



Sacred Depths Certification

Tools for Supporting Clients in the Mystery Resource Sheet

“ *The greatest healing and visioning can happen in the mystery, if we’re willing to sit with the unknown.* ”

Things to remember as you hold space:

- Coach the WHAT based on the WHO
- For rebirth to happen, death has to happen first (i.e., we don’t get to Spring without first going through winter)
- When things are full, the Universe doesn’t see a place to give more.
- Spring ALWAYS comes
- It is better to have less, and have it aligned, than to have more that is misaligned.
- Grief is normal, natural, and necessary. And grieving doesn’t mean everything will fall apart.
- At the end of the day, the client’s health and well-being is more important than anything more they’ll potentially create.
- Sometimes, it’s easier to think about letting go as giving it up to Spirit, which can feel more like a surrendering. Sometimes, surrender is easier for a client to access than letting go.

TOOLS TO USE

The most important is to have no attachment to client’s outcome.

1) Create awareness

Struggles a client is having may be around whatever might need to be let go.

2) Do a little more consulting

This is mostly sharing about seasons and where culture puts an emphasis. Can also share spiritual truths.

3) Honor what needs releasing

See how it has served and the learning or the good they got from it.

4) Hold space for grieving

- Trust that both you and your client are strong enough
- Acknowledge the pain, the loss, the grief. Hold space for whatever emotion wants to come up.
- Give permission to grieve
- Hold space in session and recognize grief needs space. Encourage client to set aside time as needed in-between sessions.

5) Ask a question

- What's a triumph story you have around letting go?
- What's a triumph story that you have around not knowing?

6) Define things afraid of losing

- What's your definition of abundance?
- What's your definition of success?
- What's your definition of happiness? Of love?

When client comes up with a definition that's true to them, really aligned for them there is more motivation to let go of what needs to be let go and/or to step into mystery.

7) Clarify values and priorities

Support client to identify what they really want from life.

8) Acknowledge inner resources

Everything they have no one can take away from them.

9) Challenge cultural norms

Specifically, those what feed into the denial of winter (like meritocracy)

10) Make time and space for self

Homework

- Craft 3 journaling questions, based on what came through for you today, and journal on them.
- Journal a dialogue with or channel the mystery to see what the mystery wants to tell you. Channel the voice of mystery and ask it questions.
- If working with clients, make a list of them. For each one note where in their life they are ready for a winter phase or to let go of something.
- Practice partner: Set an intention around exploring one of these topics: letting go, winter season, or being in mystery.