart. Yeah, I feel it actually in this pain that I'm doing in my shoulder right now, too.

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Yeah. When you say you're feeling it in the pain, just tell me what you mean by that.

2:38:05

Like, I'm more aware of the sensations that are happening there. Yeah. And they're all triggered from massage that I'm still working on resolving. Yeah, yeah.

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How would it feel to kind of go with this over the next couple of weeks and continue to see what's there for you a little bit of doing more isn't going to hurt you. Yeah. That feels big. Good, really nicely done. Thank you. Okay, it is almost two. I want to make sure that we wrap properly. But Julie, I also know your hand is up. Is it a quickie? I'd love to hear

2:38:56

Thank you, you know, I regret that I waited so long because it might not be a quickie. Mostly I just really want to acknowledge I'm just so grateful and moved and honored to be in this space with all of you and I just really, I relate and resonate with so much of what each of us shared and I admire you all for your courage and just I love witnessing the way that you work Joanna and just feel really grateful for for now having the for TOS I feel grateful to myself for choosing and giving myself the permission to step in here. And I'll just try to make this really quick. What I was kind of like drawing a blank around what my fear is and then I reflected on it moment last night I spent all day yesterday cooking for eight clients and since my share in the practicum OG Just second, I've gotten a lot of work cooking, which was like, I wasn't really looking for it or accepting it. And I'm not certain. It's really what I want to be doing. But it just keeps happening in new and different ways. So I'm just trying to, like, lean into it, be with it, learn from it. And I also have just not been sleeping well, because I'm doing this huge event. This Sunday, I'm catering a party for 200 people, for free. So I've been stressed out and preoccupied with that. And that's been impacting my sleep, like, I'll be exhausted, I go to sleep, and then I'm making lists. But at the end of the evening, last night, when I was finishing, giving, making dinner for my husband, or having dinner with my husband, I heard myself say, I just feel so ineffective, and everything. Like, like with this cooking, I just feel like why do I always feel like I'm flailing I don't know what I'm doing. And then. And because I'm focusing so much energy and attention on the Cooking, I'm still not feeling like I can apply the attention and energy I want to toward my coaching work. And leaning into that. And so it's like, there's part of me, that feels like that. This staying busy with cooking is keeping me safe to show up there, but it was this. I just feel ineffective at everything piece that really stood out.

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Yeah, I'm so glad that's coming through that feels important not to say to give up the cooking work, we love it, we saw on the practicum there's so much there for you. But it's like those two things can live side by side, right? You wanna do the cooking. And also, there's a part of you that is such a coach and wants that to write. And I just really want to reflect that back that I see that in you, and how skillful you are, and how that is so much who you are as well.

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I can't even tell you like how big it feels to receive that right now. Because I think sometimes it's like I know it. And I also am afraid to believe it and trust it. Yeah,

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I hear you. I've been there and still get there sometimes. So I get that I want to normalize that. And I'm glad that there are parts of you that know that. And I want to encourage you to practice leaning into those parts over the next few weeks. Right from those parts. Right the truth that you know from the parts of you that know what a coach you are. You more wants to come through there.

2:43:05

I really loved this piece. And thank you for that. I just know that we're at time. The piece and I think so many of us resonated with what Nina shared my value and worth is not dependent on my clients results. That really rang true and yesterday I had the experience of delivering food to this one client who is

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Julie, I'm gonna cut you there because we have one minute left and I need to hear it. Maybe when we're done. Thanks. Thank you. Thank you. Okay, two important questions before we wrap up. First one based on everything that came through today, what is one outer action step that you want to commit to this week, maybe something stretchy? What is one outer action step that you want to commit to this week? You feel inspired and ready?

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If you want to share in the chat, I'd love for you to share. But first let me ask the second question, which is what is one of hopefully you're taking away a lot from these three hours. What is one or two of the most important things that you're taking away? Just write those down for yourselves for integration. Whenever one or two of the most important pieces that you're taking away

2:44:59

okay, So we are at time I'm gonna officially pause us but I'd love Julie, I want it. If you have another minute or two, I want to hear the rest of what you were sharing, and anyone else that wants to hang on if you want to share as well what you're taking away or what your action step is. I'd love to hear it as well. And if you got a run, I'm sending you a big hug, and I'll see you next week.