



## Overcoming Judgment Through Expansion: A Coaching Technique

Visualize your consciousness like a bubble or an energy field that surround you. When you are stuck in your intellect, in emotional duress, judging others in a critical fashion, or stuck in our own pain body, your consciousness field closes down. What you want to do is expand it.

You do this by connecting first with your heart center, and then visualizing your consciousness expanding out from your body and beyond, including beyond the thought or emotion you are caught in. Visualize and feel your consciousness expanding so that it holds the thoughts you were just having within itself, just like a vast cocoon.

Notice that when your attention is focused on expanding the energy field your mind is no longer able to focus on the judgmental thoughts or the pain body that you were just enmeshed in.

You can visualize this field of consciousness as wholly loving in nature. This connects your consciousness to the Infinite Consciousness or Mind, which is always receptive to expanding fields of human consciousness. Your field of expanded consciousness then becomes the nesting place for your mind—it has a new 'home' to settle into—rather than into the thoughts or emotions you were just experiencing.

Notice then, what new thoughts arise? They will very likely be reflective of the expanded mind rather than of the smaller, closed down, judgmental mind. Do you see how this works?

You can make this like a game. In each moment, when you feel your mind close down in judgment or become restricted in some way, bring your attention to the field of consciousness that surrounds and inhabits you, and expand yourself within it, making yourself as vast as you can. Expand it out all the way to the Divine Center if that helps, and notice again how your thoughts and energies change for the better when you do.

There is no situation in which this kind of expansion would not help, as it opens you up, making higher mind thought available.

For more resources, visit:

[www.centerfortransformationalcoaching.com/transformational-coaching-resources](http://www.centerfortransformationalcoaching.com/transformational-coaching-resources)

\*feel free to share this resource with attribution\*

Now, try it. Sit for a moment, expand in consciousness, and allow it to cocoon any thoughts that come into your mind, regardless of what they are. Stay connected to the expansion by feeling it and allow your mind to rest in that space.

When you coach, you can do this before, during, and even after a session, for it is enabling you as a coach and also the person with whom you are working. In the field of consciousness all is connected, and they will receive benefit from your expansion efforts.

For more resources, visit:

[www.centerfortransformationalcoaching.com/transformational-coaching-resources](http://www.centerfortransformationalcoaching.com/transformational-coaching-resources)

\*feel free to share this resource with attribution\*