

Session 5 – Find the Perfection

Understanding Frustration and the shift from control to co-create

In this session your instructor will lead a dialogue about the transformational shift from control to co-create

Important Notes

The experience of Frustration

- Actions taken with unfulfilled expectations
- You are not sure what you should be doing while trying so many things and not getting results
- You keep going for it - you are not in apathy

*Question: What is the experience of frustration like for you?
Describe something in your life that is frustrating you now.*

Shift from Control to Co-create

The natural approach to any endeavor is to do what has worked in the past; to use your control. It has to be THIS way.

What are we trying to control?

- people- (and they want to control you too)
- the outcome
- circumstances
- the environment
- our own reactions / perceptions

When you attempt to control something that you can't control the result is frustration.

Co-create

Co create is when you are in the flow with what is happening in the world around you.

You have an overarching understanding that whatever IS happening, is serving your purposes in some way; EVEN when what is happening seems to be going against your purposes.

When you co-create with what IS happening you stay in the flow.

Question: Share examples of current frustrations and how you could interpret these experiences as a co-creation.

Understanding Perfection and being fully engaged and in the flow of right now

Understanding Perfection is essential to masterful coaching.

It gives you power in the domain of action and upgrades the way you Interact with the world

What does it mean to see the perfection in the situation?

You see what is happening as serving your intentions in some way.

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You see the BIGBER picture of how each moment in “your world” is a part of a bigger whole.

TRUST: there are many paths to your heart-based intentions; so even if what is happening appears to be a setback, it may prove to serve your intentions in a way that right now you cannot see.

In our play language we would say: When you are playing for a heart- based intention, the universe plays on YOUR TEAM

However, you have to know HOW the universe plays!

The universe plays BIG. So when it sees that you have the desire to play big, it will send you BIG challenges so that you can step up and become a big player

It will also send support, but you have to be willing to see it and receive it.

The universe will align to prepare you to become the person you need to be to manifest your intention!

Question: How is “what IS happening” serving you in your BIG game?

Question: How is the Universe preparing you to win your game with challenges and support?

Inner Freedom Method Step 7: Find the perfection in your situation through the balance of support and challenge

When your body is free and your mind is open you can then look at the current situation from the powerful framework of perfection:

Look at current challenges and see how they are serving you.

Look at the support that is around you especially support you are not allowing or not receiving.

IMPORTANT: If your player is facing a traumatic situation in the present moment, now is not the time to look for perfection.

Question: What questions do you have about finding the perfection in the current situation with your players?

Coaching Outline for Session #5

1) Replay or preplay the critical moment of choice

1a) Choose The "moment" to focus on

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

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

Find a RECENT example to replay or a FUTURE example to preplay

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

OR

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

1b) Start the Replay/Preplay Technique

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?*

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

SAY: *It is very important that you **maintain judgment-free awareness** during this exercise.*

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

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 from the top of your head down to your waist.*

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

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

ASK: *Which sensation is the most intense?*

3b) Feel the Energy (Allow 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: *Where is the feeling in your body?*

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

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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.

4) Scan for Memory Pops or Emotions

ASK: *When is the first time you can remember feeling this sensation in your body?*

Wait patiently. This may take a few moments. Listen carefully.

Dialogue as much as feels right.

SAY: *If you want you can tell me about what happened. But you don't need to.*

IF they don't have a memory pop, then...

ASK: *Did you notice any emotions?*

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

5) Find the Perfection in the SURVIVAL Intention

SAY: *When things like this happen we come to conclusions about life; especially ideas about how to survive the situation. And of course since you were young at the time, your capacity to understand was limited.*

SAY: *Typically these survival ideas involve keeping safe, staying small or fitting in. We call these "SURVIVAL Intentions"*

ASK: *What do you think was the "SURVIVAL intention" you came up with in that moment.*

Listen and dialogue together. This is a powerful conversation for them.

SAY: *These SURVIVAL intentions serve an important purpose in our lives.*

ASK: *How did this SURVIVAL intention serve you at that time?*

Listen. Often people are judgmental about their SURVIVAL intentions. Help them to see if from the perspective of the young person they were at the time. Remind them to use judgment-free awareness.

{Skip Step #6 this time}

7) Find the Perfection in the Current Situation

SAY: *next we want to look at the challenges you are facing. And instead of seeing them as problems, we will look at them as opportunities to become a better player. Whenever you make up your mind to play BIG, the universe will provide you with both challenges and support.*

ASK: *From that perspective, what are the challenges that you are facing and how are these challenges serving you right now?*

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Listen. This perspective takes some time. You may have to help them to see things from this perspective.

SAY: *often there is support around you that you are not seeing. The universe always provides support when it throws a challenge your way.*

ASK: *What support can you see if you really look for it?*

Listen. Again, you may have to point out support that they are not seeing. AS you have listened to them through this and other coaching conversations, you are probably aware of several ways that they are being supported

9) Preplay the moment with new pattern language

SAY: OK. Now we are going to create a new picture for your CORE intention to Play BIG that you can 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)

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.

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.

