

Being in the Mystery

Starting Unit Three

Sacred Depths Program: Macro-View

Unit One

Foundational
Coaching Skills

Unit Two

Tools for Navigating
Obstacles & Fears

Unit Three

Deep Wisdom
Techniques

Supporting organic, aligned flow

➤ Challenge

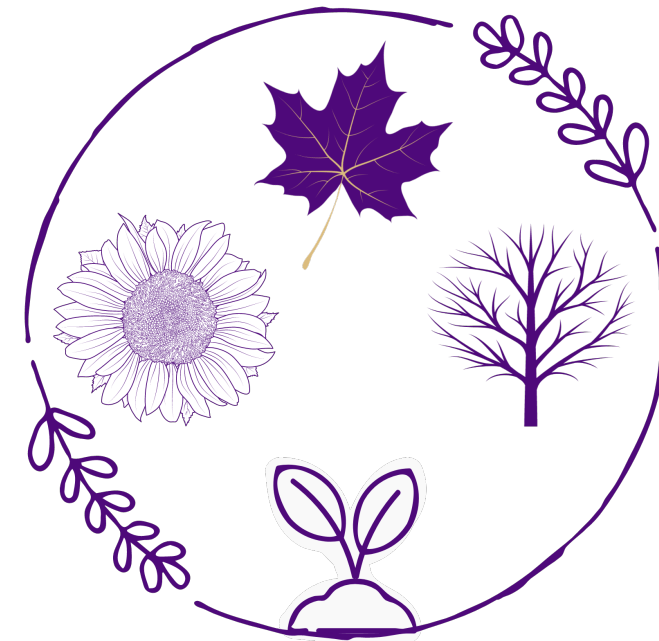
Cultural conditioning to
achieve, achieve, achieve

➤ Risk

Being a push coach

Solution

Honoring the cycles and seasons



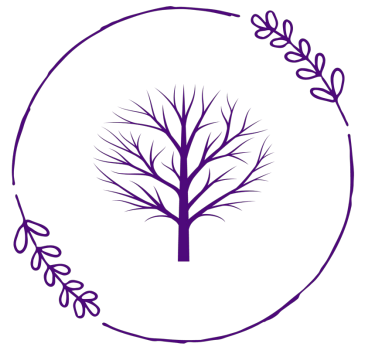
Understanding Cycles



*It is important to understand
& honor the natural cycles*

- **Spring**
New beginnings, seeds being planted
- **Summer**
Growth phase, being persistent and consistent
- **Autumn**
Harvest, savoring what was accomplished
- **Winter**
Rest, letting go, not knowing

Winter Phase



What is a Winter Phase?

- Can look like a sabbatical or break
- Releasing something fully (ie: a program, relationship)
- A grieving period
- A resting period

Importance of Supporting a Winter Phase

Without a needed winter, our clients could end up:

- Taking misaligned action
- Getting over-tired
- Becoming so restricted, they don't have room for new things to come in
- Could settle for what's not right, instead of receiving the ideal

Why is it hard to be in the mystery?

- Can be fear of change
- Fear of the mystery itself
- Addiction to clarity
- We may fear the still moments for what could come up (fear, anger, etc)
- Fear of letting others down

Application

"The greatest healing and visioning can happen in the mystery, if we are willing to sit with the unknown"

Practitioner Tools

- Create awareness
- Honor what needs to be released
- Hold powerful spaces

Winter Wisdom

- For spring to come, winter is needed
- The best visioning can happen in the mystery -- when anything is possible and we don't have to fit into a box
- The spring always comes
- Better to have less, and have it be aligned than to have more that is misaligned

Practitioner Tips

- Coach the WHAT based on the WHO
- If we get too attached to outcomes, we may miss the signs that it's time for a winter
- Keep in mind that there is always more than one way to read a goal