

Session #9 Outline

Use this template and the client handout to help your client unlock his or her PERSONAL POWER.

1. What's Going Well

Continue the ritual of beginning your sessions by focusing on what's going well.

2. Challenges/Coaching Around Obstacles

Coach on challenges if necessary.

3. New Information: What Wants To Be Nourished?

COACH: Ready for something new? Today I want to introduce a concept called gut wisdom. There is an intelligence in your gut. Everyone has a gut wisdom. We're tapping into our natural intuition here. Intuition is our trust in what we already know to be true.

We have been taught not to trust this wisdom. We've been taught to outsource our intuition and doubt our own, but the truth is that you are your own best health expert. You are the authority of what your body needs. When we tap into this gut wisdom, we learn how to take care of ourselves. My intention is to help you listen to that gut wisdom. Have you ever heard people say, 'Listen to your gut?' That's what we're talking about with gut wisdom.

Two weeks ago we did some conscious breathing, then last week we talked about a new perspective on pain and excess weight in the body - that's its stored energy or stored creativity waiting to be released. Today I want to go deeper with that and explore exactly where stuck energy lives in your body. How does that sound?

CLIENT: [responds]

Before we continue, make sure you have the handout in front of you titled "Post-Meditation Journaling Exercise".

Let's begin. We'll connect to our gut using the breath.

We're going to get into an optimal healing state. When we are relaxed our genius emerges. Loving intelligence emerges. We make better decisions. We'll access this optimal healing relaxation state using the breath.

This is called Ujayi breath. So it's going to sound like the ocean or like a Darth Vader breath.

(Demonstrate loudly.)

Close your eyes. Take a comfortable seat, sitting tall, but not straining. Relax your face. Un-crinkling your forehead and your scalp. Place both hands on your belly and slowly take a deep breath in, letting the lungs fill up. Lift the chest and soften the shoulders back down if they came up. At the top of your breathe pause, and now slowly, with control, exhale through the nose.

And, again, go ahead and inhale, filling the whole body with fresh breath, keeping the face relaxed, allow the shoulders to melt down the back. At the top of your breath, pause, and now slowly, with control, exhale.

Keep this breath cycling. Notice if the breath gets stuck. Where does it get stuck, what is that sensation? Just notice that and let it go.

Relax the jaw and turn the corners of the mouth up in a slight smile. Recognize the opportunity to expand with your breath. Inhale and exhale. Slow everything down. If your mind is distracted, that's okay. Just bring your focus back to your breath, back to your body.

If you are confused, you are in the right place. Confusion is our teacher. This is not about doing it right or wrong, there's nothing to figure out, it's just about being present with yourself, connecting the mind and body as one in this moment.

Nowhere to go, no place to be. Just listening to your breath. Inhale and exhale.

Keeping the eyes closed and the gaze within, ask yourself, 'What wants to be healed right now? Scan the body from head to toe. Where do you feel tight in your body?'

Trust whatever comes to mind... What wants to be healed? Keeping the eyes closed, put one hand on that place of your body that feels tight.

Healing only happens in a relaxation state. You can't heal in a stress state. It doesn't even make sense. So breathe into the place that feels tight. Unblock the tension using your breath. Imagine the breath creating a cleansing spaciousness in that area. Open the body using your breath.

Focus your awareness on that spot now. What are the thoughts that come up when you focus your attention there? What is the story behind that pain or tension? How has it affected your quality of life? What role does it play in how you identify yourself? If you were going to describe that tension with an emotion what would it be? Anger, frustration, rejection, disappointment?

Take a deep breath to the count of 5. Inhaling 1, 2, 3, 4, 5. Hold it at the top and exhale for a count of 7: 1, 2, 3, 4, 5, 6, 7. And again, inhale... Good. So your exhale is a little longer than your inhale. Inhaling for 5 and exhaling for 7.

Keep the breath circulating. Steady rhythm in and out through the nose.

Research has shown that strong emotions cause changes in the biochemistry of the body. Simply said that your biography, or your "story" creates your biology. What is the story you identify yourself with? Is it a wound or an empowering story?

Our story creates our biology. Fear or stress, when it's chronically felt and experienced, slows metabolism, increases depression, and influences our overall well-being. Bring your awareness to your breath. If you can, try focusing on that spot right between the eyes.

Your thoughts create your life. They set the ambiance for what you experience. What you put out comes back to you. When you think only negative things, you manifest that. So as you breathe, inhale fresh thought, fresh possibility. And as you exhale let go of self-judgment, the inner critic and thoughts that no longer serve you.

I like to tell my clients deep breaths are inspirations. Each inhale is fresh possibility, new perspective, inspiration. You can get unstuck in any moment by changing the quality of the breath. Take a few more breaths just like that. Inhaling fresh inspiration, fresh possibility, and exhaling judgment and worry.

Return to your natural breath. When you are ready, slowly open your eyes.

You have the handout titled Post-Meditation Journaling Exercise in front of you. Use that to write down anything that came up for you.

What, if any, negative thoughts hold you back from your life or from loving yourself and your body?

4. Experiential Exercise Related To Content: Post-Meditation Journaling Exercise

COACH: You have the handout titled "Post-Meditation Journaling Exercise" in front of you.

Use that to write down anything that came up for you. What (if any) negative thoughts hold you back from your life or from loving yourself and your body?

What is the emotion associated with this thought? Anger, jealousy, betrayal, disappointment, loneliness?

Where does this wound come from? Is it something you were told as a child? Whose voice is that or whose voice does it sound like?

What was the positive intention they had for you? For a moment let's assume that they wanted something positive for you. Every act has a positive intention. It might not always seem that way, but what might they have been wanting for you in their heart of hearts? What was the positive intention they had for you?

Let's take a couple minutes here and just go ahead and jot down any thoughts that come up for you in completing this journaling handout, where you feel it in your body, and how is your relationship with your body a mirror of your relationship with your life or circumstance? Our outside world is a reflection of our inside world, so how is your body a mirror of your relationship with your life?

We'll be talking more about that in just a moment. Take two or three minutes here and now just to do some journaling on the Post-Meditation Journaling Exercise sheet.

OPTIONAL: Woundology Handout

- Once your client has written down what came up for her and you've discussed it, then you can see if she's holding her personal power in a particular area of her body.
- If she is, refer to the Woundology handout, and you can ask your client the question that's listed next to the body part that's affected.
- For example, if your client is experiencing digestive problems, you can ask "So I'm curious - what ideas, beliefs or experiences are you having trouble digesting? What can't you stomach?"

Transforming Old Wounds

COACH: Let's move towards transforming these thoughts and old wounds. This may not happen overnight. Your body has good reasons for clinging to these wounds.

We can start this unraveling now. You already made the first step, which is to tell the truth. This is a magical healing tool. Notice where you hold back from telling the truth in any situation, at the dry cleaner's, at work, to your spouse, just telling stories.

So, Step 1 to transform these thoughts and old wounds is to be honest with yourself and others about what you truly want.

Step 2 is to forgive. Who do you need to forgive to heal that wound? And, remember, you're honoring Step Number 1, which is to be honest. You've gotta be radically honest here. And you won't like this at first. Your mind will say, 'Yeah, whatever,' but the heart still feels victimized.

And there are probably just as many people in another coaching program or workshop trying to get over you. Place your hand on that spot again that you focused on in the meditation. Breathe into that spot.

Who do you need to forgive to liberate yourself from that pain? Forgiveness is the key to liberation from being a victim. It doesn't make the other person right. It doesn't condone their behavior but it puts you back in control of your thoughts and feelings. It frees you from the imprisonment of that pain. This is a choice.

Step 3 is gratitude. When you have an attitude of gratitude, your life is already abundant. Focus on what you have, not what you don't have. Notice this is the same strategy we have with food. Focus on what you get to eat, not on what you don't. This is abundant thinking.

When you focus on what you do have and love what is currently in your life, you open yourself up to have more of what you love. Take a moment now to think of five people or things that've happened to you or that you've met that you are grateful for."

CLIENT: [Let the client respond and share her 5 people or 5 things.]

COACH: Excellent. Thank you for being so open. Has anyone ever told you that you are highly intuitive?

[Remember everyone is intuitive, we've just forgotten!]

COACH: So I have some homework questions for you to complete. I'd love if you could do this today or tomorrow while this is fresh in your head. It will take about 7 to 10 minutes. Can you do that?

CLIENT: [responds]

COACH: Great. The handout called Personal Power Homework.

Set aside 7 to 10 quiet, uninterrupted minutes and complete your answers to these questions. You'll want to bring these answers to our next session.

Let's review that handout quickly, just to make sure you understand the questions and you will set aside time to complete this in the next 24 hours.

Some of the questions you'll see on that handout are:

- "What is one area of your life that you would want to create something new?"
 - So, we are now moving away from a stuck, static state of where you were before and moving more towards your desired state, or what you want.
 - Where you focus your attention is very important, because where you put your attention expands and grows. What you appreciate appreciates.
 - If you have attention on your stuck state, you're gonna get more stuckness, you'll actually look for evidence everywhere you go that you are stuck or unlovable or wrong, or don't measure up or don't belong.
 - So with this question we're putting your attention an area of your life where you'd like to create something new.

Next question:

- "What is one thing you need to let go of in order to create that new thing?"
 - Transformation is a continual process of letting go. We always have to let go of something in order to change.
 - You have to clear out the old furniture before you can buy new furniture or you just get clutter.
 - So, what is one thing you need to let go of in order to create that new thing?

Third question:

- "Who do you need to forgive in order to fully let go and reclaim your power?"
 - Often we need to forgive somebody else, a perpetrator in our lives.
 - Sometimes we need to forgive ourselves.
 - Whichever it is, who do you need to forgive in order to fully let go and reclaim your power?
 - What is the risk in letting go of this story? In other words, who would you be without this story?

Next question:

- “What new perspective can you have on yourself or your life that gives you freedom to grow?”
 - Now we’re envisioning another possibility. We’re opening up to more.
 - Now, if the client says, “Yeah, but I can’t really envision that, because I have all these conditions that keep me stuck,” then as the coach your job is, for each condition that the client feels is keeping her stuck, ask *“What if the opposite were true? Let’s feel into what that would be like.”*
 - For example, I used to deprive myself of going to yoga because I thought it was selfish to not be spending that time with my kids or making dinner for my husband. But what if the opposite were true? What if it’s even more selfish to not go to yoga because everyone is then getting the exhausted, grumpy, depleted version of me instead of the BEST version of me?

Next question:

- “What new attitude can you adopt that supports your best life?”

So, those are the homework questions. Will you commit to completing these in the next 24 hours?

5. Action Steps

1. Personal Power Homework (take 7-10 quiet minutes to complete in the next 24 hours, bring to session #10)
2. Remind your client of any previous actions you would like them to continue or uplevel.

6. Aha’s, Appreciations, Insights About This Session

Remind the client that session #10 is next week.