

Session 9 – Create New Pattern Language for Core Intentions

Share Your Breakthroughs

In the Inner Freedom class, what constitutes a breakthrough?

Any time you or one of your players does the following...

You experience a memory pop that creates a big awareness.

You see the perfection of a survival intention that creates a DEEP understanding of who you have become and WHY!

You see the perfection in your current situation that creates a BIG awareness.

You take an action that was outside of your comfort zone (outside your band or allowed activities) WHILE feeling the energy in your body.

You co-create a result that had been eluding you.

You experience a feeling of judgment-free awareness for yourself or someone else.

Claiming and sharing your breakthroughs is a HUGE boost to your self-esteem.

Question: What is a breakthrough that you can share?

The Power of Metaphor

You have probably realized by now the HUGE influence that your non-conscious mind has on your moment-to-moment life.

Your body holds your emotional memories and survival intentions.

Your spiritual connection holds your desires to contribute and CORE intentions.

Note: The spiritual connection seems to exist in the space between our body and the world but it comes to you through your body.

The interesting thing is that the non-conscious operates in pictures not in words.

However the right words can capture the essence of the feeling in the body and provide a bridge; we call these phrases "Power Patterns".

So, it is very important to become fluent in "Power Language" and the best way to do this is by reading poetry! Yes, poetry. A great poem uses words in the form of metaphors to create a feeling experience.

The poems of Persian poets Rumi and Hafez are especially wonderful in this way.

Here are two of my favorite examples

The Guest House

"This being human is a guest house.

Every morning a new arrival.

A joy, a depression, a meanness,

some momentary awareness comes as an unexpected visitor.

Welcome and entertain them all!

Even if they're a crowd of sorrows,

who violently sweep your house empty of its furniture,

still, treat each guest honorably.

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*He may **be clearing you out for some new delight.**
The dark thought, the shame, the malice,
meet them at the door laughing and invite them in.
Be grateful for whoever comes,
because each has been sent as a guide from beyond.”
- RUMI*

The Bus and the Bus Driver

In class your instructor will lead a thought provoking conversation about the metaphor of the bus and the bus driver.

In the metaphor:

The BUS - is your super powers; your capabilities; your energy; (even tapping into your spiritual power to make a BIG BUS)

The BUS Driver - is your conscious mind - setting the destination of the bus

What are additional elements you could add to this metaphor and what would they represent.

Examples: what is the speed limit?, who are the passengers?

Question: What elements can you add to this metaphor?

Expand your ability to create new pattern language

This is from Step 6: Make your mind your ally

SAY: Now what we want to focus your mind on your NEW CORE Intention to play BIG

ASK: What is your CORE intention?

Listen. Also you can remind them.

SAY: Let's create a **short phrase** that captures the essence of your CORE Intention and is just one step beyond your Survival Intention. A way of being that is just one step outside of your current comfort zone?

You can keep exploring examples until you feel that they have one that feels right when they say it; This step is where you create new pattern language for the CORE Intention.

Coach Note: This is where they have now shifted from react to respond

The Short Phrase is the Pattern Language.
Let's explore this concept a little more

You want to find a phrase for WHO the player wants to become; It can begin by capturing what they see themselves doing.

When you co-create pattern language, it's not about finding the perfect pithy phrase. Just find an energizing phrase that starts the process.

Pattern Language:

- 1) A phrase that brings an experience to life.
- 2) It captures the energy essence of something/experience/place

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3) It is often a simple statement of capability. Eg.

I can ask for what I want.

I am allowed to win.

I can enjoy what I am doing.

Here are few steps to identify the Core intention pattern language.

Step 1) as your player is sharing about the core intention and who they want to become to create the new results that they desire. As they share, you listen for a phrase that seem to “light up” when they say it.

Step 2) You continue to dialogue with your player to hone in on one or more of these Power Patterns and then ask them to choose the one that best fits the current situation.

Important:

Watch out for “pipe dreams”: ways of being that are too perfect or too far off.

Also

Watch out for “affirmations”: attempting to make something true by saying it over and over.

These are not helpful when creating new pattern language.

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Coaching Outline for Session #9

Coaching Outline for in-class session

Note: From this point forward with your players you use the complete method with each of your players; or as much of the method as is needed in each session.

Today we will focus on Core Intention Pattern Language

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; even if you have discussed it before!*

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 Inklings

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

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.
Just allow it to be there.*

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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.

5) Find the Perfection in the SURVIVAL Intention

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: **Let's find a short phrase that really captures the essence of this intention.**

Listen and dialogue together. This is where you name the **Survival Pattern Language**.

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.

6) Make Your Mind Your Ally

ASK: *Can you see a connection between the thoughts you are thinking now, and the emotional energy of the earlier moment?*

Listen. They may see the connection right away. Or you may have to help them see the connection. Often it is much easier to see as the observer than as the person "in the moment". Your perspective will add a lot of value here.

SAY: *Now what we want to focus your mind on your NEW CORE Intention to play BIG*

ASK: *What is your CORE intention?*

Listen. Also you can remind them.

SAY: *Let's create a short phrase that captures the essence of your CORE Intention and is just one step beyond your Survival Intention. A way of being that is just one step outside of your current comfort zone?*

You can keep exploring examples until you feel that they have one that feels right when they say it; This step is where you create new pattern language for the CORE Intention.

Coach Note: This is where they have now shifted from react to respond.

{Dwell in this conversation to practice finding language for CORE Intentions}

{Skip Step 7}

{Skip Step 8}

9) Preplay the moment with new pattern language

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Create a NEW Picture

It is important to create a new picture of the CORE intention with your player so that they go into the new game with a feeling of possibility.

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: Next, THINK and FEEL your new CORE Intention Pattern Language

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.

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.