

How To Deliver Session #9 Of The 90-Day Total Transformation Health Coaching Program

Let's dig in!

You just completed session #8 with your client, which used the wheel of life exercise to help your client discover what wants to be nourished in his or her life.

In Session #9, you're going to help your client unlock his or her unclaimed personal power using an effectual meditation and a methodology called "Woundology".

You'll begin the Session #9 with what's going well, so you're continuing the ritual of beginning your sessions by focusing on what's working.

You'll also check in on any challenges your client may be having and coach on those if necessary.

What I love about repeating this structure in every session is that the format becomes familiar which puts the client at ease, knowing what to expect in each session.

This relaxes the parts of their brain that tend to be on alert - ready to fight or flight at any moment.

Even if you haven't told them, "This is what I do first and second or third in the session," they will organically or naturally start to feel that there is a structure and that you are holding the space of this structure. And that allows them to relax so you can go even deeper.

After what's going well and challenges, you'll go into your new content for this session. So as the coach you'll say to your clients....

"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."

A few weeks ago we did some conscious breathing, and in our last session we talked about a new perspective on pain and excess weight in the body, that it's stored energy or stored creativity waiting to be released.

Today, I want to go deeper with that concept and explore exactly where stuck energy lives in your body. How does that sound?"

The client will say, "Great."

"Okay. Pull up the handout called Session #9 Post-Meditation Journaling Exercise".

You'll find this handout toward the end of the Session #9 Outline.

When you're doing this with clients, you'll either hand that handout to your client if you're working in person, or you'll make sure you send it to them prior to the session if you're working on the phone.

Now, this is one that really works great with groups as well. I've done this many times, and it makes for really juicy, deep conversation.

COACH: *"So, 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, this loving, intelligent state, this better decision--making state using the breath.

This is called Ujayi breath. It's going to sound like the ocean or like a Darth Vader breath. I'm going to demonstrate that for you as loudly as I can.

[Breathes in and out] *You'll breathe in the back of the throat between the nasal passage and the throat. Go ahead and 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 breath, 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 this is challenging. 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 muscles. 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 is 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. 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, one hand on that place, wherever it is, that place in your body where the breath does not seem to reach or tension has accumulated, pain is stored, that place of your body that feels tight, and breathe.

Healing only happens in a relaxation state. You cannot heal in a stress state. It doesn't even make sense, so breathe into the place that feels tight. Unlock the tension using your breath. Imagine the breath creating a cleansing spaciousness in that area. Notice with each breath how you can breathe a little more spaciousness into that tight area.

What are the thoughts that come up when you focus your attention on that spot? Notice those spots. What is the story behind that pain? 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 pain or that tension or that tightness, if you were going to describe that tightness with an emotion, what would that emotion be? Anger, frustration, rejection, betrayal, jealousy, envy, disappointment? What would that emotion be?

Notice.

Take a deep breath to the count of five, one, two -inhaling through the nose - three, four - drink it in a little more - five. Hold it at the top. Draw the shoulders down and exhale for one, two, three, four, five, six, seven, all the breath out. And, again, inhale, one, two, three, four, five. Sip it in a little bit more but keep the shoulders drawing down the back.

The belly draws in and up. Relax the face and exhale, one, two, three, four, five, six, seven. Keep that breath circulating, steady rhythm, in and out.

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 is it an empowering story?

Our story creates our biology. Fear or stress, when it's chronically felt or experienced, slows metabolism, increases depression and influences our overall wellbeing.

Bring your awareness to your breath. If you can, try focusing on that third eye, that spot right between the eyes.

Your thoughts create your life. They set the ambience 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 thoughts, fresh possibility, and as you exhale, let

go of self-judgment, the inner critic, thoughts that no longer serve you at this stage of your evolution.

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. 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?

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? What did they want for you in their heart of hearts?

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?

And 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.

We'll take another minute.

So, coming on back, you'll notice that one of the questions was, "Where do you feel it in your body?" and during the meditation actually put a hand on the place where tension was stored. This is a really cool concept from the work of Carolyn Myss and Louise Hay called woundology, and you have a handout for that. It's right after the Post-Meditation Journaling Exercise in the Session #9 Outline, and it says, "Woundology: Where do you feel stuck in the body? Releasing personal power."

So we wanna find out where was the client experiencing tension, where do they feel it in their body and how is their relationship with their body a mirror with their relationship with life or circumstance?

Once your client has written down what came up for her and you discussed it, then you can go a little bit deeper into the particular area of body where she may be storing personal power.

For example, if your client is experiencing digestive problems, you can ask, "I'm curious. What ideas, beliefs or experiences am I having trouble digesting?"

And you'll see those questions for each place on the body on the Woundology handout.

There is a question that we can ask to open up dialogue where the client is storing personal power.

So, let's say the client is experiencing fatigue: "What in life is wearing me out and making me sleep or shut off? What is wearing me out?"

Neck pain:" "Who or what is being a pain in the neck?"

Being overweight: "What do I fear most and how am I surrounding myself with layers to protect me from what I fear?"

Often weight gain is avoiding something. Probably many of you know that already.

Skin problems: "How is my boundary between myself and the world around me in need of development and strengthening?"

Throat problems: "What am I not speaking the truth about, or where could I be more honest with myself? What wants to be said?"

And you'll thank your client for sharing their truth. One of the most incredible tools we have for healing is telling the truth.

Now, you're going to help your client move forward and transform old wounds. So, how do you do that? Well, you start out with....

"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."

I'm planting the seed that there is more work to do here, and that we can help the client now.

"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 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."

Let the client respond and share her 5 people or 5 things. And after the client responds, you say....

"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, so we're just reminding them! And you coach will say....

"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? 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."

This Personal Power Homework handout is on the last page of the Session #9 Outline.

"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*
 - *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?

COACH: *“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?”

Complete the session with action steps, which are the Personal Power Homework and any action steps the client’s continuing or up-leveling.

Finally, have them share their aha, insight or appreciation about this session. Enjoy practicing Session #9 in the Skills Lab!

And before you go, leave a comment and let us know – ***which part of Session #9 is most interesting to you?***