

Module Four - Clean Language for Coaches Advanced

Transcript - Modelling "A Very Strong Gut Feeling"

<p>So, shall we start with what would you like to have happen?</p>	<p>Give you a bit of context...developed a nice 'soloprenuer' coaching practice. All very good, and for about a year now I've felt that I'm drifting a bit.</p> <p>Made myself very comfortable, built a small network of my own associates, largely pass small projects on to. Don't take individual clients anymore because I am travelling too much.</p> <p>All nice and comfortable, and I don't know if it's the best use of my talents and my knowledge.</p> <p>It's still a bit fuzzy. All around the issue of more clarity and what are my next steps and how can I really engage my talents and integrate and approach to my whole life.</p> <p>It's a bit wide. I suppose it's about clarity, where am I moving to.</p>
<p>When you think about engaging your talents and integrating that in your life, what would you like to have happen?</p>	<p>I would like to...what keeps coming up, I would like to have a very strong gut feeling about what it is that I need and want to do next</p>
<p>What kind of gut feeling is that gut feeling?</p>	<p>The image I get is that there is something in my solar plexus that is like a guiding shining light, expanding from right here... It's not a flashlight, too small. It's like when you see pictures of old Harry Potter-ish trains, huge light, something like that. There would be no doubt in my mind wherever that light is shining, that's where I need to go.</p> <p>I'm realising that of course the light goes wherever I go so I know where I want to shine my light on to.</p>

Module Four - Clean Language for Coaches Advanced

<p>And it's like one of those lights on a Harry Potter train. Is there anything else about that shining light?</p>	<p>Something that seems important about this idea that it's connected to me and it's moving when I'm moving. And the understanding that no one can move this light for me and I have to move this light.</p> <p>Just getting the image of a light installed in me and cables that are connected to different points inside of me. So, the direction...or energy...? It's not disconnected to who am I am. There's a cable that goes to my brain, my heart my gut... all the chakras are connected, all culminate in that light.</p>
<p>What kind of connected is that connected?</p>	<p>At the moment the image I have is...there's something solid about it, you have the wiring which is the cables, plastic coating, the connections are metal. Brass. Very sturdy. Connected to sources of little fluffy light bulbs</p> <p>The brass connector are taking the energy from the little fluffy light bulbs and connecting it to the guiding light.</p>
<p>What kind of energy is that energy?</p>	<p>Something that is true for me. Taps into a knowingness that is part of me and also something bigger</p>
<p>Is there anything else about that knowingness?</p>	<p>It's kind of there. There is this knowingness field, that's there and I can tune into that.</p> <p>Less about doing something and more about receiving it.</p>
<p>That's a 'knowingness' like what?</p>	<p>I'm enclosed in this capsule of light and it's like...it encloses me, at the same time like a capsule, like a pod of a plant, and everybody has these capsules, and the capsule are hanging from the sphere of that light, We're all connected to this bigger field. Looks a bit sci-fi. The capsules somehow feed into my little fluffy light bulb. There's something</p>

Module Four - Clean Language for Coaches Advanced

	<p>isolated about it...and something really connected about it. Everyone connected to the same field of knowingness.</p>
<p>Is there anything else about connected?</p>	<p>There's a sense that I can move in this capsule, I can steer it or direct it. Seem to be some of other people that I find more attractive. I'm moving more towards certain people and away from other people.</p>
<p>And is there a relationship between the capsule and the Harry Potter light?</p>	<p>The big Harry Potter brass framed light in my chest is like me inside my little pod or capsule, it's transparent, translucent, like see-through plastic. So I can shine from within that pod or capsule. And with my light, and my choice I can also attract other capsules to me. Like a tractor beam.</p>
<p>Where could that Harry Potter light have come from?</p>	<p>It's feeding from the light centres in me, connected to my little capsule. At the moment it feels as though it's just there...</p> <p>Now I see something new, there a light switch next to it. Like a big lever that I can pull down and the light is off and push up and the light is on. Actually a really powerful light. And so far I've been playing around with it in the bottom half. It's flickering. I have to make that choice of really switching on the light.</p>
<p>What kind of choice is that choice?</p>	<p>Feels a bit scary, there's some heaviness associated with it. I'm scared of, if I switch on the light I could attract all these things...sounds like a lot of work.</p> <p>That choice. I'm afraid I will get into a situation where I say "why did I switch on the light...why didn't I stay in the pod and flicker every now and awhile?".</p>
<p>When you're feeling scared...what would you like</p>	

Module Four - Clean Language for Coaches Advanced

<p>to have happen?</p>	<p>I would like to feel light about it. I again see that light right here. The sentence I have in my mind is not make such a big deal about it. The light when it's on produces something that needed to happen anyway. No point about complaining about it.</p>
<p>And what needs to happen for you to feel light about it?</p>	<p>I need to trust that I have the energy to handle all that which needs to happen?</p>
<p>And can you trust that you have the energy?</p>	<p>Not entirely right now. Just sort-of. Not quite enough trust there.</p>
<p>And what needs to happen for you to have enough trust there?</p>	<p>I need to be more rigorous about my space. Protecting my space, in an energetic sense. It has something to do with being even more clear about what it is I do and don't do. Where am I directing my light? It's about space to think.</p>
<p>And what needs to happen for you to be more clear about where you're directing the light?</p>	<p>It's about making mental space for clarity to even have the opportunity to emerge. . I'm cluttering myself with stuff to do. Then I get into this feeling of "It's too heavy", doesn't feel light anymore. I need to re-centre every once in a while.</p>
<p>And can you re-centre every once in a while?</p>	<p>Yes I think I can.</p>
<p>What needs to happen for you to re-centre every once in a while?</p>	<p>I need to be more rigorous again with my meditative practice. Need to re-connect with that. I'm going away in August. In Berlin for a very long time. Set the intention for first three weeks set the intention to not work. Not do anything. I'm not very good at not doing anything. I felt it's about giving myself permission to be really lazy, and doing whatever I want to do in the moment.</p>

Module Four - Clean Language for Coaches Advanced

<p>Can you give yourself permission to be lazy?</p> <p>And what needs to happen to give yourself permission to be lazy?</p> <p>Would that be a good point to stop?</p>	<p>Yes.</p> <p>Nothing else. I've been a good girl. It's about easing into the not-doing stuff. Managing the transition, maybe it would be nice to have a transition ritual.</p> <p>One nice thing would be to set the intention with my partner that there will be a point that maybe on the afternoon of the 10th a certain time we will finish the packing etc. . that we'll have a really lovely afternoon, go out to movie, ...not entering the plane stressed out of our minds.</p> <p>Yes, that feels good. I like that.</p>
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