

Session 3 – Feel the Energy

Expand Awareness

In IF Method Step 2 you will become aware of thoughts

In IF Method Step 3 you will become aware of physical sensations (aka feelings)

And you will see how these experiences are connected.

Overwhelm

What Overwhelm Really Is

- Overwhelm is resisting feeling a physical sensations in the body
- The experience of overwhelm is too much feeling - it is a breaker switch that cuts off body awareness -
- I don't know = I'm not connected to the energy in my body = I am overwhelmed
- The optimal state for powerful action is when feelings (intuition and body wisdom) and thoughts (reason and logic) are aligned.

Question: What is the experience of overwhelm like for you?

Question: How do you interpret the notion that "I don't know" means you are "disconnected" from the feelings in your body

Your Body is an Energy Pipe

Your instructor will share a few thoughts about how your body is an energy pipe

Your body is like a pipe that energy flows through. The size of the pipe expands throughout your younger years and you can continue to expand it as an adult through exercise. Most life experiences stir up very little energy so it flows right through us. But some experiences – especially when we are young but occasionally as an adult too – cause BIGGER energy than we can handle at that time so we “go into overwhelm” and the energy gets stored in the body.

Types of overwhelm

Your instructor will share a few thoughts about different experiences of overwhelm

"too much information" overwhelm

"too many choices" overwhelm

Why expand the capacity to feel

Expanding the capacity to feel is like expanding the size of your pipe. More can flow through without getting stuck.

Question: What would be benefit to YOU of expanding your capacity to feel?

Inner Freedom Method Step 2: Use Judgment-free Awareness

Notice your thoughts with judgment-free awareness

Inner Freedom Method™ Coaching Playbook

After you have your player create the scene they are replaying or pre-playing, you ask them to notice their thoughts and share them with you.

This is the part of the method where both you and the player begin to become aware of what is going on in the players thoughts during this critical moment. This is where you both start getting clues about why it is so challenging.

Emphasizing judgment-free awareness is essential because most people tend to dismiss their own thoughts when they start with the method. Or they may be embarrassed by their own thoughts and not want to share them. As the coach you need to cultivate a safe space for deep and vulnerable sharing to occur.

Question: How can judgment-free awareness improve your relationship with your mind?

Inner Freedom Method Step 3: Feel the Energy in Your Body

In this session we will go deeper into the Body Scan portion of the method with the purpose to help our player expand his/her capacity to feel. This will greatly reduce overwhelm, expand awareness and increase power.

- The simple explanation is that you will shift from resisting the uncomfortable physical sensation to simply "allowing" it to be there.
- For MANY people this will be the first time they attempted to focus on the "uncomfortable" feeling rather than the natural response which is resist or avoid it.
- Your coaching presence with them makes a HUGE difference in their ability "stay with it" when their habit - since forever - is to NOT feel it.
- Often your player will have several different sensations. Ask them to choose the one that is most intense.

Question: What are your questions about feeling the energy in the body?

Inner Freedom Method™ Coaching Playbook

Coaching Outline for Session 3

Go quickly through steps 0 and 1: Identify the moment to pre-play / replay

Go into detail in steps 2 and 3: Judgment free awareness of thoughts and feeling the energy in the body.

Go quickly through step #8: Create a new picture

1) Replay the critical moment

1a) Choose The "moment" to focus on

ASK: *What "moment" do you think we should focus on right now?*

SAY: *OK let's make sure we are clear on what is happening and not happening.*

ASK: *The activity that you are struggling with is X?
And when you do X (the action), what do you want to have happen?*

{Listen: It is important that you are both clear about the action and the intended results.}

Find a RECENT or FUTURE example to replay

ASK: *Can you recall a recent example of the action or avoiding the action?*

If there are several...

ASK: *which one was the most intense?"*

if they cannot recall a specific example...

ASK: *can you simply imagine yourself doing the activity in the future using visualization?*

1b) Start the Replay Technique

Ensure a Safe Space

ASK: *Are you in a place where you can safely close your eyes?*

Assuming they say yes...

Start the Visualization

SAY: *close your eyes, breath naturally, and take a few moments to create the scene.*

ASK: *Can you describe the scene for me?*

{Listen carefully and get into the moment with them.

Make sure you can "see" it with them based on what they are describing.}

Coach Note: Some people are more fluid with visualization than others. Let them dictate the level of detail they describe.

***** Next we will expand Step # 2 Using judgment-free awareness**

2) Use judgment-free awareness to Scan for Thoughts and Inklings

SAY: *Now we are going to look at the moment from several different perspectives.
Just keep breathing naturally; keep your eyes closed and we'll talk together.*

SAY: *It is very important that you **maintain judgment-free awareness** during this exercise.
You need to imagine that we are both looking at this situation as interested and caring yet detached observers. This will help us expand awareness more easily.*

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ASK: *Do you notice any thoughts going through your mind?
What are they?*

SAY: *Take your time. Continue to see yourself in the scene while being curious about everything that was going through your mind at that moment.*

Just wait and listen

ASK: *With the moment slowed down a bit is there anything else that you notice about the situation?*

3) Feel the Energy in the Body

3a) Scan the Body

SAY: *Now I want you to scan your body for physical sensations. Start at the top of your head and scan down to your waist.*

ASK: *What are you feeling in your body?*

Listen patiently and then...

If they feel several things (this is common)...

ASK: *Which sensation is the most intense?*

If they are not sure, just pick one.

3b) Feel the Energy (Allow it to be there)

Next we will guide the player through the experience of feeling the energy in the body – just allowing it to be there.

SAY: *Bring your full attention to the physical sensation. Feel into it as deeply as you can. You may notice some emotions coming up. Just let them pass for now and focus on the physical sensation.*

ASK: *Does the feeling have a shape? What is it?*

ASK: *Does the feeling have a color? What is it?*

ASK: *Does the feeling have a temperature? What is it?*

Be very affirming and open to whatever IS there.

SAY: *I want you to just feel this sensation for 30 seconds. I will time you. I will be here if you want to say something. I will let you know when 30 seconds is up.*

Stay fully tuned into them and just be there – keeping an eye on your watch.

3c) Debrief the experience – Listen for patterns

ASK: *What was the experience like?*

Listen carefully and be with them – they will often share lots of interesting things.

3e) Explore the meaning of the physical sensation as a “block”

Inner Freedom Method™ Coaching Playbook

ASK: What do you think the physical sensation is about?

ASK: What might it be trying to say to you?

9) Preplay the moment with new pattern language

SAY: OK. Now we are going to create a new picture for you to live into for the next game.

SAY: Close your eyes again for a few moments.

SAY: Now replay the scene the way you want it to be; imagine you have power, freedom and the capability to make the right moves.

(wait a few moments)

SAY: Now, see yourself getting the results you desire. See it turning out just right.

SAY: Open your eyes again and share with me a little bit of what you saw

Listen as they share about the new picture.

Conclusion) Create the NEW Game to play and journal

SAY: Our purpose was to create deeper awareness about your situation and the unconscious patterns at play and I think we accomplished that! Way to go!

SAY: I have an important exploration for you:

SAY: We are going to create a new game for you to play this week.

As you play the game this week, take a time out from time to time to NOTICE AND JOURNAL about the experience. Make notes about:

a) Physical sensations that buzz in your body as you resist the actions that are important to your game.

b) Notice thoughts that pop up while you are playing that are not supportive of YOU or playing well Notice these thoughts while you are not playing too

SAY: Ok, Let's create the game for the week

Coach Note: Create a game for the next time period. Make sure it includes the activity that you just did the replay on.